



**MEET OUR PROVIDERS**

TriValley is pleased to introduce you to Eileen Zitzer, MSN, CRNP of the Lower Salford Office, where she is a valued member of the provider staff.

Eileen has 23 years of experience as a Nurse Practitioner working in a variety of settings. She specializes in Adult Health and has recently enhanced TriValley's Geriatric Services Program with her knowledge and patient care at Peter Becker and Dock Woods Communities. At these two communities, she has helped expand services offered to the residents and staff.

Eileen graduated from the University of Pennsylvania in 1984 with a Master of Science in Nursing degree, having completed her undergraduate studies at Temple University. She founded and managed an independent nurse practitioner practice in Philadelphia known as Health Options, Inc, and worked with medically underserved patients at Abbotsford Community Health Center. (cont pg 2)

**Obesity and Children:  
Helping your child keep a healthy weight**

Recently, schools have been giving a lot of attention to children's weight and body mass index (BMI). Schools are sending information home to parents, which may raise questions and concerns by parents. 60% of our youth are obese or overweight. Being overweight as a child increases the risk for childhood and adult hypertension, diabetes, sleep apnea, depression and other chronic diseases. So give your child the benefit of knowing and understanding their BMI and ask the school nurse or your doctor for some guidance.

The BMI is not 100% accurate in determining who is overweight or obese. Yes, superiorly muscular children will be on the high end of the scale; but it is an excellent screening test which will open the door for healthful discussions with your child's doctor regarding exercise, eating habits and general good health.

***What can I do to keep my child from being overweight?***

Weight can be very hard to fix, so it's important to prevent the problem from happening. Here are some tips:

1. Offer your child a healthy diet. No more than 30% of calories should be fat calories.
2. Ask your doctor or a dietitian to teach you about the right kinds of food to feed your child. Your child needs to get lots of fiber from fruits, vegetables and grains
3. Don't eat at fast-food restaurants more than once per week
4. Don't make your child eat when he or she isn't hungry - it's OK if not every drink or every meal gets finished.
5. Don't offer dessert as a reward for finishing a meal. Doing this teaches you child to value sweets more than other foods.
6. Limit how much TV your child watches. Have them do something active instead (and join them).

***How can I give my child better eating habits?***

Most of what your child eats depends on what you bring home from the grocery store. Try not to buy foods that are pre-packaged, sugary or high in fat. Instead, buy foods that are low in fat and high in fiber. After your child is 2 years old, skim milk can replace whole milk. Ensure that your child eats (cont pg 2)

### Zitser (continued from pg 1)

Eileen is Board Certified by the American Nurses Association and is a past recipient of the Award for Excellence in Clinical Practice from the Pennsylvania Nurses Association

Outside of the office and retirement facilities, Eileen enjoys gourmet cooking and gardening. She is married has 2 daughters and lives in Huntingdon Valley. We welcome her to TriValley!

### Obesity and Children (continued from pg1)

all meals and snacks at the table, not in front of the TV. Encourage a healthier diet for the whole family, that way your child won't feel alone.

#### *How can I help my child get more physical activity?*

One of the best things you can do for your child is to limit TV time. Instead, suggest playing tag, having foot races or playing other active games. Encourage your child to join community or school sports teams. Take the whole family on walks and bike rides. Again, encouraging physical activity for the whole family will help your child feel included, rather than excluded.

### Billing Corner: Medicare Advantage Plans

Over the past year, insurance brokers in the area have been selling more and more Medicare Advantage plans to our Medicare-eligible patients. Most of these plans will tell our patients that they can see any Medicare-participating physician. However, TriValley's participation with Medicare Advantage plans is limited to Keystone 65 plans, Personal Choice 65 and Aetna Medicare plans. TriValley does not accept any other Medicare Advantage Plans.

TriValley would prefer that its Medicare eligible patients enroll in what is now called "the Original Medicare." It offers free choice as to physician and facility (hospital and nursing homes, etc.). See [www.medicare.gov/coverage/home.asp](http://www.medicare.gov/coverage/home.asp) for the program coverage of Original Medicare. Because there are no intervening contractual ties between you and TriValley, TriValley providers have to earn your trust and meet your needs at every visit. And, you are free to make another selection at any time. In addition, Medicare Advantage plans have had a spotty reputation for staying in certain Pennsylvania counties over an extended period. For these and other reasons, you are encouraged to enroll in (or stay in) "Original Medicare."

It is safe for most adults older than 65 years to exercise. Even patients with chronic illnesses such as heart disease, high blood pressure, diabetes and arthritis can exercise safely. Many of these conditions improve with exercise. If you are not sure, ask your doctor.

#### *How do I get started?*

It is important to wear loose, comfortable clothing and well-fitted sturdy shoes. Your shoes should have good arch support and an elevated and cushioned heel to absorb shock.

Begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself. You do not have to exercise at a high intensity to get most health benefits.

Walking is an excellent activity to start with. As you become used to exercising, you can slowly increase the intensity of your program.

#### *What type of exercise should I do?*

You will want to do some type of aerobic activity for at least 30 minutes on most days of the week. Examples are walking, swimming and bicycling. You should also do resistance or strength training 2 days per week.

Warm up for five minutes before each session. Walking slowly or stretching are good warm-ups. You should also cool down with more stretching for 5 minutes after you finish exercising.

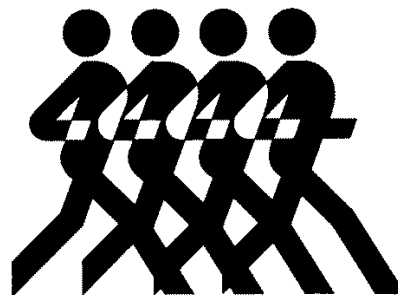
#### *When should I call the doctor?*

If your muscles or joints are sore the day after exercising, you may have overdone it. Next time, exercise at a lower intensity. If the pain persists, you should talk to your doctor. You should also talk to your doctor if you have any of the following symptoms while exercising:

Chest pain or pressure      Light-headedness or dizziness  
Nausea      Trouble breathing or shortness of breath  
Difficulty with balance

Most importantly, have fun while exercising!

Information obtained with permission from [www.familydoctor.org](http://www.familydoctor.org)



#### **Comments?**

If you have comments or ideas for other topics, write:

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