



MEET OUR DOCTORS

Our spotlight for this issue of Primarily You is David Buckwalter, M.D. of the Lower Salford office. He previously practiced in Lebanon County for 4 ½ years before joining TriValley in the fall of 2004. He completed his medical school training at Temple University Medical School and followed with his residency training at Hershey Medical Center and Good Samaritan Hospital in Lebanon. He is a Board certified family practitioner.

Within the scope of medicine, Dr Buckwalter especially enjoys dermatologic procedures, joint and soft tissue injections for relief of pain, pediatrics, and managing asthma and diabetes care. He finds that incorporating patient education into his daily repertoire improves patient-physician communication and improves patient care.

When away from the office, Dr. Buckwalter enjoys sailing, going to the beach, gardening and home decorating/remodeling. He is married with two daughters ages 7 and 4 years.

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WEIGHT LOSS INFORMATION

Many of us have made New Year Resolutions, and some of us have included improving our health or losing weight on our list. Here are some tips to help you achieve your goals.

Do I need to change what I eat?

If you answer yes to any of the following questions, you may need to talk about nutrition with your doctor.



- Has your doctor talked with you about a medical problem or risk factor, such as high blood pressure or cholesterol?
- Did your doctor tell you that this condition could be improved with better nutrition?
- Do diabetes, cancer, heart disease or osteoporosis run in your family?
- Are you overweight, or have you gained weight over the years?
- Do you have questions about what kind of foods you should eat or whether you should take vitamins?
- Do you think that you would benefit from seeing a nutritionist? (A nutritionist is a registered dietitian who specializes in nutrition counseling.)

Won't it be hard to change my eating habits?

Probably, but even very small changes can improve your health considerably. The key is to keep trying to eat the right foods and stay in touch with your doctor and nutritionist, to let them know how you're doing. Here are a few suggestions to help you improve your eating habits.

- Find the strong points and weak points in your current diet. Do you eat 3 to 5 servings of fruits and vegetables every day? Do you get enough calcium? Do you eat high-fiber foods regularly? If so, good! You're on the right track. Keep it up. If not, you can learn the changes you need to make.
 - Make small, slow changes, instead of trying to make large, fast changes. Small changes will be easier to make and stick with.
 - Every few days, keep track of your food intake by writing down what you ate or drank that day. Use this record to help you see if you need to eat more from any food groups, such as fruit, vegetables or dairy products.



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When asked what he would like the community to know about his practice methods. He stated “that I enjoy the scope of family practice in regards to the variety of types of conditions seen and to the wide variety of patients encountered, the very young to the very old, male and female” – quite a well-rounded addition to TriValley – Welcome!

BILLING CORNER

As of January 1, 2005, the annual Medicare deductible is \$110.00. It is expected to increase each year.

What is the Medicare deductible?

The annual Medicare deductible is an out-of-pocket expense – that is, it is YOUR responsibility to pay the provider(s) the first \$110 of Part B (physician and outpatient) services. When providers submit a claim, Medicare will classify the first \$110.00 of “the allowed amount” (allowed charges) to your annual deductible. Thereafter (after you’ve had \$110 of allowed charges), Medicare will begin paying claims on your behalf. With certain exceptions, Medicare pays 80% of the allowed amount on any claims for physician services.

The Medicare Summary Notice may say “You have met the Part B deductible for 2005.” But look in the “You May Be Billed” column. That is the amount that providers expect to be paid BY YOU for services that are classified as part of your deductible. [This column will also include the 20% of the allowed amount that Medicare expects you to pay the provider(s).]

TriValley suggests that you retain your Medicare Summary Notices each year to check against the provider billing statement. Note: TriValley will bill your supplemental policy on your behalf. And all TriValley providers accept Medicare assignment.

Comments?

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

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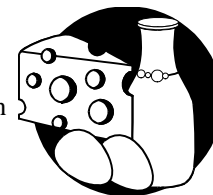
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What changes can I make now in my diet?

Almost everyone can benefit from cutting back on fat. If you currently eat a lot of fat, try just one or two of these changes. Later on as these become habit, try more suggestions

- Eat 3 to 4 servings of low fat dairy products every day. You can use reduced fat cheeses and nonfat yogurt. For example, if you make pizza at home, try using part skim mozzarella cheese on top.
- If you eat meat, eat it baked, grilled or broiled rather than fried. Take the skin off before eating chicken. Eat fish at least once a week.
- Cut back on extra fat, such as butter or margarine on bread, sour cream on baked potatoes, and salad dressings.
- Eat plenty of fruits and vegetables with your meals and as snacks.
- When eating away from home, watch out for “hidden” fats (such as that in salad dressing and desserts) and larger portion sizes.
- Read nutrition labels on foods before you buy them. If you need help reading the labels, ask your doctor or your nutritionist.
- Drink milk. Milk is important because it’s a rich source of calcium. However, if you are still drinking whole milk, you’re probably getting too much fat. Try making a gradual change, starting with 2% milk. After 3 to 6 months, change to 1% milk. You might try mixing whole milk and 2% milk or 2% and 1% milk for a few weeks. Soon you will be able to enjoy drinking skim milk.
- Drink no or low calorie beverages, such as water, unsweetened tea and diet soda.



What else can I do now to lose weight?

- A pound of fat is about 3500 calories; to lose one pound of fat each week, you have to eat 3500 fewer calories (about 500 calories a day) or you have to “burn off” an extra 3500 calories.
- You can burn off calories by exercising or just being more active. If you haven’t been exercising, try to work up to 30 minutes 4 to 6 times per week. If you can’t carry on a conversation while you exercise, you may be overdoing it.
- To fit 30 minutes into an already busy day, take a walk during a work or park at the end of the parking lot so you have to walk farther. Walk more briskly, do a quicker pace and more often. house work at a no more than 2 than this
- Many experts recommend losing pounds per week. Losing more usually means that you are losing water weight and breaking down muscle mass instead of fat. If you do this, you will have less energy and probably will gain back the weight.



Good luck!

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Website - Coming Soon!

In a few months (or less!) you’ll be able to request referrals and prescription refills on-line at our website.

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