

Healthy Outlook

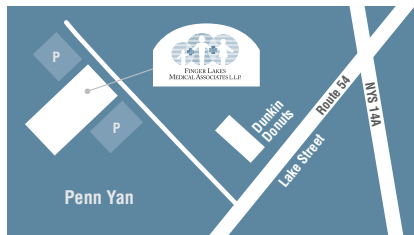
Newsletter of Finger Lakes Medical Associates L.L.P. | SPRING 2010 | www.fingerlakesmed.com



We have a new address in Penn Yan: 207 ½ Lake Street

FLMA's History in Penn Yan

Our Ob/Gyn physicians started seeing patients in Penn Yan in the early 1990s. In 1995 we acquired Dr. Michael Boquard's family medicine practice in the Medical Arts Building of Soldiers and Sailors Memorial Hospital when he left to join the Coast Guard's medical team. Since then we have added Pediatrics and Internal Medicine to our Family Practice and Ob/Gyn services. Now, over 15 years later, the practice continues to flourish, and we have outgrown the confines of that office. We moved into a larger, "greener" space at 207 ½ Lake Street (next to Dunkin' Donuts) on March 29th. The new location gives us nine exam rooms and plenty of space to accommodate our patients.



What makes the building "greener?"

Our new building uses geothermal exchange for heating and cooling. This marvelous technology relies primarily on the Earth's natural thermal energy, a renewable resource, to heat or cool a home or commercial building. The only additional energy GHP (Geothermal Heat Pump) systems require is the small amount of electricity they employ to concentrate what Mother Nature provides and then to circulate high-quality heating and cooling throughout the building. Geothermal heating and cooling is cost effective



Lisa Walk-Reinard, MD

because it uses energy so efficiently. This makes it very environmentally friendly, too. For these reasons, agencies like the Environmental Protection Agency and the Department of Energy recognize it.*

What services do we offer in our Penn Yan office?

Family practitioners, Lisa Walk-Reinard, MD, and Alice Johnson, FNP, are the "anchors" of the Penn Yan office. They see patients Monday through Friday, from 9:00 am to 5:00 pm. **Dr. Walk-Reinard** is board-certified in Family Practice. Her residency in

rural care placed an emphasis on preparing physicians to practice in areas with limited specialty services. Her training included emergency medicine, surgical skills, and trauma care. She feels confident managing patient conditions that other family physicians may not. She performs suturing, removal of moles, and biopsies of certain skin lesions. Our new office has a special procedure room to accommodate these services. Dr. Lisa, as she is known to her patients, has a deep sense of commitment to her patients and their families. She has spent many years in the Penn Yan area not only as a health care provider but as a community resident, a participant in her children's school activities, and a very active member of her church. She joined FLMA in 2009.

Alice Johnson, FNP, is a certified family nurse practitioner. Her work history includes positions as a surgical nurse practitioner, an oncology clinical
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Thyroid Ultrasound

by Chelsea L. Akin, BS, RDMS, RDCS

The thyroid is an endocrine gland located just below the larynx (voicebox) or "Adam's apple." The thyroid is responsible for producing hormones that help regulate almost all body functions. Too much thyroid hormone production (hyperthyroidism or Grave's Disease) can cause the body to "speed up" increasing the heart rate and metabolism. Too little

thyroid hormone production (hypothyroidism) can make the body "slow down," causing chronic fatigue, constipation, and reduced basal body temperature. These are just two of many disorders that are linked to the thyroid.

Thyroid disease is very common, affecting millions of Americans. In addition to blood work and clinical assessment, ultrasound is an effective way to evaluate the

thyroid for goiters, nodules, cysts, or cancerous growths that can influence the overall function of the thyroid gland.

Finger Lakes Medical Associates Testing Center now offers thyroid ultrasound evaluation to aid in the diagnosis and proper treatment of thyroid disease. For more information, ask your physician or call us at



Thyroid ultrasound is now available at our Testing Center on Pre-Emption Road in Geneva.

315-781-2061, Monday through Thursday 8am-6pm, Friday 8am-5pm. ☎



Christopher Torres, RN, FNP-BC

- **Christopher Torres, RN, FNP-BC**, has joined our Internal Medicine practice. Mr. Torres received his Bachelor of Science in Nursing from SUNY at Brockport and his Masters Degree as a Family Nurse Practitioner from the U of R. He is a veteran of the US Marine Corps Reserves and a volunteer with the Gates Volunteer Ambulance Service. He sees patients in our Geneva office. Welcome, Chris!
- Congratulations to **Rochester General Hospital (RGH)** for earning a "Top 100 Heart Hospital" designation for the ninth time. FLMA is proud to partner with RGH to bring the excellence and experience of RGH cardiologists to our patients

in Geneva. Congratulations, Doctors Curran, Hamer, McGrody, Stuver, Vaughan, and Wiener!

- Does your child need a physical exam for summer camp, fall sports, or the next school year? Avoid the summer rush! Our **Pediatric appointment schedules** are open to schedule your child's physical this spring. Call 315-787-5200 or 315-536-3362 today.
- We are converting to a **new computer system** called NextGen. Our new system will eventually include a full electronic medical record, but, to begin, we will deploy a new scheduling and billing system. We need your help and participation. Please bring your insurance card to every visit, and provide us with updated phone numbers, address changes, and guarantor information. Most of all, we ask for your patience and understanding as we make this important transition. ☺

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New Address*

coordinator, and a facilitator for a cancer support group. She has worked in family practice for nineteen years. Currently she is also a medical consultant for an area addiction treatment facility. She has cared for patients in FLMA's Penn Yan office since 1996.

In addition to Dr. Lisa and Alice, many of our physicians rotate between our Geneva and Penn Yan offices. Our **six pediatricians** see patients in Penn Yan as do **Steve Achilles, MD**, (Ob/Gyn), and internists **Mike Collins, MD**, and **Art Equinozzi, MD**.

Why should I call the Penn Yan office?

We treat patients of all ages, both male and female. We offer complete family care with a "small office" feel. We can schedule your baby's wellness check, a sibling's school physical, Mom's pap smear or Dad's annual check up. We stress preventive care, treat acute and chronic illness or injury, and provide healthcare education.

What if I'm not feeling good?

Most people seek medical attention when the "normal" health they've come to expect has changed. Either



Alice Johnson, MS, RN, FNP

they are acutely ill or chronic complaints have worsened. Their "normal" mental health may change, and depression, fatigue, and anxiety may take its place. Family or friends may encourage them to seek help. Patients and families can seek physical and mental health support at our office. We can meet with you individually or in a small group to discuss a variety of topics such as diabetes, high cholesterol, weight loss, blood pressure, grief, anxiety, trauma. When you see our providers you not only have their specific expertise but you also receive compassionate care from our experienced support staff who know and love the Penn Yan community. Our goal is to provide excellent and timely care while recognizing your needs and health care desires. ☺

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Who is FLMA?

Finger Lakes Medical Associates (FLMA) is a private, physician-owned, group medical practice. The physician partners of FLMA are the owners of the organization. They are: Doctors Steve Achilles, Kathrin Berg, Danielle Clair, Mike Collins, Bev Ellington, Art

Equinozzi, Jim Hight, Rich Kasulke, Jane McCaffrey, Ned Nicolai, Bill Platzer, Jim Robbins, Mark Ryan, Marc Sadovnic, Lisa Walk-Reinard, and Bob Weinberg. FLMA has a staff of over 115 with offices in Geneva, Penn Yan, and Newark. Patients are seen in the following specialties: cardiology, family practice, internal medicine (adult medicine), nephrology, ob/gyn, pediatrics, and urology. Finger Lakes Medical Associates is a respected corporate citizen and a major contributor to the health of the community.



FINGER LAKES
MEDICAL ASSOCIATES L.L.P.

To reach FLMA

Geneva Office

200 North Street, Suite 101
Geneva, NY 14456

- Cardiology (315) 787-5222
- Internal Medicine (315) 787-5155
- Nephrology (315) 787-5155
- Ob/Gyn (315) 787-5111
- Pediatrics (315) 787-5200
- Urology (315) 787-5155
- Business Office (315) 787-5100

Testing Center

821 Pre-Emption Road, Suite 202
Geneva, NY 14456
(315) 781-2061

Penn Yan Office

207 1/2 Lake Street
Penn Yan, NY 14527
(315) 536-3362

Newark Office

513 West Union Street
Route 31
Newark, NY 14513
(315) 331-0263

Web Site

www.fingerlakesmed.com

Photos: Jan Regan Photography
Thyroid ultrasound photo: Chelsea L. Akin

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