

ALASKA MEDICAL CLINICS NEWS

DIMOND MEDICAL CLINIC

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WASILLA MEDICAL CLINIC

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Welcome

Founded in 1999, Dimond Medical Clinic and Wasilla Medical Clinic are Alaska owned and operated. We offer primary care, urgent care, and occupational medicine and accept everyone on a walk-in basis.



Our Hours:

Dimond Medical Clinic

M-F: 9 a.m. – 8 p.m.
Sat.: 10 a.m. – 6 p.m.

Wasilla Medical Clinic

M-F: 10 a.m. – 9 p.m.
Sat.: 10 a.m. – 6 p.m.

Our Mission

Patients come first at the Alaska Medical Clinics. Our mission is to offer quality, compassionate medical care. We hope that you will come in and see us, and please let us know if you have any suggestions for improving our patient care operations. We are here to help you feel better.



To request topics for future newsletter or to provide feedback on our services or newsletter, please e-mail our editor at jory@pobox.alaska.net, or fax to (907) 745-5677.

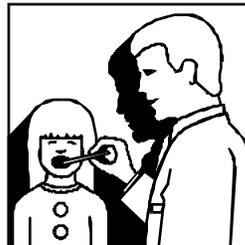
Our Services

Dimond and Wasilla Medical Clinics have the following services:

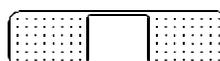
- Family/General Practice
- Immunizations
- Drug Testing
- Walk-in Clinics—No Appointment Necessary!
- Lab and X-Ray On Site
- Primary Care
- Minor Emergencies and Injury Treatment
- Physicals
- Occupational Medicine



Billing and Insurance



- We bill all major insurance companies.
- We also bill Medicaid and Denali Kid Care.
- We are an opt-out Medicare Provider—Call for details.



IN THIS ISSUE

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Dr. Deleo

Fishhook Removal

Starting a Weight Loss Program

Insect Repellants

Kids and Summer: Safety Tips

Featured Employee: Dr. Dennis Deleo

Dennis Deleo, M.D., is a familiar and loved face at Dimond Medical Clinic. He was the first employee hired and thus has been here since day one.

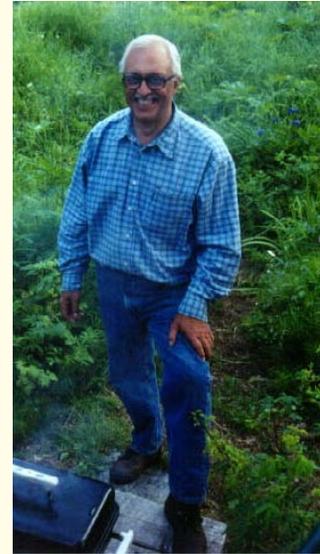
Dr. Deleo is originally from Baltimore, Maryland. He attended Johns Hopkins University as an undergraduate student and the University of Maryland Medical School. He then moved to San Francisco for a year of internship, followed by 3 years of general practice in Arizona, where he lived near Route 66 and made field trips into the Grand Canyon on horseback. His next move on his westward journey was to the University of Oregon, where he completed specialty training in pediatrics. Following this, he continued west. This time, he literally landed in Alaska, as by now he had completed his private pilot training and flew his own plane here.

Dr. Deleo arrived in Alaska in 1974 and worked at the Alaska Native Medical Center until 1989. He continued to fly during this time and operated his own air-taxi service from 1989-93. In 1994, Dr. Deleo reentered medical practice, and we are sure glad he did, as he eventually landed at Dimond Medical in July 1999 and has been a mainstay ever since.

While at Alaska Native Medical Center, Dr. Deleo met Physician's Assistant Marybeth Bielawski. They married and have two daughters: Tarn, currently attending the Fashion Institute of Technology at the State University of New York (in Manhattan), and Elizabeth, an 8th grader at Goldenview Middle School who is active in soccer and theater. And speaking of theater, Marybeth has given up medical practice to pursue her interest in theater, and after completing her bachelor's degree at UAA, she will enter graduate school at San Diego State University this fall.

We are sad to report that Dr. Deleo will be leaving Dimond Medical Clinic at the end of July, but we are very happy for him and his family and wish them health and happiness in their new home.

Dr. Deleo, we will miss your big smile, boisterous laugh, wonderful whistling, flying magazines in the waiting room, and, most of all, the excellent medical care you have provided your patients and Dimond Medical Clinic. Good luck, Dr. Deleo, Marybeth, and Elizabeth. We will miss you all.



Fishhook Injuries: Treatment and Removal

Yes, it's that time of year. Alaska is exceptionally beautiful in the summertime, and a lot of residents and tourists alike will be trying to catch the big one. Unfortunately, a lot of them catch themselves or their fellow fishermen. Since we see many fishhook injuries in the summer, we decided to bring you some tips to handle this riverside emergency.



Get Medical Attention

First, you need to get to a medical clinic as soon as possible. If you are in a location where you can reach a doctor within 24 hours, wrap the area with a lot of gauze or cloth to hold the fishhook in place.



Field Removal Techniques

If you can't get to a doctor right away, you will need to remove the fishhook yourself. (Exceptions: Don't remove fishhooks yourself that are near the eye or an artery!)

Don't remove fishhooks yourself that are near the eye or an artery!

✓ To remove the fishhook, first, numb the area with cold water or ice.

✓ Second, wash your hands with soap and water.

✓ Then, if the barb is not inside the skin, push the hook out the opposite direction it went in.



✓ If the barb has entered the skin, push the fishhook through your skin (in the direction the hook went in) and cut off the barbed end (you can use wire cutters or pliers to cut the hook; always keep one of these in your tackle box. If you don't have pliers, you can pull out the hook sharply by hooking fishing line through the fishhook bend).

✓ Then, pull out the fishhook.

After-Removal Care

Wash the area mildly with soap and water. Be sure to get to a doctor as soon as you can, even if you had to remove the fishhook yourself. It is essential that you get a tetanus vaccination right away, especially if you haven't had one in the last 5 to 10 years.



Losing Weight: Motivation Tips

“Eat less, and exercise more!” Those are the guides to losing weight that we’ve all heard so many times. So why are the numbers of overweight Americans increasing every year? It’s simple: the food is “fast” and high-calorie, and the exercise is almost nonexistent. Many of us have to work in an office all day, and then come home to another full-time job—the family! But all is not lost, and you are not doomed to be overweight. Despite the negative statistics you may have read, many people do lose weight—even well over 100 pounds—and keep it off. Following are some of their tips.

◆ **Water, water, water!** Drink lots of it; water is filling and cleansing. And it’s easy to start carrying water bottles with you everywhere—in your purse, in your car, at the office, on the baby stroller. If you have it with you, you’ll be more likely to remember to drink it. Some people wear bracelets to remind them to drink water.



◆ **Join a group**, such as TOPS or Weight Watchers, or start one of your own with friends or family. Have weekly weigh-ins and “pep talks.” Arrange with a buddy to exchange calls when cravings overtake you!

◆ **Move it on up!** Now is a great time for evening strolls, dog walking, mowing, raking last fall’s leftovers, chasing a ball, or putting on the CD and dancing the night away. Many successful dieters attribute their weight loss to regular exercise more than any

other factor. Get a friend to go with you, and have fun groaning together! It only takes 5 days for something—good or bad—to start becoming a habit, so why not make it a good habit?

◆ **Keep a food diary** for a week just to see what you are eating. Most people are surprised to find out how many calories they take in in one day (that tiny Hershey’s kiss has 26 calories, so a bag of them can easily help you exceed your daily recommended calories). One Anchorage resident recently lost 40 pounds over a few months simply by stopping drinking 4 cokes a day. Then, if it’s still not obvious that you are overeating, count the calories, or bring

your list into our clinic and see one of our physicians for an assessment.

◆ **No, a balanced diet** does not mean a cookie in each hand. Simply put, have some variety. Too many of us forget the minimum 5 servings of fruits and vegetables a day we should eat. In fact, if you increase your fruits and vegetable intake, you’ll probably start losing weight, because you’ll be fuller and eating fewer high-calorie foods. Try it for 2 weeks and see if you lose weight and feel better!

◆ **Set rules.** Write yourself a contract. You know yourself best, and you know what works for you. Do you need to have something sweet everyday? Set limits on what it is and when. Are you good at following through on set schedules or calendars? Then make a weight loss and exercise calendar. One Palmer woman lost 50 pounds by giving up chocolate 363 days a year. The other 2 days she ate “everything chocolate from midnight to midnight,” but it worked for her. She kept the weight off for over 4 years.

◆ **Relax and reward yourself.** Often we overeat sweet foods because we are overstressed and need the comfort. Are there other things that make you feel better about yourself? A massage? A new book? A movie? Give yourself gifts. You can also design a reward program for each pound (or 5 or 10) lost, such as a bouquet of flowers or a new candle or a trip to a beauty salon.

◆ **Be nice to yourself.** Don’t let excess weight ruin your mental health. Love yourself as you are; dress well, eat well; do the things that make you happy. Think of dieting as a gift to yourself instead of a punishment.

Could It Be Your Thyroid?

About 10 percent of women suffer from an underactive thyroid by the time they turn 50; by 60, that figure rises to 17 percent. Basically, hypothyroidism occurs when the immune system attacks the thyroid. The disease is not as common in men. If you are having trouble with weight gain, tiredness, or dry skin and hair, it might be a good idea to check, and we can run a blood test in our office and usually give you back the results the next day. No fasting or appointment is required, so come in for your thyroid screening.



Let Us Help You

Before beginning your diet and exercise program, come into Dimond or Wasilla Medical Clinic for a full evaluation and recommendations based on your health, physical condition, and needs.



Insect Repellants

With 37 varieties of mosquitoes in our state, Alaskans certainly know what a mosquito is. But many of us disagree on how to “repel” them. Here are a few tips that might help you enjoy the outdoors a bit more:



Avoid exposure.

1. No, you don't have to hide, but perhaps avoid outdoor activities in early mornings and early evenings.
2. Repair and fasten all screens on doors and windows.
3. Dress with long-sleeved pants and shirts; wear a hat.
4. Use mosquito netting over strollers and paypens when infants are outdoors.
5. Prevent mosquito breeding by eliminating standing water (e.g., buckets, wading pools, wheelbarrows, tires, ditches, gutters).

Understand the different types of repellents and their uses.

There are many choices and opinions on risks, but here are some tips to help you make a decision on what to use, if any:

1. DEET seems to be the most common and effective, but it can be absorbed through the skin and in rare cases cause acute illness. Don't use a repellent with DEET concentrations above 10-15% for children and 30-35% for adults.

2. Citronella, an extract from a lemon-scented grass, is used for various products, such as candles. They are said to provide “moderate protection.”



3. Permethrin products should be used on outer clothing only. Permethrin is a pesticide and should not contact skin, which it can penetrate.



4. The EPA has cancelled the registration of products containing 2-ethyl-1,3-hexanediol and “R-11,” so check old labels and discard such products.

5. Other tips: Don't use repellents on infants. Be careful to keep repellents out of reach of all children. Do not use repellents under clothing.

Information from the Massachusetts Department of Public Health.

Kids and Summer: Preventing Injuries



Alaska's midnight summer sun allows extra hours of playtime for kids of all ages. The odds of injury increase with every hour of activity. Fortunately, many injuries are entirely preventable.

Properly worn **bicycle helmets** can save lives by reducing the risk of head injury and death by up to 85 percent when a child has a biking accident. No child should be allowed to ride a bicycle, tricycle, scooter, or be in a bicycle carrier without a helmet on. Many states have laws mandating helmet use. The bicycle helmet should cover the top of the forehead, fit snugly, and have the chin strap fastened. If the helmet moves from side-to-side or front-to-back, adjust the fit to protect your child.



Skateboarding and rollerblading, or in-line skating, are two dangerously fun activities. In addition to helmets, recommended gear includes wrist guards; elbow, hip, and knee pads; gloves; and nonslip shoes. These items will go a long way in minimizing injury when falls occur.



Activities with **dirt bikes, four-wheelers, and other motorized vehicles** are seeing younger participants every year. Helmet use, goggles, protective clothing, and gloves along with operator safety training can prevent injury and death.



Lawn darts have been banned – this is a case where the best safety practice is not to allow your child to participate at all.

Baseball, on the other hand, is enjoyed by nearly 20 million American children each year, inclusive of tee-ball and softball. New safety equipment can prevent, reduce, and lessen the severity of baseball injuries. Soft-core balls can reduce impact injuries to the head and neck. Batting helmets with face guards minimize facial injuries. Safety release bases decrease sliding injuries.



In 1999, there were nearly 60,000 emergency visits attributed to **trampoline** injuries, according to the U.S. Consumer Product Safety Commission, with 15% of injuries involving children under 6. CPSC's recommendations include using net enclosures, keeping ladders away, providing adult supervision, using padding that covers all springs, hooks, and the frame; allowing only one person at a time, and not allowing somersaults.



Remember to have fun *with* your kids. Adult supervision is a very effective and often overlooked way to keep your kids safe.

Information from the U.S. Consumer Product Safety Commission was used in this article. Additional information can be accessed through their web site at <http://www.cpsc.gov>.

