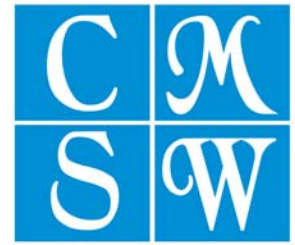


Patient's Corner

February '09



Visit us on the web

www.cmswpc.net

Email us at: c4cmsw@aol.com



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New Location:

Introducing our New Jamaica Office!!!

We will open very shortly...



89-44 162nd Street
Jamaica, NY 11432
Tel: 718-626-4444
Fax: 718-626-3044

Between
89th Ave & Jamaica Ave

Directions:

Driving:

Take the Grand Central Parkway to Exit 16 Parsons Blvd/164th Street.

By Train:

Take the E, J or Z train to Jamaica Center/Parsons/Archer Station.

By Bus:

Take the Q54 to Jamaica Avenue & Guy R. Brewer Blvd. Take the Q34/Q65 to Parsons Blvd & 89th Ave.

The new Jamaica location will be fully equipped with a Physical Therapy Department and five examination rooms. Physical therapy will transfer from the Forest Hills location to Jamaica. All Astoria doctor's visits will transfer to Jamaica.

The space is undergoing the final stages of construction. We anticipate be completely up and running by mid-to-late February. If you have not done so already, please provide us with your email addresses so that we may provide you with the most current information regarding these changes.

All patients will be notified prior to their appointments in March '09.

Let CMSW know if you need representation for your WC, NF, PI, SSD, Disability Retirement, and other cases. We will refer you to a knowledgeable law firm that specializes in your particular case(s). It is very important to have legal representation when issues arise that affect your rights and benefits.

Heart Disease

Prevention Tips.

Avoiding heart disease is about changing your lifestyle. Consumption of tobacco and nicotine products is prohibited as smoking increases your heart rate and blood pressure. Furthermore, smoking narrows the blood vessels and arteries making the heart work harder.

Being active is also important in preventing heart disease. Guidelines recommend for people to exercise for at least 30 minutes most days of the week. Exercising helps you control your weight,

maintaining a healthy weight reduces the risk of heart disease.

Eating a heart healthy diet is essential in taking care of your heart. You must have a diet low in fat, cholesterol and salt and rich in fruits, vegetables, whole grains and low fat dairy products.

Regular healthcare screenings to check your blood pressure and cholesterol are crucial. High blood pressure and high cholesterol can cause damage to the heart causing such

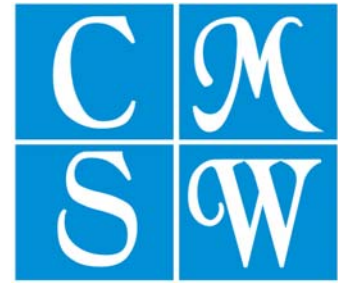
conditions as heart attacks and other cardiovascular diseases. These screenings tell you if you need to take action.



5 steps to prevent heart disease:

1. Avoid use of tobacco products.
2. Get active.
3. Eat a heart-healthy diet.
4. Maintain a healthy weight.*
5. Get regular health screenings.

*according to your doctor's recommendation



“Quality Healthcare with Compassion”

Services

- Disability Retirement
- Short Term Disability
- Long Term Disability
- Fitness for Duty Evaluation
- Social Security Disability
- Functional Capacity Forms
- Narrative Reports
- Primary Care Services
- Alcohol & Substance Abuse Evaluations
- Pre-Employment Physical Examinations
- All Medical Conditions can be referred to our Network Consultants

Dental Health

The fundamentals of maintaining a healthy smile.

The American Dental Association recommends tooth brushing twice a day and flossing daily to help promote oral health.

Regular tooth brushing and flossing reduces the risk of tooth decay and gum disease.

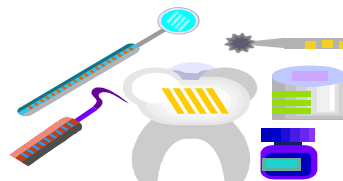
Brushing your teeth daily with fluoride toothpaste helps control the growth of plaque. Also, it is important that you

remember to replace your toothbrush every 3 or 4 months.

Tooth brushing alone is not enough in maintaining your oral health. Daily flossing is a fundamental step towards your dental care. Flossing helps remove plaque and food particles from spaces between your teeth

where a toothbrush cannot reach.

Keep in mind that you should visit your dentist or hygienist at least twice a year. If you want a beautiful bright smile follow these simple recommendations.



**February is:
American Heart Month
National Dental Month**



With 6 Convenient Locations

NEW!!! Jamaica

Forest Hills

Bronx

Brooklyn

White Plains

Nassau County




We're on the web:

www.cmswpc.net

Love Dedications

We asked you to send us your love dedications to that special someone in your life who makes this Valentine's Day special. Here were your responses.

Share them with that someone special and enjoy!!!

<p>Dear Daddy, Luv you always...</p> <p>-Da Mommy Nikki Astoria, NY</p> 	<p>To the one that makes me happy everyday...</p> <p>Thanks for always being there for me.</p> <p>-I♥E Ingrid Brooklyn, NY</p> 	<p>To Margarett Ann, 1, 2, 3, 4 and more years to come, through the good and the bad, I'm gonna stick with you and give you love. Especially...on this loveley Valentine's Day. I love you Mahal!</p> <p>-K.C. Kris Jersey City, NJ</p> 	<p>To my darling husband Ray, I love you, Happy Valentines Day.</p> <p>-From your wife, Lisette Bronx, NY</p> 
<p>To my Stinkboy and Stinklady, With all my heart, I love you.</p> <p>-Love Mommy Nikki Astoria, NY</p> 	<p>To my Sensei, I love you not only for who you are, but for what you are making of me.</p> <p>-From your Honey Leslie Maspeth, NY</p> 	<p>To the 3 men in my life, My husband and 2 kids, I love you guys.</p> <p>-Muahh!!! Glenda Brooklyn, NY</p> 	<p>Nagging A man has the tendency of saying that a woman is nagging. But a woman doesn't nag; she only expresses herself when her relationship is in jeopardy. For all those men that do not take the time out to listen, you are leaving the door open for someone else to enter... And they will.</p> <p>-Norja Brooklyn, NY</p> 
<p>To Jason, Thank you for your friendship and for always being there for me.</p> <p>XOXO, -Smiley Debhys Bronx, NY</p> 	<p>Persona of someone everyone dreams of... We all dream of someone unique. Someone that can make us laugh and makes you feel safe. Someone that loves you as much as you love them. Someone that makes you wish your time together never ends. I no longer have to dream because I met that someone. That someone is you Robert. I love you and can't wait to make you my husband this summer.</p> <p>-Love your Wife to Be. Cynthia New York, NY</p> 	<p>To my babies (Nana, Papo & Omi): Mommy loves you and have a Happy Valentine's Day. My heart is yours always.</p> <p>-Diana Brooklyn, NY</p> 	<p>My love, I love you not for what you are, but for what I am when I'm with you.</p> <p>-Thea Althea Jamaica, NY</p> 
<p>To Lisa & Sr. (mom & dad) Thanks for always being there for me, I love you...</p> <p>From your 'lil</p> 	<p>To my beautiful wife. Thanks for standing by me and reinforcing that after all these years... "I still got it" & also, Happy Birthday.</p> <p>-Mike White Plains, NY</p> 	<p>Dear Jason "Da One"; Thank you for opening my eyes to new opportunities and taking chances. Happy Valentine's Day.</p> <p>-Diana Brooklyn, NY</p> 	<p>For the "2" loves in my life...</p> <p>Casey & Katie Happy Valentine's Day</p> <p>-Kimberly Brooklyn, NY</p> 

CALENDAR

FEBRUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Groundhog Day	3	4	5	6	7
8	9	10	11	12 	13	14 
15	16  Presidents Day	17	18	19	20	21
22 	23	24	25 Ash Wednesday	26	27	28

A message from Dr. Hearn:

Dear Patients:

Hope you enjoyed this issue of PC. We urge you to take your health seriously and get screened according to your primary care physician's recommendation. Happy Valentine's Day!!!

Michael Hearn, M.D.

If you would like to contribute your story to Patient's Corner, write to:
Central Medical Services of Westrock
 30-51 36th Street, Astoria, NY 11103
 or email c4cmsw@aol.com Tel: 718-626-4444