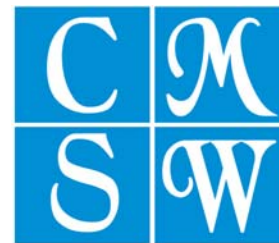


Patient's Corner

May '09



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Patient Profile:

A mother's love...

A woman encourages her son to strive for greatness.

Eve is a mother of three (daughter-33, son-28, son-18), she is a supervisor at her job who has been working the night shift since her youngest was in pre-K. She changed to the day shift once her youngest son was in high school.

"I actually preferred working nights. That shift gave me the opportunity to be home and bake the cookies. I worked while my kids were asleep. I was able to make it to their appointments, sports events and trips if necessary."

Eve encouraged her youngest son to pursue his dream of becoming a professional football player. She never missed a practice or game to

support him.

"I did what I had to, because I felt it was more important to keep him off the streets and away from the things that are out there meant to destroy young kids...especially those of color.

My girlfriends would always invite me out and I was always busy with my son. They would even tease me, how I had no life. I'd say to them, and anyone who asks, if you don't have a life, grab a kid and get 'em on a football team."

That's all the life she needed. The schedules, the excitement, the encouragement was what life was about to her. To see her son grow from a

little boy playing scrimmage games to becoming a Senior Quarterback and now...a full athletic scholarship to Purdue University (one of the Big Ten).

"My son has a learning disability. He is dyslexic. With football being his first love, I always encouraged him to try harder at academics. He managed to graduate with an 82% average despite all the obstacles."

"We joke about how I am his ATM machine and how when he makes it, he will return my "investment" threefold. I tell him we'll be on MTV Cribs. He says he'll buy me a cottage just as worthy."

A mother's love teaches

her children. How to be strong, determined and willing to sacrifice to get the things you most want in life. Happy Mother's Day, Eve. And Happy Mother's Day to all of those special moms out there who do what they can to make a child's life special. We would also like to say Happy Mother's Day to the grandparents, single fathers, older siblings and guardians who fill those "Motherly" shoes each day. You truly deserve a wonderful day.



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.

PREVENTION

Insomnia

Time to get your ZZZZZZ's



Insomnia is too little-sleep or poor quality sleep caused by a number of factors. Factors affecting your sleep pattern are trouble falling asleep, waking up a lot during the night with trouble returning to sleep, waking up too early in the morning and un-refreshed even after having 7 to 8 hours of sleep.

According to research women are twice more likely to suffer from insomnia than men. Women may be more

susceptible to insomnia because of pregnancy, perimenopausal issues, such as hot flashes and night sweats that often disturb sleep. Additionally, some research suggests that various social factors may increase the risk of insomnia in women. Insomnia in women also tends to increase with age.

Here are a few useful tips to help you sleep better:

Try to go to sleep at the same time each night and get up at the same time each morning.

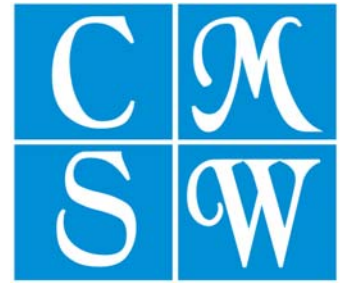
Avoid caffeine, nicotine, and alcohol late in the day or at night.

Get regular exercise. Make sure you exercise at least 5 to 6 hours before bedtime.

Keep your bedroom dark, quiet, and cool.

Follow a routine to help relax and wind down before sleep, such as reading a book, listening to music, or taking a bath.

Use your bed only for sleep and sex.



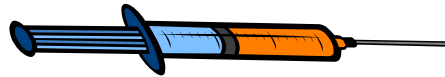
“Quality Healthcare with Compassion”

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

Cervical Cancer

How effective is the HPV vaccine?



If you still haven't seen the HPV commercial on TV, HPV is the only cervical cancer vaccine that helps protect against four types of human papillomavirus (HPV). It protects against two strains that cause 70% of cervical cancer cases and two more strains that cause 90% of genital warts cases. This vaccine is for girls and young women ages 9 to 26.

According to studies published in the New England Journal of Medicine, the effectiveness of the

vaccine reported that:

HPV was nearly 100 percent effective in preventing precancerous cervical lesions caused by the strains that HPV protects against. (It provides protection against two strains known to cause 70 percent of all cervical cancers and two strains known to cause 90 percent of all warts.)

Future studies found that HPV is also highly effective in preventing precancerous lesions that occur on or in the vagina, anus, and vulva.

HPV effectiveness increased when given to girls and young women before they become sexually active.

HPV is less effective in preventing precancerous lesions in women already exposed to HPV strains 16 and 18, since you cannot vaccinate against an infection that is already present.

Know the facts, and talk to your (or your daughter's) doctor before deciding if HPV is right for you (them).

With 5 Convenient Locations

NEW!!! Jamaica

Bronx

Brooklyn

White Plains

Nassau County

We're on the web:

www.cmswpc.net

THE SYSTEM

C-27: File to reopen a claim

Under certain situations a case that has been closed can be reopened. For instance, when there are changing health conditions, your medical provider may be able to file a C-27 to open your claim.

As stated by the New York State Worker's Compensation Board, they may reopen a closed case, subject to time limitations set forth in the statute, upon application of any party. The application must set forth the basis for the requested reopening. However, a claim that has been totally settled by a waiver agreement (section 32) cannot be reopened by the Board.

A C-27 is filed in a closed case to show change in medical condition supporting the reopening of a claim.

Who files it? Parties of interest (your doctor, the carrier, and attorney)

Where to? The form must be signed by all the parties of interest and mailed to the WCB.



Do you have a Hearing coming up?

If so, please inform one of our office staff. They will provide you with the necessary paperwork needed to offer documentation to support your claim. They will also forward a copy to your attorneys.

Please do not assume your attorney will bring the paperwork with them to court. Always have a copy in hand just in case. Please remember to arrive 30 minutes prior to your appointment and stay put. The last thing you want is for the Judge to close the case because you were not present (when, actually you were on your way, feeding the meter, etc...).

Section 32: Agreement to close a case

When a case is closed under this section the case can no longer be reopened under any circumstances.

These agreements are between the Claimant and the Carrier. This agreement is not mandatory but is available under the NYS Workers' Compensation Law. It is a negotiation between you (claimant) and the Carrier only. If agreed upon and approved by the Board, the case is closed forever. You can never reopen this case,

the Carrier will no longer be responsible for any part of the claim, and you will receive no further income or medical benefits due to it.

But before making the final decision to settle your case this way, you need to consider all angles. You need to take into account that if you need surgery in the future due to your work related injury you are responsible for all expenses. The post-operative care, physical therapy, and any other costs come out of

your pocket.

Under these agreements you agree to a monetary reward in exchange for all medical treatments. So be conscious of what is it that you are agreeing to. Also inform your medical providers, you may be stuck with the outstanding medical bills if you don't.



MONEY TALKS



Shop-a-holics beware!!!

How to control your compulsive spending.

A shopaholic is someone who is a compulsive shopper. He or she shops out of compulsion and usually spends beyond his or her limits. They will make purchases even when they are over their heads in debt. This becomes a problem when they sacrifice money designate for basic necessities and use it to buy things that they do not really need but feel compel to buy them. This compulsive spending will lead to serious financial situations.

Five tips for the compulsive shopper (courtesy of essortment.com):

1. Get rid of your credit cards,

checkbooks, and ATM cards before you go shopping. Use only cash.

2. If you spot something that you would like to purchase, never allow yourself to purchase it on the spot. Instead, walk away and give yourself a mandatory waiting period.

3. Make a budget and put it on paper. Do not allow yourself to purchase anything that is not in the budget.

4. Write down everything you purchase for two weeks; groceries, gas for your car, the electric bill, and even that

candy bar from the vending machine! This will make your more conscience of where your hard-earned dollars are going. Being more aware of your spending will also make your more in control.



5. If you are overwhelmed with debt, contact a credit-counseling agency. They will help you consolidate your bills into a smaller monthly payment, and get your credit report in good standing once more.



Maxed out...

Crunching your credit card debt.

Mostly everyone has credit cards today. They are a good way to build your credit history. Also they allow you to buy now and pay later. But be careful they can be a double edge sword. If you don't know how to manage your spending you may end up maxing you credit cards. Be very careful when dealing with credit cards. And your credit limits.

Strategies to lighten your credit card load:

1. undertake high-rate debt first: focus on paying off your high-rate credit cards since

these are the most costly

2. put your payments on autopilot: most card issuers let you set up automatic payments from a checking account and allow you to decide how much you pay

3. consider a balance transfer: you may consider transferring your balance to a low or zero-introductory rate card that gives between 6 to 12 months to pay of the balance at that rate

4. ask for a lower rate: if you been a good customer and you talk to your credit card issuer

and letting them know your financial situation is always a good idea they'll be eager to work out a solution

5. never max out a card: you want to keep your balance below that magic line (keep your balance below 30%) at all times

6. think twice before closing a credit account: when you do you cut your total available credit, which raises your utilization ratio and takes your credit score for a tumble



WHAT'S COOKIN'

Strawberry Crepes

Ingredients:

- 1 egg beaten
- ¼ cup skim milk
- ⅓ cup water
- 1 tablespoon vegetable oil
- ⅔ cup all-purpose flour
- ¼ tablespoon white sugar
- 1 pinch salt

Filling:

- ½ cup semisweet chocolate chips
- 1 cup fresh sliced strawberries
- ¾ cup frozen whipped topping

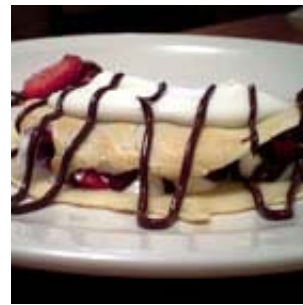
Directions:

In a large bowl, beat together egg, milk, water and oil. Beat in flour, sugar and salt until smooth.

Heat a medium, nonstick skillet over medium-high heat. Place a ladleful of crepe batter into center of pan, tilting to coat the bottom. Cook until golden brown on one side, turning once, 2 to 5 minutes. Continue with remaining batter.

In a small saucepan over low heat, melt chocolate chips, stirring constantly. Remove from heat.

To assemble, spread some melted chocolate on the lighter side of one crepe. Place a line of overlapping strawberries down the center of the crepe and roll it up. Top with whipped topping and drizzle with a bit more chocolate. Repeat with remaining crepes.



Pico de Gallo Chicken Quesadillas

Ingredients:

- 2 tomatoes, diced
- 1 onion, finely chopped
- 2 limes, juiced
- 2 tablespoons chopped fresh cilantro
- 1 jalapeno pepper, seeded and minced
- Salt and pepper to taste
- 2 tablespoons olive oil
- 2 skinless, boneless chicken breast halves-cut into strips
- ½ onion, thinly sliced
- 2 cloves garlic, minced
- 4 (12 inch) flour tortillas
- 1 cup shredded Monterey Jack Cheese
- ¼ cup sour cream

Directions:

In a small bowl, combine tomatoes, onion, lime juice, cilantro, jalapeno, salt and pepper. Set aside.

In a large skillet, heat 1 tablespoon olive oil. Add chicken and sauté until cooked through and juices run clear. Remove chicken from skillet and set aside.

Put the remaining 1 tablespoon of olive oil in the hot skillet and sauté the sliced onion and green pepper until tender. Stir in the minced garlic and sauté until the aroma is strong. Mix in half of the pico de gallo and chicken breast meat. Set aside; keep warm.

In a heavy skillet, heat one flour tortilla. Spread ¼ cup shredded cheese on the tortilla and top with ½ the chicken mixture. Sprinkle another ¼ cup cheese over the chicken and top with another tortilla. When bottom tortilla is lightly brown and cheese has started to melt, flip quesadilla and cook on the opposite side. Remove quesadilla from skillet and cut into quarters. Repeat with remaining ingredients. Serve quesadillas with sour cream and remaining pico de gallo.



FYI

Top 10 Mother's Day Gifts

As most of us know Mother's Day is the second Sunday of the month. In honor of this special event we will like to help you in your hunt for a gift.

Here are the top ten gift ideas for a wonderful Mother's Day present:

1. Flowers
2. Jewelry
3. Brunch at her favorite restaurant
4. Perfume
5. Spa Treatment
6. Shopping Spree
7. Personalized Picture Frames
8. Home Décor Items
9. Gift Baskets
10. Hugs & Kisses

Special Alert: H1N1 Influenza a.k.a. Swine Flu Information.

Many of us are wondering "what is going on with the swine flu". Most of us are scared, but continue to live our lives normally. Others, however; are in a panic.

It is not wise to rush to the E.R. when symptoms are present. The Department of Health suggests being treated at an Urgent Care Facility or staying at home if symptoms are under control.

Symptoms of H1N1 Influenza consist of:

- Fever
- Cough
- Sore Throat

- Headaches
- Body Aches
- Chills
- Tiredness

In some cases:

- Vomiting
- Diarrhea

Notice that these are also symptoms of seasonal flu. It is hard to tell if you are affected, but there are ways to prevent and combat the spread of infection.

Always cover your mouth and nose when you are coughing or sneezing with a tissue and discard in trash after use. Avoid close contact with sick

people. Wash your hands with soap and water after using the lavatory, before meals and once you arrive home after being outside.

If you suspect you have "swine flu" you should first contact your primary care physician and explain your symptoms. Second, visit an urgent care facility (not an E.R.). Lastly, avoid close contact with others (especially those who are sick).

The CDC (centers for disease control) recommends an N95 mask to control exposure. These masks can be

purchased at major department stores, hardware stores and pharmacy retailers.

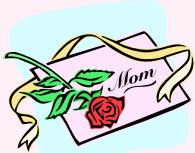
The best tip is not to panic. If you suspect you were exposed, have a family member who displays symptoms or you are the one symptomatic, contact your PCP for instructions.

If your PCP is not available, you may contact your nearest E.R. and ask to speak with a nurse. At CMSW, we take your health and well-being very serious.

Take care and stay well.

May is:

- Allergy/Asthma Awareness**
- National High Blood Pressure**
- National Physical Fitness & Sport**
- Better Sleep Month**
- Arthritis Month**
- Mental Health Month**





CALENDAR



MAY 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Cinco de Mayo	6	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
31						

A message from Dr. Hearn:

Dear Patients:

Hope you enjoyed this issue of PC. We look forward to your comments. Once again, we take your health and well-being very serious. Happy Mother's Day!!!

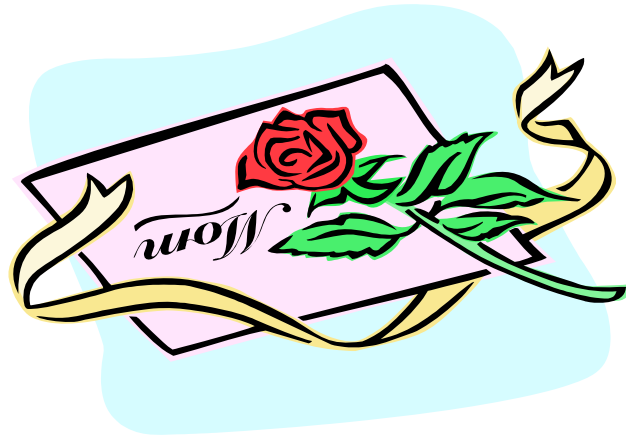
Michael Hearn, M.D.

If you would like to contribute your story to Patient's Corner, write to:

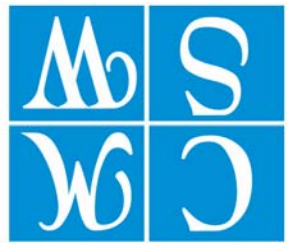
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Look Inside...



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