

How to Beep Your Doctor

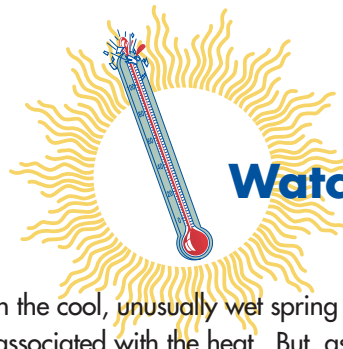
As the name implies with AccessMD you have access to your doctor in a number of ways. One of the most popular ways that clients contact their physician is to beep or page him or her. Some clients have not worked with pagers very much, so we would like to briefly explain how to use this method of reaching your doctor.

Your doctor's pager number is found on the back of your AccessMD membership card. Simply call that number. After a couple of rings the call will be answered and you will hear the message "Enter the number you wish displayed." At this time, you should use your phone to key in the phone number that you would like for your doctor to call. A couple of reminders:

Take a minute to be sure that you are entering a number where your doctor can reach you. For instance, if you are at a friend's or relative's house, and want your doctor to call you there, you should enter their number – not your home number. After paging hang up the phone and try to remain off of the phone until the call is returned.

Some clients carry cell phones with them virtually everywhere. If you are going to be mobile during a time when you want to reach your doctor and you have a cell phone, it is probably best to leave your cell phone number for your doctor to call.

If you are local, there is no need to enter the 804 area code. Remember, however, if you are calling from outside the area and are not having the doctor call you on a local number (e.g., your cell phone), please include the area code when you key in the number.



Health Tip: Watch Those Medications and the Heat

With the cool, unusually wet spring in Richmond, we may not be thinking about issues associated with the heat. But, as sure as summer follows spring, we will soon begin to swelter under the dog days of July, August and even into September.

While our activities and the way we dress can affect our body's ability to deal with the heat, medications can also play an important role. Keep the following in mind:

Some prescriptions are designed to decrease the heart's output and limit blood flow to the skin. The body is less able to cool itself by sweating, which may increase body temperatures. Some medications that may do this are:

Antispasmodics, such as Donnatal or Levsin.

Diuretics, such as Dyazide or Maxzide.

Beta-blockers, such as Inderal or Toprol.

Calcium channel blockers, such as Cardizem.

Anti-Parkinson medications, such as Sinemet.

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Physician Spotlight

At the center of the AccessMD experience is the patient/physician relationship. AccessMD is proud to provide some of the most talented and credentialed physicians in the Greater Richmond area.

In each edition of *AccessMD News*, we plan to spotlight one of our participating physicians, sharing with you little tidbits of information and other interesting insights.

Physician: Dr. John M. Daniel, III, FACP

Years in practice: 22

Family: Married 25 years to Princess Daniel, with two sons, 18 and 12. John begins college at the University of Richmond in the fall and may follow his dad into medicine and is a swimming coach this summer. Alex is a rising 7th grader who enjoys playing the piano.

Hometown: Native Richmonder

Undergraduate studies: BS in Biology from the University of Richmond

Medical School: Medical College of Virginia

Favorite Pastimes: travel, running, golf