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David Katzman, MD & Jennifer DeLaney, MD Internal Medicine Specialists



On behalf of our doctors and staff, we wish you a wonderful holiday season and a happy new year!

Our office hours through the holidays will be:

- Monday, December 24: Open 8:30 a.m. - 12:00 p.m. for sick visits only.
- Tuesday, December 25: Closed
- Monday, December 31: Open 8:30 a.m. - 12:00 p.m. for sick visits only.
- Tuesday, January 1: Closed

The Good Life

David Katzman, MD

"His goal in life was to die young, but as late as possible." These were George W. Bush's words about his father, and a reminder of what we, as your physicians, hope to help you achieve.

Cardiovascular disease, cancer, and neurodegenerative disease such as Alzheimer's are the major medical conditions that shorten one's life. Certainly we can help you reduce risks for these conditions by identifying and improving vascular risk, ensuring that appropriate screening for cancer is up to date, and helping you adopt healthy behaviors that may ward off those and other problems.

However, living a long life is most meaningful if it can be enjoyed - also known as "quality of life." This primarily centers on a healthy body and mind.

A healthy body is one with appropriate strength, posture, flexibility, balance and one that is free of pain. This is best achieved by regular exercise. We can help you find the right trainer or program to achieve these goals.

A healthy mind is achieved by pursuing fulfilling activities, meaningful relationships, limiting stress, and addressing any mental health issues. Please feel free to discuss any such issues with us.

Remember to come see us at least yearly in order to pursue all of these goals. Dr. DeLaney and I wish you a happy and healthy holiday season and new year!

Overstimulation by Technology Is Associated with Depression and Anxiety

Jennifer DeLaney, MD

Frequent use of smartphones and tablets can lead to anxiety, depression, and poor sleep. The average person in the U.S. uses their smartphone apps 2 1/2 hours a day. The average person checks his or her smartphone 47 times a day. Fifty percent of smartphone users check their phone in the middle of the night. Frequent interruptions with news, text, and messaging alerts interrupt concentration. It can take 8-10 minutes to regain focus after an interruption. The constant barrage of news, social media posts, and messages can also interfere with sleep and mood. Higher levels of usage correlate very strongly to increased depression, anxiety, and sleep disturbance. Use of devices also impedes face to face social interactions and leads to a sense of alienation from those around you.

Many cellphones have screen-time monitoring so you can determine how much time you are spending on your phone. The programs allow you to set limits on time spent on certain applications. Another potential way to reduce frequency of interruptions is to turn off news alerts and messaging alerts and only check your phone once an hour. Perhaps limiting screen time is a good New Year's resolution for all of us!

Blood Pressure Medication Recall

David Katzman, MD

The FDA has recalled several blood pressure medications in the class known as angiotensin receptor blockers out of concern that they contain trace amounts of a substance known as NDEA, which may be a carcinogen in humans. The risk is estimated as one extra case of cancer for every 8,000 adults who take the maximal strength for four years.

This recall affects certain lots of valsartan, irbesartan, and losartan by certain manufacturers. Some of the recalled drugs are in combination with amlodipine and hydrochlorothiazide, but these drugs do not pose an increased cancer risk when they are not accompanied by the angiotensin receptor blocker. We are in the process of identifying all of those who may be affected by the recall. The risk is low, but there are many other effective alternatives.

Stress Relief Through the Holidays

Jane Kozlowski, RN

The holidays can be a joyful time of year full of family, friends, and gift-giving. But with that can come a lot of stress as well. Stress can trigger many physical and emotional symptoms and is thought to contribute to 80% of non-traumatic deaths in the U.S. So it's important to take care of yourself! Here are three great ways to help reduce stress this holiday season:

- **Deep Breathing:** Did you know that deep breathing helps release endorphins into your bloodstream? Endorphins trigger a positive, happy feeling similar to that of opioids. So make sure to stop and take deep breaths every day, but especially at those times when you feel your stress level begin to rise.
- **Positive Thinking:** What you tell yourself can affect your health. Positive thinking has been linked to multiple health benefits, such as increased resistance to the common cold and even a longer life span. When going through challenging situations, try to think the best about what can happen!
- **Laughter:** We've all heard the saying, "Laughter is the best medicine." Well for stress, it really can be. Laughter is thought to improve your immune system, relieve pain, help reduce tension, and more. Schedule in some laughter this holiday season, whether it be through a movie, a joke book, or that friend who always makes you laugh.

Office News

New Staff Member: Hello! To those of you I haven't had the pleasure of meeting, I'd like to introduce myself. My name is Jane, and I recently joined Dr. Katzman and Dr. DeLaney's practice part-time as the office manager. I'm also currently a nurse at Missouri Baptist Medical Center working PRN in their Community Health Department and Pain Management Center. I'm excited to be working in my new role here at the office and look forward to meeting more of you!

Cold and Flu Season: Cold and flu season is upon us! We highly recommend calling to schedule an appointment before stopping in for your labwork, injections, etc, if at all possible. This will help to reduce your wait time and thereby reduce your chance of being exposed to what germs may be floating around. If you haven't had your **flu shot** yet, we still have some high-dose shots available. Feel free to call us to set up a time to come in.

Reminders

Medicare issuing New ID Cards: Medicare is stopping the use of Social Security numbers for identification. This move required by law was enacted to discourage identity theft. The new cards will be mailed to you directly with new Medicare Beneficiary Identifiers (MBIs). Please bring in your new card or let us know you have received a new card when requesting any diagnostic testing, labs, medications or other services. We will not be able to obtain authorization for services needed in a timely matter without correct card information. Thank you!

United Healthcare and LabCorp: United Healthcare will be contracting with Quest for laboratory testing starting in January 2019. Just a reminder to our clients who currently have **United Healthcare** as their primary insurance. There will be a \$50.00 co-pay for **covered** labs if you choose to have your labs drawn in our office until the contract takes effect. Please check with your individual plan to determine what labs are covered.

Billing Concerns and Questions: Please remember to continue to write your invoice number(s) on every check. It is ok to pay multiple invoices on one check as long as they are for the same doctor. Tonya can be reached via [e-mail](#) if you have any questions, and she is available to return your calls on Tuesday afternoons and Wednesdays.

Florida Blue and EPO's: If you have the Medicare supplement plan [Florida Blue](#) please check the website to find out if you are covered outside of Florida. If you have coverage, check if you need to have an in-network primary care physician designated to order all of your diagnostic tests. **Dr. Katzman and Dr. DeLaney are not in-network.** There are many health insurance plans that are considered an **EPO** (exclusive provider organization). This is a managed care plan where services are only covered if you go to doctors, specialists, or hospitals in the plan's network. This means you may have to pay the full cost of services provided if you use a physician out of network. Dr. DeLaney and Dr. Katzman are not in network and will not be able to order any diagnostic services for you even if the facility is in network.

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