

## TO OUR PATIENTS

First of all, it is a privilege for us to practice medicine, and we thank you for being our patient. As you know, medicine is undergoing significant changes. As part of the PQRS (Physician Quality Reporting System) mandate, all patients are to be screened for specific clinical quality measures. We apologize if this screening may seem obtrusive, but the intent is to be helpful for all of us.

- 1) If your blood pressure is greater than 120/80, a follow-up of your blood pressure is recommended. For a BP of 120/80-139/89, a follow-up within 4-6 months is recommended, and for a BP greater than 140/90, a follow-up in less than 2 weeks is recommended. In addition, hypertensive education is suggested which typically includes a regular exercise program and limiting your salt intake. Additional information can be obtained at <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>. In addition, a follow-up with your primary care physician is recommended for a more thorough evaluation.
- 2) All patients age 3-17 (or any age for that matter) are encouraged to exercise on a regular basis and to be conscious about their nutritional requirements.
- 3) If you smoke, a smoking cessation program is recommended.
- 4) All women ages 41-69 are encouraged to have a mammogram every two years.
- 5) All patients older than 6 months are encouraged to have an annual flu shot and/or Tamiflu unless medically contraindicated.
- 6) Please let us know if you have been diagnosed with diabetes, dementia/Alzheimer's, and/or ischemic vascular disease (such as having a prior heart attack, stroke, or prior heart/blood vessel surgery).
- 7) If you are 65 or older, a "falls risk" assessment should be performed. More information about assessing this risk can be found at <http://www.fallpreventiontaskforce.org/tools.htm>. In addition, all female patient over 65 should be assessed for symptoms of an overactive bladder. It is usually best to discuss any concerns with your primary care physician.
- 8) Please let us know if untreated depression is a significant issue for you. A referral to a psychologist is recommended for any case of ongoing untreated depression.
- 9) We are required to document your current medications, so thank you for providing us with this information.
- 10) If your BMI (Body mass index) is considered outside the relatively strict weight standards as set forth by the CQM parameters, then dietary counseling and surveillance is recommended. This information can be found in numerous sources including <http://www.eatright.org/nutritiontipsheets/>.
- 11) If you are diabetic, you should have your A1C checked on a regular basis and an annual foot and retinal examination are recommended.
- 12) All patients age 65 and older should consider an annual pneumococcal immunization
- 13) All female patients age 65 and older should be screened for OAB (overactive bladder symptoms)

Thank you again!