

Healthy

CONNECTIONS

SABR: A NEW ADVANCEMENT IN

Radiation Therapy

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IMPROVING HEAD
& NECK CANCER
OUTCOMES WITH TORS

THE IMPORTANCE
OF COLORECTAL CANCER
Screenings

MEDICARE: CHOOSING THE PLAN THAT IS RIGHT FOR YOU



What are the parts of Medicare?

Part A (hospital insurance) helps cover:

- ▶ Inpatient care in hospitals
- ▶ Skilled nursing facility care
- ▶ Hospice care
- ▶ Home health care



Part B (medical insurance) helps cover:

- ▶ Services from doctors and other health care providers
- ▶ Outpatient care
- ▶ Home health care
- ▶ Durable medical equipment (like wheelchairs, walkers, hospital beds, and other equipment and supplies)
- ▶ Many preventive services (like screenings, shots, and yearly "wellness" visits)



Part D (prescription drug coverage) helps cover:

- ▶ Cost of prescription drugs

Part D plans are run by private insurance companies that follow rules set by Medicare.

(Continued on page 6.)

JOIN US!

[Understanding Medicare Advantage and Your Medicare Options](#)

Thursday, March 28, 7 p.m. **Florham Park**

Summit Medical Group's cancer center
150 Park Avenue,
Fourth Floor Conference Center
Space is limited. To register, call **908-277-8889** or visit summitmedicalgroup.com/events.

SAVE YOUR SEAT



Hello

A MESSAGE TO OUR COMMUNITY

This year marks the centennial of Summit Medical Group (SMG), and we continue to build on a long and distinguished history to remain at the forefront of health care. The group was founded on the principles of patient-centered care and continues to lead the industry in providing high-quality care aimed at improving outcomes and patient satisfaction while managing health care costs.

The SMG health care model provides patients with more convenient and affordable care for every stage of life—from birth and pediatrics to geriatrics—with a range of ancillary services under one roof, including wellness, cancer treatment, disease management, surgical services, behavioral health, and chronic conditions.

For patients currently in or who will soon be part of the Medicare population, SMG is looking for new ways to help them get the best model of care for their individual stage of life—see the sidebar for a

Medicare primer, and stay tuned for the introduction of new plans aimed at improving access to quality care and lowering costs.

Also in this issue, we highlight two state-of-the-art procedures: Transoral Robotic Surgery (TORS), which removes tumors located in the oral pharynx using a remarkable minimally invasive technique, and Stereotactic Ablative Radiotherapy (SABR), which delivers precisely targeted radiation in fewer high-dose treatments than traditional therapy, to cure early-stage cancers, such as lung, liver, and prostate cancer.

We address colorectal cancer and the importance of screening for everyone ages 50 and older (page 7). There are several screening techniques available for colorectal cancer. If detected early, lives can be saved.

*From all of us at SMG, we wish you a happy, healthy spring!
Yours in good health,*

Jeffrey Le Benger, MD
Chairman of the Board
and CEO



CONNECT WITH US!

Keep up with breaking health news, new physicians, new services, events, videos, and more from Summit Medical Group.



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slideshare.net/smgmj

State-of-the-Art

Robotic Surgery for Head and Neck Cancer Improves Patient Outcomes



Michael Most, MD Head and Neck Surgeon

Surgery for tumors located in the oral pharynx—the back of the throat, tonsils, and base of the tongue—has come a long way in recent years. With a state-of-the-art procedure called transoral robotic surgery (TORS), surgeons can remove tumors using a minimally invasive technique.

TRANSFORMING CANCER TREATMENT

During TORS, a surgeon sits at a console and views 3-D high-definition images of the surgical area in real time. He or she uses special instruments to control the surgical robot and remove the tumor through the patient's mouth.

"With a traditional open surgery approach, we have to make a large incision and sometimes even cut the jawbone to access the area where the tumor is located," says Michael Most, MD, who was one of the first [head and neck surgeons](#) in the state to perform TORS. "Not only is it disfiguring, but it can also cause long-term complications with swallowing and speech, and it requires complex reconstructions. Now, with TORS, we can do the entire procedure through the mouth without making any external incisions."

A DRAMATICALLY DIFFERENT EXPERIENCE

After conventional oral cancer surgery, most patients stay in the hospital for seven to 10 days and may need a



feeding tube. TORS usually requires only a one- to two-night stay, and most patients start drinking fluids the day after surgery. What's more, once the tumor is removed and the surrounding tissue shows no signs of cancer, it's considered fully treated. "As a result, TORS can potentially eliminate the need for chemotherapy and radiation," Dr. Most says.

SMG physicians are among the nation's leading head and neck cancer and microvascular reconstructive surgeons. Our providers take a multidisciplinary team approach when

caring for TORS patients. Surgeons and medical oncologists, as well as physical and speech therapists, work hand in hand to create individualized treatment plans to maximize care before, during, and after the procedure.

In general, patients may be candidates for the surgery if they have smaller tumors, such as early-stage cancer, recurrent cancer, or tumors that haven't responded to radiation therapy. "Overall, the benefit for patients who undergo TORS is significant in every way," Dr. Most says.

HEAD & NECK CANCER AWARENESS

Head and neck cancers are increasing in incidence and often related to the human papillomavirus or HPV. April is Oral Cancer Awareness Month, which is a great reminder to discuss any oral health concerns with your health care provider or find out whether you should undergo certain screenings. For more information about the comprehensive services available at Summit Medical Group, visit smgcancer.com.



SABR RADIATION THERAPY IS PRECISE, CO

Advances in technology mean that nearly every area of medicine is continuously evolving, and radiation therapy is no exception. One of the newest advancements in radiation therapy, now available at Summit Medical Group's cancer center, is

Stereotactic Ablative Radiotherapy (SABR).

"SABR is a form of radiation therapy that enables us to deliver precisely targeted radiation at much higher doses to a specific area," says Molly Gabel, MD, Medical Director of

[Radiation Oncology Services](#). As a result, patients can receive their full course of radiation therapy in far fewer treatments.

"For example, a standard treatment of external beam radiation for a patient with a prostate tumor



ION

CONVENIENT, SAFE

NEED MORE INFORMATION?

Radiation Oncology at Summit Medical Group is a gateway to leading radiation services. For more information on Summit Medical Group's cancer services, visit smgcancer.com.

would typically involve five treatments per week for four to eight weeks," Dr. Gabel says. "With SABR, that patient may only need a course of five treatments in total."

MULTIDISCIPLINARY TEAM WORKS TOGETHER FOR PRECISE PLANNING

Patients who are newly diagnosed with prostate cancer begin with consultations with Urology, Radiation Oncology, and Medical Oncology. During these consultations, patients learn the side effects of each treatment modality so that they are armed to make their treatment decision.

If radiation is agreed upon as treatment, patients undergo a CT scan to locate the exact position of the tumor and determine its specific size and shape. These images guide the treatment planning process in which a team of experts, including a radiation oncologist, medical radiation physicist, dosimetrist, and radiation therapist, work together to determine the optimal dose and beam configuration for treating the targeted area.

COULD SABR BE RIGHT FOR YOU?

In addition to being able to receive fewer treatments compared with traditional radiation therapy, there are several other benefits to undergoing SABR. "Since it minimizes radiation to surrounding tissue, it can help reduce

the incidence of side effects," Dr. Gabel says. "For some patients, SABR can offer an alternative to surgery."

SABR BENEFITS

SABR even has advantages over other types of radiation therapy, such as CyberKnife®. "Each CyberKnife treatment can take 45 to 90 minutes, whereas SABR takes only 15 to 20 minutes," Dr. Gabel says. SABR is also much less likely to have "hot spots," which occur when all the beams converge and deliver an extremely high dose of radiation. "SABR provides a more uniform dose, more quickly, conveniently, and safely," Dr. Gabel says.



Molly Gabel, MD
Medical Director of
Radiation Oncology
Services

Experts at SMG use SABR to treat other malignant or benign small- to medium-sized tumors in the body, including those in the brain, prostate, lung, liver, abdomen, spine, head, and neck. Talk with your doctor if you have any questions about SABR or are curious whether you might be a candidate for the procedure.

SABR: MICHAEL'S TREATMENT EXPERIENCE

Summit Medical Group patient "Michael," 64, went to his family doctor for a routine physical—the first he had had in more than 15 years. A blood test showed Michael had an elevated PSA test, and a biopsy revealed he had prostate cancer. He and his urologist Adeep Thumar, MD, discussed all his treatment options and then consulted with Molly Gabel, MD, who identified Michael as an ideal candidate for SABR. "After considering my options with my care team, I decided SABR, which offered noninvasive, short treatments with no hospitalization, was the right treatment approach for me," says Michael.

In reflecting on his cancer journey, Michael says it was helpful to talk about it with others. He commiserated with a close friend, whom he learned was also diagnosed with prostate cancer. "We went from talking about sports scores to Gleason scores," he says with a laugh.

"I'm grateful that SABR was an effective option for me and for the warm, compassionate staff at Summit Medical Group, who have all been wonderful." Michael completed his fifth and final treatment just before Christmas 2018.

Summit Medical Group WELCOMES 9 NEW DOCTORS



Lisa Armstrong, MD
Urgent Care
Berkeley Heights
908-277-8880
Florham Park
973-404-9780
Livingston
973-436-1500
Westfield
908-389-6400



Malka Bannet, DO
Internal Medicine
Livingston
973-436-1460
Warren
908-561-8600



Melissa Berlin, MD
Family
Medicine
Glen Ridge
973-743-2321



Adnan Danish, MD
Radiation
Oncology
Florham Park
973-437-9900
Berkeley
Heights
908-588-3651



Terri Febbraro, MD, MPH
Gynecologic
Oncology
Florham Park
973-679-4546
West Orange
973-679-4546



Beena Jani, MD
Family Medicine
Livingston
973-436-1460
Short Hills
973-315-9076



Lisa Picascia, MD
Family Medicine
Berkeley Heights
908-277-8878



Anthony Vecchi, MD
Hospitalist
Medicine
Berkeley Heights
908-273-4300



Anum Waqar, DO
Internal Medicine
Berkeley Heights
908-277-8625

LOOKING FOR A PHYSICIAN?

Check out our Physician Finder online by going to summitmedicalgroup.com and scrolling to "[Find a Practitioner.](#)"



YOUR MEDICARE OPTIONS

(Continued from page 2.)

When you first enroll in Medicare and during certain times of the year, you can choose how you get your Medicare coverage. There are 2 main ways to get Medicare:

ORIGINAL MEDICARE

- ▶ Original Medicare includes Medicare Part A (hospital insurance) and Part B (medical insurance).
- ▶ If you want drug coverage, you can join a separate Part D plan.
- ▶ To help pay your out-of-pocket costs in Original Medicare (like your deductible and 20 percent coinsurance), you can also shop for and buy supplemental coverage.

MEDICARE ADVANTAGE

- ▶ Medicare Advantage is an "all-in-one" alternative to Original Medicare. These "bundled" plans include Part A, Part B, and usually Part D.
- ▶ Some plans may have lower out-of-pocket costs than Original Medicare.
- ▶ Some plans offer extra benefits that Original Medicare doesn't cover—like vision, hearing, or dental.

Source: Medicare & You handbook (Medicare.gov)

POST & SAVE

Spring 2019

Calendar of Events

Reservations required unless otherwise noted. Call **908-277-8889** or visit summitmedicalgroup.com/events

SAVE YOUR SEAT



your health benefits? Learn more about your Medicare coverage options—such as Medicare Advantage—how to enroll, when to act, and strategies for maximizing your benefits. Representatives from the major Medicare Advantage Plans and the SMG Billing Department will be present to discuss your options and answer your questions.

SEMINARS Considering Weight-Loss Surgery?

Learn how weight-loss surgery can help you improve your health, feel better, and get your life back. Join us for a review of the surgical options and lifestyle changes to keep you on track with a healthy weight after weight-loss surgery. To register, please call **908-277-8889** or visit summitmedicalgroup.com/events.

Robert Bell, MD, Bariatric Surgeon
Berkeley Heights
1 Diamond Hill Road
Lawrence Pavilion
Conference Center
Mondays, April 8, May 13, June 10, 7 p.m.

Clark
67 Walnut Avenue, Suite 202
Saturdays, April 20, May 18, June 15, 10 a.m.

Patrick LeMasters, MD, Bariatric Surgeon
Livingston
75 E. Northfield Road, Café
Mondays, April 15, May 6, June 3, 7 p.m. Saturdays, April 20, May 11, June 8, 10 a.m.

Clifton
6 Brighton Road, Boardroom
Tuesdays, April 16, May 14, June 11, 7 p.m.

Alexandra Argiroff, MD, Bariatric Surgeon
Florham Park
140 Park Ave.,
Conference Room,
Wednesdays, April 17, May 15,



SUMMIT MEDICAL GROUP

Celebrating 100 Years

SMG'S GOT TALENT Opening & Reception



Wednesday, May 22,
5 p.m. to 8 p.m.

Berkeley Heights
1 Diamond Hill Road
Lawrence Pavilion, 1st Floor
Gallery & Café Conference Center

We all know that Summit Medical Group physicians and employees are skilled in their professions, but many of them also have talents that extend beyond the exam room and office. To kick off our 100th anniversary, we invite you to enjoy a sneak peek of the "other side" at an exhibit that showcases the artistry, imagination, and talent of SMG employees. This exhibit is a celebration of the creative pursuits of those who make up our organization today. All art on display, through a variety of mediums, is produced by SMG employees. Our opening reception will include arts and crafts, entertainment, and refreshments.

FREE LECTURES

April Foot Health 101

Tuesday, April 23, 1 p.m.

Livingston

Livingston Senior/
Community Center
204 Hillside Avenue
Ali El-Saheli, DPM, FAFAS, FASPS, Podiatric Surgeon

We'll discuss simple steps to keep your feet strong and mobile. With proper detection, intervention, and care, most foot and ankle problems can be lessened or prevented. Learn from our expert about preventive care and the latest treatments for common and athletic foot injuries, diabetic foot complications, arthritis, and skin and nail disorders. To register, please call **973-535-7961** ext. 227 or 228 or email Jekelly@livingstonnj.org.

Stress Reduction

Thursday, April 25, 7 p.m.

Berkeley Heights

1 Diamond Hill Road
Lawrence Pavilion Café
Conference Center
Diane Magee, LPC, ACT, and Pamela Babik, LCSW, Behavioral Health and Cognitive Therapy Center

We cannot always change a stressful situation, but we can change how we perceive it. Learn healthy coping skills and strategies that can help you better tolerate the discomfort of stressful situations.



May

Simple Ways to Reduce Your Cancer Risk

Saturday, May 18, 10:30 a.m.

Montclair

Montclair Public Library
50 S. Fullerton Avenue
Melissa Berlin, MD, Family Medicine Constance Gore, RN-APN, Genetic Counseling Christina Lavner, RD, Nutrition Services

Did you know that up to 50 percent of cancer cases in the U.S. could have been prevented? Learn strategies you can implement in your life to significantly reduce your risk for cancer. Light refreshments will be served.

June

Gaining Perspective on the Opioid Epidemic

Tuesday, June 18, 6 p.m.

Montclair

Montclair Public Library
50 S. Fullerton Avenue
Laura Balsamini, PharmD, BCPS, National Vice President of Pharmacy Services

The opioid epidemic is a public health crisis impacting communities, schools, and families. During our session, we'll discuss the risks associated with opioid misuse and the New Jersey laws that are in place to reduce risk, accumulation, and side effects associated with opioid prescription pain management. You will also learn how health care providers are working to improve the current crisis with new protocols and safe and effective non-opioid pain management alternatives.

Understanding Medicare Advantage and Your Medicare Options

Wednesday, June 19, 7 p.m.

Berkeley Heights

1 Diamond Hill Road
Lawrence Pavilion
Café Conference Center Are you recently retired or approaching retirement and reviewing changes to



June 19, 7 p.m.
Thursdays, April 4, May 2,
June 6, 7 p.m.
Saturdays, April 27, May 18,
June 22, 10 a.m.

SUPPORT GROUPS

Bariatric Surgery Support Group

Robert Bell, MD, Bariatric Surgeon

Berkeley Heights

1 Diamond Hill Road, Café
Mondays, April 1, May 6,
June 3, 5:30 p.m.

Patrick LeMasters, MD, Bariatric Surgeon

Livingston

75 E. Northfield Road, Café
Mondays, April 15, May 6,
June 3, 6 p.m.

Share concerns, setbacks, and triumphs with weight-loss surgery in a safe, supportive, compassionate environment. Explore effective strategies that can help you achieve long-term success with weight loss. Call **908-277-8950** for Dr. Bell's group and **973-436-1530** for Dr. LeMasters' group to learn more.

General Cancer Support Group

Open to all patients in active cancer treatment. A safe place to share your experiences, feelings, and resources with others impacted by cancer.

Florham Park

150 Park Avenue, Resource Center, 2nd Floor

Facilitator: Erin Groover, MSW, LCSW, Behavioral Health Therapist

Thursdays, April 4, May 2,
June 6, 12:30 p.m. to 1:30 p.m.

To register for the Florham Park Group, please call **Monica Cotton, Patient**

Navigator at 973-404-7037.

Berkeley Heights

1 Diamond Hill Road, Bensley Pavilion, 2nd Floor, Cardiology Conference Room

Facilitator: Meredith Shufeld Perrone, MSW, LCSW, Behavioral Health Therapist

Tuesdays, April 2, May 7,
June 4, noon to 1 p.m.

To register please call **Meredith Shufeld Perrone, MSW, LCSW at 908-988-2329.**

Living with Advanced Cancer Support Group

Open to all patients with recurrent or metastatic cancer.

Florham Park

150 Park Avenue, Resource Center, 2nd Floor

Facilitator: Erin Groover, MSW, LCSW, Behavioral Health Therapist

Wednesdays, April 17, May 8,
June 12, 5:30 p.m. to 6:30 p.m.

To register, please call **Monica Cotton, Patient Navigator, at 973-404-7037.**

Berkeley Heights

1 Diamond Hill Road, Bensley Pavilion, 2nd Floor, Cardiology Conference Room

Facilitator: Meredith Shufeld Perrone, MSW, LCSW, Behavioral Health Therapist

Tuesdays, April 16, May 21,
June 18, 5:00 p.m. to 6 p.m.

To register, please call **Meredith Shufeld Perrone, MSW, LCSW, at 908-988-2329.**

Survivorship Support Group

Open to all patients who have completed active cancer treatment and have no evidence of disease.

Florham Park

150 Park Avenue, Resource Center, 2nd Floor

Facilitator: Erin Groover, MSW, LCSW, Behavioral Health Therapist

Thursdays, April 25, May 30,
June 27, 6 p.m. to 7 p.m.

To register, please call **Monica Cotton, Patient Navigator, at 973-404-7037.**

Caregiver Support Group

Open to anyone who has a loved one who is currently coping with cancer.

Berkeley Heights

1 Diamond Hill Road, Bensley Pavilion, 2nd Floor, Cardiology Conference Room

Facilitator: Meredith Shufeld Perrone, MSW, LCSW, Behavioral Health Therapist

Mondays, April 15, May 20,
June 17, 1 p.m. to 2 p.m.

To register, please call **Meredith Shufeld Perrone, MSW, LCSW, at 908-988-2329.**

BREAST CANCER SUPPORT PROGRAMS

All Summit Medical Group patients are welcome to participate.

Breast Cancer Support Group for Newly Diagnosed Patients (within one year of diagnosis)

Mondays, April 1,
May 6, June 3,
5 p.m. to 6 p.m.

Berkeley Heights

1 Diamond Hill Road, Breast Center Waiting Area

Carol Boyer, RN, MSN, APN, CN-BP, AOCNS, Nurse Navigator Meredith Shufeld Perrone, MSW, LCSW, Behavioral Health Therapist

This program is for those who have recently been diagnosed with breast cancer. Patients can share concerns and advice about their experiences with breast cancer treatments and more.

Breast Cancer Survivorship Group for Patients

Who Are a Year or More Post-diagnosis

Mondays, April 29, May 20,
June 24, 5 p.m. to 6 p.m.

Berkeley Heights

1 Diamond Hill Road, Breast Center Waiting Area

Carol Boyer, RN, MSN, APN, CN-BP, AOCNS, Nurse Navigator

Elizabeth Nikol, DBH, LCSW, ACT, Behavioral Health Therapist

This group is for people who have had breast cancer and would like support from others with similar experiences. Participants share information about managing common concerns of breast cancer survivors.

No registration required. For questions, call our nurse navigation team at **908-277-8670.**

Breast Cancer Support Group

Tuesdays, April 2, May 7,
June 4, 12 p.m.

Florham Park

150 Park Avenue, Resource Center, 2nd Floor

Carol Boyer, RN, MSN, APN, CN-BP, AOCNS, Nurse Navigator

Margaret S. Clarke, MA, LPC, BC-DMT, ACT, Behavioral Health Therapist

This group is for all breast cancer patients—both newly diagnosed and survivors. Registration is not necessary. For additional information, call **908-277-8670.**

Grief Support Group

Thursdays, April 11, May 9,
June 13, 5 p.m.

Berkeley Heights

1 Diamond Hill Road, Lawrence Pavilion, Room L1-715

This group is open to bereaved patients of Summit Medical Group who have suffered a recent loss of a loved one. It is facilitated by the Integrated Behavioral Health Team of Licensed Clinical Social Workers. The group is free but does require advanced registration. Please call the Behavioral Health Department at **908-277-8908** to enroll.



The Bottom Line:

Colorectal Cancer Screening Can Save Lives

Colorectal cancer, often referred to as colon cancer, is the third most common type of cancer and the second leading cause of cancer death among American men and women. It is one of the most preventable forms of cancer. So it's highly important to talk with your doctor about your risk and getting screened for colorectal cancer.

WHEN TO START SCREENINGS

While colorectal cancer can be prevented, “the warning signs, such as blood in the stool or changes in bowel habits, come fairly late, which is part of the problem,” says Tamir Ben-Menachem, MD, Chairman of the [Gastroenterology Department](#) at Summit Medical Group and a surgical oncologist. “We encourage everyone to undergo screening for colon cancer beginning at age 50.” Some people may need screening at an earlier age if they have certain risk factors, such

as family members with colon cancer or a history of colitis.

SCREENING OPTIONS

There are several screening techniques available for colorectal cancer. Stool-based tests for blood or molecular markers of cancer are good at detecting cancer at an early stage and need to be repeated every one to three years. Colonoscopy for screening can prevent cancer by identifying and removing colon polyps—small clumps of cells that form on the lining of the colon or rectum—before cancer develops. Thus, colonoscopy is the preferred method for colorectal cancer screening because benign polyps, which are precursors to colon cancer, can be removed thereby preventing cancer from developing.

“Currently, only 62 percent of the U.S. population gets screened for



Tamir Ben-Menachem, MD
Chairman of the
Gastroenterology
Department

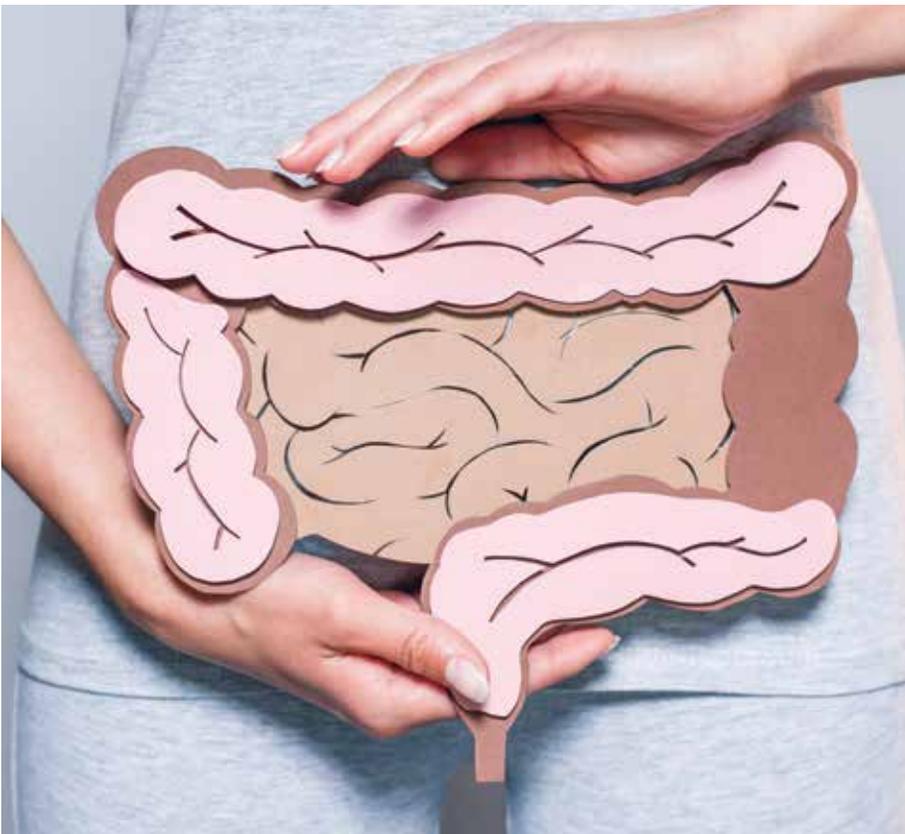
colon cancer. We are part of a consortium of health organizations committed to increasing the number of people who get screened for colon cancer. We could decrease the number of deaths from colon cancer substantially if more Americans would undergo screening,” Dr. Ben-Menachem says. “SMG is trying to make the screening process easier by streamlining appointments, allowing [Direct Access Colonoscopy](#), and providing more palatable colonoscopy preparation methods,” he adds.

LOWERING YOUR RISK

In addition to receiving screenings and colonoscopies, a high-fiber diet that is rich in vegetables, fruits, and whole grains (and low in red and processed meats) may help lower your risk for colorectal cancer. Quitting smoking can also help reduce your risk for colorectal cancer.

TREATMENT OPTIONS

If a screening test finds colorectal cancer, sophisticated treatments, including surgery, chemotherapy, and radiation, are available. Suggested treatments vary according to several individual factors, including the size and location of the cancer. Based on your treatment options, you might have several types of doctors on your treatment team. The multidisciplinary team of experts at Summit Medical Group will review the diagnosis, create a treatment plan, and offer comprehensive, patient-centered support.



Summit Medical Group
1 Diamond Hill Road
Berkeley Heights, NJ 07922

Postmaster: Please deliver
within March 11 to 15

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U.S. Postage

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Developed by StayWell 816M



GALA 2019 LA
05.04.19 **SAVE THE DATE**

A special appearance by **Jay Leno**

the GROVE smg-foundation.org Summit Medical Group Foundation

Committed to Improving *Patient Blood Pressure*

Summit Medical Group (SMG) has received national recognition by the American Heart Association and the American Medical Association for excellence in blood pressure management.



REACHING FOR GOLD

As part of the annual Target: BP Recognition Program, run jointly by the two associations since 2017, SMG is awarded **Target: BP Gold** status for our commitment to helping more patients improve their blood pressure (BP) control. Gold status is awarded to health care providers who achieve a blood pressure control rate of 70 percent or higher among adult patients versus the national average of just 54 percent. Data for the program is based on high blood pressure control being defined as lower than 140/90 mmHg.

GET YOUR BP CHECKED

Over time, if your blood pressure rises and stays high, it can damage the body in many ways. Usually you cannot tell by the way you feel that your blood pressure is high. The only way to find out if your blood pressure is high is to have it measured. Even though you can't feel it, high blood pressure is dangerous. It can hurt your blood vessels, heart, brain, kidneys, and eyes even when you may not have any symptoms. The higher your blood pressure is, the more it increases your risk for heart attack, stroke, and other serious medical problems.

If you do not know your BP numbers, schedule a checkup with your primary care physician.

Patient education materials on controlling high blood pressure are available at SMG's Primary Care, Endocrinology, Cardiology, Pulmonology, and Nephrology offices.



SUMMIT MEDICAL GROUP

Choose a great primary care physician when you're well. You'll thank yourself when you're not.

Having a primary care physician who really knows you and your family can be beneficial to your health. One who can connect you with the best specialists in every area of medicine is even better.

SMGPrimaryCare.com
We're accepting new patients.

Take the Survey!