

WESTERN NEW YORK  
**IMMEDIATE CARE**<sup>®</sup>  
the *fastest* ER alternative<sup>®</sup>



Immediate Care now offers CT scans at our facility located at 7616 Transit Road in Williamsville. There we are open 9:00 am - 10:00 pm, M-F, and 9:00 am - 8:00 pm on weekends.

Dear ,

Do you love Immediate Care? Would you like to tell the world about your Immediate Care experience? Would you like to be on radio or television?

We're looking for patients who are willing to provide testimonials for Immediate Care. You'll be asked to go to a studio and speak on camera, and you'll need 30-60 minutes for the recording session. We're scheduling sessions during the last two weeks of February. If you are interested, please send a brief e-mail to [Claire Jones](#) describing your experience and why you would like to participate. Please be sure to include your name and contact information.

Your feedback is a powerful tool that allows us to improve our customer service. To help facilitate that, we now have an online patient satisfaction survey. Please visit [wnyimmediatecare.com](http://wnyimmediatecare.com), and click on the link on the left.

Thank you for your continued support!



It's never too late to commit to a healthy lifestyle. Begin your new year and a new you, *now!*

### Six Top Health Tips for 2010

The secret to living a healthy life starts with a healthy mind. [SOBeFIT](#) experts give you the best health advice for 2010.

1. The best habit to adopt is daily exercise. But don't perform the same exercise every day. Have three or four different regimens, and rotate through them.
2. The simple act of taking a daily "baby" aspirin (81 mg) can decrease the chance of heart attack, stroke and other serious health problems in higher-risk patients. But always check with your doctor before taking this, or any other, drug therapy.
3. Happiness is the least known health tip. It's not that unhappy people will always live shorter lives. But when an individual has a happy life that is well balanced with family, love, a great career and interesting hobbies, they will live longer.
4. Restrict your calories. You can make up all the stories you want about different diets, but the only thing that truly counts is how many calories you eat a day.
5. Laugh a lot—why? It will put you in the right mood to not take life so seriously. We spent years studying cortisol, and when you laugh stress hormones plummet.
6. Use your head. The secret to living a healthy life starts with a healthy mind that must be maintained throughout your life. It has to be worked.

[SoBeFit](#) "provides news and advice on fitness, nutrition, health and sports, with a personal, strong and committed editor that supports and believes in the achievement of excellence through small steps."

### Six Stupid Health Mistakes

Now that we know what we should be doing to live a long, happy and healthy life, what about the things we should stop doing? The experts from [Lifescrypt.com](#) offer the following list of things you should *stop now!*

1. Skipping breakfast. Although you may skip breakfast in an attempt to cut some calories, you actually will eat more throughout the day to compensate for your hunger. In fact, of the 4,000 participants in the National Weight Control Registry who maintained at least a 30-pound weight loss for about 5.5 years, almost all said they

ate breakfast daily.

2. Sabotaging your skin for a little color. Sun tanning and skipping the sunscreen both increase your exposure to the sun's harmful rays, which can cause premature aging and, even worse, skin cancer.

3. Smoking. Consequences of smoking include lung and throat cancer, premature wrinkles, an increase in men's risk of impotence, and complication of pregnancies for women. And these are just some of smoking's effects.

4. Avoiding the doctor. Having a checkup can mean detecting a problem and treating it early enough to avoid further complications.

5. Not getting enough sleep. Sleep deprivation not only makes you feel less than your usual perky self, but has been linked to weight gain, depression, anxiety, heart disease, and insulin resistance, not to mention accidents from limited mental alertness.

6. Drinking your calories. Starbucks lattes and Jamba Juice smoothies might be a fixture in your day, but you could be consuming nearly all of your calories for the day in just one cup.

[Lifescrypt.com](http://Lifescrypt.com) "LifeScript strives to be the #1 website dedicated to women's health. Our mission is to create a place where women find and share health information — their way. The site inspires women to be proactive about their health (and lives) and helps them build a support network of experts and other users."

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## Q&A FORUM

### Showing Love: Is it ok to give my sweetheart chocolate?

According to [Answers.com](http://Answers.com), more than 58 million pounds of chocolate candy will be sold during Valentine's week. If your sweetheart loves chocolate, you can give it to him or her with a little less guilt. Chocolate and its main ingredient, cocoa, appear to reduce risk factors for heart disease. Flavanols in cocoa beans have antioxidant effects that reduce cell damage implicated in heart disease, help lower blood pressure and improve vascular function. One caveat: The evidence for the healthy benefits of flavanol-rich chocolate comes mostly from short-term and uncontrolled studies. More research will be needed to confirm chocolate's role in heart health.

Always eat chocolate in moderation. Why? Most commercial chocolate has ingredients that add fat, sugar and calories. And too much can contribute to weight gain, a risk factor for high blood pressure, heart disease and diabetes. Choose dark chocolate with cocoa content of 65 percent or higher. Limit yourself to no more than 3 ounces (85 grams) a day, which is the amount shown in studies to be helpful. Because this amount may provide up to 450 calories, you may want to cut calories in other areas or step up the exercise to compensate.

### Multigrain v. Whole Grain: Which is the healthier choice?

"Whole grain" and "multigrain" are not interchangeable terms. Whole grain means that all parts of the grain kernel—the bran, germ and endosperm—are used. In contrast, multigrain means that a food contains more than one type of grain; it doesn't tell you whether they're whole or refined grains, or a mix of both.

Whole grain foods are a healthy choice because they contain nutrients, fiber and other healthy plant compounds found naturally in the grain. Look for products that list the first ingredient as "whole grain," "whole wheat" or "whole oats." Healthy adults should eat at least three 1-ounce equivalents of whole grains a day as part of a balanced diet.

Katherine Zeratsky, R.D., L.D., [The Mayo Clinic](http://The Mayo Clinic)

[Can ginkgo biloba prevent memory loss and improve cognitive function in people with Alzheimer's disease?](#)



Cocoa beans may have some health benefits, but be careful. Indulging in a lot of chocolate candy can pack on the pounds.



Ginkgo biloba, derived from the leaves of the Ginkgo biloba tree, is often touted as a memory aid. But it appears unlikely that ginkgo biloba can prevent memory loss associated with mild cognitive impairment or Alzheimer's disease.

Early studies showed modest improvements in cognitive function for older adults with dementia. However, a large-scale study, published in a December 2009 issue of the *Journal of the American Medical Association*, found no evidence that ginkgo biloba prevents memory loss or slows the progression of cognitive decline in older adults. A single study rarely provides a complete picture of the benefits and risks of any herb or drug. However, in this case, ginkgo biloba doesn't appear to be living up to its earlier promise.

Source: Brent A. Bauer, M.D.

In a recent large-scale study, ginkgo biloba was not found to prevent memory loss.

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