# WELCOME TO THE 2019 SUMMER ISSUE OF THE LMG NEWSLETTER!

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It all began in an old pink Victorian house on Ashburn Road in 1994. Founded by Dr. Michele Reilly, she had a vision to transform a “one of a kind” historical home into a caring home for their patients. The patient centered medical home was not yet created but that is what Ashburn Pediatrics was in that old home and remains today – to continue to provide medical care to patients with a goal to obtain maximal health outcomes.

Ashburn Pediatrics has since grown out of the old home. Soon after finding a new space to accommodate the growth of the practice, Dr. Theresa Crowley joined in 1998. The practice continued to grow over the next two decades and were joined by Dr. Amie Beloy, Dr. Victoria Pierce, Dr. Maura Carroll and Dr. Jyotsna Shah.

Ashburn Pediatrics has been very fortunate to have grown in this way to meet the needs of our community. Our group continues to grow, and flourish. The doctors are thankful and proud to have had Sue Tillman, CPNP, Rachael Charron, CPNP, Sarah Kamp, CPNP and Jennifer O’Connor, CFNP join in the caring of our patients over the last five years.

The practice proudly joined Loudoun Medical Group in 2000 and the providers serve on the Human Resources and Managed Care Committees.

Ashburn Pediatrics has touched many lives over the last 25 years and we look forward to many more years caring for children and families in the Loudoun County and surrounding areas.
Modern technology never stays modern for long. I saw a patient in the hospital today using an old iPod (An iPod!). We live in an age of technological wonder. Whether it's our phones, computers, tablets, or interactive AI assistants, we have more rapid access to information than at any time in history. Technology advances at a rate beyond our ability to keep up. Incredible new technology becomes old, stale, and obsolete faster than you can say… well… “iPod.”

My little corner of the world is General Surgery. Much like the rest of medicine, this ubiquitous access to information has transcended day-to-day interactions I have with patients, their families, and colleagues. It’s not unusual for a patient to have investiGoogled not only me, but my practice, partners, insurance plans, and of course the surgery itself. In many ways this access is advantageous. I can pull up videos of actual surgeries to facilitate relevant discussion of risks and benefits. Patients can log into a practice’s “portal” to review and schedule appointments or tests and in some cases, even chat or email directly with their doctor. Other times, certain technology can function as an obstacle to patient care, such as bloated and time-consuming electronic health record software.

I love technology. I’m an “early-adopter” for sure. But for every “amazing new technology” that has changed the world, there are others long-forgotten and tossed into the dustbin of history. This is as true in surgery as anywhere else. Every time I scrub into a case, there are instruments on the field that haven’t changed in a hundred years or more. Clamps and retractors are named after long-dead pioneers. Even the ubiquitous Bovie electrocautery device is approaching its centennial (1926). And talk about a game-changer! The Bovie is right up there with anesthesia, antibiotics, and aseptic technique for bringing surgery into an era of safety and reliability. And yet, I can’t help but wonder how long it will be before school children will only see the mighty Bovie in a dusty museum exhibit.

For these reasons, I am forever skeptical of new technology promising the moon and stars. When the da Vinci Robotic Surgery Platform became available to surgeons in the early 2000s via a Silicon Valley startup called Intuitive, everyone wanted to know if it was the real deal. Although originally targeted for cardiac surgeons, urologic surgeons soon began using it for prostatectomy, a surgery which is both technically difficult and saddled with a high complication profile. The rest, as they say, is history. Over the next decade, skeptical surgeons noticed that robotic surgery made
radical prostatectomy easier to perform with shorter hospital stays, lower complications, and better success rates. Now, nearly all prostatectomies are done robotically. However, the robotic platforms were expensive to buy and maintain and just like those pesky iPods, new versions and updates were always a must-have item.

Before going further, let's answer one of the most common questions I get: What is “robotic surgery?” Well, here’s what it’s not: **ROBOTIC SURGERY.** There are no robots involved. The “robot” is a complex and multifaceted computerized multi-instrumented laparoscopic surgery tool. It may be more complex than a screwdriver, but a tool, nonetheless. It does nothing autonomously and is always under the complete control of the surgeon. A better description would be a computerized technological extension of the surgeon’s hands, but that sounds too much like science fiction, so “Robotic Surgery” stuck.

In the late 2000s and early 2010s, forward-thinking OB/Gyns, General Surgeons, Colorectal Surgeons, and Thoracic Surgeons progressively became trained and began offering robotic surgery to their patients. The manufacturer pushed the idea that, with the robot, you can do operations laparoscopically that previously required old-fashioned open surgery. At first, I was skeptical. Despite considering myself as someone on the cutting edge of technology adoption, I judged the robot to be an expensive toy. In the beginning, hospitals would not buy a robot system until they felt a critical mass of the surgeons on staff would use it. Whenever I was asked by hospital administrators if I thought getting a robotic platform should be a priority for their limited funding. I usually responded with a resounding “meh.”

In 2014, while attending a large surgical society meeting, I watched a live-streamed gastric surgery being done robotically. The session was scheduled for 1 ½ hours and this surgeon had reportedly done less than 10 of these surgeries robotically. This surgery was one I had done myself many times laparoscopically and it routinely took several hours. What could they show in an hour and a half? My mouth was literally hanging open when at 51 minutes, she was done with the operation. Before the session time was up, the surgeon had driven across town to the meeting to discuss the surgery with the group. She apologized for her technique. After all, she was still learning. I knew I had witnessed something special.

Thus, began my fascination with becoming a robotic surgeon (a phrase that still makes me chuckle). I learned everything I could about it, met with representatives of the company, and ultimately went through the training process required to get an FDA certificate to operate the machine. Northern Virginia was fortunate that one of the earliest proponents of using the robot for general surgery was LMG’s own Dr. Bernie Cross of Surgical Specialists of Northern Virginia. Dr. Cross worked with Intuitive to set up a training program (Epicenter) at INOVA Loudoun Hospital and then at Stone Springs Hospital. All of the surgeons at Surgical Specialists of Northern Virginia have embraced robotic surgery and provide the full gamut of robotic general surgery including gallbladder surgery, hernias, intestinal surgery, and colorectal surgery. In 2017, I was proud to join this group of exceptional and caring surgeons.

Since I incorporated robotic surgery into my practice, I believe that I’m offering something of value to my patients that I couldn’t before. The robot is not a shiny toy, but the game-changer that was promised. I am not paid or remunerated in any way to endorse the robotic approach for general surgery. I recommend it for the simple reason that it is a tool that, in the right circumstances, allows me to offer safer and better surgery.

Will the robot be more like the iPod or the Bovie? Both of these were important steps in the evolution of devices that came before and after them. The robots we use today may well be in museums a hundred years from now as examples of old tech. But there is no doubt that the successors of today’s operative robot platform will play an important role in the future of surgery.

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James W. Cook, M.D., F.A.C.S.

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Dr. Cook studied Biomedical Engineering, received his Bachelor’s Degree in 1993, followed by his Medical Degree from Baylor College of Medicine in 1997.

Dr. Cook is a Board-Certified General Surgeon specializing in Robotic Minimally Invasive Surgery, General, Vascular and Thoracic Surgery, practicing in Northern Virginia with his partners at Surgical Specialists of Northern Virginia and Breast Care Consultants of Northern Virginia: C. Bernard Cross, MD, FACS, James A. Lesniewski, MD, FACS, Shannon Lehr, MD, FACS, Virginia P. Madey, MD, FACS and Brita Kriss, MD, FACS.

SSNV has office locations in Lansdowne and StoneSprings.

For more information, check out their new website at www.ssnva.com or call 703-858-3200.
I started my weight loss journey 10 years ago. I have tried Weight Watchers first and lost 50 lbs. But I couldn’t keep it off. It took only few months for me to be right back where I started. Next, I had tried Slim Fast and lost 15 lbs. But yet again, slowly put it back on. I kept watching people who started Ideal protein and watch them lose their weight and keep it off. I made a lot of excuses why I couldn’t do Ideal Protein…it’s too strict, the food supplements are probably awful, it’s too expensive…

One day, I made up my mind because I was sick and tired of being overweight. I was on blood pressure medicine; my lab work was awful, and I didn’t really like what was staring back at me in the mirror. I went to a Monday Seminar; what sold me was the simple fact that I would be supported during my weight loss journey and during maintenance. I started the journey on November 1st, 2018.

The first challenge was Thanksgiving, and as I had dinner at my house, I controlled what I ate. My next challenge was going away with my family. I was fine until everyone stopped at an all you can eat buffet. I ate every vegetable that I could and took my Ideal Protein Meal with me. When we left everyone was complaining how much they ate and how sleepy they were. I was happy and not hungry. I was the only one not complaining. Being on the program taught me how to plan my holidays, dinners out with family and even taking vacations. I went to Key West and packed my suitcase with my Ideal Protein. I had talked to my coach Candice and told her my plan. Candice gave me suggestions and ideas how to handle each and every situation that may come up on my vacation and things to do to make vacation a success. When I came back I had lost 3 lbs.

I have lost total of 53 lbs and I went from size 18 to size 6. I feel great and I have more energy than ever. I am able to run and play with my grandson. And fun fact, my husband has dropped few pounds as well because he was motivated by my success.

Now that I have phased off Ideal protein, I am still a bit nervous about gaining my weight back but I find my coach is very supportive and helpful. I can now enjoy a small piece of cake or potato chips but now as I eat junk food, it doesn’t taste as good as I thought. I keep a picture of my before and after Ideal Protein; and this keeps me planning and cooking my meals.

Thank you for sharing your story Beverly!
CHILI CRUSTED SCALLOPS WITH CUCUMBER SALAD

Ingredients
- 2 medium cucumbers
- 2 scallions, (white and light green parts), thinly sliced
- 2 teaspoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup coarsely chopped flat-leaf parsley
- 1/8 teaspoon salt
- 1 teaspoon cumin seeds
- 2 tablespoons minced seeded serrano chile
- 1 teaspoon freshly cracked black pepper
- 1/2 teaspoon kosher salt
- 1-1 1/4 pounds sea scallops
- 1/2 cup salted roasted cashews, coarsely chopped (PHASE 4 ONLY)

Directions:
1. Cucumber Salad: Peel and seed cucumbers; quarter lengthwise and slice 1/4 inch thick. Combine the cucumbers, cashews (PHASE 4 ONLY), scallions, lemon juice, oil, parsley and salt in a large bowl.
2. Scallops: Toast cumin seeds in a small skillet over medium heat until fragrant, about 1 minute. Transfer to a cutting board and let cool, then coarsely chop. Combine the cumin seeds, chile, pepper and salt in a small bowl. Rinse scallops, pat dry and rub with the spice mixture. Thread the scallops onto four 12-inch skewers.
3. Preheat grill to medium-high. Oil the grill rack. Grill the scallops until cooked through, about 4 minutes per side. Carefully remove the scallops from the skewers. Serve warm with the cucumber salad.

It's not just about LOSING WEIGHT
it's about learning to KEEP IT OFF!

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- Medically Developed
- Individual Coaching

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LMGwellness.com
571-289-3238
SottoPelle® is a science-based, safe and effective bioidentical hormone replacement therapy for men and women. Our method goes beyond just treating symptoms. SottoPelle® restores the hormonal balance it needs for optimum function. Unlike pills, patches, creams and other methods, SottoPelle® uses a unique form of pellet therapy that works around the clock for 3 months or longer. No mess. No hassle. No rollercoaster surging and plummeting of hormone levels. And it is the only hormone replacement therapy that responds when the body needs more.

Research shows that testosterone and estrogen play important roles in your overall health. They support cardiovascular health, bone health, brain health, sexual vitality and many other functions. When menopause or andropause occur, hormone production fades. Without sufficient levels of testosterone and/or estradiol, the body’s systems become depleted, out of balance and simply cannot function well. Your body ages and the possibility of aging-related disease looms. Many men and women feel like they’ve lost something they can’t regain—their quality of life.

Today’s trends in medicine focus on the preventive and proactive. Staying healthy into old age depends on many things including lifestyle and genetics. It also makes perfect sense to replenish what the body needs. That’s why we supplement vitamins and minerals. It’s also why we use hormone replacement therapy to restore internal equilibrium.

SottoPelle’s unique hormone replacement therapy relies on science, not guesswork. Our pellet therapy incorporates many features that other hormone replacement methods lack, even other pellet therapies.

1) We use the highest quality bioidentical pellet implants for our therapy.
2) We apply a proprietary, web-based application for accurate dosing.
3) We employ a unique pellet insertion procedure to ensure a steady, consistent dose.
4) We’ve been doing this a long time. We are experts at what we do.

SottoPelle® bioidentical hormone replacement not only relieves symptoms like hot flashes, mood swings, anxiety, sleep disturbances, lack of sex drive and others, it also reestablishes vitality and well-being. Working in partnership with your body, our hormone replacement therapy recreates healthy balance. This, in turn, provides essential support to your body’s vital organs and systems.

Frequently Asked Questions:

I thought “hormones” were only important for women prior to menopause?
This is a common belief. But the truth is all women need balanced hormones to live healthy lives. As a woman ages, her hormone levels decline and become imbalanced. This is often accompanied by a multitude of distressing symptoms such as hot flashes, mood swings, fatigue, weight gain, lack of libido and memory loss. By replacing the hormones she is missing with bio-identical pellet hormone therapy, utilizing the SottoPelle® method, her symptoms can disappear.

Of course, men also experience waning hormones as they age. “Andropause,” as male menopause is called, can cause a host of symptoms such as chronic fatigue, loss of energy, low sex drive, diminished physical agility, memory loss and increased belly fat. The good news: pellet hormone therapy, utilizing the SottoPelle® method, can return a man to healthy levels of testosterone and help him get back on the road to vitality!
What is pellet hormone therapy?
This therapy is the most convenient and effective method of hormone replacement available. It has been thoroughly documented and researched in medical journals since 1939 and involves the simple and painless insertion of a bioidentical hormone pellet under the skin. Once the pellet is inserted, a steady, low dose of natural hormones flows directly into the bloodstream whenever the body needs it. This gives the body the ability to control the release of the hormones just as it did when the ovaries and testicles were working normally. The SottoPelle® method insures an individualized dose for each patient.

What can pellet hormone therapy, utilizing the SottoPelle® method, do for me?
Since 1992, pellet hormone therapy, as used by the SottoPelle® method, has helped thousands of men and women achieve the natural healthy balance of hormones their bodies need to maintain optimum well-being. Our patients report that they feel fantastic again! Some of the benefits* include:

- Restored or increased sexual desire
- Consistency in moods
- Relief from anxiety and depression
- Increased mental clarity, focus and memory
- Greater capacity for getting the body in shape and a shorter recovery time from exercise
- Improved energy, exercise tolerance and muscle mass
- Better quality of life

Are there any side effects or complications?
Side effects in both men and women are rare. In women, transient breast tenderness lasting 7-10 days may occur with first insertion, but rarely with repeat treatments. Acne and hair loss are rare occurrences from testosterone therapy. The growth of facial hair is also rare and occurs no more frequently than what happens in post menopausal women on no hormones. In men, the side effects are also rare, but may include decreased sperm count, decrease testicular mass and possible prostate enlargement. These side effects occur much more frequently with the use of synthetic replacement therapy.

What are bio-identical pellets made from?
Pellets are compounded according to the highest industry standards, using the best quality botanical ingredients available. They are specifically formulated to replicate human hormones. No horse urine. No fillers. Just pure, natural, biologically-identical hormones – plain and simple.

I have no libido. Can pellet hormone therapy help?
Yes. Hormone balance will greatly improve your sexual desire.

How often will I need pellet hormones therapy?
More great news... these pellets can last from three to six months or longer.

How long will it take for pellet hormone therapy to start working?
Most female patients report that they begin to experience improvement within several days of receiving their pellets. Testosterone pellets may take two weeks to express their benefits for men and women.

Will my insurance cover pellet hormone therapy?
With the changing of times and the inconsistency of insurance companies, we cannot guarantee any coverage.

Why doesn’t my doctor suggest pellet hormone replacement therapy as an option?
Most physicians are schooled in the use of synthetic hormones. More than likely, they were never trained in the use of pellets. Whenever you see the SottoPelle® Trained Physician logo, you can be assured that your physician has completed the official exclusive SottoPelle® Therapy program.
Listen Up! Loud Noises Damage Hearing.

There is no cure for hearing loss! Damaged inner ear cells (stereocilia) do not grow back. Protect your hearing by avoiding loud noise such as concerts and sporting events. Use earplugs or noise-cancelling earmuffs to protect your ears. If you already have hearing loss, take steps to keep it from getting worse. Get your hearing checked.

Early identification and intervention for hearing loss is important. Many people live with unidentified hearing loss, often failing to realize that they are missing certain sounds and words. Checking one’s hearing would be the first step towards addressing the issue.

DID YOU KNOW?

Repeated exposure to loud noise over the years can damage your hearing—long after exposure has stopped.

Think you are well aware of how to protect yourself? When it comes to hearing loss, we can all think of the usual suspects: listening to fireworks, attending sporting events, entertainment venues, and loud concerts.

However, you may be surprised at what you do not know. For example, everyday activities such as using power tools, mowing the lawn, or attending a fitness class with loud music can damage hearing.

USEFUL INFO

- Is the noise too loud? If you need to shout to make yourself heard, yes.
- After a very loud event, such as a concert or football game, normal hearing usually returns within a few hours to a few days—however, repeated exposure to loud noises will eventually damage the inner ear permanently.
- Ways to protect your hearing include turning the volume down, of course, and also taking periodic breaks from the noise and using hearing protection, such as earplugs and hearing protection earmuffs.

HERE’S SOMETHING YOU MIGHT NOT KNOW...
Pain or discomfort in your ears can be an early warning sign of hearing loss caused by loud noise.

ARE YOU THE ONLY ONE WHO’S HEARING THAT RINGING?
Time to ask your doctor to check your hearing!

LISTEN UP!
Loud noise can cause hearing loss, but you can take steps to protect your ears.
• Signs that you may have hearing loss include difficulty hearing high-pitched sounds (e.g., doorbell, telephone, alarm clock) and difficulty understanding conversations in a noisy place.

**BY THE NUMBERS**

Sound is measured in decibels (dB). A whisper is about 30 dB, normal conversation is about 60 dB, and a motorcycle engine is about 95 dB. Noise above 85 dB over a prolonged period of time may start to damage your hearing. Loud noise above 120 dB can cause immediate harm.

Hearing loss is the third most common chronic health condition in the United States. Almost twice as many people report hearing loss as report diabetes or cancer. In the United States, about 40 million adults aged 20–69 years have noise-induced hearing loss, and about 1 in 4 adults who report “excellent to good” hearing already have hearing damage.

Think that hearing damage is usually workplace-related? Actually, activities away from work can damage hearing just as much as a noisy job. Over half of all adults with hearing damage do not have noisy jobs.

The average person is born with about 16,000 hair cells within their inner ear. These cells allow your brain to detect sounds. Damaged inner ear cells do not grow back. So, protect your hearing, and if you already have hearing loss, or are experiencing pain, discomfort, or ringing in the ears, take steps to keep it from getting worse. Remember, there is no treatment for hearing loss!

**How much sound can your ears safely take? And for how long?**

Everyday loud activities CAN permanently hurt your hearing.

Damage to your hearing can be caused by lawn equipment, power tools, concerts, sporting events, fireworks, and firearms. A single exposure to excessive noise can also cause permanent hearing loss.

**Steps to take:**
- Use a personal hearing protection device (for example, earplugs or hearing protection earmuffs)
- Take a listening break
- Buy quieter products
- Distance yourself from the source

1. **How loud is a gas powered lawnmower?**
   - a) About 85 to 90 decibels
   - b) About 95 to 100 decibels
   - c) About 105 to 120 decibels
   - d) About 130 to 140 decibels

2. **How long can you use one before you reach your entire daily sound allowance?**
   - a) Between 1 to 2 hours
   - b) Between 15 to 45 minutes
   - c) Between 1 to 5 minutes
   - d) Between 1 to 30 seconds

3. **How loud is a professional sporting event (e.g. football, hockey, basketball, car racing)?**
   - a) About 85 to 90 decibels
   - b) About 95 to 100 decibels
   - c) About 105 to 120 decibels
   - d) About 130 to 140 decibels

4. **Without hearing protection, how long at this level before you have used up your entire daily sound allowance?**
   - a) Between 1 to 2 hours
   - b) Between 15 to 45 minutes
   - c) Between 1 to 5 minutes
   - d) Between 1 to 30 seconds

5. **How loud is a rock concert?**
   - a) About 85 to 90 decibels
   - b) About 95 to 100 decibels
   - c) About 105 to 120 decibels
   - d) About 130 to 140 decibels

6. **Without hearing protection, how long at this level before you have used up your entire daily sound allowance?**
   - a) Between 1 to 2 hours
   - b) Between 15 to 45 minutes
   - c) Between 1 to 5 minutes
   - d) Between 1 to 30 seconds

**Answers:**
- 1. a) about 85 to 90 decibels
- 2. a) about 1 to 2 hours
- 3. a) about 85 to 90 decibels
- 4. d) about 1 to 30 seconds
- 5. a) about 85 to 90 decibels
- 6. d) about 1 to 30 seconds
About 60,000 young children end up in emergency rooms each year because they got into medicines while an adult wasn’t looking. These emergency visits can be prevented by always putting every medicine up and away and out of children’s reach and sight every time you use it.

Families take medications and vitamins to feel well and to stay well. However, any medication, including those you buy without a prescription, can cause harm if taken in the wrong way or by the wrong person. Practicing safe medication storage, while at home and when on-the-go, can help keep children safe.

**PROTECT YOUR CHILDREN. HERE’S HOW:**

**Put medicines up and away and out of children’s reach and sight.**

- Children are curious and put all sorts of things in their mouths. Even if you turn your back for less than a minute, they can quickly get into things that could hurt them.

- Pick a storage place in your home that children cannot reach or see. Different families will have different places. Walk around your house and decide on the safest place to keep your medicines and vitamins.

**Put medicines away every time.**

- This includes medicines and vitamins you use every day. Never leave medicine out on a kitchen counter or at a sick child’s bedside, even if you have to give it again in a few hours.

**Make sure the safety cap is locked.**

- Always relock the cap on a medicine bottle. If the bottle has a locking cap that turns, twist it until you hear the click or cannot twist anymore.

- Remember, even though many medicines have safety caps, children may be able to open them. Every medicine must be stored up and away and out of children’s reach and sight.
Teach your children about medicine safety.
• Teach your children what medicine is and why you or a trusted adult must be the one to give it to them.
• Never tell children medicine is candy to get them to take it, even if they don’t like to take their medicine.

Tell your guests about medicine safety.
• Ask family members, houseguests, and other visitors to keep purses, bags, or coats that have medicine in them up and away and out of sight when they are in your home.

Be prepared in case of an emergency.
• Call your poison control center at 800.222.1222 right away if you think your child might have gotten into a medicine or vitamin, even if you are not completely sure.
• Program the Poison Help number into your home and cell phones so you will have it when you need it.

Take Action.
• Visit the Up and Away Campaign’s website (www.upandaway.org) to learn more about storing medications safely while at home and when traveling with young children. Share these safe storage tips with family and friends.

Always relock the cap on a medicine bottle.

WHY WAIT TO SEE A DOCTOR?

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REQUIREMENTS:
• Computer with Webcam or Smartphone with Internet Access
• Established Patient (Previously seen by LMG Provider)
• Not for use of Emergencies. For Emergencies—call 911.
Kidney disease is the 9th leading cause of death in the United States with an estimated 15% of the adult population having chronic kidney disease. Ninety percent of people that have chronic kidney disease are unaware or have not been diagnosed.

Diabetes is the leading cause of kidney failure, followed by high blood pressure. The best treatment for chronic kidney disease is early detection to slow or halt the progression of the disease. Treatment includes diet, exercise, and medications. However, once kidneys fail, dialysis treatments are required until a kidney transplant can be done.

For patients that have been diagnosed with End Stage Renal Disease and need to start dialysis, you have several options. The Pure Life Renal of Lansdowne dialysis unit is a newly built facility that offers the latest technology in equipment, providing the highest quality of medical care. The facility administrator comes from Washington, DC where she was in charge of dialysis services and providing care to congress members and high ranking government employees. She has brought exceptional care culture to the unit in Lansdowne. Providing each patient with personal care and the best possible medical treatment is priority. Physical therapy is also incorporated into the medical management of each patient and patients are referred to the most reliable physical therapy companies in a timely manner.

Pure Life Renal of Lansdowne offers both home and in-center dialysis in a very relaxing environment. As soon as this unit was opened, all nephrologists in the area applied for privileges that would allow them to admit their patients to this facility. Pure Life Renal has partnered with Dr. Oscar Adler, a very highly regarded nephrologist, to provide exceptional care in a spa-like environment. Dr. Adler has repeatedly received the Castle Connoly Regional Top Doctor award, the Washingtonian magazine Top Doctor award, and voted best doctor of Northern Virginia by his peers.

If you, or a loved one, are looking for a dialysis center that makes a difference in the lives of the patients they serve, please call the dialysis facility directly at 571-271-0880 to schedule a tour. You are invited to come to this unit where your doctor will be able to see you and where you will receive the superior care that you deserve.

The experts at Pure Life Renal can be reached at 571-271-0800 or visit: plrenal.com/dialysis-lansdowne-virginia

19490 Sandridge Way
Suite 140
Lansdowne, VA 20176
571-271-0880
HOW ARE GENERIC DRUGS AND BRAND NAME DRUGS DIFFERENT?
When it comes to generic vs brand name drugs, the main difference is name and appearance. The U.S. Food and Drug Administration (FDA) requires generic drugs to have the same active ingredient, strength, dosage form, and route of administration as the brand-name drug. They are also developed and approved according to the same standards as brand name drugs.

WHY ARE BRAND NAME DRUGS MORE EXPENSIVE?
Brand name drug makers have to cover their research, testing, and promotion costs. Some of those costs are passed on to you, and cost is the main reason why brand name drugs are more expensive than generic drugs.

Patents allow brand name drugs to be sold exclusively for a limited time. When the patent expires other companies are allowed to make a generic version of the brand name drug. Since the brand name drug company has already done most of the work, generic medications are less expensive.

ARE GENERIC MEDICATIONS SAFE?
Generic drugs are tested using the same methods as brand name drugs, and require approval from the FDA. The generic version of a brand name drug must meet the following criteria:

1. Contain the same active ingredients
2. Be taken by the patient in the same manner
3. Have the same strength and dosage
4. Be identical in quality

WHEN I FILL A PRESCRIPTION, AM I RECEIVING A GENERIC OR A BRAND NAME DRUG?
Generic versions of most brand name drugs are available, and allow you to save money year-over-year. Your doctor and pharmacist can tell you if the medication you’re taking is generic vs. brand name.

SHOULD I TAKE GENERIC MEDICATIONS?
Generic drugs are manufactured to be just as effective as brand name drugs and less expensive. However, only your doctor can tell you what’s right for you. Generic versions aren’t available for all medications. Ask your doctor or pharmacist if generic medications are available for your prescription. If a less expensive version is available, you could end up saving money.

HOW DO GENERIC DRUGS AFFECT MY HEALTH CARE PLAN?
Some health insurance plans are designed to recommend opportunities to save money, including lowering costs with generic drugs. Some plans require that you use a generic medication instead of the more expensive brand name drug.

Always check with your doctor or pharmacist to understand your options. For details about your health plan coverage, review your plan documents or call the number on your health plan ID card.
It’s time for the Town of Leesburg’s Independence Day Parade!
Thursday, July 4th, 2019  10:00am

The parade kicks off at Ida Lee Park and travels south on King Street, ending at the intersection of Fairfax and South King Streets.