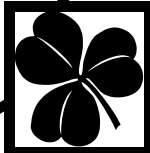


PRIDE MEDICAL

PRIDE PRESS

March 2004



Welcome!!!!

Caremark, Wellpoint (Blue Cross/Blue Shield),
Express Scripts and State Health Patients!!

The Pride Medical Pharmacy is now a
participating provider for these drug cards.

Ask ANYONE in the practice how you can get
your medications through our pharmacy or call
Dr. Jean Robinson, 404.355.3788, x311.
It's easy, convenient and confidential!



Policy On Medication Refills

In order to comply with existing medical standards of care, state and Federal laws, Pride Medical has established the following policy regarding medication refills:

We will not refill medication prescriptions for patients who have not been seen by a clinical provider within the last three months unless the patient has a scheduled office visit pending. At the discretion of the clinical provider, if a patient has an office visit pending, that provider may authorize a one week to one month refill.

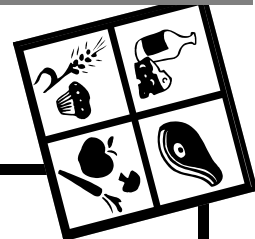
For patients with an HIV/AIDS diagnosis, no HIV prescriptions will be refilled for any patients who do not have current HIV labs. Current labs are defined as HIV labs that have been drawn within the last three months. At the discretion of the clinical provider, if a patient has an office visit or blood draw visit pending, that provider may authorize a one to two week refill.

Pride Medical announces with regret that Marty Thompson, David Morris, MD's partner of eight years, passed peacefully away on Saturday, February 28, 2004.

Dr. Morris, Marty's mother, Mrs. Mary Thompson, and Marty's cat, Abby, were with Marty at the time of his death. Dr. Morris wishes us to express his gratitude to all his patients for their concern and understanding during Marty's illness.

Private funeral services will be held the weekend of March 6. Dr. Morris and Mrs. Thompson ask that in lieu of flowers donations be made to:

The Melanoma and Pigmented Lesion Center
c/o The Winship Cancer Institute of Emory University
1365 Clifton Road, NE
Building C
Atlanta, GA 30322



Did You Know ...

Pride Medical offers nutrition counseling?

Contact Dr. Jean Robinson,
404.355.3890, x 311
to schedule an appointment.

**Do You Have These
Two Little Necessities?**

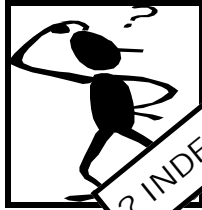
- Duck Tape — Used when something moves and it shouldn't
- WD-40 — Used when something should move and it doesn't

**Help us keep our records up-to-date:
Beginning March 1st, we will be
photo-copying your insurance card
on each and every appointment.**



Time For Open Enrollment?

Before making a costly decision regarding your group health insurance plan please submit your questions to Deb Johnson: debgabberg@comcast.net. Making a wrong choice could leave you with insufficient coverage to meet your specific healthcare needs or send you scrambling to a new, unfamiliar healthcare provider.



? INDEMNITY ?

? PPO ?

? EPO ?

? HMO ?

Clearing Up Portion Distortion

So just what is a portion size? And how many of them do you need? Nutritionists have developed a shorthand system using everyday objects to judge how much food you have on your plate. This frame of reference can help in portion control, following the servings recommended by the U.S. Department of Agriculture and government health groups.

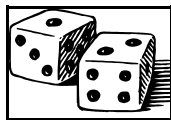
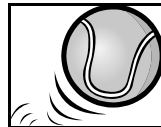


Pasta: 1 cup of pasta or cereal would be 2 servings, or about the size of a fist. The USDA recommends about 9 servings a day.

Meat: 3 oz. fish, chicken, or meat is one serving and about the size of a computer mouse. The USDA recommends 2-3 servings a day.



Fruit : A tennis ball is a good estimate for one medium-sized fruit, which equals one serving. The USDA recommends 3-5 servings a day.



Cheese: One serving of cheese is only about 1 oz., or about the size of a pair of dice. A serving of milk is one cup. The USDA recommends 2-3 dairy servings a day.

Butter: 1 teaspoon of oil or butter is equal to an amount about the size of the tip of your thumb. The USDA says to use oils, fats and sweets sparingly.



Resource: CNN

Say Goodbye To Those Supersized Fries

According to a McDonald's company spokesman, the hamburger giant has started phasing out its trademark Supersize fries and drinks in its U.S. restaurants as part of an effort to simplify its menu and give customers choices that support a balanced lifestyle.

Resource: msnbc.com

General Disclaimer: Pride Press is designed for educational purposes only and is not engaged in rendering medical advice or professional services. The information provided through Pride Press should not be used for diagnosing or treating a health problem or a disease. It is not a substitute for professional care. If you have or suspect you may have a health problem, you should consult your health care provider. Pride Press encourages your ideas and suggestions, please submit them to Deb Johnson: debgabberg@comcast.net.

True or False:

¾ Cup of raisins is better than a bag of m&m's.

(answer: see top page 4)



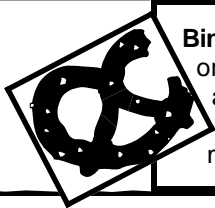
Colorectal Cancer Screening At Pride Medical

Whether you are experiencing the colorectal cancer symptoms listed below or your physician recommends it as part of your yearly routine car, a fecal occult blood test (FOBT) is offered at Pride Medical. This test chemically checks your stool for hidden (occult) blood, which can only be detected through chemical testing. This test may be done in our office or you may be given a kit to take the stool sample at home. FOBT is relatively convenient, it's nonsurgical, poses no physical risk and is covered by most insurance plans.

Various foods, medications and dietary supplements can adversely affect the FOBT results. For instance, they can cause the test to indicate that blood is present when it isn't, or miss the presence of blood when it actually is present. Because of this, you may be advised to modify your diet for about 3 days before stool testing.

Substances you may be asked to avoid include: aspirin, nonsteroidal anti-inflammatory drugs, blood thinners, artichokes, fresh broccoli, cabbage, cauliflower, cucumbers, horseradish, mushrooms, potatoes, radishes and turnips, meat and fish, vitamin C supplements, and iron supplements. Not everyone can stop taking certain medications. Discuss your dietary questions and medications with your physician ahead of time. They can provide you with different instructions, if necessary.

Resource: Mayo Clinic



Binge control. If eating some low-fat whole-grain crackers, a few pretzels, a piece of fruit, or some vegetables keeps you from eating second or third helpings at dinner, you may actually save calories. The 100 to 150 calories in the crackers or pretzels — and even fewer in the fruit or vegetables — hardly compares to the 500 or so extra calories you may be tempted to devour when you're very hungry.

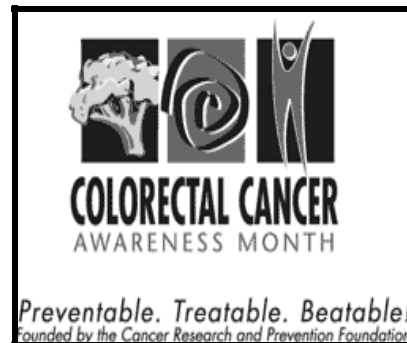
Colorectal Cancer Symptoms

While colorectal cancer often develops with no symptoms -- which is why screening for the disease is so crucial -- some symptoms can occur, particularly in the advanced stages of the disease, including:

- Rectal bleeding
- Blood in or on the stool (bright red)
- Change in bowel habits
- Stools that are narrower than usual
- General stomach discomfort (bloating, fullness, and/or cramps)
- Diarrhea, constipation, or feeling that the bowel does not empty completely
- Frequent gas pains
- Weight loss for no apparent reason
- Constant tiredness
- Vomiting

If you have any of these symptoms for more than two weeks, see your health care professional immediately. Though these symptoms may be caused by several other conditions, you need to be tested to find out why you have them. No matter what your risk factors, colorectal cancer is a highly preventable disease. Along with regular colorectal cancer testing, there are other steps you can take to reduce your risk for the disease.

Resource: Cancer Research & Prevention Foundation



Reminder: The IRS allows a tax deduction for weight-loss related expenses. To qualify, expenses must be over 7.5 percent of adjusted gross income and a doctor's diagnosis of obesity is required. For more details, visit www.irs.gov.



