

Our Mission

We are a team of healthcare professionals dedicated to serving the families of our community with compassion, skill and integrity.

For the last 40 years, Diagnostic Clinic has cared for the medical needs of local residents. We are a physician owned, multi-specialty medical practice with over 100 highly trained professionals on staff.

Diagnostic Clinic provides comprehensive, compassionate medical care for the entire family. Our state-of-the-art facilities focus on outpatient care, on-site testing and fast, accurate results. Same day appointments are available for Internal Medicine, Family Medicine, Pediatrics and Specialists.

Diagnostic Clinic welcomes you to experience comprehensive healthcare at its best. From check-in through discharge, the friendly, professional atmosphere fostered by our health professionals and management keeps you feeling at ease. Our physicians and state-of-the-art facilities offer you competent, convenient and accurate medical solutions to all your health needs.

Diagnostic Clinic takes pride in our dedication to the community. Through programs such as our FREE health seminars, our doctors reach out to local residents, giving us the opportunity to help you stay on the road to healthy living.

We are proud to do our part in improving the quality of life in our area by supporting many Pinellas County organizations, including the Largo-Mid Pinellas Chamber of Commerce as a Silver Trustee.



IN THIS ISSUE

- ▶ Our Mission1
- ▶ New Year's Resolutions ...1
- ▶ Physician update1
- ▶ The Optics Shoppe2
- ▶ Plastic Surgery2
- ▶ Dermatology2
- ▶ Podiatry2
- ▶ Cold & flu news3
- ▶ Rehabilitation & PT3
- ▶ Cardiology4
- ▶ Audiology/Hearing Aids ...4

Team Member New Year's Resolutions



Alene Wright, M.D.

1. Loose 20 lbs (same 20 from last year)
2. Be caught up on dictation (done!)
3. Finish thank you notes from when my baby was born 6 months ago.
4. Go to gym on regular basis

John Kagay, M.D.

Lose 10 lbs. Continue elliptical machine 4 times a week. Get a physical.

Bob Shobe, M.D.

Exercise 3-4 times weekly, limit processed foods and after dinner eating. Practice good sleep hygiene.

Stephanie Fenlon, M.D.

I resolve to reduce processed & prepackaged foods from my diet, improve my endurance and muscle tone with more regular yoga and dance classes and reduce my stressors by focusing on something positive everyday.

Steven C. Weissfeld, MD

I just joined Club Shrink It to lose weight and improve my health in 2010. It is a safe, effective program with no medications/drugs/shots of any kind. Most people are glad they joined. Vitamark, the company that runs the program is very reputable and consistent. There is no calorie counting or menu planning! It will help me maintain a lifestyle flexible enough to adapt to my busy schedule. The program is explained simply and completely at <http://www.clubshrinkit.com> (Enter Promo Code 780434 to enter the web site).

Diagnostic Clinic update

▶ Many thanks to all the physicians participating in our community outreach seminars, pulling up to 55 attendees! The free health seminars at the Barrington, Cypress Palms and Pinecrest Place continue to be extremely popular with both residents and the public. So far, Dr. Roberts, Dr. Tandatnick, Dr. Wallace, Dr. Vazquez, Dr. Brvenick, Dr. Kagay, Dr. Hacking and others have shared their expertise with a grateful audience. Keep up the good work!

▶ In September 2009, DC welcome

- Howard Manhoff M.D. joined the Radiology Department at the Largo Clinic.
- Scott Hacking, M.D. joined the Family Medicine Department at the Largo Clinic.
- Melvin Alexander M.D. joined the Dermatology Department at the Largo Clinic.

▶ In October 2009, DC welcome

- Todd M. Henderson M.D. joined the Pulmonary/Critical Care Department at the Largo Clinic.
- Marco Camuzzi D.O. joined the Urology Department at the Largo and Countryside Clinic.
- Sujatha Tadicherla, M.D. joined the Dermatology Department at the Countryside Clinic.
- Johane Benyehuda M.D. joined the Family Medicine Department at the Largo Clinic.

▶ In November 2009, DC welcome

- Christine Rigas M.D. joined the Pulmonary/Critical Care Department at the Largo Clinic.

▶ In January 2010, DC welcome

- Chester Wilmot M.D. joined the Urology Department at the Largo Clinic.
- Michael Tindel M.D. joined the Gastroenterology Department at the Largo Clinic.

Meet our doctors at a FREE seminar



Dr. Johanne Benyehuda Skin Cancer

Thursday, Jan. 21, 2010
Pinecrest—11:30 a.m.
1150 8th Ave. S.W., Largo



Dr. Carlos Vazquez Sleep Apnea

Wednesday, Jan. 27, 2010
Largo Library—11 a.m.-noon
120 Central Park Dr., Largo



Dr. Scott Hacking Heart Health

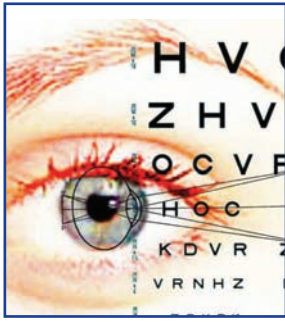
Thursday, Feb. 11, 2010
Oak Manor—11 a.m.-noon
3600 Oak Manor Lane, Largo



Dr. James Roberts Cataract Surgery

Wednesday, Feb. 24, 2010
Largo Library—1 a.m.-noon
120 Central Park Dr., Largo

The Optics Shoppe



Diagnostic Clinic's state-of-the-art facility provides only the latest technology in eye care. Our specialists and staff are dedicated to ensuring that you receive the best care possible.

Our licensed optician will assist you in all your choices with personalized service you won't see at chain stores.

The Optics Shoppe at Diagnostic Clinic offers high quality eyewear at competitive prices.

- Designer and sports frames
- Sports and safety lenses
- Bifocals, progressives and computer glasses
- Contact lenses
- Non-prescription, polarized sunglasses
- Free frame adjustments
- 1-year breakage warranty on eyeglass lenses and frames

Narrowing Down Your Choices in Eyeglass Frames

- Do you want a frame that's delicate or bold, retro or modern, conservative or flashy?
- Are you going to wear this frame all the time, mainly at work or just when you go out on the town?
- Do you want a designer label?

Eyewear Design Trends

Everyone has their own style. What's yours?

- Metal frames: stones, cut-outs and wide temples
- Bright colors: anything goes, especially purple, red and blue, on the inside and out
- Graphic designs: unique designs on the temple are a great new way to express your artistic side

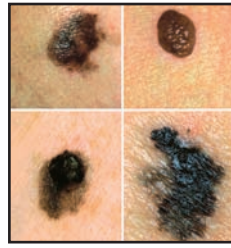


Plastic Surgery

Today's medical professionals have a wide variety of cosmetic tools that can be employed to enhance your appearance. These range from different types of injection techniques to minimally invasive surgical procedures. The former includes Botox[®], Restylane[®], Juvaderm, and a number of other cosmetic injection agents.

Surgical treatments include neck lift, eyelid surgery, and mid-face or forehead lifts. In some cases, lasers may be used.

Dermatology



Dermatologists can help you with many skin issues including moles. Moles can be linked to skin cancer. This is especially true if you already have moles on your body, or if you have a family history of skin cancer linked to moles.

Most moles are benign (non-cancerous), however, you should make an appointment with a dermatologist if you notice new moles after age 20, changes in a mole's appearance, if they bleed, ooze, itch, appear scaly, or become tender or painful.

The ABCDEs of warning signs:

- A**symmetry: One half does not match the other half
- B**order: Border or edges of the mole are irregular
- C**olor: Mole has different colors
- D**iameter: Diameter larger than the eraser of a pencil
- E**levation: The mole appears raised from the skin

Podiatrist Services

Dr. Michael Werner is a Diagnostic Clinic medical professional specializing in sports injuries, corrective surgeries, diabetic complications, heel pain, orthotics, bunions and hammertoes.



Put your best foot forward

Our feet are incredibly important to our overall well being and with our

busy lifestyles, foot problems are too often overlooked. The average American walks over 75,000 miles before the age of 50 and we really need to take preventative measures to keep our feet healthy, especially if you are diabetic.

Dr. Michael Werner, podiatrist, suggests:

- 1. Don't go barefoot**—there are dangerous objects and insects that can be stepped on causing painful and unnecessary injury.
- 2. Avoid heel pain**—do stretches in the morning and before beginning to exercise.
- 3. Wear sensible shoes**—some sandals make your feet work too hard, and high heels put unusual pressure on the balls of your feet.
- 4. Protect your feet from contaminated water**—especially in locker rooms and pool areas.
- 5. New boots or shoes**—do not wear them if you are walking or hiking long distances.

Colds & Flu News



Is it a cold or the flu?

Both colds and the flu are respiratory illnesses but are caused by different viruses. It is sometimes difficult to tell the difference between them and people commonly speak of having the flu whenever they have any respiratory infection. However, true influenza is fairly serious and has certain characteristics distinguishing it from a cold.

What are the symptoms of the flu?

Symptoms include fever (101.5°), chills, sore throat, coughing, runny nose, body aches, headache and fatigue. It sometimes also causes nausea, vomiting, and/or diarrhea. If you are unsure, you should call your physician. They can determine if you should be seen in the office.

What is the Flu?

Influenza A and B are viral illnesses that are highly contagious. The recent H1N1 (swine flu) pandemic is actually a type of influenza A. Whatever the type of flu, it causes severe illness and can be dangerous for individuals 5 years or less or older than 65 years. Those who are pregnant or who have problems with their immune system are also at higher risk.

How do I get the flu?

All types of flu are passed from person to person by 3 main routes:

- Airborne droplets from coughing and sneezing.
- Touching things contaminated by flu germs (doorknobs, etc).
- Body fluids.

An infected person can start spreading germs up to one day before developing symptoms and they remain contagious for up to seven days after becoming sick.

What is the treatment for the flu?

Currently, the CDC does not recommend treating everyone who tests positive for the flu. Those who are at high risk or have severe illness may be treated with anti-viral drugs such as Tamiflu and Relenza but the possibility of side effects exist so you should discuss with your health care provider.



Should I get a flu shot?

There is no specific vaccination for the H1N1 flu at this time but one is being developed. However, vaccination against typical season influenza is recommended and becomes available in the fall. Supplies are now available at Diagnostic Clinic.

What can I do to protect myself?

Although there is no foolproof method of avoiding the flu, several practices can help you reduce your chances of contracting the disease.

- Wear a mask if you have cold or flu symptoms.
- Avoid touching you eyes, nose or mouth.
- Wash your hands. Even when you are not ill.
- Avoid handshakes.
- If you must cough, cough into your sleeve or a hanky, not your hand.
- Get plenty of sleep, drink plenty of fluids and eat right to stay in good general health.
- Try not to touch surfaces that may be contaminated with the flu virus.
- Avoid close contact with people who are sick.
- Make an appointment if you think you have the flu or have been exposed.
- If you are sick, stay home until symptom free for 24-hours.
- Review CDC recommendations regarding travel plans.

About Swine Flu

The H1N1 virus has been referred to as the swine flu. It is actually a new type of Influenza A. In many ways it acts like typical seasonal influenza but being new, it is expected to spread rapidly and widely. The World Health Organization officially deemed it as a pandemic in June 2009.

Rehabilitation: Massage & Physical Therapy

Rehabilitation practitioners are nerve, muscle and bone experts who specialize in treating injuries or illnesses that affect motion through the use of special exercises, massage, heat, ice, electricity, laser light, ultrasound, traction, and reeducation. Their goal is to decrease pain and enhance movement.

Clinical Social Workers are available to address family and patient adjustment needs during periods of disability.

Physical Therapy

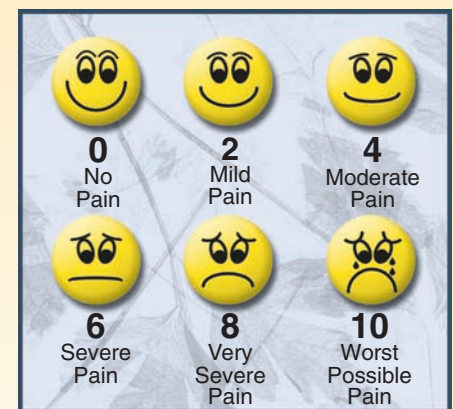
Physical therapy can help you recover from an injury and avoid future injury by reducing pain in the soft tissues (muscles, tendons, and ligaments), improving flexibility and function, and building muscle strength.

Physical therapy can also help you live more easily with chronic health conditions. Your physical therapist will work with you to establish your goals and create a program to meet your needs.

Massage Therapy

Massage is one of the oldest healing arts dating back 3,000 years. Today, the benefits of massage include the relief of tension of everyday living that can lead to disease and illness. As part of our rehabilitation program, massage therapy has also proven beneficial for many chronic and acute conditions, including spine pain, tendonitis, fatigue, anxiety and depression.

Numeric Pain Intensity Scale



Be sure to describe the duration of your pain. Does it come and go, or is it constant? What makes your pain better or worse? Where does it hurt?

We recommend you use a scale like the one above to describe your pain each time, so your doctor can be clear when you are starting to feel relief.

Cardiology



Heart disease includes conditions that affect the heart, such as coronary heart disease, heart attack, congestive heart failure, and congenital heart disease. Heart disease is the leading cause of death for men and women in the U.S. Keys to prevention include exercising, quitting smoking, lowering cholesterol, controlling high blood pressure and maintaining a healthy weight.

Here are some ways you can reduce your risk of heart disease.

Quit smoking: Smokers have more than twice the risk for heart attack as nonsmokers and are much more likely to die if they suffer a heart attack. If you smoke, quit. Better yet, never start smoking at all.

Improve cholesterol levels: The risk for heart disease increases as your cholesterol increases. A total cholesterol level over 200, a HDL, or "good" cholesterol level under 40, or a LDL, or "bad" cholesterol level over 160 indicates an increased risk for heart disease. A diet low in cholesterol and saturated fat will lower cholesterol levels and reduce your risk for heart disease.

Control high blood pressure: Over 50 million people in the U.S. have hypertension, or high blood pressure. One in four adults has systolic blood pressure (the upper number) over 140, and/or diastolic blood pressure (the lower number) over 90, which is the definition of hypertension. If treatment is warranted, today's blood pressure medications are effective, safe, and easy to take.

Get active: People who don't exercise have higher rates of death and heart disease compared to people who perform even mild to moderate amounts of physical activity. Even leisure-time activities like gardening or walking can lower your risk of heart disease.

Eat right: Eat a heart-healthy diet low in fat and cholesterol. Increase the amounts of vitamins you eat, especially antioxidants, which have been proven to lower your risk for heart disease.

Maintain a healthy weight: Excess weight puts significant strain on your heart and worsens several other heart disease risk factors such as diabetes. Obesity itself increases heart disease risk. By eating right and exercising, you can lose weight and reduce your risk of heart disease.

Manage stress and anger: Poorly controlled stress and anger can lead to heart attacks and strokes. Use stress and anger management techniques to lower your risk.

Control diabetes: If not properly controlled, diabetes can lead to significant heart damage including heart attacks and death.

Audiology/Hearing Aids



From your work, to your home life and social interactions with others, hearing loss can affect all aspects of your life. It may even jeopardize your safety or make you withdraw from life.

Audiology is the study of hearing, hearing defects and their treatments. The Audiology Department at Diagnostic Clinic offers comprehensive audiological testing, Immittance testing (middle ear pressure and mobility), obtain acoustic stapedial reflexes, and reflex decay testing of auditory nerves.

There are several types of hearing loss or impairment. It ranges from mild to severe and may be reversible, temporary or permanent. It is the third most common chronic health problem facing older Americans and affects 40% of the population over 65 years of age.

Since hearing loss can develop over time, it is difficult for individuals to recognize. Often, others are the ones who notice the symptoms. Some symptoms of hearing loss are muffled sounds, difficulty understanding conversation and the need to raise the volume on the television or radio.

Conductive hearing loss affects the transmission of sound, blocking it from reaching the inner ear. Some reasons for this type of hearing loss are excessive ear wax or abnormal bone growth.

Sensorineural hearing loss is caused by nerve damage which disrupts the proper hearing of sound. Stroke or a tumor can cause this kind of nerve damage.

If hearing loss is not reversible, hearing aid devices can be the answer to returning to a normal life.

Your audiologist will help you choose the correct model for your condition and comfort. Most new hearing aids are worn inside the ear and are adjustable.



Make sure to consult your physician if you suspect you have a hearing impairment. Early detection can get you back on the road to a normal, healthy, hearing lifestyle.

3 Convenient Locations

Largo Office

Open 7 a.m. - 5 p.m., Monday - Friday
1301 2nd Ave. SW, Largo, FL 33770

Countryside Office

Open 7 a.m. - 5 p.m., Monday - Friday
3131 McMullen Booth Rd., Clearwater, FL 33761

Palm Harbor (Ophthalmology)

Open 8 a.m. - 5 p.m., Monday - Friday
3820 Tampa Road Suite 101, Palm Harbor, FL 34684

Call for an appointment today
(727) 584-7706