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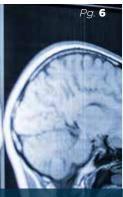
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Race Plays Role in Kids' Food Allergies: Study

Black American children have higher rates of shellfish and fish allergies than white children, a new study finds.

The research confirms the important role that race plays in children's food allergies, the study authors said.

"Food allergy is a common condition investigators found. in the U.S., and we know from our previous research that there are Cockroach exposure can trigger important differences between African American and white children with food allergy, but there is so much we need to know to be able to help our patients from minority groups," said study co-author Dr. Mahboobeh Mahdavinia. She is chief of allergy and immunology at Rush The findings support the importance University Medical Center in Chicago.

"In this current paper, our goal was to understand whether children from different races are allergic to similar foods, or if there is a difference based on their racial medical center news release.

The research team studied 664 children, aged 12 and under, who'd been diagnosed with a food allergy. Of those, 36% were Black and 64% were white.

Compared to white kids, Black children were more likely to have shellfish and fin fish allergy, and to have a wheat allergy, the

shellfish and fin fish allergy in children, and there are higher levels of cockroach allergens in poorer inner-city neighborhoods where many Black children live, the study authors noted.

of reducing Black children's exposure to cockroaches, the researchers said.

According to study co-author Susan Fox, an allergy and immunology physician assistant at Rush, "This information can help us care for not background," Mahdavinia said in a only a child's food allergy, but all of their allergic diseases, including asthma, allergic rhinitis [hay fever] SOURCE: Rush University Medical and atopic dermatitis [eczema]."

> The study also found that Black children with food allergies were more likely to have asthma than white children with food allergies,

and that children with a shellfish allergy were more likely to have more severe asthma.

Asthma accompanies about 70% of deaths from severe allergic reactions [anaphylaxis] to food, the study authors said.

"African American children are at a two- to threefold risk of fatal anaphylaxis compared to white children," Mahdavinia said. "By knowing this information, it can identify most at-risk patients."

The report was published in the February issue of the Journal of Allergy and Clinical Immunology: In Practice.

More information: The American Academy of Pediatrics has more on food

Center, news release

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Enlarged spaces in the brain that fill with fluid around small blood vessels may be a harbinger of impending dementia, a new Australian study suggests.

Typically, these so-called perivascular spaces help clear waste and toxins from the brain and might be linked with changes in the aging brain, researchers say.

"Dilated perivascular spaces, which are a common MRI finding, especially in the elderly, are not just an incidental finding," said study author Dr. Matt Paradise, a psychiatrist and research fellow at the Centre for Healthy Brain Ageing at the University of New South Wales in Sydney. "Instead, they should be taken seriously, and assessing their severity may be able to help clinicians and researchers better diagnose dementia and help predict the trajectory of people with cognitive decline."

Paradise noted, however, that the study does not prove that enlarged perivascular spaces cause thinking and memory problems, only that there is an association.

"Dilated perivascular spaces may be a marker of the disease process, but not necessarily drive it," he explained. 'The underlying mechanisms for dilated perivascular spaces are complex and need unraveling."

One neurologist agreed that relationship between these enlarged spaces and dementia is complicated.

"We all have perivascular spaces. They are natural, but they're usually very small, so small that when we do pictures of the brain, we don't usually see them," explained Dr. Glen Finney, a neurologist at the Geisinger Specialty Clinic in Wilkes Barre, Pa. "Some people have a few enlarged ones that are probably just normal."

"But when we see a large amount of these extra spaces developing, that is when we start to suspect there's probably something more going on in terms of brain health," added Finney, who is also a Fellow of the American Academy of Neurology. "This is not something that happens to everybody."

These spaces can enlarge when brain matter is lost or there is a

build-up of materials that are normally cleared in those spaces, he explained.

"What we know is that we can see them more with age," he said. "In some cases, we can see them associated with vascular damage in the brain."

Finney doesn't think that these enlarged spaces will be a diagnostic tool, and instead, "It's really going to be a marker of risk. It's not going to tell you if you have dementia, it's not going to tell you if you're going to get it. It's just going to tell you that you may be at a little higher risk."

Looking for connections

For the study, the researchers tested more than 400 people, average age 80. Participants were given tests of thinking and memory skills and assessed for dementia at the beginning of the study and every two years for eight years.

Also, the participants had MRI brain scans to look for enlarged

perivascular spaces in two key areas of the brain at the start of the study and every two years for eight years.

The researchers compared the top 25% of those who had the largest number of enlarged perivascular spaces with those with fewer or no enlarged spaces.

They found that those with the most enlarged perivascular spaces were nearly three times more likely to develop dementia than those with fewer or no enlarged spaces.

In all, 24%, or 97 participants, developed dementia during the study. Of the 31 people with enlarged perivascular spaces in both areas of the brain that the researchers looked at, 39% developed dementia.

The people with severe enlargement of perivascular spaces in both areas of the brain were also more likely to have greater decline four years later on their overall scores of cognition than people with mild or no enlargement of spaces.

The results remain unchanged after the researchers took into account other factors that could affect scores on tests or the development of dementia, such as age, high blood pressure and diabetes.

They also accounted for other signs of disease in the small blood vessels in the brain, which can also be a risk of dementia.

The picture is actually more complex, Paradise said. "There may be differential effects for the two main regions where dilated perivascular spaces were measured, as this effect was not seen in all groups. This might be due to different mechanism of disease in those two areas. But broadly speaking, dilated perivascular spaces are a marker

for disease of the microscopic blood vessels of the brain," he said.

The risk for dementia was seen at four and six years, but not at eight years, Paradise said. "This may be because, by then, a lot of the group developed dementia and the impact from perivascular spaces is masked by other factors, such as the participants' age."

An aid to diagnosis?

The researchers noted that their findings could be affected by the fact that the cognitive test data was only available over four years and imaging data might have missed some enlarged perivascular spaces.

Perivascular spaces are also just one marker of small vessel disease, Paradise said. "We are investigating how these perivascular spaces relate to the other neuroimaging markers and hope to construct an index which takes into account the contribution of several markers to produce an estimate of the overall burden from disease of the blood vessels in the brain." he said.

Rebecca Edelmayer, director of scientific engagement at the Alzheimer's Association, thinks that perivascular space might become a way of diagnosing dementia, but more research is needed before that could happen.

Most people are currently diagnosed with Alzheimer's and other dementias through cognitive and functional testing, she said.

"We need to continue to develop biomarker tools and technologies, as well as effective treatment strategies in parallel," Edelmayer

Doctors need a toolbox at their fingertips to help in diagnosis because "accurate and early detection is so critical for people living with dementia and their families," she said.

"But much more research is needed to truly understand whether looking at perivascular space is going to be a reliable biomarker across diverse populations," Edelmayer said. "So, I think it's too early to say that this is something that anyone should ask for in their doctor's office."

More information

For more on Alzheimer's disease, see the Alzheimer's Association.

Alzheimer's Care Centers - Continued

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Dentists are drilling down on another worrying trend related to the coronavirus: more cracked teeth.

Like sleepless nights and stomach jitters, teeth grinding is a telltale sign of stress. And the habit -which can damage and break your choppers -- is sending people to dental offices in growing numbers amid the coronavirus pandemic.

"I have been seeing a lot of broken teeth lately -- way more than I normally see," said Dr. Todd Bertman, a dentist in New York City.

"There is definitely an uptick in cases," agreed Avina Paranjpe, a professor of endodontics at the University of Washington School of Dentistry.

How much of an uptick? "Considering the number of cases we have seen at the university and

in practice, I would say about a 30% to 35% increase in cases," Paranipe

Following health guidelines, Bertman and his colleagues closed their facility between March 16 and May 18. "But we did continue to provide tele-dentistry," he said. "We would take emergencies through Zoom. Even at that point I was starting to see many cases of broken teeth. And then when we reopened, there were so many issues related to broken teeth that we really had to prioritize, focusing on handling these sorts of emergencies instead of cleanings."

Bertman and Paranipe attributed the trend to rising stress levels during the pandemic.

"Stress," said Paranipe, "is the main reason for the increase in the percentage of cracked teeth." People are dealing with changing

job demands, economic fears. unfulfilled social needs or overarching medical concerns.

And COVID-19 stress is likely a widespread problem, with the U.S. Centers for Disease Control and Prevention warning that pandemicinduced anxiety "can be overwhelming and cause strong emotions in adults and children."

That emotion can have dental consequences, said Bertman. A lot of his patients who now come in with broken teeth also report headaches and jaw pain, he noted. This suggests a rise in anxietydriven jaw clenching, teeth grinding, muscle spasms and muscle stress.

Posture may be changing due to COVID concerns, and that can affect dental health, too, Bertman

"As we all scramble to find or put work-based insurance to cover together a makeshift work station at home, it's likely that many of us end up in chairs that aren't So what can you do to protect your comfortable and sitting in front of smile? desks that aren't configured for good postural positioning," Bertman said.

The resulting bad posture can lead to pain in your jaw joint and in the muscles that control jaw movement.

Teeth grinding is not uncommon. "And don't assume that you'll know if that's what's happening," warned Paranipe. Until it's diagnosed, "I would say 50% of patients know they grind their teeth, and the other 50% are unaware."

Paranipe cited some other factors that may contribute to the rise in tooth fractures, including a reluctance to visit dentists during the pandemic and/or the loss of yourself."

dental costs.

stress can be helpful, suggested Bertman. "It brings you into the moment. And that can help you focus more on posture, which is important to be mindful of. There's more on cracked teeth at the Anything you can do -- like American Association of Endodontists. stretching or repositioning-- can be helpful."

Night guards are another preventive strategy. "Usually, if we know that a patient is grinding or clenching their teeth, they would be doing this at night, so we recommend a night guard," said Paranipe.

But Bertman sounded a note of caution: "Don't do orthodontics by

He noted some people buy mailorder impressions for night guards. If it's not a simple case -- and only a dentist will know that -- they may have a problem. "The wrong fit can rearrange the bite, or cause Meditation to reduce pervasive discomfort, pain and loose teeth, so don't diagnose vourself," he said.

More information

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Dentistry - Prosthodontics

The branch of dentistry concerned with the design, manufacture, and fitting of artificial replacements for teeth and other parts of the mouth.

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Dermatology / Dermatología

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Diagnostic Centers perform medical imaging, the process by which physicians evaluate an area of the body that is not normally visible, through the use of radiant energy, including x-rays, radium and nuclear medicine applications

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Centers for the treatment to remove certain molecules from the blood, particularly in people with kidney failure.

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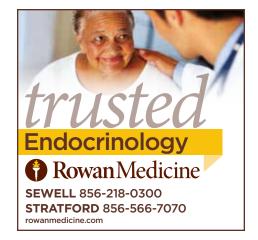
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Electrolysis

The process of causing destruction to a hair follicle by use of an electrode to permanently disable the follicle from producing future hair growth; FDA approved permanent hair removal, this is not laser.

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A specialty of medicine which deals with the diagnosis and treatment of diseases related to hormones

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The branch of medicine that pertains to the nervous system.

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HIGH BLOOD PRESSURE WHILE PREGNANT Linked to Poorer MEMORY YEARS LATER

The study of nearly 600 pregnant women included 481 with normal blood pressure and 115 who developed high blood pressure during their pregnancies.

memory and thinking skills, a Dutch

High blood pressure and pre-

eclampsia during pregnancy may

follow women through the years,

causing lower scores on tests of

study suggests.

Of those 115 women, 70% had gestational hypertension, which is high blood pressure that starts after 20 weeks of pregnancy in women who previously had normal readings. The other 30% had preeclampsia, a pregnancy complication marked by high blood pressure and elevated protein levels in the urine that develop after 20 weeks of pregnancy.

"Women with high blood pressure that starts in pregnancy, as well as women with pre-eclampsia, should be monitored closely after their pregnancy, and they and their physicians should consider lifestyle changes and other treatments that may help reduce their risk of decline in their thinking and memory skills later in life," said study author Dr. Maria Adank. She is with the department of obstetrics and gynecology at Erasmus University Medical Center in Rotterdam, the Netherlands.

Adank's team tested the study participants after 15 years, asking them to recall a list of 15 words, first right away and then again after 20 minutes.

On the immediate recall test, which was given three times, women who had no high blood pressure problems 15 years earlier scored an average 28 points out of a possible 45. The women who had high blood pressure during pregnancy posted an average score of 25.

After adjusting for other factors that could affect thinking skills, such as a woman's weight before pregnancy, her education and ethnicity, the researchers found that women who had high blood pressure during pregnancy performed worse on the immediate and delayed recall task.

The investigators found no differences between the two groups on tests of fine motor skills, verbal fluency, processing speed and visual-spatial ability.

The women were not given memory or thinking tests before or

during their pregnancies, the authors noted in the report published online Dec. 30 in the iournal Neurology.

Adank said the study does not show a cause-and-effect relationship between high blood pressure and test scores, only an association.

"It's important to consider gestational hypertension and preeclampsia as risk factors for cognitive impairment that are specific to women," Adank said in a news release from the American Academy of Neurology. "Many women may think of this as a temporary issue during pregnancy and not realize that it could potentially have long-lasting effects."

More study is needed to learn whether early treatment can prevent thinking and memory problems in women with a history of high blood pressure in pregnancy, she added.

More information

The U.S. Centers for Disease Control and Prevention has more on high blood pressure during pregnancy.

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Bannett Eye Centers, PA 2250 Chapel Avenue West, Suite 220 Cherry Hill, NJ 08002 (856) 853-5554 Fax: (856) 853-5650 Leave a review at njhealthsource.com

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Vision Center II 185 Route 73 North, Suite CWest Berlin, NJ 08091 (856) 767-5030 Leave a review at nihealthsource.com

Opticians

A person qualified to make and supply eyeglasses and contact lenses for correction of vision

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Cardillo, Dennis A. - OD 714 Station Avenue, Suite A Haddon Heights, NJ 08035 (856) 546-8686 Fax: (856) 546-0959 Leave a review at njhealthsource.com

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Haddonfield Vision 57 Kings Highway East Haddonfield, NJ 08033 (856) 427-0788 Fax: (856) 216-9032 Leave a review at njhealthsource.com

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The treatment of irregularities in the teeth (especially of alignment and occlusion) and jaws, including the use of

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Foley Orthodontics 2301 East Evesham Road, Suite 104 Voorhees, NJ 08043 (856) 772-6060 Leave a review at **njhealthsource.com**

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Advocare South Jersey Orthopedic Associates 502 Centennial Boulevard, Suite 6 Voorhees, NJ 08043 (856) 424-8866 Fax: (856) 424-2665 Leave a review at njhealthsource.com

Arena, Mario J. - MD 17 White Horse Pike, Suite 3 Haddon Heights, NJ 08035 (856) 310-0002 Fax: (856) 310-0003 Leave a review at njhealthsource.com

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Cooper Bone and Joint Institute at Voorhees 900 Centennial Boulevard Building 2, Suite 203 Voorhees, NJ 08043 (856) 325-6677 Fax: (856) 325-6678 Leave a review at **nihealthsource.com**

Cooper Orthopaedic Oncology at Camden 3 Cooper Plaza, Suite 400 Camden, NJ 08103 (856) 361-1754 Fax: (856) 361-1761 Leave a review at **njhealthsource.com**

Garden State Orthopaedics & Sports Medicine 455 Marlton Pike West Cherry Hill, NJ 08002 (856) 616-2999 Fax: (856) 616-1437 Leave a review at **njhealthsource.com**

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Regional Orthopedic, PA 499 Cooper Landing Road Cherry Hill, NJ 08002 (856) 663-7080 Fax: (856) 663-4945 Leave a review at **njhealthsource.com**

Regional Orthopedic, PA - Sports Medicine and Orthopedic Rehabilitation Center 1871 Marlton Pike East Cherry Hill, NJ 08003 (856) 424-4240 Fax: (856) 424-3824 Leave a review at **njhealthsource.com**

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Sprains, Strains & Fractures, LLC 807 North Haddon Avenue, Suite 1 Haddonfield, NJ 08033 (856) 795-9222 Fax: (856) 795-0026 Leave a review at **njhealthsource.com**

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An allied health profession that provides evaluation, fabrication and custom fitting of artificial limbs and orthopedic braces.

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Mobility Clinic 951 Berlin Road Cherry Hill, NJ 08034 (856) 528-2780 Fax: (856) 528-2772 Leave a review at **njhealthsource.com**

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Oxygen Support Systems Inc. 153 Harding Avenue Bellmawr, NJ 08031 (856) 461-4222 Fax: (856) 931-1123 Leave a review at **njhealthsource.com**



Pain Management / El Manejo del Dolor

Pain management is the discipline concerned with the relief of pain. Acute pain, such as occurs with trauma, often has a reversible cause & may require only transient measures & correction of the underlying problem. In contrast, chronic pain often results from conditions that are difficult to diagnose or impossible to reverse.

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Cooper Pain Management at Camden 3 Cooper Plaza, Suite 314 Camden, NJ 08100 (856) 963-6770 Fax: (856) 968-8240 Leave a review at **njhealthsource.com** Cooper Pain Management Center 6015 Main Street Voorhees, NJ 08043 (856) 325-6535 Fax: (856) 325-6519 Leave a review at **njhealthsource.com**

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Medical day care center that has the ability to work with the development and care of infants and children.

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A pediatrician is concerned with the physical, emotional and social health of children from birth to young adulthood.

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Advocare Cherry Hill Pediatrics 600 Marlton Pike West Cherry Hill, NJ 08002 (856) 428-5020 Fax: (856) 216-9433 Leave a review at **njhealthsource.com**

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Advocare Lerch & Amato Pediatrics 63 North Lakeview Drive, Suite 202 Gibbsboro, NJ 08026 (856) 435-6000 Fax: (856) 782-1667 Leave a review at **njhealthsource.com**

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Advocare The Farm Pediatrics 1001 Laurel Oak Road, Suite B Voorhees, NJ 08043 (856) 782-7400 Fax: (856) 782-7404 Leave a review at **nihealthsource.com**

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CVS Pharmacy 589 Berlin Cross Keys Road Sicklerville, NJ 08081 (856) 629-6453 Leave a review at **njhealthsource.com**

CVS Pharmacy 1000 Kresson Road Voorhees, NJ 08043 (856) 396-3711 Leave a review at **njhealthsource.com**

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CVS Pharmacy at Target 2137 Route 38 Cherry Hill, NJ 08002 (856) 317-1442

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Pharmacy Chains Ready to Supply COVID-19 Vaccines to Americans

Transfer Brahild March 1982

Now that federal guidelines have COVID-19 vaccine eligibility to include people over 65 and those of all ages with underlying health conditions, drug stores say they are ready, willing and able to start giving the shots.

There's just one slight glitch: supply. But with two vaccines already available and others moving toward emergency use authorization, experts say supply will likely soon catch up with demand.

As of Jan. 14, the Federal Retail Pharmacy Partnership Program has tapped two pharmacy chains per state to offer free COVID-19 vaccines. Pharmacies will be notified if they can take part in this initial rollout.

Spearheaded by Operation Warp Speed, the government's vaccine development program, this plan will ultimately allow more than 40,000 pharmacies across the nation to inject 100 million vaccines in a month's time. Already signed on as partners are CVS, Walgreens, Duane Reade, Costco, Walmart, Rite Aid. Publix and more.

Fully 250 million people in the United States are now eligible for COVID-19 vaccines, and pharmacies can help speed the slower-thanexpected vaccine distribution process, said Kathleen Jaeger, senior vice president of pharmacy care and patient advocacy at the National Association of Chain Drug Stores (NACDS), an Alexandria, Virginia-based trade aroup representing chain pharmacies.

vaccinator per store, it would be very easy to deliver 100 million vaccine doses in one month," said Jaeger during an NACDS news briefing on Wednesday.

"Many people live within five miles of a local pharmacy, so it will be easier to give out the vaccines," she said. "We stand ready, and our capacity is tremendous."

Exactly how pharmacies will dole out COVID-19 vaccines is not fully understood yet. They may use an appointment system to avoid long lines and crowding, she said. The government asked 19 pharmacy partners to help develop a more precise game plan.

There has been some concern about allergic reactions COVID-19 vaccines. pharmacists can handle this as they have experience in giving flu and H1N1 shots, she said. "We always observe a patient for 15 minutes after a vaccine," she noted. If a person has a history of lifethreatening allergic reactions, they should get their vaccines under strict medical supervision, she added.

"Pharmacists can also dispel misinformation about the COVID-19 vaccine," she said.

The new pharmacy initiative is on top of other federal programs that allow pharmacists to dole out vaccines, including the Pharmacy Partnership for Long-Term Care Program. As part of this program. Walgreens and CVS and Managed Health Care Associates, Inc., offer "With 40.000 drug stores and one on-site COVID-19 shots to residents

of nursing homes and assistedliving facilities. And a federal "transfer program" makes it possible for unused vaccines to be transferred from hospitals to pharmacies to arms, explained.

"These vaccines are just sitting on shelves in freezers and refrigerators and need to be moved," she said. "Transfer to community pharmacies that stand ready makes a lot of

More than 29 million vaccine doses have been distributed so far in the United States, and over 10 million people have received their first dose.

Hospitals will be releasing more doses now that they are confident that second doses will be available. The two vaccines currently in use require two doses. "National quidelines are needed as we move forward to make sure that no dose goes unused," Jaeger added.

More information

The U.S. Centers for Disease Control and Prevention has information on where and when you can get your COVID-19

SOURCES: Kathleen Jaeger, senior vice president, pharmacy care and patient advocacy. National Association of Chain Drug Stores, Alexandria, Va.; National Association of Chain Drug Stores, media

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very little success.

The psychiatrists worked with people by video only 26 times in six months, while 30,000 visits happened in person. But that quickly when coronavirus pandemic forced closures in the area in late March.

Now, not only have patients seeking help with mental health issues been working through their emotions and experiences by video and phone for months -- many would like to keep those options, a new study shows.

"Telepsychiatry is an interesting tool for various reasons in terms of providing early access to care, connecting patients in rural areas or who live far away from clinics to be able to get good evidencebased care," said study author Dr. Jennifer Severe, a psychiatrist who better. helped launch a test of telehealth initiatives at the University of Michigan's outpatient psychiatry

Only a year ago, Michigan based on life burden and **Medicine** psychiatrists were expectation, they might not be able **trying to recruit patients to** to keep up with their appointments, give telepsychiatry a try, with so telehealth actually offers a way to remain connected with care, regardless of how busy people's lives might be." Severe said.

> For the study, published recently in the journal JMIR Formative Research, researchers surveyed 244 patients or parents of minor patients in summer 2020. The patients had mental health appointments in the first weeks of the pandemic shutdown.

> Most of the survey participants had their own or their child's first appointment pandemic-time through a video call. A minority of 13.5%. telepsychiatry with phone visits. That group was more likely to be older than 45.

Nearly all of the study participants who had a telepsychiatry visit said it went as well as expected or

About half (46.7%) said they were to continue telepsychiatry even after in-person visits were available again. Those "Even patients who are closer, who had appointments by phone

instead of video were much less likely to want to continue remote mental health care in the future.

"The excitement is there, but we need to make sure that we have a way to keep up with the demand." Severe said.

This data could help inform the decisions of health insurers and government agencies who will make decisions about whether and how to pay mental health care providers for future virtual care, Severe said.

To improve access, while the survey was ongoing, senior study author Dr. Mary Carol Blazek led development of a program called Geriatric Education for Telehealth Access, or GET Access, to help older patients.

The study didn't cover the issue of no-shows and appointment cancellations, but those have been reduced substantially, according to Michigan Medicine.

Phone and video visits within established patient-mental health provider relationships are equally effective. Severe said.

However, for first visits, the therapists typically try to avoid using the phone because it can reduce communication cues and limits observing facial expressions, interaction and movement, which can help evaluate mental health status. Sometimes physical exams can be required to assess a patient's balance and mobility, as well as check for medication side effects.

be difficult. Sometimes you might need to do a physical exam. There might be a lack of important physical exam approaches and communication techniques that might be missing," Severe said. "So, that's one reason I will say telehealth might not be evervone."

Severe hopes to see more of a blended approach after the pandemic, where a patient may do a face-to-face visit, followed by a couple of telehealth visits, and then return for another face-to-face visit.

During the pandemic, telehealth has been responsible for saving small mental health practices while also continuing to help patients, said Vaile Wright, senior director of

American Psychological Association.

"The evidence is pretty strong. People are having mental health difficulties, much more so than in The U.S. Centers for Disease Control the past and, thankfully, they are seeking out treatment," Wright added. "I think telehealth makes it possible for them to do so safely."

"Sometimes communication might For some people, it may be harder to connect in a virtual environment. For others, it may make it easier because they don't have to get time off work, figure out child care or travel to the office.

> Issues to consider are ensuring that patients understand the online platform, have adequate internet accessibility and have adequate privacy in their homes to have a mental health appointment. Backup safety plans also need to be considered, Wright said.

> "What happens if somebody is in a crisis? When they're in your office [you] have a system in place, but when they're not, maybe [you're] not even sure where they're located exactly, that can make it challenging," Wright said. "So,

health care innovation for the ensuring that you've got those sorts of backups in place is important."

More information

and Prevention has more about mental health.

SOURCES: Jennifer Severe, MD, clinical professor. department of psychiatry, University of Michigan, Ann Arbor; Vaile Wright, senior director, health care innovation. American Psychological Association. Washington, D.C.; JMIR Formative Research, D

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Goldstein, Adam S. - DO 333 Laurel Oak Road Voorhees, NJ 08043 (856) 665-2017 Fax: (856) 488-6769 Leave a review at **njhealthsource.com**

Jefferson Health - Cherry Hill MOB - General & Bariatric Surgery Office
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Surgery - Breast

Virtua Breast Care 200 Bowman Drive, Suite E300 Voorhees, NJ 08043 (844) 982-3862 Fax: (856) 247-7525 Leave a review at **njhealthsource.com**

Surgery - Cardiac

Lourdes Medical Associates - Cardiothoracic Surgical Services 1 Brace Road, Suite B Cherry Hill, NJ 08034 (856) 547-0389 Fax: (856) 428-4053 Leave a review at **njhealthsource.com**

Surgical Group of South Jersey 500 Berlin Cross Keys Road Sicklerville, NJ 08081 (856) 428-7700 Leave a review at **njhealthsource.com**

Surgery - Colon & Rectal

Advocare Colon & Rectal Surgical Specialists 502 Centennial Boulevard, Suite 5 Voorhees, NJ 08043 (856) 429-8030 Fax: (856) 428-2718 Leave a review at **njhealthsource.com**

Cooper Surgical Care at Voorhees 6015 Main Street Voorhees, NJ 08043 (856) 325-6565 Fax: (856) 325-6555 Leave a review at **njhealthsource.com**

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Surgery - Cosmetic & Plastic / Cirugía - Cosmetica y Plastico

Surgical specialty dedicated to reconstruction of facial and body defects due to birth disorders, trauma, burns, and disease.

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Gatti, John E. - MD, FACS 409 Kings Highway South Cherry Hill, NJ 08034 (856) 354-6100 Fax: (856) 354-3288 Leave a review at njhealthsource.com

Penn Medicine / Virtua Plastic & Reconstructive Surgery 200 Bowman Drive, Suite E300 Voorhees, NJ 08043 (844) 982-3862 Fax: (856) 247-7525 Leave a review at njhealthsource.com

Premier Plastic Surgery Arts 2301 East Evesham Road, Suite 107 Voorhees, NJ 08043 (856) 772-6500 Fax: (856) 772-6505 Leave a review at nihealthsource.com

South Shore Plastic Surgery 1307 White Horse Road Building E, Suite 501 Voorhees, NJ 08043 (856) 784-2639 Fax: (856) 784-2659 Leave a review at njhealthsource.com

The Plastic Surgery Center 200 Route 73. Suite 3-B Voorhees, NJ 08043 (856) 452-4108 Leave a review at njhealthsource.com

Surgery - Facial & Reconstructive

The process of recreating the face of an individual (whose identity is often not known) from their skeletal remains through an amalgamation of artistry, forensic science, anthropology, osteology, and anatomy

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Surgery - Foot

LaRosa, Christopher - DPM 146 South Lakeview Drive, Suite 101 Gibbsboro, NJ 08026 (856) 435-4002 Leave a review at njhealthsource.com

Surgery - General / Cirugía - General Surgery - Laser Eye

Surgical specialty that focuses on abdominal contents including esophagus, stomach, small bowel, colon, liver, pancreas, gallbladder and bile ducts, and often the thyroid gland (depending on local reference patterns).

Advocare Surgical Specialists of Washington Township 443 Laurel Oak Road, Suite 130 Voorhees, NJ 08043 (856) 589-0600 Fax: (856) 589-7979 Leave a review at njhealthsource.com

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Surgery - Hand

Field of medicine that includes the investigation, preservation. and restoration by medical, surgical, and rehabilitative means of all structures of the upper extremity directly affecting the form and function of the hand and wrist

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A type of refractive surgery for the correction of myopia, ropia, and astigmatisr

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Surgery - Neurological

Medical specialty concerned with the prevention, diagnosis, treatment, and rehabilitation of disorders which affect any portion of the nervous system including the brain, spinal cord, peripheral nerves, and extra-cranial cerebrovascular system.

Cooper Neurosurgery - Cherry Hill 1935 Route 70 East Cherry Hill, NJ 08003 (856) 968-7965 Fax: (856) 309-5844 Leave a review at njhealthsource.com

Siddiqi, Tariq S. - MD, FACS 900 Sheppard Road Voorhees, NJ 08043 (856) 751-6600 Fax: (856) 751-5556 Leave a review at njhealthsource.com

Surgery - Oral & Maxillofacial / Cirugía - Oral y Maxilofacial

Specialty of dentistry which includes the diagnosis, surgical and adjunctive treatment of diseases injuries and defects involving both the functional and aesthetic aspects of the hard and soft tissues of the oral and maxillofacial region.

Canalichio, James J. - DDS 7512 Maple Avenue Pennsauken N I 08110 (856) 665-5101 Fax: (856) 665-5101 Leave a review at njhealthsource.com

Lanzi Burke Oral & Maxillofacial Surgeons 15 East Euclid Avenue, Suite B Haddonfield, NJ 08033 (856) 795-4600 Leave a review at njhealthsource.com

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Tap Dentistry, LLC 2001 Liberty Place Sicklerville, NJ 08081 (856) 875-9595 Fax: (856) 875-3357 Leave a review at njhealthsource.com

Surgery - Orthopedic

Branch of surgery concerned with conditions involving the musculoskeletal system.

Goldstein, Gary Neil - MD 600 Somerdale Road, Suite 215 Voorhees, NJ 08043 (856) 795-8884 Fax: (856) 795-7870 Leave a review at njhealthsource.com

LourdesCare Orthopedic Specialists 1 Brace Road Cherry Hill, NJ 08002 (856) 935-6343 Fax: (856) 935-8498 Leave a review at njhealthsource.com

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Jefferson Health - Vascular & Cardiothoracic Surgery 2301 Evesham Road, Suite 406 Voorhees, NJ 08043 (856) 772-9600 Fax: (856) 772-9650 Leave a review at njhealthsource.com

Surgery - Vascular

A surgical subspecialty in which diseases of the vascular system, or arteries and veins, are managed by medical therapy, minimally-invasive catheter procedures, and surgical reconstruction.

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Cardiothoracic Surgical Specialists 1245 Brace Road Cherry Hill, NJ 08034 (856) 429-7779 Fax: (856) 429-7455 Leave a review at njhealthsource.com Virapel 602 Sheppard Road Voorhees, NJ 08043 (856) 200-3060 Fax: (856) 751-2016 Leave a review at njhealthsource.com

Surgery Centers / Centros de Cirugía

Personal health care consultation, treatment, or intervention using advanced medical technology or procedures delivered on an outpatient basis.

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Testing - STD

Testing to test for Sexually transmitted diseases (STDs).

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South Jersey Aids Alliance 112 North 7th Street Camden, NJ 08102 (856) 203-3471 Leave a review at njhealthsource.com



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Concentra Urgent Care 210 Benigno Boulevard Bellmawr, NJ 08031 (856) 931-0691 Fax: (856) 931-9253 Leave a review at njhealthsource.com

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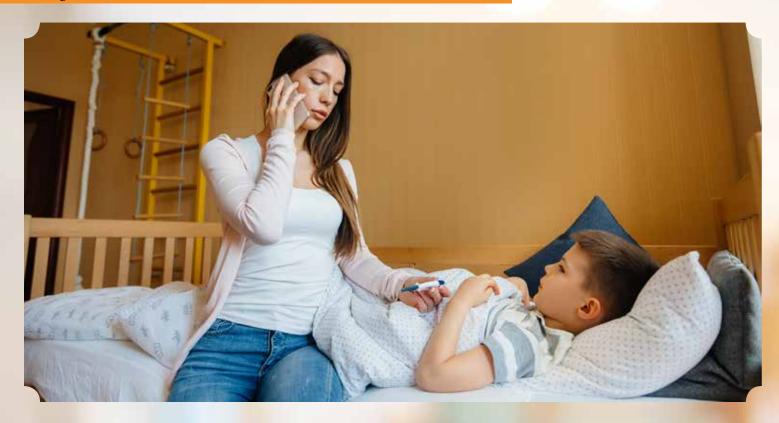
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IMPROVING ACCESS TO AFTER-HOURS PRIMARY CARE CUTS ED VISITS

emergency department a woman on the phone at the table Incentivizing primary physicians to provide services after The researchers found that in less urgent visits to the emergency department, according to a study published online Jan. 18 Canadian Medical Association.

University in London, Ontario, April 2002 to March 2006 (586,534 patients) and a subcohort of emergency department was in the

access to after-hours care reduces April 2005 to March 2016. Patient less-urgent visits to and primary care physician data were linked to emergency department visit data.

hours is associated with a reduction introduction of the after-hours premium was associated with a reduction of 1.26 less urgent visits to the emergency department per in CMAJ, the journal of the 1,000 patients per month after controlling for patient and physician characteristics, Michael Hong, from Western seasonality, and time-invariant patient confounding factors. Most Canada, and colleagues analyzed a of this decrease was in after-hours retrospective cohort of a random visits compared with visits during sample of Ontario residents from regular hours. The monthly reduction in less urgent visits to the

Incentivizing physicians to improve 201,594 patients followed from range of -1.24 to -1.16 per 1,000 patients in sensitivity analyses. There was an association noted between subsequent increases in the after-hours premium and a small reduction in less urgent visits to the emergency department.

> "Interventions to reduce potentially avoidable emergency department visits are of considerable interest to policy-makers; the use of incentives to promote access to after-hours primary care and divert patients away from the emergency department in a cost-effective manner is one policy option to consider." the authors write.

Urgent Care - Continued

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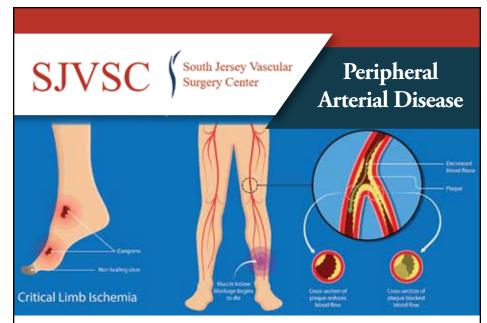
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Wound Healing Solutions 600 Clements Bridge Road Barrington, NJ 08007 (856) 547-8000 Fax: (856) 547-8020 Leave a review at nihealthsource.com



A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

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