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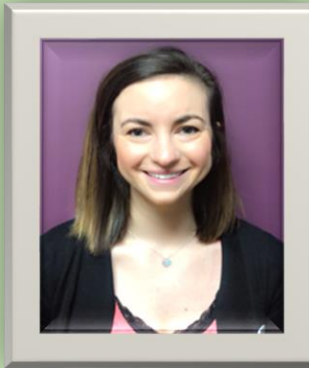
Recipe

Amherst Medical Newsletter

Spring Edition

meet our team >>>

Alexandra Papapanu



Alexandra started working in the nursing field about 11 years ago and has been a registered nurse for almost 7 years.

She received her bachelor's degree from UB and is currently in her second year of Nurse Practitioner school at D'Youville.

Alex's favorite part of her job is health teaching and helping patients reach their goals.

In her free time, she enjoys running, snowboarding, ballet, and playing the ukulele.

OH, and cats! Can't forget about the cats. She Loves her cats!

What's New at AMA...

Self-Check in Kiosk

Complete the full check-in process independently.

- ◆ Update your demographic information
- ◆ Update/Add insurance information and scan your insurance card(s)
- ◆ Pay your co-pay or outstanding balance
- ◆ Print or email receipts for credit/debit payments
- ◆ Sign HIPAA Notice of Privacy consent and Office Policy
- ◆ Add/Update your photo
- ◆ Register for our patient portal

New Website

With a link to our patient portal where you can:

- ◆ Pay your bills online
- ◆ View test results
- ◆ Send secure messages to your care team
- ◆ Complete an e-visit
- ◆ Request medication refills
- ◆ Schedule an appointment
- ◆ View your scheduled appointments and appointment history
- ◆ View your medical records

Diarrhea e-Visits

An electronic "visit" with your health care provider through our patient portal. E-Visits are a way of obtaining medical care for problems which do not require a physical examination. This service will save you time and energy when you need health care for any of the following minor health issues:

- ◆ Pink Eye
- ◆ Headache
- ◆ Low Back Pain
- ◆ Urinary Tract Infection
- ◆ Sore Throat
- ◆ Cough/Cold
- ◆ Rash
- ◆ Diarrhea

Meet Melissa!



Melissa Coddington is a LMSW (licensed social worker) from Horizon Health Services who has partnered with Amherst Medical Associates to assist patients with their behavioral health care needs. She can provide screening for mental health and substance use diagnoses as well as linkage with community services such as counseling, care management, and psychiatric care.

Accepting New Patients

Dr. Adnaan Sheriff and Dr. Matthew Barletta are accepting new patients – both adult and pediatric. Please tell your friends and family. We appreciate your referral.



SPRING!!!

Spring into allergy season...

Allergies occur at certain times of the year when people breathe in things such as pollen, grasses, or weeds. When a person has seasonal allergies, their immune system acts as if the substance is harmful to the body. This causes symptoms such as stuffy or runny nose, itchy eyes, sore throat, etc. Most people develop allergies when they are young, but you can develop them at any time. Symptoms can also change from year to year. If you know you suffer from seasonal allergies it is important to start treatment prior to having symptoms. Consider taking allergy medication two weeks prior to the time of year when you usually have allergies.

Allergy Relief

Consider using one of the following treatments to help get rid of any pollen in the nose:

- ◆ **Steroid nose sprays:** Flonase and Rhinocort are over the counter nasal sprays that are most effective when taken every day. They could take days or weeks to work.
- ◆ **Antihistamines:** Claritin, Zyrtec or Allegra (and their generics) help stop itching, sneezing, and runny noses, but can also make you tired.
- ◆ **Decongestants:** They often come in combination with other medications ending with "DM" and help reduce symptoms of a stuffy nose. PLEASE NOTE: People with certain health conditions, like high blood pressure and heart conditions, should stay away from decongestants as they can raise your blood pressure.

When to call the Doctor?

If you have any questions, please reach out to your doctor for what medications might be best for you to take. We are all looking forward to getting outside and being more active in the warmer weather. Don't let your allergies get the best of you!



Clinical Visit Summary»»

Did you know??

Your clinical visit summary contains:

- ✓ Reason for visit
- ✓ Diagnosis and problem list
- ✓ Allergies
- ✓ Medications
- ✓ Orders (e.g. lab & x-ray)
- ✓ Immunizations and injections
- ✓ Diagnostic test results
- ✓ Procedures
- ✓ Recommendations
- ✓ Follow up
- ✓ Future appointments
- ✓ Referrals
- ✓ Comments
- ✓ Goals and instruction

Coming Soon »»»

VIDEO VISITS!

Patients can be seen without coming into the office.

Patients can be seen by multiple people in the office (e.g., nurse, doctor) using the same video visit link.

www.amherstmedical.com



Recipe: Spinach Lentil Stew

Ingredients:

½ c chopped onion	3 tsp Worcestershire sauce
1 tbsp veg oil	½ tsp salt
2 cloves garlic minced	½ tsp dried thyme
5 c water	¼ tsp pepper
1 cup lentils, rinsed	1 bay leaf
4 tsp veg or chicken bouillon granules	1 c chopped carrots
1 pkg (10oz) frozen chopped spinach, thawed and squeezed dry	1 can (14-1/2 oz) diced tomatoes, undrained
1 tbsp red wine vinegar	



DIRECTIONS: In a large saucepan, sauté onion in oil until tender. Add garlic; cook 1 minute longer. Add the water, lentils, bouillon, Worcester sauce, salt, thyme, pepper and bay leaf; bring to a boil. Reduce heat; cover and simmer for 20 minutes. Add the carrots, tomatoes and spinach; return to a boil. Reduce heat; cover and simmer 15-20 minutes longer or until the lentils are tender. Stir in vinegar. Discard bay leaf.

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