



Late Appointments What is CVMG's Policy?

Sometimes it is very difficult to be on time for your appointments. CVMG recognizes this, as all of our patients have experienced having to wait for their own appointments with their providers—no matter how hard we try, we sometimes do get behind, and for that, we do apologize.

If you are late for your appointment, we will do everything we can to try and accommodate you at the next available space in your provider's schedule. Sometimes patients are so late that we cannot accommodate them when they finally arrive at the office. Please understand that this is to try and keep all of our providers on schedule as much as possible.

For those that we can accommodate, this may mean waiting a little while other patients are seen before you. We know this can be

frustrating, and we want to assure you that our goal is to make sure we can address your health-care needs as efficiently as possible. All of us here at CVMG will do everything we can to make sure you are seen in a timely fashion whenever possible.



*did you know?
That starches, such as rice, corn, and potatoes, are also carb's. So when watching carb's, moderate your intake of sweets, breads, pasta, and starches!*



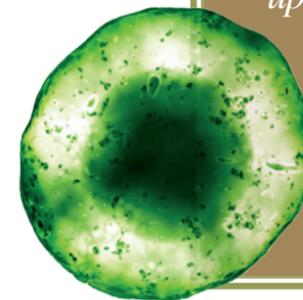
Skin Survey The ABCD's of Skin Lesions

Once again we are heading into another glorious Southern California summer, and with this comes outdoor activities and trips to the beach. Here at CVMG, we are always vigilant about sun burns and skin cancer risks, so now is a good time to take stock of our skin with a pre-summer skin survey.

We recommend that you inspect all areas of your skin, even the non-sun exposed areas. Look for any lesions that are new, but also review any lesions that you've noted in the past. Remember the "ABCD's" of skin lesions:

- A**— Asymmetry—this refers to the lesion's appearance. Is it round, or does it appear asymmetrical?
- B**— Borders—are the borders clean and well defined, or are they blurry and ill defined?
- C**— Color—is there a uniform color to the lesion? Is it dark and black? Is it pearly in color?
- D**— Diameter—has it changed in size, has it grown and become bigger?

These are helpful ways to remember how to characterize skin lesions as being normal versus suspicious. If you have any questions or concerns, feel free to come on in and let one of our providers do a post-summer skin survey for you. And remember, if you are exposed to sun on a regular basis, please apply high SPF (30 or greater) sun tan lotion that protects against UVA and UVB rays at least hourly. Protect your skin which protects you!



*did you know?
That the human body is made up of 50 trillion individual cells? The human body truly is amazing!*



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vital signs

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A Quarterly Newsletter from Cucamonga Valley Medical Group
News You Can Use for Your Health and Well Being

cvmgdocs.com Have You Seen Our Website?

Log-on today! Cucamonga Valley Medical Group is proud to present our updated website. Log on to find updated registration forms and biographies of all our physicians. And have you missed any older issues of "Vital Signs"? Well, have no fear, as copies of older issues can be found on the website as well.

Please look for more from our website in the future, including a patient portal, where you will be able to privately access your laboratory results and other tests, along with an online appointment scheduler.

Big things are coming to you from CVMG, so stay tuned!



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