

It's Time for Your Physical

CVMG is your partner in proactive preventative medicine, which means we are here to address your health issues before they become major medical problems. Routine physical exams are an important part of preventative medicine. One easy way to remember your annual physical is to schedule it each time the new year comes around.

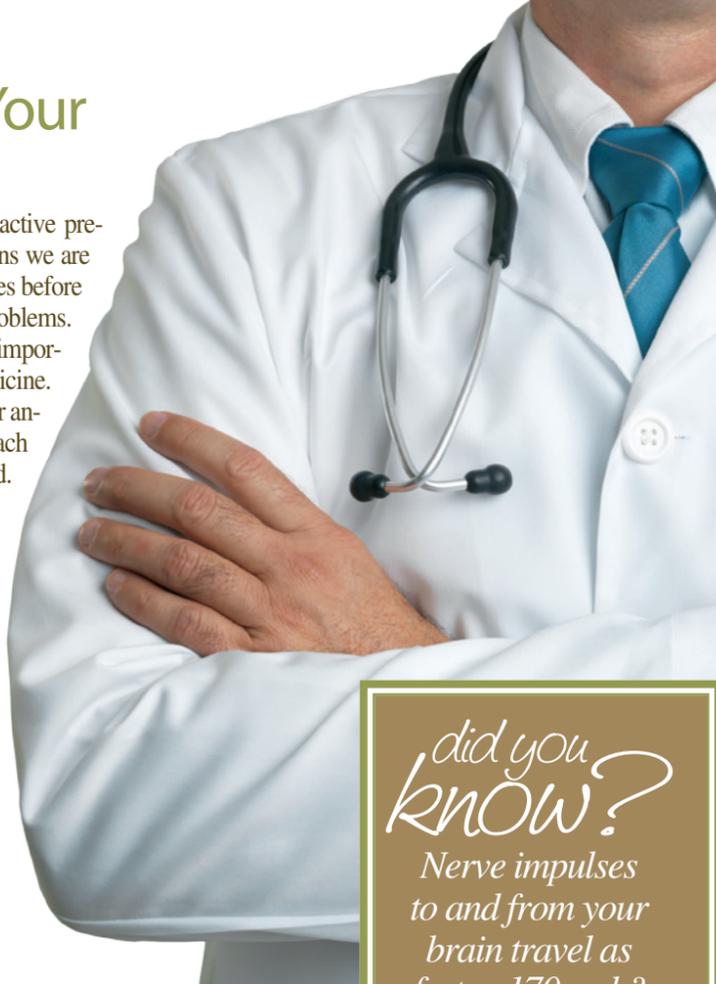
All physicals will require a visit. Labs, X-ray, and other procedures may be ordered depending on your age (see our Screening Tests diagram on the next page.) Call one of our staff members today and schedule your annual physical appointment. As the old saying goes, an ounce of prevention is worth a pound of cure!

New Refill Procedures

CVMG understands how important it is for our patients to have their prescriptions refilled in a timely fashion. Sometimes, before you know it, you are down to your last few pills!

However, due to the volume of requests coming into our office, we kindly ask that you allow 72 hours for your refill requests to be processed. Please keep this in mind when calling our office or speaking with your pharmacist.

Also, don't forget to check your prescription bottle before calling—sometimes you may have refills available, as indicated on the printed label on your bottle!



did you know?

Nerve impulses to and from your brain travel as fast as 170 mph? Now you know why you can react so quickly when you touch a hot stove!



Diabetic Education Class

CVMG is holding a class for diabetic education on April 20, 2011 at the Sierra San Antonio Medical Plaza in Fontana. Sign up today because space is limited and classes fill up quick.

Date: April 20, 2011

Time: 6:00 pm

Place: Sierra San Antonio Medical Plaza
Community Room - 1st Floor
16465 Sierra Lakes Parkway, Suite 300
Fontana, CA 92336

Please RSVP to 909.429.2864

Space is Limited



CUCAMONGA VALLEY
MEDICAL GROUP

16465 Sierra Lakes Parkway, Suite 300, Fontana, CA 92336 | 1175 E. Arrow Highway, Suite B, Upland, CA 91786
909.429.CVMG [2864] | www.cvmgdocs.com

vital signs

News You Can Use for Your Health and Well Being

A Quarterly Newsletter from Cucamonga Valley Medical Group

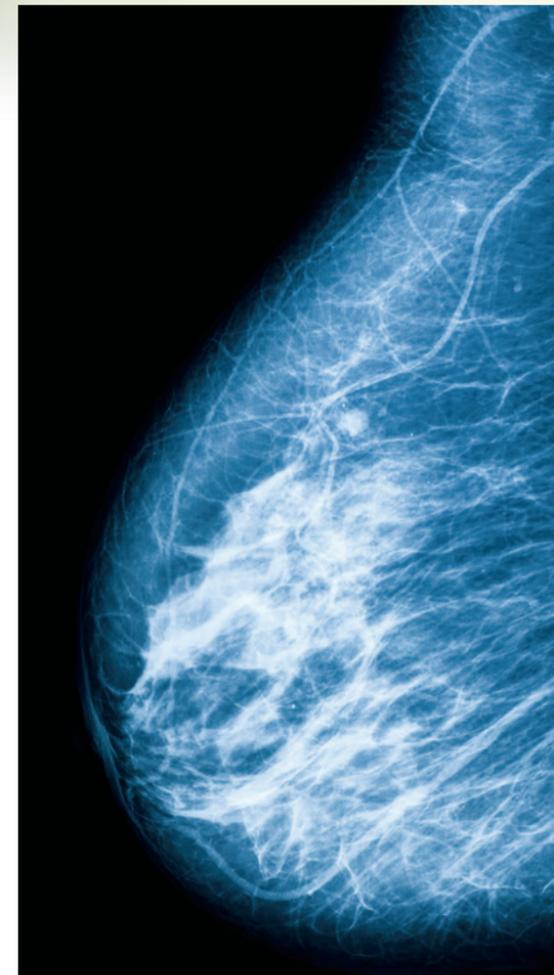
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Mammogram Guidelines

Recent news reports have brought to the forefront the importance of annual mammograms and some controversy surrounding the age at which women should begin receiving screenings. The United States Preventative Services Task Force's (USPSTF) recommends that women begin annual screening at age 50 instead of the previously recommended age of 40. This new recommendation has been met with controversy, especially from members of the family medicine and obstetrics and gynecology (OB/GYN) fields.

Further, the guidelines from the USPSTF recommend breast cancer screening every two years for women between the ages of 50 and 75. At CVMG, we will continue to screen women for breast cancer every one to two years beginning at the age of 40 and at the age of 35 for women who have a family history of breast cancer.

If you have further questions regarding when and how often you should be receiving mammograms, please refer to the USPSTF website at www.uspreventiveservicestaskforce.org or refer to the family medicine website at www.aafp.com. You are always welcome to call and make an appointment with one of our providers to answer and address your questions.



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