

Highlighting Our Providers

Introducing A New Staff Member



Welcoming Ms. Maria D. Torres, PA-C

Ms. Maria D. Torres is excited to provide quality comprehensive care at Cucamonga Valley Medical Group.

Ms. Torres attended Cal State Los Angeles where she obtained a bachelor's degree in Biology. She then attended and graduated from Western University of Health Sciences in August of 2004 with a Master's degree in Physician Assistant Studies. Maria is proud of her Puerto Rican and Guatemalan heritage, and is able to fluently

speak and write Spanish. She is licensed by the state of California and has been practicing family medicine since 2005. She has many years of experience in family practice, women's health care, geriatrics, and pediatrics. Ms. Torres is geared towards providing and promoting knowledge and awareness of good health for you and your family at CVMG. She is committed to listening to you, treating you as an individual and answering your questions. She looks forward to meeting you soon and provide excellent, compassionate care for you and your family.



did you know?
Sneezes regularly exceed 100 mph. There's a good reason why you can't keep your eyes open when you sneeze— that sneeze is rocketing out of your body at close to 100 mph. This is, of course, a good reason to cover your mouth when you sneeze.



Patient Portal Account

What Does The Patient Portal Offer Our Patients?

Your provider or the staff here at CVMG may have asked you for your email address so that we can get your patient portal account set up. Here is a list of all of the different ways the patient portal can help you stay on top of your current healthcare needs, as well as allow you to communicate with office staff and your provider.

- Allows you, the patient, to access your personal healthcare information
- Allows you to look at your current list of medications, as we have them recorded
- Allows you, the patient, to access your recent lab results
- Allows you, the patient, to access results from recent imaging studies done (x-rays, ultrasounds, etc.)
- Allows you, the patient, to view all of your visit summaries (information from your visits)
- Access to your personal health records: trending vital signs, medications, medical problems)
- Access all of your past and current referrals: shows referral information (provider, address and phone numbers)
- Access to all documented immunizations given at Cucamonga Valley Medical Group as well as immunizations by history that we have documented

- You can manage your account: verify and update personal information, reset your password
- You can send and receive messages to and from the office
- You can request refills of your medications
- You can request lab and/or x-ray orders
- You can view your referrals as soon as they are approved by your insurance/medical group
- You can view previous and upcoming scheduled appointments
- You can schedule an appointment, reschedule a current appointment or cancel a current appointment
- You can view Cucamonga Valley Medical Group's policies
- You can view the patient education that is published from your visits

By having access to the patient portal you can communicate with the staff here at CVMG as well as with your provider, all without making a phone call.



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MEDICAL GROUP

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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

New Eastvale Location

CVMG Has Opened It's Third Location!

Did you hear? The Eastvale office is now open! You can see any of our providers at our third location in Eastvale, located off the 15 freeway and Limonite Avenue in the Eastvale San Antonio Medical Plaza. The office opened on April 1, 2015. All services will be provided at the Eastvale location, including same day appointments, preventative medicine (well child checkups, adult physicals, well-woman exams, routine vaccinations) and much more!

Our neighbors include Pacific Eye Institute, Care for Women Medical Group, Sierra Pacific Pediatrics, Dr. Basim Abdelkarim (Gastroenterologist), Dr. Bryan Lee (Pain Management), Dr. Karin Li (Internal Medicine) and a Multi-Specialty Suite. Also located at the medical plaza is the San Antonio Urgent Care, San Antonio Rehabilitation Center, and San Antonio Radiology.



Eastvale is a new up and coming city, with a rich tradition of farming and dairy services. CVMG is excited to be a part of this growth and can't wait to make new friends in the community! And as always, CVMG will continue to provide ongoing care at our other two locations - Fontana and Upland.

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It's Summer Time!

Make Sure You're Ready, And Protect Yourself

Sun Safety

How do I protect myself from UV rays? The best way to decrease your skin cancer risk is to decrease your sun exposure. Ways to limit your exposure to harmful UV rays: Wear a shirt, put on sunscreen, wear a hat, and use sunglasses to protect your eyes.

Sunscreen use is a key to sun protection, but remember that sunscreen is just a filter, it doesn't block all UV rays. Prolonged sun exposure even with adequate sunscreen application still allows some UV rays to get through. When choosing your sunscreen, remember to read the label. Broad spectrum protection with UVA and UVB rays and a SPF of 30 or higher is optimal. SPF lower than 15 should be avoided as they only help to prevent sunburn, but not the harmful effects of UV rays or skin cancer and premature skin aging. Caution should also be used in products with a SPF greater than 30, as they may give you a false sense of protection, as no sunscreen protects you completely. And remember, frequent reapplication is the key regardless of SPF number. Sunscreen should be reapplied after water exposure, and sweating which can decrease its effectiveness. And lastly, don't forget to check expiration dates. Sunscreens are most effective for 2-3 years, and excessive heat exposures can decrease effectiveness (such as storing in the car).

A special note for our younger patients: Babies younger than 6 months should be kept out of direct sunlight and protected from the sun using hats and protective clothing. Sunscreen may be used on small areas of exposed skin only if adequate clothing and shade are not available for those less than 6 months.

Water Safety

For many of us in Southern California, summer time means lots of time in pools, the lake, beach, or rivers. So we want to remind you of a few things to help keep you and your family safe while enjoying the summer fun.

Keys for Safe Swimming--

- Always swim with a buddy
- Ensure that everyone in the family learns to swim well. Enroll in age-appropriate Red Cross water orientation and Learn-to-Swim courses.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.
- Install and use barriers around your home pool or hot tub, and remove items that can be used for access (such as patio furniture next to a pool gate, or trees that can be climbed to access water)
- Actively supervise kids whenever around the water— even if lifeguards are present. And know what to do in an emergency. Including how and when to call 911, and consider a basic CPR course for yourself.



did you know?

Army ants are used as natural sutures in some native regions. Their jaws are so powerful, natives staple wounds by forcing ants to bite them and then break off the body.



Heat Stroke Prevention

How much is too much?

Enjoying a warm summer afternoon can become a medical emergency if we don't use caution to prevent heat exhaustion and more seriously heat stroke. Heat stroke is most common in those over 50, but can effect even young athletes who fail to yield to sweltering temperatures for prolonged periods of time. Most often high heat exposure that is coupled with dehydration is the cause of heat stroke. Common symptoms include nausea, seizures, confusion, disorientation, and sometimes loss of consciousness or coma. If you or a loved one experiences any of these symptoms this summer after being in the heat for a length of time, you should call 911 for immediate assistance. Also be on the lookout for initial symptoms that you've had too much (skin flushing, headache, increased thirst) and use that warning to take cover, find shade, drink plenty of water and limit your time out in the sun. Additionally, remember for children, elderly, and pets to avoid leaving them in the car, or any other unventilated enclosed space. Make sure you offer young children and the elderly plenty of water on hot days and keep adequate access to fresh drinking water for your pets as well.

Stay safe, stay cool... CVMG hopes you enjoy another Southern California Summer!

