

# Ebola

## What You Need to Know

(Continued from Cover)

Symptoms of an Ebola infection include fever, severe headaches and muscle pain, weakness, abdominal pain, and bleeding. Symptoms can occur anywhere from 2 to 20 days after exposure, and survival is dependent on good clinical support and the strength of each patient's immune response.

While the likelihood of an Ebola outbreak in the United States is very low, it is important to know how this infection spreads. Ebola is transmitted through direct contact with an infected patient via open wounds, abrasions, or bodily fluid transmission, which includes blood, saliva, sweat and breast milk, among others. There is no direct evidence to support air or water transmission, and those at greatest risk of contracting the virus are usually family members directly caring for sick individuals. Patients with Ebola are contagious only when they start exhibiting symptoms.

The Centers of Disease Control website is replete with information about Ebola and the current outbreak. The providers at CVMG would encourage any of our patients to go to this website to get the most up-to-date accurate and relevant information about this virus, and the best measures to take regarding prevention.



*did you know?  
that if you eat too much, your hearing is less sharp? This may explain why many of us don't hear our families asking for us to help clean up after our Thanksgiving or Christmas meals!*



## Making A Home in Eastvale

### CVMG Has A Third Location Coming Soon!

As many of you know, CVMG will be adding a third location in early 2015. Services will start at our Eastvale location in February 2015, which is located on Limonite Avenue, just off of the 15 Freeway. Eastvale is a new community in the Corona area, where there was a rich tradition of farming and dairy services.



CVMG is excited about its new location and our ongoing relationship with San Antonio Community Hospital. And as always, CVMG will continue to provide ongoing care at our other two locations— Fontana and Upland.



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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

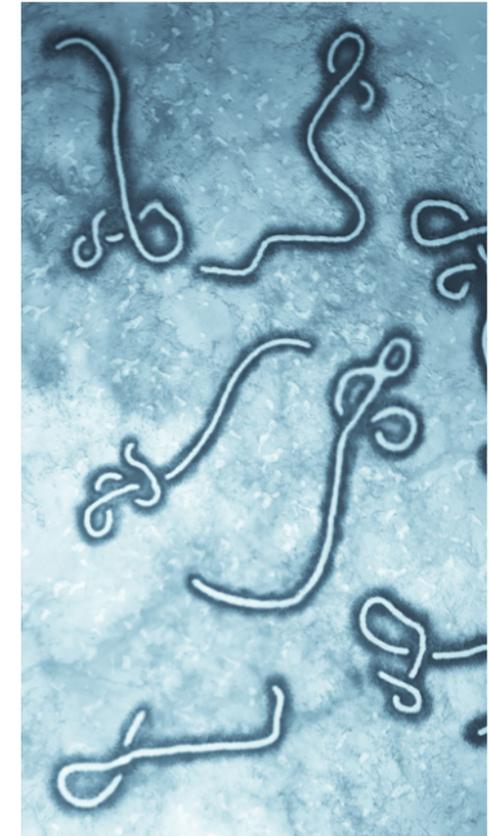
## Ebola

### What You Need to Know

Recent news has been awash with fears and concerns about the Ebola virus outbreak in West Africa. Since the recent discovery of a patient with Ebola in Dallas, Texas, hospitals, emergency rooms and clinics around the country have increased their level of awareness of this deadly virus. While steps have been taken to ensure containment of this recent outbreak, there are still many people suffering from this infection, and it pays to know what to look for as people travel from place to place throughout the world.

The Ebola virus strain causes Ebola hemorrhagic fever. It was first discovered in the mid-1970s by the Ebola River, in the Congo region of Africa. Outbreaks have been limited to this region since its discovery, but this current outbreak is the worst so far. Transmission to humans is still not known, but the virus is believed to be hosted in bats, and it is usually theorized that contact with an animal is how humans become infected.

(Continued on Inside Flap)



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- **Adult Vaccinations**- Shots Aren't Just for Kids



## Why Can't I See My Provider? Answers to a Common Question from Patients

"Why can't I see my provider anymore?" This is a common phrase that we hear at CVMG. It is frustrating even for providers, as we often would like to follow up regularly with patients, so we know how people are doing, and if their health is responding to whatever treatment is prescribed.

There are a few reasons as to why it's hard to see some providers consistently. As CVMG has grown over the past 8 years, the number of patients we take care of has grown. While that is great, it does start to limit available appointment slots. To that end, CVMG has worked to create the following options to make getting an appointment easier:

— We have two providers that have open schedules. This means that their schedule fills up as the day goes on, allowing them to see patients that need to be seen on a Work-In basis. These Work-In providers are currently in Fontana, and will expand to our Upland office in early 2015.

— We have expanded our locations. We currently have two sites to serve you—Fontana and Upland—and in early 2015, will be adding a third locale in Eastvale, to provide even more options for appointments.

— Many of you may have met the scribes that now accompany our providers during certain visits. Scribes help make our note documentation more efficient, freeing up all of our providers to spend more time with their patients, and allowing them to see more patients on a daily basis.

As time goes on, we would like to encourage our patients to get to know all of our providers here at CVMG, so that you can feel comfortable seeing anyone in our office when your need arises.



*did you know?*

*You need to consume a quart of water each day for four months to equal the amount of blood your heart pumps in one hour! Wow!*

## Controlled Substances Changes in How Your Prescriptions are Refilled

Many of you may have realized that CVMG has changed how some of your prescriptions are refilled. Due to changes in governmental regulations regarding certain medications, CVMG has had to take steps to ensure that we remain in line with policies regarding controlled substances. This, unfortunately, may affect how some of your medications are refilled.



What are controlled substances? These can vary from pain medications—Vicodin, Tramadol, Norco, Hydrocodone, Percocet, Oxycodone, Fentanyl—to sleep medications—Ambien, Lunesta, Temazepam; from sedatives—Ativan, Lorazepam, Alprazolam—to ADD/ADHD medications—Ritalin, Vyvanase, Adderall. All of these medications are deemed controlled substances, and must be written on a specific prescription pad, and are monitored closely by the Drug Enforcement Agency (DEA.)

So what does this mean to you, our CVMG patients? In order to stay in compliance with these regulations, we have adopted the following policies regarding controlled substances:

- **Controlled / scheduled medications must be filled in person once a quarter (every three months).**
- **A waiver of acknowledgement will be signed by the provider and the patient whenever a new controlled substance is prescribed.**

- **Monthly refills between visits will be accommodated based on the number of pills dispensed.**
- **There will be no early refills of medications.**
- **No refills will be provided for lost or stolen medications.**
- **Change in medication or dosage will likely require specialist evaluation (pain management, neurology, rheumatology, etc.).**
- **Labs need to be done on a minimum annual basis in order to ensure that medications are not damaging the liver or kidney.**

- **Medications cannot be refilled if labs or consults are not completed.**
- **If these medications are filled from multiple providers, as evidenced in a CURES report or from a pharmacist's report, it will be grounds for dismissal from CVMG**
- **If not compliant with this protocol, patient will be asked to find another primary care physician.**

We are aware that most patients are compliant with their controlled prescriptions, so we apologize for any inconvenience that this new policy may cause. If you have any questions regarding these changes and how they may, or may not, affect you, please don't hesitate to ask your CVMG provider.

## Abdominal Pain Is It Due to an H. Pylori Infection?

Abdominal pain is one of the most common complaints doctors address. There are many reasons for abdominal pain—from what we eat to stress to how often we go to the bathroom—so all of our providers are always looking out for the various causes of this issue.

However, in many patients, abdominal pain may be due to an infection. That's right, an infection in the stomach caused by *Helicobacter pylori*, or *H. pylori*. This bacteria can cause abdominal pain, bloating, gas and even weight loss. *H. pylori* infection can also lead to stomach ulcers, or even worse, stomach cancer.

Studies have shown that upwards of 30-40% of Americans are infected with *H. pylori*. This doesn't mean that all of these infections will lead to stomach ulcers or stomach cancer—in fact, most patients probably aren't even aware that they have this bacterial infection in the first place. However, if you have chronic heartburn that doesn't seem to be responding to treatment; if you feel bloated, or if you burp quite regularly even without eating; if you have abdominal discomfort related to excess gas, or if you have abdominal discomfort independent of many other factors—it could be related to a developing *H. pylori* infection.

So what can be done about this? The good news is that the diagnosis and treatment of this is straightforward. Like most other types of bacteria, *H. pylori* is susceptible to antibiotics. However, to effectively treat a bacteria that survives the harsh, acidic environment of our stomach, typically two antibiotics are needed to effectively treat an *H. pylori* infection, as well as a medicine to protect the lining of the stomach. Treatment usually lasts for 2 weeks.

Diagnosis is made by a simple stool test, or through what is known as a urea breath test, which is often done during an endoscopy. If you feel that your symptoms may be related to an *H. pylori* infection, please make an appointment so one of our providers can start an evaluation.

