



CALCIUM SCORING EVALUATES HEART HEALTH

As a heart attack prevention and treatment center, PinnacleHealth is now offering another way people in the region can check in on their heart health—coronary calcium scoring. This screening allows individuals to determine if they have early stages of heart disease.

The screenings uses CT technology to check for buildup of calcium in plaque in the walls of the arteries of the heart. Calcium scoring is particularly helpful in identifying people who appear to be low risk (apparently healthy people who do not have symptoms of heart disease) who are actually at high risk of experiencing a heart attack or other heart disease-related event.

Calcium scoring is for individuals without symptoms of heart disease and those not diagnosed with heart disease who:

- Are a male age 45–75
- Are a female age 55–75
- Are younger than the above age ranges, but have two or more risk factors for heart disease (high blood pressure, high cholesterol, diabetes, family history of early heart disease, obesity, and tobacco use)

The screening is \$99. Calcium scoring is currently available at PinnacleHealth's Harrisburg Campus (5th floor of the hospital) and Imaging at West Hanover. More information is available at www.pinnaclehealth.org/heart. If you would like a referral for a screening, please contact our office.

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A special NOTE FROM DR. THERESA BURICK

As we celebrate the first anniversary of the Burick Center for Health and Wellness, I want to extend my heartfelt thanks to each and every one of you for believing in me and my vision that there is a better way to provide patient care. I have truly enjoyed caring for you this past year and look forward to many more years together. I am pleased to share that 97% percent of our members so far have opted to renew their memberships.

I hope that we have inspired and given you the tools to improve your health and wellness. I continue to expand the offerings of the practice and my skill set to make sure we all stay abreast of advances in health and wellness and offer you the best in medical care. In this issue of the newsletter, you'll learn about two exciting additions: Bioidentical Hormone Replacement Therapy and Genetic Testing.

Don't forget to take advantage of your membership benefits including access to our menu of services, FREE annual SlimDome treatment (and regular discounts), and product discounts. Also, make sure to schedule your annual exam and flu shots.

If you enjoy your experience here, please tell a friend. And, thank you for your continued support of and confidence in me.

To your health!

Theresa Burick, DO, FACP

Knowledge is **POWER:** GENETIC TESTING TO NAVIGATE YOUR HEALTH

Genetic testing allows individuals to know themselves and to get personalized advice and therapy. Now, the Burick Center for Health and Wellness is adding comprehensive genetic testing services from the industry leader, Navigenics, to our extensive menu of health care services.

Genetic testing gives you the opportunity to view your genetic code, using data to provide you with unprecedented insight into your current and future health risks. The easy, painless saliva test assesses your current genetic predispositions and empowers you to take specific action to limit risk or even prevent some high-risk health conditions. After your test, Dr. Burick will work with you and a team of board-certified genetic counselors to develop a plan of action from your results. Personalized health care services have never been so personal.

We strive to foster active participation from our patients, so we encourage you to learn more at www.burickcenter.com/genetictesting.html or call for an appointment to ask questions in person.

This service is available to both members and non-members.



OFFERING A NATURAL ALTERNATIVE TO Hormone Replacement Therapy

The Burick Center for Health and Wellness is now offering Bioidentical Hormone Replacement Therapy (BHRT). Dr. Burick is one of the few area physicians who prescribe BHRT to manage the symptoms of menopause. BHRT offers women a natural alternative and personalized approach. BHRT differs from traditional Hormone Replacement Therapy (HRT) which is primarily composed of synthetically created medications such as Premarin (which is derived from pregnant horse urine).

BHRT is created from naturally occurring plant substances that are “human identical” to the body’s own hormones. Dr. Burick works with each patient to create a prescription to restore that unique balance. A pharmacist with specialized training then compounds the BHRT. The result is that each patient has an individualized prescription formulated specifically for their needs.

COMPREHENSIVE INFORMATION ON OUR WEB SITE

We know you might have a lot of questions about BHRT, so we’ve developed a comprehensive section on our web site to tell you more, including services and fees and frequently asked questions.

www.burickcenter.com/BHRT.html

Also, please feel free to call us if you would like to learn more or schedule an appointment.

Our goal is to provide perimenopausal and menopausal women (as well as men experiencing the symptoms of andropause) with individualized care and treatment to alleviate their symptoms, thereby protecting their self esteem, productivity, and relationships as they age.

BHRT is a progressive, alternative and natural treatment that takes time, patience, and trust between a patient and her physician. Discovering a woman’s unique hormonal needs begins with saliva and or blood testing. Once the imbalance is identified, a certified compound pharmacist

creates a BHRT script based on Dr. Burick’s recommendations. The prescriptions can be created in different forms such as topical creams, troches (lozenges), gels, or ointments.

The Burick Center for Health and Wellness offers saliva testing kits on-site as well as prescriptions for blood work. Dr. Burick will take the resulting data and work closely with compounding pharmacies to create these individualized treatments. The medication effect is then carefully monitored by Dr. Burick who may alter the prescription based on how the patient’s body responds.

Perhaps the best way to convey the real result of BHRT is to share a comment from the husband of one of Dr. Burick’s patients. He said, simply, “Thank you for giving me my wife back.”

This service is available to both Burick Center for Health and Wellness members and nonmembers.

PREVENTING H1N1 FLU IS IN YOUR HANDS

With the latest predictions that say half the country could become infected with the novel H1N1 virus this year, it is important that you take steps to prevent its spread. The virus spreads in the same way that seasonal flu spreads, mainly from person to person through coughing, sneezing, and touching infected surfaces. So by following five simple rules, you can help prevent the spread of H1N1 virus.

1. Cover your mouth and nose with a tissue when you cough or sneeze, and put the used tissue directly into the waste basket. If you don’t have a tissue, cough or sneeze into the bend of your elbow.
2. Avoid touching your face, especially your eyes, nose and mouth, to limit the chance of becoming infected with the virus.
3. Wash your hands frequently with soap and water, or use an alcohol-based hand sanitizer to destroy possible viruses.
4. Keep frequently used surfaces (bed-side tables, kitchen and bathroom surfaces, computers, and toys) clean because H1N1 virus can be spread by touching an infected surface.
5. Stay at home if you are sick. An infected person can infect others from one day before getting sick to five to seven days after symptoms subside. Remain home for at least 24 hours after your fever subsides.

An H1N1 vaccine is expected to be available in mid October. Due to a limited amount of vaccinations, the following priority groups will be the first to receive the vaccination: children six months to 24 years old, PA healthcare providers and EMS personnel, pregnant women, parents and care providers of infants under six months old, and non elderly adults ages 25 to 64 with certain underlying medical conditions.

NEED A VACCINE?

We’ve requested to receive the H1N1 vaccine. If you are in a priority group it’s important that you be one of the first to receive a vaccine. We will alert patients if we receive our vaccines. In the meantime, make plans for your seasonal flu shot now.