



## PHONE US FIRST!

IRMC Physician Group wants to introduce its new patient program, **PHONE US FIRST!**

### WHAT IS PHONE US FIRST!?

- CALL **888-452-IRMC (4762)**!
- Get the answers you need from our **HEALTH PROFESSIONALS**

### PHONE US FIRST! BENEFITS

- Get an answer within **MINUTES**
- **SAME-DAY** appointments
- Avoid **LONG WAIT TIMES** at the ER or Urgent Care
- Avoid **HIGHER COPAYS**

### VISIT THE EMERGENCY ROOM IMMEDIATELY IF YOU HAVE...

- Neurological symptoms: weakness, slurring of speech, trouble walking, confusion, or sudden memory problems
- Chest pain (if older than 30 years old)
- Shortness of breath
- Sudden change in vision

## Skin Cancer Screenings

IRMC Physician Group is offering **FREE** skin cancer screenings.

**Who:** [Dr. Muralidhar Guddeti](#)

**When:** Friday, December 2, 2016

**Time:** 8 a.m. – 5 p.m.

**Where:** [841 Hospital Road, Suite 2300, Indiana, Pa. 15701](#)

Call the IRMC Physician Group Call Center at **888-452-IRMC (4762)** to schedule your free skin cancer screening with **Dr. Guddeti!**



## Diabetes Awareness Month

- Uncontrollable bleeding

**PHONE US FIRST!** is available Monday through Friday from 7 a.m. to 5 p.m. and is a resource for everyone to use.

If you're not sure where to receive medical treatment, PHONE US FIRST! by calling 888-452-IRMC (4762) and let IRMC Physician Group help you!



## Welcome [Dr. Bohn](#)

Dr. Eric Bohn is a board-certified sports medicine specialist from Reading, Pa. He received his bachelor's degree from Ursinus College, in Collegeville, Pa., and went on to receive his medical degree from the Philadelphia College of Osteopathic Medicine in Philadelphia.

After receiving his medical degree, Dr. Bohn completed a residency and fellowship at St. Joseph Medical Center in Reading, Pa.

His professional and academic affiliations include the American Osteopathic Association, American Osteopathic Association of Sports Medicine, American Medical Society for Sports Medicine, American College of Osteopathic Family Physicians, Pennsylvania Osteopathic Medical Association, American Academy of Family Physicians, and American Academy of Osteopathy.

Dr. Bohn has served the Indiana, Pa., community for several years and continues to provide high-quality care for Indiana, Pa., and surrounding communities.

In his spare time, Dr. Bohn enjoys fitness, weight lifting, playing the drums, trail riding in his Jeep, and spending time with his wife, three kids, and two dogs.

November is [Diabetes Awareness Month](#), which is dedicated to recognizing the medical condition and those who live with it daily.

In honor of the Diabetes Awareness Month, here are 10 facts you might not know about diabetes.

1. Approximately **one-third** of people with diabetes do not know they have diabetes.
2. Type 2 diabetics often **do not** have symptoms.
3. Only around **five percent** of people with diabetes have type 1 diabetes.
4. Those who are at risk for type 2 diabetes **can prevent** the condition with moderate weight loss (around 10-15 pounds) and 30 minutes of moderate daily exercise, such as walking.
5. Meal plans for people with diabetes **do not** greatly differ from those without diabetes.
6. Diabetes is the **leading** cause of blindness in adults.
7. Diabetics are **twice** as likely to develop heart disease compared to people without diabetes.
8. Proper diabetes control significantly **reduces** the risk of complications and worsening complications.
9. **Bariatric surgery** can reduce the symptoms in obese diabetics.
10. Annually, diabetes costs **\$174 billion**, including **\$116 billion** in direct medical expenses.

Indiana Regional Medical Center Physician Group endocrinologist, [Dr. Mushtaq Syed](#), can assist you with



**IRMC**  
 PHYSICIAN GROUP  
 THE COMMUNITY'S CHOICE

**ANIL PAREKH, M.D.**

**PSYCHIATRY**

diabetes management, along with several other endocrinology-related conditions.

If you're in need of an endocrinologist, please call 888-452-IRMC (4762) to schedule an appointment with [Dr. Syed](#) today.

## Welcome [Dr. Parekh](#)

Dr. Anil Parekh is a board-certified psychiatrist from Bulsar, India. He received his medical degree from Kasturba Medical College in Udupi, India.

After receiving his medical degree, he completed an internship at the Chicago Medical School's Department of Psychiatry. Dr. Parekh then went on to complete his residency at the Robert Wood Johnson Medical School in Camden, N.J.

During his residency, he received training in inpatient and outpatient psychiatry, community psychiatry, child and adolescent psychiatry, forensic psychiatry, modalities of psychopharmacology, cognitive behavioral therapy, and family therapy.

He is also a certified diplomat of the American Board of Psychiatry and Neurology, Inc.

For more than 15 years, Dr. Parekh has provided Western Pennsylvania with high-quality psychiatric care and continues doing so for Indiana and its surrounding communities.

In his spare time, Dr. Parekh enjoys reading, travelling, golfing, exercising, and spending time with his wife and two children.



### IRMC Jobs

Indiana Regional Medical Center and IRMC Physician Group are always looking for friendly and reliable staff to join our team.

[Click here](#) to see what job opportunities are available!

### Request an Appointment

