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IRMC Physician Group: Patient Newsletter

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IRMC Physician Group Receives Four-Star Rating

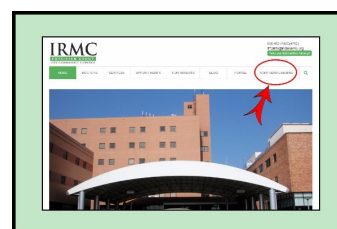
IRMC Physician Group is proud to announce its third consecutive four-star rating by the Center for Medicare and Medicaid Services.

Out of a five stars, IPG averaged a four-star rating and will continue providing the highest patient-care quality to Indiana and the surrounding areas.

CMS offers an online tool called "Physician Compare," which is a website required by the Affordable Care Act to assist patients choosing a medical provider to receive treatment from. "Physician Compare" is used by patients, insurers, and governments to keep track of physician performance and where physicians can make improvements to increase patient-satisfaction rates.

"Physician Compare" offers provider:

- Names, addresses, and phone numbers
- Gender
- Primary and secondary specialties
- Group practice affiliation
- Clinical training information



Northern Cambria Provider Schedule

Scheduling an appointment in Northern Cambria is now easier than ever!

IRMCdocs.org now has a tab on the website specifically for our Northern Cambria services. The Northern Cambria page lists the Northern Cambria providers, specialties, maps and locations, appointment requests, and an interactive calendar with availability times and dates for providers.

IRMC Physician Group's Northern Cambria services include:

- Cardiology
- General Surgery
- Neurology

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- Medicare Assignments
- Spoken languages (in addition to English)

Ratings and data compiled by similar healthcare tools have allowed health care to evolve and make sure patients are receiving the best medical treatment available.



Lack of Female Urologists

The amount of female urology patients in the United States is quickly growing, but not enough female urologists are available to treat female patients.

One reason more women are seeing urologists is because of aging women developing incontinence, which is involuntary urine leakage. Urologists treat conditions related to the kidneys, bladder, and urinary tract.

According to a study conducted by Northwestern Medicine, more than half of female urology patients prefer to see a female urologist instead of a male urologist. The study found that the majority of female urology patients feel more comfortable seeking a female urologist for treatment.

In 1989, there were approximately 34 female urologists in the United States. In 2009, the number rose to 512, an increase of more than 1,000 percent.

Today, out of 9,600 urologists, female urologists only account for 8 to 12 percent.

A doctor's gender may influence the gender of patients a doctor sees.

The study found that female urologists performed more gender-neutral procedures than male urologists. Around 54 percent of females went to a female urologist and around 32 percent went to

Request an appointment by calling 888-452-IRMC (4762) to set up an appointment in Northern Cambria or at any other IPG location.

Diabetes Education Center Presents:

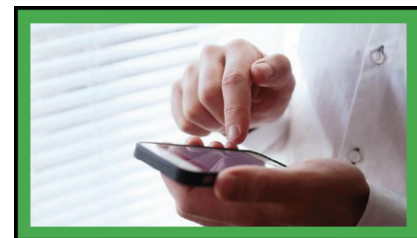
Tips for Dining Out
With Diabetes

When you have diabetes, it is very important to make healthy food choices while dining out. Whether eating fast food or enjoying fine dining, there are simple decisions you can make that will benefit you and your health.

Monday, August 24th
Indiana Regional Medical Center Cafeteria
(Dinner will be provided)

To see if you qualify for this special event, please call the Diabetes Education Center:
(724) 357-7164

INDIANA
REGIONAL MEDICAL CENTER



Escaping Emails

Expecting employees to constantly check emails after the workday disrupts a healthy work-family balance, according to researchers.

Bosses who expect employees to always be on call after work typically cause more harm than good to their employees. The anticipation of expecting work emails after the workday concludes creates

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women.

Gender balance among urologists, along with other specialists, remain important in medicine and could enhance patient care nationwide.



Dr. Gregg is a cardiologist who is board-certified in cardiology, internal medicine, and echocardiography. Dr. Gregg has been practicing in the Indiana community since 2003. During that time, he has utilized his knowledge and experience to provide diagnostic and clinical care to a broad spectrum of patients.

Dr. Gregg practices at [15 South Eighth Street, Suite 301, Rose Building, Indiana, PA 15701](#), and at [IRMC at Chestnut Ridge, 25 Colony Blvd., Blairsville, PA 15717](#).



Although email adds a tremendous amount of job flexibility, it does not allow employees to properly separate work from personal time.

Post-work emails more negatively affect those who expect to keep work and family activities separate because they feel work is taking too much priority over their family, which can strain personal relationships.

Also, blurring the work-family line does not allow the body to replenish its physical and mental resources, leading to future stress-related complications.

In May 2016, the French government proposed an amendment called the "Disconnection Clause" that limits companies with 50 or more employees to limit the number of emails sent after the workday ends. Companies that violate the amendment could be fined.

Remember, work and personal time need set apart in order to be most effective in the work environment and at home.

If stress seems to be getting the best of you, please set up an appointment with psychiatrists Dr. Joseph

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