



## Welcome

to the first issue of *Be Well!* — a newsletter about the Zufall Health Center.

In these pages, we'll provide plenty of information and advice to keep you up to date about our services and programs as well as how to maintain and improve your health.

At the Center, we have created a comfortable, healing environment where every family member can receive quality, affordable medical and dental treatment.

As you read about us, we hope you'll think of the Zufall Health Center as "Your Medical Home"—here to help when you're sick and help keep you healthy.

*Be Well!*

Eva Turbiner  
President and CEO



### ZUFALL HEALTH CENTER

17 SOUTH WARREN STREET  
DOVER, NEW JERSEY 07801  
973.328.3344

## More space to benefit patients

**P**atients of the health center can now enjoy the many benefits of a major expansion and renovation at our site including shorter waiting time for an appointment.

Highlighting the project is the addition of three new exam rooms which mirror the five existing exam rooms that were recently upgraded.

A rearranged entryway and a larger reception area provide more patient privacy and comfort. Funded by a \$385,000 NJ grant, the project also included relocating the administrative staff to make room for the expansion.



Luz Elena Urrego (left) and Linda Becerra now greet patients at the spacious, new reception desk.

### RENOVATION HIGHLIGHTS

- 3 new exam rooms • Repositioned entryway • Upgraded reception area
- Better patient privacy • Improved traffic flow

LOOK  
WHAT'S  
NEW >

**We are now offering MENTAL HEALTH SERVICES for patients in need of emotional or behavioral counseling as well as PODIATRY SERVICES for treatment of conditions that affect the feet and legs.**

Patients can call 973-328-3344 for more information or to schedule an appointment.

### ABOUT THE ZUFALL HEALTH CENTER

- Adult /Family Medicine
- Pediatrics
- Women's Health
- Dentistry
- Mental Health
- Health Education

### Board-Certified Physicians and Dentists

*Appointments Accepted But Not Necessary*

- Medicare
- Medicaid
- Private Insurance
- Sliding Fees for Uninsured

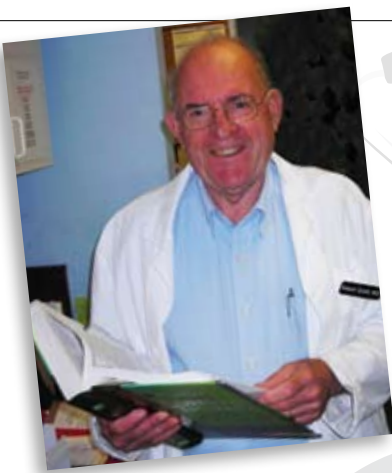
### ACERCA DEL CENTRO DE SALUD ZUFALL

- Medicina de la Familia/Adultos
- Pediatría
- Salud de las Mujeres
- Odontología
- Salud Mental
- Educación de Salud

### Médicos y Dentistas Acreditados

*Citas Aceptadas pero no Necesarias*

- Medicare
- Medicaid
- Seguro Privado
- Honorarios Ajustables para los que no tienen seguro



## Ask Dr. Bob: Controlling your diabetes

**D**iabetes can be a nasty disease that can cause serious problems like shortening your life, blindness, heart attacks, strokes, kidney failure, or the loss of limbs. It does this by making it difficult for the cells of the body to get the glucose they need to make energy.

The good news is that by taking care of yourself with medication and lifestyle changes, complications are much less likely. And better yet, we can show you how.

If you're overweight, cut down on calories by going easy on foods like steak, mashed potatoes and desserts.

You'll also need a glucometer—a gadget to measure your blood glucose, or sugar, by testing a drop of blood from your finger.

We'll want to see you every few months so we can check your hemoglobin and show you how well you've been doing. We'll check your eyes and also your feet. That's important, so be sure to take your shoes off and remind us.

We're here to help, but the success of your treatment depends on you.

### LIVING WITH DIABETES

- *Eat right*
- *Exercise*
- *Monitor blood sugar*
- *Take medications*
- *Learn about diabetes*

Good luck!  
Dr. Bob Zufall

### NEW ZHC DISCOUNT DRUG PROGRAM

**As a ZHC patient, you can now receive a special discount on many of your prescription medicines purchased at the Goodale Pharmacy located at 16 North Sussex St., next to the Dover Post Office.**

**The discount is only available to patients who have a prescription from a ZHC doctor or nurse. Be sure to ask for more information at your next visit.**

## Meet Your Provider

**Marta Andrada**  
*Certified Nurse Midwife*



#### **Position:**

Provider, Women's Health Services

#### **Clinical specialties:**

Breast and cervical cancer screenings, sexually transmitted disease screenings and treatment, birth control education

#### **What I do best:**

Clarify myths/misconceptions, provide women with information and tools to lead a healthy lifestyle

#### **My job's greatest challenge:**

"It's very important to me that I give my patients sufficient time so they feel comfortable enough to confide in and trust me."

#### **Major career achievements:**

Starting a childbirth education program at the March of Dimes for Hispanic women; joining the ZHC team and gaining the respect of the other practitioners

#### **Experience:**

In Argentina: Midwife  
In U.S.: Nurse Practitioner, Registered Nurse, Lactation Consultant, Childbirth Educator, Certified Nurse Midwife

#### **Goals for the future:**

Providing more patient education classes, providing follow-up treatment for abnormal PAP smears.