RE: Welcome to Optimum Internal Medicine and Pediatrics

Dear Patient,

It was a pleasure to meet you during your recent visit to the clinic.

I'm delighted you chose our clinic for your health care. As your personal physician, I'm committed to providing you with the best care I can with the aid of my staff. My goal is that we form a health partnership to keep you as healthy as possible, no matter what your current state of health. I will share my medical expertise with you, and I hope you'll take responsibility for working toward the healthy lifestyle that is so important to your well-being. It is very important if you have not already done so to sign up for our patient portal. All we need is an email and we can send you an invite to get you signed up. If you do not have an email, someone in our practice can help you acquire one and get your signed up to your patient portal. Some general guidelines for healthy living are outlined below. Obviously, there are many factors that affect your health, but this list is a good place to start.

- Don't smoke cigarettes or use other tobacco products.
- Don't Vape.
- Drink alcohol in moderation, if at all.
  - Women: no more than 6-7 drinks per week
  - Men: no more than 12-14 drinks per week
  - Never drive when you've been drinking
- Eat a diet low in fat and high in vegetables and fruits.
- Exercise at least 30-minutes on most days of the week.
- Wear your seat belt whenever you're in a vehicle
- Wear Helmets when Biking, Skiing, Snowboarding, Motorcycling, and Snowmobiling
- Get your Seasonal Vaccinations and Recommended Vaccinations for your age
- Learn about ways to deal with stress and tension
- Participate in Hobbies you enjoy as often as possible
- Follow-up for your Annual Well Visits and Medical Checkups

To best respond to your needs, I would like you to be involved in your own health prevention needs. Everyone who joins our practice is encouraged to have a complete physical exam followed by periodic check-ups annually to test for and screen for specific diseases. If your initial visit was a quick sick visit, then please call the office and schedule a full preventative History and Physical Exam for your preventative medicine needs.

I look forward to caring for and working with you as your Physician.

Sincerely,

Dr. Christopher S Burress Board Certified Internal Medicine and Pediatrics
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