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Welcome to the September 2014 issue of the

YOURology Update!

We hope you enjoyed a restful Labor Day, which was celebrated on the first Monday of the month. Hopefully you took advantage of the final days of summer by celebrating outdoors with your family and friends!

September 23 is already the first day of fall - can you believe it? And because people in some areas are getting ready to pack up their grills, we're sharing a delicious recipe for grilled pork tenderloin that's ready in 30 minutes. Use that grill while you still can!

Did you know that country singer Loretta Lynn became a grandmother at the young age of 29? In honor of Grandparents Day on Sunday, September 7, we've included this and other interesting facts about grandparents that just might surprise you.

We're also sharing an article containing college campus safety tips for those of you whose children are off to college. We hope you'll share this information with them to make the transition easier for both of you!

On the medical side, we're sharing an article that describes how you can be a better patient for your physician and an article that takes a look at a serious and common bladder condition known as underactive bladder or lazy bladder. It's more common than you might think!

We hope that you and your family are enjoying all that this time of year has to offer. Up next month, full steam ahead to fall!

- Dr. Shahram Shawn Gholami

"Education is the most powerful weapon which you can use to change the world."

~ Nelson Mandela

Becoming a Better Patient -Making Your Doctor Love You

The healthcare system is going to have a huge hiccup in the next few years. The Affordable Care Act - or Obamacare - is going to pump 20-40 million new patients into the healthcare system. Many of these new patients are going to need more medical services as they have gone for so many years without insurance and without medical care.

As a result, your doctor is going to have less time to spend with each of his/her patients. In addition to the new patients in the healthcare system, the aging of the population and the millions of baby boomers who are reaching 65 will be requiring more medical care. This is compounded by the fact that there is not going to be a proportionate increase in new physicians to care for the increase in the number of patients requiring care.

Look around you when you go to the doctor's office. Do you notice:

- Older doctors are retiring early?
- Other physicians are looking for new ways to make adjustments to increase efficiency including: conducting shared medical appointments and seeing large numbers of patients with the same medical condition or considering a similar treatment?
- Doctors establishing concierge practices in order to spend more time with fewer patients, or delegating responsibilities to physician assistants and/or nurse practitioners.

So what can you do to become a better patient and help the doctor with efficiency?

Here are a few ideas to make you a darling of your physician.

- 1) Write out a list of questions that you would like answered during your visit with your doctor. You can ask your doctor if he/she would like this information sent via email, fax, or handed to the doctor at the time of your visit.
- 2) Show up on time. Don't be late for your visit and disrupt the doctor's schedule. If you cancel your appointment or are going to be delayed, contact the office so they can adjust the schedule or contact another patient to take your time slot
- 3) If you are a new patient to the practice, arrive early and complete your patient information and your health questionnaire so you are ready for the appointment at the designated time. This can also be done online and helps in making your visit more efficient.
- 4) Ask at the beginning of your appointment how much time will be allotted to your visit. If you have more issues and questions, offer to schedule a second appointment as this allows the doctor to remain on time for his other patients.

- 5) If the doctor makes recommendations or prescribes medication that has side effects that you would consider intolerable, tell the doctor so an alternate plan of action can be created.



- 6) Check your list of questions and see if other healthcare professionals such as the pharmacist or the nurse practitioner can answer some of them.
- 7) Ask your doctor for educational material so you can become more knowledgeable about your condition. This will impress the doctor that you are interested in becoming a partner in your care. Also ask the doctor for any credible Internet sites that you might visit to learn more about your condition. Going to the Internet and doing your own research might lead you to information that is inaccurate or misleading. The doctor should be able to provide you with education and Internet sites that will be helpful.
- 8) Finally, end every appointment with a question such as, "Is there anything else I should have asked that would help with my treatment or my health?" This clearly lets the doctor know that you are engaged and interested in your health and wellbeing. Also, ask the doctor if there is anything you can do to improve the efficiency of your visit. I can assure you that few other patients are this considerate of the doctor's time and you will, indeed, be a darling and special patient of the practice.

I was very moved as a young boy when John F. Kennedy ended his inaugural speech by saying, "Ask not what your country can do for you, but what you can do for your country." Perhaps this could be modified for patients in 2014 and beyond by thinking, "Ask not what your doctor can do for you, but what you can do for your doctor!"

Grilled Chili-Rubbed Pork Tenderloin



Ingredients

2 teaspoons packed brown sugar
1 ½ teaspoons chili powder
1 teaspoon salt
1 teaspoon ground cumin
1/8 teaspoon ground red pepper (cayenne)
1 clove garlic, finely chopped
1 pork tenderloin (about 1 lb.)
1 teaspoon vegetable oil

1. Heat gas or charcoal grill. In small bowl, mix all ingredients except pork and oil. Brush pork with oil. Rub and press spice mixture on all sides of pork.

2. Place pork on grill. Cover grill; cook over medium heat 17 to 20 minutes, turning several times, until pork has slight blush of pink in center and meat thermometer inserted in center reads 155°F. Cover pork; let stand about 5 minutes or until thermometer reads 160°F. Cut pork into slices.

Expert Tip: Imagine lively seasoned butter melting over this tender grilled pork! Just mix up a little extra of the seasoning rub mixture and stir it into softened butter. Pass it around to top the pork.

Underactive Bladder-Also a Quality of Life Condition

No one can listen to T.V. or be online without hearing about overactive bladder or OAB. However, an equally serious and common bladder condition is underactive bladder or lazy bladder. This condition is characterized by urinary symptoms such as hesitancy of urination, straining to urinate, and incomplete bladder emptying.

An underactive bladder is a chronic disease characterized by the bladder holding large amounts of urine, yet the individual cannot feel when the bladder is full, nor does the bladder muscle contract sufficiently for the bladder to empty completely.

Risk factors for under active bladder include:

- Damage to the nerves that go from the back to the bladder;
- Diabetes;
- Pelvic surgery which may cause injury to the bladder nerves;
- Changes caused by aging;
- Urinary tract infections;
- Medications that cause the bladder muscle to relax such as antidepressants, antihistamines, and bladder muscle relaxants, and spinal cord injuries.

Underactive bladder has no known cure. Management of the condition focuses on reduction of the residual urine or the amount of urine left in the bladder after voiding, avoidance of over-distention of the bladder, and protecting the kidneys from damage.

At the present time, the treatments for underactive bladder include:

- Medications;
- Scheduled voiding by the clock, i.e., going to the restroom every 2-3 hours whether you feel that you have to empty your bladder or not;
- Double voiding;
- Intermittent catheterization in which a small tube is inserted through the urethra into the bladder, the bladder is drained, and the tube is removed and discarded. This is usually done 3-4 times a day depending upon the amount of fluids consumed.

For more information go to www.underactivebladder.org



College Campus Safety Tips

When entering college, your child will soon learn that they're not in the safety of their home environment anymore. For some, this is not a big transition; for others it's huge. For that reason, we felt it would be helpful to offer some college campus safety tips for you to share with your collegebound student.

While walking around campus:

- Survey the campus after dark to see that buildings, walkways and parking lots are adequately secured, lighted and patrolled.
- Avoid walking alone if possible.
- Walk in lighted areas and stay alert.
- Always have your keys ready.

At dorm rooms:

- Doors and windows to your residence hall should be equipped with quality locks. Room doors should have peepholes and deadbolts.
- Do not loan out your dorm room key. Never compromise your safety for a roommate or friend who wants the door left unlocked. Replace locks when a key is lost or stolen.
- Make sure there is good lighting around entrances.
- Report suspicious activity to campus police--or to the police if you live off-campus.

While in your car:

- Keep windows up and doors locked.
- Park in well-lighted areas and travel on populated, well-lighted streets.
- Never pick up hitchhikers.
- If you have car trouble, signal for help by raising the hood or tying a white handkerchief to the door handle.

Preparation and awareness are the keys to safety in any situation. Through preparation and awareness you will enjoy increased peace of mind and confidence knowing they are protected.



Fun Facts About Grandparents

The speech was delivered to an estimated 250,000 people who came to Washington, D.C., to march for civil rights. And they weren't disappointed by the iconic event.

Youth Movement: Grandparents are younger than you think. The average age of a U.S. grandparent is 48, and more than half are Baby Boomers.

Young Blood: Here are a few celebrities who had grandkids at an earlier age:

- Loretta Lynn (age 29)
- CeeLo Green (age 35)
- Brett Favre (age 40)
- Jim Carrey (age 48)
- Whoopi Goldberg (age 34)
- Kiefer Sutherland (age 38)
- Pierce Brosnan (age 44)

Grand/Parents: There's no doubt about it: Grandparents are dependable. In fact, they're SO reliable that about 7% of U.S. kids are being raised by their grandmothers and grandfathers. That's almost 5 million children, which is enough to fill Yankee Stadium 100 times over.

Relatively Speaking: Jack Nicholson, Eric Clapton, and Bobby Darin grew up believing their grandmothers were actually their birth mothers.