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## 2011 Newsletter 4<sup>th</sup> Quarter

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## Holiday Schedule

In observance of the Thanksgiving, Christmas and New Year holidays, Signature Healthcare's office hours for 2011 will be:

Thursday, November 24<sup>th</sup>, 2011 CLOSED

Friday, November 25<sup>th</sup>, 2011 OPEN 8-12 pm

Monday, December 26<sup>th</sup>, 2011 CLOSED

Monday, January 2<sup>nd</sup>, 2012 CLOSED

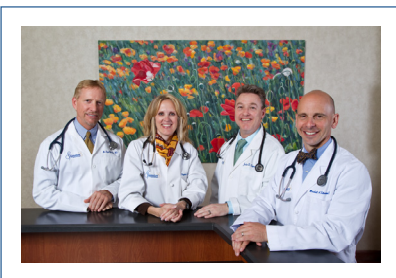
Whenever our office is closed, if you have any issues, you can always reach the on-call physician at 704-554-8787.

## Healthy Eating for the Holidays and Beyond

*By: The Signature Healthcare Physicians*

We are all aware of the importance of a nutritious and balanced diet as a cornerstone to a long and healthy life. But before we arrive with stoic determination to our January Resolutions, we have to navigate the treacherous Holiday Seasoning ... er *Season*.

How do you make sure that the turkey is the only one getting stuffed at your Thanksgiving feast? How do you avoid turning the Holiday cranberries into *cramberries*? At Signature Healthcare, we wrestle these vexing questions so that you don't have to. The result is a distilled, easy to follow, nutritious-yet-satisfying set of simple guidelines to lead you through the Holidays and beyond.



1. When you finish "loading" your plate, take a hard look at it. Is **half** your plate filled with fruits or vegetables? If not, it's no sin to put something back. Also remember, not all veggies are created equal. Root vegetables such as beets and potatoes are loaded with empty calories. Avoid these.
2. About one quarter of your plate can be devoted to grains like rice, pasta or bread but try to eat the *whole grain* versions. Choose whole grain or soy or buckwheat pasta, wild rice or stone ground breads.

*Healthy Eating* from page 1

If all you can find on the table is white rice, white pasta and white bread – make a note to consume them sparingly, if at all.\*\*

3. Go for lean meat. Turkey is better than beef and white meat fowl is much better for you than dark meat in terms of cholesterol content. Fish is even better.
4. Baked, broiled or grilled is better than fried or breaded. Margarine is better than butter.
5. “Low fat” is good but it doesn’t mean “low calorie” too!
6. Stop eating when you’re full. It’s perfectly OK to leave food on your plate. If that seems wasteful to you, try using a salad plate for your main course. You can always have seconds if you are still hungry.
7. Don’t drink your calories. Stick with water or drinks sweetened with an artificial sweetener. Beware of the empty calories in juices and non diet sodas. And while there is nothing wrong with a glass or two of wine remember that wine has a fairly high carbohydrate content.
8. If you are eating at a relative’s or friend’s home and you are concerned that there will be no healthy choices available, you have options: You can bring a healthy dish of your own or you can eat a healthy snack before you go so you’ll be less inclined to overindulge in unhealthy foods.
9. Before and after the main meal be wary of the chip bowl. There is no nutritional value in potato chips, corn chips or pretzels.
10. A *little* dessert is fine, but if your dessert portion is larger than your main meal, something has gone terribly wrong.
11. Unless advised by your doctor, don’t start a diet during the Holiday Season.

These are general guidelines. If you have any questions or concerns about what is right for *you*, don’t hesitate to call us. That’s why we’re here. Happy Holidays from everyone at Signature Healthcare!

\*\*Avoid foods with a high Glycemic Index. For more information, contact your Signature Healthcare doctor, or go to [http://www.southbeach-diet-plan.com/gi\\_index.htm](http://www.southbeach-diet-plan.com/gi_index.htm).

## It’s Flu Season! Have you been vaccinated?



It’s that time of year again! Have you received your flu vaccination yet? If not, please contact our office to schedule an appointment. It only takes a few minutes of your time and saves you and others from susceptibility to the virus. More information regarding the Centers for Disease Control and Prevention’s recommendations for the influenza vaccine can be found at [www.cdc.gov](http://www.cdc.gov).

## Website Updates

Our website [www.signaturehealthcare.org](http://www.signaturehealthcare.org) has been updated to include access to new features and tips. A *Healthy Tips* section was added to offer patients answers to common questions. New tips will be displayed weekly, so visit our site each week to learn more. If you have a general question you would like our physicians to answer and publish in our *Tips* section, please email [info@signaturehealthcare.org](mailto:info@signaturehealthcare.org).

Dr. Perry's WBTV Monday morning news clips have also been added to the site. She covers a variety of hot topics for the week, so tune in or visit our website.

If you have a friend or family member interested in learning more about becoming a patient at Signature, please direct them to our website to take the new *Virtual Tour* of the office and contact Ka Lee, Patient Relations Specialist at 704-554-8787 or [klee@signaturehealthcare.org](mailto:klee@signaturehealthcare.org) for further details about membership.



## Cosmetic Services Now Offering Juvederm!

Signature is pleased to announce that due to patient requests, we added Juvederm to our cosmetic service line. Please contact our office for further details and to schedule an appointment.

### Special Holiday Pricing for Latisse and Botox:

**\$180\*** 2 Latisse Kits

**\$290\*\*** 1<sup>st</sup> area Botox

**\$190\*\*** 2<sup>nd</sup> area Botox

\* pricing good through November 30<sup>th</sup>, 2011

\*\*pricing good through December 31<sup>st</sup>, 2011



## Massage Therapy

We are pleased to have Massage Therapist, Lisbet Kan, LMBT (NC License 7108), provide massage therapy to our patients and their family or friends in the Signature Healthcare office.

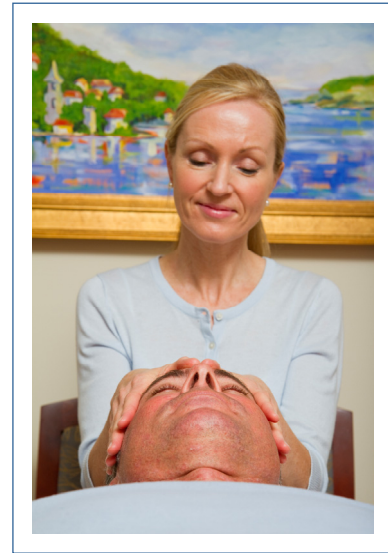
Appointments are available on Wednesdays and Thursdays. If you are interested in booking an appointment with Lisbet or wish to purchase a **gift certificate**, please contact our office at 704-554-8787. All massages are payable at the time of services via cash, check or credit card.

### Special Holiday Pricing:

**\$55\*** One-hour Traditional Massage

**\$40\*** 30-minute Chair Massage

*\*pricing good through December 31st, 2011*



## New! Educational Salons

### Register now for the International Travel Salon in December



Signature Healthcare will be hosting educational Salons featuring topics of interest submitted by patients.

The first Salon will be led by Dr. Marshall Silverman on the topic of **INTERNATIONAL TRAVEL**.

**When:** Thursday, December 15, 2011 at 6:00 p.m.

**Where:** The Signature Healthcare office

Refreshments will be provided. Feel free to bring guests!

**Limited Seating Available!**

**Please contact 704-554-8787 to register for the event.**

### **Signature Healthcare**

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