# LIMA

Lebanon Internal Medicine Assoc.

Services

### Primary Care Services

## Our Mission

*“LIMA is dedicated to providing compassionate quality healthcare and medical excellence in Lebanon, Pennsylvania and surrounding communities”*

Our practice is focused on patient engagement as we provide high quality medical care.

Our board-certified physicians and staff uphold our behavior standards that support our core values of quality, respect, integrity, advocacy, professionalism and education.

As an internal medicine practice, our focus is adult medicine-patients must be 18 or older.

Every decision we make is based on one simple question-*what is best for our patients?*

We understand that you have many choices in selecting a healthcare provider, and truly appreciate that you have entrusted us with your care.

The services that we offer within our practice are designed to make access to care easier, improve care coordination, and improve medical outcomes.

We hope that you take a minute to review the services that we provide at LIMA.

Please feel free to ask any staff member for further information-or call us at 717.273.6706.

Welcome to our patient family!

Mission

Vision

Primary Care

Rheumatology

Nephrology

Endocrinology

Lab

Radiology

Physical Therapy

Community Support



Our team maintains a strong focus on chronic disease management and prevention in an effort to improve health and well-being of our patients.

As a certified Patient-Centered Medical Home, we stress the importance of the team concept in care coordination and collaboration.

Joining our primary care team provides access to our *Acute Care Line* to schedule urgent, often same-day appointments for our patients,and our Coumadin Clinic for management of patients on blood thinning medications.

We are accepting new patients!

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Primary Care Providers:

Anne Hayes, MD

Edwin Kase, MD

Tamara Adams, MD

Danielle Poltersdorf, PA-C

Rebecca Torquato, PA-C

Katie Landis, PA-C

Patrick Lello, PA-C

LOCATIONS:

Main Office:

 755 Norman Drive

 Lebanon, PA 17042

Hershey (Rheumatology)

 34 Northeast Drive

 Hershey, PA 17033

Manheim (Rheumatology)

 107 West End Drive

 Manheim, PA 17545

Rheumatology Providers

Thomas Kantor, MD

David Trostle, MD

Ernesto Gutierrez, MD

Francis Gallagher, MD

### Rheumatology Services

Page 2

LIMA Services

Rheumatology is a subspecialty of internal medicine devoted to patient care and education in the areas of arthritis and autoimmune disease. We deal with clinical problems involving joints, soft tissues and the other conditions of connective tissues.

The Rheumatology team is committed to providing the most advanced and evidenced-based care to our patients.

The rheumatologists at LIMA provide the clinical expertise to manage our Central Pennsylvania Osteoporosis Center, offering diagnostic testing and wellness tools to treat and prevent osteoporosis.

When treatment includes the infusion of specialized medications, LIMA coordinates the authorization, management, and administration of those medications through our Procedure Room. This facilitates communication of progress and outcomes directly to the physician team.


### Endocrinology Services

### Nephrology Services

The endocrine system includes the pancreas, the thyroid, parathyroid, pineal, hypothalamus, adrenal and pituitary glands, and the ovaries and testes. It also involves many other organs which respond to, modify, or metabolize hormones throughout the body.

Diabetes is the most common disease we treat and manage, with a strong focus on the education and prevention of complications associated with the disease.

Our nephrologists provide comprehensive consultative, diagnostic and treatment services for individuals with a wide variety of kidney disorders and complex conditions.

Acute and chronic kidney disease, hypertension, kidney stones, and anemia are among the conditions evaluated and treated by our nephrology team.

Offering specialized education to assist in the care and treatment associated with chronic kidney disease is essential for our patients.

The nephrologists also provide medical direction for renal replacement therapies such as hemodialysis and peritoneal dialysis, as well as medical management before and after kidney transplantation.

Nephrology Providers

Najin Lee, MD

Adeel Siddiqui, MD

Marcia Gray, CRNP

Maria Huffman, CRNP

**ADVANCED PRACTITIONERS**

Physician Assistants (PAs) and Nurse Practitioners (CRNPs) are healthcare professionals who work in collaboration with the physician to help improve care coordination and positive patient outcomes.

Advanced practitioners receive a Masters level degree to evaluate and manage medical care, order diagnostic studies, and prescribe medications for patients.

As clinicians, they practice autonomously and in collaboration with other health care professionals. Our patients should be comfortable in their choice of selecting a provider and well informed that all of our clinicians have the ability and resources to support your health care needs.

Endocrinology Providers

Ronnie Mohammed, MD

Colleen Okonieski, CRNP

Page 3

“My LIMA doctor is amazingly knowledgeable and caring. I totally credit him for managing my healthcare down to every detail and keeping me as healthy as possible. I trust his judgment, clinical skills,and advice unconditionally and I know I'm extremely lucky to have him as my doctor.”

### Radiology

### Laboratory

LIMA Services

The laboratory at LIMA is accredited through COLA (Commission of Office Laboratory Accreditation), meeting both federal CLIA (Clinical Laboratory Improvement Amendments) and state regulatory requirements to ensure quality patient care and medical outcomes. Quality oversight and management of the laboratory are provided by our physician team.

There are no facility costs associated to having your labs completed at LIMA,and we are more cost-effective than most laboratory alternatives.

Results are automatically uploaded into your medical record or forwarded to another medical provider outside of LIMA at your request.

You are also able to view your lab results through the Patient Portal.

Our lab can be accessed Monday through Friday from 6:30am-4:00pm. We also offer services at our offices in Hershey, Manheim, and at Cornwall Manor.

To register for services, you can go directly to the lab reception desk rather than waiting at the front desk.

LIMA offers radiology services for the convenience of our patients. Standard radiologic orders such as chest, extremities, spine, or abdominal x-rays can be completed within our practice.

LIMA is also proud to offer digital radiography and the Central Pennsylvania Osteoporosis Center.

Osteoporosis accounts for 1.3 million fractures per year in the United States. Early detection can halt the progression of this disease and reduce fracture risks, spinal curvatures and height loss. LIMA has been accredited by the ***International Society for Clinical Densitometry*** and demonstrates compliance with established standards for the provision of Dual-energy X-ray Absorptiometry (DXA). Consistency in having your DXA at the same location is essential for accurate comparison of your test results.

To register for services, you can go directly to the lab reception desk rather than waiting at the front desk.

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### Physical Therapy

The Physical Therapy Department at Lebanon Internal Medicine Associates offers state-of- the-art therapeutic modalities and treatment interventions with a specific focus on management of rheumatologic disorders and disease. Our primary goals for patients often include pain management and normalization of comfortable function. This is often achieved through treatment, prescribed exercise, education and establishment of home programs designed specifically for the patient’s condition, interests, and capabilities. Our compassionate staff includes full time Pennsylvania-licensed physical therapists and physical therapy assistants providing care in a large, but private therapeutic environment for optimal patient care.

 also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

A great way to add useful content to this newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

LIMA

755 Norman Drive

Lebanon, PA 17042

LIMA Services

Page 4

Phone 717.273.6706

Fax 717.273.1435

*Commitment, Quality, Community*

### Community Support

As strong supporters of the Lebanon community, our providers and employee teams are always looking for opportunities to give back to the local community.

Annual collections and donations are provided to many local charitable organizations including the Lebanon Rescue mission, Lebanon Humane Society, and Lebanon Free Clinic. Several of our providers also donate their time to assist in providing care at the Free Clinic.

Our Relay for Life team actively supports the American Cancer Society to honor loved ones lost, and to exalt cancer survivors throughout the county (and country).

We are proud to have been serving the Lebanon Community for more than half a century. LIMA is committed to being not only your healthcare provider, but also your healthcare partner.

*We are privileged to be involved in your care. We hope that we meet and exceed your expectations!*

**We’re on the Web!**

**www.limaonline.net**

Patient engagement has different meanings to different people.

First and foremost to LIMA, patient engagement is a focus on how we interact and appreciate our patients with every encounter you have with our practice. We do not use a newly-hyped customer service mantra.For our practice, these “golden rules” are the backbone of our practice: we try to treat others as we want to be treated, and we try to do what is right.

Patient engagement is also necessary to promote a collaborative self-management plan for each patient.

The most important factor in your health is you.

Our healthcare teams will work with each person to determine goals that are obtainable, patient-centric, and appropriate to your care.The more involved you become, the better your medical outcome.

If you feel there is an opportunity to improve, please just let us know. We are always looking for feedback to improve the quality of the services we offer.

We utilize a vendor to provide satisfaction surveys to our patients. You are encouraged to give us honest feedback. The surveys will maintain your anonymity.

You may also submit feedback through our “contact us” option on our website.

### Patient Engagement