

San Francisco On Call Medical Group

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San Francisco On Call Medical Group
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I. Medical News

Omega-3 is in the news again! Recent studies indicate that fish oil may contribute to cardiovascular health as well as improved mood and mental well being. Also, it decreases inflammation and adds to overall long-term health. One way to get your omega-3 fatty acids is consuming fatty fish such as wild Alaskan salmon, sardines, and halibut. The only caveat is these delicious fish have mercury in them. Therefore, you should not eat them more than twice a week.

A foolproof way to boost omega 3 fatty acids in your body is through supplements. With so many choices available, opt for a brand that certifies its products are distilled to remove PCBs (polychlorinated biphenyls, a dangerous class of manufactured chemicals that remain in the environment for many years) and other contaminants. One more tip, fish oil has to be taken with fat-soluble antioxidants such as Vitamin E - in doses of 400 IU, or Alpha Lipoic acid – 100 mg - 400 mg.

II: An Introduction to Complementary Medicine

As far back as 1998, a study showed that Americans spent over 27 billion dollars a year on complementary medicine (CM). A study from 2004 concluded that over 62% of us regularly use some form of CM. So what is complementary or integrative medicine? These terms refer to a collaborative approach to patient care, employing a broad range of healing philosophies and therapies. The underlying philosophy of those who practice CM is that to be healthy means to be physically, emotionally, mentally, and spiritually whole. Therefore, rather than use a single approach to treating a person or their disease, CM combines multiple principles and modalities to offer a more complete treatment. CM usually includes the use of conventional Western (or allopathic) medicine in conjunction with practices such as: massage, acupuncture, nutritional supplements, herbal remedies, homeopathy, Ayurvedic, yoga, and much more. CM is attractive to many people because of its promotion of good health and well-being, the value it places on prevention, and its often more personalized approach to patient concerns.

III: Our Pediatric Practice

San Francisco On Call Medical Group wants to partner with you to raise joyful, healthy, imaginative children. We bring back the concept of the old-fashioned country doctor – right here in the Bay Area. We feel physicians should take their time with you and your child; be attentive to the needs and preferences of each individual patient; and be available when you are available, even if that means coming to your house. We understand the stress and anxiety that you feel when your child takes ill. We want to be the antidote for those anxious times. Check out of website, www.sfoncall.com, and see if our services fit your ideal of what a medical practice ought to be. Then give us a call. Our practice is accepting new patients and we will be there when you need us to be.

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