

St. Joseph's Physicians Welcomes Drs. Chou and Okonkwo



Wei-Yu Wayne Chou, HBSc, MD, recently joined St. Joseph's Physicians Liverpool in Urgent Care. He completed his residency in Family Medicine at St. Joseph's Hospital Health

Center in 2014 with specialties in Family and Emergency Medicine. He earned his Doctor of Medicine at St. George's University in Grenada, West Indies. His special medical interests include mental health and sports medicine.

Dr. Chou is fluent in English and Mandarin Chinese.



Amogechukwu N. Okonkwo, MD, most recently served as an Emergency Department Physician at Carthage Area Hospital in Carthage, NY., following

two years as hospitalist at Rome Memorial Hospital. She received her MD from University of Nigeria and completed Family Practice Residency at St. Elizabeth's Medical Center in Utica, NY.

Dr. Okonkwo is accepting patients at our Liverpool locations and speaks both English and Spanish. To schedule an appointment, please call 452-2828

Visit www.sjphysicians.org for a complete list of providers.

It's Spring! Time to get active!

Central New York offers many opportunities to enjoy the weather and maintain your fitness.

The 2014-15 winter season seems to have lingered for what seems like years, but alas spring and all of its offerings are yours to enjoy. There are numerous activities at little to no cost to you that will get you active outside and having fun!

Road Races & Triathalons – From the most competitive of runners to those participants looking for a fun run, CNY has no shortage of opportunities. Websites like Active.com enable you to search for the event that suits you from 5Ks to Triathalons in your area. Many events are easily found through local media like television stations and newspapers. You may also want to check at local retail stores that specialize in apparel and accessories for these types of activities.



Opportunities to Enjoy Nature –

Enjoy a hike on the trails, go for a swim or play a pick up game at locations such as Green Lakes State Park, Onondaga Lake Park and Highland Forest.

Places such as Beaver Lake Nature Center and Baltimore Woods Nature Center offer trails where you can combine exercise with learning activities for the whole family or enjoy the serenity of nature on your own.



Spring and Summer Sports Leagues for Adults –

From golf to volleyball there are lots of opportunities to get active and be social through adult sports leagues.

Check local newspapers for postings, ask your employer if they already have a team or find a spot that interest you and start a team with friends or coworkers.

Remember to always plan ahead for your outdoor adventures: choose apparel and footwear that is appropriate for your activity; apply sunscreen regularly even on cloudy days; and stay hydrated by bringing plenty of water with you.

Most of all have a great time exercising and enjoying this beautiful time of year in our region!



St. Joseph's Breast Care Supports Race for the Cure

St. Joseph's is excited to participate in the 2015 Susan G. Komen Race for the Cure in Syracuse on May 16th! The annual race, held at the NYS Fairgrounds, is just one of hundreds of events taking place around the country to raise funds, awareness and to celebrate survivorship. 100 percent of funds raised for this event are dedicated to the mission of the organization.

"I run every year," says Dr. Kara Kort. "I run for my patients!" Dr. Kort's practice includes surgical treatment for diseases of the breast, including cancer evaluation and treatment planning. Lisa A. Cico, MSN, ANP-C works with Dr. Kort and volunteers at the race in honor and celebration patients and their families. "It's a privilege to work with so many wonderful patients. I'm amazed everyday by their strength and courage," said Cico.

To learn more about this event visit komencny.org

Patients First

On March 31st, a new state law went into effect giving patients protections from unexpected "surprise" bills for elective care and emergency services that are out-of-network.

More information about out-of-network bills and additional physician bills is located in the Patient Handbook or by clicking on the "Out-of-Network Services" link on the Managed Care section of St. Joseph Hospital Health Center's website: www.sjhsyr.org/managed-care.

Get Empowered! May is Women's Health Month

National Women's Health Week is celebrated May 10-16, 2015 and seeks to empower women to make their health a priority by focusing on ways to improve their health and preventative care.

On May 11th we recognize National Women's Checkup Day which is a great opportunity to schedule your well-woman visit with your primary care physician.

St. Joseph's Physicians encourages women to and take action toward continued wellness not just during Women's Health Month but every day.



#1 – Be Proactive

Scheduling regular appointments with your doctor as well as letting them know when changes in health occur. Preventative screenings are important components of maintaining a healthy body and mind.

Using National Women's Check Up Day is a great way to remember to make your annual appointment.

#2 – Get Active

Physical activity is good for your whole body. Staying active has been shown to reduce your risk for:

- Heart disease
 - High Blood Pressure
 - Depression
 - Type 2 Diabetes
- among others

Regular exercise helps to prevent weight, assist in weight loss and improves overall cardiovascular fitness.

#3 – Eat Healthy

Making healthy food choices makes you feel better! When your diet is rich with fruits, veggies, whole grains and lean meats and fish, you help prevent disease.

Nutrition labels help you to make healthy choices and your doctor can provide you with a healthy eating plan that meets your needs.

#4 – Pay attention to mental health

Maintaining excellent mental health goes beyond diagnoses and includes being certain you get enough sleep and learning to manage stress.

As always, consulting your doctor when you experience a change that affects your mental health is absolutely necessary.

#5 – Avoid unhealthy behaviors

Certain behaviors are an unnecessary risk to your overall health and wellness. Smoking, not using vehicle safety devices and bicycle helmets, and drinking and driving put your health at risk.