

Healthy

NEWS

A Publication of Gulf South Health Plans & Gulf South Administrators
Winter/Spring 2000

POLLEN ALLERGY

Each spring, summer, and fall, tiny particles are released from trees, weeds, and grasses. These particles, known as pollen, hitch rides on currents of air. Although their mission is to fertilize parts of other plants, many never reach their targets.

Instead, they enter human noses and throats, triggering a type of seasonal allergic rhinitis called pollen allergy, which many people know as hay fever or rose fever (depending on the season in which the symptoms occur).

Of all the things that can cause an allergy, pollen is one of the most widespread. Many of the foods, drugs, or animals that cause allergies can be avoided to a great extent; even insects and household dust are escapable. Short of staying indoors when the pollen count is high – and even that may not help – there is no easy way to evade windborne pollen.

People with pollen allergies often develop sensitivities to other troublemakers that are present all year, such as dust mites. For these allergy sufferers, the "sneezin' season" has no limit. Year-round airborne allergens cause perennial allergic rhinitis, as distinguished from seasonal allergic rhinitis.

WHAT IS POLLEN?

Plants produce microscopic round or oval pollen grains to reproduce. In some species, the plant uses the pollen from its own flowers to fertilize itself. Other types must be cross-pollinated; that



is, in order for fertilization to take place and seeds to form, pollen must be transferred from the flower of one plant to that of another plant of the same species. Insects do this job for certain flowering plants, while other plants rely on wind transport.

The types of pollen that most commonly cause allergic reactions are produced by the plain-looking plants (trees, grasses, and weeds) that do not have showy flowers. These plants manufacture small, light, dry pollen granules that are custom-made for wind transport. Samples of ragweed pollen have been collected 400 miles out at sea and 2 miles high in the air. Because airborne pollen is carried for long distances, it does little good to rid an area of an offending plant – the pollen can drift in from many miles away. In addition, most allergenic pollen comes from plants that produce it in huge quantities. A single ragweed plant can generate a million grains of pollen a day.

The chemical makeup of pollen is the basic factor that determines whether it is likely to

cause hay fever. For example, pine tree pollen is produced in large amounts by a common tree, which would make it a good candidate for causing allergy. The chemical composition of pine pollen, however, appears to make it less allergenic than other types. Because pine pollen is heavy, it tends to fall straight down and does not scatter. Therefore, it rarely reaches human noses.

Among North American plants, weeds are the most prolific producers of allergenic pollen. Ragweed is the major culprit, but others of importance are sagebrush, redroot pigweed, lamb's quarters, Russian thistle (tumbleweed), and English plantain.

Grasses and trees, too, are important sources of allergenic pollens. Although more than 1,000 species of grass grow in North America, only a few produce highly allergenic pollen. These include Timothy grass, Kentucky bluegrass, Johnson grass, Bermuda grass, redtop grass, orchard grass, and sweet vernal grass. Trees that produce allergenic pollen include oak, ash, elm, hickory, pecan, box elder, and mountain cedar.

It is common to hear people say that they are allergic to colorful or scented flowers like roses. In fact, only florists, gardeners, and others who have prolonged, close contact with flowers are likely to become sensitized to pollen from these plants. Most people have little contact with the large, heavy, waxy pollen grains of many flowering plants because this type of pollen is not carried by wind but by insects such as butterflies and bees.

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RIGHTS AND RESPONSIBILITIES OF MEMBERS

Submitted by Behavioral Health Managed Care Services

Gulf South Health Plans members who are receiving mental health or substance abuse treatment may have questions about their rights as consumers of these services. Mental health and substance abuse treatment is managed by Behavioral Health Managed Care Services (BHMCS), a division of General Health System. BHMCS developed this list of member rights and responsibilities to inform members about their rights. If you have any questions about BHMCS services, please call BHMCS at (225) 381-6500 or (800) 262-8601 Monday through Friday, 8:00 AM to 5:00 PM for additional information.

Member Rights

Members are assured specific rights by the laws of the state where they receive services, and also are assured rights by BHMCS policy.

- All members have the right to be treated with respect and recognition of their dignity and their need for privacy.
- All members have the right to the following information about BHMCS: a description of its services, the scope of member benefits, information regarding professional qualifications of participating practitioners, procedures for obtaining referrals to BHMCS network panel providers, and an explanation of each member's rights and responsibilities.
- All members have the right to a formal complaint/appeal process.
- All members have the right to participate in decision-making regarding their health care.
- All members have the right to a candid discussion of appropriate or medically necessary treatment options for their conditions, regardless of cost or benefit coverage.

Member Responsibilities

By consenting to mental health or substance abuse treatment, the BHMCS member agrees to assume responsibilities as defined in the contract or the policy and procedure. Each member is given a copy of these responsibilities.

- All members agree to advise BHMCS concerning any pre-existing conditions, and

while enrolled, they agree to advise BHMCS of changes in enrollment status and any other situations in which their eligibility may be affected.

- All members agree to follow BHMCS procedures for precertification of requested outpatient and inpatient services.
- All members who accept referrals to a provider from BHMCS are responsible for scheduling their own appointments for clinical services.
- All members who consent to treatment services agree to, as much as they can, provide information professional staff need in order to care for the member, try to understand their problem, help make treatment goals, and follow the treatment plan developed with BHMCS and their provider. Failure to follow the treatment plan may result in non-payment of claims or other sanctions as stipulated in the specific health plan document.
- All members are responsible for keeping their scheduled appointments with providers. Members should notify their clinician 24 hours in advance when canceling an appointment. Uncanceled appointments are

not reimbursed by BHMCS and may be charged at the provider's full fee.

- For the assessment or treatment of minor children, BHMCS and providers can obtain consent only from the child's custodial parent or legal guardian. By consenting to treatment, parents and guardians agree to cooperate and participate in their child's treatment. Guardianship must be established before clinical referral can occur except in an emergency.
- The decision to terminate treatment is made by the patient and/or the provider. When a patient decides not to return to treatment, the patient must notify BHMCS before beginning treatment with a new provider. BHMCS may not authorize transfers to other providers or new services unless termination has occurred.
- If members wish to complain about denial of a claim payment, a denial of authorization of services, or dissatisfaction with services provided, the complaint must be initiated within 60 days from the date of the incident that caused them concern.

FREQUENTLY ASKED QUESTIONS

Submitted by Behavioral Health Managed Care Services

Mental health and substance abuse treatment for Gulf South Health Plans members is managed by Behavioral Health Managed Care Services (BHMCS), a division of General Health System. Since many members want to know how to obtain mental health and substance abuse treatment, BHMCS developed these Frequently Asked Questions to assist members in obtaining these services. A review of the following questions and answers will provide all of the necessary information needed to begin treatment. Please note that these answers are for managed care members only, not employee assistance program members. Each member's individual contract will identify the type of services available to the member.

Q How do I get mental health or chemical dependency treatment?

A Call (225) 381-6500 or (800) 262-8601 Monday through Friday, 8:00 AM to 5:00 PM to obtain authorization for mental health or chemical dependency treatment. If your plan requires a referral from your primary care physician for mental health or chemical dependency treatment, call your primary care physician first. If you are not sure, call us at the above numbers. All mental health and chemical dependency treatment must be authorized by Behavioral Health Managed Care Services (BHMCS) before treatment is received.

Q What should I do in an emergency?

A If you are being treated by a mental health or chemical dependency clinician, call your clinician and follow his/her instructions. If you are not currently being treated, call us at (800) 262-8601, any day at any time.

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PREVENTIVE HEALTH



Preventive Health is a top priority at Gulf South Health Plans. The age group discussed in this issue are the 25 and older. We adopted these guidelines based on national scientific agencies and have added local needs. These guidelines are reviewed and updated annually when new recommendations are received from agencies such as the Center for Disease Control, the American Academy of Pediatrics, Family Practitioners and OB/GYNs, and the US Preventive Services Task Force. A copy of these guidelines has been sent to all primary care physicians.

AGES 25-64 YEARS

(SCHEDULE: EVERY 1-3 YEARS)*

Interventions Considered and Recommended for the Periodic Health Examination

LEADING CAUSES OF DEATH

Malignant neoplasms
Heart diseases
Motor vehicle and other unintentional injuries
Human immunodeficiency virus (HIV)
Infection
Suicide and homicide

INTERVENTIONS FOR THE GENERAL POPULATION

SCREENING

Blood pressure
Height and weight
Total blood cholesterol (men age 35-64, women age 45-64)
Papanicolaou (Pap) test (women) {1}
Fecal occult blood test{2}
Sigmoidoscopy (>50 yr){3}
Mammogram{4}
Clinical breast exam{5}
Assess for problem drinking
Rubella serology or vaccination hx{6}
(women of childbearing age)
Clinical testicular exam{7}
Digital rectal exam

COUNSELING

Substance Use
Tobacco cessation
Avoid alcohol/drug use while driving, swimming, boating, etc.

DIET AND EXERCISE

Limit fat & cholesterol
maintain caloric balance; emphasize grains, fruits, vegetables
Adequate calcium intake (women)

INJURY PREVENTION

Lap/shoulder belts
Motorcycle/bicycle/ATV helmets
Smoke detector
Safe storage/removal of firearms
Sexual Behavior
STD prevention: avoid high-risk behavior
condoms/female barrier with spermicide
Unintended pregnancy: contraception

DENTAL HEALTH

Regular visits to dental care provider {8}
Floss, brush with fluoride toothpaste daily

IMMUNIZATIONS

Tetanus-diphtheria (Td) boosters
Rubella (women of childbearing age){6}

CHEMOPROPHYLAXIS

Multivitamin with folic acid (women planning or capable of pregnancy)
Discuss hormone prophylaxis (peri- and post-menopausal women)

* The recommended schedule applies only to the periodic visit itself. The frequency of the individual preventive services listed in this table is left to clinical discretion, except as indicated in other footnotes.

AGES 65 YEARS AND OLDER

(SCHEDULE: EVERY YEAR) *

Interventions Considered and Recommended for the Periodic Health Examination

LEADING CAUSES OF DEATH

Heart diseases
Malignant neoplasms (lung, colorectal, breast)
Cerebrovascular disease
Chronic obstructive pulmonary disease
Pneumonia and influenza

INTERVENTIONS FOR THE GENERAL POPULATION

SCREENING

Blood Pressure
Height and weight
Fecal occult blood test{9}
Sigmoidoscopy{10}
Mammogram (women){1}
Clinical breast exam (women){1}

Papanicolaou (Pap) test (women){11}
Digital Rectal Exam{1}
Clinical Testicular Exam (men){1}
Vision screening
Assess for hearing impairment
Assess for problem drinking

COUNSELING

Substance Use
Tobacco cessation
Avoid alcohol/drug use while driving, swimming, boating, etc.

DIET AND EXERCISE

Limit fat & cholesterol
maintain, caloric balance; emphasize grains, fruits, vegetables
Adequate calcium intake (women)
Regular physical activity

INJURY PREVENTION

Lap/shoulder belts
Motorcycle and bicycle helmets
Fall prevention
Safe storage/removal of firearms
Smoke detector
Set hot water heater to <120-130°F
CPR training for household members

DENTAL HEALTH

Regular visits to dental care provider
Floss, brush with fluoride toothpaste daily

SEXUAL BEHAVIOR

STD prevention; avoid high-risk sexual behavior; use condoms

IMMUNIZATIONS

Pneumococcal vaccine
Influenza{1}
Tetanus-diphtheria (Td) boosters
CHEMOPROPHYLAXIS
Discuss hormone prophylaxis (peri- & post-menopausal women)

* The recommended schedule applies only to the periodic visit itself. The frequency of the individual preventive services listed in this table is left to clinical discretion, except as indicated in other footnotes.

FOOTNOTES

{1}Annually
{2}Annually from age 50.
{3}Every 3-5 years.
{4}Initial exam between 35-40, then every 2 years for women ages 40-49, then annually.
{5}Every 3 years ages 25-39, then annually.
{6}Serology testing documented, vaccination history, and routine vaccination (preferably with MMR) are equally acceptable.
{7}Every 1-3 years under 40, then annually.
{8}Annually from age 40.
{9}Annually
{10}Every 3-5 years
{11}Annually for women with a cervix

WHEN DO PLANTS MAKE POLLEN?

One of the most obvious features of pollen allergy is its seasonal nature – people experience its symptoms only when the pollen grains to which they are allergic are in the air. Each plant has a pollinating period that is more or less the same from year to year. Exactly when a plant starts to pollinate seems to depend on the relative length of night and day – and therefore on geographical location – rather than on the

weather. (On the other hand, weather conditions during pollination can affect the amount of pollen produced and distributed in a specific year.) Thus, the farther north you go, the later the pollinating period and the later the allergy season.

A pollen count, which is familiar to many people from local weather reports, is a measure of how much pollen is in the air. This count represents the concentration of all the pollen (or of one particular type, like ragweed) in the air in a certain area at a specific time. It is expressed in grains of pollen per square meter of air collected

over 24 hours. Pollen counts tend to be highest early in the morning on warm, dry, breezy days and lowest during chilly, wet periods. Although a pollen count is an approximate and fluctuating measure, it is useful as a general guide for when it is advisable to stay indoors and avoid contact with the pollen.

Information provided by the National Institute of Allergy and Infectious Diseases National Institutes of Health

Appointment Accessibility

Gulf South Health Plans' Quality Improvement Committee has approved the following Access Standards for appointments with your primary care physician. As part of our continuing efforts to improve the quality of care provided to our members, provider compliance with these standards will be monitored.

Routine Care - Members with routine care needs should be seen within 4-6 weeks. Examples of care defined as routine are immunizations, pap smears and pelvic exams, well care or complete physicals.

Non-Urgent Care/Symptomatic - Members with Non-Urgent Care/Symptomatic needs should be seen within 2-5 days. These needs are defined as problems which do not substantially restrict a member's normal activity but could develop if left untreated; i.e. chronic conditions, changes in integument of the skin (moles or lesions), discovered lumps or pain of unknown etiology, redness or itching in the eye.

Urgent Care - Members with urgent needs should be seen within 24-48 hours. Examples of urgent care needs (those that are not life-threatening but could result in serious disability or injury unless medical attention is received) are: high fever (in relation to age and condition), fractures, severe pain, animal bites, sudden onset of eye pain or blurred vision, or do substantially restrict a member's normal activity (infectious illness, respiratory ailments, flu).

Emergency Care - Members with emergency needs should have immediate access, 24 hours/day, 7 days/week. Emergency Care is defined as medical situations, which during time of occurrence, a member or responsible individual would reasonably believe the member's life or the life of a dependent to be in danger, that permanent disability or loss of limb might result if the condition is left untreated. Examples of this are: severe bleeding, severe trauma, loss of consciousness, seizures, chest pain, poisoning, foreign body in eye or a puncture wound to the eye, etc.

Please keep these guidelines in mind when requesting assistance from your physician's office in scheduling appointments for various medical needs.

HEPATITIS CAN BE PREVENTED

Submitted By Dr. Bill Cassidy

There are two forms of viral hepatitis which can be prevented by vaccination, hepatitis A and hepatitis B. Hepatitis A is a virus spread by oral fecal contact. Put differently, you are at risk if you eat or drink something contaminated with human feces. There was a recent outbreak of hepatitis A in the United States due to strawberries imported from Mexico. Human feces were used as fertilizer and the strawberries were shipped across the nation. Improperly washed berries caused cases of hepatitis A in California, Minnesota, New Orleans and Texas.

Other risk factors for hepatitis A include traveling to third world countries. These countries often have poor sanitation which leads to high rates of hepatitis A. Even staying in a resort hotel is not protective. If the cook does not wash his or her hands after a bowel movement, he can contaminate your food. For this reason, hepatitis A vaccine is suggested for all people traveling to third world countries. Other groups that should be vaccinated for hepatitis A are those with chronic liver disease such as hepatitis C and male homosexuals.

Hepatitis B spreads via blood and body fluids. As an example, it can be spread from a hepatitis B positive mother to her baby as the baby is being born. In the United States, the most common form of transmission is sexual, but can also be associated with having tattoos done with dirty needles, intravenous drug use, and providing first aid to bleeding victims. This last risk factor is the reason that the hepatitis B vaccine is now recommended for all healthcare providers, including first aid responders or anyone else who may contact blood contaminated needles. Hepatitis B is also recommended for all infants and adolescents, and people with chronic liver disease, especially cirrhosis.

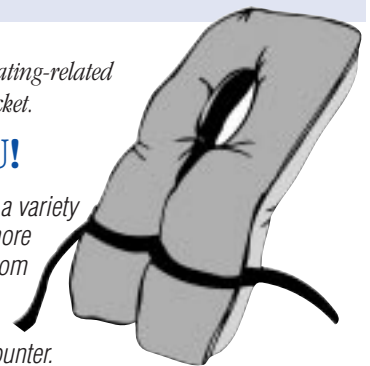
The LSU Medical Center Program in Baton Rouge has free vaccination programs on a regular basis where people can be vaccinated for hepatitis B. If you are interested in participating in such a program, please call 354-2000.

Did you know: each year approximately 700 people die in boating-related accidents and nine out of ten victims were not wearing a life jacket.

THE RIGHT LIFE JACKET FOR YOU!

Life jackets are personal flotation devices (PFDs) and come in a variety of shapes, colors, sizes and materials. Some are made to be more rugged and last longer, while others are made to protect you from cold water. No matter which life jacket you choose, be sure to get the one that is right for you. Select a PFD based on your planned activities, and the water conditions you expect to encounter.

Remember, spending a little time now can save your life later. United States Coast Guard (USCG) approval means that the PFD has passed rigorous testing. So, always look for the USCG approval number on any life jacket you buy. Be sure to read the manufacturer's label and the "Think Safe" pamphlet that is attached to the device. Valuable information is contained within these resources.



FACTS AND FICTION ABOUT SINUSITIS

Sinus problems affect an estimated 30 to 35 million Americans - making sinus problems one of the most common complaints of patients seeking medical attention.

Sinusitis simply means inflammation of the sinuses, but this gives little indication of the misery and pain this condition can cause.

Chronic sinusitis, sinusitis that persists for at least 3 weeks, affects an estimated 32 million people in the United States. Americans spend millions of dollars each year for medications that promise relief from their sinus symptoms.

Sinuses are hollow air spaces, of which there are many in the human body. When people say, "I'm having a sinus attack," they usually are referring to symptoms in one or more of four pairs of cavities, or spaces, known as paranasal sinuses. These cavities, located within the skull or bones of the head surrounding the nose, include the frontal sinuses over the eyes in the brow area; the maxillary sinuses inside each cheekbone; the ethmoids just behind the bridge of the nose and between the eyes; and behind them, the sphenoids in the upper region of the nose and behind the eyes.

Each sinus has an opening into the nose for the free exchange of air and mucus, and each is joined with the nasal passages by a continuous mucous membrane lining. Therefore, anything that causes a swelling in the nose – an infection or an allergic reaction – can also affect the sinuses. Air trapped within an obstructed sinus, along with pus or other secretions, may cause pressure on the sinus wall. The result is the sometimes intense pain of a sinus attack. Similarly, when air is prevented from entering a paranasal sinus by a swollen membrane at the opening, a vacuum can be created that also causes pain.

Normally, the nose and sinuses produce between a pint and a quart of mucus secretions per day. This passes into and through the nose, picking up dust particles, bacteria and other air pollutants along the way. The mucus is swept to the back of the throat by millions of tiny hairlike structures (cilia), which line the nasal cavity; and is swallowed. In the stomach, acids destroy any dangerous bacteria. Most people do not notice this mucus flow because it is just a normal bodily function.

SYMPTOMS

Sinus infection can be divided into two types, acute (severe) and chronic (on-going) sinusitis.

Acute Sinusitis: If a cold becomes worse, acute sinusitis may develop. You should see a doctor if you experience the following:

- Green/yellow nasal discharge
- Facial pressure around the cheeks, eyes, and forehead, especially with swelling
- High fever (102° F and above)
- Upper molar tooth pain

Chronic Sinusitis: Patients with chronic sinus infections probably have had one or many prior episodes of acute sinus infection, which have failed to be cured. They may also complain of having a continuous cold. Common symptoms include:

- Low grade fever (less than 101° F)
- Nasal congestion/nosebleed
- Headaches
- Chronic sore throat and cough
- Poor, decreased, or absent sense of smell
- Bad breath

WHAT CAUSES SINUS PROBLEMS?

When the openings into the sinuses become plugged up, sinus pressure develops and the nose may feel blocked. These blockages may be caused by infections, irritants, anatomic (physical) problems, and allergies. Sinus disease can be common among family members, and stress may play a role in chronic sinus diseases.

INFECTIONS

Most adults get colds and upper respiratory infections about three times per year. Children get them more frequently. Bacterial infections often follow the common cold. When the mucus changes from clear to yellow or green, it usually means a bacterial infection has developed. Bacteria and bacterial infections cause swelling of the tissues inside the nose and thickening of the normal mucous. This slows down or even stops proper sinus drainage

Acute Sinusitis - Sometimes, fungal infections can cause acute sinusitis. Although these organisms are abundant in the environment, they usually are harmless to healthy people, indicating that the human body has a natural resistance to them. Fungi, such as *Aspergillus*, can cause serious illness in people whose immune systems are not functioning

properly. Some people with fungal sinusitis have an allergic-type reaction to the fungi.

Acute sinusitis is much more common in certain patients than in the general population. For example, sinusitis occurs more often in patients with reduced immune function (such as patients with immune deficiencies and HIV infection) and with abnormality of mucus secretion or mucus movement (such as cystic fibrosis and diseases of abnormal cilia [Kartagener's syndrome]).

Chronic Sinusitis - Chronic sinusitis refers to inflammation of the sinuses that continues for at least 3 weeks, but often continues for months or even years.

As noted above, allergies are frequently associated with chronic sinusitis. Patients with asthma have a particularly high frequency of chronic sinusitis. Inhalation of airborne allergens (substances that provoke an allergic reaction), such as dust, mold, and pollen, often set off allergic reactions (allergic rhinitis) that, in turn, may contribute to sinusitis. People who are allergic to fungi can develop a condition called "allergic fungal sinusitis."

Damp weather, especially in northern temperate climates, or pollutants in the air and in buildings also can affect people subject to chronic sinusitis.

IRRITANTS

Air pollution, smoke, and chemical irritants (e.g., some sprays containing pesticides, disinfectants, and household detergents) may cause swelling and blockage of the narrow channels from the nose to the sinuses, leading to bacterial growth and sinus infection.

ANATOMIC PROBLEMS

In some people, the cartilage and bone in the center of the nose (called the septum) can be shifted to one side through injury while others may be born that way. If this shift is severe, sinus drainage on that side of the nose can be affected. This can lead to complete closure of one or several of the sinus channels. Mucus then builds up behind these obstructions and causes sinus infection. If the swelling becomes severe, the lining of the sinuses can grow excessively. These growths are called polyps, which can cause further blockage of the sinus channels. Trapped or stagnant mucus provides a breeding ground for bacteria.

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PROVIDER UPDATE

BATON ROUGE SERVICE AREA

FULLY FUNDED/SELF FUNDED

PRIMARY CARE PHYSICIANS ADDITIONS

FAMILY PRACTICE

D'Antoni, James, M.D. • Family Practice, 16195 State Bank Dr, #400, Prairieville, LA 70769 225-677-9595

Dunn, Paula, M.D. • Family Practice, 2335 Church Street, Zachary, LA 70791 225-654-3607

Haggerty, Jesse, III, M.D. • Family Practice, 3801 North Blvd, Baton Rouge, LA 70806 225-381-6620

Saunders, Jean, M.D. • Family Practice, 1902 South Morrison Blvd, Hammond, LA 70403 504-230-5800

Valdes, Hugo, M.D. • Family Practice, 1902 South Morrison Blvd, Hammond, LA 70403 504-230-5800

GENERAL PRACTICE

Daigle, Patrick, M.D. • General Practice, 1048 Commercial Dr, Port Allen, LA 70767 225-343-4666

INTERNAL MEDICINE

Carroll, James, M.D. • Internal Medicine, 3401 North Blvd, Ste 400, Baton Rouge, LA 70806 225-381-2755

Harris, Twigg, M.D. • Internal Medicine, 10289 Gould Dr, Ste C, Saint Francisville, LA 70775 • 225-635-2450

Meek, Bradley, M.D. • Internal Medicine, 7373 Perkins Rd, Baton Rouge, LA 70808 225-891-4485

Nimo, Ricardo, M.D. • Internal Medicine, 260 Main St, Centreville, MS 39631 601-645-5361

Nwabueze, Nnamdi, M.D. • Internal Medicine, 3124A Bank Street, Jackson, LA 70748 225-634-3517

PremSwarup, Immaraju, M.D. • Internal Medicine, 5760 Monticello, Saint Gabriel, LA 70776 • 225-642-9676

Shahid, Muhammad, M.D. • Internal Medicine, 409 NW Central Ave Ste B, Amite, LA 70422 504-748-4488

Townsend, Roxane, M.D. • Internal Medicine, 9000 Airline, Ste 250, Baton Rouge, LA 70815 • 225-932-9226

Vatsavai, Raju, M.D. • Internal Medicine, 3401 North Blvd, Ste 360, Baton Rouge, LA 70806 225-381-2789

PEDIATRICS

Bostick, Leslie, M.D. • Pediatrics, 8786 Goodwood Blvd, Ste 105, Baton Rouge, LA 70806 • 225-925-8050

Harris, Twigg, M.D. • Pediatrics, 10289 Gould Dr, Ste C, Saint Francisville, LA 70775 225-635-2450

Hart, Suzanne, M.D. • Pediatrics, 2647 Riverview Blvd, Ste 100, Gonzales, LA 70737 225-647-8511

Schwartzburg, George, M.D. • Pediatrics, 888 Tara Blvd, Ste F, Baton Rouge, LA 70806 225-926-4400

REFERRAL PHYSICIAN ADDITIONS

CARDIOLOGY

Valdez, Joseph, M.D. • Cardiology, 59335 River West Dr, Ste C, Plaquemine, LA 70764 225-685-1052

DERMATOLOGY

Thorla, Ira, Jr., M.D. • Dermatology, 429 East Airport Ave, Baton Rouge, LA 70806 225-927-5663

GASTROENTEROLOGY

Mullins, Walter, M.D. • Gastroenterology, 8150 Jefferson Hwy, Baton Rouge, LA 70809 225-927-1190

Polek-Nowakowska, Halina, M.D. Gastroenterology, 1212 Riverview Blvd, Ste 1000, Gonzales, LA 70737 • 225-743-2020

HEMATOLOGY/ONCOLOGY

Castine, Michael, III, M.D. Hematology/Oncology, 8119 Picardy Avenue, Baton Rouge, LA 70809 225-757-0343

INDUSTRIAL MEDICINE

Smith, Bradford, M.D. • Industrial Medicine, 6516 East Myrtle Avenue, Baker, LA 70714 225-774-7320

NEONATAL-PERINATAL

Hinson, Roger, M.D. • Neonatal-Perinatal, 9000 Airline Hwy, Ste 340, Baton Rouge, LA 70895 • 225-928-2555

NEPHROLOGY

Luscy, Christopher, M.D. • Nephrology, 7638 Picardy Avenue, Ste B, Baton Rouge, LA 70808 • 225-767-4893

NEUROLOGY

Dynes, Gerard, M.D. • Neurology, 8415 Goodwood Blvd, Baton Rouge, LA 70806 225-923-1515

Olson, Jon, M.D. • Neurology, 7777 Hennessy Blvd, Ste 10000, Baton Rouge, LA 70808 225-769-2200

NEUROLOGY-ONCOLOGY

Olson, Jon, M.D. • Neurology-Oncology, 7777 Hennessy Blvd, Ste 10000, Baton Rouge, LA 70808 • 225-769-2200

NEURORADIOLOGY

Lum, Gary, M.D. • Neuroradiology, 7777 Hennessy Blvd, Ste 10000, Baton Rouge, LA 70808 • 225-769-2200

Partington, Curtis, M.D. • Neuroradiology, 7777 Hennessy Blvd, Ste 10000, Baton Rouge, LA 70808 • 225-769-2200

OBSTETRICS & GYNECOLOGY

Mabry, Dwan, M.D. • Obstetrics & Gynecology, 15748 Medical Arts Plaza, Hammond, LA 70403 • 504-542-0663

OPHTHALMOLOGY

Couvillion, John, M.D. • Ophthalmology, 7777 Hennessy Blvd, Ste 209, Baton Rouge, LA 70808 225-768-8833

Oswald, Michael, M.D. • Ophthalmology, 7777 Hennessey Blvd, Ste 5000, Baton Rouge, LA 70808 • 225-768-7777

ORTHOPEDIC SURGERY

Robichaux, Michael, Jr., M.D. • Orthopedic Surgery, 7443 Picardy Dr, Baton Rouge, LA 70808 • 225-769-6200

OTORHINOLARYNGOLOGY

Bruner, Warner, III, M.D. • Otorhinolaryngology, 710 Colonial Dr, Baton Rouge, LA 70806 225-927-5325

Petit, Brian, M.D. • Otorhinolaryngology, 7373 Perkins Rd, Baton Rouge, LA 70808 225-769-4044

PEDIATRIC HEMATOLOGY/ONCOLOGY

Moore, Sheila, M.D. • Pediatric Hematology-Oncology, 7777 Hennessy Blvd, Ste 706, Baton Rouge, LA 70808 • 225-763-6337

PEDIATRIC NEPHROLOGY

Boineau, Franklin, M.D. • Pediatric Nephrology, 9050 Airline Hwy, Baton Rouge, LA 70815 225-924-8550

PULMONARY DISEASE

Nowakowski, Bogdan, M.D. • Pulmonary Disease, 1212 Riverview Blvd, Ste 1000, Gonzales, LA 70737 • 225-743-2020

SURGERY

Dupre, Michael, M.D. • Surgery, 16777 Medical Ctr Dr, Ste 400, Physician Plaza 1, Baton Rouge, LA 70816 • 225-952-8500

Gordon, Stephen, M.D. • Surgery, 1401 North Foster Dr, Baton Rouge, LA 70806 225-952-8769

UROLOGY

Hollier, Henry, M.D. • Urology, 5238 Dijon Dr, Baton Rouge, LA 70808 • 225-766-8100

PRIMARY CARE PHYSICIAN TERMINATIONS

FAMILY PRACTICE

Daigle, J. Renee, M.D. • 13828 Coursey Blvd, Baton Rouge, LA 70817 • 225-752-4530

Hill, Richard, M.D. • 170 McGehee Drive, Baton Rouge, LA 70815 • 225-275-7770

Howell, Nelson, M.D. • 8595 Picardy Ave, Ste 100, Baton Rouge, LA 70809 • 225-763-4900

Howell, Nelson, M.D. • 13960 Florida Blvd, Livingston, LA 70754 • 225-686-0158

Kalb, Daniel, M.D. • 3801 North Blvd, Baton Rouge, LA 70806 • 225-381-6620

Nicholas, Blainey, M.D. • 423 Court Street, Port Allen, LA 70767 • 225-346-0053

Nicholas, Blainey, M.D. • 2211 South Burnside, Ste 2, Gonzales, LA 70737 • 225-647-6552

Pham, Luan, M.D. • 143 Highway 402, Ste 4, Napoleonville, LA 70390

Steiner, John, M.D. • 1113 South Range Ave, Ste D, Denham Springs, LA 70726 225-665-5149

Steiner, John, M.D. • 34870 La Hwy 1019, Denham Springs, LA 70706 • 225-791-2000

Steiner, John, M.D. • 13960 Florida Ave, Livingston, LA 70754 • 225-686-0158

GENERAL PRACTICE

Parrish, Katharine, M.D. • 10292 Gould Dr, Saint Francisville, LA 70775 • 225-635-4493

Steiner, John, M.D. • 1113 South Range Ave, Ste D, Denham Springs, LA 70726 225-665-5149

Steiner, John, M.D. • 13960 Florida Ave, Livingston, LA 70754 • 225-686-0158

Steiner, John, M.D. • 34870 La Hwy 1019, Denham Springs, LA 70706 • 225-791-2000

Wray, Daniel, M.D. • 1401 North Foster Dr, Baton Rouge, LA 70806 • 225-952-8769

INTERNAL MEDICINE

Cabales, Arthur, M.D. • 260 Main St, Centreville, MS, 39631 • 601-645-5361

DeJesus, Guido, M.D. • 3401 North Blvd, Ste 400, Baton Rouge, LA 70806 • 225-381-2755

Granera, Sonia, M.D. • 3401 North Blvd, Ste 400, Baton Rouge, LA 70806 • 225-381-2755

Kahn, Jeffrey, M.D. • 7777 Hennessy Blvd., Ste 408, Baton Rouge, LA 70808 225-765-8829

Kozderehli, Erol, M.D. • 1401 North Foster Dr, Baton Rouge, LA 70806 • 225-952-8769

Martin, Andrew, M.D. • 8333 Goodwood Blvd, Baton Rouge, LA 70806 • 225-929-7882

Martin, Andrew, M.D. • 2335 Church St, Zachary, LA 70791 • 225-658-2036

Stuart, Michael, M.D. • 3401 North Blvd, Ste 400, Baton Rouge, LA 70806 • 225-381-2755

Voss, Harold, M.D. • 4045 North Blvd, Baton Rouge, LA 70806 • 225-387-0851

PEDIATRICS

Hausmann, Rachel, M.D. • 3801 North Blvd, Baton Rouge, LA 70806 • 225-381-6620

REFERRAL PHYSICIAN TERMINATIONS

AUDIOLOGY

Taylor, Anne Marie, 624 Chevelle Ct, Baton Rouge, LA 70806 • 225-927-1019

CARDIOLOGY

Mitschke, Michael, M.D. • 2647 Riverview Blvd, Ste 215, Gonzales, LA 70737 225-336-0217

Mitschke, Michael, M.D. • 5228 Dijon Dr, Baton Rouge, LA 70808 • 225-767-3900

CHIROPRACTIC

Martello, Ned, DC • 1023 North Lobdell Blvd, Ste C, Baton Rouge, LA 70806 225-925-5403

DERMATOLOGY

Patrick, Judith, M.D. • 8415 Goodwood Blvd, Baton Rouge, LA 70806 • 225-923-1515

ENDOCRINOLOGY

Martin, Andrew, M.D. • 8333 Goodwood Blvd, Baton Rouge, LA 70806 • 225-929-7882

Martin, Andrew, M.D. • 2335 Church St, Zachary, LA 70791 • 225-658-2036

Dewan, Suman, M.D. • 15825 Professional Plza, Ste C, Hammond, LA 70403 • 504-542-6400

GYNECOLOGY

Miller, Henry, M.D. • 9000 Airline Hwy, Ste 620, Baton Rouge, LA 70815 • 225-927-5480

INFECTIOUS DISEASES

Heck, Madeleine, M.D. • 7777 Hennessy Blvd, Ste 304, Baton Rouge, LA 70808 225-763-6213

Heck, Madeleine, M.D. • 5825 Airline Hwy, Baton Rouge, LA 70805 • 225-358-1065

MATERNAL & FETAL MEDICINE

Chatelain, Stephen, M.D. • 9050 Airline Hwy, Baton Rouge, LA 70816 • 225-924-8338

NEUROLOGY

Busby, Stephen, M.D. • 1023 W Hwy 30, Gonzales, LA 70737 • 225-647-2069

OBSTETRICS & GYNECOLOGY

Nobles, James, M.D. • 8595 Picardy Ave, Ste 240, Baton Rouge, LA 70809 • 225-763-4860

OPHTHALMOLOGY

Nichols, Aubry, M.D. • 300 Rawls Dr, Ste 1300, McComb, MS 39649 • 601-684-3113

OPTOMETRY

Achord, Shonda, OD • 12726 Perkins Rd, Baton Rouge, LA 70810 • 225-767-3937

Edmonds, Joseph, OD • 2200 Town & Country Plaza, Hammond, LA 70401 504-542-1982

OTORHINOLARYNGOLOGY

Raggio, Thomas, M.D. • 7777 Hennessy Blvd, Ste 204, Baton Rouge, LA 70808 225-767-1970

PODIATRY

Quick, Kenneth, DPM • 15770 Medical Ctr Dr, Ste 108, Hammond, LA 70403 504-542-6251

SURGERY

Arriaga, Humberto, M.D. • 7777 Hennessy Blvd, Ste 110, Baton Rouge, LA 70808 225-767-0494

FULLY FUNDED/SELF FUNDED

PRIMARY CARE PHYSICIAN RESTRICTED PRACTICE (Closed - Not Accepting New Patients)

FAMILY PRACTICE

Dracopoulos, Anastasios, M.D. • 8369 Florida Blvd., Denham Springs, LA 70726 225-665-5149

INTERNAL MEDICINE

Depner, Stephen, M.D. • 1015 Crescent Avenue, Lockport, LA 70374 • 504-532-7302

Radzikowski, Ronald, M.D. • 7777 Hennessy Blvd., Suite 1000, Baton Rouge, LA 70808 225-765-4370

Vath, Richard, M.D. • 8415 Goodwood Boulevard, Baton Rouge, LA 70806 225-923-1515

Vath, Richard, M.D. • 8304 O'Hara Court, Baton Rouge, LA 70806 • 225-923-1515

Vath, Richard, M.D. • 7373 Perkins Road, Baton Rouge, LA 70808 • 225-769-4044

PEDIATRICS

Funes, Ronaldo, M.D. • 12551 S. Harrell's Ferry Road, Baton Rouge, LA 70816 225-293-9886

PRIMARY CARE PHYSICIAN RESTRICTED PRACTICE (Only accepting patients 17 years old and older)

INTERNAL MEDICINE

Barbin, Allison, M.D. • 9000 Airline Hwy, Ste 250, Baton Rouge, LA 70815
225-932-9226

Townsend, Roxane, M.D. • 9000 Airline Hwy, Ste 250, Baton Rouge, LA 70815
225-932-9226

NEW ORLEANS SERVICE AREA

PRIMARY CARE PHYSICIAN ADDITIONS

FAMILY PRACTICE

Langie, Jacqueline, M.D. • Family Practice, 100-A Verret St, Houma, LA 70360
504-868-6996

Nguyen, Si, M.D. • Family Practice, 4028 US Highway 90, Westwego, LA 70094
504-436-0312

St Martin, William, M.D. • Family Practice, 818 Verret St, Houma, LA 70360
504-857-8001

GENERAL PRACTICE

Balseiro, Jesse, M.D. • General Practice, 105 Plantation Rd, Ste 110, Destrehan, LA 70047 • 504-764-2477

INTERNAL MEDICINE

Akingbola, Aderonke, M.D. • Internal Medicine, 5640 Read Blvd, Ste 230, New Orleans, LA 70127 • 504-246-0800

Donaghey, Susana, M.D. • Internal Medicine, 3020 Kingman St, Ste B, Metairie, LA 70006
504-888-3292

Joachim, Dan, M.D. • Internal Medicine, 4720 S I-10 Service Rd Ste 209, Metairie, LA 70001
504-888-2664

Monte, Frank, M.D. • Internal Medicine, 145 Robert E Lee, Ste 402, New Orleans, LA 70124 • 504-282-5398

Morris, Sophia, M.D. • Internal Medicine, 5640 Read Blvd, Ste 230, New Orleans, LA 70127
504-246-0800

Pethke, Scott, M.D. • Internal Medicine, 200 West Esplanade Ave, Ste 313, Kenner, LA 70065
504-463-0403

Pfister, Irma, M.D. • Internal Medicine, 3020 Kingman St, Ste B, Metairie, LA 70006
504-888-3292

Weillbaecher, Robert, Jr., M.D. • Internal Medicine, 4228 Houma Blvd, Ste 600A, Metairie, LA 70006 • 504-456-5123

Zaveri, Kiran, M.D. • Internal Medicine, 4315 Houma Blvd, Metairie, LA 70006
504-887-5500

PEDIATRICS

Barner, Kimberley, M.D. • Pediatrics, 8120 Main Street, Ste 300, Houma, LA 70360
504-872-6405

Busenlener, Tanya, M.D. • Pediatrics, 3116 Sixth St, Ste 101, Metairie, LA 70002
504-837-9000

Clarke, Robert, M.D. • Pediatrics, 8120 Main Street, Ste 300, Houma, LA 70360
504-872-6405

Ferrer, Bernard, M.D. • Pediatrics, 8120 Main Street, Ste 300, Houma, LA 70360
504-872-6405

Gallagher, Ruthanne, M.D. • Pediatrics, 8120 Main Street, Ste 300, Houma, LA 70360
504-872-6405

Gilfour, Melanie, M.D. • Pediatrics, 71107 Hwy 21, Ste 1, Covington, LA 70433
504-893-2580

Haydel, Robert, Sr., M.D. • Pediatrics, 8120 Main Street, Ste 300, Houma, LA 70360
504-872-6405

Le, Lisa, M.D. • Pediatrics, 4315 Houma Blvd, Metairie, LA 70006 • 504-887-5500

Tolmas, Hyman, M.D. • Pediatrics, 2017 Metairie Road, Metairie, LA 70005 • 504-833-2821

Totina, Albert, M.D. • Pediatrics, 8120 Main Street, Ste 300, Houma, LA 70360
504-872-6405

REFERRAL PHYSICIAN ADDITIONS

CARDIOLOGY

Colon-Ortiz, Richard, M.D. • Cardiology, 128 Northpark Blvd, Covington, LA 70433
504-892-9190

Kusnick, Barry, M.D. • Cardiology, 128 Northpark Blvd, Covington, LA 70433 • 504-892-9190

Yount, Royce, M.D. • Cardiology, 1401 Foucher St, Cardiology Dept., New Orleans, LA 70115 • 504-897-8453

COLON & RECTAL SURGERY

Longcope, David, M.D. • Colon & Rectal Surgery, 4224 Houma Blvd, Ste 540, Metairie, LA 70006 • 504-456-5108

DERMATOLOGY

Koppel, Robert, M.D. • Dermatology, 502 Rue de Sante, Ste 303, La Place, LA 70068
504-651-4432

Murphy, Jack, Jr., M.D. • Dermatology, 425 West Airline Hwy, Ste H, La Place, LA 70068
504-652-7191

GASTROENTEROLOGY

Guider, Benjamin, Jr., M.D. • Gastroenterology, 2633 Napoleon Ave Ste 705, New Orleans, LA 70115 • 504-896-8670

Persich, Nicholas, M.D. • Gastroenterology, 4300 Houma Blvd, Ste 105, Metairie, LA 70006
504-455-2704

HEMATOLOGY/ONCOLOGY

Morgan, Lee Roy, Jr., M.D. • Hematology/Oncology, 3839 Ulloa St, Ste 100, New Orleans, LA 70119 • 504-488-5415

INTERNAL MEDICINE

Persich, Nicholas, M.D. • Internal Medicine, 4300 Houma Blvd, Ste 105, Metairie, LA 70006 • 504-455-2704

OBSTETRICS & GYNECOLOGY

Adams, Susan, M.D. • Obstetrics & Gynecology, 5640 Read Blvd, Ste 880, New Orleans, LA 70127 • 504-242-7564

Bloss, John, M.D. • Obstetrics & Gynecology, 506 North Acadia Rd, Thibodaux, LA 70302
504-448-1216

Dunn, David, M.D. • Obstetrics & Gynecology, 4315 Houma Blvd, Metairie, LA 70006
504-887-5500

Floyd, John, M.D. • Obstetrics & Gynecology, 1022 Belanger St, Ste 209, Houma, LA 70360 • 504-868-1561

Raj, Shailaja, M.D. • Obstetrics & Gynecology, 9000 Patricia St, Ste 109, Chalmette, LA 70043 • 504-276-0077

Smith, Laurel, M.D. • Obstetrics & Gynecology, 852 Belanger St, Houma, LA 70360
504-872-1777

OPHTHALMOLOGY

Battle, Ivan, M.D. • Ophthalmology, 3525 Prytania St, Ste 320, New Orleans, LA 70115
504-895-3961

DelaHoussaye, Arthur, IV, M.D. • Ophthalmology, 249 Corporate Dr, Houma, LA 70360
504-853-0900

Hemard, Bryan, Sr., M.D. • Ophthalmology, 855 Belanger St Ste 208, Houma, LA 70360
504-872-5577

Koury, Jill, M.D. • Ophthalmology, 4315 Houma Blvd, Metairie, LA 70006 • 504-887-5500

Leader, Barry, M.D. • Ophthalmology, 3434 Prytania St, Ste 250, New Orleans, LA 70115
504-891-1988

Vocke, Edward, DDS, Oral & Maxillofacial Surgery, 4224 Houma Blvd, Ste 230, Metairie, LA 70006 • 504-454-4515

Zaveri, Dimple, M.D. • Ophthalmology, 4315 Houma Blvd, Metairie, LA 70006
504-887-5500

ORTHOPEDIC SURGERY

Garoutte, John, M.D. • Orthopedic Surgery, 3939 Houma Blvd, Ste 21, Metairie, LA 70006
504-885-6464

Jones, David, M.D. • Orthopedic Surgery, 4720 I-10 Service Rd Ste 301, Metairie, LA 70001
504-885-8225

Lyons, Thomas, M.D. • Orthopedic Surgery, 3434 Prytania St, Ste 310, New Orleans, LA 70115
504-897-7877

Plauché, Herbert, M.D. • Orthopedic Surgery, 1270 North Hwy 190, Covington, LA 70433
504-892-5117

Vecca, Kenneth, M.D. • Orthopedic Surgery, 5646 Read Blvd, Ste 100, New Orleans, LA 70127
504-241-8500

OTORHINOLARYNGOLOGY

Beyer, Matthew, M.D. • Otorhinolaryngology, 505 Dunn St, Houma, LA 70360
504-872-0423

PEDIATRIC INFECTIOUS DISEASE

Bitar, Camille, M.D. • Pediatric Infectious Disease, 1111 Medical Center Blvd, Ste S650, Marrero, LA 70072 • 504-349-6504

PEDIATRIC PULMONOLOGY

Kiernan, Michael, M.D. • Pediatric Pulmonology, 1415 Tulane Ave, New Orleans, LA 70112
504-588-5601

PEDIATRIC UROLOGY

Ortenberg, Joseph, M.D. • Pediatric Urology, 1111 Medical Center Blvd, Ste S650, Marrero, LA 70072 • 504-349-6504

PODIATRY

Low, Dionne, DPM. • Podiatry, 4720 S I-10 Service Rd, Ste 105, Metairie, LA 70001
504-888-2797

RHEUMATOLOGY

Doyle, Mittie, M.D. • Rheumatology, 4224 Houma Blvd, Ste 610, Metairie, LA 70006
504-456-5130

SURGERY

Belott, Todd, M.D. • Surgery, 4637 S. Carrollton Ave, New Orleans, LA 70119
504-488-3751

Cummiskey, Robert, M.D. • Surgery, 501 Rue de Sante, Ste 5, La Place, LA 70068
504-652-1059

Thomas, Michael, M.D. • Surgery, 110 Acadia Park/P O Box 81, Mathews, LA 70375
504-537-3507

Vallette, Richard, M.D. • Surgery, 6010 Bullard Ave, Ste 203, New Orleans, LA 70128
504-241-9000

Velez, Robert, M.D. • Surgery, 4315 Houma Blvd, Metairie, LA 70006 • 504-887-5500

PRIMARY CARE PHYSICIAN TERMINATIONS

FAMILY PRACTICE

Anderson, Myra, M.D. • 6010 Bullard Ave, Ste 201, New Orleans, LA 70127 • 504-245-1487

Bawa, Gumukh, M.D. • 1553 North Broad St, New Orleans, LA 70119 • 504-943-9222

Blanchard, Roger, M.D. • 11622 Hwy 1, Larose, LA 70373 • 504-798-7711

Bullard, Sidney, M.D. • 4017 Jefferson Hwy, New Orleans, LA 70121 • 504-835-9955

Cottles, Cheryllynne, M.D. • 11312 Jefferson Hwy, New Orleans, LA 70123 • 504-454-0032

Casey, Michael, M.D. • 1850 Gause Blvd, Ste 101, Slidell, LA 70461 • 504-646-1122

Carter, Don, M.D. • 2017 Caffin Ave, New Orleans, LA 70117 • 504-943-2580

Culasso, Miguel, M.D. • 740 Gause Blvd, Slidell, LA 70458 • 504-646-0945

Duffour, Rory, M.D. • 1400 Hwy 190 West, Slidell, LA 70460 • 504-646-1226

Guidry, Frank, M.D. • 1850 Gause Blvd, Ste 101, Slidell, LA 70461 • 504-646-1122

Horsfield, Matthew, M.D. • 1051 Gause Blvd, Ste 380, Slidell, LA 70458 • 504-641-8191

LaBranche, Emile, M.D. • 9801 Lake Forest Blvd, New Orleans, LA 70127 • 504-246-1452

Miller, Christopher, M.D. • 1850 Gause Blvd, Ste 101, Slidell, LA 70461 • 504-646-1122

Naccar, Paul, M.D. • Medicine Center, 5646 Read Blvd, Ste 108, New Orleans, LA 70127
504-244-2800

Newcomb, James, M.D. • 901 Gause Blvd, Slidell, LA 70458 • 504-649-8800

Nguyen, Xuong, M.D. • 4626 Alcee Fortier, Ste D, New Orleans, LA 70129 • 504-254-4461

Russo, Michael, M.D. • 3909 LaPalco Blvd Ste 100, Harvey, LA 70058 • 504-349-6900

Segura, Terry, M.D. • Medicine Center, 5646 Read Blvd, Ste 108, New Orleans, LA 70127
504-244-2800

Stallworth, William, M.D. • 200 South Broad St Ste 205, New Orleans, LA 70119
504-827-5590

Timpton, Wanda, M.D. • 4716 Paris Ave, New Orleans, LA 70122 • 504-282-0202

Timpton, Wanda, M.D. • 13880 Hayne Blvd, New Orleans, LA 70128 • 504-244-1991

Tusa, Joseph, M.D. • 804 Heavens Dr Ste 201, Mandeville, LA 70471 • 504-792-1040

Yousuf, Mohammed, M.D. • 2375 East Gause Blvd, Slidell, LA 70461 • 504-645-9000

Weiss, Robert, M.D. • 1850 Gause Blvd, Ste 101, Slidell, LA 70461 • 504-646-1122

GENERAL PRACTICE

Humphries, Shawn, M.D. • 200 W 134th St, Cut Off, LA 70345 • 504-632-6401

Murra, Salvador, M.D. • 800 Virtue St, Ste 103, Chalmette, LA 70043 • 504-271-2410

Murra, Salvador, M.D. • 6030 Bullard Ave, Ste 150, New Orleans, LA 70128 • 504-241-6407

INTERNAL MEDICINE

Arasteh, Shariar, DO, 5646 Read Blvd, Ste 317, New Orleans, LA 70127 • 504-244-2808

Andry, Jr, Malcolm, M.D. • 3434 Prytania St, Ste 230, New Orleans, LA 70115 • 504-897-7800

Ball, Sally, M.D. • 1051 Gause Blvd, Ste 400, Slidell, LA 70458 • 504-641-5523

Buffat, William, M.D. • 1051 Gause Blvd, Ste 400, Slidell, LA 70458 • 504-641-5523

Braxton, Michael, M.D. • 550 Brownswitch, Slidell, LA 70458 • 504-641-2266

Bolivar, Ivan, M.D. • 740 Gause Blvd, Slidell, LA 70458 • 504-646-0945

Bowers, Alan, M.D. • 5646 Read Blvd, Ste 317, New Orleans, LA 70127 • 504-244-2808

Cashman, Cory, M.D. • 5646 Read Blvd, Ste 216, New Orleans, LA 70127 • 504-242-5357

Cellona, Lilli Ann, M.D. • 5646 Read Blvd, Ste 317, New Orleans, LA 70127 • 504-244-2808

Colcolough, Harry, M.D. • 5646 Read Blvd, Ste 317, New Orleans, LA 70127 • 504-244-2808

Cleggett-Lucas, Jacqueline, M.D. • 8736 Chef Menteur Hwy, Ste 3, New Orleans, LA 70127 • 504-242-1010

Davila, Marcia, M.D. • 6010 Bullard Rd, Ste 106, New Orleans, LA 70128 • 504-242-7296

Davila, Marcia, M.D. • 800 West Virtue St, Ste 111, Chalmette, LA 70043 • 504-271-0297

Davis, James, M.D. • 5640 Read Blvd, Ste 475, New Orleans, LA 70127 • 504-241-7535

Dao, Minh, M.D. • 5646 Read Blvd, Ste 317, New Orleans, LA 70127 • 504-244-4007

DiStefano, Lisa, M.D. • 2845 Manhattan Blvd, Harvey, LA 70058 • 504-349-6930

Flanigan, James, M.D. • 5646 Read Blvd, Ste 209, New Orleans, LA 70127 • 504-244-3131

Galvan, Peter, M.D. • 550 Brownswitch, Slidell, LA 70458 • 504-641-2266

Godley Jr, Clifford, M.D. • 204 West North Street, Opelousas, LA 70571 • 318-942-2555

Guillot, Jacques, M.D. • 804 Heavens Drive, Ste 105, Mandeville, LA 70471
504-845-0004

Hall, Thomas, M.D. • 1051 Gause Blvd, Ste 300, Slidell, LA 70458 • 504-643-8680

Hellman, Stephen, M.D. • 601 Dunn St, Houma, LA 70360 • 504-868-6404

Jackson, Patricia, M.D. • 7017 Lapalco Blvd, Marrero, LA 70072 • 504-340-9711

Klainer, Elisa, M.D. • 3822 Bienville Ave, New Orleans, LA 70119 • 504-482-0434

Kumar, Raj, M.D. • 9000 Patricia St, Ste 209, Chalmette, LA 70043
504-277-0123

Kluchin, Ronald, M.D. • 101 East Fairway Dr Ste 202, Covington, LA 70433
504-871-1445

Lefran, Jose, M.D. • 1051 Gause Blvd, Ste 400, Slidell, LA 70458 • 504-641-5523

Mousa, Mohammad, M.D. • 740 Gause Blvd, Slidell, LA 70458 • 504-646-0745

Nine-Montanez, Carlos, M.D. • 150 Northshore Blvd, Ste 301, Slidell, LA 70460 • 504-645-9292

Olivo, Jaime, M.D. • 800 Virtue St, Ste 210, Chalmette, LA 70043 • 504-271-1258

Olivo, Jaime, M.D. • 5646 Read Blvd, Ste 316, New Orleans, LA 70127
504-241-7952

Okonkwo, Fidelis, M.D. • 6040 Bullard Rd, Ste 250, New Orleans, LA 70128
504-241-6660

Parker, Paul, M.D. • 101 East Fairway Dr, Ste 402, Covington, LA 70433
504-893-1070

Penaherrera, Olga, M.D. • 659 Old Spanish Trail, Slidell, LA 70458 • 504-847-0024

Perkins, Isaac, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-585-7140

Raina, Sanjay, M.D. • 2375 East Gause Blvd, Slidell, LA 70461 • 504-645-9000

Salatic, John, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

Saguiguit, Roy, M.D. • 128 Northpark Blvd, Covington, LA 70433 • 504-867-8600

Serrant-Gotos, Pedro, M.D. • 901 Gause Blvd, Slidell, LA 70458 • 504-649-8800

Suryadevara, Sampath, M.D. • 108 North Ezidore St, Gramercy, LA 70052
225-869-9200

Suryadevara, Sampath, M.D. • 2129 Highway 20 West, Vacherie, LA 70090
225-265-4875

Temple, Thaddeus, M.D. • 3026 Gentilly Blvd, New Orleans, LA 70122
504-940-6073

Thornhill, Edward, M.D. • 200 Broadway, Ste 230, New Orleans, LA 70118
504-864-6000

Thornhill, Edward, M.D. • 200 Broadway, Ste 230, New Orleans, LA 70118
504-864-6000

Thornhill, Edward, M.D. • 200 Broadway, Ste 230, New Orleans, LA 70118
504-864-6000

Tran, David, M.D. • 804 Heavens Drive, Ste 105, Mandeville, LA 70471
504-845-0004

Vargas-Bodas, Gabriel, M.D. • 804 Heavens Drive Ste 105, Mandeville, LA 70471
504-845-0004

PEDIATRICS

Abdallah, Hala, M.D. • 2701 Napoleon Ave, New Orleans, LA 70115 • 504-899-2777

Anderson, Mary, M.D. • 6030 Bullard Ave, Ste 120, New Orleans, LA 70128
504-246-5700

Banerjee, Eboo, M.D. • 1308 Paul Maillard Rd, P O Box 169, Luling, LA 70070
504-785-1884

Barnes, Janet, M.D. • 6010 Bullard Ave, Ste 103, New Orleans, LA 70128
504-243-0210

Bevrotte, Louis, M.D. • 9900 Lake Forrest Blvd Ste E, New Orleans, LA 70127
504-246-5437

Bolivar, Ivan, M.D. • 740 Gause Blvd, Slidell, LA 70458 • 504-646-0945

Buras, Floyd, M.D. • 2567 Robert E Lee Blvd, New Orleans, LA 70122-5500
504-288-1425

Capone, Kenneth, M.D. • 901 West Genie St, Chalmette, LA 70043 • 504-277-8917

Carter, James, M.D. • 3501 Severn Ave Ste 19, Metairie, LA 70006 • 504-779-6363

Chin, Byung, M.D. • 7540 W Judge Perez Dr, Ste A, Arabi, LA 70032 • 504-279-6488

Cleggett-Lucas, Jacqueline, M.D. • 8736 Chef Menteur Hwy Ste 3, New Orleans, LA 70127 • 504-242-1010

Cortez, Matthew, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

Cuomo, Kimberly, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

Cuomo, Kimberly, M.D. • 200 Broadway Ste 230, New Orleans, LA 70118
504-864-6000

Cupp, Catherine, M.D. • 502 Rue de Sante Ste 208, La Place, LA 70068
504-652-4400

Davis, James, M.D. • 5640 Read Blvd, Ste 475, New Orleans, LA 70127
504-241-7535

DiStefano, Lisa, M.D. • 2845 Manhattan Blvd, Harvey, LA 70058 • 504-349-6930

Dixit, Madhuri, M.D. • 901 Gause Blvd, 2nd Floor, Slidell, LA 70458
504-649-8775

Doughty-White, Linda, M.D. • 4511 Downman Rd, New Orleans, LA 70126
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Duthu, Angela, M.D. • 3020 East Gause Blvd, Slidell, LA 70461 • 504-726-0800

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Bowie, Roger, M.D. • 433 Plaza St, Bogalusa, LA 70427 • 504-732-7122

Bowie, Roger, M.D. • 804 Heavens Dr, Ste 101, Mandeville, LA 70471-2890
504-845-9700

Bowie, Roger, M.D. • 806 Riverside Dr, Franklinton, LA 70438 • 504-839-0291

Cecola, Russell, M.D. • 120 N Jefferson Davis, New Orleans, LA 70119 • 504-821-0244

Cox, Robert, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

Hebert, A Foster, M.D. • 1051 Gause Blvd, Ste 360, Slidell, LA 70458 • 504-641-9572

Hebert, Robert, M.D. • 1850 Gause Blvd, Ste 301, Slidell, LA 70461 • 504-646-4400

Leonard, Mary, M.D. • 1337 12th St, Slidell, LA 70458 • 504-847-1995

Lifsey, Michael, M.D. • 4740 South I-10 Service Rd, Ste 210, Metairie, LA 70001
504-454-3277

Lifsey, Michael, M.D. • 5640 Read Blvd, Ste 400, New Orleans, LA 70127 • 504-241-9533

Miller, Robert, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

Ochchipinti, Dennis, M.D. • 4740 South I-10 Service Rd, Ste 210, Metairie, LA 70001
504-454-3277

Owens, Robert, M.D. • 1850 Gause Blvd, Ste 301, Slidell, LA 70461 • 504-646-4400

Pena, Gerard, M.D. • 1850 Gause Blvd, Ste 301, Slidell, LA 70461 • 504-646-4400

Walker, George, M.D. • 3600 Prytania St, Ste 76, New Orleans, LA 70115 • 504-891-7477

PAIN MANAGEMENT

Morse, Richard, M.D. • 1401 Foucher St W-4, New Orleans, LA 70115 • 504-897-8404

PEDIATRIC CARDIOLOGY

Cogle, Allan, M.D. • 106 Smart Place, Ste A, Slidell, LA 70458 • 504-847-9200

Cogle, Allan, M.D. • 205 Highland Park Plaza, Covington, LA 70433 • 504-847-9200

PEDIATRIC HEMATOLOGY-ONCOLOGY

Minniti, Caterina, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

PEDIATRIC OPHTHALMOLOGY

Ellis, George, M.D. • 901 Gause Blvd, Slidell, LA 70458 • 504-896-9426

PEDIATRIC ORTHOPEDIC SURGERY

Gozal, David, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-5877625

Warren, Frederic, M.D. • 4770 I-10 Service Rd, Ste 110, Metairie, LA 70001
504-887-2222

Warren, Frederic, M.D. • 71205 Highway 21, Covington, LA 70434 • 504-893-9922

Warren, Frederic, M.D. • 1051 Gause Blvd, Ste 230, Slidell, LA 70458 • 504-649-7657

Warren, Frederic, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

PHYSICAL MEDICINE & REHAB

Ameduri, Clifford, M.D. • 3535 Bienville St, Ste 210, New Orleans, LA 70119
504-482-0044

Benson, Monica, M.D. • 1313 Paul Maillard Rd, Ste E, Luling, LA 70070 • 504-785-1550

Bryant, Susan, M.D. • 1201 S. Clearview, 2nd Floor, New Orleans, LA 70121
504-736-4934

Kishner, Stephen, M.D. • 1542 Tulane Ave, Ste 602, New Orleans, LA 70112
504-568-2173

Reddy, Gollamudi, M.D. • 1051 Gause Blvd, Ste 225, Slidell, LA 70458 • 504-781-5600

PLASTIC & RECONSTRUCTIVE SURGERY

Greenberg, Scott, M.D. • 3901 Houma Blvd, Ste 500, Metairie, LA 70006
504-455-2272

Johnson, James, M.D. • 4224 Houma Blvd, Ste 430, Metairie, LA 70006
504-456-5150

Leveque, Jocelyn, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

PODIATRY

Donaldson-Bailey, Michele, DPM • 3400 St Claude Ave, Ste 20, New Orleans, LA 70117 • 504-945-8102

Dunham, Demardo, DPM • 2500 Louisiana Ave, New Orleans, LA 70115 • 504-897-6275

Dunham, Demardo, DPM • 4301 Elysian Feilds Ave, New Orleans, LA 70122
504-283-6754

Dunham, Demardo, DPM • 7311 Downman Rd, New Orleans, LA 70126 • 504-241-5707

Dupre', Sheila, DPM • 1393 Corporate Square, Slidell, LA 70458 • 504-781-7000

Ettieb, Sami, DPM • 804 Heavens Drive, Ste 204, Mandeville, LA 70471 • 504-845-0505

Ferguson, Anthony, DPM • 110 Bellemeade Blvd, Ste A, Gretna, LA 70056
504-392-5201

Ferguson, Anthony, DPM, • 9970 Lake Forest Blvd, Ste L, New Orleans, LA 70127
504-246-8907

Lang, Edward, DPM • 2626 Jena St, New Orleans, LA 70115 • 504-897-3627

Lang, Edward, DPM • 4720 S I-10 Service Rd Ste105, Metairie, LA 70001 • 504-888-2797

Porchia, Barbara, DPM • 1111 Medical Ctr Blvd, Ste N502, Marrero, LA 70072
504-349-6540

Quick, Kenneth, DPM • 804 Heavens Dr, Ste 204, Mandeville, LA 70471 • 504-845-0505

PULMONARY DISEASE

Casey, Richard, M.D. • 101 East Fairway Dr, Ste 106, Covington, LA 70433
504-892-9143

Davila, Marcia, M.D. • 6010 Bullard Rd, Ste 106, New Orleans, LA 70128
504-242-7296

Davila, Marcia, M.D. • 800 West Virtue St, Ste 111, Chalmette, LA 70043
504-271-0297

Davis, Lauren, M.D. • 101 East Fairway Dr, Ste 106, Covington, LA 70433
504-892-9143

Ellender, Jerome, M.D. • 855 Belanger St, Ste. 201, Houma, LA 70360 • 504-872-6210

Jones, Robert, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

Kuebel, Donald, M.D. • 101 East Fairway Dr, Ste 106, Covington, LA 70433
504-892-9143

Schuller, Hans, M.D. • 2240 Gause Blvd East, Slidell, LA 70461 • 504-643-9704

RADIATION ONCOLOGY

Hawkins, Roland, M.D. • 150 South Liberty Street, New Orleans, LA 70112
504-588-5800

Kuske, Robert, M.D. • 150 South Liberty Street, New Orleans, LA 70112 • 504-588-5800

Scroggins, Troy, M.D. • 150 South Liberty Street, New Orleans, LA 70112 • 504-588-5800

RHEUMATOLOGY

Cuomo, Kimberly, M.D. • 200 Broadway Ste 230, New Orleans, LA 70118 • 504-864-6000

Cuomo, Kimberly, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

Sedrish, Marielisa, M.D. • 2370 East Gause Blvd, Slidell, LA 70461 • 504-646-2223

Sedrish, Phillip, M.D. • 101 E Fairway Dr, Ste 506, Covington, LA 70433
504-893-3241

Sedrish, Phillip, M.D. • 2370 East Gause Blvd, Slidell, LA 70461 • 504-646-2223

Sedrish, Marielisa, M.D. • 101 E Fairway Dr, Ste 506, Covington, LA 70433
504-893-3241

SURGERY

Barrocas, Albert, M.D. • 5640 Read Blvd, Ste 640, New Orleans, LA 70127
504-241-4547

Carpenter, Michael, M.D. • 101 Highland Park Plaza, Covington, LA 70433
504-892-5880

Carpenter, Michael, M.D. • 433 Plaza St, Bogalusa, LA 70427 • 504-735-9340

Ehrlich, Timothy, M.D. • 1850 Gause Blvd, Ste 202, Slidell, LA 70461 • 504-646-4444

Gibson, Johnny, M.D. • 4301 Elysian Fields, Ste 101, New Orleans, LA 70122
504-288-9408

Gillmore, Diane, M.D. • 700 Gause Blvd, Ste 201, Slidell, LA 70458 • 504-646-1884

Gravois, Earl, M.D. • 3090 East Gause Blvd, Ste 649, Slidell, LA 70461 • 504-641-5530

Gray, Cary, M.D. • 1850 Gause Blvd, Ste 202, Slidell, LA 70461 • 504-646-4444

Greenfield, David, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-587-7606

Heintz, Ludwig, M.D. • 101 Highland Park Plaza, Covington, LA 70433
504-892-5880

Heintz, Ludwig, M.D. • 433 Plaza St, Bogalusa, LA 70427 • 504-735-9340

Holmes, James, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-588-5800

Labat, Joseph, M.D. • 200 South Broad St, Ste 204, New Orleans, LA 70119-6447
504-821-1141

Lagarde, Marie, M.D. • 101 Highland Park Plaza, Covington, LA 70433
504-892-5880

Levy, Julius, M.D. • 3525 Prytania St, Ste 506, New Orleans, LA 70115 • 504-891-5857

Levy, Julius, M.D. • 4720 South I-10 Service Rd West, Ste 409, Metairie, LA 70001
504-888-9113

Lugo-Ruiz, Rafael, M.D. • 110 Acadia Park/ P O Box 81, Mathews, LA 70375
504-537-3507

Mann, Willard, M.D. • 1057 Paul Maillard Rd, Ste 100, Luling, LA 70070 • 504-785-2218

Mann, Willard, M.D. • 200 W Esplanade Ave, Ste 311, Kenner, LA 70065 • 504-471-0501

McKenna, Stephen, M.D. • 1827 Gentilly Blvd, New Orleans, LA 70119 • 504-943-1923

McKenna, Stephen, M.D. • 6040 Bullard Rd, Ste 100, New Orleans, LA 70127
504-241-0585

Muchmore, James, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-587-7606

Schunior, Richard, M.D. • 1850 East Gause Blvd Ste 204, Slidell, LA 70461 • 504-641-0078

Shafor, Robert, M.D. • 1051 Gause Blvd, Ste 280, Slidell, LA 70458 • 504-781-9002

Tesi, Raymond, M.D. • 1415 Tulane Ave, New Orleans, LA 70112 • 504-587-7606

UROLOGY

Bloom, Robert, M.D. • 5646 Read Blvd, Ste 201, New Orleans, LA 70127 • 504-244-3363

Cottone, Joseph, M.D. • 1051 Gause Blvd, Ste 440, Slidell, LA 70460 • 504-649-6660

Daftary, Mahmoud, M.D. • 1051 Gause Blvd, Ste 440, Slidell, LA 70460 • 504-649-6660

Merlin, Alvin, M.D. • 4300 Houma Blvd Ste 203, Metairie, LA 70006 • 504-456-8500

Romano, Esteban, M.D. • 1051 Gause Blvd, Ste 440, Slidell, LA 70460 • 504-649-6660

Favorite Salad Recipes



LOBSTER SALAD

Edwin Johnson Serves 4

1 (5 ounce) can lobster, drained and flaked
2 tablespoons lemon juice
3/4 cup celery, sliced
1/3 cup mayonnaise or salad dressing
1/4 teaspoon salt
2 avocados, peeled and halved
1 dash pepper
Lemon juice

Sprinkle lobster with 2 tablespoons lemon juice. Add celery, mayonnaise, salt, and pepper. Mix lightly and chill thoroughly. Brush avocados with lemon juice. Serve lobster salad on top of avocados.
Per serving: 393 calories, 34 grams fat

SEAFOOD GUMBO SALAD

Carole Post Serves 8

1 cup jumbo lump crabmeat
1 cup crawfish tails, cooked
1 cup shrimp, cooked
1 head red leaf lettuce, washed
1 bunch watercress, washed
1 (10 ounce) bag spinach leaves
2 small tomatoes, diced
1 cup pickled okra, sliced
1/4 cup onions, minced
1/4 cup celery, minced
1/4 cup red bell pepper, minced
1/4 cup yellow bell pepper, minced
1/4 cup green bell pepper, minced
1 tablespoon, garlic, chopped
1 cup fat-free mayonnaise
1 cup fat-free sour cream
1/2 cup ketchup
2 tablespoons Creole mustard
1/4 cup oil
Salt, pepper, hot sauce to taste

Tear greens into 1 inch pieces. Place in large bowl. Add crabmeat, crawfish, shrimp, tomatoes, okra, onions, celery, bell peppers, and garlic. Toss well. In a separate bowl, combine mayonnaise, sour cream, ketchup, and mustard. Whip until ingredients are blended. Season to taste with salt, pepper, and hot sauce. Add oil and whip again. Pour dressing over salad. Toss well.
Per serving: 90 calories, 5 grams fat

CRAWFISH SALAD

Jean Minter Serves 20

2 pound bag small elbow macaroni
4 bell peppers
1 bunch celery
4 bunches green onions
4 pounds crawfish, cooked
2 cups mayonnaise
Pepper
Tony Chacheres seasoning

Prepare macaroni according to package directions. Finely chop all vegetables. Mix macaroni and vegetables in a large bowl. Add mayonnaise. Mix well. Season with pepper and Tony Chacheres to taste.
Per serving: 337 calories, 18 grams fat

GRANNY'S VERMICELLI SHRIMP SALAD

Cathy Vinci Serves 15

1 pound vermicelli, cooked and drained
2 pounds boiled shrimp, lightly seasoned and peeled
3 hard cooked eggs, chopped
1 bunch green onions, chopped
1 cup celery, chopped
1 small jar pimentos
1 package Good Seasons Garlic & Herb dry dressing mix
1/4 cup white vinegar
1/2 cup salad oil
2 tablespoons water
2 cups mayonnaise

In a large serving bowl, combine first 6 ingredients. Mix dry dressing with oil and vinegar. Whisk in mayonnaise. Toss dressing into salad. Chill 8 hours before serving. A great alternative to potato salad!
Per serving: 464 calories, 32 grams fat

FRUITY CHICKEN SALAD

Denise Dugas Serves 8

1 can (15 1/4 ounces) pineapple bits
4 cups cooked chicken, chopped
1 can mandarin orange slices, drained
1 can sliced water chestnuts, drained
1 (12 1/2 ounce) package sliced almonds

1 cup celery, chopped
1 cup seedless grapes, halved
1 1/2 cup mayonnaise
1 tablespoon soy sauce
1 can chow mein noodles

Drain pineapple, reserving 2 tablespoons of juice. Combine first 7 ingredients, mixing well. Combine pineapple juice, mayonnaise, and soy sauce. Stir well and add to chicken mixture. Chill. Stir in noodles just before serving.
Per serving: 428 calories, 36 grams fat

CORN SALAD

Camille Burkley Serves 10

2 cans white sweet corn, cooked and drained
3 stalks celery, chopped
2 tomatoes, chopped
1 bunch scallions (heads only), chopped
2 tablespoons balsamic vinegar
2 tablespoons olive oil
1 cup mayonnaise
Salt, pepper, garlic salt to taste

Combine all ingredients, except mayonnaise and seasonings. Add mayonnaise until consistency of salad is reached. Season to taste. Chill and serve.
Per serving: 128 calories, 10 grams fat

CORN SALAD

Lois Meyer Serves 5

1 (16 ounce) can corn, drained
1 small jar chopped pimento, drained
1/4 cup green pepper, chopped
1/4 cup onion, chopped
1/2 cup celery, chopped
2 tablespoons sugar
2 tablespoons oil
1/4 teaspoon pepper
1/4 cup vinegar

Combine vegetables and toss lightly. Mix sugar, oil, vinegar, and pepper and pour over vegetables. Toss lightly. Cover and chill several hours or overnight. Drain and serve.
Per serving: 136 calories, 3 grams fat

PROVIDER UPDATE

LAFAYETTE SERVICE AREA FULLY FUNDED/SELF FUNDED

PRIMARY CARE PHYSICIAN ADDITIONS

ORTHOPEDIC SURGERY

Blanda, Louis, Jr., M.D. • Orthopedic Surgery, 1211 Coolidge,
Ste 100, Lafayette, LA 70503 • 318-234-5234

SURGERY

Cantu, Francisco, M.D. • Surgery, 1013 West Lincoln Rd,
Ville Platte, LA 70586 • 318-363-5658

PRIMARY CARE PHYSICIAN TERMINATIONS

FAMILY PRACTICE

Humble, Kent, M.D. • 427 Heymann Blvd, Lafayette, LA 70503
318-234-1111
Jobe, Brian, M.D. • 301 N Martin Luther King, Ste A, Eunice, LA
70535 • 318-546-0111

GENERAL PRACTICE

Dupre, Henry, M.D. • 1008 West Main St, Ville Platte, LA 70586
318-363-5531
Schexnaider, Chenet, M.D. • 100 Live Oak St, Baldwin, LA 70514
318-923-7040

INTERNAL MEDICINE

Ritchey, Ronald, M.D. • 601 St. Mary Blvd, Ste 403, Lafayette, LA
70506 • 318-233-3731

PEDIATRICS

Doise, Rebecca, M.D. • 816 Creswell Lane, Ste 2, Opelousas, LA
70570 • 318-942-2888

REFERRAL PHYSICIAN TERMINATIONS

CARDIOLOGY

Fariivar, Mirhassan, M.D. • 520 North Lewis Ave, Ste 101,
New Iberia, LA 70560 • 318-367-5200

NEUROLOGY

Domingue, James, M.D. • 501 W. St Mary Blvd., Lafayette, LA
70506 • 318-269-5840

OBSTETRICS & GYNECOLOGY

Keel, William, M.D. • 603 Haifleigh St, Franklin, LA 70538
318-828-5590
Mayeaux, Hayden, M.D. • 2615 North Drive, Abbeville, LA 70510
318-893-1225

OPTOMETRY

Mengarelli, Steve, OD • 3222 Ambassador Caffery Pkwy,
Lafayette, LA 70508 • 318-981-0076

ORAL & MAXILLOFACIAL SURGERY

Dupree, Gene, DDS • 3839 West Congress St, Ste C, Lafayette, LA
70506 • 318-984-0403

ORTHOPEDIC SURGERY

Stone, Kenneth, M.D. • 1300 Lakewood Dr, Morgan City, LA
70380 • 504-384-7900

PODIATRY

Nguyen, Raphael, DPM • 437 Moosa Blvd, Ste F, Eunice, LA
70535 • 318-457-8730
Nguyen, Raphael, DPM • 3151 Hwy, 182 South, Opelousas, LA
70570 • 318-942-7567

RADIATION ONCOLOGY

Zentner, Phillip, M.D. • 917 General Mouton, Lafayette, LA
70501 • 318-237-2057
Zentner, Phillip, M.D. • 525 North Lewis St, Ste 400, New Iberia,
LA 70563 • 337-364-1131

FULLY FUNDED/SELF FUNDED

(Closed - Not Accepting New Patients)

INTERNAL MEDICINE

Dang, An Quoc, M.D. • 300 West St. Mary Boulevard, Lafayette,
LA 70506, 3372336593
Sigue, Gerald, M.D. • 300 West St. Mary Boulevard, Lafayette, LA
70506 • 337-233-6593

LAKE CHARLES SERVICE AREA

FULLY FUNDED/SELF FUNDED PRIMARY CARE PHYSICIAN ADDITIONS

FAMILY PRACTICE

Guzman-Torres, Hernando, M.D. • Family Practice, 3924
Maplewood, Sulphur, LA 70663 • 318-625-5250
Seep, Michael, M.D. • Family Practice, 2750 Aster St,
Lake Charles, LA 70601 • 318-478-2650
Traub, Michael, M.D. • Family Practice, 711 S Ryan,
Lake Charles, LA 70601 • 318-436-6100

INTERNAL MEDICINE

Broussard, Yang-Tze, M.D. • Internal Medicine, 711 S Ryan St,
Lake Charles, LA 70601 • 318-439-2200

PEDIATRICS

Broussard, Yang-Tze, M.D. • Pediatrics, 711 S Ryan St,
Lake Charles, LA 70601 • 318-439-2200
Chatters, Rachel, M.D. • Pediatrics, 2000 Opelousas St,
Lake Charles, LA 70601 • 318-439-9983

REFERRAL PHYSICIAN ADDITIONS

ORTHOPEDIC SURGERY

Hinton, Michael, M.D. • Orthopedic Surgery, 1717 Oak Park
Blvd, 3rd Floor, Lake Charles, LA 70601 • 318-494-4900
Walker, Dennis, M.D. • Orthopedic Surgery, 1717 Oak Park Blvd,
3rd Floor, Lake Charles, LA 70601 • 318-494-4900

BICYCLE HELMETS –

Does my child really need one?

The easiest question to answer: yes. Laws now require helmets in many areas. That is because medical research shows that 88% of cyclists' brain injuries can be prevented by a bicycle helmet.

Which one should I buy?

There are many good helmets on the market. Consumer Reports tested helmets in June of 1997. Their report has only a few models rated. But in fact you can choose based on the standard the helmet meets, how well it fits your child and whether or not your child likes it. Inside each helmet will be stickers telling you which impact standards it meets. The old ANSI 1984 standard is inadequate. An ASTM standard sticker is the minimum you should look for. A Snell Memorial Foundation sticker means the helmet has been independently tested by Snell and meets their more stringent standard. The standards are policed by the U.S. Consumer Product Safety Commission, whose own standard is the legal requirement from March, 1999 on. The CPSC standard is generally stronger than the others, so look for a CPSC sticker in anything you buy from now on, even if it costs a little more than an older model.

Warning: No Helmets on Playgrounds!

In February, 1999, the first strangulation incident in the US involving a bike helmet on playground equipment occurred. Be sure to teach your child to remove their helmet before using playground equipment or climbing trees!

The Bicycle Helmet Safety Institute
<http://www.helmets.org>

FACTS AND FICTION ABOUT SINUSITIS

Continued from page 5

TREATMENT

After diagnosing sinusitis and identifying a possible cause, a doctor can prescribe a course of treatment that will reduce the inflammation and relieve the symptoms.

Acute sinusitis is treated by re-establishing drainage of the nasal passages, controlling or eliminating the source of the inflammation, and relieving the pain. Doctors generally recommend decongestants to reduce the congestion, antibiotics to control a bacterial

infection, if present, and pain relievers to reduce the pain.

Over-the-counter and prescription decongestant nose drops and sprays, however, should not be used for more than a few days. When used for longer periods, these drugs can lead to even more congestion and swelling of the nasal passages.

Most patients with sinusitis that is caused by bacteria can be treated successfully with antibiotics used along with a nasal or oral decongestant. An antibiotic that fights the

bacteria most commonly associated with sinusitis is the initial treatment recommended.

Many cases of acute sinusitis resolve without antibiotics. However, patients with underlying allergic disease, and infectious sinusitis, need to be treated to relieve their allergy symptoms. Patients with asthma and infectious sinusitis often have exacerbations of asthma which need to be treated. Many physicians feel that some patients with severe asthma have dramatic symptom improvement when their chronic sinusitis is treated with antibiotics.

REFERRALS UPDATE!

Effective 1/1/2000, referrals are no longer required for access to mental health/substance abuse providers. All Gulf South members should contact Behavioral Health Managed Care Services directly at (800) 262-8601 or (225) 926-0195.

Frequently Asked Questions

Continued from page 2

Q What if I am out of town or out of state and want to arrange mental health or chemical dependency treatment?

A For routine care, call (800) 262-8601 Monday through Friday, 8:00 AM to 5:00 PM. For emergency care, call any day at any time. Remember, even if you are out of town, all mental health and chemical dependency treatment must be authorized by BHMCS before treatment is received.

Q How do I change clinicians or see an additional clinician?

A Call (225) 381-6500 or (800) 262-8601 Monday through Friday, 8:00 AM to 5:00 PM. A BHMCS clinician will talk with you about your needs and will assist you in planning your treatment.

Q What will I have to pay for my treatment?

A This varies from contract to contract. In general, most of the costs of treatment may be paid by BHMCS. You should plan to pay some of the costs of treatment, especially if inpatient care is required. Call BHMCS at (225) 381-6500 or (800) 262-8601 to discuss the coverage your benefit plan offers. Don't wait until after you receive a bill to find out about your financial obligations for treatment.

Q What are some examples of expenses that I might have to pay for mental health and chemical dependency treatment?

A This is a list of the types of payments that could be required by your plan:

- annual deductible (an amount that must be paid before your insurance begins to pay for your treatment)
- co-payment for each visit or inpatient day (an amount paid by the member for each visit or inpatient day)
- payment for missed scheduled appointments (missed appointments are not covered by BHMCS)
- lifetime limit on the amount of money allowed by your plan to pay for services provided to you (benefit)

Q Is one type of mental health and chemical dependency treatment more expensive than another?

A The more intensive the type of treatment, the more it will cost the member. Inpatient (24 hour) mental health and chemical dependency treatment will cost a member more than day programs or outpatient treatment.

Q What if I am not satisfied with a decision BHMCS has made about paying for my care?

A These decisions are called utilization management decisions. If you disagree with a utilization management decision, you have the right to appeal that decision. If you are in treatment at the time authorization for payment was discontinued, you have the right to an expedited appeal within 24 hours.

Q How long do I have to appeal when I disagree with the utilization management decision?

A There are time limits on how long you can wait to appeal a utilization management decision. Generally, you must appeal within 30 days of receipt of the BHMCS decision not to pay for a service. To make an appeal, call Customer Relations at (225) 381-6800.

Q How do I complain or make a suggestion to improve services to BHMCS?

A BHMCS welcomes complaints and suggestions. Feedback from our members and their families helps us to improve our services. If you have complaints or suggestions, call BHMCS Customer Relations at (225) 381-6800.



GULF SOUTH HEALTH PLANS

An Affiliate of the General Health System

5615 Corporate Boulevard (70808)

P.O. Box 80339 (70898) • Baton Rouge, Louisiana