

wellness

Did you know?

OBESITY rates are growing rapidly in the United States. More than one-third (35.7%) of our population is affected. As of 2008, the medical costs associated with obesity were estimated at \$147 billion! Health conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, a risk factor for chronic illnesses and is one of the leading causes of preventable death.

What is the second highest preventable death?

HYPERTENSION aka "The Silent killer" as it is rarely accompanied by symptoms. However, those who have hypertension or high blood pressure develop symptoms such as aches on the back of head, chest pain, shortness of breath, dizziness, nausea and vomiting. High blood pressure forces your heart to work harder than normal and is a significant risk factor for stroke, heart attack/failure, kidney problems, arterial diseases and can shorten your lifespan by 10 years or more.

Another health epidemic on the rise is **DIABETES**, a condition developed from a continuous elevation of blood glucose. Over 25.8 million Americans suffer from diabetes and 79 million of adults 20 or older have prediabetes. Diabetes is a condition not only a burden on its own, but also create bridges for serious complications, including: heart disease, stroke, blindness, chronic kidney disease, and amputations. Did we mention it is in the list of preventable deaths?

These and other conditions benefit by the education your health care provider can give. Take a step in improving your wellness. Talk to one of our providers today.

Learn more at www.cdc.gov

Location information

ASTON
5027 Pennell Rd
Aston, PA 19014

8 am – 5 pm
T 610.497.4040
F 610.497.1523

BECKS WOODS
121 Becks Woods Dr
Suite 100
Bear, DE 19701

7 am – 6 pm
T 302.836.8200
F 302.836.4302

WILMINGTON
1021 Gilpin Avenue
Suite 203
Wilmington, DE 19806

8 am – 5 pm
T 302.656.5334
F 866.294.1853

VISIT US AT

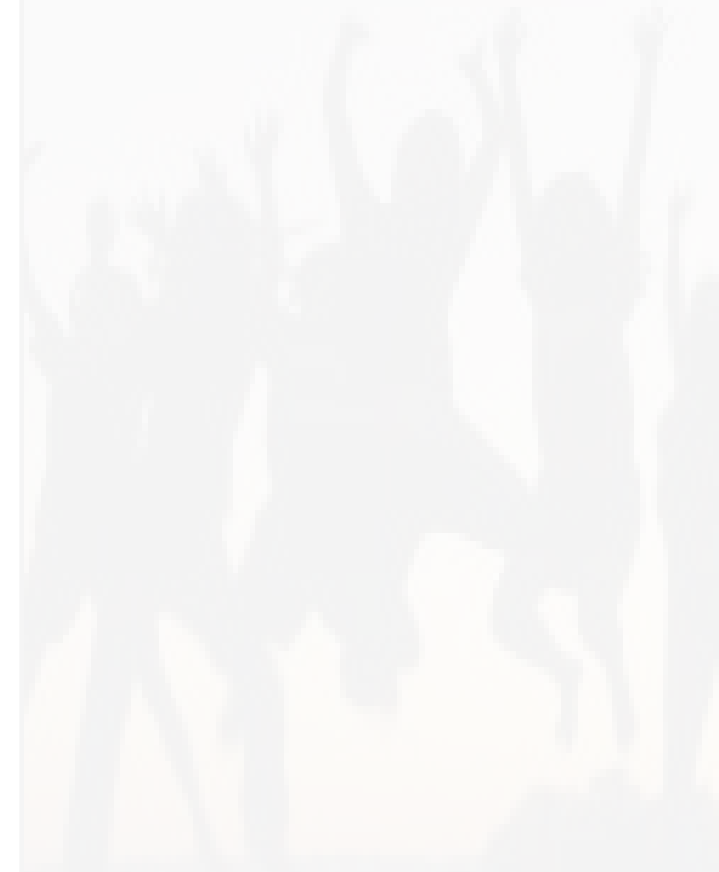
www.umclinic.net



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Managing your
Health.



United Medical Clinic

Our practice locations were designed as a patient centered community. We are committed to your healthy lifestyle.

The top priority for our group is to remain true to our mission and provide excellent and compassionate care for our patient population and attain overall improved health.

Our focus is on:

- Clinical excellence
- Compassionate staff
- Continuum of care
- Continuous Improvement
- Exemplary Customer Service



Serving in three different locations:
Aston Medical - Aston, PA
Becks Woods - Bear, DE
Downtown, Wilmington

(see back for contacts & hours)

meet our team

ASTON

William Cohen, DO, MD

- In practice since 1975.

Leemu V. Kerkula, MD

- Internal Medicine Specialist

Melizza Dimat,

Practice Administrator

BECKS WOODS

Esther L. Thompson, MPH, PA-C

- Now accepting new patients!

Gregory Adams, M.D., F.A. A.F.P

- In practice since 1988

Kyra C. Downing, PA-C

- Certified Physician Assistant

Rhoneise Y. Barnett-Smith, MD, FAAFP

- Family Medicine

Madison Houff,

Practice Administrator

WILMINGTON

Carlo Valencia, MD

Maria Ana Valencia, MD

- Now accepting new patients!

Hazel Dimat,

Practice Administrator



Presenting our newest United Medical Clinic - Downtown office!

Dr. Maria Valencia and Dr. Carlo Valencia are located in our recently renovated office in Downtown, Wilmington at 1021 Gilpin Avenue, Suite 203.

Dr. Maria and Carlo Valencia are board certified in Internal Medicine and completed their residency and training at the University of Connecticut. Specializing in Internal Medicine, they are open to new patients age teen to geriatrics.

Now accepting new patients!

Managing your health.