

PRIMARY CARE AND YOU

bright ideas for
Healthy Living

The physician-patient relationship is integral to the successful delivery of primary health care. Here, Dr. Smitha Iyer, a primary care physician at Baystate Medical Practices – Northern Edge Adult Medicine, offers some tips to help make your conversations with your primary care provider more productive.

Many people, especially those in good health, often believe they don't need a primary care provider. However, the relationship you build with your primary care provider now ensures you will have a medical professional who is familiar with your history later, when problems do creep up. In addition, this provider can help you make sure you take steps now to keep yourself healthy later, from screenings to vaccinations, or to help prevent an existing condition from becoming worse.



Dr. Smitha Iyer

Before an appointment with your doctor, write down a few notes about the following:

- When did the problem start? If you have pain, where is it? Is it a dull ache or a stabbing pain? What other symptoms do you have?
- Did you have this problem before? If so, what did you do for it?
- Have you experienced any changes in your life relating to stress, medications, trouble sleeping, eating, weight loss/gain, etc?
- All the medications and dosages you currently take, including prescriptions, over-the-counter medications, and vitamin/mineral/herbal supplements.

During the appointment:

- State your main problem first.
- Use your notes from above to describe your symptoms.
- Provide your doctor with your list of medications and supplements, as well as dosages and how long you have been taking them.
- Take notes on the information the doctor gives you, such as the name and details about your condition, what might happen next, or if there's a home treatment.

If your doctor prescribes medications, tests, and/or treatments, ask:

- What it is and why it's needed.
- What side effects/risks are possible.
- If there are alternative treatments.
- What will happen without treatment.

At the end of the visit, ask:

- Do I need a follow-up appointment?
- Will you call me with test results?
- What danger signs should I look for?
- What else do I need to know?

ARE YOU LOOKING FOR A PRIMARY CARE PROVIDER?

Baystate Medical Practices are conveniently located throughout western Massachusetts. A partial listing of BMP providers who are currently welcoming new patients is provided below; for more options, call Baystate Health Link at 1-800-377-4325 or visit baystatehealth.org/bmp.

BELCHERTOWN & WARE

Dr. Anuja Garg
BMP Quabbin Adult Medicine
95 Sargent St, Belchertown
413-323-7212
83 South St, Ware, 413-967-2324

EAST LONGMEADOW

Dr. Cary Dash
BMP East Longmeadow Adult Medicine
294 North Main St, 413-525-4555

NORTHAMPTON

Dr. Joyce Duncan
Dr. Adam Garretson
Dr. Stephanie Silverman
BMP Pioneer Valley Family Medicine
118 Conz St, 413-387-4100
Drs. Garretson and Silverman are also welcoming new pediatric patients.

SOUTH HADLEY

Dr. Nathan Abare
BMP South Hadley Adult Medicine
470 Granby Rd, 413-533-3926

SPRINGFIELD

Dr. Smitha Iyer
BMP Northern Edge Adult Medicine
3455 Main St, 413-794-8777

WILBRAHAM

Dr. Michelle Duffelmeyer
Dr. Jennifer Dorantes
Dr. Sarah Lynaugh
BMP Wilbraham Adult Medicine
2377 Boston Rd, 413-596-5550