

# Starling Spotlight

## A New Year Means it is Time for Your 2022 Annual Wellness Visit

Your **Annual Wellness Visit (AWV)** is a great time to review your health conditions and set your wellness plan for the year.

Your **Annual Wellness Visit** gives us the opportunity to review:

- Height, weight, and blood pressure
- All prescription medications or supplements you are taking
- Immunizations for the flu, pneumonia, and shingles

**During this visit, we also discuss:**

- Your physical activity or exercise program
- Your hearing, memory, and any urinary or incontinence concerns
- Any feelings of stress, anxiety, or depression

**And we'll talk about scheduling any other necessary tests like:**

- Cancer screenings
- Routine lab work

**If you have not scheduled an upcoming visit with your PCP, please call your PCP's office and we will be happy to schedule you.**

Don't have a primary care provider? No problem! We have many providers accepting new patients and will set you up with a provider near you.

Call (860) 721-5743 or visit [www.starlingphysicians.com/findpcp](http://www.starlingphysicians.com/findpcp).

## Recognized for Excellence

**93%** of surveyed primary care patients **AGREE** that they receive **comprehensive, high-quality care** from their Starling Primary Care Provider.

Experience the Starling difference and find a primary care provider today.

Call (860) 721-5743 or visit

[www.starlingphysicians.com/findpcp](http://www.starlingphysicians.com/findpcp)



## Health News

### COVID CORNER

#### Place Your Order for Free At-Home COVID-19 Tests

Residential households in the U.S. can now order one set of 4 free at-home tests from USPS.com. Here's what you need to know about your order:

- Limit of one order per residential address
- One order includes 4 individual rapid antigen COVID-19 tests
- Orders will ship free

Visit: <https://special.usps.com/testkits>



### Suffering with Sleepless Nights?

So many of us are finding it difficult to sleep these days. Learn about some of the most common sleep disturbances and when to see a sleep doctor for help.

**Sleep medicine specialist, Dr. Francoise Roux, is conducting a free online event as part of the Jewish Community Center's**

**Health Education Series**

**Thursday, March 3, 5pm**

[Click here to register](#)

Or RSVP to Sharon O'Brien at:

(860) 231-6333 / [sobrien@mandelljcc.org](mailto:sobrien@mandelljcc.org)

## Navigating Your Pregnancy

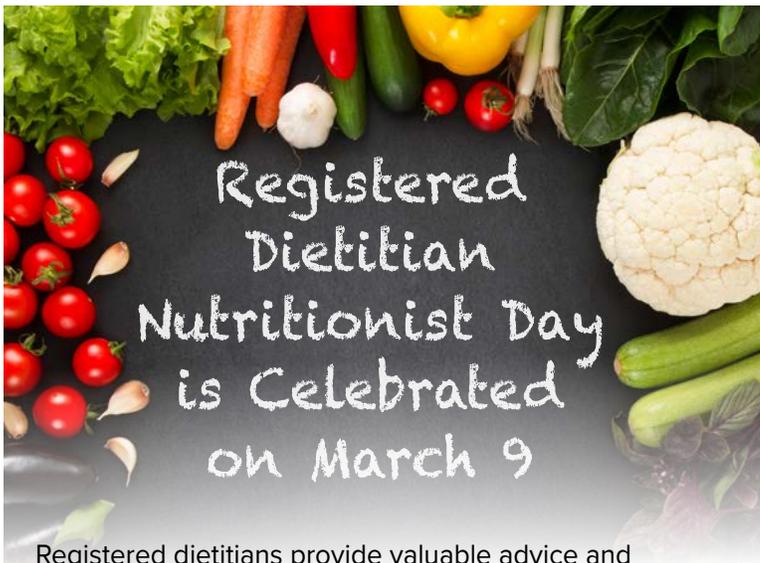
If you are pregnant, we have a new web page with a wide range of useful resources to guide you throughout your pregnancy journey.

Topics include:

- Managing side effects of pregnancy
- Helpful guidelines on eating and medications
- Prenatal testing
- What to expect in labor and delivery
- Options for managing pain
- Postpartum resources
- When to contact your doctor

We want you to have an easy, healthy pregnancy and hope these online resources will answer many of your questions. If you are ever in doubt, contact your provider's office so we can be of assistance.

[Click here to visit our pregnancy page](#)



Registered dietitians provide valuable advice and counseling about diet, food, and nutrition to help you develop a realistic eating plan that benefits your health.

**Starling is pleased to have an outstanding dietitian, Elisa Marley, RD CD who works with patients to help with:**

- Managing diabetes, obesity, high blood pressure, and thyroid dysfunction
- Digestive complaints (IBS, celiac, diarrhea, constipation)
- Partnering with cancer patients to ensure adequate nutrition and help with the management of side effects
- Healthy eating throughout pregnancy
- Guidance and recommendations for patients who are fed through feeding tubes or IVs
- Advice on improving performance in sports through nutrition
- Practical lifestyle advice and meal planning

If you believe you can benefit from working with a dietitian, talk to your provider about a referral.

Or contact Elisa directly at **(860) 246-6647, x 2072**

[Click here](#) to learn more about the role of a dietitian.

[Visit here](#) for monthly recipes.



# Providers of the Month

We have recently welcomed a number of outstanding physicians to our practice.

**Don't take our word for it – see what patients have to say...**



**Dr. Flora Parvin**

**Primary Care, Southington / (860) 329-0401**

- I was astounded at the level of care. Dr. Parvin's attention to detail and thoroughness was a throwback to the days before managed care. Not only am I happy with her care, I feel lucky to have found such a provider.
- She pays attention to every individual problem and provides the solution. She will make you very comfortable during the whole time of your check-up.
- Dr. Parvin is an excellent physician. She is knowledgeable and caring.
- She listened to my concerns and is taking a cautious approach to my health needs. She is working with me to get all the necessary visits and tests completed to ensure my health.
- Dr. Parvin is very attentive, doesn't rush you. She asks many questions and listens to you. She is thorough and seems very knowledgeable. She truly is polite, respectful, and treats people with kindness.
- Dr. Parvin was very good at explaining what I needed to do to get better.
- I give Dr. Parvin 5 stars.



**Dr. Xiomara Okonkwo, DPM**

**Podiatry, Enfield and Glastonbury / (860) 721-5733**

- Dr. Okonkwo was the best! I learned so much in the short time we had together. I am looking forward to our next visit. Thank you all!
- Wonderfully caring compassionate doctor who takes time to listen to her patients. Explains things clearly and calms fears. I'm so glad I found her.
- I was very satisfied with Dr. Okonkwo. Very professional and knowledgeable. I would recommend her to my friends and family if there is a need for a podiatrist.
- I'm very happy to have a new podiatrist. Dr. Okonkwo is wonderful. Very knowledgeable, approachable, considerate, and gentle. She answered all my questions and listened to me. Her assistant is very friendly and efficient. I was able to get an appointment in a very timely manner.
- Doctor Okonkwo is great. She really listens and provides easy-to-understand explanations. Her staff is personable and efficient.
- Excellent, the doctor was right on time. Also very helpful with her advice on my problem.
- She was great. Very caring and observant. Glad I made the switch to her practice.

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**Dr. Muhammad Iqbal**  
**Family Medicine, Enfield / (860) 253-5330**

- Dr. Iqbal was amazing. He took plenty of time to listen to me and to understand and finally diagnose me with what I had. I will continue to see Dr. Iqbal as my doctor for he is understanding, kind, and empathetic.
- Appointment on time. Friendly staff. Dr. Iqbal listened to all my concerns and made great recommendations.
- Dr. Iqbal was very nice. He gave me time to explain how I was feeling and was professional, thorough, and made me feel confident in his assessment, as well as what to do to improve my health.
- I transferred all my care over to Starling Physicians and I am being treated by 4 different specialties there. I absolutely love every single physician I have. Starling is finally bringing compassionate patient care back to medicine like it used to be, and not overcharging patients or hitting us with surprise billing like every other medical practice seems to be doing these days. I really hope they expand to more cities and towns across CT. I highly recommend Dr. Iqbal. He is the BEST internal medicine doctor I've ever had.
- Warm, personable man. My previous doctor changed practices and being that I had gotten on so well with him, I was worried about changing to a new physician. I was immediately at ease with Dr. Iqbal and had a great experience.
- This was my first time seeing this doctor. Zero wait time! Very personable, great bedside manner, and knew my medical background. Great job!



**Dr. Umara Saleem**  
**Family Medicine, Enfield (860) 253-5330**

- Exceptionally warm, down-to-earth, friendly, and highly knowledgeable. I love that she made me feel cared for and invested in my health as a whole person not only focusing on the numbers. I highly recommend her to anyone especially if you have a hard time communicating or are anxious. She's intuitive and gives you the space to voice your concerns. She listened to me and treated me with respect. I feel grateful that I finally found the right doctor after almost 20 years of searching!
- Dr. Umara Saleem is wonderful! She is very welcoming and caring. Dr. Saleem truly listens to what you have to say, as well as your concerns. My visit with her was very relaxed and comforting. I'm so happy to have found her.
- When I went to Starling Physicians yesterday, I had a lot of anxiety about my condition. I felt like I was not making any progress. Dr. Saleem listened to my concerns and prescribed the necessary medications. I left Starling with peace of mind. As I say in all of my comments, LISTENING is so very important.
- I was feeling very poorly when I went to my appointment. Dr. Saleem was very attentive to my concerns and ordered some initial tests. She called the next day with the results of the tests and to ask if I felt any improvement. I was pleased with my care under Dr. Saleem.
- Dr. Umara Saleem is by far the kindest, considerate, and most intelligent doctor I've had so far.
- Dr. Umara Saleem is amazing. She is very caring and takes the time to get to know you and your medical history. I highly recommend her and Starling Physicians.
- Amazing!!! I had such a great experience with Dr. Saleem and the nurse Heather!! They were very caring and knowledgeable and addressed all my concerns. They explained everything in depth and tended to me with great care. I felt supported and safe. Great environment for women!! The front desk receptionist was also very helpful, kind, and informative! Looking forward to being a patient at Starling Physicians for a long time.
- Dr. Saleem provided the best first visit. She was kind, warm, compassionate, a good listener, and patient-centered – the way all providers should be. I look forward to coming back and continuing care with her.

## Evaluating Medicare Options



Starling Physicians is committed to you, your health, and helping you get the most out of your Medicare coverage. That's why we're encouraging patients who may have missed their initial Medicare enrollment date to evaluate their coverage options.

[Click here for valuable resources including:](#)

- When you can enroll if you didn't sign up for Medicare when you were first eligible
- How Medicare Advantage may offer more health benefits for your money
- The benefits of Starling Senior Care Advantage

If you would like to speak with an agent familiar with Medicare Advantage plans in your area, please call (860) 996-8066 or [click here](#) to request assistance in navigating your Medicare options.

In addition, [click here](#) for Medicare Shop and Compare Resources including a recorded online educational program available for our patients.

## February is Heart Health Month

Here are a few things to keep in mind:

### Prevent and Manage High Blood Pressure

High blood pressure increases your risk for heart disease and stroke. The good news is that there are steps you can take every day to keep your blood pressure in a healthy range. You can help prevent high blood pressure—also called hypertension—by making healthy choices and managing other health conditions you may have.

[Click here for some steps you can take, at any age, to keep your blood pressure in a healthy range.](#)

### Live a Heart Healthy Life

Practicing healthy living habits, like being physically active, can help prevent high blood pressure. By living a healthy lifestyle, you can help keep your blood pressure in a healthy range.

[Click here for some healthy living habits>](#)

### Monitor Your Blood Pressure

High blood pressure is often called the silent killer. You might not have symptoms, but it's a leading risk factor for heart disease and stroke. Monitoring your own blood pressure at home can help you keep your blood pressure under control.

[Click here for advice on measuring blood pressure>](#)

### Our Cardiology team is here to help!

We have a highly experienced team of cardiologists who see patients in six convenient locations.

[Click here to learn more>](#)



# Introducing Our New Clinical Research Department

Starling is proud to now offer our patients access to select clinical trials that have the power to advance medical diagnosis and treatment. Benefits to patients who participate include:

- Receiving treatment for conditions that may not currently have therapeutic solutions.
- Access to medication that may not become available to other patients for years, or may be too costly at this point in time.
- Participation in screening studies that may change the face of cancer diagnosis in the future.
- Testing of blood, often free of charge.
- Compensation for participation.
- Playing a meaningful role in furthering medical knowledge and potentially life-saving measures.

## Current Studies

- Evaluating blood samples to assess better methods for detecting and/or treating renal disease
- Determining whether a new blood test can screen for colorectal cancer rather than a screening colonoscopy.
- Analysis of a blood sample to screen for the presence of colon, breast, or lung cancer.

## Upcoming Study

- A screening for lung cancer through a blood test, instead of CT low dose imaging.

[Click here to learn about our current and upcoming trials and find out how to participate>](#)



## Diabetes Education Classes now in-person and online!

Our diabetes educators are committed to helping patients and their families manage diabetic care in order to live a healthy lifestyle.

We offer in-person, as well as online, group classes. Classes are offered monthly and are free.

### Topics include:

- Prevention of Type 2 Diabetes
- Diabetes Basics Care & Management
- Carbohydrate Counting & Meal Planning
- Diabetes Medications & Prevention of Long-Term Complications
- Pump & Sensor Therapy

[Click here for a calendar of classes >](#)

Registration is required one week prior.

## Leading the Way for Female Physicians



We are pleased to announce that **Dr. Maryanna Polukhin** was named as a founding member of **agilon health's Female Physician Leadership Council**. This council will play a pivotal role in developing female physician leaders across the agilon network, ensuring they have a voice and are supported in their professional growth and development.

[Click here to learn more>](#)



## Starling's Balance Center

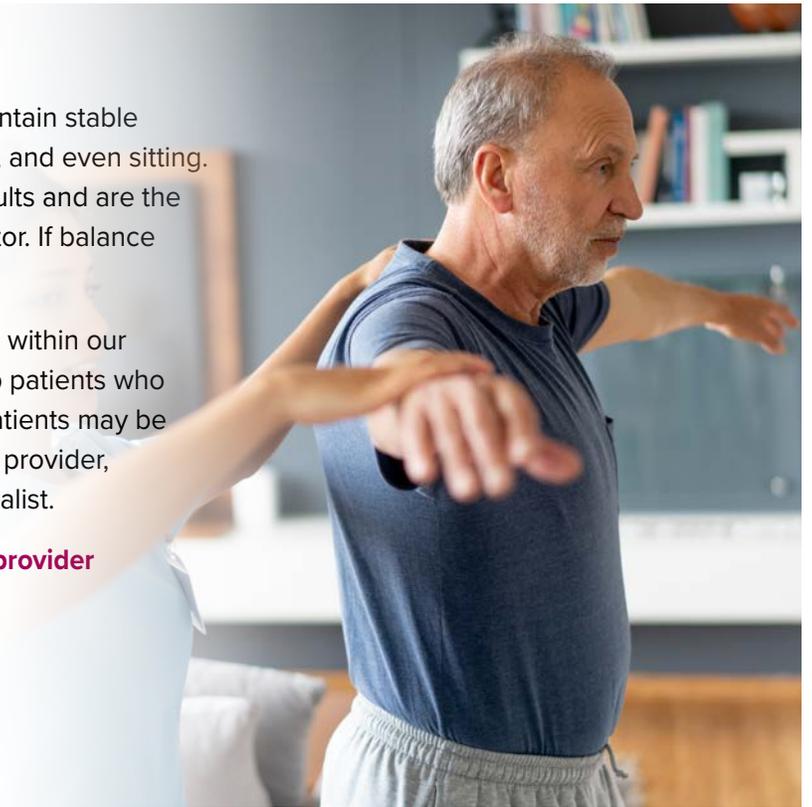
Balance problems make it hard for people to maintain stable posture and stay upright when standing, walking, and even sitting. Balance problems are more common in older adults and are the most common reason they seek help from a doctor. If balance problems go untreated, they can lead to falls.

The Starling Balance Center is a specialized area within our Physical Therapy Department. Our goal is to help patients who struggle with dizziness and balance disorders. Patients may be referred to our Balance Center by a primary care provider, an Ear, Nose, and Throat doctor, or another specialist.

**If you struggle with balance issues, talk to your provider to see if our Balance Center can help.**

**Starling Balance Center**  
**292 West Main Street, New Britain**  
**(860) 348-4850**

[www.starlingphysicians.com/balancecenter](http://www.starlingphysicians.com/balancecenter)



## We Make It Easy to Find an Available Primary Care Provider!

We now offer one central number to book an appointment with a primary care provider (PCP) in a town near you. Don't wait until you are sick to look for a PCP. Seeing a primary care provider on a regular basis is essential.

**A PCP plays a valuable role in keeping you healthy and treating illness:**

- Annual and well visits
- Sick visits
- Management of chronic health conditions
- Routine screenings
- Identification of risk factors
- Guidance on maintaining a healthy lifestyle

### 3 easy options to finding a PCP:



Call  
**(860) 721-5743**



Visit  
[www.starlingphysicians.com/findpcp](http://www.starlingphysicians.com/findpcp)



Complete  
**'Request an Appointment'**  
on our FindPCP page



[www.starlingphysicians.com](http://www.starlingphysicians.com)

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