

## HAPPY NEW YEAR FROM GMA!

*What's New at Guilford Medical Associates?*

### Newsletter

We have created a newsletter to keep our patients informed about important medical issues, news regarding our office and policies, and upcoming events at GMA. These newsletters will be available for you in our office waiting room. In addition, you can always view the latest version and links to archive versions on our website: [www.guilfordmedical.com](http://www.guilfordmedical.com).

### Welcome To Our Newest Family Member!

Congratulations to Dr. John Russo and his wife, Dr. Jennifer Summer, on the birth of Jacob Ryan Russo. Jake was born December 26, 2007 and weighed 7 lbs. 1 oz. He and his parents are doing great and older sister Jaclyn, 2 1/2, is a wonderful helper!

### Laboratory Updates

You may have noticed recent additions in our lab. We have added SAM, a chemistry analyzer that gives us the capability of analyzing the majority of your blood work in-house, resulting in quicker turn-around time on lab reports. To make room for SAM, we moved doors, cabinets, and drawing stations.

We have also extended our lab hours to better accommodate our patients. Effective February 1, Annual Physical Exam labs will be done from 7:45 until 8:45 AM. We will take walk-in labs from 9 until 12 AM and 2 until 4:30 PM.

**CHECK OUT OUR UPDATED WEBSITE AT  
[WWW.GUILFORDMEDICAL.COM](http://WWW.GUILFORDMEDICAL.COM)**

## MEDICAL UPDATES

*Medical News You Can Use*

### An Update on Vytorin and Zetia

By now, many of you have heard the news about the ENHANCE Study which compared Vytorin to generic Zocor. Like many of you who are taking Vytorin (Zetia + Zocor), we were very interested to find out more information about this study. Here's what we learned:

- The study enrolled 720 patients with Heterozygous Familial Hypercholesterolemia - an inherited condition in which patients have an extremely high cholesterol with a baseline LDL (bad cholesterol) of more than 318! *Most of you do not have this condition.*
- The patients received either Zocor 80 mg daily or Vytorin 10/80 mg daily for 2 years.
- The Vytorin group had a lower LDL (133) than the Zocor group (187) at the conclusion of the trial. *None of these patients achieved the LDL goals that we set for patients in our practice.*
- When comparing the groups, there was no statistical difference in the amount of carotid artery blockage at the end of the study. There were also no statistical differences in the number of heart attacks, strokes, or death.

While the addition of Zetia does not appear to reduce carotid artery blockage any more than Zocor alone, it does help to lower LDL. Further studies are needed to determine whether the additional LDL reduction provided by Zetia will translate into a lower risk of heart attacks and stroke.

We recommend that you talk with your doctor at your next scheduled appointment about the best cholesterol options for you. Until then, rest assured that we feel that both Zocor and Vytorin are safe and effective medications for our patients. For more information visit [www.webmd.com/cholesterol-management/default.htm](http://www.webmd.com/cholesterol-management/default.htm)