

Toms River Partnership Health Center

News for February 2020



Reality check on vitamins

From the Desk of the Toms River PHC Medical Director, Dr. Charles Bauberger:

Despite a weak scientific foundation, the vitamin supplement industry took off in the 1970s and continues to attract more than \$30 billion in sales annually. Federal and State agencies charged with protecting public health, as well as key professional associations such as the American Medical Association and American Dietetic Association have all worked to bring legal and regulatory accountability to the vitamin supplement industry but without success.

Alarmed at medical consequences attributable to reliance and over-use of vitamin supplements—particularly to address cancer and heart disease—several, lengthy scientific studies were commissioned for public health purposes (e.g., 2006 publication by the Agency for Healthcare Research and Quality and 2009 study from the Fred Hutchinson Cancer Research Center). The results are clear: vitamin supplements studied were of no value and in some cases, counterproductive to healthcare.

Not all supplements are bad and good science has proven that. Calcium supplements are associated with an overall decrease in mortality as well as preventing bone density loss. Vitamin D also improves bone density. Folic acid aids in preventing birth defects in the fetuses of pregnant women. The public health challenge is that there are approximately 51,000 unregulated supplements available on the market today.

Some cause damage directly, both in terms of health as well as financial consequences because of the extraordinary expense associated with supplements. Others can have adverse, indirect impact in the sense that they provide a false sense of health security and induce people to ignore good, nutritional practices.

Good nutrition is the key to getting necessary vitamins. If you are taking a lot of supplements, other than the few noted above for the right reasons, talk with your medical doctor. A good physician can detect real medical issues which may be caused or obscured by overuse of vitamin supplements. At the very least, it is likely the good nutritional counseling which will be provided will save you a lot of money.



Facility Update

Good news for Toms River Schools Health Plan members! Your Partnership Health Center (PHC) will enjoy substantial renovations and upgrades this Spring including a new roof, handicapped access from the parking area, and upgraded facilities for additional health services.

To make these improvements, **PHC at 54 Washington Street in Toms River will be closed starting February 24 through June.** However, we are very pleased to announce that the newest Partnership Health Center in Brick Township (PHCBR) is opening February 24 and will serve Toms River Schools patients.

Key Information:

February 23rd - **PHC** in Toms River closes after hours.

February 24th - **PHCBR** in Brick opens at 7:00AM at 250 Chambers Bridge Road (wing of Warren Wolf School, near Brick High School and GSP Exit 91). Current **PHC** staff will serve at **PHCBR** in Brick until June.

June 2020 - **PHC** reopens in Toms River after renovations.

All current services, hours, and telephone numbers remain the same.

No appointments need to be changed; services will be given at **PHCBR**.

Prescriptions will be transferred from **PHC** to **PHCBR**.

As you may be aware, the **Partnership Health Centers** reciprocity program allows members from Toms River, Long Branch, and Brick school districts to use each other's health centers. The **PHCBR** in Brick is the newest facility available for these reciprocity purposes. Once renovations to the Toms River facility are complete, members may choose the most convenient of three **Partnership Health Centers**. This will be especially convenient for those employees of Toms River Schools who may live closer to **PHCBR** than downtown Toms River.

Few people like any disruption related to healthcare. However, in addition to easy access to alternative sites such as Brick, we are working to keep the construction period easy for our Toms River members. We will move **PHC's** existing clinical and pharmacy staff to the new Brick facility during renovations; when work is done, we will return them to Toms River. There will be no need to change providers!

We look forward to seeing our Toms River family in Brick this Spring! If you have any questions, please contact **Partnership Health Center** staff at 732-505-0213.

General Reminders

Main number: (732) 505-0213

Address:

54 Washington Street
Toms River, NJ 08753

We are open 7 days per week.

Hours of operation:

7am – 7pm, M-F
8am – 1pm, S/S

Pharmacy:

1pm – 7pm, M-F
8am – 1pm, S/S

Physical Therapy:

M: 1pm – 7pm
T: 7am – 11am
W: 11am – 7pm
Th: 3pm – 7pm
F: 7am – 1pm

Chiropractor:

1pm – 7pm, T/Th

Mental Health Services:

10am – 6pm, M/T/Th/F

There is dedicated patient parking available in the back of our building located off Sheriff Street.