

SeretisCare Family Practice

Medical Weight Loss Center & Massage Therapy

George Seretis, D.O. & Stephanie Gozdziński, PA-C
The Health Center at Beckett 499 Beckett Road, Suite 201, Logan Township, NJ 08085
(856) 467-6400 (856) 467-1033

Voted “Best Physician’s Office” in Gloucester County

George Seretis, D.O.



Family Medicine Physician, Board Certified by the American College of Osteopathic Family Physicians

“Putting the Family Back into Practice”

Background:

Dr. Seretis is a board-certified Family Physician. Upon completion of his undergraduate studies at New York University, he earned his medical degree from the Philadelphia College of Osteopathic Medicine. He then went on to serve as a family medicine resident at Doctors Hospital in Columbus, Ohio. During his residency he served as chief resident from 1996 to 1997. Dr. Seretis joined Christiana Care in 1997, where he provided comprehensive care for families of Salem and Gloucester Counties.

As a board-certified Family Physician, Dr. Seretis is a member of the American College of Osteopathic Physicians, the American Osteopathic Association, the American Academy of Family Physicians, the Medical Society of New Jersey and the Gloucester County Medical Society.

Dr. Seretis served as a community outpatient preceptor at the Christiana Care Family Medicine Residency for the past 6 years, where he was awarded “Outstanding Preceptor” in 2004. His present teaching affiliations include: associate outpatient clinical professor, Thomas Jefferson University and the Philadelphia College of Osteopathic Medicine.

Dr. Seretis, being of Greek decent, is also semi-fluent in Greek. He lives and is active in his hometown community of Woolwich Township. His wife Pam completed her undergraduate studies at the University of California at Davis and she completed her Masters degree in Physical Therapy at Hahnemann University in Philadelphia. They have three young children: Jonathan, Zachary and Lexi, of whom you may see running around in the office from time to time.

Special Interests:

Dr. Seretis' services include, but are not limited to, newborn, pediatric, adolescent, adult, geriatric, and women's health. He has particular interests in pediatrics, preventative, and sports medicine, and he is well trained in several specialized on-site, office procedures, including minor surgical and cosmetic procedures.

In addition to the traditional forms of diagnosis and treatment, Dr. Seretis has a strong background in Osteopathic manipulation. This is a technique which incorporates a hands-on approach to diagnosing and correcting structural problems associated with the musculoskeletal system.

Providing Care:

Dr. Seretis brings to your community, over 12 years of Family Practice experience. He provides comprehensive, full-spectrum; hospital and outpatient coordinated health care for families of all ages. His credentials include: staff privileges at the *Memorial Hospital of Salem County*, where he admits and cares for his patients. He also cares for his geriatric population at three local nursing facilities where he has privileges at *Southgate, Salem County*, and *Friends* nursing homes. Dr. Seretis has courtesy privileges at *AI duPont Hospital for Children*, in Delaware.

Philosophy of Medicine: "I believe in treating people, not just problems."

"A good physician is an honest, non-judgmental, and willing listener, who encourages a healthy lifestyle. Good health is based on a long-term, doctor-patient commitment. I make an effort to get to know my patients as individuals, to better understand their concerns, and to make sure they know that I take their problems seriously. Ben Franklin once said: 'You catch more flies with honey than with vinegar.' If you're not convinced, look around and see how you respond to those who make time for you. I treat people like people, and not like objects. It's as simple as looking into someone's eyes while speaking and being humble and chivalrous."

Stephanie Bader, PA-C



Board Certified Physician Assistant

Background:

Dr. Seretis and his staff are pleased to introduce the addition of Stephanie Bader, PA-C. Stephanie completed her undergraduate and postgraduate studies at Marquette University, in Wisconsin, where she earned her Masters Degree in Physician Assistant Studies. Prior to joining our staff in June, Stephanie was assisting a general surgeon for the first couple of years of her career. She has particular interests in women's and gynecologic health, pediatrics and surgical medicine. Stephanie is currently accepting new patients and will be providing the same, comprehensive care for families of Salem and Gloucester Counties. Please join us in welcoming Stephanie to our office and community.



About Us

SeretisCare Family Practice

Many residents of Salem and Gloucester Counties have been treated by Dr. Seretis. So have a number of your neighbors & children with illnesses, working men and women with health issues, and senior citizens needing acute and long-term care.

Whether your infant has colic, your child has an earache, or you're in need of cancer screening, Dr. Seretis delivers the compassionate diagnostic, treatment, and preventive medical care that patients most often need. As an experienced Family Physician in the community, he can treat a broad range of medical problems you and your family encounter throughout your life, helping you stay well, treating you when you're sick, and referring you to a specialist when needed.

Our office is fully equipped to meet just about any medical need you and your family may have. We are a full-service family practice office, with on-site cardiovascular testing including ultrasound, echocardiography, holter monitoring, electrocardiography (ECG) and laboratory services provided by Jennifer from Manhattan Labs for 'our patients' only.

***** Lab Hours are as follows: *****

Monday - Thursday: 7:00AM – 4:00PM

Fridays: 7:00AM – 1:00PM

The Health Center itself is a full service facility, with On-site X-ray, Mammography, Physical Therapy, and other specialized physicians. There is also Premiere Urgent Care for after hours, weekends & holidays when our office is closed or unavailable as an alternative to the local emergency rooms. Patients receive up-to-date personalized care so they can better deal with their health issues, injuries, and recovery. Dr. Seretis and Stephanie offer specialized, broad outpatient care in the office, which has earned their reputation in the community as a well rounded and caring Family Practice office and was voted by our patients and the community as Gloucester County's "Best Physician's Office".

Board Certified Experienced Comprehensive Family Practice Care including:

- Medical Care for Newborns, Children, Adults, and Geriatrics
- Women's Health & General Gynecological Exams
- Sports Medicine & Treatment for Athletic Injuries
- Osteopathic Manipulative Therapy & Massage Therapy
- Medical Weight Loss
- On-site Cardiac & Vascular Ultrasounds, Holters, Lab & Minor Surgical Procedures
- Convenient On-site Radiology & Urgent Care facilities

Location & Appointments:

SeretisCare Family Practice is conveniently located in the heart of Logan Township, just off Interstate 295, at Exit 10, diagonally across the street from Applebee's Restaurant, at the Health Center of Beckett:

**499 Beckett Road, Suite 201
Logan Township, NJ 08085
(856) 467-6400**

Dr. Seretis and Stephanie offer their services on weekdays and evenings with 24-hour provider, on-call, phone coverage after office hours, weekends, and holidays. If our patients need to be seen after-hours, we will refer you to either Premiere Urgent Care or the Er accordingly. No prescription refills, pain medications or antibiotics will be prescribed over the phone, after-hours.

At SeretisCare, we strive to see all sick and most appointments within the next business day of your call.

Office Hours of Operation:

Monday: 8am – 6pm
Tuesday: 8am – 4pm
Wednesday: 8am – 5pm
Thursday: 8am – 6pm
Friday: 8am – 1pm

Our lunch is between the hours of 1pm – 2pm Monday – Thursday, but we will continue to answer your phone calls & messages during lunch & throughout our business hours of operation, helping us serve you better!

Our office is **CLOSED** on weekends, holidays & the 1st Monday in June for “SeretisCare” Day



Our Staff

SeretisCare Family Practice

Have a health question or need a referral to a specialist? Perhaps you'd like more information about a medical condition your doctor has discussed with you. You can speak directly to a registered or a licensed practical nurse, who can help you with up-to-date, reliable medical information that's confidential.

Dr. Seretis offers the services of a friendly, knowledgeable, Physician Assistant, Certified Licensed and Registered Nurses, Medical Assistants and other allied health personnel who understand your unique healthcare needs, and are available to answer your questions or address any concerns.

In addition to health information, our staff can also provide referrals to specialists & other health organizations, education, and community services. What's more, our dedicated team of professionals provides a caring, compassionate and supportive environment to make you as comfortable as possible and ensure you receive quality care.

We would like to take this opportunity to welcome you to our practice, and we are looking forward to seeing you!

Dr. Seretis, Stephanie & the SeretisCare Staff!

SeretisCare Family Practice

Medical Weight Loss Center & Massage Therapy

Dr. George Seretis & Stephanie Bader, PA-C

The Health Center at Beckett 499 Beckett Road, Suite 201-B Logan Township, NJ 08085
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Services Provided

Medical Weight Loss

Our goal is to provide:

- Dietary & nutritional counseling provided by our Physician Assistant, Stephanie
- Medical supervision by our physician, physician assistant and medical staff
- Behavior modification for healthy lifestyle changes

SeretisCare Family Practice is proud to announce our Medical Weight Loss Center that could result in permanent weight loss for patients. We challenge conventional weight loss therapy and view obesity as a medical condition requiring medical attention. We will design an individualized weight management program that helps you reclaim control of your body, lose weight, revitalize your energy and refocus some attention on taking care of yourself.

We offer an easy to follow diet plan that caters to everyone's busy schedules, meets your current dietary needs and satisfies your appetite and cravings. You'll receive professional guidance, compassion and caring support throughout your treatment. Our trained staff will:

- Teach you weight loss strategies specific to your demanding life
- Provide timesaving, easy-to-follow meal plans
- Show you ways to exercise and encourage daily routines while managing your busy day
- Provide stress management and relaxation techniques
- And provide you with an FDA approved prescription medication, most likely phentermine (Adipex-P) an appetite suppressant that helps curb your cravings for food.

Losing weight requires major lifestyle, dietary and physical activity changes and when appropriate, intervention with drug therapy. But in the end it is worth making the effort to improve your image, your self-confidence and most importantly your health.

A good diet teaches you how to eat the foods you will be eating after the diet for the rest of your life!

Women's Health

At SeretisCare Family Practice you'll find professionals who understand your unique healthcare needs. We offer comprehensive care for women of all ages. From adolescent services to post-menopausal care, we can take care of you to make you feel confident, comfortable, and secure. What's more, the Health Center offers on-site mammography and ultrasound for your convenience.

Sports Medicine

SeretisCare Family Practice offers office evaluations and treatment of minor orthopedic and sports-related injuries. Dr. Seretis provides a focused approach to the diagnosis and treatment of musculoskeletal injuries and disorders.

He advises patients and families regarding injury prevention. Types of patients seen in the office, range from the weekend athlete to the non-athlete.

Clinical services offered include:

- Comprehensive pre-participation physical examinations of student athletes
- Comprehensive evaluation and treatment of all physical injuries
- Osteopathic manipulative techniques focusing on back and neck injuries
- Joint and muscle injections
- Splinting and on-site X-ray
- Preventive sports medicine
- Posture evaluations

Mental Health

The treatment of mental health is taken seriously at SeretisCare Family Practice. In a confidential, compassionate, and supportive environment, we strive to make you as comfortable as possible and ensure you receive quality care while helping you cope successfully with your issues. We provide up-to-date clinical knowledge that will help you achieve optimal well being.

The office is able to meet the emotional and psychological needs of children and adults with mental health concerns or issues stemming from ADHD to dementia.

All services are strictly confidential.

Clinical services offered include:

- Concise mental health screening
- Complete mental health assessment
- Medication management for psychiatric disorders

Colon Cancer Screening

Colon cancer is the second leading cause of cancer death in the United States, but is one of the easiest cancers to diagnose and cure if detected early with a colonoscopy. It is also preventable when pre-cancerous polyps are found and removed on a timely basis by an experienced specialist.

At SeretisCare Family Practice, screening for colon cancer is part of the routine care for all adults starting at the age of 50 and earlier for those with a family history of colon cancer or symptoms of bowel habit changes. Patients with a family history should be screened at age 40 or 10 years earlier than the age at which their relative developed colon cancer.



Diabetes Management

SeretisCare Family Practice

Dr. Seretis believes that patient education is an essential element of the quality care we provide to the diabetic population of our community. We strongly emphasize the concepts of self-management and patient responsibility. We promote these concepts through a team approach designed to provide patients, their families, and friends the needed information in

the area of medical, psychosocial, and behavioral skills in order to maintain optimal health.

Clinical services available include:

- Physician management for inpatients and outpatients
- Intensive diabetes management for Type 1, Type 2 and Gestational
- Medication and Insulin therapy
- Foot Care
- Management of other endocrine disorders (adrenal, pituitary, parathyroid, & thyroid)
- Cholesterol management
- Supportive, knowledgeable, and compassionate staff

Prompt referrals for:

- Diabetic teaching
- Eye exams
- Dental care
- Cardiac risk assessment
- High-risk pregnancy
- Wound care management

Visco Injections

SeretiCare Family Practice



If you suffer from knee pain, have problems walking or climbing stairs comfortably, and don't get enough pain relief from your current medication(s), you may suffer from **osteoarthritis (OA)** of the knee.

What is OA of the knee?

Osteoarthritis (OA) is a disease that affects the joints. It is the most common form of arthritis and affects nearly everyone by the age of 70. Normally, smooth cartilage or cushion cover and protects the ends of your bones and makes a fluid that provides joint lubrication and

extra cushioning. If you have osteoarthritis, the smooth cartilage wears away and the joint loses its natural lubricating and cushioning fluid which causes a grinding action of bone and cartilage.

There are many factors that may contribute to OA of the knee including:

- Overuse of the knee joint
- Job or sports related injuries
- Being overweight
- Family history of OA

OA can lead to one or more of the following symptoms:

- Joint pain with movement
- Joint stiffness especially in the morning and with standing
- Limited joint motion
- Redness and swelling around the joint

OA cannot be cured, but there are many options for treating and controlling the pain that it causes. These options include:

- Physical therapy, exercise, and weight reduction
- Over-the-counter medications such as acetaminophen (Tylenol), Aspirin, and non-steroidal anti-inflammatory drugs (NSAIDs) like Ibuprofen, Advil, Motrin, and Aleve
- Prescription anti-inflammatory medications such as Celebrex, Ibuprofen, and other NSAIDs
- Steroid joint injections such as Depomedrol, Dexamethasone, or Cortisone
- Hyaluronan joint injections such as Orthovisc, Hyalgan, Synvisc, or Suprax
- Knee surgery such as arthroscopy or total knee replacement

Hyaluronan (hi-al-yur-on-an) is not a drug. It is a natural chemical found in joints. Visco injections such as, Orthovisc & Hyalgan, are synthetic & natural hyaluronan that are used in patients with OA of the knee who do not get adequate pain relief from medications, physical therapy, exercise, or weight reduction. They are sterile, highly purified mixtures that are injected directly into the knee joint and act like a lubricant or an "oil" and shock absorber, helping to relieve the pain from OA of the knee. A typical treatment cycle consists of three (3) to five (5) injections given one week apart, over a three (3) to five (5) week period. Pain relief can begin within days to a few weeks and last for many months or years.

Massage Therapy

“Every Body Deserves a Massage”



Relax, unwind, and revitalize while enhancing your senses with one of our personalized massages. Our certified massage therapists now offer the following affordable massages at SeretisCare Family Practice:

*Full Body Swedish & Deep Tissue Massage
Upper Body Relaxing Massage
“While U-Wait” Seated-Chair Massage
Hot Stone Massage
Prenatal Massage*

Appointments can be made by our friendly front staff.
Ask our receptionists for a brochure & pricing

Call for an appointment: 467-6400

*Gift Cards also available
Gratuity not Included*

Prompt Care

Prompt Care: is an alternative for families & individuals in need of immediate, quality, urgent medical attention. At SeretisCare, we are equipped to handle & treat most common injuries & illnesses that are *not* life threatening. This means that we will do everything we can to provide care to those patients who are in need of immediate medical attention within the next business day of your call, with most being seen that day. We now offer extended office hours till 6pm on Monday, Wednesday & Thursday.

SeretisCare Prompt Care offers:

- **Shorter wait time than ERs (Emergency Rooms)** – Usually less than one hour.
- **Convenient Care** – Offering extended evening hours till 6pm Mondays, Wednesdays, and Thursdays; till 4pm on Tuesdays and 1pm on Fridays.
- **In-Office Echocardiograms, Carotid, Abdominal Aortic, Venous & Arterial Ultrasounds** – Services provided by Dr. Seretis in association with ACC Cardiology.
- **In-Office Holter Monitor, Pulmonary Function Testing and ECG Testing.**
- **In-Office Laboratory** – Services provided by Quest Diagnostics, Jennifer Monday – Thursday 7am – 4pm & Fridays 7am – 1pm.
- **On-Site X-rays and Mammograms** – Services provided by Beckett Radiology and Salem Hospital.
- **Treatment of Common Injuries & Illnesses**
- **Helpful, Quality, Compassionate & Prompt Care** - You'll be treated with kindness and respect.
- **Easy access** – Off 295 at Exit 10 across from Applebee's Restaurant.
- **Most Insurances and Credit Cards Accepted**
- **Reasonable fees** - Our fees are hundreds of dollars less than any emergency room for similar procedures. Outpatient Co-pay, not ER Co-pay. And you'll receive one easy-to-understand bill.

Medical Illnesses:

- Sore Throat / Fever / Sinus & Upper Respiratory Infections
- Flu / Vomiting / Diarrhea / Dehydration
- Bladder Infections / Tick Bites
- Ear Infections / Pink Eye / Headaches / Migraines
- Pneumonia / Asthma / Bronchitis
- Sun Burn / Hives / Rashes

Minor Trauma:

- Lacerations / Cuts
- Sprains / Broken Bones
- Eye Injuries
- Blunt Trauma / Nose Bleeds
- Stitches / Splints
- Falls / Burns
- Animal Bites

Convenience:

According to the Centers for Disease Control (CDC), visits to ERs currently average 3.2 hours. Many of the problems patients go to the ER for can usually be treated in less than an hour in our office.

We will be happy to provide medical care and bill your insurance. *However*, if you have an HMO that requires you to name a PCP other than Dr. Seretis, unfortunately due to the way insurance companies conduct business, we can not bill for services rendered, to the HMO. For those patients with an HMO, full payment will be due at the time of service. The cost of a typical office visit will be \$100.00 excluding any tests, procedures or X-rays. Costs for X-rays will be separate than your office visit expense and billed by Beckett Radiology. Our billing office will give you an electronic receipt for you to submit to your insurance so that any reimbursement that you may receive would be directly from your insurance company. Otherwise, your normal outpatient Co-pay would be collected at the time of service.

Payment Options

We accept: Cash and Credit Cards (Visa, MasterCard & Discover) only.



*Please note that for our patients your Co-pay for the visit will be collected at the time of service. For patients that are not primary patients of SeretisCare Family Practice, you will be required to pay in-full, for services rendered and you will be given a receipt to submit to your insurance company. Thank you for your understanding.

Our focus is to:

- Improve the quality of care, offer convenient after hours care and in the future, hopefully offer weekend medical care options for our community.
- Ease the burden of after hours and weekend care for community primary care providers, family physicians and local emergency rooms.
- Decrease the volume of non-emergent patients being seen and treated in our local emergency rooms.
- Enhance the continuity of care between patients and their primary care provider.

Important telephone numbers to remember:

- Appointments & General Information (856) 467 – 6400
- Prescription Refills & Nursing Questions (856) 467 – 6400
- Billing Inquiries & Office Manager (856) 467 – 6400
- *After Hours Answering Service (856) 853 – 6611
- Fax # (856) 467 – 1033

*Please note that if you have an emergency, call **911** immediately and get to a hospital. Prescription refills and antibiotics will likely not be called in after hours, and referrals cannot be done at that time. If you have an ailment or a question, please call during normal business hours to either speak with a nurse or to make an appointment with Dr. Seretis. Please call the answering service only if you have a medical urgency that needs immediate physician attention.

Prescriptions refills will be filled within 48 hours:

- Call the office (856) 467-6400 and leave a detailed message with the receptionist or on the voice mail to include:
 - Your full name & date of birth
 - Your contact telephone number(s)
 - The pharmacy you wish us to call or fax your prescription(s) & whether the prescription(s) is for a 1 or 3 month supply
 - The number & exact name of the medication(s) you are requesting with their correct dosage(s) & how many times per day you take the medication(s)

Referrals:

If your insurance requires a referral, please allow 48 – 72 hours for it to be completed. Most referrals are electronic and do not have to be picked up at the office, unless otherwise stated.

Prior Authorizations & Denials:

Most insurances now require just about every test and most medications to be prior authorized by our office. Please understand that most authorizations take on average about 35 minutes to obtain over the phone. Of those, almost 90% will be denied initially but we have a dedicated team that will aggressively appeal most denials on your behalf. Please be patient as the process may take anywhere from 35 minutes up to 4 weeks depending on your insurance's response, but feel free to call our office for an up-date any time.

Payments:

Co-pays and all balances are due at the time of service. We accept all major credit cards, checks, and cash.

We would like to take this opportunity to welcome you to our practice, and we are looking forward to seeing you!

Dr. Seretis, Stephanie, Patty, Christine, Alanna, Tammy, Lacy, Lisa, Vanessa & Jen

“Putting the Family back into Practice”

I leave you with some Inspiring Quotes:

"To me, there are three things we should all do every day. Number 1 is laugh. You should laugh every day. Number 2 is think. You should spend some time in thought. Number 3 is you should have your emotions moved to tears, could be happiness or joy. But think about it. If you laugh, you think and you cry, that's a full day, that's a heck of a day"
--*Jim Valvano*

"A wise man ought to realize that health is his most valuable possession."
"For rubbing can bind a joint that is too loose, and loosen a joint that is too rigid."
--*Hippocrates*

"It is human nature to think wisely and act foolishly."
--*Anatole France*

"All of the animals except man know that the principal business of life is to enjoy it."
--*Anonymous*

"A day without laughter is a day wasted."
--*Charlie Chaplin*

"Anyone who lives within his means suffers from a lack of imagination."
--*Lionel Stander*

"Life is too important to be taken seriously."
--*Oscar Wilde*

"How do you go from where you are to where you want to be? I think you have to have an enthusiasm for life. You have to have a dream, a goal, and you have to be willing to work for it."
--*Jim Valvano*

"Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul."
--*Samuel Ullman*

"Cancer can take away all of my physical abilities. It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul.

Don't give up! Don't ever give up!

I just got one last thing, I urge all of you, all of you, to enjoy your life, the precious moments you have. To spend each day with some laughter and some thought, to get you're emotions going."
--*Jim Valvano*

**Thank you for all your support!
Dr. Seretis & Staff**