



Check out our NEW Web Site!
Lots of new things to discover.
And more to come in the future!

ISSUE

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4path's MONTHLY
NEWSLETTER
WITH NEWS
YOU CAN USE

4path, Ltd.
Pathology Services
PathNews

Newsletter Sign up

I hope that you enjoy receiving this newsletter and look forward to getting it in the mail each month. It's fun to be able to put together this collection of ideas and share them with the readers, and our clients every month.

However, I do understand that there are some people who may not want to receive it...or don't find it of value. If you are one of them, and would like to stop receiving it, just drop us a quick e-mail at 4info@4path.com with your name and zip code. We will promptly remove you from the list. It will save you from receiving it, and save us the investment in printing and mailing it to you.

On the other hand...there may be others physicians, groups, facilities etc. that you would like to share this newsletter with. It's easy to do it. On our new web site, there is a page for all newsletters. There anyone can sign up for receiving the newsletter electronically. If you want someone to receive a printed copy of this newsletter in the mail, it's also simple. Send the name and address of the person to 4info@4path.com and request to be put on the newsletter mailing list. There is no cost to the recipient.

New features in the works for www.4path.com

There are several new features that are in the works for the web site that will be sure to please many readers of this newsletter. Let me give you a hint....do you like to learn? If you answered yes...you will really enjoy what we have in store for you! Be sure to visit the web site on a regular basis.



This issue

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- What the heck is an "app"? P.3

4path, Dedicated to Your Success

4path Redesigned Web Site

Come visit us at the new 4path web site. Yes, it's been a couple of years since the original web site was designed and deployed. Over the years there has been a significant amount of material put up on the site, some of which is still relevant, and some...well not so much.

Redoing the web site has been an opportunity to review each page, prune out what is outdated, update and copy over pages which are still important, and moreover, add new and refreshing information. It's a lot like transplanting a garden. Taking the best of the existing elements and improving them, while adding new and exciting features that add even more value. It also includes redesigning the overall form to allow for even further expansion of future sections and added elements.

Highlights of the new site include an all new and completely redesigned format that is cleaner and simpler to navigate. There is more on individual pages, yet due to the design, it's easier to find information than before. The 4path web site is now MOBILE FRIENDLY, providing you the same level of experience, regardless if you are on your desktop, laptop, tablet or smart phone. This is a very important feature with the new changes that Google has instituted which favors "mobile" friendly sites.

With the new site, we are also looking to

do more with video and audio elements. Instructional information is faster, easier and better understood when using video and audio than just printed versions. This includes features such as instructions on how to use the 4path on-line reporting functions. The reporting log on is simple and easy, and gives you access to all of your patient reports. You can print or download PDF reports for importing into your EMR. And remember...video is a great way for your staff to learn how to use these valuable functions. They can do it 24/7, AND can refer back to it at any time. Consider it your on-line tutor!

We also have included video instructions to help you learn new things to use in your practice. More support function topics are planned for the future. There is also a page where you can access all current and back issues of this newsletter.

As the web site grows, there will be more features provided, some of which may be protected for members only. Be sure to check back frequently and not miss a thing.

Is there anything that you want to see on the site? Be sure to e-mail us at 4info@4path.com and let us know. After all, this site is really for...YOU.



Quick Look Inside!

- **The NEW and IMPROVED 4path.com web site is now up and running!**
Even after just a couple of years, web sites start to look and feel old. Visit 4path.com and see the look and feel of the new mobile friendly web site
- **Tips for Trips**
Do you travel a lot? Learn a few planning tips from this traveler, who is not an infrequent weekend traveler...for both business and pleasure.
- **What the heck IS an "App"?**
App this. App that. Everyone has apps. There is an app for everything. But do you even know what an "app" is? Learn more here about what an app really is.
- **Accounting 101...the Cash Flow Statement**
Ever wonder where your money is going? Where and when your income is coming in? Well those are things you can learn from your cash flow statement....read more!
- **Learn how to access your patient reports on line**
Want a patient report at midnight? How about on your cell phone? Learn how to get 24/7 access to ALL of your patients' reports on line. Right from the 4path.com web site.

Please feel free to share this newsletter with your peers...or send them to our website www.4path.com and sign up for their own copy! We welcome individuals from all specialties and locations!

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We are here for YOUR practice

This newsletter is provided to clients of 4path Laboratory Services and other practices in the Great Lakes region. It's our intent to provide you with actionable information to help benefit your practice, lifestyle and your patients.

-Stephen G. Ruby, MD, MBA



Simple things to help you

Do you travel a lot?

As the Chairman of the Practice Management Committee of the CAP, I travel a number of weekends each year. Sometimes it's hard to keep the different trips organized and know what has been done for the trip and what still needs to be done. I have developed this simple, yet very effective system to keep each of my trips well organized.

Use a manila file "envelope" and create a folder for each trip, putting the date and location on the tab. Keep all trip related documents in the folder. Then store all trip folders in one location, organized by date.

On the outside of each folder, when the meeting is scheduled, create a list for all the items that I need to do and put a check box next to each. For example: Send in hotel reservation form. Get airfare. Rent a car. Make a reservation for auto parking at the airport. Schedule the dog sitter. Print a map of the area where the hotel is at. Send in reimbursement forms. Receive reimbursement.

By making the checklist, you are sure to get everything on the list done and not have to constantly "double check" to be sure it's completed. When you finish an item, print it off, put it in the folder and check it off of the list.

If the trip goes more than a weekend or is more complicated (i.e. hotel changes), then I draw a simple calendar on the folder and put all of the information into the dates.

Last, when I leave for my trip, I take that folder with me and I am sure to have all of the paperwork that I need. It's also a great place to keep your reimbursement receipts during the trip.

I think that you will find this simple, yet effective system a great way of keeping your trips well organized and running smoothly.



Acetaminophen

Are your patients...or even YOU at risk for accidental or inadvertent toxicity and overdose?

Acetaminophen It's not as safe as you might think

As a physician, you know that it's a major issue that you deal with every day. Many of your patients are coming to you to look for relief of chronic or even temporary pain. And often you have patients take acetaminophen.

Why? Because it works on pain and fever, and it's generally thought to be safe. In fact, it's thought to be a safer alternative to aspirin.

But is it? A recent article in the British Medical Journal did a systemic literature review and examined the mortality risk comparing those who took acetaminophen and those who didn't.

What did they find? There was a mortality ratio of 1.9 (95% confidence interval) in overall risk, and it appears that the risk of mortality increases with increased doses. The types of problems that were identified included cardiovascular events and reduction in GFR. One issue in the US that must be considered is the increased use of combina-

tion medicines which have acetaminophen as one of the active compounds. Patients may be taking multiple different over-the-counter medications and may not realize that they are essentially taking a high dose of acetaminophen, because of the combined doses from the different compound medications. This can lead to accidental overdosage and toxicity. In fact, acetaminophen toxicity has replaced viral hepatitis as the most common cause of acute hepatic failure and the second most common cause of liver failure requiring liver transplantation. In Europe, it is the cause for 20% of transplants for acute liver failure.

It should always be considered an ESSENTIAL practice to go over ALL of the medications that a patient is taking, including over the counter medicines and supplements, before prescribing any medication, either new or ongoing. And it's also good practice to keep acetaminophen toxicity in your differential diagnosis for patients with unexplained GI symptoms during times when they may have accidentally ingested high levels from the

use of multiple combination medications...such as the cold and flu season.

Interesting Resources

The amount of information that is being published on the internet is astounding. But there are some places where there is a great collection of interesting information for physicians. Medscape is one of those places.

By going to Medscape.com you can search for a variety of different items, from practice issues, practice patterns, business of medicine, advocacy and other items.

In addition, Medscape publishes a number of reports that are available for review. It's easy to scroll through them and pick what you might find interesting. If you use the search box at www.Medscape.com and enter "reports", you will have nearly 70,000 different items to choose from. These items include such items as physician compensation, business of medicine, to Angelina Jolie's impact on breast and ovarian prophylactic removals. It's all interesting...and from a great source.



Practice review using cash flow statements

Accounting 101

Last month, we talked about the balance sheet; what it represents and some important basic items that you can get from it. This month, let's briefly touch on the cash flow statement.

As opposed to the balance sheet, which is a "snapshot" at a given point in time, the cash flow statement is more like a movie. It encompasses all of the financial transactions that have occurred over a period of time. You can look at a day, week, month, year or longer period of time. You choose. But typically looking at "quarters" (three month segments) or annually is common. By

using these longer intervals of time, you can better identify trends and differences from other time periods. Financial events, including bills or other liabilities paid out, and income from all sources that have been entered into the accounting program (i.e. "posted") during that time period will be included.

Although some businesses use an "accrual" method of accounting, most medical practices function on a "cash" basis. When you print out a cash flow statement, you will see all of your expenses, payments, deposits and other financial items that occurred during that time period.

Having cash flow statements from various time periods, you can compare various categories of liabilities (costs) and credits (income). Comparing between time periods can help you see changes...either up or down, and help identify components of your business that are increasing or decreasing in costs, or income.

Identifying these trends can help you better focus on those components of your business where you can take action and generate a greater impact. Remember...knowledge is power. And the cash flow statement helps you be more knowledgeable about your practice finances.

This Month's Q&A Technology Tips

Q: What the heck is an "app"?

A: You hear about "app's all the time. Apps for everything you can think of.

Well, it's really just an abbreviation for an "application". And yes, there are gazillions of them.

But an app is really just a small program. No different than Word or Excel, they provide a function. But unlike the big "programs" that we use, "app's are small and very focused, usually only doing a handful of functions.

Apps are most commonly made for your smart phone or tablet, but there are also apps that you can download to your computer. Most apps are



specifically designed for a single type of hardware. iPhone and Android apps won't work on each other's hardware, but app makers often have different versions for the different machines, so an app is often available for both phone types.

Apps are available through various sites (like the Apple Store), or in some cases are only available from the app author on their site. Some are free, but other are not.

Regardless, remember that these are programs that run on your system, and if they contain a virus...they can harm your phone, tablet or computer. So be sure that you only download these programs from a reputable source, such as a genuine app store or a trusted third party supplier.

Value, Service, Commitment....



Beyond the Diagnosis

We want to hear from YOU.

4path, Pathology Services

4path Pathology Services is an independent, physician owned pathology laboratory dedicated to helping our clients be more successful.

We provide pathology services for GI, GU, GYN, podiatry, dermatology, ENT, surgery and endoscopy centers and all types of physician and out-patient offices in the Great Lakes Region.

KEEP YOUR BUSINESS LOCAL! Contact us today for more information on how we can help YOUR practice. **1-877-884-7284**

On-Line Reporting

4path has always had on-line reporting, but now it's easier than ever to get your patient's reports from the Internet. Using the access page at 4path.com ("Report Portal"), you can easily and securely log on to retrieve patient reports and print them or download a PDF that can be easily imported into your EMR.

In addition, there are two short videos which will give you a comprehensive overview of the capabilities that are available to you through this Internet based portal.

In the 13 minute videos you will learn all of the basics, including logging on; getting access to your most recent completed reports; simple and comprehensive searches; viewing options; printing and downloading the reports. It's fast, easy and gives you access to high quality printable reports...much better than a fax. Be sure to check it out and request YOUR access today!