



Time to Reconnect...April 2020!

Hello to all our patients from Dr. Enzer, Ashley, and the entire staff at Enzer & Associates, P.C.!! As many of you know, we made the decision to close our doors to all patients except emergencies after the close of business March 20, 2020. We hope all of you have been healthy and safe, staying home as much as possible, and practicing good **physical** (we don't like the word "social") **distancing** during this viral pandemic.



Over the past month our lives have all been completely changed by the need to physically distance in order to decrease the spread of the virus. It is the only means we have to stop it, so it is so very important to do so, along with wearing a mask, and carefully cleaning your hands. Now, with all the extra time on our hands, we wanted to let you know what we have been doing the past three weeks.

Transition to a virtual office...

Soon after closing our doors, we diligently worked to develop protocols such that we could offer consultations to both new and existing patients over the internet. With both audio and video capabilities, consultations for new and existing patients are now available using common applications such as Zoom, FaceTime, and Skype.



We have already reached out to patients with upcoming appointments to schedule them via telemedicine, and conducted many successful "visits". The patients all seemed very grateful to have the ability to meet with Dr. Enzer.

If you would like to schedule an appointment, please contact us by phone or through our website. Although we are not always physically present in our office, we have staff checking for messages and emails throughout the day, and we will respond to your messages.

Business Planning...

Although we are a medical office, we must have a viable business plan in order to be there for you, our patients. Like all small businesses that had to close their doors because of the Coronavirus pandemic, we now have expenses and no revenue. This meant furloughing almost all our entire staff, and severely curtailing the work hours for the remaining few. Dr. Enzer worked tirelessly during the first few weeks to make sure the staff, whom he regards as family, would be able to survive this crisis by taking advantage of every federal, state, and local assistance opportunity available to them.

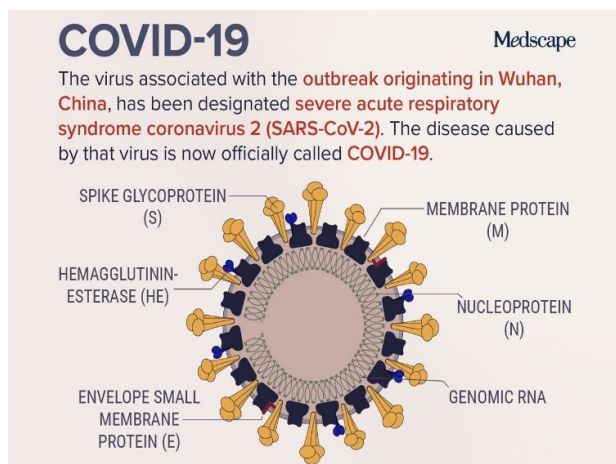
Fortunately, the federal government has stepped up to the plate to help. There is huge one-time bonus payment that should be arriving for most Americans shortly, as well as an extra generous Federal weekly bonus in addition to the standard state unemployment benefit. The Federal government also created the Paycheck Protection Program to help

small businesses bring employees back to work. Hopefully these funds will materialize soon for all small businesses in our country.

Virtual Learning...

Traditional medical conferences have been shut down for the past month. But with extra time on his hands, Dr. Enzer has taken advantage of many virtual learning opportunities. He “attended” webinars about the newest Thread Lifting techniques, Fillers, new neuromodulators coming to us in the next year, and completed re-certification exams for his specialty. Next week he will attend two additional webinars, and signed up for a three-day webinar in June.

Quick Coronavirus facts:



1. **Coronavirus**- the name of the viral group.
2. **SARS-CoV2**- the type of coronavirus (other types include SARS, MERS).
3. **SARS**- severe acute respiratory syndrome.
4. **COVID19** : the name of the disease caused by SARS-CoV2.
5. Up to **20% of individuals can test positive for SARS-CoV2 even though they do not have symptoms.** These are the most worrisome group of people because they can unknowingly transmit the virus to others.

Volunteering!

Giving back to the community has always been a part of our life at Enzer & Associates. From the start of his career, Dr. Enzer has continuously volunteered to care for indigent patients in the Rhode Island Hospital Clinics. He also has always volunteered his time to teach young doctors in training at the local academic institutions. With the advent of Coronavirus shutdowns these activities are no longer operational. Given the state of inpatient hospital and emergency rooms being overwhelmed with patients, Dr. Enzer signed up with both the Rhode Island Hospital/Lifespan and the Rhode Island Disaster Medical Assistance Team. If there comes a time where the hospitals are overwhelmed, he will be there to help.

In this time of crisis, now it is more important than ever to help our community. Not only will you help others, but by doing so you are helping yourself feel better. So whether this means helping an elderly neighbor or family member, or giving to a charity such as United Way, <https://www.uwri.org/>, coming together as human beings is what will get us all through this difficult time. We are all in this together, and we will for quite some time.

Staying Healthy...

Most of us have had a complete upheaval of our daily routine, and many of you are now confined to their homes. We know how difficult these changes have been, along with the fear of the virus, and the uncertainty of the future. We are living through them with you! So, what can you do? *Yes, buy toilet paper!* Or anything else that is a project you can complete. Studies show even making your bed each morning makes people happier because they start the day accomplishing a goal.

Other recommendations:

- Exercise. Even though you can't go to the gym, there are many exercises you can



do at home, including taking walks. Check out this website for some ideas: <https://greatist.com/move/best-free-workout-videos-youtube#on-the-go>

- Eat a balanced diet of healthy foods, and try to avoid processed foods and carbohydrates. Now is not the time to put on the pounds sitting on the couch and snacking.
- Avoid excessive alcohol or other drug use.
- Work on mindfulness. Find a source of calm in your life, a place you can count on going to relax mentally when you are stressed.
- Socially interact. This is so important now that we can not physically interact with other people. Now that you have the time, reach out to old friends and to family that you have been meaning to connect with, but were just too busy in the past.

Going Forward...

We miss all of you *and* the work we do each day! COVID19 infections have dealt a horrible blow to the world. And yet, we can and will defeat this virus...in steps. The first steps have already been taken with **quarantining and physical distancing**. Safe hygiene with meticulous hand washing, knowing this virus can linger for a long time on surfaces is important. When you are in the presence of others wear a mask to protect yourself and anyone near you.

The second step is **mandatory testing, tracing, and quarantining**. We have yet to figure out a plan, but without logical scientific testing and a surveillance-quarantine plan, there is no hope to safely open our economy. This must be a universal plan, adopted by the entire United States, if not the entire world. Because so many carriers are asymptomatic, we must find them with rapid viral testing and quarantine them so they do not infect the public until they are healthy. Given that no vaccine is available, testing, tracing, and quarantining is the only weapon we have to truly stop viral spread right now.

The third and final step is **medical treatment** with new medications that effectively and safely kill the virus, and then ultimately a successful vaccine. At the moment there are hundreds of studies going on to develop these drugs and vaccines, and to make sure they are effective and safe. But unfortunately, this step will take the longest, perhaps years.

We miss all of you and can't wait to open our doors again. And rest assured, when that time comes, we will have developed and instituted a strict protocol so that you will be safe when you visit our office for your care.

Sincerely,

Yoash R. Enzer, MD
Ashley Wright, FNP
and the Staff at Enzer & Associates, PC

Call us at 401-274-4464 or
visit our website:
www.doctorenzer.com



**For updates, visit our social media channels.*

