



# An Open Letter to Rochester's Deaf Community

By Dr. Timothy Malia

As many of you may know, I have left the Folsom Health Center and Lifetime Health. By the time this is published, I will be opening my new solo family medicine office in Fairport. Various rumors have come back to me. Some rumors were correct, others were not. So let me say – I am NOT leaving the Rochester area.

My decision to leave Folsom Family Medicine was a personal one. I have a desire to change how I provide medical care and how I balance my work with other interests in the community, health care research and family life.

We opened our office at Folsom eight years ago. The dream of serving deaf people and their families came to life during an exciting time. Since 1998 we have served hundreds of patients from Rochester's Deaf population. And doctors in our office have served on national panels, lectured locally and around the world, helped in research related to health care services for deaf patients and tried to educate other physicians on how to serve deaf patients better.

But most importantly, we have served as primary care doctors for our patients every day.

I am proud of being part of the efforts at Folsom. And I am profoundly thankful of the support of so many people in the community and the leadership of Lifetime Health who helped make our dream become real when many other people said it could not happen.

Currently, Folsom Family Medicine has Dr. Michael McKee and Dr. Steven Barnett. With their leadership and skills I am confident patients at Folsom will continue to receive good care.

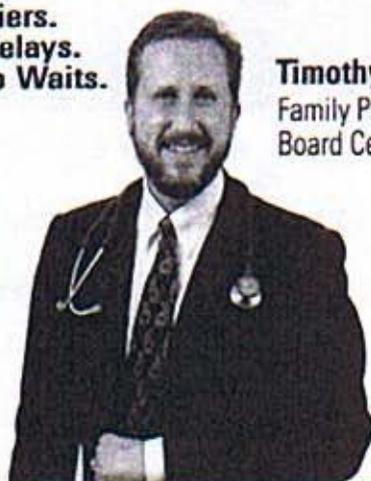
I leave Folsom now with the hope to maintain my interests and to develop new ones both personally and professionally. Besides being a family physician, I am fortunate to have opportunities to serve the Deaf community through the **National Center for Deaf Health Research (NCDHR)** and I am proud of my research of health care services in Bolivia, South America.

One goal I have is to improve the service I provide by changing the "normal" design of a medical office. In my new office (Malia Family Medicine) I will serve fewer patients than at Folsom. But I will have "No Barriers, No Delays, No Wait". That means my office will have "no barriers" between doctor and patient, and that I will try

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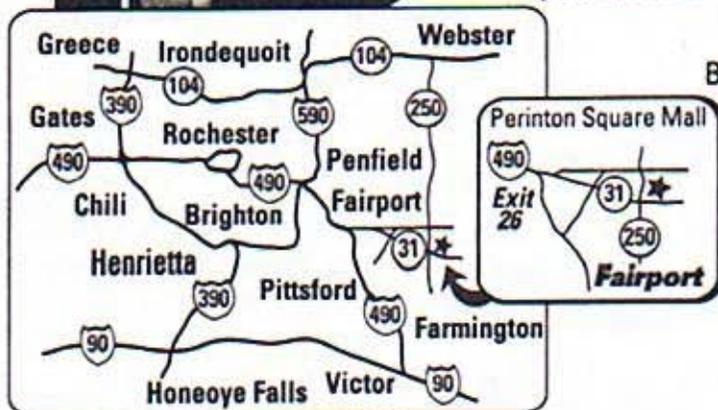
**No Barriers.  
No Delays.  
No Waits.**



**Timothy Malia, MD**  
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## Child Safety

### Make Spring a "Safety Season"

Spring and summer may have good weather, but they can be very dangerous. For children, more than 40% of all injuries happen between May and August. Let's help the kids be safe. Make this spring a "safety season"!

We can improve the safety of our homes and communities. Child safety means knowing the risks for children of all ages, and then lessening the dangers.

There are many safety issues to think about. Below I've highlighted some major issues to I've listed websites you can visit and learn more about child safety. Check them out and tell your friends. Our children need our help to be safe!

#### General Safety for Kids of All Ages

Think of all we do. Lessen the risk of injury. Enjoy it even more with our families and friends. It is worth the effort to be safe. Check these sites to learn about general safety:

- <http://familydoctor.org/>

children.xml is from the AAFP (American Academy of Family Physicians). The page "Watch Out: Staying Safe" has short articles reviewing safety at home, outside the home and related to first aid. Check out Familydoctor.org for health questions for anyone in the family, no matter the age.

- <http://www.aap.org/family/tippmain.htm> The Injury Prevention Program from AAP (American Academy of Pediatricians) has wonderful, straight forward pages directed for each age group.
- <http://www.usa.safekids.org/> then go to "media center" and "injury facts" (also see its "safety tips" section for pointers on various safety measures)
- <http://kidshealth.org/teen/safety/> seems like a good site covering the issues related to safety for teens.

#### Car Safety

Car accidents are the most common cause of death in youth 0 to 21 years old. In 2003, about 1,600 children died as passengers in car accidents. About 220,000 were injured. Half the children who died were not belted or not in car seats. 40% of

these deaths related to drunk drivers.

Use car seats and seat belts to lessen the risk of car accident death. Adults must be good examples – belt up so our kids will learn; and do not drink and drive.

- For information about car dangers and child safety, check [www.nhtsa.dot.gov/](http://www.nhtsa.dot.gov/) then check tabs for "traffic safety" and "child passenger safety"
- <http://www.aap.org/family/carseatguide.htm> has a complete guide about child car seats.

#### Swimming & Water Safety

Drowning is the second most common cause of death in children and adolescents. And it's the most common for children age one to four years old.

- Do not leave children alone near any pool or body of water.
- For small kids, even a small amount of water (bucket, toilet, bath tub) can be dangerous.
- Keep all pools fenced and not open to kids without adults.
- <http://www.mayoclinic.com/health/child-safety/CC00045> has good information about water safety

#### Falls

Falls can cause minor injuries but also more severe, crippling injuries. Loose rugs, wires, open windows and un-gated stairs can be very dangerous for small children. Make your house safer for small children by checking the ideas at: <http://www.mayoclinic.com/health/child-safety/FL00003>

#### Fire and burns

Burns can cause a lot of damage and many children die in fires every year. We can protect the children by following some simple suggestions:

- <http://www.mayoclinic.com/health/child-safety/CC00044> explains ways to lessen risk of burns for all kids with pointers for inside the house and outside. It explains how to prevent house fires and how to be prepared for the worst, a real fire.

*Timothy Malia, MD is a local family physician since 1993. He recently opened a private solo medical practice in Fairport and remains accessible to deaf patients. Suggestions for future articles can be sent to [tmalia@pol.net](mailto:tmalia@pol.net)*



Timothy Malia, MD

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to have "no delay" when patients need appointments and "no wait" when arriving for an appointment.

To reach these goals, I am changing the fundamental structure of my medical office and integrating innovations to improve communication and scheduling. With these changes I hope to focus on the quality of care I provide and take it to a higher level. I plan to continue accepting most all insurances to help maintain access to services.

Additionally, I am offering special services for esthetic skin care as part of Skin Sense Laser. Besides laser treatment for hair removal, treatment of blue spider veins and skin tightening, I will also provide prescription skin products and sun protection products and education. Services at Skin Sense Laser will not require insurance or referrals.

To learn more about Malia Family Medicine & Skin Sense Laser, check my website at [www.relayhealth.com/doc/DrMalia](http://www.relayhealth.com/doc/DrMalia) or call (v/fax) 585-223-2880. My new office is in the Perinton Square Mall at 6720 Pittsford-Palmyra Rd, Fairport, NY 14450.

I hope this settles any rumors in the community. And I hope that wherever you get medical care, that you are healthy and happy.

*Respectfully, Timothy Malia, MD*