

Certified Physician Assistant joins Cornerstone's Archdale practice

TIMES STAFF REPORT

ARCHDALE — Certified Physician Assistant Ernest T. Smith has recently joined Cornerstone Family Medicine at Archdale, located at 10188 North Main Street.

He holds a Bachelor of Science degree in Biology from Winston-Salem State University in Winston-Salem, NC and a Bachelor of Science, concentration in Physician Assistant Studies, from Drexel University College of Nursing and Health Professions in Philadelphia, PA.

He completed Cardiac Sonography Certification at Pitt Community College in Greenville, NC. Mr. Smith is certified by the National Commission on Certi-

fication of Physician Assistants. He is also certified in Adult Echocardiography.

Richard T. Escajeda, MD, Lori L. Beane, PA-C, and Tamara L. Alexander, FNP-C are the other providers at Cornerstone Family Medicine at Archdale. The office offers extended hours and is open Monday and Friday from 8 am to 5 pm, Tuesday, Wednesday, and Thursday, from 8 am to 8 pm,

Saturday from 8 am to noon and Sunday from 1 to 5 pm. Appointments may be made by calling 802-2070.



Smith

COVER

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reapply every two hours, especially during exercise or swimming. Don't forget to apply sunscreen to your ears and lips.

• Invest in clothing that offers a high UPF rating, particularly if you spend a good portion of your time outdoors for work or recreation. For more

information on clothing with UPF and where to buy it, visit www.cw-x.com.

• Children and the elderly should use extra caution in the sun, as their skin is delicate and more susceptible to sun damage. Sun exposure by these groups should be limited, and children 6 months and older should use sunscreen.

For more information on preventing skin cancer, visit www.cancer.org, www.ncs.org, or www.skincancer.org.

SUN PROTECTION

The Sun Protection Factor (SPF) is a laboratory measure scientists developed to measure the time it takes skin to burn under UV exposure, but it's not a one-size-fits-all solution. If you know how long it takes you to start burning without protection in the midday sun - say 10 minutes - multiply that by the SPF number. For someone who burns in 10 minutes without protection, a sunscreen with an SPF 30 would deliver 300 minutes of protection against burning, or five hours.

The best idea is to aim for SPF 30 or higher, since the higher SPF does offer stronger sun protection, although not necessarily much longer sun protection. An SPF 15 blocks 94% of UVB rays, while SPF 30 blocks 97% of UVB rays.

CORNERSTONE Family Medicine

2 LOCATIONS

ARCHDALE
10188 North Main Street
336 802-2070

Richard T. Escajeda, MD
Lori L. Beane, PA-C
Ernest T. Smith, PA-C
Tamara L. Alexander, FNP-C

TRINITY
6329 Unity Street, Suite I
336 802-2270

Nick J. Jacobucci, MD

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