



We are thrilled to announce that Dr. Susan B. Poncy is joining our Concierge Internal Medicine practice. With more than 3 decades of patient care she is board certified in Obstetrics and Gynecology. Dr. Poncy completed her residency at UT Southwestern Medical Center-Parkland Memorial Hospital in Dallas after earning her medical degree from the University of Miami. Dr. Poncy also graduated Cum Laude from Duke University with a degree in Chemistry. She is a tremendous addition to our practice!

In response to the growing need we are seeing among women navigating perimenopause and menopause, we have launched Concierge Women's Health, an integrated program focused exclusively on gynecology and comprehensive midlife care.

Dr. Poncy will concentrate solely on women's health (not obstetrics), working collaboratively with our internal medicine physicians to provide a fully coordinated, proactive approach to hormones, heart health, bone density, and long-term wellness.

This addition reflects our commitment to meeting our patients where they are — and raising the standard of care for women in midlife and beyond.

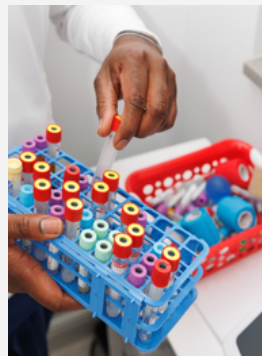
Practice Highlights



At Jupiter Internal Medicine Associates, we believe quality healthcare should be accessible to all. That's why we accept most insurance plans and provide a wide range of services, including routine check-ups, preventative care, chronic disease management, and more. We also offer same-day appointments for urgent needs, ensuring you receive prompt, expert care when you need it most. With a seasoned team of professionals, we are able to meet the needs of patients across the board. Our medical team includes Nathaniel D. Kwok, M.D., Lia Demeter, APRN, Katherine Hnis, APRN, Samantha Elsbree, APRN, Andi Volker, APRN FNP-BC and Roxana Sanchez, BSN, RN. Make your appointment today



Healthy Living



Why Your A1C Matters in Your 50s and Beyond

Your A1C is a simple blood test that measures your average blood sugar over the past 2-3 months. It gives us insight into how your body is processing sugar daily — not just on the morning of your lab draw.

In South Florida, we see many healthy-looking, active adults who are surprised to discover early insulin resistance or prediabetes.

An elevated A1C increases long-term risk for:

- Heart disease
- Stroke
- Kidney disease
- Nerve damage
- Fatigue and brain fog
- Cognitive decline

For residents of Palm Beach Gardens and Jupiter who value independence and vitality, staying ahead of these risks is critical.

🌸 Women's Health 🌸

Midlife brings many changes. If you notice shifts in sleep 😴, mood 😊, energy ⚡, or cycles 📅, take time to check on your hormones 🧪, heart ❤️, and bone health 🦴—so you can feel your best this season 🌿.



What's cooking this month?

Strawberry Spinach Chicken Salad with Creamy Poppyseed Dressing



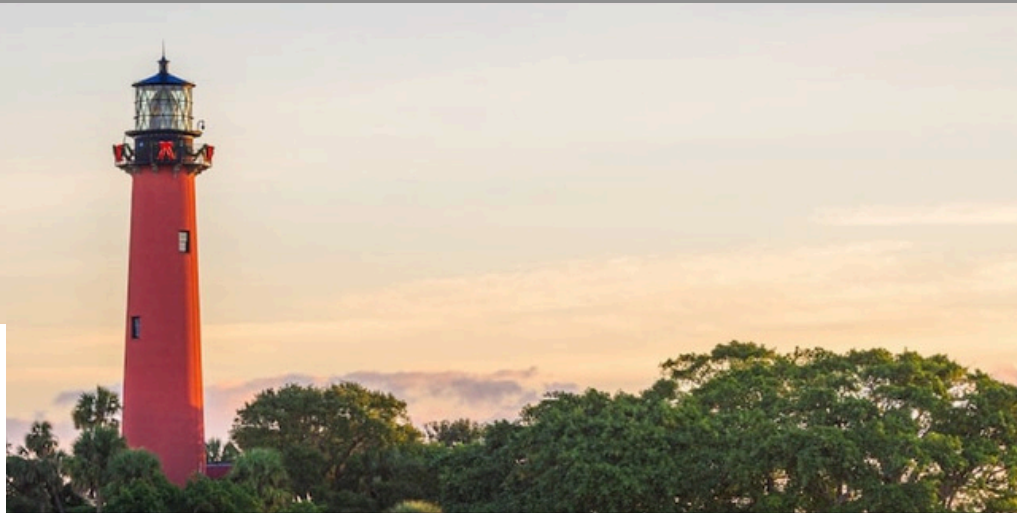
Ingredients

- 2 cups fresh spinach
- ½ cup sliced strawberries
- Grilled chicken breast, sliced
- 1-2 tbsp sliced almonds or walnuts
- Optional: goat cheese or feta

Simple Dressing: Whisk together plain Greek yogurt, a splash of olive oil, apple cider vinegar, a drizzle of honey, and poppy seeds.

Toss all ingredients and serve.

Concierge Tip: Add avocado for extra fiber and healthy fats to support hormone balance and satiety.



Office Updates



Communication continues to be a top priority

Since implementing Curogram in January, we've taken time to fine-tune the process and smooth out the early wrinkles. We're pleased to share that it has already made communication with our team more efficient and seamless.

Patients are confirming and rescheduling appointments more easily, connecting with staff more quickly, and sharing helpful feedback — all in one place.

We're grateful for your patience as we've worked through the learning curve, and we truly appreciate the feedback that helps us continue improving your experience. Our goal is always to make your care as connected and convenient as possible.

