

## Northern NJ Primary Care Physician, Says Chronic Disease Management is Crucial for those with Chronic Kidney Disease

*Dr. Vikram Gupta, offering chronic disease management in Northern New Jersey, says that chronic kidney disease requires a chronic disease management plan.*

CLIFTON, NJ, UNITED STATES, November 23, 2015 /EINPresswire.com/ -- According to Dr. Vikram Gupta, MD, of GMed Healthcare, PC

[www.gmedhealthcare.com](http://www.gmedhealthcare.com), a Northern New Jersey medical practice that specializes in chronic disease management and continuity of care counseling in Bergen County, Passaic County, Clifton, Maywood, and Paterson, NJ, patients with more serious forms of chronic kidney disease (CKD) benefit from a cooperative chronic disease management approach that integrates both primary care providers (PCPs) and nephrologists, according to a recent study.

“Collaboration across care settings was associated with better monitoring for comorbidities and complications as well more appropriate prescribing of cardiac medications,” Dr. Gupta said.

According to Dr. Gupta, while 26 million

Americans suffer from some form of chronic kidney disease, the most are in the earliest stages of the condition, and can generally receive adequate monitoring and care from their PCPs alone. As a popular Primary Care [Physician in the New Jersey](#) area, Dr. Gupta offers chronic disease management and continuity of care counseling for chronic kidney disease, as well as for other chronic conditions.

“We offer chronic care services for diabetes, high blood pressure, heart disease, congestive heart failure, high cholesterol, low back pain, depression, arthritis, atrial fibrillation, prostate problems and, of course, chronic kidney disease,” he said.



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According to the study quoted by Dr. Gupta, Primary care providers who are managing CKD patients on their own can bolster monitoring for complications and disease progression by ordering more appropriate tests, and may be able to leverage EHR technology to improve chronic disease management workflows.

“We are proud of the chronic care services that we offer for chronic kidney disease patients,” he says. “Good communication between PCPs and specialists improves the quality of care for patients, and has an impact on hypertension control and cholesterol levels.”

Dr. Gupta is a [family medicine physician](#) caring for adult and pediatric patients in Northern New Jersey at his Clifton office (246 Clifton Ave Suite 4, Clifton, NJ 07011) and his Maywood office (255 W



Dr. Gupta is a family medicine physician

Spring Valley Ave., Suite 102, Maywood, NJ 07607), St. Joseph’s Hospital in Paterson, and across various acute and sub-acute rehab centers in the area. He is certified by the American Board of Family Medicine and a member of numerous professional organizations. He was recently elected to the Board of New Jersey Academy of [Family Physicians](#), and serves on the Ethics Committee and in the Palliative Care Program at St. Joseph’s Hospital. For more information call 973-928-2715 or visit [www.gmedhealthcare.com](http://www.gmedhealthcare.com).

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