



GVFP NEWS & VIEWS



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Kids and Bicycle Safety



- wet leaves
- big puddles
- changes in the road or sidewalk surface
- storm grates
- gravel or rocks
- curbs
- little kids in your way

Bike riding is a lot of fun, but accidents happen. Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission.

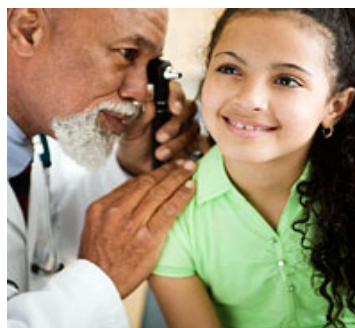
Wearing bright clothes and putting reflectors on your bike also can help you stay safe. It helps other people on the road see you. And if they see you, that means they're less likely to run into you. Daytime riding is the safest so try to avoid riding your bike at dusk and later. You'll also want to make sure that nothing will get caught in your bike chain, such as loose pant legs, backpack straps, or shoelaces. Wear the right shoes — sneakers — when you bike. Sandals, flip-flops, shoes with heels, and cleats won't help you grip the pedals. And never go riding barefoot!

Avoid wearing headphones because the music can distract you from noises around you, such as a car blowing its horn so you can get out of the way.

No matter where you ride, you need to keep an eye out for cars and trucks. Even if you're just riding on sidewalk, a car may pull out of its driveway into the path of your bike. If you're crossing a busy road, it's best to walk your bike across the street. Keep an eye on the road ahead so you can be prepared for big hills and road obstacles. Some common ones that can cause falls include:

Follow these road rules:

- Always ride with your hands on the handlebars.
- Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
- Cross at intersections. When you pull out between parked cars, drivers can't see you coming.
- Walk your bike across busy intersections using the crosswalk and following traffic signals.
- Ride on the right-hand side of the street, so you travel in the same direction as cars do. Never ride against traffic.
- Use bike lanes or designated bike routes wherever you can.
- Don't ride too close to parked cars. Doors can open suddenly.
- Stop at all stop signs and obey traffic (red) lights just as cars do.
- Ride single-file on the street with friends.
- When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.



GVFP LET'S GO!

Water is fuel for your body. Be a role model – grab a glass of water instead of soda. Put a limit on juice and soda.

"5210" Rule:

Drink less sugar. Try water and low fat milk instead of soda and drinks with lots of sugar.

BACK TO SCHOOL HEALTH

Although we're still weathering the dog days of summer, it's time to start thinking about sending your kids back to school you can put off shopping for school supplies and new clothes for a while longer, but your child's health needs attention now.

Whether your child is starting preschool or high school, it's important (and in some states, mandatory) to ensure that his or her medical records are current and, of course, that he or she is healthy. Most schools require a medical clearance form before kids can attend school or join extracurricular sports.

Now is the time to update your child's health records with any changes (such as a newly discovered allergy or different emergency contact numbers) and to schedule an annual visit with your family physician before the autumn rush.

Vaccines

First and foremost, your child's vaccinations should be up to date. Except for religious or philosophical reasons, your child's immunizations must be kept current. Most vaccine series have been started before age 2, so the concern for school-age children is that they continue the series and get appropriate booster shots on time. Also be aware of your child's eye health, dental health, hearing health and behavioral development.

Citrus Swordfish With Citrus Salsa

A delicious fish with a summery flavor! This recipe is from The WEBB Cooks, articles and recipes by Robyn Webb, courtesy of the American Diabetes Association.

Prep Time: 10 Minutes Cook Time: 15 Minutes Ready In: 25 Minutes Servings: 6

Ingredients :

- 1 orange, peeled, sectioned, and cut into bite-size
- 1/2 cup canned pineapple chunks, un-drained
- 1/4 cup diced fresh mango
- 2 jalapeno peppers, seeded and minced
- 3 tablespoons orange juice
- 1 tablespoon diced red bell pepper
- 2 teaspoons white sugar
- 1 tablespoon chopped fresh cilantro

- 1/2 cup fresh orange juice
- 1 tablespoon olive oil
- 1/4 teaspoon cayenne pepper
- 1 tablespoon pineapple juice concentrate, thawed
- 1 1/2 pounds swordfish steaks

Directions

1. Make the salsa: In a medium-size bowl, combine oranges, pineapple chunks, mango, minced jalapenos, 3 tablespoons orange juice, diced red bell pepper, sugar, and cilantro. Mix well, and refrigerate covered.
2. In a non-reactive bowl, mix 1/2 cup orange juice, olive oil, cayenne pepper, and pineapple juice concentrate. Place swordfish steaks in bowl, and turn to coat well. Marinate the swordfish in the mixture for 30 minutes.
3. Prepare an outside grill with oiled rack set 6 inches from the heat source. On a gas grill, set the heat to medium-high.
4. Grill the swordfish on each side for a total time of about 12 to 15 minutes, until opaque in the center. Serve with the salsa.



TIP OF THE MONTH

Keep kids safe at home, at play and on the way!!

AUGUST 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 9-12 Sat. Clinic
5 Friendship Day	6	7	8	9	10	11 9-12 Sat. Clinic
12	13	14	15	16	17	18 9-12 Sat. Clinic
19	20	21	22	23	24	25 9-12 Sat. Clinic
26	27	28	29	30	31	

August is typically recognized as **National Immunization Awareness Month** (NIAM). This awareness month highlights the need for improving national immunization coverage levels

Health Maintenance Exams/ HME/Annual/Physical/ Wellness...

Whatever the exam maybe called the insurance companies all use the same codes to bill a **Preventive Medicine Visit**. An adult health maintenance exam is a medical appointment that provides preventive services, counseling, education and disease screening, based on your age and gender.

The purpose of these visits is to:

- Screen for diseases
- Assess risk of future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- Maintain a relationship with a health care provider in case of an illness.

You may have other issues you want to discuss. These services may not be considered part of your physical and may require an additional charge and/or visit.

- New health concerns (upset stomach, cough, warts, moles, etc.)
- Current conditions that need further evaluation and/or new treatment (unstable high blood pressure, out-of-control diabetes).

and encourages all people to protect their health by being immunized against infectious diseases. CDC uses this month to promote back to school immunizations, remind college students to catch up immunizations before they move into dormitories, and remind everyone that the influenza season is only a few months away. It's a great reminder to our nation that people of all ages require timely immunization to protect their health.

Eye Health Overview

Good eye health and eye care are crucial to preserving your vision, treating eye problems early, and protecting your overall health. Your eyes are the "gateway to your soul," and they can also reveal common or serious health problems — such as diabetes, cardiovascular disease, cancer, and HIV. Learn about eye exams and when to get them, how to practice good eye health, and how to treat and prevent eye conditions.

August is National Immunization Awareness Month, National Catfish Month, National Golf Month, National Eye Exam Month, National Water Quality Month, Romance Awareness Month, Peach Month, and Foot Health Month.



Colorado Beacon Consortium (CBC)

Gunnison Valley Family Physicians was accepted in January 2012 to participate in the Beacon program. The CBC is a collaboration of health providers and community agencies in western Colorado. The project is sponsored by: Rocky Mountain Health Plan, Quality Health Network and Mesa County Physicians IPA. The Colorado Beacon Consortium was awarded a grant by the US Department of Health and Human Services to participate in a 3 year demonstration project. The goal of Beacon through practice transformation is to ultimately achieve better health for all citizens in the community. CBC will also be helping us to meet our goals of **Meaningful Use** for Medicare and Medicaid and **Patient Centered Medical Home**.

We are working very hard on helping our patients with the necessary tools to manage their chronic diseases and improve patient / provider satisfaction.