

Happy Thanksgiving!

GVFP NEWS & VIEWS

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CALL THE DOC WHEN...

When you're new parents, you get in the habit of calling the doctor—a lot. And that's totally OK. But as your baby grows into a toddler and then a preschooler, you gradually start to realize that every little bug won't do her—or you—in. Make no mistake, I still expect the odd middle-of-the-night phone call, and every doc will agree that it's best to err on the side of caution, but in the interest of boosting your confidence, here are three times when you've probably got this.

Most Fevers: Resist thermometer anxiety. Fever is not the enemy—it's part of the body's defense against infection. While a fever signals that a battle might be going on in a child's body, the fever is fighting for the child, not against. A fever is when the body's temp is over 100.4°F. Unless you've got a newborn, or the fever stays above 102.5°F after attempts to bring it down, or there are additional worrisome symptoms, such as difficulty breathing, confusion, painful sore throat or urination, or stiff neck, for example, you can probably hold off on seeing the doc.

Call the doc when:

- A baby less than 3 months old has any fever at all.
- A baby 3 to 6 months still has a fever after 24 hours.
- A fever in a child 2 or older lasts two-three days.

Most Ear Infections: Ear infections hurt! So when kids have one, we want them to feel better fast. The good news is most kids with ear infections will get better on their own without antibiotics—and if so, they will be less likely to get another ear infection soon. Consider pain relief to be a priority, especially after the second birthday.

Call the doc when:

- She also has a fever of 102.5°F or higher, her symptoms have lasted longer than two to three days, or she still has severe pain after being given a dose of ibuprofen or acetaminophen.
- Symptoms started suddenly and she's under age 2.

- She's younger than 6 months—have a young baby with a suspected ear infection seen within 24 hours.

Many head bonks: When we hear the awful thud of a child's head coming into contact with a hard surface, our breath catches. A prompt cry after the injury is reassuring. It's normal for a child to feel a bit sleepy after hitting her head, and it's even OK for her to vomit once—some kids vomit because they're upset.

Call the doc when:

- A head bump causes a loss of consciousness.
- She's clearly disoriented, very nauseous, or complaining of a headache.
- The bonk is from something that seems serious—like being hit with a baseball bat, being involved in a car crash, falling from high up, or falling off a bike without a helmet.

Parenting.com

FLU EDUCATION

The Colorado Department of Public Health and Environment (CDPHE) has launched its annual campaign to educate health care workers and their patients about the importance of immunizations. Although the campaign focuses on flu immunizations, it also underscores the importance of pertussis and pneumonia immunizations.

CDPHE is offering educational materials to Colorado health care providers at no charge. These materials were created around a campaign called "Do Something Easy Today." The free educational materials include a flyer, a poster, and a counter-top display. To order materials for your office, please visit www.CDPHE.thinkbigsolutions.com.

Flu Facts

- Flu vaccines are recommended for all people who are at least 6 months of age, but are especially important for those at high risk for developing flu-related complications:
 - Pregnant women
 - Children under 5, but especially children younger than 2 years old
 - Adults 65 years of age or older

GVFP LET'S GO!

Consider your health and those around you. Quit using tobacco products today!! Quitting has immediate as well as long-term benefits, reducing risks for diseases caused by tobacco and improving health in general.

5 2 1 0 RULE:

Breakfast is the most important meal of the day! Breakfast is essential to our health, and it provides our children with enough energy to do well in school.

- Individuals with chronic medical conditions, including those who are morbidly obese (Body Mass Index, or BMI, of 40 or greater)
- This year, a new state rule aimed at protecting patients from influenza requires licensed health care facilities to report vaccination rates of their employees. The rule requires facilities to reach a threshold of 60 percent of employees vaccinated this year, 75 percent next year, and 90 percent thereafter. Because of the rule, your employer may have new requirements in place and may require you to provide documentation of your flu immunization status.
- Influenza outbreaks in hospitals and long-term care facilities have been attributed to low vaccination rates among health care professionals.
- Studies have shown that higher vaccination rates among health care workers can reduce influenza-like illness, and even deaths, in settings like nursing homes.
- Getting a yearly flu vaccine can help ensure your time off is spent doing what you want to do, not staying at home sick.

Pertussis

As you may be aware, we are seeing epidemic numbers of pertussis cases in Colorado. When giving flu vaccinations to staff or patients, it's an ideal time to make sure they are up-to-date on their pertussis immunizations as well. All adults who have not previously received Tdap should receive a dose, regardless of the interval since their last tetanus booster.

Fantastic Black Bean Chili

INGREDIENTS:

1 tablespoon vegetable oil
1 onion, diced
2 cloves garlic, minced
1 pound ground turkey or beef
3 (15 ounce) cans black beans, undrained
1 (14.5 ounce) can crushed tomatoes
1 1/2 tablespoons chili powder
1 tablespoon dried oregano
1 tablespoon dried basil leaves
1 tablespoon red wine vinegar



DIRECTIONS:

Heat the oil in a large heavy pot over medium heat; cook onion and garlic until onions are translucent. Add turkey and cook, stirring, until meat is brown. Stir in beans, tomatoes, chili powder, oregano, basil and vinegar. Reduce heat to low, cover and simmer 60 minutes or more, until flavors are well blended

Ready In: 1 Hour 35 Minutes **Servings:** 6

NOVEMBER 2012



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

TIP OF THE MONTH
Get your flu shot



MEDICARE OPEN ENROLLMENT

MEDICARE PART A is "hospital insurance" that covers inpatient expenses for hospitals, skilled nursing facilities and some home health services.

MEDICARE PART B is "medical insurance" that covers doctor visits, outpatient care, durable medical equipment and some home health services.

MEDICARE PART C or "Medicare Advantage" gives beneficiaries the ability to choose a private insurance company to pay for Medicare A and B services instead of traditional Medicare. Medicare Advantage plans give you the option to choose prescription coverage (Part D).

MEDICARE PART D is "prescription drug coverage" that helps cover the cost of covered medications.

During Open Enrollment, beneficiaries can choose or change their Medicare plans without penalty. If you are eligible and don't enroll during this period, you could pay a penalty under Medicare Part D if you choose to sign up for benefits later.

KEY OPEN ENROLLMENT DATES:

October 15 – December 7, 2012
Choose your Plan

December 7, 2012
Open Enrollment closes

January 1, 2013
Your new coverage begins

5 POUNDS

The amount of weight you can lose by swapping just one can of sugary soda a day for water.

November is Native American Heritage Month, Pancreatic Cancer Awareness Month, COPD Awareness Month, National Novel Writing Month, Alzheimer's Disease Awareness Month, American Diabetes Month, Lung Cancer Awareness Month, National Homeless Youth Awareness Month, Crohn's & Ulcerative Colitis Awareness Month, National Pomegranate Month in the United States and also International Drum Month.



The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is one of the main efforts behind the mission of the Association. American Diabetes Month® (ADM) is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease.

Here are just a few of the recent statistics on diabetes:

- Nearly 26 million children and adults in the United States have diabetes.
- Another 79 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.

American Diabetes Month takes place each November and is a time to come together as a community to Stop Diabetes®.

Osteoporosis has been defined as a disorder where the bones become brittle, and are prone to fracture. The causes of this condition are generally due to a loss of calcium and other mineral components. The results are pain, decrease in height, and deformities of the body. The fragile bones associated with osteoporosis cause huge problems for sufferers.

What's important to realize is that most cases of osteoporosis could have been prevented. If you want to stay healthy, and keep your bones strong, try following the tips below to insure the best health for your body.

- Have a glass of milk once a day
- Quit smoking
- Think about a supplement – calcium supplements are a great idea
- Eat more greens – best choices include broccoli, kale, bok choy and Chinese cabbage
- Limit alcohol and caffeine
- Eat yogurt for breakfast
- Lift weights