

GVFP NEWS & VIEWS

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Irritable Bowel Syndrome (IBS)

is a long-term or recurrent disorder of gastrointestinal functioning. It affects at least 10 – 15% of all adults. It is second only to the common cold as a cause of absenteeism from work.

IBS usually involves disturbances in the large intestine (colon) and small intestine. The disturbances can produce symptoms of abdominal pain or discomfort, bloating or a sense of gaseousness, and a change in bowel habits (diarrhea and/or constipation). Symptoms can change over time. There can be periods when symptoms flare up as well as periods of remission when they diminish or disappear. The main bowel habit can vary over time, alternating between constipation and diarrhea.

The typical features of IBS are generally recognizable by a physician. Usually the physician will examine the abdomen of a patient with IBS and it will be normal or have tenderness. A rectal exam is also done to look at how the rectal floor muscles function. This is especially important if there is incontinence or severe constipation with straining. The first steps are to confidently recognize the diagnosis of IBS and remove the suspicion of other diseases. Symptoms of Something Else – The next important step is to look for signs and symptoms that suggest a condition other than IBS, such as inflammatory bowel disease, colon cancer, or celiac disease. These signs and symptoms are referred to as “alarm signs” or “red flags.” They include anemia and other abnormal blood tests, blood in the stool, unexplained weight loss, fever, new onset of symptoms at the age of 50 or older, and family history of inflammatory bowel disease, colon cancer, or celiac disease.

These alarm signs usually do not occur because of IBS. They suggest other medical problems. When these symptoms occur, you should tell your doctor right away.

If your doctor suspects you have IBS, an evaluation will follow. This will vary from person to person. It will depend on your symptoms, age, and overall health, as well as the health care practices of your physician. There is no test for IBS. Lab blood and stool tests, x-rays, and endoscopic procedures

(e.g., colonoscopy) are used to rule out other diseases of the bowel, which can present with similar symptoms. These tests are usually normal in people with IBS.

The key to achieving relief for IBS is to embrace the understanding that IBS is a complex motility (motor) and sensory disorder. It may have physical and stress-related dimensions. Understanding the condition and having a strong partnership with your primary care provider can help produce significant improvement and control over symptoms of IBS.

Sports Physicals

Sports are big part of American culture. In the US, millions of children play organized sports. The best reason for children to play sports is to have fun. However, there are many other benefits for children who play sports.



Twenty percent of children in the US are overweight. These children have a greater chance of being overweight adults, which can increase their risk of developing diabetes, high blood pressure, and other health problems. Playing sports is a great way to make exercise fun and help children to develop healthy habits. Sports can also help children improve their agility, balance, and coordination.

Participating in sports can help build a child's self-esteem. Giving and getting encouragement and respect from peers can help children feel good about themselves. Studies have shown that drug and alcohol use are less common with teenagers who are involved in sports.

GVFP LET'S GO!

April is Oral Health Month -

If there are problems with your mouth, it is important that you seek medical assistance. Bleeding and tender gums, oral pain, and mouth infections, are common problems which are often ignored but can affect a person's quality of life. Oral problems can affect the way a person eats, speaks and even socializes. By visiting a dentist on a regular basis, any problems can be diagnosed earlier when there is better treatment outcome.

National
Oral Health
Month

Sports physical exams are required to play sports for Gunnison middle and high school – please don't wait until the first day of practice to schedule your child's exam. All children should have an annual physical exam, whether or not they are playing sports.

Please be reminded that the “free” sports exams done by the practitioners are only **SCREENING** exams, they are **NOT** a substitute for a thorough annual well child / adolescent exam.

Dare to be different

What does it take to make a change in your lifestyle from what you have always done to something that brings you better health? Surprisingly the answer is very little. You can start with one habit at a time, like breakfast. By eating a healthy breakfast every day, you are taking a step toward good health and feeling great. Take a few minutes to cook an egg, put almond butter on a piece of toast or whip up a protein shake. A breakfast high in protein and fiber with little sugar will give you energy for your day and boost your metabolism and help with weight loss.

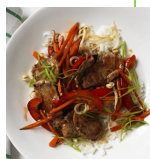
Dare to make a change to support your good health!! Please call GVFP at (970) 641-0211 for an appointment to help you figure out how to make other healthy changes in your life.

Sweet & Sour Pork & Vegetable Stir-Fry

From *Woman's Day*

Ingredients

- 1 cup(s) long-grain white rice
- 2 tablespoon(s) hoisin sauce
- 1 tablespoon(s) fresh lime juice
- 2 tablespoon(s) canola oil
- 2 carrots, cut into matchsticks
- 1 red bell pepper, cut into strips
- 1/2 pound(s) pork tenderloin, thinly sliced
- Kosher salt and pepper
- 1 cup(s) bean sprouts (optional)
- 2 scallions, thinly sliced on a diagonal



Directions

1. Cook the rice according to package directions. In a small bowl, whisk together the hoisin, lime juice and 1 Tbsp water; set aside.
2. Heat 1 Tbsp oil in a large skillet over medium heat. Add the carrots and bell pepper and cook, tossing frequently, until the vegetables are just tender, 4 to 5 minutes. Transfer to a bowl.
3. Return the skillet to the stove and heat the remaining Tbsp oil over medium-high heat. Season the pork with 1/4 tsp each salt and pepper and cook, tossing occasionally, until browned, 3 to 4 minutes. Add the hoisin mixture and cook for 1 minute.
4. Return the vegetables to the skillet, add the bean sprouts (if using) and cook, tossing, until heated through, about 2 minutes. Serve over the rice and sprinkle with the scallions.

Cal. 360, Total Fat 9g, Saturated Fat 1g, Cholesterol 37mg, Sodium 306mg, Total Carbohydrate 51g, Dietary Fiber 3g, Sugars -, Protein 18g.

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fool's Day	2	3	4	5	6
			Medication Safety Week			Closed
7	8	9	10 ASPCA Day	11	12	13
						Closed
14	15	16	17	18	19	20
						Open 9-12
21	22 Earth Day	23	24	25 Full Moon	26	27
						Open 9-12
28	29	30				

TIP OF THE MONTH Don't eat in front of the TV. Research shows that people who eat in front of the TV report feeling - like they haven't eaten at all.

Know your spring allergies...

Spring receives a warm welcome from many Americans – but it also ushers in an unwanted period for the millions who suffer from allergies. The warmth and humidity emerging during the changing seasons produce a breeding ground for numerous allergens.

Trees and grasses are among the main culprits. Knowing these allergy triggers – which in many cases means planning a trip the doctor to avoid them year-round is the most effective way to reduce symptoms at any time.

April is ...

African American Women's Fitness Month, Alcohol Awareness Month, National American Cancer Society Month, National Autism Awareness Month, National Better Hearing and Speech Month, National Food Month, National Garden Month, National Mental Health Month, National Multiple Birth Awareness Month, National Occupational Therapy Month, National Older Americans Month, National Parkinson's Awareness Month, National Pecan Month, National Soft Pretzel Month, National Soy Foods Month and National STDs Education and Awareness Month.



2013 Wellness Events

Gunnison Early Blood Draws*

Tues. April 23 – Friday April 26
6:30 am to 9:00 am
Aspinal-Wilson Center at WSCU, Gunnison

*Online registration April 1 – April 19

Gunnison Main Wellness Fair

Saturday, May 11
6:30 am to 11:00 am
Fred Field Building – Gunnison Fair Grounds

Questions:

Please call the Wellness line at **970-642-8418**



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HHS announces 2013 agenda to bring down costs and improve quality of care through implementation of health information technology

Centers for Medicare & Medicaid Services (CMS) Acting Admin. Marilyn Tavenner and the National Coordinator for Health Information Technology Farzad Mostashari, M.D., today announced HHS's plan to accelerate health information exchange (HIE) and build a seamless and secure flow of information essential to transforming the health care system.

"Thanks to the Affordable Care Act, we are improving the way care is delivered while lowering costs," said Acting Administrator Tavenner. "We are already seeing benefits, such as a reduction in hospital readmissions due to these reforms. Health IT and the secure exchange of information across providers are crucial to reforming the system, and must be a routine part of care delivery."



April is Sexually Transmitted Diseases (STD) Awareness month,

an annual observance to call attention to the impact of STDs and to promote STD testing across the country. Every year sexually transmitted diseases, or STDs, cost the U.S. health care system \$17 billion—and cost individuals even more in immediate and long-term health consequences. Regardless of race or gender, data show that sexually active teens and young adults are at an increased risk for STDs when compared to older adults.

- Every year in the United States, there are an estimated 19 million new infections.
- Estimates suggest that even though young people represent only 25% of the sexually experienced population, nearly half of all STD cases occur in young people aged 15 to 24.

The good news is that most STDs are treatable, and many are curable – early detection is key. Primary care physicians play an important role in ensuring young people receive correct information and comprehensive health care.