



Celebrate Mardi Gras!



## GVFP NEWS & VIEWS

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### What Does Your Doctor Expect From You?

By following through as a partner with your doctor's plan, you are taking an active role in your health care. Your doctor's recommendations — whether they include more diagnostic measures, a course of medication, physical therapy, or recheck to see how well a chosen remedy has worked — become a shared responsibility in your wellness. Patient cooperation helps them help you.

- Please be on time for the visit, or call to reschedule if you know you are going to be late. There is a No-Show fee of \$50 if you do not call and cancel your appointment 2 hours prior to the scheduled appointment time.
- Bring your insurance cards, any forms you need filled out and your co-pay to **EACH VISIT**.
- Bring with you to **EVERY VISIT** a list of all medicines (both prescription and over-the-counter) and vitamins/minerals you take. Write down the name, strength and how often you take them. List your allergies. Bring your glucose testing logs or blood pressure logs, if appropriate.
- Make a list of things you want to talk to your doctor about and take it with you.
- If you have more than one health care provider, keep your own medical history file. Put results of tests and family history in the file and take it with you to share with your doctor. Keep it up to date.

### During Your Visit: Don't be Afraid to Ask or to Tell

- Make sure you understand what your doctor says. Ask your doctor to explain medical words, tests and treatments. If

you have questions or don't understand something, ask your doctor to explain or repeat.

- Ask your doctor to write down instructions for you or write them down yourself and read them back.
- Ask your doctor where you can find more about your problem or the treatment.
- Be honest with your doctor about your diet, exercise, tobacco use, alcohol or drug use. Your visit is confidential, and not telling your doctor something important can be harmful.

### After Your Visit: What to Do Next

- If possible, schedule your next appointment before you leave so you won't forget. Schedule tests or appointments with other doctors right away, but remember to check insurance coverage if needed.
- If you are confused or have forgotten some information, call your doctor's office and ask to speak to a medical assistant. The medical assistant can look at your chart and find the information for you.
- Take the amount of medicine your doctor told you, and take it at the right time.
- If you feel worse or have problems with your medicine, contact Gunnison Valley Family Physicians.

Making the most of your doctor visit requires preparation, patience, and participation.



### GVFP LET'S GO!

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. Fitting regular exercise into your daily schedule may seem difficult at first, but it's easier than you think!

**Go4Life**

Everyday Fitness Ideas

National Institute on Aging at NIH

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

### National Eating Disorder Awareness (NEDA)

NEDA asks everyone to do *just one thing* to help raise awareness and provide accurate information about eating disorders.

This year's NEDA awareness Week theme is "Everybody Knows Somebody" because awareness of eating disorders is certainly spreading. The aim of NEDA awareness Week is to ultimately prevent eating disorders and body image issues while reducing the stigma surrounding eating disorders and improving access to treatment. Eating disorders are serious, life-threatening illnesses - not choices - and it's important to recognize the pressures, attitudes and behaviors that shape the disorder.



## Roasted Pumpkin-Apple Soup

From EatingWell

Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.

**12 servings, about 1 cup each | Active Time:** 30 minutes | **Total Time:** 1 hour 10 minutes

### Ingredients

4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tip)  
4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths  
1/4 cup extra-virgin olive oil  
1 1/4 teaspoons salt, divided  
1/4 teaspoon freshly ground pepper  
1 tablespoon chopped fresh sage  
6 cups reduced-sodium chicken broth or vegetable broth  
1/3 cup chopped hazelnuts, toasted (see Tip)  
2 tablespoons hazelnut oil

### Preparation

- Preheat oven to 450°F.
- Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
- Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

### Tips & Notes

Tips: Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

**Spread love, not germs.**  
Protect yourself from the cold & flu.  
• Wash hands often.  
• Avoid close contact when you or someone you know is sick.  
and  
Get your flu vaccine.  
BE GERM-FREE



# FEBRUARY 2013



| Sun                                                                                                                                                                                        | Mon                                                                                     | Tue | Wed | Thu                                                                                       | Fri                                                                                                   | Sat                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----|-----|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|--------------------|
|  <b>TIP OF THE MONTH</b><br>People who exercise with a buddy are more successful and exercise more often! |                                                                                         |     |     |                                                                                           | 1                                                                                                     | 2<br>Open<br>9-12  |
| 3                                                                                                                                                                                          | 4                                                                                       | 5   | 6   | 7                                                                                         | 8                                                                                                     | 9<br>Closed        |
| 10                                                                                                                                                                                         | 11                                                                                      | 12  | 13  | 14<br> | 15<br><br>Flag Day | 16<br>Open<br>9-12 |
| 17                                                                                                                                                                                         | 18<br> | 19  | 20  | 21                                                                                        | 22                                                                                                    | 23<br>Open<br>9-12 |
| 24                                                                                                                                                                                         | 25                                                                                      | 26  | 27  | 28<br> |                                                                                                       |                    |

### Teen Dating Violence (DV) Prevention and Awareness Month

is a national effort to raise awareness about abuse in teen and 20-something relationships and promote programs that prevent it during the month of February.

The repercussions of teen dating violence are impossible to ignore – they hurt not just the young people victimized but also their families, friends, schools and communities.

Throughout February, organizations and individuals nationwide are coming together to highlight the need to educate young people about relationships, teach healthy relationship skills and prevent the devastating cycle of abuse.



**YOGURT ...** Over one-quarter of popularity of Greek yogurt has skyrocketed to the point that even Ben & Jerry's offers it (frozen, of course).

As a convenient source of quality protein and other nutrients, both Greek and regular yogurt offer benefits for health, and each have their own appeal. When it comes down to it, however, what are the major differences between the two, and in the end, which one is better for health?

Greek yogurt is strained extensively to remove much of the liquid whey, lactose, and sugar—this is a benefit for those who may be lactose-intolerant or diabetic. This process also happens to be what gives Greek yogurt its thicker consistency and characteristically bold flavor—very appropriate from the country that also produced the Spartans! When it comes to the numbers, six ounces of plain Greek yogurt contains 14 grams of protein, while regular yogurt provides just seven grams. This suggests that Greek yogurt may have an advantage for helping you to feel fuller for longer, while also helping to preserve lean muscle.

For carbohydrates, Greek yogurt contains an average of six grams per serving, as compared with 11 for regular yogurt—as a reminder, these numbers apply to yogurt that is plain. The addition of fruits and other flavorings will almost certainly raise the carbohydrate count for either type. So far, Greek yogurt is offering double the protein and cutting sugar content by nearly half. Both of these factors make it a great choice for anyone looking to manage their weight or their health. One potential problem, however, is that Greek yogurt does tend to be higher in fat than regular yogurt. In the same six ounce serving, full-fat Greek yogurt contains 17 grams of fat, while regular full-fat yogurt contains just six grams. For those who have been advised by their doctor to restrict dietary fat, this may count as a strike against Greek yogurt.

Also, for those who are concerned about their teeth and bones, regular yogurt contains roughly three times the calcium of Greek yogurt—this is because some calcium is lost during the straining process mentioned above. Again, this doesn't automatically disqualify Greek yogurt, but it might be worth noting for those looking to boost their calcium intake. When it comes to a final verdict, Greek yogurt does display some distinct advantages—those who are concerned about their fat intake can simply opt for low-fat or non-fat varieties. On the other hand, it's been said that the best diet of all is the one you know you can follow, and the sharper flavor of Greek yogurt doesn't suit everyone's taste. In the end, both varieties can be incorporated into a healthy diet and it's best to pick the one you like.

### FEBRUARY is

Black History (USA)  
Children's Dental Health  
American Heart Association  
(Wear your Red)  
Prenatal Infection Prevention  
National Eating Disorder  
Awareness & Body  
Awareness  
Electrical Safety Awareness  
Sinus Pain Awareness  
Teen Dating Violence  
Prevention

**MONTH.**