



GVFP NEWS & VIEWS



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Happy Holidays!

The New Year is right around the corner and with it, the opportunity to make some New Year Resolutions. At GVFP we have made the resolution, as we do every year, to help our patients remain healthy. To this end we are starting a Comprehensive Weight-Management Program that focuses on learning healthy eating and lifestyle habits. The program is 12 weeks long and includes extensive education on low-glycemic impact eating (including things such as recipes, shopping on a budget, and how to eat out without blowing it), facing fears and changing old habits, creating an exercise routine that you enjoy and can stick with, and changing body composition to increase muscle mass and metabolism. This is not a fad diet or short-term weight-loss solution – the goal is that by the end of 12 weeks participants have learned a new, healthier lifestyle that they can and want to continue living long after the program is over. Our providers recommend it for our patients who are looking to learn healthier eating habits, patients wanting to lose weight, diabetics (Type I and II), and those just hoping to increase their energy and optimism. If you are interested please contact Gunnison Valley Family Physicians.

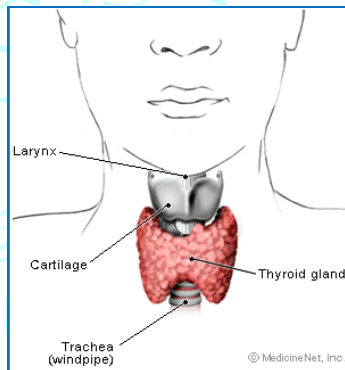
Why is a healthy lifestyle important?

A healthy lifestyle helps keep the body fit and the mind alert. It helps protect you from disease, helps you fight disease, and helps prevent chronic disease (disease that doesn't go away) from getting worse. A healthy lifestyle includes good healthcare, good nutrition, weight control, recreation, and regular exercise. Avoid harmful substances and do what you can to keep safe. Another part of a healthy lifestyle is stay mentally active and socially involved.

Thyroid Awareness Month

The thyroid is a small, butterfly-shaped gland, located in the neck. The hormones released by the thyroid control energy and metabolism, and are essential for many important physical functions.

Hyperthyroidism develops when the body is exposed to excessive amounts of thyroid hormone. This disorder occurs in almost one percent of all Americans and affects women five to ten times more often than men. In its mildest form, hyperthyroidism may not cause recognizable symptoms. More often, however, the symptoms are discomforting, disabling, or even life-threatening. Hypothyroidism (underactivity of the thyroid gland) occurs when the thyroid gland produces less than the normal amount of thyroid hormone. The result is the "slowing down" of many bodily functions. Although hypothyroidism may be temporary, it usually is a permanent condition. Of the nearly 25 million people suffering from a thyroid condition, most have hypothyroidism. When undiagnosed and untreated, thyroid problems can cause a variety of debilitating symptoms, including weight gain or inability to lose weight, depression, brain fog, anxiety, fatigue, low sex drive, hair loss, high cholesterol, infertility, and other troublesome issues.



GVFP LET'S GO!

What's So Good About Exercise?

- 1. Mental Health Benefits**
 - Recreation is "re-creation." It gives us an opportunity for meditation and relaxation.
 - Regular exercise can reduce tension and mild depression, and increase mental alertness.
 - The increased flow of oxygen to the brain and the release of endorphins.
 - Adrenaline, and serotonin along with taking a break from the books help.
 - Elevate your mood.
- 2. Immunity**
 - Moderate amounts of regular exercise can increase immunity to infectious disease.
 - Exercise reduces the risk of heart disease, diabetes, hypertension and cancer.
- 3. Losing or Maintaining Weight**
 - Body composition can be improved by making regular exercise and good nutrition a part of your routine.
 - Because exercise helps burn fat and build muscle, you will look and feel better.
 - Combining aerobic exercises and strength exercises works the best. Aerobic exercise burns calories while strength exercises build muscle.
 - Increased muscle increases the metabolism.

How to Stay Motivated

- 1. Realistic Goals**
 - If your plan is too ambitious, you might find it too hard to maintain.
- 2. Add Variety**
 - Varying activities helps maintain interest.
- 3. Start Slowly**
 - Pick a pace that you can work with at moderate intensity.
 - Stick to three sessions a week at first.
 - Workouts can be gradually lengthened and intensity increased as your body is comfortable.
 - Forget the expression "no pain, no gain!"
- 4. Convenience**
 - Lack of convenience can provide us with a good excuse to stop the activity.
- 5. Support**
 - Exercising with a partner often helps people stick to the plan.
- 6. Make it Routine**
 - Figure out a way to make exercise a regular

Exercise Should Be Fun and Balanced

- Even exercise should be done in moderation!
- Exercise is a way to keep our bodies and minds healthy.
- Exercise should not be used to achieve the "perfect body," aiming for such is detrimental to our mental and physical health.
- Everybody's Body is different. Value your uniqueness!

Sausage, Cabbage & Red Onion Galette



Ingredients

- 1 red onion, thinly sliced
- .5 small head cabbage, cored and sliced 1/2 in. thick (about 4 cups)
- 2 tablespoon(s) (small sprigs) fresh thyme
- 2 tablespoon(s) olive oil
- Kosher salt and pepper
- 8 ounce(s) Italian sausage, casings removed, crumbled into small pieces
- 3 ounce(s) extra-sharp Cheddar, grated
- 1 (refrigerated) rolled pie crust
- 1 large egg, beaten

Directions

1. Heat oven to 400°F. In a large bowl, toss together the onion, cabbage, thyme, oil, and 1/4 tsp each salt and pepper. Add the sausage and Cheddar and toss to combine.
2. Working on a piece of parchment paper, roll the pie crust into a 14-in. circle. Slide the paper (and crust) onto a baking sheet. Spoon the cabbage mixture onto the pie crust, leaving a 2 1/2-in. border all the way around. Fold the border of the crust over the cabbage mixture.
3. Brush the crust with the egg and bake until the crust is golden brown and the vegetables are tender, 20 to 25 minutes. (Cover with foil if the crust is getting dark.)



What Is An Antibiotic?

An antibiotic is a medicine that destroys bacteria.

Two examples of many are called amoxicillin and azithromycin. **Antibiotics do not kill viruses.** Many people take antibiotics when they do not need them. Antibiotics do not

work for every illness, including the cold or flu and will not prevent them from spreading to others. However, taking antibiotics too often can cause the body to develop Antibiotic Resistance. This happens when antibiotics lose their power to kill bacteria after taking them when they're not needed or taken as prescribed.



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



TIP OF THE MONTH

Be positive! Smiling is good for your health.

January is National Blood Donor Month

Start off the New Year right, by donating blood to the Red Cross or your local blood bank in honor of National Blood Donor Month. The process only takes an hour of your time, and results in lifesaving platelets or pints of blood for those in need.

The first month of the year has been recognized as National Blood Donor Month since 1970. According to the American Association of Blood Banks, now known as AABB, in the United States every day, "approximately 39,000 units of blood are required in hospitals and emergency treatment facilities for patients with cancer and other diseases, for organ transplant recipients, and to help save the lives of accident victims." The AABB works in conjunction with the American Red Cross and America's Blood Centers and their main goal is to help those in need of blood, especially in harsh winter environments due to illness, accidents, and unforeseen weather conditions.

This month marks the beginning of **Cervical Health Awareness Month**, a month dedicated to raising awareness about the prevention of cervical cancer.

Cervical cancer is currently the second-leading cause of cancer death among women worldwide. The American Cancer Society estimated that over 9,000 women would be diagnosed with the disease in 2008 and over 3,000 would die from it in the U.S. alone.

January is...

- National Eye Care Month
- National Volunteer Blood Donor Month
- National Book Month
- Cervical Cancer Screening Month
- International Crime Stoppers Month
- National Birth Defects Prevention Month
- National Glaucoma Awareness Month
- Thyroid Awareness Month