

Gunnison Valley Family Physicians
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GVFP NEWS & VIEWS



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Looking for a new doctor? Not sure how to talk to your doctor?

Better communication can change your entire relationship with your doctor. Understand how your family doctor can help you navigate the confusing world of specialists, tests and procedures.

Family physicians are dedicated to treating the whole person. They treat each organ, every disease, all ages and both genders. The cornerstone of family medicine is an ongoing, personal patient-physician relationship focused on integrated care.

Following medical school, family physicians complete a formal three-year residency during which they receive training in several major medical areas and patient populations.

Family physicians know the key to maintaining long-term good health is the patient-physician relationship. To develop your personal treatment plan, your family physician will ask questions about your family health history and lifestyle to determine your health risk factors.

Be sure to tell your doctor about any current and past health care issues or concerns. It's important to share any information you can, even if you're embarrassed. Give your doctor the following information during the appointment:

- Any symptoms you are having.
- Your health history.
- Personal information, including whether you are stressed or if your life is changing.
- Any medicines you are currently taking. Bring them with you or create a list of all your medicines. Include information about when and how often you take the medicine. You should also write down the strength of the medicine (for example, do you take 150 mg or 200 mg?).
- Any side effects you have from your medicine(s), especially if it makes you feel sick or if you think you may be allergic to it.
- Any vitamins or supplements you take.
- Any X-rays, tests results or medical records you have can be brought with you to the appointment.

Don't be afraid to speak up. It's important for you to let your doctor know if you don't understand something. If you don't ask questions, your doctor will think you understand everything he or she has told you. The following are some tips on asking your doctor questions during the exam:

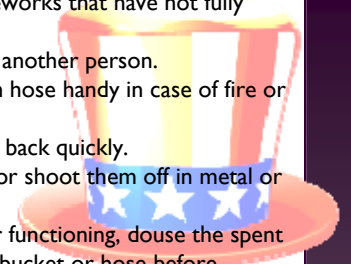
- Ask every time you don't understand something.
- If you have questions before the appointment, just write them down and ask them during the exam.
- Taking written or recorded information home with you can help you remember information and instructions any time you need to. Your doctor is a good source of accurate information you can trust.

Make sure to follow any instructions your doctor gave you during the appointment, like taking medicine, scheduling a test or scheduling an appointment with a specialist. If you're confused or if you've forgotten some information, it's ok to contact your doctor's office. Research shows that people who have an ongoing relationship with a primary care physician have better overall health outcomes, lower death rates and lower total costs of care.

Thousands of Injuries with Sparklers and Firecrackers - Consumers Urged To Put Safety In Play During the Fourth of July

Consumers who decide to purchase legal fireworks are encouraged to take the following safety steps:

- Never allow young children to play with or ignite fireworks.
- Make sure fireworks are legal in your area before buying or using them.
- Avoid buying fireworks that come in brown paper packaging, as this can often be a sign that the fireworks were made for professional displays and could pose a danger to consumers.
- Adults should always supervise fireworks activities. Parents often don't realize that there are many injuries from sparklers to children under five. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never have any portion of your body directly over a fireworks device when lighting the fuse. Move back to a safe distance immediately after lighting.
- Never try to re-light or pick up fireworks that have not fully functioned.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light one item at a time then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks fully complete their functioning, douse the spent device with plenty of water from a bucket or hose before discarding to prevent a trash fire.



GVFP LET'S GO! "5210" RULE:

Nutritious foods give your family the most vitamins, minerals and other nutrients for the fewest calories.

- Brightly colored fruits
- Vibrant-colored vegetables
- Lean meat, skinless poultry, fish, eggs, beans and nuts
- Fat-free and low fat milk, cheese and yogurt
- Whole, fortified and fiber-rich grain foods

5 2 1 0 RULE:

Eat at least five fruits and vegetables a day

Reminders: visit our website at www.gvfp.net

We accept Visa, MasterCard, Discover & AMEX



JULY 2012

Multi-bean Salad

Ingredients

- 2 cups (1/2-inch-thick) diagonally cut haricots verts (Green Beans) (about 8 oz)
- 2 cups (1/2-inch-thick) diagonally cut wax beans (about 8 oz)
- 1 cup frozen shelled edamame (green soybeans)
- 1 cup grape or cherry tomatoes, halved
- 1/2 cup finely chopped orange bell pepper
- 1/2 cup thinly sliced red onion
- 2 tablespoons sherry vinegar
- 1/2 teaspoon sugar
- 1/4 teaspoon Dijon mustard
- 2 teaspoons extra virgin olive oil
- 1/4 cup chopped fresh parsley
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



Preparation

Steam haricots verts, wax beans, and edamame, covered, 6 minutes or until haricots verts and wax beans are crisp-tender. Drain and plunge beans into ice water; drain. Combine beans, tomatoes, bell pepper, and onion in a large bowl.

Combine vinegar, sugar, and mustard, stirring with a whisk. Gradually add oil to vinegar mixture, stirring constantly with a whisk. Stir in parsley, salt, and black pepper. Drizzle vinaigrette over bean mixture; toss gently to coat.

YIELD: 6 servings (serving size: about 1 cup)

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

July is Park and Recreation Month

Since 1985, America has celebrated July as the nation's official Park and Recreation Month. This July NRPA is encouraging you to GET WILD about parks and recreation!

Everything from wild workouts and wellness to getting wet and wild at the pool or even wild with nature – you just can't help but have fun this July, all while expressing the many valuable benefits of parks and recreation!



TIP OF THE MONTH

Try a variety of healthy foods - Find the ones you like!!

July is... National Blueberry Month, National Anti-Boredom Month, National Make a Difference to a Child Month, National Cell Phone Courtesy Month, National Hot Dog Month, National Ice Cream Month, National Recreation and Parks Month, National Picnic Month, International Group B Strep Awareness Month, National Family Reunion Month, National Grilling Month, National Horseradish Month, Tour de France Month and Social Wellness Month.

UNDER CONSTRUCTION

This is a section in our newsletter specifically designated to our patients on happenings or changes within our office...



We would like to apologize to our patients as we have been involved in several computer changes. As many of you already know we had a computer failure in April – which with the help of our wonderful staff and Dave from Paragon we were able to recover from. We are also now receiving most of our lab data electronically from Gunnison Valley Hospital and with the recent change have missed a few labs. Some people did not receive calls concerning their lab work information – again we apologize. If you have questions concerning a specific change, please feel free to contact Barb Rider, our Office Manager.

SELF-CARE

Adopting a healthy lifestyle means learning how to take care of yourself and actively manage your health care. There are 2 main types of illness: acute and chronic. An acute illness doesn't last very long. It goes away either on its own or in response to treatment, such as taking medicine or having surgery. Strep throat is an example of an acute illness. A chronic illness is ongoing. It affects your health over a long period of time--possibly your entire life. In many cases, there is no way to cure a chronic illness. Diabetes and high blood pressure are examples of chronic illnesses.

It's important to understand that your chronic illness is a serious problem. If you don't believe this, you'll never be motivated to manage your illness effectively.

Self-management of chronic illness means that you take responsibility for doing what it takes to manage your illness effectively. It's important for you to be responsible for your health because the treatment recommendations your doctor makes won't do any good unless you follow them.

Once you've decided to take an active role in managing your illness, you and your doctor can work together to set goals that will lead to better health. These goals will be part of an overall treatment plan.

- **Pick a problem.** Take an honest look at the unhealthy aspects of your lifestyle. Start with a particular behavior that you'd like to change in order to have better control of your illness.
- **Get specific.** Once you've identified a problem, state a specific goal for dealing with it. The more specific your goal is, the more likely you are to succeed.
- **Plan ahead.** After you've stated your goal, think of things that could go wrong and plan how you'll deal with them.
- **Check your confidence level.** Ask yourself, "How confident am I that I'll be able to meet this goal?" If the answer is "Not very confident," you may need to start with a more realistic goal.
- **Follow up.** As you're working toward your goal, check in regularly with your doctor to let him or her know how you're doing. If you're having trouble following the plan, talk to your doctor to figure out why. Your setbacks can be learning experiences that help you make a new plan for success.

One of the most important things to remember is that you can change your behavior. Even though your illness makes you feel helpless at times, if you work with your doctor to set goals and you take responsibility for following through with them, you can make changes that will lead to better health. Gunnison Valley Family Physicians is committed to maintaining your long-term good health.