



SUMMER IS ALMOST H E R E !!



GVFP NEWS & VIEWS

Gunnison Valley Family Physicians
130 Virginia Ave.
Gunnison, CO 81230
(970) 641-0211

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Jay W. McMurren, MD Lauretta F. Garren, MD Marie C. Matthews, MD
John E. Holder, PA-C Nicol A. Talbert, PA-C

JUNE is Men's Health Month!

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Men don't think about their health until something is broken. If it is not broken, don't fix it is their strategy.

You can make healthy choices every day.

•Be physically active.

Walking briskly, mowing the lawn, playing team sports, and biking are just a few examples of how you can get moving. If you are not already physically active, start small and work up to 30 minutes a day of moderate physical activity for most days of the week.

•Eat a healthy diet.

Fruits, vegetables, whole grains, and fat-free or low-fat dairy products are healthy choices. Lean meats, poultry, fish, beans, eggs, and nuts are good, too. Try to eat foods that are low in saturated fats, trans fats, cholesterol, salt, and added sugars.

•Stay at a healthy weight.

Try to balance the calories you take in with the calories you burn with your physical activities. As you age, eat fewer calories and increase your physical activity. This will prevent gradual weight gain over time.

•Drink alcohol in moderation or not at all.

Current dietary guidelines for Americans recommend that if you choose to drink alcoholic beverages, you do not exceed 2 drinks per day for men (1 drink per day for women).

•Don't smoke.

For more information on quitting talk to your doctor and visit <http://www.smokefree.gov>

•Take aspirin to avoid a heart attack.

If you are at risk for a heart attack (you're over 45, smoke, or have diabetes, high blood pressure, high cholesterol, or a family history of heart disease), check with your doctor and find out if taking aspirin is the right choice for you.

The single most important way you can take care of yourself and those you love is to actively take part in your health care. Educate yourself on health care and participate in decisions with your doctor:

- Men are 24 percent less likely than women to have visited a doctor within the past year and are 22 percent more likely to have neglected their cholesterol tests.
- Men are 28 percent more likely than women to be hospitalized for congestive heart failure.
- Men are 32 percent more likely than women to be hospitalized for long-term complications of diabetes and are more than twice as likely than women to have a leg or foot amputated due to complications related to diabetes.
- Men are 24 percent more likely than women to be hospitalized for pneumonia that could have been prevented by getting an immunization.

If your doctor prescribes medicine for you, make sure you've told him or her about any other medicines you are currently taking, including over-the-counter drugs, vitamins, and supplements. You also need to talk about any allergies you have or any side effects you've had with other drugs.

When you get a new prescription, make sure you understand what your doctor is prescribing, why you need to take it, and how often you should take it.

You should schedule a follow-up visit with your doctor to track your progress. If you've gotten any new prescriptions from other doctors or have started taking new over-the-counter medications, be sure to let your doctor know during your office visit.



GVFP LET'S GO!

Step away from the screen!

Shake up your routine.

- Play outside
- Go to local sporting events/venues
- Write a letter
- Plant flowers
- Read a book
- Take a walk with family or friends
- Dance to your favorite music

"5210" Rule:

Limit TV and computer use (not related to school) to 2 hours or less a day.



Vanilla Fruit Tarts

Thaw: 40 minutes Prep: 20 minutes

Bake: 10 minutes Chill: 15 minutes

Cool: 20 minutes Serves: 24



Here's a refreshing and versatile dessert that works for any occasion. It's not only easy to make, but it allows you to highlight whatever fruit is in season.

Ingredients:

1 package (17.3 ounces) Pepperidge Farm® Puff Pastry Sheets, thawed
1 egg, beaten
1 package (3 1/2 ounces) vanilla instant pudding and pie filling mix
1 3/4 cups milk
1/2 cup cut-up fresh fruit or drained canned fruit
Confectioners' sugar

Directions:

Heat the oven to 375°F. Lightly grease 24 (2 1/2-inch) muffin-pan cups. Unfold 1 pastry sheet on a lightly floured surface. Roll the pastry sheet into a 9x12-inch rectangle. Cut into 12 (3-inch) squares. Repeat with the remaining pastry sheet, making 24 in all. Press the pastry squares into the muffin-pan cups. Brush with the egg. Bake for 10 minutes or until the pastries are golden brown. Remove the pastry cups from the pan and let cool completely on wire racks. Mix the pudding mix and milk in a medium bowl according to the package directions. Cover and refrigerate for 15 minutes. Spoon about 1 tablespoon pudding mixture into each pastry cup. Top with the fruit. Sprinkle with the confectioners' sugar.

Recipe Tips:

To make 12 larger pastries: Substitute 2 packages (10 ounces each) Pepperidge Farm® Puff Pastry Shells for the pastry sheets. Prepare the pastry shells according to the package directions. Spoon about 2 tablespoons pudding mixture into each pastry shell. Top with the fruit. Sprinkle with the confectioners' sugar.

JUNE 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 9-12 Sat. Clinic
3	4	5	6	7	8	9 Closed
10	11	12	13	14 FLAG DAY	15	16 Closed
17 Happy Father's Day	18 Sun	19	20 1st day of SUMMER	21	22	23 9-12 Sat. Clinic
24	25	26	27	28	29	30 Closed

SUMMER SAFETY

The goal of National Safety Month is to raise public awareness of safety. June also is an appropriate month to focus our efforts on public safety, as the summer season traditionally is a time of increased unintentional injuries and fatalities.



MIGRAINES

More than 29.5 million Americans suffer from migraine, with women being affected three times more often than men. This vascular headache is most commonly experienced between the ages of 15 and 55, and 70% to 80% of sufferers have a family history of migraine.

Many factors can trigger migraine attacks, such as alteration of sleep-wake cycle; missing or delaying a meal; medications that cause a swelling of the blood vessels; daily or near daily use of medications designed for relieving headache attacks; bright lights, sunlight, fluorescent lights, TV and movie viewing; certain foods; and excessive noise. Stress and/or underlying depression are important trigger factors that can be diagnosed and treated adequately.

Migraine characteristics can include:

- Pain typically on one side of the head
- Sensitivity to light or sound Attacks last four to 72 hours, sometimes longer
- Pain has a pulsating or throbbing quality
- Visual disturbances or aura
- Moderate to intense pain affecting daily activities
- Exertion such as climbing stairs makes headache worse
- Nausea or vomiting

Approximately one-fifth of migraine sufferers experience aura, the warning associated with migraine, prior to the headache pain. Visual disturbances such as wavy lines, dots or flashing lights and blind spots begin from twenty minutes to one hour before the actual onset of migraine. Some people will have tingling in their arm or face or difficulty speaking. Aura was once thought to be caused by constriction of small arteries supplying specific areas of the brain. Now we know that aura is due to transient changes in the activity of specific nerve cells.

June is...National Safety Month, Autism Awareness Month, Cataract Awareness Month, International Men's Month, National GLBT Awareness Month, National Fruit & Veggie Month, National Migraine Awareness Month, Professional Wellness Month, and Cancer from the Sun Month.

The pain of migraine occurs when excited brain cells trigger the trigeminal nerve to release chemicals that irritate and cause swelling of blood vessels on the surface of the brain. These swollen blood vessels send pain signals to the brainstem, an area of the brain that processes pain information. The pain of migraine is a referred pain that is typically felt around the eye or temple area. Pain can also occur in the face, sinus, jaw or neck area. Once the attack is full-blown, many people will be sensitive to anything touching their head. Activities such as combing their hair or shaving may be painful or unpleasant. Bright sunshine, hot, humid conditions, and drastic changes in barometric pressure may lead to, or "trigger," a migraine attack. However, studies have shown that weather does not act as a trigger for everyone who has migraine. Hormones initiate and regulate many of your body's functions, keeping your body in balance within a constantly changing environment. When the levels of hormones in your body are unbalanced - during menstruation, pregnancy, or menopause - it can lead to a migraine attack. In fact, about three quarters of all women with migraine report that their attacks are related to the menstrual cycle.

While the severity of a migraine attack often causes patients to fear they are having a stroke, the likelihood of a migraine attack causing a stroke is very remote. That is not to say that migraine sufferers cannot have a stroke associated with their migraines. In persons under age 40, the most common associated factor for stroke is migraine headache. However, over the course of a person's normal life span, the occurrence of migraine headache may actually be associated with a reduced risk of dying from cerebrovascular disease due to stroke.

Diagnosis of migraine headache is made by establishing the history of the migraine-related symptoms and other headache characteristics as well as a family history of similar headaches. By definition, the physical examination of a patient with migraine headache in between the attacks of migraine does not reveal any organic causes for the headaches. Tests such as the CT scan and MRI are useful to confirm the lack of organic causes for the headaches. There is currently no test to confirm the diagnosis of migraine.

