

GVFP NEWS & VIEWS

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March is National Colorectal



Cancer Awareness Month

Colorectal cancer screening saves lives. If everyone who is 50 years old or older were screened regularly, as many as 60% of deaths from this cancer could be avoided.

Among cancers that affect both men and women, colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States. Every year, more than 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it.

How Can You Reduce Your Risk?

The risk of getting colorectal cancer increases with age. More than 90% of cases occur in people who are 50 years old or older. Colorectal cancer screening saves lives, but many people are not being screened according to national guidelines.

If you're 50 years old or older, getting a screening test for colorectal cancer could save your life. Here's how—

- Colorectal cancer screening tests can find precancerous polyps so they can be removed before they turn into cancer. In this way, colorectal cancer is prevented.
- Screening tests also can find colorectal cancer early, when treatment often leads to a cure.
- Precancerous polyps and colorectal cancer don't always cause symptoms, especially at first. You could have polyps or colorectal cancer and not know it. That is why having a screening test is so important. Symptoms for colorectal cancer may include—
- Blood in or on the stool (bowel movement).
- Stomach pain, aches, or cramps that do not go away.
- Losing weight and you don't know why.

These symptoms may be caused by something other than cancer. If you're having any of these symptoms, the only way to know what is causing them is to see your doctor.

You should begin screening for colorectal cancer soon after turning 50, and keep getting screened regularly. Some people have a higher risk because they have inflammatory bowel disease, a personal or family history of colorectal polyps or colorectal cancer, or genetic syndromes like familial adenomatous polyposis or hereditary non-polyposis colorectal cancer (also known as Lynch syndrome). If you are 50 years old or older, or think you may have a higher risk for colorectal cancer, talk to your doctor about getting screened.

The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer for all people until they turn 75 years old, and for some people when they are older than 75. If you are in this age group, ask your doctor if you should be screened.

Several tests are available to screen for colorectal cancer. Some are used alone; others are used in combination with each other. Talk with your doctor about which test or tests are best for you.

- Colonoscopy (every 10 years).
- High-sensitivity fecal occult blood test (FOBT), also known as a stool test (every year).
- Flexible sigmoidoscopy (every 5 years) with high-sensitivity FOBT (every 3 years).

The benefits and risks of these screening methods vary. Discuss with your doctor which test is best for you, and check with your insurance provider to find out which tests are covered by your insurance plan, and how much you will have to pay. Medicare helps pay for colorectal cancer screening.

REMINDER: Make 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 it. Bring with you to every visit.

GVFP LET'S GO!

"Working out is boring"

– the key to sticking with an exercise you enjoy. To make things even more fun, ask a friend, spouse or coworker to join you. Exercising with a buddy makes it a social activity – plus there's another person to keep you accountable so you are less likely to skip a session.

GVFP HEALTHY LIVING (www.gvfp.net)

GVFP offers a comprehensive weight-management program that focuses on learning healthy eating and lifestyle habits. We want to help you and your family get and stay healthy – in mind and body. Please take some time to explore the website. It is full of great information about healthy eating and exercise – and why these things are important. There are links to information, recipes, local gyms, yoga studios and other community resources for health and fitness and a BMI calculator.

Chicken Apricot Pasta Toss

Yield: Serves 4. 1-1/2 cups per serving.

Ingredients

1 spray vegetable oil cooking spray
1/2 red bell pepper, sliced
1 Anaheim chile pepper, remove seeds and slice
1 zucchini, cut in half and slice in thin strips
1/4 cup chopped scallion
2 boneless, skinless chicken breast halves, sliced in thin strips
2 apricots, chopped (canned or fresh)
1/4 cup low sodium teriyaki sauce
1/2 cup water
3 cups cooked rotini pasta

Heat a large non-stick skillet over medium-high heat and spray with vegetable oil.

Saute peppers, zucchini, scallion and chicken strips for 3-5 minutes or until vegetables start to turn brown.

Turn heat down to medium and add the rest of the ingredients except for the pasta.

Cook until chicken strips are done - about 2 minutes.

Add pasta and toss.



MARCH 2013

Spring



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Tip:	When you feel the urge for a snack be sure you have fresh or dried fruit on hand for a quick bite. A half cup of fresh raspberries is packed with 4 grams of fiber, a papaya with 5.5 grams, and five rings of dried apples almost three grams of fiber.				1	2 Open 9-12
3	4	5	6	7	8	9 Open 9-12
10 Daylight Saving Begins	11	12	13	14	15	16 Open 9-12
17 	18	19	20 1st Day of Spring	21	22	23 Open 9-12
24	25	26	27	28	29	30
31 Easter 						Closed

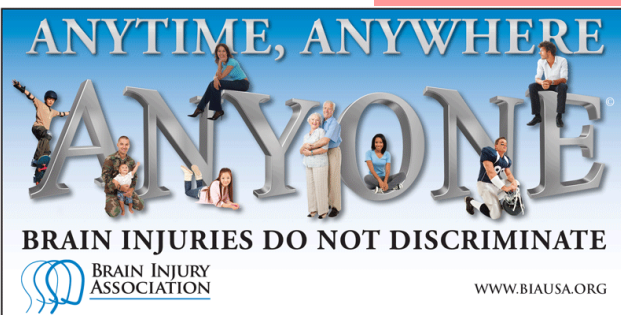
MARCH is . . .

National Colorectal Cancer Awareness Month, Brain Injury Awareness Month, National Chronic Fatigue Syndrome Awareness Month, National Eye Donor Month, National Kidney Month, American Red

Cross Month, Music in Our Schools Month, National Craft Month, National Irish American Heritage Month, National Nutrition Month, National Peanut Month, and National Women's History Month.

The National Nutrition Month® 2013

theme, "Eat Right, Your Way, Every Day," encourages personalized healthy eating styles and recognizes that food preferences, lifestyle, cultural and ethnic traditions and health concerns all impact individual food choices.



March Fruits

Fresh fruits are a rarity this time of year, and that makes us appreciate the sweet, ripe apricots and oranges even more. These bright orange fruits break up the monotony of all those green in-season vegetables. You can also enjoy pineapples and mangos.

March Vegetables

In March you will see green at the produce section - like kale, broccoli and spring greens. It's the perfect time of year to have a salad, especially with crispy toppers like green onions, rhubarb, and carrots also in season.

