



# GVFP NEWS & VIEWS

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## Colorado Tick Fever

Colorado Tick Fever is an illness caused by a virus carried by small mammals, such as ground squirrels, porcupines, and chipmunks, and by ticks.

Anyone can get Colorado Tick Fever who lives or travels in areas of the western United States and Canada at elevations above 5000 feet and who comes in contact with infected ticks, especially *Dermacentor andersoni*, also known as the wood tick. A tick bite or attached tick does not necessarily mean the individual will become infected.

People get Colorado Tick Fever from a tick bite. There is no evidence of natural person-to-person transmission. However, rare cases of transmission from blood transfusions have been reported. The virus which causes Colorado Tick Fever may stay in the blood for as long as 4 months after onset of the illness.

The symptoms generally begin 4 to 5 days after being bitten by an infected tick. The disease causes fever of about 103 F., chills, nausea, and severe headache. These symptoms usually last a few days, go away, and then return for a few days. Sometimes the symptoms include a red, raised rash.

Ticks should be removed promptly and carefully by using tweezers and applying gentle steady traction. Do not crush the tick's body when removing it and apply the tweezers as close to the skin as possible to avoid leaving tick mouth parts in the skin. Do not remove ticks with your bare hands protect your hands with gloves, cloth or tissue and be sure to wash your hands after removing a tick.

### Prevention:

1. Avoid tick infested areas, especially during the warmer months.
2. Wear light colored clothing so ticks can be easily seen. Wear a long sleeved shirt, hat, long pants, and tuck your pant legs into your socks.
3. Walk in the center of trails to avoid overhanging grass and brush.
4. Check your body every few hours for ticks when you spend a lot of time outdoors in tick infested areas. Ticks are most often found on the thigh, arms, underarms and legs. Ticks can be very small (no bigger than a pinhead). Look carefully for new "freckles".
5. Use an insect repellent containing 20% to 30% DEET on your skin or on clothing. Be sure to follow the directions on the container and wash off repellents when going indoors.
6. Remove attached ticks immediately.

### Where can I get more Information?

- Your personal doctor
- Your local Health Department
- Centers for Disease Control and Prevention

## Fatigue Facts: 5 Things That Make You Tired

### 1. Dehydration

It turns out that even moderate dehydration (which results in the loss of 3 percent of your body weight) can make you feel mentally sluggish and mess with your concentration. The next time you're feeling foggy or lightheaded, don't just assume you're in serious need of some food. Try downing a glass or two of water.

### 2. Cell Phones

Checking your cell before bed amps up brain activity, making it harder to doze off. Plus, any electronic gadget's artificial blue light can suppress the sleep hormone melatonin. A 2011 poll by the National Sleep Foundation found that 20 percent of people ages 19 to 29 are awakened by a call, text, or e-mail at least a few nights a week. Power it down well before bedtime.

### 3. Medication

Many drugs have veiled energy-sapping side effects. Chief among them are some classes of antidepressants and certain beta-blockers used to prevent migraines or treat high blood pressure. If you start a new med and feel more lethargic than usual, see your doctor for an alternative. (If there isn't one, take your dose right before bed.)

### 4. Overtraining

While working out zaps the stress hormone cortisol, prolonged sweat sessions—like, for example, regularly running for more than 30 minutes at a steady rate—can actually rev cortisol production. Interval training (bursts of intense activity) combined with strength training (free-weight and body-weight moves) helps keep cortisol in check.

### 5. Low Iron

The mineral shuttles oxygen around your body and removes waste from your cells. If you're not getting around 18 milligrams a day, your body struggles to function properly and you can feel worn out; low iron levels in your diet can cause iron deficiency anemia. If you feel sluggish, ask your doctor for a simple blood test to see if you should be taking a supplement.

Most of the signs of exhaustion are obvious: You're likely well aware that shunning shut-eye can make you look and feel like a zombie. You'll also obviously have less energy, and you might find yourself being bitchy or overemotional. Exhaustion can lead to arguments with your partner or children and the inability to finish projects at work. In other words it's time to make "chilling out" a priority. Be proud of yourself for getting rest. Maybe that's not something you'd brag about to your friends, but when you're energized, everything changes.

## FRESH TOMATO & BLACK BEAN SALSA



### Ingredients

- 4 cups chopped vine-ripened tomatoes
- 1 can black beans, drained
- 1 cup small diced red onions
- 1 large fresh jalapeno, seed and cut into small dice
- 1/2 cup loosely packed chopped fresh cilantro leaves
- 1 tablespoon chopped fresh parsley leaves
- 1 tablespoon chopped garlic
- Salt
- Freshly ground black pepper
- 6 tablespoons fresh lime juice
- 1 tablespoon extra-virgin olive oil
- Crispy corn tortilla chips

### Directions

Combine the first seven ingredients in a mixing bowl. Season with salt and pepper. Add the lime juice and olive oil. Mix well. Spoon into a serving bowl and serve with the chips.

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| Sun                | Mon                | Tue | Wed | Thu | Fri                                                                  | Sat                                        |
|--------------------|--------------------|-----|-----|-----|----------------------------------------------------------------------|--------------------------------------------|
|                    |                    | 1   | 2   | 3   | 4                                                                    | 5<br>9-12 Sat. Clinic                      |
| 6<br>Nurse's Day   | 7                  | 8   | 9   | 10  | 11                                                                   | 12<br>Closed                               |
| 13<br>Mother's Day | 14                 | 15  | 16  | 17  | 18                                                                   | 19<br>Armed Forces Day<br>9-12 Sat. Clinic |
| 20                 | 21                 | 22  | 23  | 24  | 25                                                                   | 26<br>Closed                               |
| 27                 | 28<br>Memorial Day | 29  | 30  | 31  | <b>TIP OF THE MONTH</b><br>Be a role model—take a walk after dinner. |                                            |

**May is...**ALS Awareness Month, Arthritis Awareness Month, Brain Tumor Awareness Month, Family Awareness Month, Healthy Vision Month, Melanoma/Skin Cancer Detection/Prevention Month, National Bike Month, National Barbeque Month, National Allergy/Asthma Awareness Month, National Salsa Month, Better Sleep Month, National Good Car Care Month, National Photo Month, National Salad Month, National Egg Month, National Hamburger Month, and Fungal Infection Awareness



SACRAMENTO REGION

## MAY IS BIKE MONTH

RIDE YOUR DURING THE MONTH OF MAY

## National Foster Care Month - May 2012

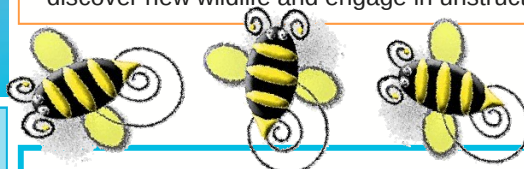
This year's web section for National Foster Care Month, Achieving Well-Being With Children and Youth in Care, will provide resources to support child welfare professionals as they seek to build the well-being of children and youth in foster care.

## GVFP LET'S GO! "5210" Rule:

**There's a ton of things you can do outside. Let your imagination run wild! Move an Hour Every Day!!**

Dr Seuss' The Lorax has joined the Discover the Forest campaign to help encourage children and their families to get outside and experience the many benefits of nature. As a symbol of forest conservation, the Lorax encourages children to explore and enjoy nature everywhere and become lifelong stewards of the forest and its beauty.

[www.discovertheforest.org](http://www.discovertheforest.org)



Reader's Digest Recommends . . .

Download MyUV Alert, a free iPhone app from Coppertone that tells you when it's time to re-slasher that sunscreen (every two hours). It also gives the current local UV index reading (how intense the rays are).

## NEVER FORGET TO REAPPLY!



## MAY IS NATIONAL ASTHMA/ALLERGY AWARENESS MONTH

Each year, the Asthma and Allergy Foundation of America (AAFA) declares May to be "National Asthma and Allergy Awareness Month." It's a peak season for asthma and allergy sufferers, and a perfect time to educate our patients, family, friends, co-workers and others about these diseases.

