

GVFP NEWS & VIEWS

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ALLERGY SEASON

*April showers bring May
flowers and allergens -*

Allergic rhinitis, often called hay fever, occurs when your immune system overreacts to particles in the air that you breathe-you are allergic to them. Your immune system causes symptoms such as sneezing and a runny nose. The particles are called allergens, which simply means they can cause an allergic reaction.

Hay fever is an immune disorder characterized by an allergic response to pollen grains and other substances. Typically, if you suffer from hay fever in the spring, you're probably allergic to tree pollens. Grass and weed pollens may be causing your allergic reaction during the summer. In autumn, weeds may plague you, and fungus spores cause problems primarily from late March through November but can be present year round.

If you suffer from hay fever (allergic rhinitis), it's because your immune system views harmless inhaled pollen or other allergens as dangerous substances invading your body. Your system overreacts, flooding your bloodstream with chemicals like histamine which inflame the lining of your nasal passages, your sinuses, and your eyelids and also set in motion other symptoms associated with hay fever, such as sneezing. All of these symptoms are meant to protect your body either by trapping and expelling the allergen or by swelling body areas, such as the nasal passages, so the allergen can't enter. As a result of congestion in the veins in the lining of your sinuses, dark circles, commonly known as allergic shiners, may appear under your eyes.

Allergic rhinitis can affect your health if you don't treat it. If it lasts a long time, you may have complications such as sinusitis, plugged ears and/or ear infections. Some people with allergic

rhinitis have sleep apnea and some have asthma. Allergic rhinitis can also affect your quality of life. You may avoid seeing people, have problems sleeping, and feel tired or grumpy. You may have trouble with school or work.

Knowing when to call your family doctor -

- You have pain in the sinus area and other symptoms of sinus infection. (Symptoms may include fever or a creamy, yellow or green discharge from the nose.)
- Your allergy symptoms get worse and you don't know why.
- You are taking a prescription or over-the-counter allergy medicine that does not help your symptoms.
- Your allergy medicine is causing side effects that bother you, such as decreased coordination or increased drowsiness.
- You have a fever or ear pain.
- You have a cough or cold that lasts longer than 1 to 2 weeks.
- You have severe itching of the eyes or nose.
- Your allergy disturbs your life.

ARTHRITIS

More than 100 forms of arthritis and other rheumatic diseases exist, but there are two major types: osteoarthritis and rheumatoid arthritis.

These diseases may cause pain, stiffness, and swelling in joints and other supporting structures of the body such as muscles, tendons, ligaments, and bones. Some forms can also affect other parts of the body, including various internal organs.

Many people use the word "arthritis" to refer to all rheumatic diseases. However, the word literally means "joint inflammation"; that is, swelling, redness, heat, and pain caused by tissue injury or disease in the joint.

Pain is the body's natural response to injury. Chronic pain on the other hand, is not a natural response. This is pain that, according to the National Institute of Arthritis and Musculoskeletal Diseases "lasts beyond the expected time for healing and interferes with normal life." Chronic pain may include constant tightness, stiffness, or an "aching" feeling in joints and muscles. Chronic physical pain may also affect a person's emotions.

What is a Bone Mass Measurement?

GVFP LET'S GO!

Try to spend at least one hour outdoors on warm, pretty days. Sunlight triggers the release of serotonin, a brain chemical that makes you feel good and helps ease food cravings.

A bone mass measurement or bone density test (DEXA scan) is the best way to determine your bone health. Bone Mass Measurements can identify osteoporosis, determine your risk for fractures (broken bones), and measure your response to treatment. Osteoporosis is a disease in which your bones become weak. The results of a bone mass measurement will assist you with osteoporosis prevention.

Medicare Part B covers bone mass measurements to determine whether or not you are at risk for a fracture (broken bone). This test is covered once every 24 months, or more often if your doctor deems it necessary. Your risk for osteoporosis increases if you are age 50 or older, are a woman, have a family or personal history of broken bones, are White or Asian, smoke or drink or have a low-calcium diet.

In general, the lower your bone density score, the higher your risk is for a fracture. Bone mass measurement test results will help you choose the best method of osteoporosis prevention. A bone density test should always be a part of a complete medical workup supervised by a doctor.



Zesty Fish Tacos

Put a seafood spin on classic staple with these delicious and nutritious fish tacos.

Serves 4 **Prep time:** 30 minutes
Cook time: 5 minutes

Fish Taco Ingredients

1 lb boneless cod filets
1/4 cup lemon juice
1/4 cup lime juice
2 tablespoons green onions, chopped
1 tablespoon ground cumin
2 tablespoons extra virgin olive oil
12 small corn tortillas
1/2 of a small red cabbage, thinly sliced
1 cup fresh cilantro leaves, chopped
Salt and freshly ground black pepper, to taste
Lime wedges, to garnish



Simple Lime Sauce Ingredients

1 cup sour cream
1/2 cup lime juice
Cayenne pepper, to taste

Instructions:

1. Rinse and dry cod filets then cut lengthwise into 2 1/2 inch pieces.
2. In a small bowl combine lemon juice, 1/4 cup lime juice, green onions and cumin. Add fish and cover the bowl with plastic wrap.
3. Let marinate in the refrigerator for 30 minutes.
4. In separate bowl, combine sour cream, 1/2 cup lime juice and cayenne. Set aside.
5. Heat olive oil in sauté pan over medium heat, add fish. Grill for two minutes on each side.
6. Warm the corn tortillas in the microwave for 30 seconds. Divide the fish evenly among tortillas. Top with cabbage, cilantro, salt and pepper. Serve with sauce and lime wedges.



As of January 1, 2013 the FDA has issued new guidelines for sunscreen labels:

- **No more "waterproof, sweatproof, and sunblock."** These terms are too misleading, says the FDA. Sunblock is banned because no sunscreen can block 100 percent of the sun's ultraviolet (UV) rays. All products will be called sunscreens from here on out. Waterproof and Sweatproof will be banned because they imply all day protection. Sunscreens are however, permitted to claim they are Water-resistant, but they have to specify how long they protect you - either 40 or 80 minutes.
- **Clear definition of "broad-spectrum."** SPF technically applies *only* to UVB rays, which cause sunburn, not UVA rays, which cause cancer and aging. "Broad-spectrum" sunscreens theoretically protect against both, but up until now they have never had to prove it. In order to bear the label, any sunscreen labeled SPF 15 or higher must meet wavelength tests to show that it protects against UVA rays. Sunscreens with an SPF lower than 15 won't even be allowed to bear the "broad-spectrum" label.
- **New Cancer Label.** Just like on cigarette boxes, certain sunscreens will now be required to have cancer-causing warning labels on them. Any sunscreen with an SPF lower than 15, along with those that don't meet the criteria for broad-spectrum, will have to be labeled: "Skin Cancer/Skin Aging Alert: Spending time in the sun increases your risk of skin cancer and early skin aging. This product has been shown only to help prevent sunburn, not skin cancer or early skin aging."

MAY 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
TIP OF THE MONTH Get enough sleep every night (around eight hours)			1 May Day	2	3	4 Closed
5	6 Nurse's Day	7	8 Nat'l. Teacher Day	9 Nat'l. School Nurse Day	10	11 Open 9-12
12 Mother's Day	13	14	15	16	17	18 Open 9-12 Armed Forces Day
19	20 G	21	22	23	24	25 Closed
26 Closed	27 Memorial Day	28	29	30 Last Day of School	31 Smoke Free Day	Quit Smoking TODAY we can help

May is . . . National Stroke Awareness Month, National Better Sleep Month, National Women's Health Month, National High Blood Pressure Awareness Month, National Arthritis Awareness Month, National Employee Health & Fitness Month, Lupus Awareness Month, Keep America Beautiful Month, National Anxiety Month, National Bike Safety Month, National Humor Month, National Welding Month and National Garden Month.

HIGH BLOOD PRESSURE

In the United States today, about 68 million people are living with high blood pressure, also known as hypertension. The good news is that high blood pressure can be prevented and controlled. The bad news is less than half of the population with high blood pressure actually has it under control.

High blood pressure is an important health concern because it leads to heart attack and stroke, two of the leading causes of death in the United States. In 2008 alone, hypertension was a primary or contributing cause of death for more than 347,000 Americans. High blood pressure is also a major risk factor for other diseases such as congestive heart failure and kidney disease.

High blood pressure is sometimes called a "silent killer" because it often does not have any signs or symptoms. Apart from those with known high blood pressure, about 8% of US adults have hypertension, but have never been diagnosed. That's why it's important to check your blood pressure regularly, and to take steps to maintain normal blood pressure or lower blood pressure if it reaches unsafe levels.



The sooner you notice the **signs of stroke** and call 911, the better the chance of recovery. Take a minute to learn how to act F.A.S.T. It's an easy way to remember the signs of stroke.

ACT FAST

Face:

Ask the person to smile. Look to see if it's uneven.



Arms:

Ask the person to raise both arms. Check if one arm is weak.



Speech:

Ask the person to speak. Listen for slurring.



Time:

Call 911 at the first sign of stroke.



Other warning signs

Stroke can affect people in different ways. Here are other warning signs you should know:

- Trouble seeing in one or both eyes
- Difficulty walking, dizziness, loss of balance and coordination
- Severe headache with no known cause