



GVFP NEWS & VIEWS



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

OCTOBER 2012

Volume 6, Issue 10

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

What is a Family Doctor?

Full-scope family medicine, provides care in obstetrics, performs C-Sections, colposcopy and gynecological care, ultrasounds, works in the emergency department, rounds on patients in the hospital (taking call), make house calls, and provide acute and chronic care to people of all ages and stages. Family physicians can do a little bit of everything – the family physician, is defined by the needs of their patients.

Unlike other physicians who specialize in treating one particular organ or disease, your family physician is uniquely trained to care for you as a whole person, they treat each organ, every disease, regardless of your age or sex. In addition to diagnosing and treating acute and chronic illnesses, your family physician provides routine health screenings and counseling on lifestyle changes in an effort to prevent illnesses before they develop. And, if a health condition arises that requires care from another specialist, your family physician will be there to guide you and to coordinate all aspects of your care. The cornerstone of family medicine is an ongoing, personal patient-physician relationship focused on integrated care and to achieve the best possible outcome in the most cost-effective manner.

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

- Care for all ages from infants to elderly
- Care for chronic conditions, such as diabetes, asthma and heart disease
- Ear, nose and throat care
- Emergency medical care
- Minor surgical procedures
- Mental and behavioral health care
- Bone and joint care
- Eye care
- X-rays
- Care of the urinary system
- Well-woman care, reproductive counseling, family planning

Family physicians help you stay healthy with an individualized plan of care. 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.

Family physicians adhere to the highest standards of medical care. The American Board of Family Medicine requires recertification by examination every six years. To maintain board certification, family physicians also are required to complete a minimum of 150 hours of continuing medical education every three years. In addition, family physicians have the support

Flu season is here!

The Centers for Disease Control, Advisory Committee on Immunization Practices (ACIP) recommends that ALL persons who want to reduce the risk of becoming ill or transmitting influenza be vaccinated. GVFP will again be offering Flu vaccines beginning October 1, 2012. Cost will be \$38 for both adult and pediatric immunizations.



of a national medical association, the American Academy of Family Physicians (AAFP). The AAFP provides high-quality learning opportunities for family physicians, as well as patient education materials and practice management support.

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.

GVFP LET'S GO!

Break out the jump rope!!

Research shows that children ages 8 to 12 were more physically active when they had a greater number of "active" toys to choose from.

5 2 1 0 RULE:

Giving kids the power to choose activities helps to keep them more active.

Yearly Medicare Wellness Exams

How often does Medicare cover?

Medicare Part B (Medical Insurance) covers:

- "Welcome to Medicare" preventive visit: You can get this introductory visit only within the first 12 months you have Medicare Part B. This visit is covered one time. You don't need to have this visit to be covered for yearly "Wellness" visits.
- Yearly "Wellness" visit: You can get this visit if you've had Part B for longer than 12 months. This visit is covered once every 12 months.

Who's eligible?

All people with Medicare Part B are covered.

Your costs in Original Medicare

You pay nothing for the "Welcome to Medicare" preventive visit or the yearly "Wellness" visit if the doctor accepts assignment. The Part B deductible doesn't apply. However, if your doctor or other health care provider performs additional tests or services during the same visit that aren't covered under these preventive benefits, you may have to pay coinsurance, and the Part B deductible may apply.

What to expect

This exam is a one-time review of your health as well as education and counseling about preventive services and other care. During the annual wellness visit, doctors and beneficiaries can develop and/or update a personalized prevention plan that takes into account medical and family history, detection of any cognitive impairment, potential (risk factors) for depression, and review of the individual's functional ability and level of safety, along with the furnishing of personalized health advice and referral, as appropriate, to education or preventive counseling services or programs.

Your doctor will:

- Record and evaluate your medical and family history, current health conditions, and prescriptions.
- Check your blood pressure, vision, weight, and height to get a baseline for your care.
- Make sure you're up-to-date with preventive screenings and services, such as cancer screenings and shots.
- Order further tests, depending on your general health and medical history. Following the visit, your doctor will give you a plan or checklist with free screenings and preventive services that you need.

Your doctor will schedule a second visit for you to come back to discuss lab work, screening exams and specific problems.

Rosemary Garlic Salmon

Ingredients

- 1 tomato, chopped
- 1/4 cup(s) chopped cucumber (peeled and seeded)
- 1/4 cup(s) halved kalamata OR black olives
- 2 tsp. extra-virgin olive oil
- 1 tsp. Tone's® Rosemary Garlic Seasoning
- 4 salmon fillets
- extra-virgin olive oil
- 1 1/2 Tbsp. Tone's® Rosemary Garlic Seasoning
- 2 Tbsp. crumbled feta cheese

Cooking Directions

Combine tomato, cucumber, olives, 2 teaspoons olive oil and 1 teaspoon seasoning in a small bowl. Mix well and refrigerate until ready to serve. Lightly brush salmon with oil and sprinkle 1-1/2 tablespoons seasoning on the salmon. Grill over medium direct heat, turning once, for 10 to 12 minutes until salmon is cooked through and flakes easily. Top salmon with Greek Style Salsa and sprinkle with feta cheese.



OCTOBER 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 9-12 Sat. Clinic
7	8 Columbus Day 	9	10	11	12	13 Closed
14	15	16 National Boss Day 	17	18	19	20 9-12 Sat. Clinic
21	22	23	24	25	26	27 9-12 Sat. Clinic
28	29	30	31 Happy Halloween 	TIP OF THE MONTH There are 1440 minutes in a day...schedule 30 of them for physical activity!!		



The National Breast Cancer Awareness Month (NBCAM) organization is a partnership of national public service organizations, professional medical associations, and government agencies working together to promote breast cancer awareness, share information on the disease, and provide greater access to screening services.



NATIONAL BREAST CANCER AWARENESS MONTH

October is.... Eat Better, Eat Together Month, Domestic Violence Month, Breast Cancer Awareness Month, Emotional Wellness Month, National RSV Awareness Month, National Book Month, National Crime Prevention Month, National Fire Prevention Month, Health Literacy Month, Long Term Care Planning Month, Lupus Awareness Month, National Down Syndrome Month, National Spina Bifida Awareness Month, National SIDS Awareness Month, and Positive Attitude Month.



Lips take a lot of abuse, but they lack the protection that the rest of our skin enjoys. They have no oil or sweat glands, and they're constantly exposed to irritants: the tip of the tongue, our food and drinks, environmental pollutants, the weather -- the list goes on and on.



Our mouths need just as much care as the rest of our skin -- if not more -- but despite everything they do for us, our lips are often overlooked or downright neglected. In chilly fall weather look for a product with a base of beeswax, petroleum jelly or paraffin. These seal in moisture and won't evaporate as quickly as thinner balms or glosses. For extremely irritated lips, aloe vera is a good ingredient.

HAVE A SAFE AND HAPPY



**FIRE PREVENTION WEEK
HAVE 2 WAYS OUT**

WWW.FPW.ORG OCTOBER 7-13

