



Help show your support and spread the word about breast cancer awareness ~ Wear some pink!!

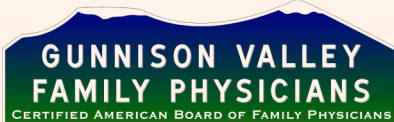


# GVFP NEWS & VIEWS

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## What is Your Weight Personality?

Weight loss and/or weight control have been a part of wellness communications since the wellness program movement began more than three decades ago. Unfortunately, wellness professionals are no closer to ending the excessive-pounds era. The problem has actually grown and is predicted to get even worse. By 2030, 42% of the U.S. population will be obese unless we make changes before then. It's time for a new strategy, don't you think?

People need to understand that everyone differs:

- When it comes to motivation for weight loss/weight control.
- In the amount of emotional difficulty faced in losing/controlling weight.

### What does this mean?

Simply put, a one-size-fits-all approach to weight doesn't work. The diet du jour is not a smart way to go for anyone. A weight loss/weight control plan needs to be personalized to each person.

A recent study conducted on weight management says: "One way to be more effective at addressing this issue may be to individualize the approach to weight management." The study identified five types of weight management consumers, each with very different needs:

- **Active maintainers** are somewhat overweight, in control, and fairly consistent about taking action to maintain their weight.
- **Emotional seekers** are very unsatisfied with their bodies, strongly desire change, and

may be willing to try different ways to lose weight.

- **Practical reducers** are highly unsatisfied with their bodies, but are more empowered than emotional seekers to make changes.
- **Health-driven consumers** usually have high body mass indexes (BMI) and several health issues because of their weight, which drive them to make changes.
- **Nonchalants** feel they are at the right weight already (even though they are not) or only need to lose a few pounds. As a result, they don't focus much on their weight.

Talk to your doctor. Learn more about our Healthy Living Program. Learn to Fit exercise into your daily routine. Recognize what stress does to your body and Make food choices that support a lifestyle of health and wellness.

## Setting E-Boundaries

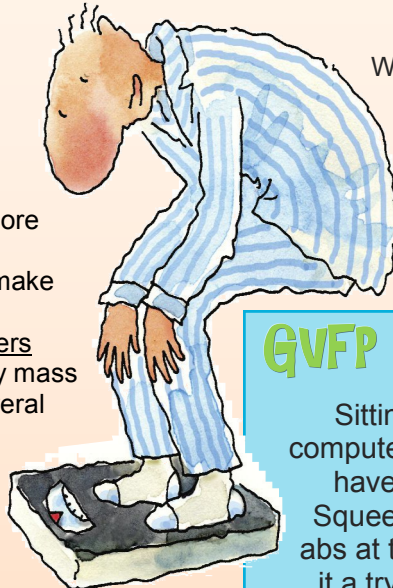
**What are warning signs that you're spending too much time using electronics?**

Ask yourself, "What do I do first thing in the morning and last thing at night? Do I check my smartphone, computer, or television?"

If you answered "yes," that's a good indication that you're hooked to your electronic device.

### How do you set boundaries?

Set daily time limits to spend on Twitter or Facebook, surfing the Web, or watching TV.



When you look back on your life five years from now, do you want to remember the time you spent tweeting?

## GVFP LET'S GO!

Sitting in front of the computer doesn't mean you have to be sedentary. Squeeze your glutes and abs at the same time. Give it a try for a count of 10. Repeat.

## Calming Kids

If your children bounce off the walls, are too loud, frequently fidget, or have trouble playing well with others, your little ones may have hyperactivity issues.

### To help kids learn to ramp down:

- Speak in a calming voice without frustration or yelling. If you want your children to be calm, remain calm yourself.
- Provide regular, structured physical activity to help redirect unfocused hyper-energy.
- Find activities that allow children to develop creativity and release emotional energy.
- Massage temples or scalp, lightly run your fingers through their hair, or rub their shoulders.
- Encourage children to monitor their breathing when overly stimulated. Teach them to take deep breaths.
- Stick to routines. Make certain children know what is expected of them and the consequences for not following expectations.

**Fact of the day:** In the U.S., 36,000 people die and more than 200,000 are hospitalized each year because of the flu.

Pledge to get your flu vaccination this season and encourage your friends to get vaccinated via Facebook or Twitter. Look for the "Do Something Easy Flu Vaccine Pledge" on the ImmunizeCO Facebook page: [www.facebook.com/ImmunizeCO](http://www.facebook.com/ImmunizeCO). **Thanks for spreading the word, not the flu!**

## Slow-cook French Toast

**- Make ahead, then go to bed -**

- 12 slices whole-wheat bread, cut into 1" cube
- 4 cups nonfat milk
- 1/2 cup sugar
- 3/4 cup egg whites
- 1 tsp. vanilla
- 1/4 tsp. salt
- Optional - Chopped nuts or pureed berries, bananas, or other toppings



Directions: Coat inside of slow cooker with non-stick spray. Add bread cubes. In a large mixing bowl whisk milk, sugar, egg whites, vanilla, and salt. Pour over bread cubes. Press bread lightly with spatula to moisten completely. Cover.

Refrigerate for 4 hours. Remove from refrigerator. Cover. Cook on low-heat setting for 7 to 8 hours (or until a knife inserted in the center comes out clean). Cool for 30 minutes. Serve in dishes. Add topping, if desired. Serves 12. Per serving: 198 calories, 2.6 g fat

## October Is Depression Awareness Month

### Feeling down?

Take an anonymous depression screening at: [www.HelpYourselfHelpOthers.org](http://www.HelpYourselfHelpOthers.org)

Screening for Mental Health offers National Depression Screening Day programs for the military, colleges and universities, community-based organizations and businesses. Held annually during Mental Illness Awareness Week in October, National Depression Screening Day (NDSD) raises awareness and screens people for depression and related mood and anxiety disorders.

NDSD is the nation's oldest voluntary, community-based screening program that provides referral information for treatment. Through the program, more than half a million people each year have been screened for depression since 1991.



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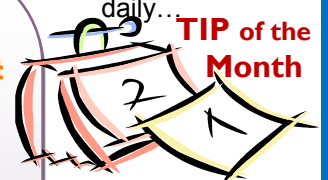
| Sun | Mon                               | Tue                          | Wed                     | Thu                   | Fri                                                                            | Sat          |
|-----|-----------------------------------|------------------------------|-------------------------|-----------------------|--------------------------------------------------------------------------------|--------------|
|     |                                   | 1                            | 2                       | 3                     | 4                                                                              | 5<br>Closed  |
| 6   | 7                                 | 8<br>National Children's Day | 9                       | 10                    | 11                                                                             | 12<br>Closed |
| 13  | 14<br>Columbus Day                | 15                           | 16<br>National Boss Day | 17                    | 18                                                                             | 19<br>9-12   |
| 20  | 21                                | 22                           | 23                      | 24                    | 25                                                                             | 26<br>Closed |
| 27  | 28<br>Breast Cancer Awareness Day | 29                           | 30                      | 31<br>Happy Halloween | The CDC recommends eating at least 5 servings of Fruit and Vegetables daily... |              |

## Fresh, frozen, or canned?

**When it comes to fruits and veggies, it doesn't matter**

**Nutritionally speaking, all forms of fruits and vegetables count.**

- Most frozen and canned foods are processed within hours of being harvested, so flavor and nutrition are preserved.
- Studies show recipes made with canned foods had comparable nutritional values to those made with fresh or frozen ingredients.
- Canned foods are "cooked" before packaging, so they are recipe-ready.
- Frozen foods usually require little preparation. Washing and slicing are already done.
- Note: Be sure to check the sodium levels on canned vegetables, particularly if you have high blood pressure. You may want to select low-sodium varieties.



**TIP of the Month**  
Have fruits and veggies prepared ready to go in the fridge for snacks after school or work.

## October is...

National Breast Cancer Awareness Month, Child Abuse Awareness Month, Energy Awareness Month, National Brain Injury Awareness Month, Emotional Wellness Month, Depression Awareness Month, National Audiology Awareness Month, National Bullying Prevention Awareness Month, National Dental Hygiene Month, National Downs Syndrome Month, and National RSV Awareness Month.

**Flu season is here!**

**DON'T GET THE FLU. DON'T SPREAD THE FLU. GET VACCINATED.**

[cdc.gov/flu](http://cdc.gov/flu)

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, 2013. Cost will be \$38 for both adult and pediatric immunizations.

Connect for Health Colorado, the new health insurance marketplace. Opening in October, you will be able to shop, compare, pick and purchase the health plan that is right for you. All on one site, all in one visit.

**CONNECT for HEALTH COLORADO**

Go to: [Connectforhealthco.com](http://Connectforhealthco.com)