

GVFP NEWS & VIEWS

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CHRONIC FATIGUE SYNDROME

Chronic fatigue syndrome, sometimes called CFS, is a condition that makes you feel so tired that you can't do all of your normal, daily activities. There are other symptoms too, but being very tired for at least 6 months is the main one. While chronic fatigue syndrome has no known cause and is difficult to diagnose, its major symptoms can be treated.

Extreme tiredness, or fatigue, is the main symptom. It's important to talk to your doctor about any symptoms you may have.

- Severe fatigue that lasts longer than 2 weeks, causes you to limit your usual activities, and does not improve with rest.
- Sleep problems (being unable to fall asleep or stay asleep, tossing and turning, waking up feeling tired or not rested) that last for more than 1 to 2 months.
- Swelling in the glands in your neck or armpits (without other signs of infection) that last for at least 2 weeks.
- Severe fatigue along with frequent urination (especially at night), extreme thirst, weight loss, or blurred vision. Fatigue that occurs with some or all of these may be a symptom of undiagnosed diabetes.
- Headache that lasts longer than 2 weeks.

Depression is also common with CFS, and it can make your other symptoms worse. Antidepressant medicines can help you feel better. Your tiredness is real. It's not "in your head." It is your body's reaction to a combination of emotional and physical factors.

People who have chronic fatigue syndrome (CFS) are generally 25 to 45 years of age. Women are more likely to have CFS. CFS is rare in children. It may occur in teenagers, especially young teenage girls. Unlike adults, teenagers are more likely to develop CFS after having an illness such as mononucleosis or flu.

There are no tests for CFS. Doctors can diagnose it only by ruling out other possible causes of your fatigue. Many other health problems can cause fatigue, and most people with fatigue have something other than chronic fatigue syndrome.

Initial treatment

Pain relievers that you can buy without a prescription, such as acetaminophen, ibuprofen, or aspirin, may help relieve headaches, muscle and joint pain, and other physical symptoms. Narcotic pain relievers,

which require a prescription from a doctor, may become addictive if they are used frequently, so they are typically prescribed in the most severe cases on a short-term basis.

Taking antidepressants and getting counseling can help relieve your other symptoms, whether you have depression or not. Antidepressants are used to improve your mood, control your pain, and help you sleep. With CFS, treating both physical and psychological factors is important.

There are many unproven remedies, such as special diets or mineral supplements, which some people recommend for treating CFS. There is no evidence that any of these are effective.

Ongoing treatment

Home treatment is very important. Adjusting your daily schedule, improving your sleep habits, and getting regular, gentle exercise can often help you feel better. Beginning a graded exercise program, in which the level of exercise starts out easy and gradually grows more challenging, should be part of your treatment. Studies have shown that a carefully planned exercise program can help people with CFS regain their strength and energy and feel better. Remember that if you have CFS, you will be able to do only light exercise. Doing too much or increasing your level of exercise too quickly can make your symptoms worse.

There is no treatment for CFS itself, but many of its symptoms can be treated. A good relationship with your doctor is important, because the two of you will need to work together to find a combination of medicines and behavior changes that will help you get better. Some trial and error may be needed, because no single combination of treatments works for everyone.

Even though it may not be easy, keeping a good attitude really helps. Try not to get caught in a cycle of frustration, anger, and depression. Many people improve in a year or two and do not have a relapse.

GVFP LET'S GO!

5210 GOES TO SCHOOL

Schools reach children during an important period of development, in an environment that can positively influence healthy behaviors. Children spend the majority of their day at school and eat one or more meals, plus snacks during that time. Combine this with educational goals focused on positive physical, social, emotional, and academic development and schools are an ideal location to support increased physical activity and healthy eating. Schools have the opportunity to provide healthier foods in the classroom and cafeteria, and to creatively increase physical activity throughout the entire school day, supporting healthier children now. They also provide a safe environment for children to learn and practice the skills needed to support healthy behaviors for a lifetime!

We understand schools have a unique set of challenges – limited hours, core educational objectives, and tight budgets – when it comes to providing key opportunities for healthy eating and physical activity. RE-1J school district has collaborate with Mountain Roots Food Project – **Farm to School** program to offer healthy food and beverage options

5 2 1 0 RULE:

Try on-the-go options: cut-up fresh veggies, dried fruits, hard-boiled eggs, low fat cheese sticks, yogurt cups, or single serve fruit cups as a nutritious snack for kids.

GOOD EATS

Fiber

Dietary fiber helps lower blood cholesterol levels and can reduce your risk of heart disease and diabetes. Make sure you increase your fiber intake slowly over a few weeks. Increasing fiber intake too quickly can result in painful bloating, intestinal gas and cramping. Drink plenty of water while increasing your fiber because fiber works best while absorbing water. Below are some foods high in fiber that you can eat for breakfast:

- | | |
|----------------------|---------------------|
| • Apples (with skin) | • Bananas |
| • Oranges | • Pears (with skin) |
| • Raspberries | • Almonds |
| • Whole grain bread | • Oatmeal |

Protein

Protein is important to the body because it is used to repair and build tissue. Every cell in the body uses protein. It is important to follow the U.S. Department of Health and Human Services guidelines for protein consumption. Below are some foods with high protein that you can eat for breakfast:

- | | |
|-----------|---------------------|
| • Eggs | • Whole grain bread |
| • Almonds | • Chicken |

Wild Rice and Barley Salad

In addition to fiber, whole grains like wild and brown rice offer plenty of vitamins B6, E, and folate to maintain heart health. Serve with pork tenderloin.



Ingredients

1 3/4 cups fat-free, less-sodium chicken broth
1/2 cup uncooked brown and wild rice mix
1/2 cup uncooked pearl barley
3/4 cup rinsed and drained canned chickpeas (garbanzo beans)
1/3 cup golden raisins
1/4 cup sliced green onions
2 tablespoons red wine vinegar
1 1/2 teaspoons extra virgin olive oil
1 teaspoon Dijon mustard
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
2 tablespoons chopped fresh basil
2 tablespoons slivered almonds, toasted

Preparation

Combine first 3 ingredients in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until liquid is absorbed. Remove from heat, and let stand, covered, 5 minutes. Spoon rice mixture into a medium bowl. Add chickpeas, raisins, and green onions.

Combine vinegar and next 4 ingredients (through pepper) in a small bowl; stir with a whisk. Pour over barley mixture; toss well. Cover; chill 2 hours. Stir in basil and almonds. **YIELD:** 8 servings (serving size: about 2/3 cup)

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Closed
2	3 LABOR DAY	4	5	6	7	8 9-12 Sat. Clinic
9 GRANDPARENTS DAY	10	11	12	13	14	15 9-12 Sat. Clinic
16	17	18	19	20	21	22 FALL BEGINS 9-12 Sat. Clinic
23	24	25	26	27	28	29 9-12 Sat. Clinic
30	TIP OF THE DAY: Enjoy relationships as you age. Stay connected to friends & loved ones. Remember to live your life.				Fall	

SCHOOL PHYSICALS

The school physical is important not only because it ensures children are healthy for school, but it also might be the only time throughout the year when you see some of these young patients. The American Academy of Pediatrics (AAP) suggests that primary care managers (PCMs) use the school physical visit as an opportunity to build and add to a child's complete medical history. This can help you be aware of a child's progress and development over time and detect emerging problems.

School physicals usually include checking to ensure a student's immunizations are up to date.



LEG CRAMPS

Leg cramps -- which are uncontrollable muscle contractions -- can occur at night, at rest or after exercising and can be extremely painful. These cramps can be caused by dehydration, certain medications or electrolyte imbalances. Most muscle cramps do not cause long-term problems and may improve after massage or stretching, as noted on the Better Medicine website. Making sure that your diet is a healthy, balanced one and that you avoid dehydration may lessen your risk of developing leg cramps. You should contact a physician if the cramps are constant or do not seem to get better after treatment.

Dehydration

A common cause of leg cramps is dehydration. Some medications like diuretics and anti-cholesterol medications like statins also can lead to dehydration and leg cramps. Loss of fluid definitely contributes to the symptoms but the loss of electrolytes like potassium or sodium that is associated with dehydration also plays a role in leg cramps. Drinking plenty of water or sport drinks when exercising can help you avoid cramping. Modifying your caffeinated and alcoholic beverage intake can also help you avoid dehydration and leg cramps; both of these drinks can act as diuretics and cause you to lose extra fluid.

Eat Foods Rich in Calcium and Magnesium

A lack of calcium or magnesium can also cause leg cramps. When you get dehydrated, your calcium levels can also become abnormal. You should make sure that you eat plenty of calcium-rich foods like yogurt, milk, green leafy vegetables, and cheese. You should also make sure that you include foods with magnesium as well; examples of these foods include wheat

germ, nuts, and tofu. Supplements can also help supply necessary calcium and magnesium; you should discuss the amount of these supplements with your doctor.

Avoid Potassium Deficiency

The mineral potassium is involved with fluid balance in the body by maintaining the water balance in the tissues, according to The Analyst website. Excessive sweating can lead to a loss of potassium; potassium deficiency has been associated with leg cramps, as noted on Dummies.com. Eating potassium-rich foods may improve -- or even prevent -- leg cramps; foods like bananas, oranges, beans, potatoes, and tomatoes are all good sources of this mineral. Taking a potassium supplement without physician supervision can be dangerous since too much potassium can adversely affect the heart and nervous system. You should discuss your potassium levels with your physicians before adding a supplement.

Vitamin Supplements

Taking vitamin supplements may prevent leg cramps as well. Some clinicians may recommend a vitamin B complex supplement to manage leg cramps; however, more research is needed to clarify this vitamin's efficacy. Vitamin E and vitamin A supplements might also prevent leg cramps. Since taking too much of any supplement can cause other health problems, you need to discuss the situation with your health care provider before treating leg cramps with vitamins.

In most cases, medical intervention is not required to treat leg cramps; however, some underlying medical conditions can cause cramping. A physician consultation is recommended when severe and persistent discomfort occurs despite attempts at improving the condition with home care methods.

