

GVFP NEWS & VIEWS

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



SEPTEMBER 2013

Volume 7, Issue 9

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

America's New Health Insurance Marketplace

Beginning October 1st, millions of Americans will be able to get affordable health insurance that covers preventative services and comprehensive coverage for services such as physician visits, hospital stays, and prescriptions. New tax credits can reduce insurance premiums right away. And insurance plans will no longer be able to charge you more or refuse to provide coverage for you or your family if you have a pre-existing condition.

In the new Health Insurance Marketplace you'll be able to look for insurance that fits your budget and meets your needs. Coverage starts as soon as January 1, 2014.

But no one has to wait until October to learn more.
Go to connectforhealthco.com

How the Marketplace Works



Create an account

First provide some basic information. Then choose a user name, password, and security questions for added protection.

Apply

Starting October 1, 2013 you'll enter information about you and your family, including your income, household size, and more.

Visit HealthCare.gov to get a checklist to help you gather the information you'll need.

Pick a plan

Next you'll see all the plans and programs you're eligible for and compare them side-by-side.

You'll also find out if you can get lower costs on monthly premiums and out-of-pocket costs.

Enroll

Choose a plan that meets your needs and enroll! Coverage starts as soon as January 1, 2014.



50+: Live Better, Longer - Boost Low Testosterone Naturally Hey Guys —

If you're looking for ways to boost your testosterone level, start by looking at your daily habits.

Some changes that are good for your overall health could also provide benefits in helping to maintain a healthy level of this important male hormone.

1. Get Enough Sleep.

For many men with low testosterone, poor sleep is a factor. A lack of sleep affects a variety of hormones and chemicals in your body. This, in turn, can have a harmful impact on your testosterone.

Make sleep a priority, aiming for 7 to 8 hours per night, even if it means rearranging your schedule. If you're having problems getting good sleep on a regular basis, talk to your doctor.

2. Keep a Healthy Weight.

Men who are overweight or obese often have low testosterone levels. For those men, losing the extra weight can help bring testosterone back up. Likewise, for men who are underweight, getting your weight up to a healthy level can also have a positive effect on the hormone.

3. Stay Active.

Testosterone adapts to your body's needs. If you spend most of your time lying on the couch, your brain gets the message that you don't need as much to bolster your muscles and bones. When you're physically active, your brain sends out the signal for more of the hormone. But don't go overboard. Extreme amounts of endurance exercise can lower your testosterone.

4. Take Control of Your Stress.

If you're under constant stress, your body will churn out a steady stream of the stress hormone Cortisol. When it does, it will be less able to create testosterone. So, controlling your stress is important for keeping up your testosterone level.

5. Review Your Medications.

Some medicines can cause a drop in your testosterone level. These include:

- Opioid drugs such as fentanyl, MS Contin, and OxyContin
- Glucocorticoid drugs such as prednisone
- Anabolic steroids used for building muscles and improving athletic performance

You shouldn't stop taking any of your medications. If you're concerned about your testosterone level, discuss your medications with your doctor to make sure they're not

the problem, and to make adjustments to your treatment if needed.

6. Forget the Supplements.

Finally, although you're likely to encounter online ads for testosterone-boosting supplements, you aren't likely to find any that will do much good. Your body naturally makes a hormone called DHEA that it can convert to testosterone. DHEA is also available in supplement form. But it will do little to raise your testosterone.

GVFP LET'S GO!

Keep in mind that school-age children (between 6 and 12 years) generally require 10 to 11 hours of sleep, while adolescents (13 to 18 years) require approximately 9 hours of sleep. Stay in the zone! A consistent sleep schedule on weekends and weekdays can improve sleep quality and daytime performance. Wide swings in bed and wake times between weekdays and weekends can be the equivalent of changing time zones twice a week. If the summer has brought later sleep and wake times, try gradually moving bed and wake times back by 15 to 20 minutes per day to ease into the new routine.

Sweet Corn Pudding with Poblano Chiles

By: The Casserole Queens

The slightly spicy poblano chile is a great contrast to the sweet and creamy corn mixture, plus it adds that Southwestern kick.

Yields: 6 servings Total Time: 1 hr 15 min. Prep Time: 15 min

Ingredients:

- Unsalted butter, for the dish
- 2 tablespoon(s) all-purpose flour
- 2 teaspoon(s) baking powder
- Kosher salt
- 4 large eggs
- 1 cup sour cream or sub. yogurt
- 3/4 cup 2% milk
- 1 tablespoon granulated sugar
- 4 cups (from 4 ears or frozen and thawed) corn kernels
- 4 scallions, sliced
- 1 poblano chile, thinly sliced
- 1 small red bell pepper, thinly sliced
- 4 oz. sharp white Cheddar, coarsely grated (1 cup)

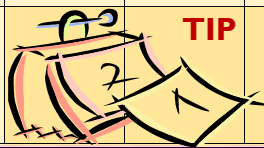
Directions

1. Heat oven to 350 degrees F. Coat a 9- by 13-inch or other 3-quart baking dish with butter.
2. In a food processor, pulse the flour, baking powder, and 1/2 teaspoon salt to combine. Add the eggs, sour cream, milk, sugar, and 2 cups corn kernels and process until nearly smooth.
3. In a large bowl, combine the scallions, poblano, red pepper, Cheddar, and remaining 2 cups corn kernels. Add the batter and mix to combine.
4. Transfer the mixture to the prepared dish and bake until golden brown and the center is still slightly wobbly, 40 to 50 minutes. Let cool for 10 minutes before serving.



SEPTEMBER 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 Labor Day	3	4	5	6	7 Closed
8 Grandparents Day	9	10	11 Patriot Day	12	13	14 Closed
15	16	17	18 5:30pm Healthy Living Class	19	20	21 9-12
22 First Day Of Autumn	23 Family Day	24	25	26	27	28 9-12
29	30	 TIP		Walking is the simplest way to start and continue a fitness journey. For ever hour of walking, your life expectancy may increase by two hours.		

School Starts Soon— Is Your Child Fully Vaccinated?

Make sure your children are up-to-date on vaccines before sending them back to school. School-age children, from preschoolers to college students, need vaccines. Get your children to the doctor if you discover they need vaccines to protect them against serious diseases. Vaccines are also available Tuesdays at the Public Health Department by appointment.

The Centers for Disease Control and Prevention recommends universal influenza vaccines for everyone 6 months of age and older who do not have contraindications to vaccination.⁷

Health & Academics

The academic success of America's youth is strongly linked with their health.

Health-related factors such as hunger, physical and emotional abuse, and chronic illness can lead to poor school performance. Health-risk behaviors such as early sexual initiation, violence, and physical inactivity are consistently linked to poor grades and test scores and lower educational attainment.

Schools play a critical role in promoting the health and safety of young people and helping them establish lifelong healthy behaviors. Research also has shown that school health programs can reduce the prevalence of health risk behaviors among young people and have a positive effect on academic performance.

School is starting up. Get your children involved in after school activities or sports.



September is . . .

National Cholesterol Education Month, National Recovery Month, Self Improvement Month, National ADHD Month, National Childhood Obesity Awareness Month, National Ovarian Cancer Awareness Month, National Hispanic Heritage Month, National Chicken Month, National Courtesy Month, National Honey Month, National Yoga Month, National Piano Month, National Rice Month, National Papaya Month, National Coupon Month, National Mushroom Month, Healthy Aging Month and Classical Music Month