

GVEP NEWS & VIEWS

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

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



Newborn Sleep

Caring for any newborn is a lot of work, but it's even harder when parents are sleep-deprived and exhausted.

The good news is that by 4-6 months most babies have developed a regular sleep pattern and the ability to sleep through the night. The bad news is that, until that time, it's unrealistic and unfair to expect your baby to

be a great sleeper. In the first months, the average infant sleeps around 13 to 16 hours or so, but that sleep may occur unpredictably and for just a few hours at a time.

As the brain matures over the first months, you'll probably begin to see a sleep pattern emerge: longer periods of sleep (hopefully at night), more activity during the day, less activity at night, and more sleep during growth spurts. (Much of growth occurs during sleep.)

It's rare that a baby's sleep pattern is a cause for worry in the first few months. An infant sleeps as much as her body tells her she needs to. Talk to your doctor if you have any concerns.

The American Academy of Family Physicians recommends that healthy infants be placed on their backs for sleep, as this is the safest position for an infant to sleep. Putting your baby to sleep on his back decreases the chance of sudden infant death syndrome (SIDS).

Safe Sleep

Sudden infant death syndrome (SIDS), also called crib death, is puzzling. It has no symptoms or warning signs. Experts don't know exactly what causes it, or why it can strike healthy infants between one and 12 months of age.

What experts do know is that there's a lot you can do to prevent SIDS. We also know that since parents widely began following the steps below, the SIDS rate in the United States has dropped more than 50%.

7 Steps for SIDS Prevention

- **Always put baby to sleep on his or her back, every single time.** When babies sleep on their sides or stomachs, their risk for SIDS is very high. So, every time you put baby to sleep -- for naps, at night, or any time -- put them to sleep on their back. When babies who usually sleep on their backs are suddenly put to sleep on their stomachs, they have a very high risk for SIDS.

If you're worried your baby might choke while sleeping on his or her back, don't be. Choking is very rare and healthy babies tend to swallow or cough up fluids automatically.

- **Use a firm sleep surface, and keep soft toys and bedding away from baby.** To prevent smothering or suffocation, always put baby to sleep on a firm surface, like a safety-approved mattress with a fitted sheet. Don't include blankets, quilts, pillows, or sheepskin in baby's crib.

Not sure about the safety of your baby's mattress, crib, or bumpers? Contact the Consumer Product Safety Commission at 1-800-638-2772 or www.cpsc.gov.

- **Don't smoke around your baby.** Smoking when you're pregnant is a major risk factor for SIDS, and second-hand smoke around your infant also increases the chances of SIDS. Don't let anyone smoke around your baby.

- **Have your baby sleep nearby, but not in your bed.** When baby sleeps in the same room as mom, studies show it lowers the risk of SIDS. But it's dangerous for a baby to sleep with an adult in the same bed, on an armchair, or on a couch.

If you bring baby into your bed for comforting or breastfeeding, be sure to put baby back in his own cradle, bassinet, crib, or co-sleeper (a crib-like bed that attaches to an adult bed) when you're ready to sleep. And never bring the baby to bed with you when you're very tired or using medications that affect your alertness.

- **Consider breastfeeding, which may lower the risk of SIDS.** Breastfeeding your baby may lower the risk of SIDS by as much as half, though experts aren't sure why.
- **Consider using a pacifier when putting baby to sleep.** Putting baby to sleep with a pacifier may also help prevent SIDS, though researchers aren't sure why. There are a few tips to follow when using a pacifier:
 - If you're breastfeeding, wait until your baby is at least one month before starting to use a pacifier. Introducing a pacifier too soon can lead to nipple confusion, and cause baby to prefer the pacifier's nipple over your own.
 - Don't force baby to take the pacifier if he or she doesn't want it.
 - Put the pacifier in baby's mouth when you put them down to sleep, but don't put it back in baby's mouth after they fall asleep.
 - Keep the pacifier clean, and buy a new one if the nipple is damaged.
 - Don't coat the pacifier with honey, alcohol, or any other substance. (Honey can lead to botulism in very young children).
- **Keep baby from overheating.** Overheating may increase a baby's risk of SIDS, dress your infant in light, comfortable clothes for sleeping, and keep the temperature in their room at a level that's comfortable for an adult. If you're worried about baby staying warm, dress them in a "onesie," pajamas that cover arms, legs, hands, and feet. Remember, don't use a blanket, as baby can get tangled in it or pull the blanket over his or her face.

Remember, your baby's health care provider is always available to answer any questions you have about SIDS, SIDS prevention, and keeping your baby warm, happy, and safe.

If you have more questions about safe sleep practices you can also find more information at www.healthychildcare.org

Remember...Back to Sleep, Tummy to Play

WebMD, American Academy of Family Physicians
and American Academy of Pediatrics



White Chili With Chicken

This mildly spiced chili gets its flavor from a tasty combination of white beans, chicken, green chilies, and corn. You can make it in about 30 minutes with leftover chicken or a store-bought rotisserie bird.

Ingredients

3 tablespoons olive oil
1 large onion, chopped
2 teaspoons chili powder
1 1/2 teaspoons cumin
1 teaspoon oregano
2 garlic cloves, minced
2 (15-ounce) cans white kidney or navy beans, drained and rinsed
3 to 4 cups diced cooked chicken
1 cup frozen corn kernels
1 (7-ounce) can diced green chilies
2 cups chicken broth, plus more for thinning, if desired
1/4 teaspoon salt
2 tablespoons butter, softened
1 1/2 tablespoons flour
Pepper
3 to 4 tablespoons half-and-

half or light cream (optional)
Grated Cheddar or Monterey Jack (optional)
Instructions

Warm the oil in a large, heavy saucepan over medium heat. Add the onion and sauté, stirring often, for 7 minutes. Stir in the chili powder, cumin, oregano, and garlic and sauté for another minute. Stir in the white beans, chicken, corn, green chilies, chicken broth, and salt. Bring the mixture to a gentle simmer and allow it to continue simmering, partially covered, for 10 minutes.

In a small bowl, blend the butter and flour. Add the mixture to the chili and stir until it thickens, about a minute. Add more salt and pepper to taste. If you like, add more broth to thin the chili or 3 to 4 tablespoons of half-and-half or light cream to thicken it. Serve the chili hot, topped with cheese, if desired.

Nutritional Information:

Per serving (1 1/3 cups): Cal 467

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Closed
4	5	6	7	8	9	10 9-12 Sat. Clinic
11	12	13	14	15	16	17 9-12 Sat. Clinic
18	19	20	21	22	23	24 Closed
25 Closed	26	27	28	29	30	31 Closed New Year's Eve

The CDC and Prevention say hand-washing is the single most effective way to prevent the transmission of disease.



December is... National Drunk and Drugged Driving Prevention Month, National Aplastic Anemia Awareness, National Hand Washing Awareness, Safe Toys & Gifts Month, Tie One On for Safety Campaign, Red Ribbon, World AIDS Day (December 1), International Infection Prevention, Write a Friend month, Bingo Month and Eat Oatmeal for Health Month

UNDER CONSTRUCTION

Updates on happenings or changes within our office

GVFP now has a website – www.gvfp.net

CHECK IT OUT!!

* Parents you can now access the ASQ forms on the website. You can print and fill them out prior to your child's next well visit.

REMINDER: As of October 2011 the No-Show fee is \$50.00. **Please** call and cancel if you are unable to keep the appointment.

REMINDER: It is our policy to ask **EVERYONE** for a new and/or current copy of your insurance card and driver's license at each visit.

If you have questions, please feel free to contact Barb Rider, our Office Manager at 970-641-0211.

National Influenza Vaccination Week

National Influenza Vaccination Week (NIVW) is a national observance that was established to highlight the importance of continuing influenza vaccination, as well as fostering greater use of flu vaccine after the holiday season into January and beyond. NIVW 2011-2012 is scheduled for **December 4-10, 2011**.

GET VACCINATED...



New Tool Makes Sure Your Patients are Good to Go

Work. Meals. Carpool. Diaper changes. We understand that parents have their hands full, but we also know that keeping children healthy is top priority. To help out, the Colorado Children's Immunization Coalition (CCIC), the Colorado Immunization Program and the Vaccine Advisory Committee for Colorado recently unveiled a new mobile web application called Good to Go.

Good to Go, the latest addition to the Immunize for Good campaign, makes it easy for parents to stay on track with their child's recommended vaccine schedule and encourages timely immunization so children get the best protection possible.

The new mobile web application delivers a condensed version of the CDC-recommended 0-6 year vaccine schedule and allows parents to create a personalized record tailored to each child's birth date. It also includes detailed information about each vaccine and the disease(s) it prevents, customized email reminders for each vaccine, and a progress bar that shows parents how they're doing in their effort to keep their child protected from vaccine preventable diseases. Parents can also print a list of their child's current and recommended vaccines.

Best of all, Good to Go is free and widely accessible. Parents can create and sign-in to their account from any device with internet access, including their mobile smart phone or computer. To share Good to Go with your patients, please encourage them to visit www.ImmunizeforGood.com.

