

GVFP NEWS & VIEWS

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

FEBRUARY 2012

Volume 6, Issue 2

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

ASTHMA

Asthma is a chronic disease of the airways that makes breathing difficult. With asthma, there is inflammation of the air passages that result in a temporary narrowing of the airways that carry oxygen to the lungs. This results in asthma symptoms, including coughing, wheezing, shortness of breath, and chest tightness.

Even though there are seemingly miraculous treatments for asthma symptoms, asthma is still a serious -- even dangerous -- disease that affects more than 22 million Americans and causes nearly 2 million emergency room visits every year. With proper asthma treatment, you can live well with this condition. Yet inadequate asthma treatment limits the ability to exercise and be active. Poorly controlled asthma can lead to multiple visits to the emergency room and even hospital admission, which can affect your performance at home and work.

Asthma may occur at any age, although it's more common in younger individuals (under age 40). However, anyone can develop asthma at any time, and adult-onset asthma happens frequently. If you have symptoms of asthma, talk to your doctor.

People who have a family history of asthma have an increased risk of developing the disease. Allergies and asthma often occur together. Smoking with asthma, a dangerous combination, is still seen commonly.

People with asthma experience symptoms when the airways tighten, inflame, or fill with mucus. Common asthma symptoms include:

- Coughing, especially at night
- Wheezing
- Shortness of breath
- Chest tightness, pain, or pressure

Still, not every person with asthma has the same symptoms in the same way. Symptoms may also vary from one asthma attack to the next, being mild during one and severe during another. Some people with asthma may go for extended periods without having any symptoms, interrupted by periodic worsening of their symptoms called asthma attacks. Others might have asthma symptoms every day. In addition, some people may only have asthma during exercise or asthma with viral infections like colds.

Mild asthma attacks are generally more common. Usually, the airways open up within a few minutes to a few hours. Severe attacks are less common but last longer and require immediate medical help. It is important to recognize and treat even mild symptoms to help you prevent severe episodes and keep asthma under better control.

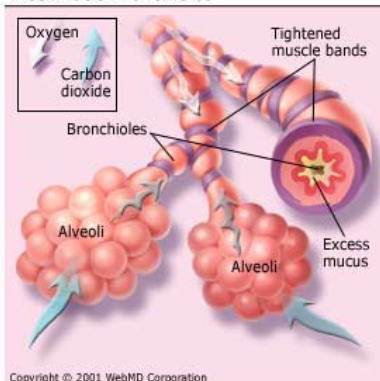
Early warning signs are changes that happen just before or at the very beginning of an asthma attack. These signs may start before the well-known symptoms of asthma and are the earliest signs that your asthma is worsening. Early warning signs include:

- Frequent cough, especially at night
- Losing your breath easily or shortness of breath
- Feeling very tired or weak when exercising
- Wheezing or coughing after exercise
- Feeling tired, easily upset, grouchy, or moody
- Decreases or changes in lung function as measured on a peak flow meter
- Signs of a cold or allergies (sneezing, runny nose, cough, nasal congestion, sore throat, and headache)
- Trouble sleeping

Asthma affects as many as 10% to 12% of children in the United States and is the leading cause of chronic illness in children. For unknown reasons, the incidence of asthma in children is steadily increasing. While asthma symptoms can begin at any age, most children have their first asthma symptoms by age 5.

Self-managing asthma day to day is important to breathe well, stay active, and keep asthma symptoms at bay. Discover the role diet and exercise play in controlling asthma symptoms, and learn how stress and anxiety may trigger an asthma attack. Early and aggressive asthma treatment is key to relieving symptoms and preventing asthma attacks. Find out the many ways asthma is treated and then talk to your primary care doctor to find out what's right for you.

Asthmatic Bronchioles



GVFP LET'S GO!

Realistic goals allow you to make small changes in a relatively small amount of time, and then move onto the next goal. Once you've met your realistic goal, you will find it much easier to move onto a new and possibly more challenging goal.

Realistic Goal: We will incorporate one additional fruit or vegetable into our daily diet. Be a role model – snack on fruits and veggies.

You've made progress!

A diet rich in fruits and vegetables provides vitamins and minerals important for supporting growth and development, and for optimal immune function.

"5210" Rule

Try it (three bite rule), Mix it (add them to foods you already make) and Slice it (so they are ready to grab)...

Roasted Brussels Sprouts with Chestnuts



Ingredients

1 1/2 cups thinly sliced onion
 3/4 cup (1/2 x 1 1/2-inch) julienne-cut red bell pepper
 3 tablespoons extra virgin olive oil
 1 1/4 teaspoons salt
 1/2 teaspoon freshly ground black pepper
 1/2 teaspoon caraway seeds
 3 pounds Brussels sprouts, trimmed and halved (10 cups)
 8 garlic cloves, thinly sliced
 Cooking spray
 1 (8.5-ounce) bottle chestnuts, coarsely chopped.
 {Chestnuts, in season through February, are perennially associated with the holidays. Bottled chestnuts are a time-saver.}

Preparation

Preheat oven to 400°.

Combine first 8 ingredients in a large bowl, tossing to coat. Spread onto a large roasting pan coated with cooking spray. Bake at 400° for 25 minutes, stirring occasionally. Add chestnuts; stir well. Bake 8 minutes or until vegetables are tender. Serve immediately.

YIELD: 12 servings (serving size: about 2/3 cup)

CONGRATULATIONS

In January 2012 Gunnison Valley Family Physicians was awarded for becoming a Patient Centered Medical Home. Colorado Children's Healthcare Access Program (CCHAP)

- helps primary care practices to meet the state's medical-home certification and receive enhanced reimbursement from Medicaid, while providing them with an array of support services, including care coordination, a resource hotline, and billing assistance.

A medical home provides the best patient- and family-centered care in the best way, by appropriately utilizing limited resources with adequate payment for practice activities. A family-centered medical home is a trusting partnership between a child, a child's family and the primary care team who oversees the child's health and well-being within a community-based system that provides uninterrupted care with appropriate payments to support and sustain optimal health outcomes. Every child deserves a medical home, where care is accessible, continuous, comprehensive, patient- and family-centered, coordinated, compassionate, and culturally effective.

EAT TOGETHER EAT BETTER

Research tells us that FAMILY MEALS are important. The data indicated that strong families spend time together. One way of spending time together is during family meals. The benefits of eating together as a family are improved communication, improved nutritional intake, and the development of family traditions.

So what can parents do to make time for family dinners?

The biggest culprit in reducing the frequency of family meals is the demands on our time, to make sure you spend most of dinnertime with your family rather than at your stove, plan meals that are simple to prepare and add 'dinner' to your family schedule.

Another way to make family meals happen is to involve the kids in the planning and preparation as well as the eating. Homemade pizza, using a pre-made crust or even French bread, can be a simple and fun meal to prepare together.

The key is for kids and adults to share time together, and sharing a meal is the perfect opportunity."



FEBRUARY 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 National Freedom Day	2 	3	4
5	6	7	8	9	10	11 Closed
12 Lincoln's Birthday	13	14 	15	16	17	18 9 - 12 Sat. Clinic
19	20 	21	22 Ash Wed. Washington's Birthday	23	24	25 9 - 12 Sat. Clinic
26	27	28	29 Leap Day			

FEBRUARY IS...American Heart Month, Black History Month, National Sinus Pain Awareness Month, National Parent Leadership Month, Safety Awareness, Canned Food Month, Great American Pie Month, National Cherry Month, National Children's Dental Health Month, National Grapefruit Month

The 2012 theme, **Be Aware for Safe Care**, stresses how important it is for every member of the healthcare team, from patients to providers, to be aware of healthcare safety and to take steps to participate in efforts to keep patients everywhere safe from medical harms.



WE ARE ONLINE!

Did you know you can now print most of our forms and complete them before coming to our office? For example, ASQ well child forms, Pre-Natal forms, & Health Summary forms are available to print. Check out our **WEBSITE:**

www.gvfp.net

