



GVFP NEWS & VIEWS



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Sodium: How to tame your salt habit (Part I)

Find out how much sodium you really need, what high-sodium foods to avoid, and ways to prepare and serve foods without adding salt or sodium.

You've been trying to eat less sodium — just a pinch of table salt on your baked potato and a dash on your scrambled eggs. But a pinch here and a dash there can quickly add up to unhealthy levels of sodium. Consider that just one teaspoon of table salt has 2,325 milligrams (mg) of sodium. And it's not just table salt you have to worry about. Many processed and prepared foods already contain lots of sodium. In fact, if you're like many people, you're getting far more sodium than is recommended, and that could lead to serious health problems. See how sodium sneaks into your diet and ways you can shake the habit.



- 5% added while cooking
- 6% added while eating
- 12% from natural sources
- 77% from processed and prepared foods

The main sources of sodium in the average U.S. diet.

Sodium: Essential in small amounts

Your body needs some sodium to function properly because it:

- Helps maintain the right balance of fluids in your body
- Helps transmit nerve impulses
- Influences the contraction and relaxation of muscles

Your kidneys naturally balance the amount of sodium stored in your body for optimal health. When your sodium levels are low, your kidneys essentially hold on to the sodium. When sodium levels are high, your kidneys excrete the excess in urine.

But if for some reason your kidneys can't eliminate enough sodium, the sodium starts to accumulate in your blood. Because sodium attracts and holds water, your blood volume increases. Increased blood volume makes your heart work harder to move more blood through your blood vessels, which increases pressure in your arteries. Such diseases as congestive heart failure, cirrhosis and chronic kidney disease can make it hard for your kidneys to keep sodium levels balanced.

Some people's bodies are more sensitive to the effects of sodium than are others. If you're sodium sensitive, you retain sodium more easily, leading to fluid retention and increased blood pressure. The extra sodium can even lead to high blood pressure, which can lead to heart disease, stroke, kidney disease and congestive heart failure.

Sodium: How much do you need?

According to the Dietary Guidelines for Americans:

- Don't exceed 2,300 mg of sodium a day if you're a healthy adult.
- Don't exceed 1,500 mg of sodium a day if you have high blood pressure, kidney disease or diabetes; you are black; or you're middle-aged or older.

Keep in mind that these are upper limits, and less is usually best, especially if you're sensitive to the effects of sodium. If you aren't sure how much sodium your diet should include, talk to your doctor.

Mayo Clinic 2010



Extended Office Hours

**Dr. Jay W. McMurren and
Dr. Marie C. Matthews offer
evening hours every Tuesday.**



GVFP still has Flu Vaccine available, no appointment necessary. Vaccine cost is \$38 for adults and \$46 for pediatrics - We will submit to your insurance. The CDC recommends everyone 6 months and older should get a

FLU VACCINES

Balsamic & Parmesan Roasted Cauliflower

Roasting isn't usually the first cooking method you think of for cauliflower but the results are quite delicious. The florets are cut into thick slices and tossed with extra-virgin olive oil and herbs. Wherever the flat surfaces come into contact with the hot roasting pan, a deep browning occurs that results in a sweet, nutty flavor.

4 servings, about 1 cup each | Active Time: 10 minutes |

Total Time: 35 minutes

Ingredients

- 8 cups 1-inch-thick slices cauliflower florets (about 1 large head; see Tip)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- 1/2 cup finely shredded Parmesan cheese

Preparation

Preheat oven to 450°F.

Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Tip: To prepare florets from a whole head of cauliflower, remove outer leaves. Slice off the thick stem. With the head upside down and holding a knife at a 45° angle, slice into the smaller stems with a circular motion—removing a “plug” from the center of the head. Break or cut florets into the desired size.



JANUARY 2011

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

January is . . . National Eye Health Care Month, National Fiber Focus Month, National Hobby Month, National Soup Month, Hot Tea Month, Oatmeal Month, National Thyroid Awareness Month, National Blood Donor Month, National Glaucoma Awareness Month, Cervical Cancer Screening Awareness Month, National Mentoring Month and National Skating Month.

Healthier Living Colorado

Starting January 18 2011, Public Health will be offering a new program for the community. Healthier

Living Colorado (HLC) is a fun, engaging, 6 session program that helps people reach their health goals. Topics include: problem-solving, goal-setting, nutrition, action-planning, relaxation techniques, fitness, communication and medications. Class size is limited to 12 people (people living with a chronic disease will be given priority registration).

The workshop will be held at the Family Services Building at 225 N Pine St, from 5:30-8:00pm. The cost is \$20 which includes the Living a Healthy Life with Chronic Conditions book. **Please call Margaret or Kim at Public Health at 641-0209 to register and find out more.**

Workshop Overview:

- Working with your doctor
- Managing medications
- Starting an exercise program
- Relaxation techniques
- Dealing with negative emotions
- Managing symptoms
- Improving communication
- Tips for eating well
- Setting weekly goals
- Effective problem solving

What participants say about Healthier Living Colorado:

“I have more confidence.”

“It’s an excellent program.”

“Helps you realize different ways to cope and comfort.”

“Able to do more activity with less symptoms.”



Dr. Jay W. McMurren
is offering
Botox clinics—
Call for details.
970-641-0211

