



GVFP NEWS & VIEWS

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JANUARY 2012

Volume 7, Issue 1

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Make this year your best year for overall wellness

A recent government study showed that more than half of all Americans do not receive many of the important preventive services they need—that is, immunizations, screening tests for early detection of disease, and education about healthy habits and injury prevention.

To help children and teens grow into healthy adults, we recommend well-child exams yearly.

Child Screenings

Well Baby - Birth to 2 Years

Well-baby exam: birth, 1, 2, 4, 6, 9, 12, 15, 18 and 24 months. Infants discharged less than 48 hours after delivery, need a visit 2 to 4 days after birth. During the well-baby exam you may receive advice about your child's safety, health, nutrition and development. These exams may also include immunizations and the following screenings:

- Hearing
- Weight, length and head circumference
- Lead testing at ages 1 and 2 years unless lead exposure can be confidently excluded
- Developmental/behavioral assessments

Well Child - Ages 3 to 10

Well-child exam: at age 30 months and then once a year for children ages 3 to 10. You may receive advice about your child's safety, injury prevention, health, nutrition and development. Well-child exams may include immunizations and the following screenings:

- Blood pressure
- Vision screening
- Hearing
- Height, weight and Body Mass Index (BMI) percentile-for-age
- Developmental/behavior assessments

Well Child - Ages 11 to 18

Well-child exam: once a year. Well-child exams may include immunizations, discussions on health and wellness issues (nutrition, physical activity, healthy weight, injury prevention, avoidance of tobacco,

alcohol and drugs, sexual behavior, dental health, mental health and second-hand smoke) and the following screenings:

- Blood pressure
- Vision and hearing
- Height, weight and Body Mass Index (BMI)
- Chlamydia screening for sexually active females under 25

Adult Screenings

Every adult should get a wellness exam as often as every 12 months. During this exam, your doctor will review your current health and medical needs.

Adult - Ages 19 to 39*

At this exam you may receive immunizations, counseling on health and wellness issues (nutrition, including discussion of folic acid supplementation for women of child-bearing age, family planning, physical activity, healthy weight, injury prevention, misuse of tobacco, alcohol and drugs, sexual behavior, dental health, mental health and second-hand smoke) and the following screenings:

- Blood pressure
- Height, weight and Body Mass Index (BMI)**
- Cholesterol: Every 5 years beginning at age 20

Women

- Breast cancer: Self breast exam every month; clinical breast exam by your health care provider annually.
- Cervical cancer: Annually beginning within 3 years of sexual activity or age 21 (whichever comes first). Every 2 to 3 years for women ages 30 and older with 3 normal Pap tests in a row.
- Chlamydia: sexually active women 25 and under

Men

- Cholesterol: To begin no later than age 35

Adult - Ages 40 to 64*

At this exam you may receive immunizations, counseling on health and wellness issues (nutrition, physical activity, healthy weight, injury prevention, misuse of tobacco, alcohol and drugs, sexual behavior, dental health, mental health and second-hand

GVFP LET'S GO!

Let's Go!! a program based on the premise that if families are exposed to healthy choices, they will be more likely to adopt or maintain the behaviors in their daily lives. Our new section will be devoted to healthy habits and support for those choices.

"5210"

Let's Go! is this common

5

or more

fruits & vegetables

2

hours or less

recreational screen time*

1

hour or more

of physical activity

0

sugary drinks

more water & low fat milk

***Keep TV/Computer out of the bedroom. No screen time under the age of 2.**

smoke) and the following screenings:

- Blood pressure
- Height, weight and Body Mass Index (BMI)**
- Cholesterol: continued screening per health care provider
- Colorectal cancer: beginning at age 50, screening recommendations include 1 of these 6 testing options:
 - Fecal Occult Blood Test (FOBT) each year
 - Flexible sigmoidoscopy every 5 years
 - Colonoscopy every 10 years

Women

- Breast cancer: Self breast exam every month; clinical breast exam by your health care provider and mammogram every year
- Cervical cancer: Every 2 to 3 years for women with 3 normal Pap tests in a row.

Men

- Prostate cancer: 50 and older

continued

Pasta Bean Soup

Ingredients

4 14-ounce cans reduced-sodium chicken broth
6 cloves garlic, crushed and peeled
4 4-inch sprigs fresh rosemary or 1 tablespoon dried
1/8-1/4 teaspoon crushed red pepper
1 15-1/2-ounce or 19-ounce can cannellini (white kidney) beans, rinsed, divided
1 14-1/2-ounce can diced tomatoes
1 cup medium pasta shells or orecchiette
2 cups individually quick-frozen spinach (6 ounces)
6 teaspoons extra-virgin olive oil (optional)
6 tablespoons freshly grated Parmesan cheese

Preparation

1. Combine broth, garlic, rosemary and crushed red pepper in a 4- to 6-quart Dutch oven or soup pot; bring to a simmer. Partially cover and simmer over medium-low heat for 20 minutes to intensify flavor. Meanwhile, mash 1 cup beans in a small bowl.

2. Scoop garlic cloves and rosemary from the broth with a slotted spoon (or pass the soup through a strainer and return to the pot). Add mashed and whole beans to the broth, along with tomatoes; return to a simmer. Stir in pasta, cover and cook over medium heat, stirring occasionally, until the pasta is just tender, 10-12 minutes.

3. Stir in spinach, cover and cook just until the spinach has thawed, 2-3 minutes. Ladle the soup into bowls and garnish each serving with a drizzle of oil, if desired, and a sprinkling of Parmesan.

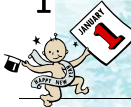
For a meatier flavor, add a little crumbled cooked Italian turkey sausage to the soup.

Serves: 8 Preparation time: 35 minutes

Nutrition Facts Per serving:
133 calories; 2 g fat (1 g sat, 0 g mono)
6 g cholesterol; 21 g carbohydrates



JANUARY 2012

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



DID YOU KNOW?

Good hand washing is your first line of defense against the spread of many illnesses - and not just the common cold. More serious illnesses such as meningitis, bronchiolitis, influenza, hepatitis A and most types of infectious diarrhea can be stopped with the simple act of washing your hands.



TIP OF THE MONTH

Choose activities you enjoy and you'll be more likely to stick with them.

Make this year your best year for overall wellness (continued) Adult - Ages 65 and Older*

At this exam you may receive immunizations, counseling on health and wellness issues (nutrition, physical activity, healthy weight, injury prevention, misuse of tobacco, alcohol and drugs, sexual behavior, dental health, mental health and second-hand smoke) and the following screenings:

- Blood pressure
- Height, weight and Body Mass Index (BMI)**
- Cholesterol: Continued screening per health care provider
- Fecal Occult Blood Test (FOBT) each year
- Flexible sigmoidoscopy every 5 years
- Colonoscopy every 10 years
- Hearing: as your health care provider recommends

Women

- Breast cancer: self breast exam every month; clinical breast exam by your health care provider and mammogram every year
- Cervical cancer: every 2 to 3 years for women with 3 normal Pap tests in a row. Women 70 years of age or older who have had 3 or more normal Pap tests in a row and no abnormal Pap results in the last 10 years may choose to stop having cervical cancer screening.
- Osteoporosis: women at menopause should discuss the risks and benefits of screening with their health care provider. Bone density testing should begin no later than age 65. Earlier screening may be appropriate for some women.

Men

- Abnormal aortic aneurysm: one time for ages 65 to 75 with any history of smoking
- Prostate cancer

Talk with your health care provider about the preventive care services that are right for you.

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.

TOP 2012 NEW YEAR RESOLUTIONS

Preschoolers

- I will clean up my toys and put them where they belong.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.

Kids, 5- to 12-years-old

- I will drink milk and water three times each day, and limit soda and fruit drinks to once each day.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week.

Kids, 13 to 15-years-old

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink to one glass daily.
- I will take care of my body through physical activity and nutrition.

Teens, 16 to 19-years-old

- I will resist peer pressure to try drugs and alcohol.
- I agree not to use a cell phone or text message while driving and to always use a seat belt.

American Academy of Pediatrics 12/11