

GVFP NEWS & VIEWS

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PINK EYE

Pinkeye (also called conjunctivitis) is redness and swelling of the conjunctiva, the mucous membrane that lines the eyelid and eye surface. The lining of the eye is usually clear. If irritation or infection occurs, the lining becomes red and swollen. Pinkeye is a non-medical term that encompasses several medical causes of conjunctivitis. The term pinkeye refers to viral conjunctivitis. Other causes of conjunctivitis include bacteria, allergic reaction, and chemical irritation.

Pinkeye is common condition that is rarely serious and will not cause long-term eye or vision damage if promptly detected and treated.

Common symptoms of pinkeye are:

- Eye redness (hyperemia).
- Swollen, red eyelids.
- More tearing than usual.
- Feeling as if something is in the eye (foreign-body sensation).
- An itching or burning feeling.
- Mild sensitivity to light (photophobia)
- Drainage from the eye (Goopy or Crusted)



Viral and bacterial pinkeye are contagious and spread very easily. Since most pinkeye is caused by viruses for which there is usually no medical treatment, preventing its spread is important. Poor hand-washing is the main cause of the spread of pinkeye. Sharing an object, such as a washcloth or towel, with a person who has pinkeye can spread the infection. It can also be spread through coughing and sneezing.

If the pinkeye is caused by a virus, the person can usually return to day care, school, or work when symptoms begin to improve, typically in 3 to 5 days. Medicines are not usually used to treat viral pinkeye, so it is important to prevent the spread of the infection. Pinkeye caused by a herpes virus, which is rare, can be treated with an antiviral medicine. Home treatment for pinkeye will help reduce your pain and keep your eye free of drainage. Symptoms to watch for during home treatment:

- Decreased or blurred vision develops and it doesn't clear with blinking.
- Eye pain continues or increases.

- Sensitivity to light (photophobia) develops.
- Signs of an infection develop.

Symptoms become more severe or frequent.

If you wear contacts, remove them and wear glasses until your symptoms have gone away completely. Thoroughly clean your contacts and storage case.

Cold compress or warm compress (whichever feels best) can be used. If an allergy is the problem, a cool compress may feel better. If the pinkeye is caused by an infection, a warm, moist compress may soothe your eye and help reduce redness and swelling. Warm, moist compresses can spread infection from one eye to the other. Use a different compress for each eye, and use a clean compress for each application.

When cleaning your eye, wipe from the inside (next to the nose) toward the outside. Use a clean surface for each wipe so that drainage being cleaned away is not rubbed back across the eye. If tissues or wipes are used, make sure they are put in the trash and not allowed to sit around. If washcloths are used to clean the eye, put them in the laundry right away so that no one else picks them up or uses them. After wiping your eye, wash your hands to prevent the pinkeye from spreading.

If symptoms remain mild but the redness does not improve, an appointment with your family physician is necessary. The doctor will determine if eye drops or ointments or, in more serious cases, antibiotics are needed to help control the swelling and pain and to help prevent spread of the infection and further damage to your eye. Use medicine as directed.

Eating Blueberries

Did you know that eating blueberries could also be one of the keys to living to a ripe old age? Well, if you take a look at the research, foods that are rich in antioxidants are supposed to help reduce your chance of getting cancer and heart disease, and blueberries are loaded with them. Out of 40 different fruits, juices and vegetables, the blueberry comes in with the highest antioxidant level, according to the North American Blueberry Council. Just three and a half ounces of blueberries are equivalent to over 1700 International Units of vitamin E.



With just 80 delicious calories per cup and virtually no fat, blueberries offer us many important nutrition and health benefits.

SUMMER GRILLIN'

BBQ Pork Salad with Summer Fruits & Honey Balsamic Vinaigrette

Prep Time: 15 Minutes Ready In: 15 Minutes Servings: 4

Ingredients:

4 pork chops, grilled and sliced
8 cups mixed greens
2 nectarines cut into 12-wedges each
1 grapefruit, segmented
2 avocados cut into wedges
16 cherry tomatoes
1 tablespoon salad oil
2 tablespoons slivered, toasted almonds
Salt and black pepper

Honey Balsamic Vinaigrette:

2 tablespoons balsamic vinegar
2 tablespoons honey
1/2 tablespoon Dijon mustard
2 tablespoons mayonnaise
1 teaspoon chili powder
1 teaspoon salt
1/2 teaspoon pepper
3/8 cup salad oil



Directions:

1. For the Vinaigrette: In a blender, combine all ingredients except oil. Blend at medium speed for one minute. Next, with blender at medium speed, pour oil very slowly into blender. Add salt and pepper.

2. Toss together. Serve immediately. Drizzle with more dressing and sprinkle with toasted almonds.

Amount per Serving: Calories: 696 | Total Fat: 49.7g | Cholesterol: 64mg

UNDER CONSTRUCTION



This is a new section in our newsletter specifically designated to update our patients on happenings or changes within our office...

We would like to take this opportunity to [thank](#) all of our wonderful patients for their patience as we have made changes to our staff and schedule.

We will continue to be open from 7:45 am – 5:00 pm for your convenience of making an appointment or dropping off a payment. We have remodeled the front desk and there will be changes to the way patient's check-in. The Business Office staff will be updating patient information and insurance information and we will also be collecting your co-pay at check-in.

We are working toward several goals for 2011 as we update and make these changes we will notify you through letters or through this section of the newsletter. If you have questions concerning a specific change, please feel free to contact Barb Rider, our Office Manager.

JULY 2011



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

July is...National Blueberry Month, National Anti-Boredom Month, National Make a Difference to a Child Month, National Cell Phone Courtesy Month, National Hot Dog Month, National Ice Cream Month, National Recreation and Parks Month, National Picnic Month, International Group B Strep Awareness Month, National Family Reunion Month, National Grilling Month, National Horseradish Month, Tour de France Month and Social Wellness Month.

Social wellness is having positive interactions with and enjoying being with others. It is having comfort and ease during work and leisure situations and communicating feelings and needs to others. It involves developing and building close friendships and intimacy, practicing empathy and effective listening, caring for others and for the common good, and allowing others to care for you. It is recognizing the need for leisure and recreation and budgeting time for those activities.

- Socially isolated people are more susceptible to illness and have a death rate two to three times higher than those who are not socially isolated.
- People who maintain their social network and support systems do better under stress.
- Approximately 20 percent of Americans feel lonely and isolated during their free time.
- Touching, stroking, and hugging can improve health.
- Laughter really is good medicine.
- Cholesterol levels go up when human companionship is lacking.
- Warm, close friendships cause higher levels of immunoglobulin A (an antibody that helps keep away respiratory infections and cavities).
- A strong social network can create a good mood and enhance self-esteem.

The social dimension of wellness involves developing, nourishing and encouraging satisfying relationships.



Did You Know?

Add honey to your tea. The natural sweetener has anti-inflammatory properties and can act as a prebiotic that feeds the good bacteria in your gastrointestinal system.

