



HAPPY ST. PATRICK'S DAY

GVFP NEWS & VIEWS



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MARCH 2012

Volume 6, Issue 3

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Bone Up: Strengthen Your Bones and Prevent Osteoporosis

It's never too early to prevent bone loss. Here's how to have healthy bones for life.

Most women are totally clueless about bone health. 94 percent of women don't worry about their skeletons, according to a recent National Osteoporosis Foundation survey, even though one in five women under 30 already has osteopenia, or low bone density, a pit stop on the way to full-blown osteoporosis. Luckily for you, protecting your frame is easy if you know which bad behaviors to avoid.

The Hard Truth

Bones may feel rock solid, but they are actually living tissues made up of myriad layers of collagen, proteins, and minerals. All that stuff is so tightly packed that your inner thighbones, for example, can withstand up to 1,200 pounds of pressure without snapping.

It's pretty impressive, considering your frame is always in flux: Through something called bone remodeling, bone constantly breaks down and rebuilds itself, giving you a completely new skeleton every 10 years, though you lose more bone than you make after age 30. That's why it's crucial—starting now!—to stock up your reserves by feeding bones their favorite food: calcium. Compounding the need for a super-solid base, your levels of estrogen, the other major bone booster, begin to drop after you turn 30, allowing bones to further break down and lose their strength.

Bone-Weakening Food Fads

Women who stick to severely low-calorie diets often have the bone health of someone twice their age. An unbalanced diet can leave you lacking in bone-fortifying vitamins and minerals. Studies show that more 20-somethings are cutting down on dairy these days, and that 68 percent of women don't get enough calcium from their food. If you're not a fan of milk or cheese, you can up your calcium intake with beans and nuts such as almonds. Protein from plants and lean meats can also help you hang on to bone mass.

Over-Doing on Exercise

Sure, there are worse addictions than exercise, but overtraining can be murder on your bones. When a young woman loses too much body fat (indicated by a BMI lower than 18), her ovaries quit producing estrogen, grinding bone renewal to a halt. What's more, studies show that an excess of some workouts are worse for your skeleton than others. Overdoing it in the pool or on the bike or elliptical machine may actually cause you to lose bone density. Scientists think that moderate pounding on your bones—the kind that comes from impact exercises like walking, running, or weight training—is key to triggering your skeleton to lay down more minerals. Doing weight-bearing aerobic exercises three days a week and strength training (squats, pushups, triceps dips) for 15 minutes three days a week. With the right routine, some women can increase their bone density by as much as 2 percent a year, even if they're over 30.

Sneaky Calcium Robbers

If your lifestyle stretches you thin (i.e., you have little time to relax, eat a healthy diet, or get ample rest), you should be on high bone alert—even if you pop the recommended 1,000 milligrams of calcium every day. Excessive amounts of caffeine, salt, and alcohol can all interfere with your body's ability to retain the mineral. Too much caffeine, for instance, can cause your body to flush out calcium before it's properly absorbed. Your best bet is to drink no more than two cups of coffee a day; better yet, stick to one morning latte (its milk is a mini calcium boost). Likewise, don't sip more than one or two alcoholic drinks a day and rein in your daily sodium intake to 2,400 milligrams (or one teaspoon). Certain medications, including some antidepressants and contraceptives, can also deplete your calcium supply. Always make sure to ask your doctor about potential bone side effects before starting new prescription meds.

GVFP LET'S GO!

BREAKFAST IS BEST!!

Why eat breakfast every day?

- It will give you the energy you need to start your day. It is "fuel" for the body!
- It can help you do better in school!
- It can help you feel and act your best!
- It can help with weight control and keep you healthy!

"5210" Rule:

Not hungry in the morning?

Start small . . . try: cup of yogurt, piece of fruit, bowl of wholegrain cereal with low fat milk, slice of whole wheat toast with peanut butter, trail mix of raisins, nuts and cereal. Keep it simple!!



REMINDER: Please bring in your new Insurance cards for 2012.
This will prevent delays in billing and insurance reimbursement.

Pulled Pork Tacos

3 pounds pork shoulder
1 (10 ounce) can diced tomatoes with mild green chilies
1 cup chopped onion
1/2 cup apple juice
2 tablespoons fresh lime juice
2 garlic cloves, minced 2 teaspoons chili powder
1/2 teaspoon coarse salt 16 (6 inch) corn tortillas
4 ripe avocados, peeled, seeded and sliced
1 cup tomatillo salsa (or salsa Verde)
1 cup Daisy Brand Sour Cream



1. Heat the oven to 350 degrees. Place the pork in a 4 quart Dutch oven. Combine the tomatoes, onion, apple juice, lime juice, garlic, chili powder and salt in a medium bowl. Pour the mixture over the pork and cover. Bake the roast for 3 to 3 1/2 hours or until the pork is very tender.

2. Remove the pork from the pan and cool slightly. Remove any fat or bones and shred the pork with a fork. Strain the pan juices and return the tomatoes and onions to the Dutch oven. Add the pork to the sauce and mix well. Skim the fat from the pan juices. If the pork is dry, moisten with a little additional juice.

3. Wrap the tortillas in aluminum foil and heat for about 15 minutes or until warm. Place 1/4 cup meat on each tortilla. Top each taco with avocado slices,

Prescriptions and Insurance Plans

Getting a prescription filled is usually easy. But because of the high cost of prescription medicines, most insurance companies and employers are trying to control drug costs.

What is a formulary?

A formulary is a list of medications that your insurance company will pay for. This list is reviewed and changed by the insurance company every few months.

*The more dollar signs in the table, the higher the co-pay amount.

Group	Drugs	Co-Pay size*
Level 1	Generic drugs	\$
Level 2	Preferred	\$\$
Level 3	Non-preferred brand-name drugs	\$\$\$

What about drugs not in the formulary?

Formularies include a limited number of drugs. Many don't include drugs that the insurance companies believe aren't necessary to improve health. These are sometimes called lifestyle drugs. Weight loss and hair growth drugs are examples of lifestyle drugs. Your insurance company won't help you pay for a drug that isn't part of its formulary.

How can I make filling a prescription easier?

Here's what you can do to reduce the chances of having a problem when you try to fill your prescription.

- Bring your medication bottles and a copy of your insurance plan's formulary to your appointment with your provider each time you are seen. It is impossible for your provider to be familiar with each individual policy.

If you don't have a copy, you can call the customer service number listed on your membership card and ask to have one mailed to you. You can also ask the customer service representative whether a specific drug is covered and what the co-pay will be for that drug. If you have access to the Internet, you should be able to find your plan's formulary on its Web site.

- Fill your prescription at a pharmacy that participates with your insurance plan.
- Keep track of the number of refills you have left on your prescription.
- Remember, having the right information can save you and your provider time and money. Take the time to find

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2 3 4 5 6 7 8 9 10				1	2	3 9-12 Sat. Clinic
		6	7	8	9	10 Closed
11 Daylight Saving Begins	12	13	14	15	16	17 St. Patrick's Day 9-12 Sat. Clinic
18	19	20	21	22	23	24
		Spring BREAK week				9-12 Sat. Clinic
25	26	27	28	29	30	31 9-12 Sat. Clinic

March is...Chronic Kidney Disease Month, Women's History Month, National Nutrition Month, National Colorectal Awareness Month, Music in Our Schools Month, National Craft Month, National Frozen Food Month, National Irish American Heritage Month, National Peanut Month, Poetry Month, Red Cross Month, Social Workers Month

MARCH IS



**American
Red Cross**
Month

The theme for March 2012 is "Get Your Plate in Shape."

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.



PROTECT SKIN & EYES

Spring is here and those warm afternoons tempt us into going outside for longer periods of time and though we call it snow blindness, the painful sunburn affecting a person's eyes can occur in both summer and winter. This problem is easily prevented by the use of good quality sunglasses that filter out the most harmful UVB type radiation.

The same problems can also affect your skin, and due to the intensity of the sun at this altitude, you will burn more easily and quickly. Also, our cooler temperatures may prove deceptive and tempt you into longer exposure of tender skin. A high SPF sunblock will provide adequate protection.

Remember, neither sunglasses or sunblock do any good if they are not applied even on cloudy days. Children should be equally protected.