



GVFP NEWS & VIEWS



Gunnison Valley Family Physicians
130 E Virginia Ave.
Gunnison, CO 1230
(970) 641-0211

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



VERTIGO

Vertigo implies that there is a sensation of motion either of the person or the environment, often perceived as if the room is spinning around you. This should not be confused with symptoms of lightheadedness or fainting. Vertigo differs from motion sickness in that motion sickness is a feeling of being off-balance and lacking equilibrium, caused by repeated motions such as riding in a car or boat.

If true vertigo exists, symptoms include a sensation of disorientation or motion. In addition, the individual may also have any or all of these symptoms:

- Nausea or vomiting
- Sweating
- Abnormal eye movements

The duration of symptoms can be from minutes to hours, and symptoms can be constant or episodic. The onset may be due to a movement or change in position. It is important to tell the doctor about any recent head trauma or whiplash injury as well as any new medications the affected individual is taking. The person may have hearing loss and a ringing sensation in the ears or visual disturbances, weakness, difficulty speaking, a decreased level of consciousness, and difficulty walking.

Vertigo Causes

Vertigo can be caused by problems in the brain or the inner ear.

- Benign paroxysmal positional vertigo (BPPV) is the most common form of vertigo and is characterized by the sensation of motion initiated by sudden head movements or moving the head in a certain direction. This type of vertigo is rarely serious and can be treated.
- Vertigo may also be caused by inflammation within the inner ear (labyrinthitis), which is characterized

by the sudden onset of vertigo and may be associated with hearing loss. The most common cause of labyrinthitis is a viral or bacterial inner ear infection.

- Meniere's disease is composed of a triad of symptoms including: episodes of vertigo, ringing in the ears (tinnitus), and hearing loss. People with this condition have the abrupt onset of severe vertigo, fluctuating hearing loss, as well as periods in which they are symptom-free.
- Acoustic neuroma is a type of tumor of the nerve tissue that can cause vertigo. Symptoms include vertigo with one-sided ringing in the ear and hearing loss.
- Vertigo is often the presenting symptom in multiple sclerosis. The onset is usually abrupt, and examination of the eyes may reveal the inability of the eyes to move past the midline toward the nose.
- Head trauma and neck injury may also result in vertigo, which usually goes away on its own.
- Migraine, a severe form of headache, may also cause vertigo. The vertigo is usually followed by a headache. There is often a prior history of similar episodes but no lasting problems.

Vertigo Prevention

People whose balance is affected by vertigo should take precautions to prevent injuries from falls.

Those with risk factors for stroke should control their high blood pressure and high cholesterol and stop smoking.

Individuals with Meniere's disease should limit salt in their diet.

Vertigo Medical Treatment

The choice of treatment will depend on the diagnosis.

Vertigo can be treated with medicine taken by mouth, through medicine placed on the skin (a patch), or drugs given through an IV. Specific types of

vertigo may require additional treatment and referral:

- Bacterial infection requires antibiotics.
- For Meniere's disease, in addition to symptomatic treatment, people might be placed on a low salt diet and may require medication used to increase urine output.
- A hole in the inner ear causing recurrent infection may require referral to an ear, nose, and throat (ENT) specialist for surgery.

In addition to the drugs used for benign paroxysmal positional vertigo, several physical maneuvers can be used to treat the condition.

- ◇ Vestibular rehabilitation exercises, also referred to as Epley maneuvers, consist of having the patient sit on the edge of a table and lie down to one side until the vertigo resolves followed by sitting up and lying down on the other side, again until the vertigo ceases. This is repeated until the vertigo no longer occurs.
- ◇ Particle repositioning maneuver is a treatment based on the idea that the condition is caused by displacement of tiny stones in the balance center (vestibular system) of the inner ear. The head is repositioned to move the stones to their normal position. This maneuver is repeated until the abnormal eye movements are no longer visible.

Any signs and symptoms of vertigo warrant an evaluation by a doctor. The majority of cases of vertigo are harmless. Although vertigo can be debilitating, most causes are easily treated with prescription medication.



Speedy Chicken Posole with Avocado and Lime

Time: 45 minutes. This dish, using canned hominy, takes a fraction of the time needed for regular posole. Serve with warm corn tortillas.
Yield: Serves 4 or 5



3 large poblano chiles (1 lb. total)
6 garlic cloves
1 large onion
2 cans (14 1/2 oz. each) white hominy
1 1/2 pounds boned, skinned chicken thighs
1/2 teaspoon kosher salt
2 teaspoons dried Mexican oregano*, divided
2 tablespoons olive oil
3 cups reduced-sodium chicken broth
3 tablespoons ground red New Mexico chiles*
Garnishes: sliced avocado, lime wedges, cilantro sprigs, and sour cream

1. Preheat broiler. When hot, broil poblanos on a baking sheet until blackened, turning as needed, about 15 minutes.
2. Meanwhile, in a food processor, whirl garlic to mince. Cut onion in chunks and pulse with garlic until chopped; set aside. Drain hominy; set aside.
3. Cut chicken into 1- to 1 1/2-in. chunks and sprinkle with salt and 1 tsp. oregano. Heat oil in a 5- to 6-qt. pan over high heat. Brown half the chicken lightly, stirring occasionally, about 5 minutes. With a slotted spoon, transfer meat to a plate. Repeat with remaining chicken.
4. Reduce heat to medium-high. Add onion mixture and remaining 1 tsp. oregano to pan and sauté until onion is softened, 3 minutes. Meanwhile, in a microwave-safe bowl, microwave broth until steaming, about 3 minutes. Add ground chiles to pan and cook, stirring, about 30 seconds.
5. Add broth, hominy, and chicken to pan. Cover and bring to a boil, then reduce heat and simmer to blend flavors, 10 minutes.
6. Remove stems, skins, and seeds from poblanos and discard; chop poblanos.
7. Stir poblanos into posole and cook 1 minute. Ladle into bowls; top with garnishes.

*Find Mexican oregano at well-stocked grocery stores, along with ground red New Mexico chiles.

Note: Nutritional analysis is per serving. CALORIES 436 (39% from fat); FAT 19g (sat 4.2g); CHOLESTEROL 89mg; CARBOHYDRATE 36g; SODIUM 715mg; PROTEIN 32g; FIBER 7.2g

MARCH 2011

* No Evening Clinics in March



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

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.

Reminder -
Office
Copays are
due at time
of service



American Red Cross MONTH

Each year the President of the United States proclaims March "Red Cross Month."

The American Red Cross uses this opportunity to promote its services to the American public and for fund-raising.

UNDER CONSTRUCTION

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



If you have questions concerning a specific change, please feel free to contact Barb Rider, our Office Manager.

As of February 1st we will remain open through the lunch hour to accommodate patients needing allergy injections, blood pressure checks or immunizations. Patients can come in between 9:00 am - 2:00 pm M - F. for these services.

Dr. Jay W. McMurren
is offering Botox clinics —
Call for details.

970-641-0211

BOTOX



CIIS (Colorado Immunization Information System) will now be recommending a booster dose of meningococcal conjugate vaccine at age 16 years to adolescents who received their first dose at ages 11 through

