



# GVFP NEWS & VIEWS

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NOVEMBER 2011

Volume 6, Issue 11

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## Memory Loss

GVFP is offering the Flu Vaccine, no appointment necessary. \$38. The CDC recommends everyone 6 months and older should get a flu vaccine.

DON'T GET THE FLU.  
DON'T SPREAD THE FLU.  
GET VACCINATED.

It's the stuff movies are made of. A person suffers a blow to the head and then wanders aimlessly, unable to remember who he is or where he came from. While such sudden, profound loss of memory is rare, memory loss is a problem that affects most people to a degree.

Whether it's occasional forgetfulness or loss of short-term memory that interferes with daily life, there are many causes of memory loss.

The more common things that can cause memory loss:

- **Medications.** A number of prescription and over-the-counter medications can interfere with or cause loss of memory. Possible culprits include: antidepressants, antihistamines, anti-anxiety medications, muscle relaxants, tranquilizers, sleeping pills, and pain medications given after surgery.
- **Alcohol, tobacco, or drug use.** Excessive alcohol use has long been recognized as a cause of memory loss.
- **Smoking.** Smoke harms memory by reducing the amount of oxygen that gets to the brain. Illicit drugs can change chemicals in the brain that can make it hard to recall memories.
- **Sleep deprivation.** Both quantity and quality of sleep are important to memory. Getting too little sleep or waking frequently in the night can lead to fatigue, which interferes with the ability to consolidate and retrieve information.
- **Depression and stress.** Being depressed can make it difficult to pay attention and focus, which can affect memory. Stress and anxiety can also get in the way of concentration. Stress caused by an emotional trauma can also lead to memory loss.
- **Nutritional deficiency.** Good nutrition -- including high-quality proteins and fats -- is important to proper brain function. Deficiencies in vitamin B1 and B12 specifically can affect memory.
- **Head injury.** A severe hit to the head -- from a fall or automobile accident, for example -- can injure the brain and cause both short- and long-term memory loss.
- **Stroke.** A stroke occurs when the blood supply to the brain is stopped due to the blockage of a blood vessel or leakage of a vessel into the brain. Strokes often cause short-term memory loss.
- **Dementia.** Dementia is the name for progressive loss of memory and other aspects of thinking that are severe enough to interfere with the ability to function in daily activities. Although there are many causes of dementia the most common and familiar is Alzheimer's disease. Alzheimer's disease is characterized by a progressive loss of brain cells and other irregularities of the brain.
- **Other causes.** Other possible causes of memory loss include an underactive or overactive thyroid gland and infections such as HIV, tuberculosis, and syphilis that affect the brain.

If you find yourself being increasingly forgetful or if memory problems interfere with your daily life, schedule an appointment with your doctor to determine the cause and best treatment.

To evaluate memory loss, your doctor will take a medical history, perform a physical exam -- including a neurological exam -- and ask questions to test mental ability. Depending on the results, further evaluation may include blood and urine tests, nerve tests, and imaging tests of the brain such as computerized axial tomography (CAT) scans or magnetic resonance imaging (MRI).

Treatment for memory loss depends on the cause. In many cases, it may be reversible with treatment. In others, memory may improve over time. Treatments may also be specific to conditions related to memory loss.

## Spicy Vegetable Soup

Fresh basil adds a bright spark to this vinegary, vegetable-stuffed soup, full of the traditional flavors of the Mediterranean.

Alternatively, pesto adds a nutty richness to the soup.

**Yield:** 4 servings, about 2 1/4 cups each

**Total Time:** 40 minutes **Prep Time:** 30 minutes

**To Make Ahead:** Cover and refrigerate for up to 2 days.



### Recipe Ingredients:

2 tablespoons extra-virgin olive oil  
1 large onion, diced  
1-3 teaspoons hot paprika, or to taste  
2 14-ounce cans vegetable broth  
4 medium plum tomatoes, diced  
1 medium yellow summer squash, diced  
2 cups diced cooked potatoes (see Ingredient note)  
1 1/2 cups green beans, cut into 2-inch pieces  
2 cups frozen spinach (5 ounces)  
2 tablespoons sherry vinegar or red-wine vinegar  
1/4 cup chopped fresh basil or prepared pesto

Heat oil in a Dutch oven over medium heat. Add onion, cover and cook, stirring occasionally, until beginning to brown, about 6 minutes. Add paprika and cook, stirring, for 30 seconds. Add broth, tomatoes, squash, potatoes and beans; bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are just tender, about 12 minutes. Stir in spinach and vinegar; continue cooking until heated through, 2 to 4 minutes more. Ladle soup into bowls and top with fresh basil or a dollop of pesto.

**Per serving:** 253 calories; 8 g fat (1 g saturated fat, 5 g mono unsaturated fat); 0 mg cholesterol; 40 g carbs; 9 g protein; 10 g fiber; 485 mg sodium; 1032 mg potassium

# NOVEMBER 2011

| Sun                       | Mon | Tue                       | Wed | Thu                          | Fri                | Sat                    |
|---------------------------|-----|---------------------------|-----|------------------------------|--------------------|------------------------|
|                           |     | 1                         | 2   | 3                            | 4                  | 5<br>9-12 Sat. Clinic  |
| 6<br>Daylight Saving Ends | 7   | 8<br>VOTE<br>Election Day | 9   | 10                           | 11<br>Veterans Day | 12<br>9-12 Sat. Clinic |
| 13                        | 14  | 15                        | 16  | 17                           | 18                 | 19<br>9-12 Sat. Clinic |
| 20                        | 21  | 22                        | 23  | 24<br>Thanksgiving<br>Closed | 25                 | 26                     |
| 27                        | 28  | 29                        | 30  |                              |                    |                        |

**November is** Native American Heritage Month, Pancreatic Cancer Awareness Month, COPD Awareness Month, National Novel Writing Month, Alzheimer's Disease Awareness Month, American Diabetes Month, Lung Cancer Awareness Month, National Homeless Youth Awareness Month, Crohn's & Ulcerative Colitis Awareness Month, National Pomegranate Month in the United States and also International Drum Month.



**COPD** (chronic obstructive pulmonary disease), also known as emphysema and chronic bronchitis, is a very serious disease. The good news is that COPD is often preventable and treatable. It may be no coincidence that November is both Lung Cancer Awareness Month and COPD Awareness Month. Lung Cancer and COPD are two of the leading causes of death in America – and also among the most underappreciated. This November, the American Lung Association is shining a spotlight on these two deadly diseases, and sharing what's being done to reduce their toll in American lives and their loved ones.

## UNDER CONSTRUCTION



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

GVFP now has a website – [www.gvfp.net](http://www.gvfp.net)

### CHECK IT OUT!!

\*Parents you can now access the ASQ forms on the website. You can print and fill them out prior to your child's next well visit.

**REMINDER:** As of October our No-Show fee is \$50.00 – Please call and cancel if you are unable to keep or no longer need the appointment.

**REMINDER:** It is our policy to ask **EVERYONE** for a new and/or current copy of your insurance card and driver's license at each visit.

If you have questions, please feel free to contact Barb Rider, our Office Manager at 970-641-0211.

## Did You Know?

Physical activity for young children is an important component of early brain development and learning.

When adults model and teach the importance of physical activity, young children are more likely to adopt a lifetime of healthful practices and behaviors.

1. Work on moving in different ways—go outside and practice walking, running, galloping, skipping, jumping and hopping.
2. Go for a walk—breathe in the air as you swing your arms and hold your head high.
3. Set up an obstacle course using things to jump over, go around and even under. See how fast you can do it.
4. Find an open space and work on rolling in different ways...long, straight body and a curled up small body. Rolling down a hill is fun!
5. Blow bubbles outdoors. Chase and catch the bubble before it pops.
6. Winter Activities: Go skiing, ice skating, sledding or snow-shoeing.
7. Summer Activities: Ride bikes, hike, walk, jog, jump on the trampoline.

