

SCHOOL BEGINS
AUGUST 26

GVFP NEWS & VIEWS

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Cataracts



A cataract is a clouding of the normally clear lens of your eye. For people who have cataracts, seeing through cloudy lenses is a bit like looking through a frosty or fogged-up window. Clouded vision caused by cataracts can make it more difficult to read, drive a car — especially at night — or see the expression on a friend's face.

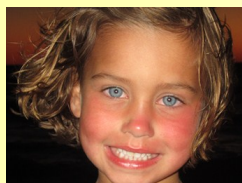
Most cataracts develop slowly and don't disturb your eyesight early on. But with time, cataracts will eventually interfere with your vision. Risk factors that may lead to getting cataract at a younger age include:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Severe long-term nearsightedness (myopia)
- Eye injuries
- Eye diseases
- Smoking

At first, stronger lighting and eyeglasses can help you deal with cataracts. But if impaired vision interferes with your usual activities, you might need cataract surgery. Fortunately, cataract surgery is generally a safe, effective procedure.

MYTH: Only older Americans develop cataract

FACT: While cataract affects more than 24 million Americans age 40 and older, cataract can occur among young adults or children.



CHILDREN'S EYE HEALTH

About 90% of all eye injuries and 50% of all cases of blindness are preventable. You can help protect your child's sight by being aware of risks and taking proper precautions.

More than 12.1 million school-age children (one in four) have vision impairment. Among preschool-age children, more than one in 20 has a vision problem that can cause permanent sight loss if left untreated. The most common types of eye problems seen in children are:

- > Myopia (nearsightedness)
- > Strabismus (crossed eyes)
- > Amblyopic (lazy eye)

The most common causes of blindness among children are: congenital cataracts, retinopathy of prematurity and other complications caused by premature births.

Hospital emergency rooms treat thousands of children each year who suffer from eye injuries in and around the home. In general, the most common causes of eye injuries to children age 14 and younger are caused by:

- > Toys not suitable for the child's age or abilities, and broken toys
- > Pens and Pencils
- > Adhesives
- > General Household Cleaners
- > Furniture
- > Flatware and Table Settings
- > Non-Cosmetic Bleaches
- > Cigarettes, Cigars, Pipes, Lighters
- > Grooming Products, Cosmetics (Hair Care, Makeup)
- > Paper and Cardboard Products

Each year, thousands of children suffer serious eye injuries while participating in sports. Wearing protective eyewear can help prevent nearly all of these injuries. The sports associated with the most injuries in children age 14 and younger:

- > Baseball/Softball
- > Water and Pool Activities
- > Guns—Air, Gas, Spring, BB
- > Basketball
- > Ball Sports (unspecified)
- > Bicycles
- > Football
- > Winter Sports (Skiing, Hockey, Ice Skating, Snowmobiling, etc.)
- > Racquet Sports

Prevent Blindness America's *Children's Eye Health Position Statement*, call 800.331.2020 or visit PreventBlindness.org

GVFP LET'S GO!

Do you have sitting disease??

If you're like most Americans, you're spending an average of 9.3 hours a day sitting. Sitting is so accepted and common that we don't think about how much time we spend sitting. Studies are starting to connect chronic diseases and sitting...

Sitting is prevalent even for people who might be considered active. By adding several small breaks throughout your day, you can have a huge impact on your overall health.

ROCKY MOUNTAIN HEALTH PLANS - 2013

Tomato and Peach Salad with Feta and Red Onion



Yield: 4 servings

- 1/4 cup thinly sliced red onion
- 1 pound peaches, peeled, pitted and sliced 1/2 inch thick
- 1 1/2 pounds best-quality tomatoes, such as homegrown heirlooms, of different sizes and colors, large ones diced and small ones halved
- 1 Tb. red wine vinegar
- 3 Tbs. extra-virgin olive oil
- 1 tsp. honey
- Salt and freshly ground black pepper
- 4 ounces crumbled feta cheese
- 2 Tbs. small basil leaves or torn basil leaves

In a large bowl, **combine** the onion, peaches, and tomatoes.

In a medium bowl, whisk together the vinegar, olive oil, honey, and salt and pepper to taste. Drizzle over the fruit mixture, then add the feta and basil and gently toss. Serve immediately.

PER SERVING: 248 CALORIES, 21g CARBOHYDRATES, 7g PROTEIN, 17g FAT (6g saturated), 4g FIBER, 25mg

AUGUST 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	TIP	Remember to stand up and be active throughout your day		1	2	3 9-12
4	5	6	7 7	8 TLS Class 5:30 pm	9	10 9-12
11	12	13	14	15	16	17 9-12
18	19	20	21	22	23	24 9-12
25	26 School Starts 26	27	28	29	30	31 Closed

National Immunization Awareness Month (NIAM)

Each year in August, National Immunization Awareness Month (NIAM) provides an opportunity to highlight the need for improving national immunization coverage levels. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases.

'It's OK to Ask' Encourages Conversation about Childhood Immunization

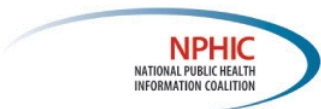
In recent years, an abundance of conflicting information about the safety and importance of childhood vaccines has left parents confused and polarized when it comes to public health and personal choice.

Department of Health has launched a comprehensive public information campaign called **"It's OK to Ask."** Based on extensive research and focus group discussions, the **It's OK to Ask** offers resources to help parents make informed decisions about immunization. The mobile-friendly website – www.oktoaskvt.org – has an extensive collection of research-based medical information, and discussions among moms and a local family practice physicians and pediatrician on a variety of topics, including vaccine safety, immunization schedules, and autism. While parents are free to make choices about immunizations based on their personal beliefs, each family is also part of a community that depends on one another for safety and protection.

The goal of the campaign is to improve childhood vaccination rates, which were once the highest in the nation. We know parents want to protect their children but have questions about vaccines. And the Health Department wants to see as many children who can be protected against vaccine-preventable diseases have that opportunity.



16 Major Diseases that Vaccines Protect Children from



"making public health public"



August is... Cataract Awareness Month, Children's Eye Health & Safety Month, National Immunization Awareness Month, National Spinal Muscular Atrophy Awareness Month, National Water Quality Awareness Month, Psoriasis Awareness Month, World Breastfeeding Awareness, and National Safety at Home.

It's
OK
to
ask

Healthy Living



GVFP offers a comprehensive weight-management program that focuses on learning healthy eating and lifestyle habits. The program is 12 weeks long and includes extensive education on low-glycemic impact eating, facing fears and changing old habits, creating an exercise routine that you enjoy and can stick with, and changing body composition to increase muscle mass and metabolism. This is not a fad diet or short-term weight-loss solution – the goal is that by the end of 12 weeks participants have learned a new, healthier lifestyle that they can and want to continue living long after the program is over. It can be customized to meet the goals of any of our patients. Our providers recommend it for people who are looking to learn healthier eating habits, patients wanting to lose weight, diabetics (Type I and II), and those just hoping to increase their energy and optimism.

Please contact our office for an appointment if you are interested in learning more about this life-changing program.

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