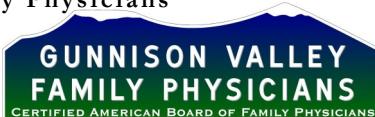


GVFP NEWS & VIEWS

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Men: Stay Healthy at Any Age

Screenings are tests that look for diseases before you have symptoms. Blood pressure checks and tests for high cholesterol are examples of screenings. You can get some screenings, such as blood pressure readings, in your doctor's office. Others such as colonoscopy, a test for colorectal cancer, need special equipment, so you may need to go to a different office.

After a screening test, ask when you will see the results and who you should talk to about them.

Abdominal Aortic Aneurysm

If you are between the ages of 65 and 75 and have ever been a smoker, talk to your doctor or nurse about being screened for abdominal aortic aneurysm (AAA). AAA is a bulging in your abdominal aorta, the largest artery in your body. An AAA may burst, which can cause dangerous bleeding and death.

Colorectal Cancer

Have a screening test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier. Several different tests can detect this cancer. Your doctor can help you decide which is best for you.

Depression

Your emotional health is as important as your physical health. Talk to your doctor or nurse about being screened for depression especially if during the last 2 weeks:

- You have felt down, sad, or hopeless.
- You have felt little interest or pleasure in doing things.

Diabetes

Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medication for high blood pressure. Diabetes (high blood sugar) can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.

High Blood Pressure

Starting at age 18, have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher. High blood pressure can cause strokes, heart attacks, kidney and eye problems, and heart failure.

High Cholesterol

If you are 35 or older, have your cholesterol checked. Have your cholesterol checked starting at age 20 if:

- You use tobacco.
- You are obese.
- You have diabetes or high blood pressure.

- You have a personal history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50 or a woman, before age 60.

Overweight and Obesity

The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator, there is one available on our website: <http://www.gvfp.net>. A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese.

If you are overweight or obese, talk to your doctor or nurse about seeking intensive counseling and getting help with changing your behaviors to lose weight. We are offering a Healthy Livings program at GVFP. Being overweight or obese can lead to diabetes and cardiovascular disease.

It's Your Body!

You know your body better than anyone else. Always tell your doctor or nurse about any changes in your health, including your vision and hearing. Ask them about being checked for any condition you are concerned about, not just the ones described here. If you are wondering about diseases such as prostate cancer or skin cancer, for example, ask about them.

Blood Pressure Basics

A normal reading is **less than 120/80 mm Hg** but you may be unsure what that means. The top or higher number is systolic, which measures the pressure in the arteries when the heart beats or contracts. The bottom or lower number is diastolic, which measures the pressure in the arteries between heartbeats or while it is at rest. In the United States about one in three adults suffer from high blood pressure.



Online Medical Record Access – Gunnison Valley Family Physicians is proud to announce WebView as a service to our patients. WebView is being offered to patients allowing confidential access to their medical records. You will also be able to access educational materials. We will be required to fill out an agreement before you are given access.

Stop by the office today.

GVFP LET'S GO!

78% of parents want their kids to get outside... Play is what kids do naturally when left to their own (non-tech) devices, and it has terrific physical and psychological benefits. When kids plan their own play sessions, solve their own disputes and figure out their own rules they're honing leadership and social skills and boosting self-reliance and creativity.

Grilling Fruit Guidelines

• **Choose firm stone fruits and remove pit** (and skin of mango), then slice into wedges $\frac{3}{4}$ –1-inch thick.

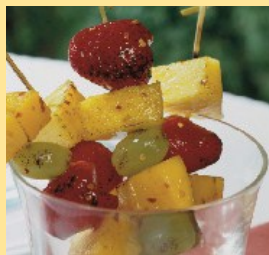
• **Fresh pineapple can be fairly ripe** but not too mushy. Remove outer skin and slice into rounds $\frac{3}{4}$ –1-inch thick, then cut into wedges of equal size.

• **If you plan to add the grilled fruit to a side dish**, salad, salsa or serve atop grilled meat, fish or poultry, grill the fruit in large pieces and chop to desired size after grilling.

• **Grill for a total of 3 to 6 minutes on each side**, depending on the size of the chunks. The fruit should be lightly browned but not burnt. Brush fruit lightly with oil if it begins to stick to grate or wok. If fruit is very firm (not ripe) it may need more time, so continue to turn fruit to prevent it from burning.

• **Some grilled fruit recipes recommend tossing fruit** in some kind of vinegar and a little honey before grilling. This is a nice variation but just plain grilled fruit is delicious all by itself!

tip Use a grill wok (square, grill-proof metal with round holes and 3 to 6-inch sides) to keep the fruit from falling through the grate of the grill. Spray the grill wok lightly with oil, then place over heat and add fruit.



The Office of the National Coordinator for Health Information Technology (ONC) announced in June the winners of the Apps4Tots Health Challenge. They are: [HF myfamily](#) and [TotBytes](#). The idea was to help parents better manage the nutrition and physical activity of their little ones.



HF MyFamily
By LyfeChannel, Inc.

Description

The myFamily mobile experience from healthfinder.gov helps you build a health plan for your family based on the priorities of the Affordable Care Act. You can quickly identify health priorities for each family member, put together a monthly calendar, and download your health records to share with your doctor.

The secret to a long and healthy life is preventive health care, and myFamily is your first step in creating the health journey your family deserves.



TotBytes
By Breakpoint Health, Inc.

Description

TotBytes combines established nutritional and health guidelines for infants and toddlers with a tool that guides and tracks progress during the most formative period of a child's development.

TIP

Never leave a child unattended in a vehicle. A child's body can heat up five times faster than an adult's. Heat stroke happens when the body cannot cool itself fast enough. You might be surprised to learn that a child can die from heat stroke on a 72-degree day.

JULY 2013

July is... UV Safety, Eye Injury Prevention, Bladder Cancer Awareness, National Blueberry, National Anti-Boredom, National Make a Difference to a Child, National Cell Phone Courtesy, National Recreation and Parks, National Picnic, International Group B Strep Awareness, National Grilling, and Social Wellness Month.

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

Taking the sting out of bug bites

To avoid getting stung:

- Wear light-colored, smooth-finished clothing.
- Avoid perfumed soaps, shampoos, and deodorants. Do not wear cologne or perfume.
- Wear clean clothing and bathe daily.
- Wear clothing to cover as much of the body as possible.
- Avoid flowering plants when possible.
- Keep outdoor areas clean. Some insects are attracted to discarded food.
- Remain calm and still if a stinging insect is flying around. Swatting may cause it to sting.
- If an insect is inside your vehicle, stop slowly, and open all the windows.



Source: Centers for Disease Control and Prevention

For a bee, wasp, or hornet sting:

- Alert someone immediately in case you have an allergic reaction.
- Remove the stinger by wiping gauze over the area or scraping the area with a fingernail. Never squeeze the stinger or use tweezers.
- Cover the area with ice to reduce swelling.
- Don't scratch the sting. This may increase swelling, itching and risk of infection. For itchiness take an antihistamine or apply calamine lotion or a mixture of baking soda and water.

July is Park and Recreation Month

Since 1985, America has celebrated July as the nation's official Park and Recreation Month. This July, we want everyone talking about what they **love about parks and recreation** and why parks and recreation are so vital in our lives! July is a great time to highlight all the many valuable benefits you bring to your neighborhood – from health and wellness to nature to community spirit and social equity. During Park and Recreation Month, let's get everyone talking about the positive role parks and recreation has on our lives!

