

GVFP NEWS & VIEWS

Gunnison Valley Family Physicians
130 Virginia Ave.
Gunnison, CO 81230
(970) 641-0211

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

Gestational Diabetes and Pregnancy



Gestational diabetes is a type of diabetes that is first seen in a pregnant woman who did not have diabetes before she was pregnant. Some women have more than one pregnancy affected by gestational diabetes. Gestational diabetes usually shows up in the middle of pregnancy. Doctors most often test for it between 24 and 28 weeks of pregnancy.

Often gestational diabetes can be controlled through eating healthy foods and regular exercise. Sometimes a woman with gestational diabetes must also take insulin.

Problems of Gestational Diabetes in Pregnancy

Blood sugar that is not well controlled in a woman with gestational diabetes can lead to problems for the pregnant woman and the baby:

An Extra Large Baby - Diabetes that is not well controlled causes the baby's blood sugar to be high. The baby is "overfed" and grows extra large. Besides causing discomfort to the woman during the last few months of pregnancy, an extra large baby can lead to problems during delivery for both the mother and the baby. The mother might need a C-Section to deliver the baby. The baby can be born with nerve damage due to pressure on the shoulder during delivery.

C-Section (Cesarean Section) - A C-section is an operation to deliver the baby through the mother's belly. A woman who has diabetes that is not well controlled has a higher chance of needing a C-section to deliver the baby. When the baby is delivered by a C-section, it takes longer for the woman to recover from childbirth.

High Blood Pressure (Pre-eclampsia) - When a pregnant woman has high blood pressure, protein in her urine, and often swelling in fingers and toes that doesn't go away, she might have pre-eclampsia. It is a serious problem that needs to be watched closely and managed by her doctor. High blood pressure can cause harm to both the woman and her unborn baby.

Low Blood Sugar (Hypoglycemia) - People with diabetes who take insulin or other diabetes medications can develop blood sugar that is too low. Low blood sugar can be very serious, and even fatal, if not treated quickly. Seriously low blood sugar can be avoided if women watch their blood sugar closely and treat low blood sugar early.

If a woman's diabetes was not well controlled during pregnancy, her baby can very quickly develop low blood sugar after birth. The baby's blood sugar must be watched after delivery.

Tips for Women with Gestational Diabetes

- **Eat Healthy Foods** - Eat healthy foods from a meal plan made for a person with diabetes. A dietitian can help you create a healthy meal plan. A dietitian can also help you learn how to control your blood sugar while you are pregnant.
- **Exercise Regularly** - Exercise is another way to keep blood sugar under control. It helps to balance food intake. After checking with your doctor, you can exercise regularly during and after pregnancy. Get at least 30 minutes of moderate-intensity physical activity at least five days a week.
- **Monitor Blood Sugar Often** - Because pregnancy causes the body's need for energy to change, blood sugar levels can change very quickly. Check your blood sugar often, as directed by your doctor.



GVFP LET'S GO!

Take a New Year's
Resolution to Stop Smoking
– Make 2014 your year!

**QUIT
SMOKING
TODAY – WE
CAN HELP!**

Quitting Smoking Happens

ONE CRAVING
AT A TIME.

ONE MONDAY
AT A TIME.

ONE
DECISION
AT A TIME.



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 WebView
Access Medical Records

Quinoa Pilaf with Cranberries and Pecans

Quinoa Pilaf Ingredients:

2 cups dry whole-grain quinoa
4 cups water
2/3 cup dried cranberries
4 to 6 tablespoons finely chopped red onion
1 cup finely chopped celery
2/3 cup toasted pecan pieces

Citrus Vinaigrette Ingredients:

4 tablespoons lemon juice
6 tablespoons extra virgin olive oil
3 teaspoons finely chopped fresh rosemary
1/4 teaspoon salt
1/4 teaspoon black pepper

Directions:

Add quinoa and water to rice cooker and cook until quinoa is soft and water has been absorbed. Add quinoa to large serving bowl and let cool about 15 minutes. If you don't have a rice cooker, bring 4 cups of water to a boil in 4-quart saucepan. Add quinoa and bring back to boil. Cover saucepan and cook over medium heat for 12 minutes or until quinoa has absorbed all the water.

Stir dried cranberries, red onion, celery, and pecans into quinoa. In a small bowl, combine citrus vinaigrette ingredients with a whisk. Drizzle over quinoa mixture and toss to blend ingredients. Cover and refrigerate pilaf until ready to serve.

Yield: Makes about 12 side servings **Per serving:** 227 calories



DECEMBER 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Open 9 - 12
8	9	10	11	12	13	14 Open 9 - 12
15	16	17	18	19	20	21 Open 9 - 12
22	23	24 Closed	25 Merry Christmas Closed	26	27	28 Closed
29	30	31 Closed 1/2 day	TIP of the Month  When we eat quickly, our body thinks it needs more food to be satisfied. It takes approximately 20 minutes for your brain to get the message that you are feeling full. Fast eaters should slow down to give their brains time to get the message that they are no longer hungry. Good practice during the holiday season.			

Medicare Know the Names...

Part A: Coverage for hospital stays, home health services and hospice care.

Part B: Coverage for doctors' services, out-patient care and medical equipment.

Part C: (Medicare Advantage)

Private plans that provide Part A, B and (often) D services, as an alternative to traditional Medicare, usually through managed care.

Part D: Prescription Drug Coverage, offered through private "stand alone" drug plans or Medicare Advantage plans.

Traditional Medicare: The original program that covers Part A and B benefits by paying providers directly for each service.

Medigap: Private supplemental insurance that covers many of traditional Medicare's out-of-pocket expenses.

Flu season is here!

The Centers for Disease Control, Advisory Committee on Immunization Practices (ACIP) recommends that **ALL** persons who want to reduce the risk of becoming ill or transmitting influenza be vaccinated. GVFP will again be offering Flu vaccines beginning October 1, 2013. Cost will be \$38 for both adult and pediatric immunizations.



December is... National Drunk and Drugged Driving Prevention Month, National Aplastic Anemia Awareness Month, National Hand Washing Awareness Month, Safe Toys & Gifts Month, World AIDS Month (December 1), International Infection Prevention Month, Root Vegetable and Exotic Fruit Month, Worldwide Food Service Safety Month, Bingo Month and Eat Oatmeal for Health Month.

The 4 Principles of Hand Awareness

1. Wash your hands when they are dirty and BEFORE eating
2. DO NOT cough into your hands
3. DO NOT sneeze into your hands
4. Above all, DO NOT put your fingers into your eyes, nose or mouth



Affordable Care Act / ACA / Obamacare...

whatever you call it – there are a lot of questions that surround the new healthcare law

Can I keep my own doctor?

Depending on the plan you choose in the Marketplace, you may be able to keep your current doctor.

Different plans have different networks and providers

Most health insurance plans offered in the Marketplace have networks of hospitals, doctors, specialists, pharmacies, and other health care providers. Networks include health care providers that the plan contracts with to take care of the plan's members. Depending on the type of policy you buy, care may be covered only when you get it from a network provider.

When comparing plans in the Marketplace, you will see a link to a list of providers in each plan's network. If staying with your current doctors is important to you, check to see if they are included before choosing a plan. Call us...

Available Help...

Another aspect of the new law is that your state is now required to employ people called "navigators," whose sole job is to help you navigate the massive new law.

Contact a local navigator at (970) 642-7301
ConnectForHealthCO.com is the website Marketplace for Colorado