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*Dr. Ken Cohen, MD, FACP, CMO, Ruth Benton, CEO, Paul Sunde, MD,
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July 2014 Newsletter

*New Additions to New West Physicians,
Healthy Cooking, and More News*

Ascent Family Medicine Joined New West Physicians

Ascent Family Medicine, a successful, centrally located medical practice in the Denver area recently joined New West Physicians. While there are numerous benefits for individual practices to join a larger organization, Ascent Family Medicine did their research and chose New West Physicians.

New West Physicians welcomes the providers, staff and patients from Ascent Family Medicine and believes they are a great addition to our now 17 offices throughout the Denver metro area. Ascent Family Medicine takes pride in their ability to listen to patients and work to meet their individual needs. As a family medicine practice, they provide comprehensive care for the entire family – newborn to geriatrics, and serve patients from multiple generations in the same family that gives them a unique understanding of different factors that may impact patients’ health. Ascent Family Medicine thrives in the cultural diversity of their practice.

In addition to the services currently provided by Ascent Family Medicine, patients will now be able to take advantage of New West Physicians Diabetes and Nutrition Center, Clinical Research, Behavioral Health Services, and a centralized management office that handles referrals, billing, operations, and medical management – all in an effort to increase patient satisfaction and to free up providers to spend quality time with patients.



From Left to Right: Emily Shupe Talley, MS, PA-C, McKenzie Kline, PA-C, Jonathan D. Zonca, MD, Mary Catherine Husney, MD, and Leslie McKenna, RN, MSN, FNP

To learn more about our new providers, visit our website:
www.nwphysicians.com/locations/item/ascent-family-medicine

Welcome!

HIGHLIGHTS

New West Physicians Expands Behavioral Health Services

We’re happy to welcome Dr. Heather Newman to our New West Physicians care team.

Dr. Newman is Board Certified by the American Board of Psychiatry and Neurology with the specialty of Psychiatry & Neurology. Areas of interest include women’s health, depression, anxiety, insomnia, ADHD and bipolar disorder. Dr. Newman earned her undergraduate and medical degrees from the University of Wisconsin in Madison, and completed her residency training in New York City at Albert Einstein College of Medicine.

She loves her profession and is incredibly passionate about helping people get psychologically well. Dr. Newman believes in a collaborative approach – working hard to provide patients with the best possible treatment and medication options to assist patients in meeting their goals.

To schedule an appointment with Dr. Newman, call **303-763-4900** and select Option 8.



Patient Care Philosophy:

“I believe in a collaborative approach and work hard to provide patients with the best possible treatment and medication options. I take time to explain the risks and benefits of medication I prescribe, and look forward to assisting patients in the process of healing and personal growth.”

Celebrity Chef Event is a Hit with Patients

New West Physicians, in partnership with Novo Nordisk, was pleased to host Celebrity Chef Doreen Colondres last month.

Chef Colondres' goal is to convince the world that The Kitchen Doesn't Bite! A leading figure in today's "Cocina Latina" movement, Doreen is passionate about teaching people to cook with fresh, authentic, healthy & seasonal ingredients. She is determined to revolutionize the Hispanic gastronomy and to convince the world that cooking can be easy, fun, and healthy. She is a tireless world traveler, always hungry to get to know every ingredient in depth, and to interact with the unique flavors of the native cuisine of each country.

The evening was a fun-filled, entertaining, and delicious event for attendees who gained a better understanding about Diabetes, witnessed a cooking demonstration, and enjoyed tasting three delicious entrees, plus dessert! We have included the recipes for all four courses – gazpacho, salad, pork, and dessert in the recipe section of the newsletter – enjoy!



DID YOU KNOW?

The Boston Marathon is Back – A Story of Perseverance

My brother and I ran in the Boston Marathon in April of last year when the bombings occurred. We had both finished the race, showered, and were packing a friend's car with our luggage when the first bomb went off. We were about 1/4 mile away when we heard the blast. At first we thought it was just some scaffolding crashing into a building, but when the second blast went off we knew it had to have been a bomb. At that point our vehicle was in traffic and there was chaos on the street as people ran from the area. The police rapidly took charge and directed traffic away from the area. It was a terrible ending to what is normally an inspiring event. It was my third Boston Marathon and my brother's first. I had talked my brother, an elite distance runner, into entering in the race as he had never run the Boston Marathon, and I felt he should before he stopped his running career. For several months the cloud of that terrible bombing weighed on both of us.

Mid-last year, my brother announced that he was going back to run in the Boston Marathon, and I decided to join him even though I had previously said that 2013 was going to be my last marathon. Together, we returned to Boston in April 2014 to help support the



city and running community in taking back the Boston Marathon.

All through the winter of 2013-2014, I worked 50 plus hours while training for the marathon and for cycling events. The schedule was daunting for me at times, but we finally met in Boston on April 19, 2014 for the April 21st Marathon. The energy in the city was palpable where one could feel that there was a spirit of defiance among the runners and the community. Together, we were not going to let what happened the previous year, prevent this great event from going forward.

The weather the morning of the marathon was beautiful - a little warm for runners, but fantastic for spectators. Even though security was very heavy and slowed the progress of runners getting to the starting line, no one

complained. In fact, there were many expressions of thanks from the runners to the security personnel for being there. Even though the security personnel were constantly in view, I never personally felt any fear, nor did I feel that any other runners or participants were fearful.

As we all know now, the 2014 Boston Marathon was a spectacular success for both the local community and the running community.

My brother won his age group (60-69), which is an incredible accomplishment when one considers there are runners from all over the world there. I was well behind him, but for me it was a successful and happy ending to a great event.

By Ray Rupel, DO
Family Medicine at Highlands Ranch

Dr. Valenziano Volunteers for MANNA

Manna is an organization dedicated to providing food and medical services to those in need. Here is what it means to Dr. Valenziano...

"When I first moved to Denver, I served in the medical clinic at Samaritan House. Subsequently, I learned that Cherry Hills Community Church where I was attending had MANNA ministries which served as a food bank, and also provided clothing, haircuts, and medical care to individuals and families that were struggling financially. I started serving there in the early 1990's. MANNA is open weekly, and in order to see 6-8 patients per week, I rotate responsibilities with other medical providers. Primarily, we deal with minor medical issues. It is an awesome opportunity to share the love of Jesus with people who are going through a difficult time."

Richard Valenziano, MD
Lakeview Family Medicine



Fly Fisherman in Our Midst



Dr. Jonathan Walter began fly fishing when he moved to Colorado in 1988 and after he took his first lesson in 1989, well you can say...he was hooked. He was instrumental in starting the Fly Fishing Section of the Denver Group of the Colorado Mountain Club, and has been enjoying trips ever since. In a recent article published in *Trail and Timberline Magazine*, Summer 2014 Issue, it discusses the group's love of fly fishing and states, "that one of the most enjoyable aspects of fly fishing is the solitary time spent on a river absorbing the rhythms of nature." I'm sure Dr. Walter has stories to share.

Congratulations on "Best of the Best" Dr. Beezley!



ABOVE: Kimberly Winter, MD, Daffeny Glotzbach, PA-C,
Ray Rupel, DO, Leslie Schipper, DO, Brian Beezley, MD

The *Highlands Ranch Herald* named Dr. Beezley "Best of the Best Primary Care Physician" in Highlands Ranch. When Dr. Beezley heard about the award, this was his response....

"It is certainly a compliment to the entire staff. There is no way I would have received these votes if people weren't equally happy with our awesome support staff here – thank you everyone!" He goes on to say, "I agree that you each deserve a thank you for all you do to provide excellent care to each and every patient. The result is making our patients pleased enough with the service and care they are given to return, as well as to nominate and vote for this prestigious award."

Brian Beezley, MD
Family Medicine at Highlands Ranch

Diabetes and Nutrition Center Welcomes Betsy Raube!

New West Physicians welcomes Betsy Raube, BSN, CDE, as Manager of the Diabetes and Nutrition Center.

Betsy is a Registered Nurse and Certified Diabetes Educator with a Bachelor's degree in Dietetics. She has spent many years counseling patients individually and teaching classes on techniques for weight loss. Her goal is to provide patients with various strategies for losing weight and then customize a plan that will work for each individual patient. She wants to empower people to make positive lifestyle changes that will effectively lead to feeling better and having more confidence and energy.



Diabetes and Nutrition Center Tip...Know Your Numbers

In the world of diabetes we talk about the numbers of the ABC's.

- A is for A1C- The goal for most people with diabetes is to have a HgbA1C of less than 7%.
- B is for blood pressure-The goal for blood pressure is to be less than 140/90.
- C is for cholesterol- LDL which is the "bad cholesterol" should be less than 100 in most people. Also, new evidence suggests that you may need to be taking a statin drug, even if your cholesterol levels are not elevated.

The risks for developing cardiovascular and kidney disease decreases when patients take an active role to control their HgbA1C, blood

pressure, and cholesterol. Talk to your provider about your numbers, or if you are signed up for MyHealthConnection, Patient Portal, you can check your numbers there. The key is to be proactive in lifestyle changes and compliant with taking medications that can help you to get closer to these goals.

An article in the April *New England Journal of Medicine*, reports that because the control of diabetes has improved over the past 20 years, the rates of heart attack have decreased by 68% and stroke rate has decreased by over 50%.

We are here to help! The Diabetes and Nutrition Center offers classes regularly about Diabetes, and can schedule an individual appointment. Visit our website or call 303-716-8039 for more information.

Success Story: New West Physicians

(Below is a report written by the American Medical Group Foundation about New West Physicians)

Since its inception in 1994, quality improvement has been a major focus and commitment for New West Physicians, a physician-owned primary care practice group in the Denver, Colorado metropolitan area. Each year, significant funding is dedicated to studies that explore and improve outcomes for multiple primary care related conditions. Hypertension has been a sole focus three times and is often intertwined with diabetes and heart disease studies.

For more than a decade, the group has successfully moved the needle in high blood pressure control. When the Measure Up/Pressure Down® campaign launched in November 2012, New West Physicians saw similarities between the campaign planks and the tactics it had already taken, as well as an opportunity to reinvigorate its efforts.

Read the full article online at www.nwphysicians.com and click on About Us, then Newsroom.

Medicare Corner

If you are nearing the age of 65 and will be enrolling in Medicare, we continue to see our Medicare eligible patients through the two options listed below.

- AARP MedicareComplete insured by UnitedHealthcare
- Medicare Cost Plans through Rocky Mountain Health Plans

Note:

- New West Physicians does NOT accept traditional Medicare insurance.
- Patients must enroll in one of the two options listed above during the Annual Open Enrollment Period which is October 15th through December 7th this year.

As a service to our patients, New West Physicians has a Senior Patient Advocate on staff to assist in answering your questions and navigating the somewhat complicated landscape of Medicare.

Sharron Metz can be reached at (303) 716-8044 and is ready to help you make the best health care insurance decision based on your individual situation.

Visit our website to learn more.

Video Library – A Fun Way to Learn!

New West Physicians partners with The Healthwise® Knowledgebase to provide you with fun, interactive, and educational tools to help you learn more about your health, whether a procedure is right for you, or to simply check your BMI. Patients have been enjoying this NEW feature on our Website that provides animated and expert-hosted videos that transform the complex into easy-to-understand health information.

Explore the Video Library today by visiting Your Health Guide on our website at www.nwphysicians.com

Communicate With Your Physician Online

*Attention Ascent Family Medicine Patients - the New West Physicians Patient Portal will be available to you in July of 2015.



MyHealthConnection Patient Portal makes it easy to communicate with your doctor, keep track of your health, request an appointment, or view lab results once they are complete. Our online "Invitation" makes it simple and quick to begin registration. Make it easy on yourself and get started today!

LEARNING LAB

It's Time for Sports Physicals!

As we come into the summer months, the fall sports season is fast approaching. This means it's time for that annual tradition of the pre-season sports physical for children and adolescents. The sports physical is also known as the pre-participation physical evaluation (Sports PPE). It is recommended by primary care and sports medicine societies that athletes of all ages have pre-participation evaluations as part of their routine well care. Starting in 7th grade, most school-based sports require these exams with a written medical clearance.

As a Family Physician and Sports Medicine Specialist, I am often asked why the sports physical is so important, and what specific purpose it serves. The goal of the sports physical is primarily to ensure safe participation in sports. Secondary goals include helping athletes perform to the best of their abilities, and assessing overall health. A Sports Physical snapshot:

Your doctor will ask questions about your health history, family history, and any symptoms you may experience while being active. Studies have consistently shown that 75-90% of medical and/or orthopedic diagnoses are made from the history alone, so it is very important that these questions are answered carefully and to the best of your knowledge.

An exam is then performed to assess the major body systems. The sports physical also offers a chance to discuss ongoing medical issues that may need adjusting to maximize sports performance. In athletes with allergies or asthma, for example, medication dose changes, new medications, or small lifestyle modifications may be needed to keep you performing at your best. If you have an old injury which doesn't keep you on the sideline but is preventing you from reaching your peak, this can also be addressed during the exam.

While some athletes report fears that a sports physical may disqualify them from their sport if there are "bad" or "abnormal" findings, it is extremely rare for athletes to be declared ineligible for sports based on this exam, with less than 1% of athletes not cleared for participation. Though abnormal findings may prompt some additional investigation, most athletes will be cleared for full activity. This again



is done with the goal of ensuring SAFETY during sports participation. For example, if a heart murmur is found during the examination, your doctor may need an additional test to know that you can exert yourself fully without risk of injury. If blood pressure is elevated, a follow-up test may be as simple as rechecking your blood pressure in 1-2 weeks.

I generally recommend having the sports physical completed 6 weeks prior to the first practice. This will provide adequate time for follow-up if any additional testing is needed. Athletes rushing to get their exam completed in the last week before the start of the season occasionally run into delays. So avoid early season hang-ups by planning ahead and getting to your doctor with plenty of time. Contact your New West Primary Care Physician today to schedule your sports physical.

Wishing you a healthy and productive season!

Chris Carlson, DO
North Denver Medical
and Sports Medicine Clinic

The Science of Sunscreens

Ultraviolet radiation comes from the sun in predominantly two forms, UV-A and UV-B. UV-B rays are short wavelength and comprise only about 5-10% of the UV radiation reaching the Earth's surface. They are scattered by clouds and blocked by glass. They are the major cause of sunburn (remember B = burn). Long term tanning is caused predominantly by UV-B rays. UV-A rays are longer wavelength and comprise 90-95% of the UV radiation reaching the Earth's surface. They are much more insidious as they penetrate the skin more deeply, don't cause sunburn, and aren't effectively blocked by clouds or glass. Moreover, they are the more important cause of skin cancer and photoaging. Photoaging is the long term skin damage caused by the sun and expresses itself as wrinkles, "sun spots," as well as thinning and bruising of the skin. UV radiation causes skin cancer through a multitude of mechanisms that predominantly involve DNA damage.



Sunscreens – These products absorb the sun's radiation in the ranges of UV-A and UV-B. Of the 17 sunscreen ingredients available, most block radiation only in the UV-B range. They therefore, prevent burning but not photoaging or most skin cancers. There are sunscreens that combine ingredients to be able to block both UV-A and UV-B radiation. These are designated as broad spectrum sunscreens. Broad spectrum sunscreens use a combination of ingredients to achieve protection across the UV-A/UV-B spectrum. Avobenzone is an important blocker of UV-A radiation and should be contained in all broad spectrum sunscreens. Studies of broad spectrum sunscreens have been limited in size and scope but the data have nonetheless supported the following concepts:

- Two research studies have showed decreased photoaging with use of broad spectrum sunscreens.
- Broad spectrum sunscreen use showed decrease in precancerous skin changes, supporting the concept of daily use.
- Several studies have shown a decrease in squamous cell skin cancers, up to 40%, with use of broad spectrum sunscreens even when the SPF was only in the 15 -20 range.
- There is early data showing a reduction in basal cell cancers and melanoma with broad spectrum sunscreen use, but the data is inconclusive at present.

Sunscreen Labeling – Fortunately, the FDA updated the labeling requirements for sunscreens to remove the ambiguity and false claims. SPF is a laboratory measure of the amount of UV radiation required to cause sunburn on protected skin compared to unprotected skin. It applies only to UV-B exposure and is therefore, only a measure of protection against sunburn. An SPF-15 sunscreen can filter 94% of UV-B radiation whereas an SPF-30 filters about 97%. Broad spectrum refers to the ability of a sunscreen to block UV-A radiation. If both the

SPF and broad spectrum criteria are met, the new labeling law allows the statement that the product decreases the risk of skin cancer and early skin aging. Additionally, products can no longer state that they are waterproof. If they are effective with 40 minutes water exposure, they are labeled water resistant (40 minutes), and they can be labeled water resistant (80 minutes) if they are effective at 80 minutes of water exposure. Always look for a sunscreen with at least an SPF of 15 and a "Broad Spectrum" designation on the label.

Sunscreen Use – Optimal protection is achieved by taking 15-30 minutes to apply sunscreen, and it should be applied prior to sun exposure. Most individuals use 25-50% of the optimal amount of sunscreen. Two tablespoons should be applied every two hours. The 40-80 minute guideline can be used for water immersion based on the labeling of the product. Wipes, towelettes, powders, and body washes are not acceptable FDA approved products. Spray on sunscreens haven't received final FDA approval, but are likely to be effective.

Ken Cohen, MD, F.A.C.P.
Chief Medical Officer
Evergreen Internal Medicine

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COMMUNITY PARTNER

Making a Difference

Giving back to our community is one of New West Physicians' core values. It is in this spirit that New West provides donations to numerous organizations each year to benefit individuals who are homeless, uninsured/under-insured, mentally ill, hungry, or in hospice care.

Here is a snapshot of some of the events we sponsor throughout the Denver metro area:

Organizational Sponsorship:

- The Bike MS 150 to raise money and make a difference in the lives of people living with MS. This year 20 New West Physicians employees participated

Bear Valley Family Medicine

- Bear It All Off Road Triathlon and Duathlon event strives to display the beauty of the natural environment while simultaneously protecting it. The event will donate a portion of registration fees to Camp Paha, the only summer day camp in the metro area for both children and young adults with disabilities.
- Mullen High School Mardi Gras Program provides general support to the school.

Evergreen Internal Medicine

- Evergreen Jazz Festival
- Evergreen Town Race
- 5k Freedom Run to benefit Mount Evans Home Health Care & Hospice.

Golden View Family Practice

- Golden Gallup 5K Race to benefit the Golden Schools Foundation (GSF) - dedicated to the vision of encouraging excellence, high performance, and accountability in area.
- Golden Marlins Swim Team, a non-profit summer club to assist swimmers in reaching their full potential in an environment of sportsmanship and competitive aquatics.

Golden Central Family Practice

- Code Zero Golf Tournament to benefit the Colorado Professional Firefighters Foundation.

Arvada Family Practice

- Pinwheel Garden sponsorship for the Ralston House dedicated to helping children and teens heal from the trauma of sexual, physical and/or emotional abuse. It is the only child advocacy center in Jefferson, Adams, and Broomfield Counties in Colorado.



The Bike MS 150

RELAXATION EXERCISE

Abdominal Breathing Technique

How it's done: With one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch in the lungs. The goal: Six to ten deep, slow breaths per minute for 10 minutes each day to experience immediate reductions to heart rate and blood pressure, McConnell says. Keep at it for six to eight weeks, and those benefits might stick around even longer.

When it works best: Before an exam, or any stressful event, but keep in mind, "Those who operate in a stressed state all the time might be a little shocked how hard it is to control the breath." To help train the breath, consider biofeedback tools such as McConnell's Breathe Strong app, which can help users pace their breathing wherever they are.



By Jordan Shakeshaft

Double Orange-Glazed Pork Mini-Chops

Makes 4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes | Difficulty: Easy

Ingredients:

- 2 navel oranges
- ¼ cup orange marmalade
- 1 (1 ¼ -pound) pork tenderloin, cut into 12 (1/2-inch-thick) slices
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon canola oil
- 2 teaspoons unsalted butter



Grate enough zest from one of the oranges to make one teaspoon; set aside. Holding oranges over a 2-cup measure, squeeze enough juice to make ¾ cup. Whisk in marmalade until blended.

Pat pork slices dry and sprinkle with the salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add pork and cook until browned, about 2 minutes on each side. Transfer to a platter and cover loosely with foil to keep warm.

Add orange juice mixture to the skillet and bring to a boil, scraping up the browned bits on the bottom of the skillet with a wooden spoon. Cook, stirring often, until the sauce is reduced and syrupy, about 5 minutes. Swirl in butter and reserved orange zest until blended. Return pork and any pan juices to the skillet; heat through. Serve with the sauce.

Nutrition Facts:

- Per serving (3 slices of pork with about 1 tablespoon of sauce): 270 calories
- Total Fat: 7 g
- Sodium: 240 mg
- Saturated Fat: 2.5 g
- Carbohydrates: 18 g
- Trans Fat: 0 g
- Dietary Fiber: 0 g
- Cholesterol: 85 mg
- Protein: 32 g

Strawberry and Spinach Salad

Makes 10 servings | Prep Time: 15 minutes | Difficulty: Easy

Salad:

- 1 (10-12-ounce) package baby spinach, washed and dried
- 1/3 cup sliced almonds, toasted
- 1 quart strawberries, hulled and quartered
- 1 whole cucumber, peeled, seeded, and finely diced

Dressing:

- Juice of half a lemon (2 tablespoons)
- 1 tablespoon white wine vinegar
- 2 tablespoon vegetable oil
- 1 teaspoon poppy seeds



In a large salad bowl, toss together spinach, almonds, strawberries, and cucumber. In a small glass dish or jar with a tight-fitting lid, combine lemon juice, vinegar, oil, and poppy seeds. Whisk in the glass dish or shake if using a jar. Dress the salad right before serving.

Nutrition Facts:

- Per serving (1 ½ cups of Salad): 100 calories
- Total Fat: 4 g
- Sodium: 55 mg
- Saturated Fat: 0 g
- Carbohydrates: 15 g
- Trans Fat: 0 g
- Dietary Fiber: 5 g
- Cholesterol: 0 mg
- Protein: 3 g

Gazpacho

Serves 8-10 people

Ingredients:

- 1/4 pound plus 2 tablespoons vine-ripened tomatoes, pureed
- Tomato juice
- 2 tablespoons of green, yellow and red bell peppers, finely diced
- 2 tablespoons of red onion, diced
- 2 tablespoons diced cucumber
- ¼ small jalapeno, seeded and minced
- 1/4 medium garlic clove
- 1 tablespoon extra-virgin olive oil
- 1/4 lime, juiced
- 1/2 teaspoon balsamic vinegar
- 1/2 teaspoon Worcestershire sauce
- 1/8 teaspoon cumin
- 1/4 teaspoon kosher salt
- 1/8 teaspoon ground black pepper
- 2 teaspoons fresh basil leaves
- 1 teaspoon chopped fresh cilantro
- 1 teaspoon fresh chopped parsley
- 1/4 teaspoon ancho chili powder
- 1/4 teaspoon smoked paprika



Place pureed tomatoes and juice into a large mixing bowl. Add cucumber, bell pepper, onion, jalapeno, garlic, olive oil, lime juice, balsamic vinegar, Worcestershire, cumin, salt, pepper, chili powder, smoked paprika, cilantro and parsley and combine. Remove ½ cup of mixture and place in blender and puree for 15 to 20 seconds on high. Return pureed mixture to remaining mixture. Stir until combined. Cover and chill for at least 2 hours or overnight.

Mango Mousse

Serves 8-10 people



Ingredients:

- 2 cups heavy whipping cream
- 2 tablespoons honey
- ½ pound plus 2 tablespoons mascarpone cheese
- 1 ½ teaspoons vanilla
- 1 cup fresh mangos
- 2 tablespoons cold water

Whip cream until soft peaks form. Slowly add honey and whip until medium peaks form. Add mascarpone, and continue to whip until thick.

Puree mango with 2 tablespoons cold water. Add honey if mangos are tart. Fold cream mixture with mango puree and chill overnight to set.