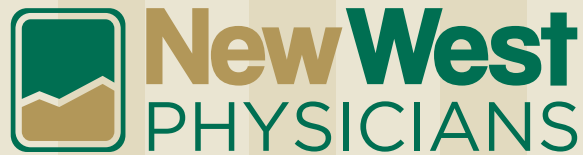


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Fall Edition 2017

Screen Time Impact on Kids — Digital Media Guidelines

By Julia Atkins, MD
Golden View Family Medicine



Children today are growing up surrounded by digital media, and it has become a challenge for parents and caregivers to know the best approach. There are of course both positive and negative effects of digital media on the health of children and teenagers, and it is not easy to balance these aspects with so much digital bombardment in their (and our) daily lives. Previous generations have been exposed to produced media such as TV and movies, but there is now a significant amount of interactive media as well, from social media like Snapchat, Instagram, Twitter, YouTube, etc. to video games that connect kids all over the world.

Kids 8 years and older spend an average of more than 2 hours in front of a screen each day, including streaming video like Netflix and social media, and this average only increases in older kids due to mobile devices giving them interactive media at their fingertips. Benefits include access to early learning, new ideas, health information, and social connections. But risks include negative effects on attention and sleep, increase in obesity and depression, and access to inappropriate content, cyberbullying, etc.

The American Academy of Pediatrics (AAP), has updated recommendations to help families manage digital exposure from birth through adolescence, including an interactive media use planning tool from HealthyChildren.org. Families can use this tool to individualize a media plan to balance screen time and other activities, set expectations for accessing content and giving out personal information, and teach “digital literacy.”

The AAP has the following recommendations:

- Avoid digital media use with children younger than 18 months, except for video-chatting using FaceTime, Skype or similar programs.
- For children 18 to 24 months, if you wish to introduce digital media, choose high-quality programming such as PBS Kids, Sesame Workshop, etc., and always watch with them to help them understand what they are seeing.

- For children 2 to 5 years old, limit screen time to 1 hour per day of high quality programs as above and watch with them so they understand what they are learning and can apply it to the world around them.
- For children 6 and older, place consistent limits on screen time, the types of media and content, and monitor to assure adequate sleep of 8 to 12 hours, depending on age, physical activity of at least 1 hour daily, and other healthy habits. Common Sense Media (www.commonsensemedia.org) is a great resource that provides independent reviews, age ratings, and other information about all types of media.
- Avoid using media as the only way to calm your child, or as a digital babysitter. These are occasionally useful strategies (during medical procedures, airplane flights), but this can make it tougher for children to learn to regulate their own emotions.
- Keep bedrooms, mealtimes, and parent-child playtimes screen free for children and parents.
- No screens one hour before bedtime, including TV, computers and smart phones.
- Discourage the use of entertainment media while doing homework.

Have ongoing discussion with children about online behavior and safety, including treating others with respect online and offline, being aware of online solicitation, and avoiding communication that can compromise personal privacy.

Children today are growing up in a world of media immersion, so it is imperative that families develop personalized plans tailored to the needs of each family member. With this type of tool, we can ensure that children will benefit from essential components for healthy growth and development at every stage, including adequate nutrition and physical activity, good sleep hygiene, and positive social interactions. The role of parents in navigating the complicated media experience with their children and teens is crucial, and can create a lasting impact in helping them have a positive experience in this era of sophisticated digital media.

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LEARNING LAB

Testosterone Replacement in Older Men

By Ken Cohen, M.D., F.A.C.P.
Chief Medical Officer



As men age, starting in their 30s or 40s, testosterone levels naturally decline. Television and radio commercials tout the rejuvenating effects of testosterone in older men with low testosterone or “low T.” While there may be some benefit from testosterone treatment in certain older men, testosterone is not a rejuvenating therapy.

A low testosterone level by itself does not need treatment. Only men with symptoms of low testosterone and blood levels that confirm this as the cause of the symptoms should consider testosterone therapy. The decision to start testosterone treatment should only be made after a discussion with your health care provider about the risks and possible benefits of treatment.

Symptoms of low testosterone include low sex drive, erectile dysfunction, fatigue, decreased muscle mass and strength, changes in mood, and difficulty concentrating. Keep in mind that in addition to low testosterone, other medical conditions and certain medications can cause these symptoms.

Testosterone replacement therapy can have side effects and the long-term risks and benefits are not well known. However, recent results from several testosterone trials designed by the National Institutes of Health (NIH) to answer questions about testosterone treatment in older men are beginning to give us a clearer picture about the short-term benefits and risks of testosterone replacement treatment. This research looked at 12 months of testosterone replacement treatment in men over 65 with low testosterone levels and focused on issues such as sexual function, vitality (depression and/or fatigue), cognitive function, bone density, and cardiovascular effects.

Sexual Function – Both sexual desire and erectile function improved to a small extent with testosterone treatment but the benefits began to decrease after several months of treatment. The increase in erectile function was less than is produced with erectile dysfunction (ED) drugs such as Viagra, Cialis, and Levitra.

Vitality – A small improvement in mood and fatigue was reported with testosterone treatment.

Cognitive Function – Testosterone treatment did not improve cognitive function or memory.

article continues on page 4

Bone Density – While testosterone treatment improved bone density in the spine and hip the effect on the risk of experiencing an osteoporosis related bone fracture is not known.

Cardiovascular risk – There was an increase in arterial plaque, which is associated with heart disease, in individuals treated with testosterone but this trial was unable to conclude whether this caused an increased risk of heart attack or stroke. Larger and longer trials will be needed to determine whether testosterone replacement therapy increases the risk of heart attack or stroke in older men. These studies are underway but it will be several years before results become available.

So what does all this mean for an older man considering testosterone treatment? There appears to be small to modest benefits of testosterone therapy for several symptoms of low testosterone while the long-term risks of treatment continue to be unknown. However,

keep in mind that there is a wide range of responses to testosterone treatment with some men benefiting little and others receiving more benefit. If the decision is made to start testosterone treatment regular follow up with a health care provider is important to ensure the treatment is providing the desired benefit, and also to monitor for potential toxicity such as excessive elevation of the red blood cell count or the development of sleep apnea.

If older men with symptoms of low testosterone decide to start testosterone treatment they must then select a testosterone product in consultation with their health care provider. Factors to consider when selecting a testosterone product include cost and convenience. Depo-testosterone is an injection that is typically given every two weeks. This is the least costly form of testosterone, costing a fraction of that of other forms of testosterone. Testosterone is also available as gels and patches that are absorbed through the skin but are significantly more expensive and require daily application.

HEALTH UPDATES

Flu/Influenza: Symptoms, the Vaccine, and How to Treat It

By Theresa A.V. Donati, MD
Evergreen Internal Medicine

Flu/Influenza season is upon us, and the quadrivalent influenza vaccine is now available in our clinics. This vaccine includes two strains of influenza A and two strains of influenza B.

The United States Advisory Committee on Immunization Practices (ACIP) recommends annual influenza vaccination for all individuals six months of age and older. People who are considered high-risk individuals, with chronic heart, lung, kidney disease, or cancers and their close contacts, and healthcare workers should be strongly encouraged to get the vaccination yearly.

Older adults and individuals with underlying health problems are at increased risk for complications of influenza, including death. Influenza vaccination not only reduces the risk of influenza infection but also reduces the severity of illness in those who are infected. Vaccination results in fewer influenza infections and fewer missed days from work in such individuals.

The flu is a highly contagious disease, caused by influenza A or B viruses that are spread easily from person to person by coughing or sneezing. You will usually have to be in close contact (within six feet) of someone who is ill to become infected. It occurs more in the winter months due to more time spent indoors with contaminated people.

Flu symptoms usually include a fever higher than 100° F, intense headaches, severe muscle aches, fatigue, non-productive cough, nasal discharge, and sore throat, after an incubation period of one to four days. These symptoms may last from five days to a week or more.

Some people will develop post influenza weakness and fatigue, which may last several weeks. This is different from a viral upper respiratory infection or common cold, which rarely is associated with high fever, headache, or exhaustion. A common cold can be associated with a mild to moderate cough whereas influenza is usually associated with a very severe dry cough and chest congestion.



You should seek medical attention if you have shortness of breath or trouble breathing, pressure in your chest or stomach, dizziness when standing, confusion, uncontrollable vomiting or inability to stay hydrated.

Treat flu symptoms with rest, fluids, and acetaminophen to relieve the fever, headache, and muscle aches. Antiviral medications like oseltamivir (Tamiflu) can be used to treat or prevent the flu if you are seen within the first 48 hours of your flu symptoms. This may reduce your flu symptoms by about one day. Antibiotics are generally not useful for treating viral illnesses like influenza unless you have a complication such as pneumonia, ear infection or sinusitis. Complications are more likely in those considered at high risk, such as those with chronic medical problems or who are immunocompromised.

When in doubt, see a medical professional. In addition to getting a flu shot every year, remember to wash your hands frequently and thoroughly with antibacterial soaps or use gel hand sanitizers to prevent the spread of influenza.

Staying Mentally Sharp

Linsey Harrison, MD
Psychiatrist

You may notice as you get older that you don't remember things as well as you used to. You might misplace your keys or have trouble remembering someone's name. Memory lapses happen to people of all ages, but we tend to get more upset by them as we get older because we fear it may be a sign of dementia.

Fortunately, we can take some steps to help keep our minds sharp.

Keep your heart strong. Studies show that better cardiovascular health is associated with better cognitive function, so make sure you are keeping your cholesterol and blood sugar in healthy ranges, getting regular physical exercise, and following a healthy diet. People who exercise regularly and people who follow a Mediterranean style diet or a DASH diet may have a lower risk of developing dementia.

Keep learning, and challenge yourself mentally. This stimulates brain cells and helps to activate processes that keep brain cells healthy. Pursue a new hobby or learn a new skill. Play chess or bridge. Do puzzles. Take a class. Learn a new language or play a musical instrument.

Spend time with friends. People who regularly engage in social interaction are also less likely to develop dementia. One study found that leisure activities that combine



physical, mental, and social activity are the most likely to prevent dementia. Your brain, like your muscles, will weaken if you don't use it!

While nobody can halt the aging process entirely, there are things we can do to maintain good brain health. Following a healthy diet, getting regular exercise, and keeping yourself mentally stimulated will help preserve your cognitive function as you age. Stay sharp!

Navigating Assistance Options as you Age

By Jenn Gomer, RN, BSN
Care Patrol of Denver

Navigating your care options can be overwhelming, especially as you age. Current research suggests the probability of becoming partly disabled or of being cognitively impaired is 68 percent for people age 65 and older. It's challenging to figure out what assistance you need, how to pay for it, and when it may be time to move out of your current home. These decisions should be made while you're healthy and able to participate in the discussion. You don't want to wait until you are in a crisis situation or suffer a debilitating injury to make these decisions.

Staying healthy as you age needs to include good nutrition, taking your medications as prescribed, living in a safe environment with lower chance of falls and help if you need it, and keeping your mind active with social interactions and activities. There are a variety of options available. Getting involved with senior resource centers, community groups, and your church is a good start. If you do not need assistance but would just like the social stimulation, then an independent living facility may be a good option for you. Assisted living facilities can offer a variety of options as well. Memory care is appropriate when someone is unable to be safe alone even for short times, or wanders out of the home.

There are nearly 420 independent living, assisted living, or memory care options on the Front Range and CarePatrol knows most of them very well. To help you and your family navigate these decisions, New West Physicians can refer you to a free service called Care Patrol. Care Patrol's professional staff know specifics about nearly all of the senior housing options on the Front Range. Care Patrol will meet with you in person to discuss your care needs and finances, and will develop a personalized plan. If moving to a facility is appropriate for you or your loved one, Care Patrol will arrange tours of potential facilities. The Care Patrol staff will tour with you and help you ask the right questions, so that you know exactly what services are provided and the financial commitment. Care Patrol also coordinates with your primary care physician. For more information, call (720) 675-8308, or email jenn@carepatrol.com.



MEDICARE CORNER

Rocky Mountain's Medicare Cost Plan to Reduce Service Area for Some

The Rocky Mountain Health Plan's Medicare Cost Medicare plan will continue to be available to all PERA retirees, and, for those on an individual Rocky Mountain Cost Plan, it will be available in select counties outside the Denver metro area.

Rocky Mountain Health Plans has reduced their service area in the Denver metro area. If you are currently enrolled in the Rocky Mountain Medicare Cost Plan in one of the affected Denver metro counties and wish to continue receiving care from your Primary Care Physician at New West, we encourage you to enroll in AARP Medicare Complete – Medicare Advantage Plan by December 31, 2017.

For information, please contact the New West Physicians' Senior Patient Advocate, Tarah Bailey at (303) 716-8044.

Healthy Habits With HealthSlate *A Diabetes Prevention Program*



HealthSlate is designed to help participants develop and stick with healthy habits to help them lose weight and reduce the risk of diabetes. The program includes 18 in-person and 8 digital sessions via the HealthSlate App for Diabetes Prevention. The app includes an extensive food database for tracking food, the ability to send messages back and forth to a qualified coach trained in diabetes prevention, a group wall to collaborate with other participants, and educational videos.

To learn more, visit the HealthSlate Website today.

www.healthsplate.com

Patient Survey Results

Thank you to all who completed the survey! Initial results show our patients are happier with their quality of health-care than the national average. Specifics will be shared in our January New West Express E-newsletter.

New You Wellness & Weight Loss Course

Looking forward to a healthier New Year? Plan ahead by joining our New You Wellness and Weight Loss course offered through the Diabetes and Nutrition Center. This 8-week course offers tips and tricks taught by one of our nutrition professionals for weight loss, diabetes prevention, and cholesterol management. Classes will be held on Tuesdays and are set to begin January 16, 2018, from 5:30 p.m. – 7 p.m. For more information visit our website, or call 303-716-8039.

The Value of a Hospitalist When You Experience an Unexpected Illness

When you have a choice, choose a hospital where a New West Physicians Hospitalist is able to come see you and guide your care.

Although there are numerous hospitals in the Denver metro area, there are six hospitals where New West Physicians Hospitalists are available to assist in your care. What this means to our patients is continuity of care. So, if you have a choice, choose one of the following so that our employed hospitalist provider can assist you during your stay—accessing your health record, guiding your care, and helping you transition out of the hospital when appropriate.



Lutheran Medical Center

8300 W 38th Ave
Wheat Ridge, CO 80033-6019
(303) 425-4500

St Anthony Hospital

11600 West 2nd Place
Lakewood, Colorado 80228
(720) 321-0000

OrthoColorado Hospital

11600 West 2nd Place
Lakewood, Colorado 80228
(720) 321-0000

Porter Adventist

2525 South Downing Street
Denver, Colorado 80210
(303) 778-1955

Swedish Medical Center

501 E. Hampden Ave.
Englewood, CO 80113
(303) 788-5000

Littleton Adventist Hospital

7700 South Broadway
Littleton, Colorado 80122
(303) 730-8900

To learn more, review the “Your Hospital Caregiver” article from the Summer Edition of *New West Express*, where we highlighted the benefits of having a doctor who knows your name and your health history helping you during your hospital stay.

To meet our Hospitalists, visit nwphysicians.com then click on locations.

Hearty Lentil Soup

Compliments of Vegankitchen.com

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large onion, finely chopped
- 2 to 3 cloves garlic, minced
- 2 celery stalks, finely diced
- 2 medium carrots, peeled and sliced
- 6 cups water
- 1 large or 2 medium potatoes or 1 medium sweet potato, scrubbed and diced (peel only if you want to)
- 1¼ cups dried green or brown lentils, rinsed and soaked over-night
- 1 tablespoon salt-free all-purpose seasoning blend (like Frontier or Mrs. Dash)
- 2 teaspoons sweet paprika
- 2 bay leaves
- 15- to 16-ounce can crushed tomatoes
- ¼ cup minced fresh parsley or cilantro, plus more, to finish
- Salt and freshly ground pepper to taste

Instructions

1. Heat the oil in a soup pot. Add the onion and sauté over medium heat for 5 minutes, or until translucent. Add the garlic, celery, and carrots and sauté for 3 to 4 minutes longer.
2. Add the water, potatoes, lentils, seasoning blend, paprika, and bay leaves. Bring to a slow boil, then cover and simmer until the lentils and vegetables are nearly done, about 30 minutes.
3. Add the tomatoes and parsley or cilantro, and simmer for 15 minutes longer over very low heat, or until some of the lentils are completely mushy, while others still hold their shape.
4. Season with salt and pepper. If time allows, this soup benefits from allowing it to stand for an hour or so before serving to develop flavor. Just before serving, add a little more chopped parsley or cilantro, then heat through as needed



Variations:

- **Lentil-barley or lentil-rice soup:** Add 1/3 cup pearl barley or brown rice when adding the lentils along with an additional cup of water, in place of the potato or sweet potato
- **Lentil soup with small noodles:** In place of the potato or sweet potato, Cook 1 cup tiny shells or ditalini. Add to the soup with additional water as needed, and taste to correct seasonings.

Nutrition Information:

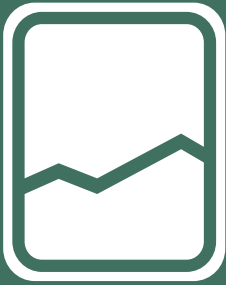
Per serving (*made with sweet potatoes*):

- 121 calories
- 4g fat
- 98 mg sodium
- 19 g carbs
- 6 g fiber
- 4.6g protein

Join us on Social Media

Now it is easier than ever to keep up with New West Physicians, health topics of interest, and provider information using your favorite social media channel. Take time to connect with us on:





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New West Physicians
Management Services Office
1707 Cole Blvd. Suite 100
Golden, CO 80401
303-763-4900
www.nwphysicians.com

