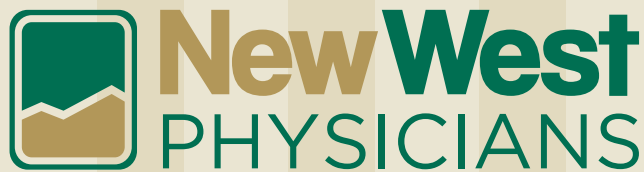


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Spring Edition 2017

The Value of Well-Child Care Visits

By **Julia Atkins, M.D.**
Golden View Family Medicine

Most of us know the importance of seeing your child's medical provider when they are sick, but regularly scheduled visits for healthy kids are just as important in the detection of health conditions, answer your questions and provide you with peace of mind.

The benefits of well-child visits are many and include:

- Discussion and administration of appropriate immunizations to prevent illnesses, especially if you have questions or concerns about the many different vaccinations available. Your family doctor can help review guidelines and recommendations to help you keep your child healthy. There is a lot of misinformation out there about vaccines - who better to ask and trust than your Family Doctor or Family Nurse Practitioner/Physician Assistant!
- Assessment of growth and development at every stage of childhood and adolescence to make sure your child is growing consistently. Recommended visits in the child's first 2 years include a newborn visit within the first 2 weeks, and at 2, 4, 6, 9, 12, 15, 18 and 24 months. After 24 months,, yearly visits are recommended. We encourage annual visits through adolescence, as there are many issues that can also arise during these challenging years. By tracking milestones and growth curves, we can intervene sooner if there are any delays or concerns.
- Counseling children and parents about nutrition, exercise, safety and injury prevention, as well as behavioral issues. We discuss



concerns like sleep problems, thumb sucking, picky eating, and "screen time" (exposure to TVs, computers, mobile devices and phones, to name a few), and provide sound advice on how to approach these common issues.

Using your child's birthday as a reference point might be a good way to stay on track, rather than trying to fit visits during the rush of a new school year. Routine well-visits help create strong relationships between family physicians/primary care providers and young families. It builds a trusting environment to serve the needs of our children together, and assure they develop optimal physical, emotional and social health.

Welcome To Our New Providers



Maritza Proano, M.D.
Gastroenterologist
Specialty Center



Lisa McDonald, CNS
Behavioral Health Services
Specialty Center



Jennifer Zells, FNP
Park Ridge
Family Medicine



Tim Lewan, M.D.
New West Physicians
Broomfield



Brittany Lillard, PA-C
Denver West
Family Practice
& Internal Medicine

To learn more about these providers, visit nwphysicians.com

Keep Your Health and Well-Being on Track with Periodic Physicals

Ken Cohen, M.D., F.A.C.P., CMO
Evergreen Internal Medicine

Let's talk about the "Yearly Physical". Contemporary medical literature has questioned the value of the visit for the periodic health examination based on the low likelihood of discovering a significant medical problem solely during the actual physical examination. While the physical exam will sometimes discover important issues such as an elevated blood pressure, a new heart murmur, or an early skin cancer, there are at least three other important components of this periodic encounter that merit discussion.

The first relates to the routine health screenings that include cancer screenings, bone density monitoring, cholesterol and diabetes lab tests, among others. Some of these are indicated for everyone and others only for people at high risk. Some screenings, such as prostate cancer screening, may be of very limited value altogether. Discussion of these screenings with your physician can optimize those that best suit the individual. In addition, current guidelines are also very complex. For example, finding a colon polyp during a colonoscopy may warrant a repeat colonoscopy in 1,3,5,7, or 10 years, depending on what the polyp looked like under the microscope. Currently, it is estimated that about a third of colonoscopies are done earlier than is necessary. On the other hand, a bone density exam might be due for a repeat in 1, 2, or 5 years, depending on the result. The periodic health examination is the most accurate way to keep up with these multiple screenings, each of which has similar variability with respect to whom and how often it should be done.

The second area of importance is the Immunization schedule. There are currently 8 Adult vaccinations, all of which are given at different times and frequencies. The Pediatric immunization schedule is far more complex, with 15 different vaccinations. The periodic health examination has been shown to be a very effective means of completing vaccinations on schedule without duplication or missed vaccinations.

Lastly, and most importantly, are the interventions around genetic and lifestyle counseling. In all of us, both our longevity and our quality of life are closely linked to these two elements. One of the great values of the periodic health examination is the analysis of one's individual risk for future health problems, along with the early interventions that can be put in place to help prevent these problems. Take, for example, an individual with a mildly elevated weight and high normal blood pressure and blood sugar, all of which are extremely common. Al-



though any single one of these would not markedly increase risk of future stroke and heart attack, the combination of the three predicts a far higher future risk of early heart disease. While none of these factors alone would meet the threshold for intervention, the combination of the three surely might and would go unnoticed without the periodic health examination.

Interventions could include diet and lifestyle changes to reduce future risk, or medication where indicated. An individual with a family history of early heart disease and a mildly elevated cholesterol level would not need drug treatment, according to current guidelines; however, this is a situation where vascular screening may be valuable. The results could be normal and therefore reassuring, or they could indicate the presence of early plaque buildup. In the latter case, intense diet changes or cholesterol reducing medication could prevent the development of early coronary heart disease. Similar intense screening programs may be indicated in people with strong family histories of certain cancers.

The periodic health examination does not necessarily need to occur yearly. It may be as infrequent as every three years in young healthy people, up to yearly in those over age 50. Your personal physician will help you decide on the frequency based upon your age and health risks. In summary, although there are limits to what can be detected on a yearly physical examination, the combined benefit of appropriately timed health screenings, complete immunizations, and optimal attention to lifestyle, genes, and future health risks contribute significant value to the periodic health examination.

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Alcohol

By Linsey Harrison, MD
Psychiatrist
Specialty Center

According to the CDC, moderate alcohol consumption is defined as up to one drink per day for women and up to two drinks per day for men. Moderate alcohol consumption may provide some health benefits, including reducing your risk of heart disease. However, excessive alcohol consumption may increase your risk of heart disease and other serious health problems, including pancreatitis, liver disease, certain cancers, stroke, and high blood pressure. Alcohol also makes you more prone to snoring and sleep apnea. Alcohol can also have a negative effect on sleep quality. While alcohol may help you fall asleep, it may cause you to wake up in the middle of the night, before you are truly rested. Alcohol may inhibit REM sleep, which is the most restorative type of sleep. This can lead to daytime drowsiness and poor concentration. The more a person drinks before bed, the stronger the disruption.

Alcohol abuse can harm your relationships, cause you to miss work/school, and lead to legal problems such as DUIs. When a person



abuses alcohol, they continue to drink even though they know alcohol is causing problems. You should talk to your doctor if you are a woman who has more than three drinks at one time or more than seven drinks a week, or if you are a man who has more than four drinks at one time or more than 14 drinks in one week. Depending on how severe your symptoms are, your doctor might recommend counseling, medical detox, or support groups such as Alcoholics Anonymous.

Under Pressure

By Tatiana Tsvetkova, M.D., F.A.C.C.
Cardiologist

*Knowing is not enough; we must apply.
Willing is not enough; we must do.*

– Johann Wolfgang von Goethe

What is normal blood pressure and how do we keep it under control?

Normal blood pressure is 120/80; however, if it takes medication to control it, your 'goal blood pressure' might be different. If blood pressure is elevated above your 'goal blood pressure' (as determined by your physician) on more than two occasions, it indicates hypertension. If you do not remember the last time your blood pressure was checked, you should set up an appointment today.

Stroke is the most devastating complication of hypertension, along with increased risks of heart attack, heart or kidney failure. Your doctor will help you determine your optimal blood pressure, as it dependent upon age and other medical conditions. Patients with diabetes, chronic kidney disease, previous stroke or mini stroke, heart attacks or other cardiovascular disease benefit from blood pressure lower than 140/80. Some adults older than 60 years old with no diabetes or

kidney disease do well with blood pressure lower than 150/90.

If you have a genetic predisposition of high blood pressure that runs in your family, it is even more important to maintain a healthy lifestyle. Stress, insomnia, obesity, excessive alcohol consumption of more than two drinks a day, high sodium intake, or lack of exercise all contribute to a propensity towards hypertension. Through awareness, however, you have greater opportunities to improve your chances for a better blood pressure control.

If indicated, there are many different opinions for medications for blood pressure control which could be taken as a single pill or in different combinations safely.

Take a moment today and ask your loved one what their blood pressure was at their last doctor's visit. Talk to your child or grandchild about the importance of understanding blood pressure. Share with them the things that can make a positive difference:

- Good food such as fish, beans, legumes, vegetables, and fruit
- Regular exercise
- Good night sleep

- Limiting alcohol
- Limiting salt and fast food
- Maintaining normal weight
- Meditation and Yoga
- One ounce of dark chocolate a day to lower blood pressure without weight gain
- Being happy and content
- Maintain a normal blood pressure to prevent stroke, heart and kidney disease

Celebrate springtime and take care of your blood pressure and your heart!



Introducing the New You Wellness & Weight Loss ONLINE Course

NEW YOU WELLNESS & WEIGHT LOSS is an eight-week guided journey to a healthier, happier you. New West Physicians' experienced nutrition experts have taken our valued in-person class and created a convenient online experience. Enhanced with video and knowledge assessments, you will learn the latest science-based information and tips to promote your success at your own pace. It's all for a New You!

WHO SHOULD TAKE THIS COURSE?

- Individuals wanting to lose weight
- Individuals interested in maximizing benefits of a healthier diet
- Individuals wanting better control of blood pressure, cholesterol and diabetes

ADVANTAGES TO THIS COURSE:

- Increased knowledge of healthier lifestyle
- Flexibility of online learning at your own pace
- Proven tools to successfully lose weight and keep it off

HOW TO GET STARTED:

Visit the Diabetes & Nutrition Center on our website to find out more about the course and click the link to begin.

OR

Get started and register today at <http://nwpnewyou.teachable.com/>



Nationally Ranked for Diabetes Care



"Together to Goal" is a national three year quality improvement project for patients with diabetes. Over 100 of the leading medical groups in the nation are participating. The goal of this project is to improve diabetes outcomes with respect to blood sugar, hypertension, and cholesterol control, the most important factors that determine health and longevity in patients with diabetes. Of all of the participating groups around the country, New West Physicians is currently nationally ranked 11th in blood sugar control, 10th in blood pressure control and 14th in cholesterol control. We are extremely proud of these results but nonetheless strive for even further improvement in our ability to help patients live longer and healthier with diabetes.

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New West Physicians accepts:

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We make learning about your Medicare options easy. To learn more, visit our website, click on Patients, then Medicare or call Tarah Bailey, our Senior Patient Advocate today at (303) 716-8044

Meet the Referral Department

New West Physicians' Referral Department works as a team to process 2,500 referrals a month on behalf of patients. After you are referred to a specialist, you can expect to hear from us within 2-3 business days. Our goal is to be helpful, compassionate, and to ensure that patient's needs are being met.



Left to Right: Back Row - Kelly, Kathy, Debbie, Chelsea, Colleen, Maura
Front Row - Heather, Lori, Kim, Sandra

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Packets and Forms

Whether you need to complete a New Patient Packet, transfer your medical records from another office to New West Physicians, or prepare for a procedure, the easy-to-access forms are located on our Website under Patients, then Packets and Forms.

DELICIOUS RECIPE

Maple-Mustard Roasted Chicken with Squash and Brussels Sprouts

Recipe compliments of *Cooking Light*

Ingredients

- 1 tablespoon chopped fresh sage, divided
- 1 tablespoon Dijon mustard
- 1 tablespoon pure maple syrup
- 4 (10-oz.) bone-in, skin-on chicken breasts
- 4 cups cubed peeled butternut squash (about 1 lb.)
- 3 large shallots, peeled and quartered
- 1/2 acorn squash, seeded and cut crosswise into slices
- 8 ounces Brussels sprouts, trimmed and halved (about 2 cups)
- 2 tablespoons unsalted butter, melted
- 1 tablespoon olive oil
- 1 1/2 teaspoons kosher salt, divided
- 1 teaspoon freshly ground black pepper, divided



How to Make It

1. Place a large rimmed baking sheet in oven; preheat oven to 425°F (leave pan in oven as it preheats).
2. Combine sage, mustard, and syrup in a small bowl; brush evenly over chicken breasts. Carefully remove pan from oven. Add chicken to pan; bake at 425°F for 20 minutes. Remove pan from oven. Discard any juices from pan.
3. Add butternut squash, shallots, acorn squash, and Brussels sprouts to pan with chicken. Top vegetables with butter, oil, 3/4 teaspoon salt, and 3/4 teaspoon pepper; toss. Spread in an even layer around chicken. Sprinkle chicken with remaining 3/4 teaspoon salt and remaining 1/4 teaspoon pepper. Bake at 425°F for 20 minutes or until chicken is done. Remove bones from chicken before serving; discard.

Nutritional Information

- Calories 376
- Fat 14.9 g
- Saturated fat 5.2 g
- Mono saturated fat 6 g
- Sugars 7 g
- Protein 36 g
- Carbohydrate 26 g
- Fiber 4 g



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