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Summer Edition 2015

Happy Heart

In just one day, your heart will beat 108,000 times or 39,420,000 times in one year. It is hard-working and relentless.

The heart continues to work well with just about any lifestyle and/or food choices for a long time; but at some point, when it doesn't work as well as it used to work, lifestyle and food changes become more important.

Would you change your lifestyle knowing it will help your heart to be happy and be there for you longer? Let's look at some of the things that make our hearts happy:

- Feeling the joy of life and experiencing gratitude
- Doing what you love
- Being with your loved ones and devoting time to family and friends
- No tobacco and no excessive alcohol exposure
- Normal blood pressure, cholesterol, weight, and blood sugar

Eating Good Food...

The heart works the best when we eat food low in animal fat and animal protein. This means eating fewer eggs, dairy, and meat while eating more vegetables, fruit, fish, beans, whole grains, oatmeal, almonds and walnuts, olive oil, and olives.

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease; in fact, the higher the average daily intake of fruits and vegetables, the lower our chances of developing cardio-



By **Tatiana Tsvetkova, MD, Cardiologist**

vascular disease. People who average 8 or more servings of fruits and vegetables a day are 30% less likely to have a heart attack or stroke.

Although all fruits and vegetables are beneficial, green leafy vegetables such as lettuce, spinach, swiss chard and mustard greens, broccoli, cauliflower, cabbage, brussels sprouts, kale, and citrus fruits such as oranges, lemons, limes, and grapefruit, make important contributions.

Getting Exercise...

Take a good walk, ride a bike, hike, jog, dance, swim, or do any activity you enjoy for 150-200 minutes or 2.5 – 3.5 hours per week to make a big difference in your heart health. Exercise reduces the chance of cardiovascular disease by 30-40%.

The heart circulates approximately five quarts of blood each minute. During exercise, the cardiac output increases up to two-fold and may increase up to seven-fold (or 35 quarts a minute) with vigorous exercise; thus increasing the delivery of oxygen and nutrients to our brain and body at this same rate (minimum of two-fold, maximum of seven-fold).

To learn more about specific conditions, visit Your Health Guide on our website and type "Heart" into the Search area.

A journey of a thousand miles starts beneath one's feet and makes you the cure.

Live well and take care of your heart.

Get Ready, Get Set, Let's Play! ...Importance of a Sports Physical

In the sports medicine field, the sports physical exam is known as a pre-participation physical examination (PPE). The exam helps determine whether it's safe for you to participate in a particular sport. Most states actually require that kids and teens have a sports physical before they can start a new sport or begin a new competitive season. But even if a PPE isn't required, doctors still highly recommend getting one.

The two main parts of a sports physical are the medical history and the physical exam.

Medical History

This part of the exam includes questions about:

- serious illnesses among other family members
- illnesses that you had when you were younger or may have now, such as asthma, diabetes, or epilepsy
- previous hospitalizations or surgeries
- allergies (to insect bites, for example)
- past injuries (including concussions, sprains, or bone fractures)
- whether you've ever passed out, felt dizzy, had chest pain, or had trouble breathing during exercise

Compliments of Kidshealth.org

- any medications that you are on (including over-the-counter medications, herbal supplements, and prescription medications)

Physical Examination

During the physical part of the exam, the doctor will usually:

- record your height and weight
- take a blood pressure and pulse (heart rate and rhythm) reading
- test your vision
- check your heart, lungs, abdomen, ears, nose, and throat
- Evaluate your posture, joints, and flexibility

Schedule your sports physical today with your provider's office! Visit our Website's Location Page for easy access.



Mindfulness Meditation

Most of us spend too much of our lives lost in thought, more often thinking about life instead of experiencing it. We end up missing out on the moment-to-moment richness of life. Our constant thinking, planning, and worrying can make it impossible to wholeheartedly enjoy a meal or listen to a concert, to relax while on vacation, to fully listen to our spouse or child, or to fall back asleep in the middle of the night.

Mindfulness is the ability to be aware of your thoughts, emotions, physical sensations, and actions – in the present moment – without judging or criticizing yourself or your experiences. It is an awareness that emerges through ‘paying attention on purpose.’ It is a valuable skill that has been taught for thousands of years in many of the world’s religions. In the 1980s, Jon Kabat-Zinn began using nonreligious mindfulness skills to help hospital patients cope with chronic pain. Mindfulness techniques have been incorporated into various modern forms of psychotherapy, and it is highly valued in the medical and psychological community. Scientific research shows that

By Linsey Harrison, MD, Psychiatrist

mindfulness meditation can lessen the symptoms of depression, anxiety, and pain, and increase feelings of relaxation and happiness. Several methods exist, including progressive muscle relaxation exercises and mindful breathing exercises, but perhaps more important is practicing mindfulness during everyday life, such as being aware of the taste and texture of the food we eat, experiencing every moment using all of our senses.

If you would like to learn more about mindfulness meditation, visit Your Health Guide on our website and type “mindfulness” in the Search area. Also, a great deal of information is available online for free, including YouTube videos, blogs, and other websites. Numerous books exist to provide examples of mindfulness exercises and other ways of exploring this meditation technique.



HIGHLIGHTS

Welcome To Our New Providers



Pam Stewart, PA-C
Family Medicine
at Highlands Ranch



Theresa Shieh, PA-C
Applewood Internal Medicine



Rebecca Jentzen, MD
Hospitalist

MEDICARE CORNER

Senior Patient Advocate

Did you know that New West Physicians has a dedicated Senior Patient Advocate to answer questions and help navigate the ever-changing Medicare maze?

You can get the coverage, care, and information you need about Medicare by simply picking up the phone. Sharron Metz, an employee of New West Physicians, maintains her Colorado Insurance Agent’s License earned in 2009, so that she can provide our patients with high quality information.

She will take the time to explain and compare the current Medicare plans New West accepts

to the Original Medicare, along with the benefits to make sure you receive the coverage you deserve. This is part of our desire to provide excellent service to our patients.

Important Dates to Remember...

Medicare’s open enrollment period is October 15-December 7th. Plan benefits for 2016 will be announced in October of this year.

Call Sharron today to learn more at (303) 716-8044.



Sharron Metz representing New West Physicians at the 27th Annual Salute to Seniors Trade Show

DID YOU KNOW?

Embrace The Positive

Melissa Coomes, MD
New West Physicians Broomfield

My desire to help people began as a young child and by the time I was in high school, I knew I wanted to be a physician. Looking back, I would say that some of my inspiration came from my Grandmother who always embraced the positive and embodied the philosophy of 'making the world a better place.'

In medical school, I had a mentor who introduced me to acupuncture and botanical/herbal remedies that piqued my interest because it was another possible path to helping someone. I was able to see that some patients benefited from these types of therapies.

St. Anthony's Family Medicine Residency Program, where I completed my residency, had a heavy schedule of obstetrics rotations and I discovered that I truly enjoyed delivering babies. I had and continue to have the opportunity to share in one of the greatest days of each family's life. A woman is entrusting me with the life of their newborn child and, when a baby is born and I have the opportunity to place the baby in the mother's arms, the joy and emotions are almost indescribable. Each delivery and family interaction is such a gift and reminds me of the precious moments of life. I realized that being a part of the beginning of life was something that I knew I wanted to continue offering patients when in practice.

During this time, I pursued an additional training program in Medical Acupuncture of Physicians at UCLA at Helms Medical Institute and I went on to pursue a Fellowship at Arizona Center for Integrative



Dr. Coomes with her family
in the Grand Canyon

Welcoming 'August'
into the world

Medicine in 2006. Currently, I am double Board Certified from the American Board of Family Medicine and the American Board of Integrative Holistic Medicine.

We never know the twists and turns of the path that lies ahead of us, however, I realized that my path had been one of learning a variety of evidence-based modalities – both allopathic and complementary in an effort to help patients of all ages and stages of health. What continues to be my joy today is assessing the patient as a whole person, educating them about all treatment options, and coming up with a treatment plan together. I am a strong advocate of preventative medicine. I encourage healthy lifestyle choices – nutrition, exercise, stress management - in order to optimize health. I truly enjoy being a part of my patient's life - helping them to embrace the positive, and bringing all modalities to the table in order to help each patient with what they need to bring their body into health.

It is a privilege to be a part of the lives of my patients.

PATIENT NEWS

MyHealthConnection – Patient Portal Updates

MyHealthConnection is a state-of-the art, secure health management tool you can use anywhere you have access to the Internet. All messages are encrypted to ensure security and your health record is password protected. You will be able to correspond with your providers on non-urgent health issues, request appointments, and much more!

For Existing Users:

You may have recently received one or more email notifications that your healthcare record was updated only to find that there were no visual updates to your information. We apologize for the confusion. Our medical records system was recently upgraded to a more robust and technologically advanced version which in turn updated some items in the My Health Connection patient portal. These items were mostly in the background of the application and the notifications to patients were unnecessary.

Having difficulty signing in to your existing account? We are here to help. Please send us an email at myhealthconnection@nwphysicians.com and let us know how we can assist you.

Forgot your password? You can retrieve your password with your username on the portal log-in screen. You will need to click on the icon of



the log-in method you chose to use at account set up (FMH, Facebook, Google, Yahoo, or MSN/LiveID) and then choose the corresponding help link to proceed.

Please note that we are not able to retrieve forgotten usernames. If you have forgotten your username, please look to see if you saved the original welcome email you received when initially signing up for the portal; the username will be listed there. If you are unable to retrieve your username, please email us at myhealthconnection@nwphysicians.com so that we can assist you in setting up a new connection with a new username and password.

To Get Started:

Get started today, visit our Website, select Patients/Patient Portal and download the MyHealthConnection Brochure. Complete the Request an Invitation to Join section, and take it with you to your next visit so they can verify your information in person to protect your privacy.

The Patient Portal should not be used for emergencies or urgent health needs. For medical emergencies, always call 9-1-1 immediately.

Wise Consumer – Getting the Right Care At The Right Time

When an accident, injury, or illness occurs, it is important to quickly decide what type of care you need and where to go for treatment. Recent trends in building free-standing Emergency Rooms make your decision more challenging!

If It's Not Life Threatening, Call your Primary Care Doctor

- A New West physician is 'On Call" 24/7 365 days a year to assist you.
- The cost of an Office or Urgent Care visit ranges from \$30 - \$150.
- Most people really need less-intense, less-expensive urgent-care centers.

Visit our website and select Services/Urgent or ER to understand why it is important to AVOID Free-Standing Emergency Centers (use hospital based if needed) and to download a list of our preferred Urgent Care Centers.

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LEARNING LAB

Direct to Consumer Vascular Screening Tests ...Is There Any Value?

Ken Cohen, MD, FACP
Chief Medical Officer

Several times throughout the year, we all receive direct mail advertisements for vascular screening tests. These ads promise to reduce strokes, heart attacks, and other vascular diseases by undergoing these simple screenings. The ad usually features someone "whose life was saved" through these tests. The screening tests are typically offered at the local church or school by a traveling service vendor. The cost of these tests is not small, often adding up to over \$200.



So the question becomes, are they of any value?

In fact, with the sole exception of screening for abdominal aortic aneurysms (discussed below), there is no evidence that any of these screening studies reduce stroke or heart attack, or save lives. As a result, medical experts, including those from the United States Preventative Task Force, The American College of Physicians, and the American Academy of Family Practice, specifically **recommend against having these tests performed.**

Moreover, when these tests are found to be abnormal, they often lead to costly, unnecessary, and potentially dangerous follow up testing and procedures. Therefore, although they are marketed as "non-invasive", they are far from harmless.

There are occasional scenarios when screening is appropriate. This is known as "risk based screening". Your primary care physician will perform an analysis based on your individual risks for certain diseases. These risks may be increased due to genetic factors such as a family history of early heart disease, or lifestyle factors such as smoking or elevated cholesterol. When indicated, based upon this analysis, specific screening tests may be useful. An example of risk based screening was mentioned above. There is good data that screening for abdominal aortic aneurysm in men between the ages of 65-75 who

have ever smoked or have a family history of abdominal aortic aneurysm identifies aneurysms and can save lives. Screening other individuals and age groups outside of the above group for aneurysm has not been found beneficial.

The menu of services offered by these companies often now extends to over 20 different tests and procedures. All of these are offered to the general population whether or not they

have any risk for the diseases being screened. They generate huge profits for the companies, but add no value to the consumer. In order to optimally determine the need for screening tests, there are several approaches:

- The most reliable is the periodic health examination with your primary care provider who will offer the appropriate screening tests based on your individual risk factors.
- Review the websites of the medical experts listed above; all of which publish the evidence based recommendations for screening.

Visit the Choosing Wisely website (www.choosingwisely.org/patient-resources/screening-tests) for a printable PDF that specifically outlines which tests have no documented value and should be avoided.

The United States spends almost three times as much on healthcare as all of the other developed countries in the world, yet our care ranks only near the middle in terms of quality. Our goal moving forward should be to assure that we are receiving value in the healthcare that we purchase.

Avoidance of unnecessary screening tests is a good place to start.

DELICIOUS RECIPE

Pantescan Salad

Potatoes, tomatoes, onion, olives and capers combine in this healthy Mediterranean twist on a potato salad.

Ingredients:

- 3 potatoes
- 1 oz. capers, rinsed
- 5 tomatoes, sliced
- 2 Tbsp. extra-virgin olive oil
- 1 red onion, sliced
- Dried oregano, as desired
- 10 black olives



Directions:

Boil the potatoes, peel, and slice them. Add the sliced tomatoes, onion, olives, and capers. Season with extra-virgin olive oil and sprinkle with oregano.

Makes 8 servings

Calories per serving – 112, Total fat-4g, Sodium-129mg, Carbs-18g, Fiber-2g

FUN

What Can You Find at a Farmer's Market?

J Z Q U Q S E H C A E P F T Q
 Q B Z U C C H I N I O Q F N Y
 G W X L Z Z U S E O T A T O P
 A J R D I S U G A R A P S A I
 H Z L R Z B L Q H F G X G V O
 M I N S E I R R E H C S F K E
 S F K Y S E O T A M O T O F T
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 I E C U T T E L S Y A Y T D Q
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| CHERRIES | LETTUCE | ORANGES |
| TOMATOES | BEANS | CARROTS |
| GRAPES | PEACHES | EGGS |
| ASPARAGUS | POTATOES | BERRIES |
| CHARD | ZUCCHINI | APPLES |



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