

PLATEAU VALLEY CLINIC NEWS

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September 2009

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*Specializing in Wellness,
Medical Illnesses &
Emergency Services*

CLINIC SERVICES

Laboratory

Pharmacy

X-Ray & EKG

Urgent Care

- Fractures
- Lacerations
- Medical Emergencies

PROVIDERS

Physical Therapist

Massage Therapists

Acupuncture

Rolfing

Hospice



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How to Choose A Supplement (part 4)

Would you believe we have something in common with a honey-baked ham and a meringue pie... glycation!

Glycation is the process of cross-linking sugar with protein and applying heat. The brown glaze on a honey ham is glycation. Combining egg white and sugar to make meringue is glycation. In our bodies, sugar interacts with protein on a very long 98 degree cooking cycle, and over years will produce a "sludge" of glycation end products within the cells. This "sludge" builds up over years getting more and more cross-linked and oxidized until they become "advanced glycation end-products" or AGE. These AGE are toxic to cells and evidence suggests they may contribute to several degenerative diseases including Parkinson's, Alzheimer's and cancer.

Carnosine is nature's perfect remedy for AGE formation. Carnosine is a simple combination of two amino acids, beta-alanine and L-histidine, and has been shown to prevent AGE formation as well as protect against protein and lipid oxidation and protein-protein cross-linking. It also mops up aldehydes which are toxic by-products of the breakdown of fats, sugars and proteins. Carnosine is also a potent anti-oxidant and chelator of toxic metals. Vitamins C, E, and alpha-lipoic acid are other supplements shown to reduce glycation.

How we cook can also reduce glycation issues. Avoid long cooking

and high temperature methods such as deep frying and charcoal grilling. Instead use low temperature methods such as stir-frying, poaching, stewing, steaming or using a Crock-pot. If grilling (which I love) avoid burning.

Another process that needs addressed is methylation and homocysteine. Homocysteine is an important amino acid involved in the recycling of sulfur-containing amino acids in the body. It is a potent oxidant and neurotoxin that will damage the linings of the artery walls, encourage artery plaque, and destroy the protective sheath of nerve fibers. High levels of homocysteine are associated with heart disease, stroke and peripheral artery disease.

Methylation is simply a chemical process that involves moving a methyl group from one chemical to another. In order for our bodies to process homocysteine it requires methylation reactions, which demand adequate levels of Vitamins B12, B6 and Folate. Individuals who are low in these vitamins have high levels of homocysteine, while supplementing them will lower homocysteine in most people. For about 20% of people another pathway must be utilized to lower homocysteine, and it requires supplementing with trimethylglycine (TMG), providing an alternate route for methylation.

There are over 40 studies confirming the predictive value of homocysteine as a marker for various diseases. A recent study found it to be the

(Continued on page 3)

DOCTORS' OFFICE SCHEDULE

September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 EW	2 EW	3 EW	4 SR	5 SR
6 SR	7 SR	8 SR	9 EW	10 EW	11 EW	12 EW
13 EW	14 EW	15 EW	16 SR	17 SR	18 SR	19 SR
20 SR	21 SR	22 SR	23 EW	24 EW	25 EW	26 EW
27 EW	28 EW	29 EW	30 SR			

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 SR	2 SR
3 SR	4 SR	5 SR	6 SR	7 EW	8 EW	9 EW
10 EW	11 EW	12 EW	13 EW	14 SR	15 SR	16 SR
17 SR	18 SR	19 SR	20 SR	21 EW	22 EW	23 EW
24 EW	25 EW	26 EW	27 EW	28 SR	29 SR	30 SR
31 SR						

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SR	2 SR	3 EW	4 EW	5 EW	6 EW	7 EW
8 EW	9 EW	10 EW	11 SR	12 SR	13 SR	14 SR
15 SR	16 EW	17 EW	18 EW	19 EW	20 EW	21 SR
					SR eve.	
22 SR	23 SR	24 SR	25 SR	26 SR	27 SR	28 SR
29 SR	30 SR					

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 SR	2 EW	3 EW	4 EW	5 EW
6 EW	7 EW	8 EW	9 SR	10 SR	11 SR	12 SR
13 SR	14 SR	15 SR	16 EW	17 EW	18 EW	19 EW
20 EW	21 EW	22 EW	23 SR	24 SR	25 SR	26 SR
27 SR	28 SR	29 SR	30 EW	31 EW		

Appointments: 487-3565 – **After Hours Urgent Care: 248-0222**
 Doctors available for emergencies 24 hrs/day, 7 days/wk. (Above schedule subject to change)

Acupuncture and Rolfing Now Available at Collbran Clinic

Welcome New Providers.

Acupuncture is now being provided at the Collbran clinic by **Audrey Barrett**. Audrey graduated from Bastyr University in Seattle, WA with a Master's Degree in Acupuncture and Chinese Herbal Medicine. This 3 ½ half year program is the longest master's program in the country and included training with the elderly, cancer patients, those with HIV/AIDS, non-english speaking populations, women's health, fibromyalgia, pain management and general health.

Following graduation Audrey also studied Five Element The-

ory for Herbs and Acupuncture for two years under Thea Elijah. She is nationally certified through the National Certification Commission for Acupuncture and Oriental Medicine for licensing and through the National Acupuncture Detoxification Association for substance abuse and detoxification.

Currently she is licensed in the State of Colorado and previously has been licensed in the State of Washington to practice Acupuncture and Oriental Medicine.

Rolfing® Structural Integration is a form of bodywork developed by Ida Rolf 50 years ago that

works on the connective tissue (fascia) to release, realign and balance the whole body. **Gary Weidner** joins us in Collbran to provide Rolfing therapy. Gary trained at the Rolf Institute in Boulder which is the original school founded by Ida Rolf in 1971. Gary is a master Rolfer and we are fortunate to have him join us! See www.rolf.org for more information about Rolfing.

For appointments with either Audrey or Gary call the clinic for contact information and hours. Both providers are working in the Collbran clinic.

How to Choose a Supplement (part 4)

(Continued from page 1)

only helpful predictor of heart disease in elderly people. Methylation support is key to lowering homocysteine levels.

Recommended daily intakes for the above mentioned supplements are vitamins are: Vitamin B12 200-300 mcg, Folate 600-800 mcg, TMG 350mg, Carnosine 1000mg, Vitamin C 1,500mg, Vitamin E (alpha-tocopherol) 600 IU (gamma or mixed-tocopherols) 200mg and alpha-lipoic acid 100mg.

The next, and last, section on supplements will be a summary with specific recommendations. The entire series of articles is available online at www.imcwc.com in the news and references section. The seminar "How to Choose a Supplement" is presented at the Integrative Medicine Center and is also available for download at www.lumigrate.com.

Swine Flu Vaccine

The vaccine for swine flu (H1N1 flu) just received FDA approval and should be released soon. It is a different vaccine than the usual seasonal flu shot.

Swine flu is a respiratory infection just like regular seasonal flu but it has originated from pigs and now spread from human to human for the first time. The symptoms appear 1 to 3 days after exposure and include sudden onset of fever, sore throat, runny nose, cough and fatigue. Pneumonia is the most common life-threatening complication.

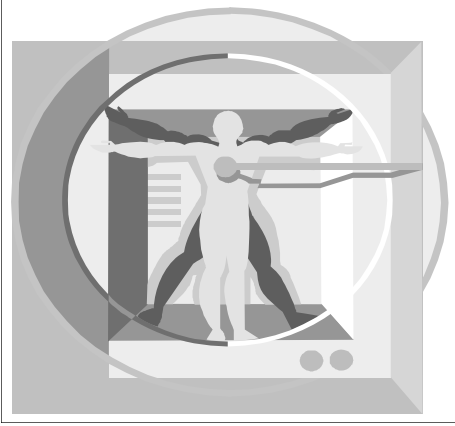
The swine flu vaccine should be available sometime in October and is recommended for slightly different groups than the regular seasonal flu shot. Instead of ages 6mo to 6 yr, it is recommended up to 24 yr of age. Also, those over age 65 are not considered high risk. Both shots should be given to pregnant women, healthcare workers, and high risk individuals with

Mission Statement

The Mission of the Plateau Valley Hospital District is to provide family practice / 24-hour urgent care medical services and health related community resources to citizens of and visitors to Plateau Valley and those of surrounding communities through the provision of an adequately and equitably funded, community owned, medical facility operated by licensed physicians and qualified staff and paid for with public and private financial resources and fees.

chronic illness or suppressed immune function. Anyone who does not want the flu should lower their risk with a flu vaccine.

We will be offering vaccines at either of the Plateau Valley medical clinics for our patients.



Plateau Valley Hospital
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Collbran, CO 81624

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PLATEAU VALLEY CLINIC NEWS

A service of the Plateau Valley Hospital District
Written and produced by Dr. Rollins

Plateau Valley Medical Clinic (COLLBRAN Office)

58128 Highway 330, Collbran, CO 81624
Phone: 970-487-3565 Fax: 970-487-3568

Regular Appointments

Monday-Friday 9 am - 5 pm

Plateau Valley Medical Clinic (MESA Office)

11011 B Hwy 65, Mesa, CO 81643
Phone: 970-268-5054 Fax 970-268-5075

Regular Appointments

Mon, Wed, Sat 1:30 pm - 5 pm

After Hours Answering Service 248-0222

(24 hr/day, 7 days/week)

AFTER HOURS VISITS AT COLLBRAN OFFICE

Medicare will not cover annual physicals.

Medicare will cover routine check-ups for chronic medical illnesses such as diabetes, hypertension or arthritis...

Insurances will not cover sports physicals or DOT (CDL) physicals.

Some insurances will cover annual well child physicals or annual physicals for adults under age 65. Check with yours...

We will perform sports physicals at *no extra cost* if your child is here for a annual well child check-up.

We will perform DOT physicals at *no extra cost* if you are here for an annual physical.

We are an equal-opportunity employer.