

PLATEAU VALLEY CLINIC NEWS

Volume 6, Issue 3

September 2008

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Erika Woodyard, MD**

*Specializing in Wellness,
Medical Illnesses &
Emergency Services*

CLINIC SERVICES

Laboratory

Pharmacy

X-Ray & EKG

Emergency Care

- Fractures
- Lacerations
- Medical Emergencies

PROVIDERS

Physical Therapist

Massage Therapists

Chiropractor

Hospice



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How to Choose A Supplement (part 1)

On June 19, 2002, the Journal of The American Medical Association (JAMA) contained a scientific review article by R.H. Fletcher, MD, MSc, and K.M. Fairfield, MD, DrPH, that addressed the current debate regarding the use of vitamin supplements and the prevention of chronic disease in adults. After reviewing the body of evidence on this controversial subject, the researchers advised their medical colleagues that **the use of vitamin supplements is a prudent intervention in the fight against many chronic degenerative diseases.** They stated that vitamin deficiency syndromes such as scurvy and beriberi are uncommon in Western societies. However, suboptimal intake of some vitamins, even above levels causing classic vitamin deficiency, is a risk factor for chronic diseases. This scenario is common in the general population, especially the elderly.

To many of us this was a breath of fresh air after decades of skepticism from the medical community. But, starting supplements is not simply a matter of rushing down to the mega-mart for brand "X" of vitamins. There are many, many pitfalls in taking supplements.

First of all, 25-50% of supplements are bogus, not even containing the ingredients listed, or so poorly prepared they are not well absorbed.

To begin your search, look for a brand that has GMP, USP, or ISO 9000 type of certification. This means

that the ingredients listed are truly in the product, and it has been tested for purity and safety.

Next, look for a **broad spectrum supplement** that includes all the necessary vitamins and minerals, antioxidants, and plant nutrients, with a specific list of ingredients. The key is getting the right ingredients in the right amounts.

This should include nutrients that support the health of heart, bone, brain, liver, and eyes. It should also provide support for methylation, and defense against glycation, oxidation and inflammation. (more on this in part 2).

Avoid the inorganic **mineral forms** including carbonate, oxide, sulphate and phosphate. *Do* include mineral forms such as citrate, malate, succinate, aspartate and alpha-ketoglutarate. For example, calcium carbonate is bad, calcium citrate is good. The bad mineral forms are super cheap to make, poorly absorbed, and can even cause lower levels of other minerals. These cheap mineral salts are better laxatives than supplements!

Choose a form of **Vitamin E** that is the d-alpha-tocopherol with at least half gamma-tocopherol or mixed-tocopherols.

The best form of **Vitamin D**, other than sunshine, is D3 or cholecalciferol. We should really check a blood level on Vitamin D to accurately determine the right amount to take.

(Continued on page 3)

DOCTORS' OFFICE SCHEDULE

September 2008

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 SR	11 SR	12 SR	13 SR
14 SR	15 SR	16 SR	17 EW	18 EW	19 EW	20 EW
21 EW	22 EW	23 EW	24 SR	25 SR	26 SR	27 SR
28 SR	29 SR	30 SR				

October 2008

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

November 2008

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

December 2008

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

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

Business News: Mesa Clinic, Insurance, Appointment protocol

Welcome New Employees.

We are joined by three new employees at the Collbran Clinic and two at the Mesa Clinic. In Collbran, Stephanie Young is now manning the front desk with Joy Campbell. Gerri Chambers and Melissa Addison have joined Stephanie Lanford as medical assistants.

The Mesa Clinic welcomes back Morgan Fifield as a medical assistant and Patty Sturm as the receptionist. Housekeeping has not been hired yet. As we adjust to having the Mesa Clinic open, the current staff will add hours. Addi-

tional staff will be added as needed. The Hospital District Board has also added Dr. Lynda Walters to the medical staff.

Insurance Questions.

Please bring your insurance card on the day of your appointment. Changes to insurance plans effect our ability to bill effectively. Obtaining up-to-date information allows us to prevent any problems to our patients and saves us valuable time and cost in the billing and collections process.

Appointments.

Since we function as an emergent-care facility we often have

serious and unpredictable emergencies that can take time away from the doctor's regular schedule. As always, your patience is very helpful and greatly appreciated.

Please schedule even "quick" visits such as suture removals or blood draws. However, we do encourage just dropping by for a free BP check.

Remember that **insurance information** is your responsibility and must be kept updated. You also need to know what services your insurance will cover. We will kindly remind you for new card or insurance plan numbers!

How to Choose a Supplement (part 1)

(Continued from page 1)

Avoid potential **toxicities**. Don't take more than 5000 IU of **Vitamin A** unless in the form of beta-carotene which will convert as much as needed to Vitamin A. Don't supplement **iron** unless menstruating or directed by a physician.

Last is the issue of **purity**. Many supplements are contaminated with heavy metals such as mercury or lead. For example, calcium from oyster shells usually contains high levels of heavy metals. Unfortunately, our oceans are laden with these metals, and while good for a hard oyster shell, they are certainly bad for us! So, just because something is "natural" doesn't guarantee it is good.

Our *best* nutrition is certainly through diet. We are designed to get 8-9 servings of fresh fruit & vegetables daily. The truth is that 90% of Americans don't get even 5 servings daily. 90% of us!

Even with a lot of effort, this is hard to do. Furthermore, because of synthetic fertilizers and lack of crop rotations, the typical leaf of lettuce doesn't have the nutrients we think it does. It is a fact that organic gardening produces safer, more nutritious produce.

Unfortunately I, like most doctors, did not get much training in nutrition during medical school. But, after many years of studying nutrition, supplements, and different brands, we can help guide you to the right stuff.

So, who should take supplements? *Not* the red wine drinking, berry eating, organic gardening, mostly vegetarian salmon fisherman living in the pristine wilderness! Seriously, we all should.

We invite you to schedule an appointment to talk supplements. If you are already taking some, great! Bring what you are taking and we'll review it for you. Often we can expand and improve

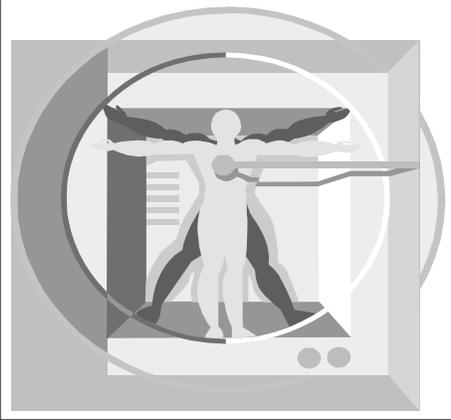
Mission Statement

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.

your regimen while simplifying and saving you money.

In the next issue, part 2, I'll cover methylation, glycation, inflammation and oxidation. I'll also provide a list of specific ingredients and amounts I recommend.

In health...



Plateau Valley Hospital
District
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Collbran, CO 81624

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PLATEAU VALLEY CLINIC NEWS

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Website: www.pvhealth.com

Regular Appointments

Monday-Friday 9 am - 5 pm 487-3565
(Tuesdays open for appt at 7 am)

After Hours Answering Service 248-0222
(24 hr/day, 7 days/week)

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.