

# PLATEAU VALLEY CLINIC NEWS

Volume 7, Issue 2

May 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**

Massage Therapists

Hospice



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## How to Choose A Supplement (part 3)

**Inflammation** plays a necessary role in our health, but is also the *real* culprit behind most diseases of aging, including heart disease, diabetes, cancer and dementia. Let's explore how inflammation can be good or bad.

**Acute inflammation** is part of our normal defense mechanism that helps kill invading pathogens and keep us healthy. The classic signs of *rubor* (red), *calor* (warm), *tumor* (swollen) and *dolor* (painful) are familiar to anyone that has ever sprained an ankle, or had a skin infection. Again, this is part of how the body fights infection or cleans up and repairs damaged body parts. Acute inflammation is a good thing.

**Chronic inflammation** is a bad thing. It is a sneaky process, silently damaging our arteries, nerves and organs. It will suppress the immune system and promote the growth of cancers.

Blood markers, such as C-Reactive Protein (**CRP**) are good for measuring chronic inflammation. High levels of CRP are very accurate in predicting heart disease. High levels are found in disease such as Alzheimer's, diabetes and cancers.

Our **diet and excess body weight** cause chronic inflammation in our body.

The single most effective way to lower inflammation in the body is to lose excess weight. Extra fat causes inflammation, which by the way, will cause the body to become resistant to the hormone Leptin, a friendly hor-

mone made by fat cells that tells our brain we are full, turns up metabolism, and breaks down fat. **Leptin resistance** is one reason people with excess weight have a very hard time shedding the extra pounds. I recommend a supplement (Integra-Lean) that will improve Leptin sensitivity, help with weight loss, and lower CRP by 50%.

**What we eat** can increase or decrease inflammation. There are two fatty-acids that humans can't make, thus they are "essential" and we must get them through our diet. These essential fatty acids are called **omega-6** and **omega-3**. Omega-6 oils increase inflammation, while Omega-3 oils decrease inflammation. The balance of these two oils is critical and how they control inflammation very interesting...

Omega-6 oils (**Linoleic Acid**), are found in red meat, egg yolk and shellfish. They break down to a chemical called **Arachidonic Acid (AA)**, which then breaks down by three different pathways to produce chemicals that cause inflammation. Some of you may recognize the names of these chemicals - **prostaglandins, leukotrienes, and thromboxanes**. Medications such as *Ibuprofen* and *Celebrex* work by stopping the breakdown of AA to these inflammation causing chemicals.

Natural supplements such as *curcumin* (turmeric), *gamma-tocopherol* (one form of Vit E) and *boswellia* (gum from African tree) are also very effective at stopping these inflammatory chemicals

*(Continued on page 3)*

# DOCTORS' OFFICE SCHEDULE

## May 2009

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

## June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 EW	2 EW	3 SR	4 SR	5 SR	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				

## July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SR	2 SR	3 SR	4 SR
5 SR	6 SR	7 SR	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 EW	25 EW
26 EW	27 SR	28 SR	29 EW	30 EW	31 EW	

## August 2009

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 EW	27 EW	28 EW	29 EW
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)

## Business News: Mesa Clinic, Insurance, Appointment protocol

### Welcome New Employees.

Again, we are welcoming new staff at the Clinic. We are joined by Clint Lanford and Laura McNally. Clint is our new Environmental Services Coordinator. Laura will be one of our medical assistants. We are excited to have both join our team.

Clint has several years experience with his work at Powderhorn Ski Resort and in construction work. Clint enjoys outdoor activities such as hiking and hunting. Laura has her medical administrative assistant certification. She hopes to add to this knowledge by

now learning back office skills. Laura is excited to finally be able to return to her community. She enjoys hiking and arts and crafts.

### 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 3)

*(Continued from page 1)*

from being made, without the common side effects of stomach ulcers or kidney failure caused by drugs like Ibuprofen!

**Sugar and high glycemic foods** will activate the omega-6 pathway leading to more inflammation. So will **insulin**, and if you are diabetic or overweight you make more insulin.

Omega-3 oils (**Alpha-Lineoleic Acid, ALA**) are found in foods such as fish, flax, pumpkin seeds and canola oils. They break down to the familiar "good oils" known as EPA (eicosapentanoic acid) and DHA (docosahexanoic acid), which then break down to anti-inflammatory chemicals.

So, here is the rub. We are supposed to get a 2:1 ratio of omega-6 to omega-3 oils in our diet, and thus a balance of inflammatory versus anti-inflammatory chemicals in the body. In America

we get a 20:1 ratio of omega-6 to omega-3. Combine that with 20-50 times the refined sugar our ancestors ate, plenty of high-glycemic foods, add a dash of insulin, and we have a recipe for inflammation and disease!

Cut back on omega-6 and increase omega-3 in your diet. Supplement with a good quality fish oil or flaxseed capsule. Flax is great, but about 1/3 as potent of a source than fish oil for EPA/DHA oils. You should get 1000mg/day of the active EPA/DHA for prevention, 2000mg/day if you have heart disease. We use doses in this range to lower triglycerides, lower CRP, and increase the size of LDL cholesterol particles (a good thing). My favorite suppliers are Life Extension or Nordic Naturals.

Grass fed beef, slaughtered while on fresh green grass, has a much higher omega-3 fat content. Same for milk from grass fed dairy and eggs from free-range poultry.

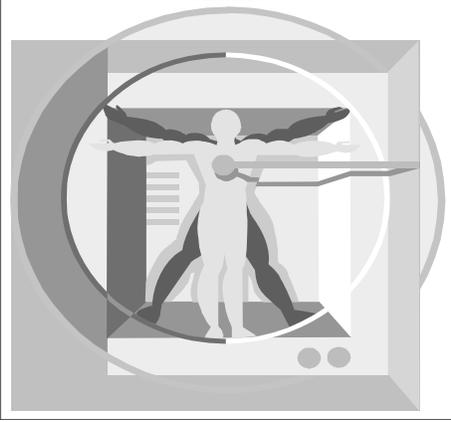
## Mission Statement

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.

Wild game such as venison or buffalo have much higher omega-3 levels.

Our ancestors ate lean meat, wild game, and lots more fish. They also had little to no sugar and no processed foods laden with omega-6 oils.

Next time, glycation and methylation are on the menu.



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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.**