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Healthy Information Fall 2016



Sourdough, Rye, White. It's bread, and it's bad. The only bread you should indulge in: 1974's, The Best of Bread LP.

Robert Nelson, M.D. **Norco Medical Group**



Part 2: Bread, the bad. Whole grain bread does not actually have whole grains in it. Flour is formed in a process where grains are broken down into a powder. Since it is in a powder

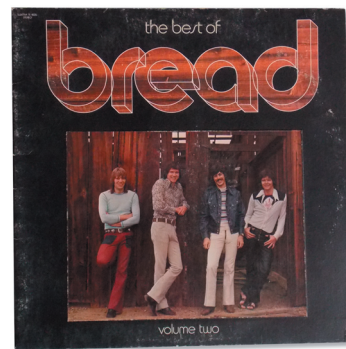
form, the body can rapidly digest the bread and let it enter the bloodstream as glucose. This raises the fat-producing hormone known as insulin. Whole grain bread even has a higher G.I (Glycemic Index) score than most candy bars such as Snickers.

Gluten; the main ingredient in bread is generally wheat (although there are variations of bread). Wheat contains a protein called gluten. You may have heard of people being "celiac" or having "gluten intolerance". There is evidence to suggest that a significant percentage of us are sensitive to gluten. Nutrition; bread is one of the most consumed products in the western world. It is everywhere you look. It is in burger buns, sandwiches, wraps and rolls. We

are often told that whole grain bread is the healthiest part of the day but this could not be further from the truth. Bread in general is just a poor source of nutrients when compared to fresh vegetables, fruit, meat and fish. Even whole wheat grain bread is disappointing on the nutrition front. Not only is it low in nutrients, it also reduces the absorption of other real food.

Grains do not even have all the essential amino acids that humans need for muscle building and maintenance. And there is no such thing as an essential carbohydrate!

Bottom line; although bread dominates many store aisles, there are good reasons not to pick it up.



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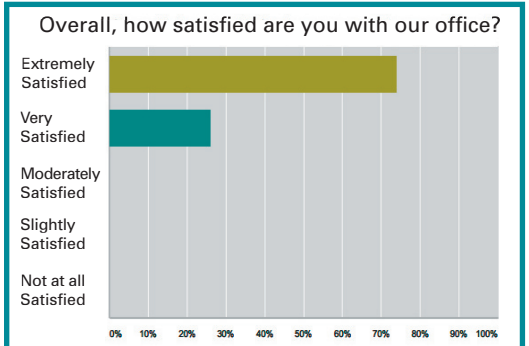
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THEY ARE ALL AWESOME. THEY ARE A GENUINE LOVING AND CARING STAFF.

CVM Family Members:

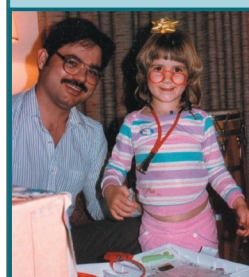
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^This is an actual reply from the hundreds of customer service survey's that we've received in the past 12 months. Our goal is 100% *Extremely Satisfied*. Although we haven't hit that yet, we continue to climb closer and closer. The reason we do it is to make your experience with us as pleasant and thorough as it may possibly be. We want you to understand, we do read every comment. Good, *and bad*. We do look at every question asked, and ask ourselves, 'how can we improve?' Over the past 12 months we have implemented ideas and actions that should benefit everyone. We know making an appointment can be taxing. We've recently made changes to our scheduling center that will reduce



the time it takes to call in for an appointment. We've also added hours to our Urgent Care. For those that request it, we'll soon be sending email updates. If you have suggestions about something you think we can do better, do let us know. We'll continue to strive to make you *Extremely Satisfied*. *Anything less than 100% is unacceptable. We do want to know what you have to say. You can help us by filling in the Patient Survey.*

NEW URGENT CARE HOURS:
9am - 9pm
365 days a year.
(Holiday hours may vary)



January 1983



August 2016

Our newest provider is Sarah Nelson, FNP-C. If her name sounds familiar, that's because her dad is Dr. Robert Nelson. Her grandfather was our founding father,

We have two new providers. One might look familiar.

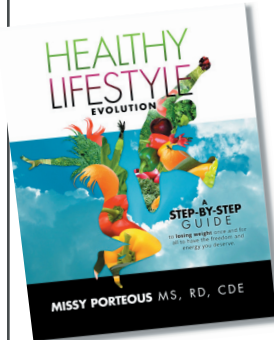
Dr. Lawrence Nelson. Sarah graduated from Loma Linda University this past summer as the Nurse Practitioner, *Student of the Year*. She also brings over 4 years of experience working as an Emergency Room nurse at CRMC. She'll be seeing patients at Citrus Valley Internal Medicine, and she's looking forward to carrying on a family tradition of medical care.



Although she's been seeing patients for some time at Norco Medical Group, we'd also like to introduce Brigid Riordan, AGNP-C. She specializes in adult gerontology, and is very happy to be part of our community.

Small Steps with everyday choices can make a big difference in your life.

If you have questions about a healthy diet, get answers from our on-site nutritionist and author, Missy Poretous.



Missy Poretous, MS, RD, CDE

How well you manage your weight is a huge indicator of how healthy you can live. You can also feel better and have a lot more energy through a proper diet. To spread that message to a wider audience, our resident nutritionist, Missy Poretous, recently authored her first book. *Healthy*

Lifestyle Evolution. Missy includes a step-by-step guide to losing weight once and for all. She also includes many long term solutions to healthy dieting. Empowering yourself to live a healthier lifestyle should be a never-ending trek. We're always encouraging you to take small steps to pursue that goal. Those steps always entail a healthy diet along with moderate exercise and smart choices. The first 10 people to email us at info@themightydocs.com will get a free copy of the book. It's also available for purchase at amazon.com.

Weight Management and Support Group.

If you find you are diabetic, or need to lose excess weight to avoid additional health related complications such as heart disease or stroke, ask your provider for a referral to our Weight Management and Support Group. They meet every second and fourth Wednesdays of the month. Missy Poretous, and Dr. Patzanakidis are able to give you health and diet advice along with sharing tips to within a support group setting.

MEDICARE OPEN ENROLLMENT PERIOD.

October 15 to December 7 is when ALL people with Medicare can change their Medicare health plan and prescription drug coverage for 2017. Information on 2017 plans are available now. People with Medicare can call 1-800-MEDICARE or 1-800-633-4227 or visit www.medicare.gov for plan information. If a person is satisfied that their current plan will meet their needs for next year,

they do not have to do anything. Reviewing your health plan during Open Enrollment is a great way to continue staying healthy as you age. Medicare plans can change each year, but your doctor does not have to.

There are many public information meetings during this period. Take advantage of this. Many of these meetings will review multiple plan benefits and give you the tools to make an educated decision about your coverage and choices. You

can see a schedule of upcoming meetings by going to www.primecare.com/MemberEvents.aspx.

Reference: <https://www.cms.gov/Medicare>

"Continuity of Care", is your ability to see your provider that knows you and knows your medical history and your unique needs. For more information call Leticia Torres, your personal care coordinator at (951) 271-4164



Citrus Valley Medical Associates, Inc.



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- Citrus Valley • Urgent Care
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If you've had a good experience with us, we'd like to hear about it :-)

Life and Health

City of Hope says, Super Foods can help fight cancer. There is a lot you can do for yourself to fight back.

Did you know that certain "superfoods" have cancer-fighting super-powers? You do now!

A superfood is a nutrient-rich food considered to be especially beneficial for health and well-being. Superfoods pack large doses of antioxidants, polyphenols, fiber, vitamins and minerals. Eating them may reduce the risk of chronic disease and prolong life, and studies have shown that people who eat more of them are healthier and thinner than those who don't. Below are two superfoods City of Hope researchers have identified with powerful cancer-fighting potential.

Blueberries. With their navy hue and powerful punch, blueberries are one of the most potent and popular disease fighters available. Shiuian Chen, Ph.D., chair and professor in the Department of Cancer Biology at Beckman Research Institute of City of Hope, has found that blueberry juice holds back the migration of cancer cells, while blueberry extract shrinks tumors, stops cancer cells from multiplying and even triggers their destruction. Other studies by Chen have shown that blueberries inhibit the growth and the spread of triple-negative breast cancer, one of the most aggressive types. Based



Button Mushrooms can help fight breast and prostate cancer. See you in the mushroom section!

on these promising results, additional research is being done to study blueberries' cancer-fighting abilities and their potential in preventing or treating breast cancer in women.

Cinnamon. Cinnamon is one of the most ancient spices in human history, and if it's not the most popular, it soon may be. Researchers have found that cinnamon extract has unique, cancer-stunting properties, interfering with a tumor's ability to grow by blocking the tumor from forming blood vessels. Reporting in the journal *Carcinogenesis*, Weidong Wen, Ph.D., assistant research professor of surgical oncology, described how she and other researchers found that a water-based extract from cinnamon was potent in blocking new blood vessel growth in tumors (a process called angiogenesis). For a full list of cancer fighting foods visit cityofhope.org

CALENDAR OF EVENTS, GROUPS AND CLASSES.

All activities meet at CVM 2250 S. Main St. Suite 207 unless otherwise noted.

Diabetes Management and Support group - Suite 208
Meets the 3rd Monday of every month. 4pm - 6pm.
call (951) 271-4161

Weight Management and Support group - Suite 104
Meets on every 2nd and 4th Monday 5pm - 6:30pm
call (951) 737-1454

High Risk COPD Clinic
usually the 1st and 3rd Tuesday of every month. All patients with COPD diagnosis can attend. Please call (951) 371-2703 for more information.

Beginning Yoga - Suite 207
Mondays 6pm
Saturday 9am & 10:30am

Bootcamp - Suite 207
Saturdays 7:45am & Tues 5:45pm

If you would like to start receiving email updates and the newsletter, email us a request at info@themightydocs.com

Translating cyber slang in the age of Senior Center Tweets:
LMDO = Laughed my dentures out
CBMc = Covered by Medicare
FWB-b = Friend with Beta-blockers
BYOT = Bring your own teeth

If you need them, we can now refer you to City of Hope, in Corona.

Shrinking tumors, stopping cancer cells from multiplying, and destroying them altogether are cancer treatments that are available every day at City of Hope | Corona.

City of Hope is proud to offer unparalleled care and innovative treatments close to home at our Corona site, a positive and healing environment just around the corner from you.

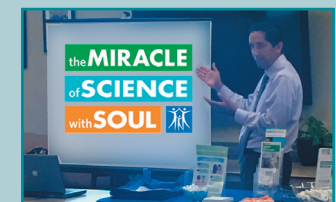
City of Hope / Corona offers:

Specialties:

- Hematology
- Medical Oncology
- Radiation Oncology

Services:

- Consultations & Second Opinions
- Outpatient Chemotherapy
- Clinical Trials



City of Hope Cancer Specialist Dr. Misagh Karimi recently speaking at the Corona Senior Center

With nearly 400 clinical trials underway at any given time, City of Hope is studying the potential of superfoods, as well as exploring other promising new ways to develop cancer-fighting therapies.