



New Pueblo Medicine
Your Physician Team for Life

YOUR HEALTH MATTERS

December 2016



Welcome the Newest Member of Our Provider Team

"I come from a family that set an example that helping others leads to a re-warding life, so nursing was a natural career for me to choose. I am very proud to be part of the team at New Pueblo Medicine."

Kris Silverman is a Family Nurse Practitioner who is board certified by the American Nurses Credentialing Center. A native Arizonan from the Phoenix area, she has 21 years of nursing experience in a variety of areas, including Surgical ICU/Trauma; Cardiovascular, Neurological, and Vascular Surgical Nursing; Urology; Pediatrics; and her favorite—Geriatrics.

Kris Silverman, FNP-C

Kris and her husband, Ben, have three children: Max, Bernie, and Sophie. All are actively involved in the Tucson community in various volunteer efforts. In addition to family and volunteering, she enjoys playing tennis, reading, jogging, and walking her two dogs, Baxter and Robbie.

Changes in Diabetic Care at New Pueblo Medicine

New Pueblo Medicine's diabetes nurse educator, Suzanne Gould, BSN, is retiring. For 16 years, Suzanne has offered our patients individual counseling and group classes on everything from healthy eating and exercise to instructing patients in how to monitor their blood glucose and inject insulin.

All of us at New Pueblo Medicine wish Suzanne well as she moves into this new phase of her life, where she plans on spending more time reading, attending exercise classes, and continuing to share her knowledge of diabetes care by volunteering with the Pima Council on Aging.

If you have been seeing Suzanne for diabetic education and are uncertain how best to continue meeting your individual needs, please talk with your physician for a recommendation.

New Partnership Means 24/7 Continuity of Care at TMC

For years, New Pueblo Medicine's own hospitalist, Dr. Andrea Miller, has cared for our patients at Tucson Medical Center (TMC) during the week and on some weekends. Working closely with each patient's primary care physician, she has provided seamless continuity of quality care.

Now our in-patients at TMC will receive that same level of care 24/7! Thanks to a new partnership with Arizona Inpatient Medicine (AIM), our team has expanded. On weekends and when Dr. Miller is on vacation, our patients will be followed by one of AIM's physicians, each of whom is a specialist in in-hospital care. And that care will be personalized to meet your specific needs because AIM's hospitalists will work closely with one of our New Pueblo Medicine Physicians.

If you need to be admitted to TMC over the weekend, the New Pueblo Medicine physician on call will contact the AIM physician with current information about your health. AIM will then take over until Monday morning when Dr. Miller will continue your care.

Protect Your Family! Get Your Flu Shot Now!

Flu season is underway, running from October through May, so the sooner you get your flu shot, the better your chance of avoiding the inconvenience – or danger – of getting the flu. Everyone over 6 months of age needs to be vaccinated. (The exception is if you have an egg allergy or history of Guillan-Barre Syndrome. In that case, talk to your doctor.)

Choose your vaccine:

If you are older than 65, get the high dose trivalent vaccine (high dose flu shot). There is also a new trivalent flu shot made with adjuvant to increase your body's immune response to the vaccine available for those 65 and older this year. You can get this vaccine if your pharmacy offers it but is not necessary.

For everyone else, get a standard dose trivalent or quadrivalent flu shot (regular flu shot).

- For those with an egg allergy, the recombinant vaccine (Flublok) is available.

The vaccine does not cause the flu:

There is no living virus in any of these vaccines, so they cannot cause the flu. They can, however, create flu-like symptoms, such as headaches, fatigue, and muscle aches. This is actually a good sign because it means your body's own immune system is reacting and will be ready to fight off the flu if you do get exposed to the real thing! The most common side effects are injection site reactions, including redness, swelling, tenderness, or a palpable nodule.

Remember: the more people who are vaccinated, the less the virus will spread throughout the community.

Ask Our Doc:

Getting the Vitamins and Minerals We Need Without Supplements

In each newsletter, one of our New Pueblo Medicine physicians will answer a question of general interest to our patients. Dr. Patrick Noonan begins this series answering the following question:

Q: *We are bombarded by ads for vitamin supplements and diet plans. Can't I just eat a balanced diet and get what I need?*

A: If you are eating a well-balanced variety of whole foods, you likely will be getting all the vitamins, nutrients, and minerals your body needs. Here are a few guidelines to help you eat nutrient-dense foods as often as you can:

- **Eat lots of vegetables!!!** They contain important antioxidants to decrease inflammation as well as nutrients, minerals, polyphenols, and more.
- **Eat the Rainbow.** Eat some vegetables and fruits from all five color groups (blue/purple, red, green, yellow/orange, and white) every day, as each group contains different beneficial components.
- **Limit sugar, sugar containing foods, and processed foods as much as possible.** These foods can increase inflammation in your body and lead to diseases such as diabetes, heart disease, cancer, hypertension, and stroke.
- **Avoid sodas, diet sodas, and sugary drinks.** This category also includes drinks such as gourmet coffee drinks, sports drinks, and other similar beverages.
- **Eat grains in their whole form.** This means foods such as wild or brown rice, steel cut oats, quinoa, amaranth, and spelt. Do not be fooled by the "whole wheat" advertising, looking instead for "whole grains".
- **Avoid low-fat or no-fat foods.** Healthy fats are important to make you feel full sooner and keep you full longer. They are also important for brain and nerve function, helping absorb vitamins and minerals, as well as other cellular processes. These are fats such as extra virgin olive oil, nuts, seeds, and avocados. Choose butter over margarine and choose regular-fat dairy over low- or no-fat dairy.
- **Eat good proteins.** Aim for approximately a palm-full serving of protein at each meal, depending on your body size and activity levels. This protein can be from animal proteins raised in healthy environments (organic or grass fed, for example) if you eat meat. If not, you can get plenty of protein from vegetables, grains, or legumes (beans).

If you have a question you'd like one of our doctors to answer, please email us at info@newpueblomedicine.com. We'll select the question we think will be of greatest interest to our patients.

Expanded Care Coordination . . .

An important part of helping New Pueblo Medicine patients stay well after leaving the hospital is the Care Coordination provided by Phyllis Nichols, RN, and Julie Denson, MA. Their role is to help patients successfully transition home from the hospital, a rehabilitation unit, or a skilled nursing facility.

“Dealing with a new medical condition can be overwhelming, especially when you’re just getting home from the hospital or a care facility,” said Phyllis Nichols, RN. “Our goal as care coordinators is to make sure our patients understand what they need to do to avoid unnecessary readmission to the hospital.”

“We meet with patients and collaborate with their physicians and other members of their healthcare support team to be sure they have what they need to succeed,” said Julie Denson. “That can include helping set up follow-up appointments and being sure there’s good communication among all the team members.”

Phyllis and Julie also help patients manage their chronic or high-risk health conditions in partnership with other members of their care team.



New Pueblo Medicine. Will be closed on Monday January 16th in observance of Martin Luther King Jr. Day.