

# MEDICAL GAZETTE

FROM THE DESK OF  
DAVID L MELLMAN MD & JEANNETTE GUERRASIO MD

August, 2020

## LETTER FROM DAVID L MELLMAN MD



To Our Community,

In thinking about medicine today there is a reverence for what it truly means to be a good doctor. As we gain a deeper understanding of how to honor our medical oaths and the importance of serving during a pandemic, my sense of gratitude for all of you has grown. I appreciate all the kindness and concern and value the small actions and deep connections. I am heartened by how you care for your loved ones and come together during this perilous time. Gwendolyn Brooks, a 20th Century poet, wrote "that we are each other's harvest; we are each other's business; we are each other's magnitude and bond."

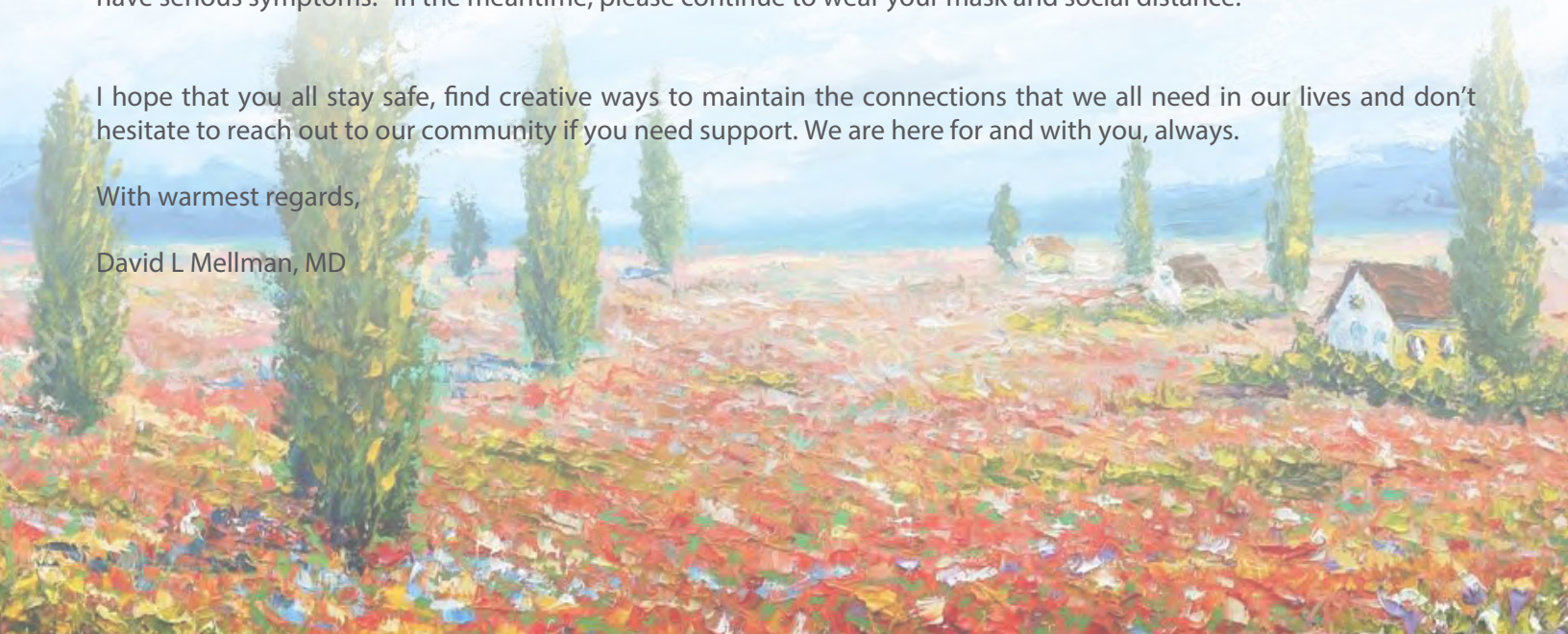
I was touched by the kindness of a patient that spent a month at her sewing machine making masks to protect our staff. I listened to the love of a husband reading daily to his wife as she was losing her sight. I smelled the goodness of grandchildren cooking meals for their grandparents. I laughed at the joy of my fellow doctor who educated and connected us all through her emails. I felt the courage of my staff that worked to keep our office open so people could get bloodwork and still come in for appointments. I saw the determination and perseverance of the wonderful emergency room doctors at Rose Hospital that have come together to fight the pandemic.

All of our journeys through 2020 are unique. This is a complex time that has been intimate and intimidating, As we approach the upcoming months, please keep in mind that numerous antiviral medications and antibody therapies are in development. According to philanthropist Bill Gates, "There's a good chance we'll have substantial death rate reduction by the end of the year with the combination of those new tools, several of which are (for) when you start to have serious symptoms." In the meantime, please continue to wear your mask and social distance.

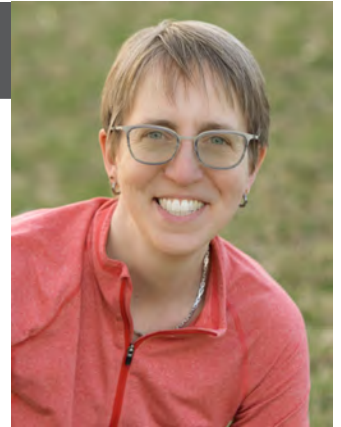
I hope that you all stay safe, find creative ways to maintain the connections that we all need in our lives and don't hesitate to reach out to our community if you need support. We are here for and with you, always.

With warmest regards,

David L Mellman, MD



## LETTER FROM JEANNETTE GUERRASIO MD



Dear Patients,

When the COVID-19 virus ramped up so unexpectedly and dramatically, we began forwarding weekly emails to quickly update our patient community and remain connected while self-isolating and social distancing. As time passed and the “Teas and Talks” were cancelled, the emails also addressed various medical topics and answered patients’ questions, but were not intended to replace the “Medical Gazette.” Both forms of communication are always accessible under the Patient Education tab at [www.jeannetteguerrasiomd.com](http://www.jeannetteguerrasiomd.com).

We’re excited to announce our upcoming programs in the August 2020 issue of the “Medical Gazette.” As social distancing continues, patients can now participate in our “Health Education Talks” via the internet platform Zoom.

Zoom is free and can be used on a smartphone, tablet or computer as long as you are connected to the internet – just go to Zoom at [www.zoom.us](http://www.zoom.us). I so look forward to the upcoming sessions where we can connect once again as a community AND see each other’s faces and smiles!

Before closing, I want to echo something Dave has already mentioned. I have been so touched by how you have welcomed me into the patient community. And especially by how you are always checking to make sure that Dave, the staff and I are doing well. It is such an honor to be a doctor in this practice and to serve our patients. Every day I search for ways to better care for you and to keep us connected during this unusual time. As always, I welcome your suggestions.

Hugs (Because I can still give them out this way!),

Jeannette Guerrasio, MD





# Garden Gate Integrated Health Education Program

## Upcoming Classes with Jeannette Guerrasio, MD

CLASS & LOCATION	CLASS DESCRIPTION
<b>WHAT IS NEW IN PREVENTATIVE HEALTH</b> <b>DATE:</b> September 29 <b>TIME:</b> 7:00 PM <b>LOCATION:</b> Zoom Conference Call	<ul style="list-style-type: none"><li>• New methods to maximize exercise</li><li>• The science behind the new diet trend</li><li>• Wearable technology to monitor fitness</li><li>• Preventative health care often forgotten</li></ul>
<b>COVID-19 UPDATE</b> <b>DATES:</b> October 5, November 19 <b>TIME:</b> 7:00 PM <b>LOCATION:</b> Zoom Conference Call	<ul style="list-style-type: none"><li>• Outbreak predictions</li><li>• Progress of vaccines</li><li>• Questions and answers</li><li>• Updates on treatment and guidelines</li></ul>
<b>TRIVIA NIGHT</b> <b>DATE:</b> October 22 <b>TIME:</b> 7:00 PM <b>LOCATION:</b> Zoom Conference Call	<ul style="list-style-type: none"><li>• Fun and funny light trivia<ul style="list-style-type: none"><li>• Learn health tips</li></ul></li><li>• Capture medicine pearls of wisdom</li><li>• Jeannette's humor, Dave's golf tips</li></ul>
<b>RESILIENCY</b> <b>DATE:</b> November 18 <b>TIME:</b> 7:00 PM <b>LOCATION:</b> Zoom Conference Call	<ul style="list-style-type: none"><li>• Maintain resilience over time</li><li>• Review advances in sleep medicine</li><li>• Highlight methods for reducing stress<ul style="list-style-type: none"><li>• Questions and answers</li></ul></li></ul>



# Garden Gate Integrated Health Education Program

## Upcoming Nutrition Classes with Kelly Dwyer, MNT

CLASS & LOCATION	CLASS DESCRIPTION
<b>IMMUNE SUPPORT: FOOD &amp; LIFESTYLE</b> <b>DATES AND TIMES:</b> <b>August 27, 10:00 AM – 12:00 PM</b> <b>August 31, 5:00 PM – 7:00 PM</b> <b>LOCATION: Zoom Conference Call</b>	Hopefully, you're wearing a mask, distancing and washing your hands frequently – key safety measures for preventing the spread of COVID-19. We also know that staying healthy can give you a leg up in fighting the virus should you get it. This starts with good nutrition, rest, exercise, sunshine, keeping stress in check and staying connected. Kelly will discuss: <ul style="list-style-type: none"><li>• how diet and lifestyle affects immune function</li><li>• tips for staying healthy, in both body and mind</li></ul>
<b>ANTI-INFLAMMATORY DIET 101</b> <b>DATE: September 21</b> <b>TIME: 5:00 PM – 7:00 PM</b> <b>LOCATION: Zoom Conference Call</b>	Inflammation plays a significant role in health, from heart disease and diabetes to autoimmune disorders and mental health conditions. Our food and lifestyle factors can make a big difference when it comes to disease prevention and feeling good. Kelly will discuss: <ul style="list-style-type: none"><li>• what inflammation is and why it matters</li><li>• foods that fight or drive inflammation</li><li>• practical tips for making an anti-inflammatory meal</li></ul>
<b>STRATEGIES FOR DITCHING SUGAR</b> <b>DATE: October 26</b> <b>TIME: 5:00 PM – 7:00 PM</b> <b>LOCATION: Zoom Conference Call</b>	Sugar seems to be in everything – of course, in yummy treats like ice cream and cookies – but also in “healthy” foods like oatmeal, yogurt, granola, salad dressings and even roasted chicken! Cutting back on sugar may help reduce inflammation, blood sugar and triglycerides and support immune function, gut health and weight loss. Kelly will discuss: <ul style="list-style-type: none"><li>• the effects of sugar on health</li><li>• sources of hidden sugar</li><li>• ways to kick the sugar habit (and still enjoy eating!)</li></ul>

## Upcoming Balance Classes with Shae Patnoe, PT

<b>SESSION ONE:</b> <b>Aug 27, Sept 3, Sept 10, Sept 17</b>	<b>SESSION TWO:</b> <b>Sept 24, Oct 1, Oct 8, Oct 15</b>	<b>TIME:</b> <b>10:00 AM</b>
<b>LOCATION: Lindsley Park, across the street from the practice</b>		

RSVP to all classes by contacting us at [mellmanstaff@coloradocme.com](mailto:mellmanstaff@coloradocme.com) or 303-325-6515