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

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Aug 28, 2020

To Our Patients,

Dave and I hope you have found time for rest and relaxation this summer despite the unusual circumstances. Dave got to spend a week with his girls, who are truly amazing women. It likely would come as no surprise that he and Pippa have raised three kind, intelligent, fun, and engaging young adults, who are at the same time such unique and special individuals. Perhaps the most fun is seeing how much they are each like Dave. Kate looks the most like Dave compassionate and with his height, Anna shares many of his behaviors and mannerisms, and Emma has his determination and his golf skills.

I got to spend a long weekend with my spouse and canine four legged “kids” camping on our land in Stonewall, Colorado. (Hence the delayed newsletter) Here’s a photo as our property overlooks the Spanish Peaks, which unfortunately were obscured by smoke this year. Dave and I have both found it safest to escape with our families to remote areas in Colorado and perhaps these were our most relaxing vacations yet!



### Suggestions and Info:

- One of our patients is participating in a Guided Autobiography Workshop (GAB) to help people reflect deeper on their life stories and then share them in meaningful way with family and friends. I think this is such a brilliant idea, knowing that so many of you have amazing life stories to offer others. I don't know her, but am happy to pass along her website because I think it is a great idea for so many of you. If you are interested, check out her website at: <https://www.nancyssharp.net>
- Another patient brought to our attention that Flu shots are now available at King Soopers. We are going to be holding Flu shot clinics and will let you know when they are scheduled and when the shots become available at the office. Some research suggests that if you get the flu shot in late Sept or Oct it may last longer through the flu season, however, shots may also run out. We will likely stockpile flu vaccines and then schedule clinics for later in Sept and early Oct.
- There will be more information about the Shingrix vaccine for shingles after the Preventative Health Education Program by Jeannette. (9/27/2020)
- The staff care very much about you too (Nancy, Kris, etc.) and wanted to remind you that they take pride in returning calls quickly. If they are on the phone and you get the voicemail, please leave a message. If you do not receive a timely call back, please call again! They are doing their best to be as responsive as possible without missing any calls.

### How to access ZOOM for the Garden Gate Integrated Education Health Program

- Go to [www.zoom.us](http://www.zoom.us)
- Download zoom
- Click "Join a Meeting"
- Enter the Meeting ID
- Click "Join"
- Enter the Password ID
- Click "Join"
  - For Jeannette's Zoom workshops, the Zoom meeting ID is 720 320 2061 and the password is 123456. Feel free to invite friends.
  - For Kelly's Zoom workshops, please contact her to RSVP and get the ZOOM meeting ID and password. Her phone is 303 570 5679 and her email is [Kelly@eatwellgrow.com](mailto:Kelly@eatwellgrow.com)
- Feel free to join the sessions 15 minutes early to test out your sound and video.
- The August Newsletter with all Events is attached.

### Oops, I Think Something Fell Out

This article may make some folks blush, but it is important for the women in our practice and for the women in your lives that you love. Recently, a female patient came to the office wearing tight jeans, and tried to walk into the office with her legs crossed. She felt like something was falling out of her. She was correct. In her case, her uterus had fallen and was starting to hang outside of her body. The diagnose was a prolapsed uterus. She exclaimed, “I’ve never heard of this before!” It is fairly common, more common among women to prolapse one’s uterus, bladder or rectum. The reason she had never heard about it is that there are some diagnoses that people don’t like to talk about. Good thing for you, doctors are willing to talk about anything and everything.

Pelvic organ prolapse is a common problem that occurs as women age and the muscles and ligaments around the uterus and bladder stretch and become weakened. It is more common among women who have had multiple pregnancies or if other family members have had prolapses. Other risk factors include babies >9lbs at birth, obesity, chronic constipation, chronic coughing or straining.

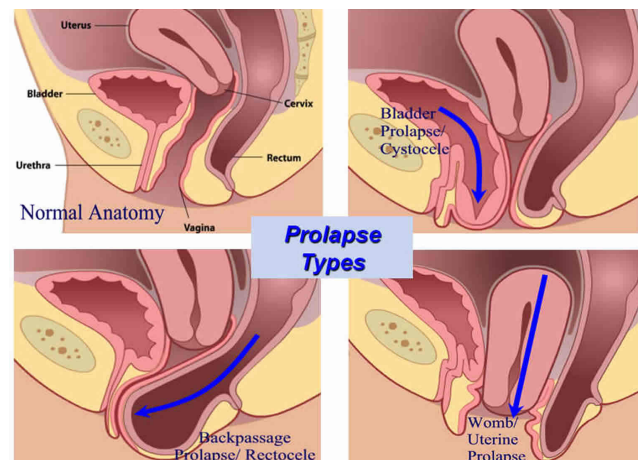
The diagram shows a cross section of normal anatomy, as those ligaments and muscles loosen either the bladder, uterus or rectum can follow the path of gravity, rearranging the normal anatomy. The uterus and bladder can fall so far that they come out of the body entirely.

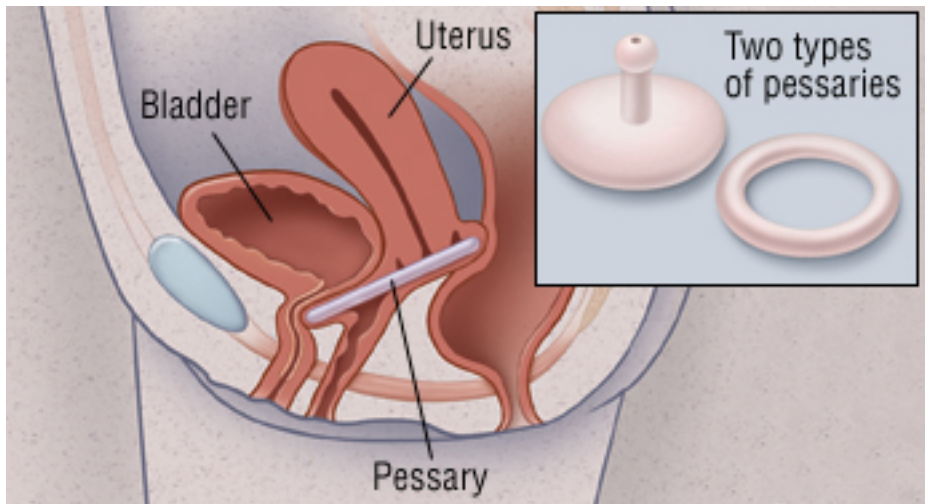
Prolapses can be mild to severe and symptoms range from no symptoms at all to:

- Feeling of heaviness in the pelvis
- Pain with intercourse
- A bulge in the vaginal opening
- Unable to empty the bladder
- Constipation
- Frequent bladder infections

Symptoms often worsen with standing or walking for long periods of time as gravity makes the prolapse worse.

The diagnosis can be made by a pelvic exam and may require a rectal exam looking for bulges in the vaginal canal caused by a misplaced uterus, bladder or rectum.





Treatment can be surgical or non surgical. The non surgical option entails the placement of a removal pessary which is a rubber or plastic device that holds the uterus and bladder in place so that it can't drop. (see the image) Pessaries need to be cleaned periodically by the patient or their doctor. If the case is

more severe, prolapse repair, with or without hysterectomy is recommended. This surgery can be done through the vagina most of the time with limited incisions and a faster recovery.

#### Questions for Dave and I:

##### **1. If I don't feel well, how can I differentiate between COVID 19 and the flu?**

Unfortunately, COVID 19 and the flu have the same symptoms with one notable exceptions. Only people with COVID 19 lose their sense of taste and smell. To make our jobs as diagnosticians difficult, not everyone with COVID 19 loses their sense of taste and smell. We will be heavily reliant on nasal swab testing this fall, especially for people who have not received a flu shot.

Please call us within 24 hours if you have a fever  $>100.4$  or feel ill and are short of breath or have severe body aches. We may need to treat you for the flu. If the shortness of breath is severe, call the office immediately or 911.

##### **2. If I had COVID 19 IgG antibodies but no longer do, under what circumstances do I need to be tested?**

Like everyone else, if you are exposed to COVID 19 you should quarantine for 14 days, no matter what. We are recommending that you get tested if you develop symptoms or have been around others, so that you can let contacts know. Since the test is only 70% accurate, we still ask that you self-quarantine for 14 days.

##### **3. With fall approaching what are the guidelines for meeting with our friends for card games and dinner?**

We continue to recommend that you maintain the current social distance guidelines through September, which included small gatherings outdoors, six feet apart and only

while wearing masks. If we do not see the expected rise in cases by the end of September, Dave and I will adjust our recommendations.

Have a wonderful weekend! Enjoy the sub-90 degree weather and the return of blue skies. As always, feel free to send questions and topic ideas!

Best and wear your mask!

*Jeannette and Dave*

David L Mellman MD & Jeannette Guerrasio MD  
David L Mellman MD, PLLC