

MEDICAL GAZETTE

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

October 11, 2019

Meet Our Staff



Kristy Bingham, Anna Mellman, Murphy, Sarah Pollack, Kris Garcia and Nancy Bader

“One of the most important characteristics that I look for in building our team are people that are empowered by caring for others and are joyful in their connections.” David L. Mellman MD

1

Meet Our
Staff

2

Diabetes

3

Upcoming
Workshops

Nutrition

Autumn Recipes and nutrition tips from our nutritionist, Kelly Dwyer.



Kelly will be opening nutrition chats once a month where you can come share recipes and get inspiration for healthy eating.

Recipes: Pages 5-6

- Chicken & Roasted Vegetable Soup
- Thai Butternut Soup

4700 Hale Parkway, Suite 330
Denver, CO 80220
303-325-6515

LETTER FROM DAVID L MELLMAN MD

Dear Patients,

I hope you are enjoying these beautiful fall days. This morning, I visited the autumn-lit Denver Botanic Gardens and thought about all that I am grateful for.

I am appreciative for the wonderful people I work with and want to share a little about them so you can get to know them better.

(See page 3).

Murphy the puppy is the highlight of our fall. She just passed her first class toward becoming a therapy dog.



It is amazing to have Dr. Guerrasio as part of our team. Many patients have enjoyed getting to know her and appreciate the time she has to offer them. Her warmth and great sense of humor are a great addition to our team. I value the intellectual challenge and gratification of working alongside a colleague with whom I can collaborate and share ideas.

I am thankful for my family. As we walked around the garden, Kate, my daughter, asked me what I was going to work on for the new year. I responded with the importance of listening with intent to open my mind.

Lastly, I am grateful for all of you and for being your doctor. I am learning that to truly be a good physician, you must open your heart, practice with compassion, and dedicate yourself to lifelong learning, honor, and integrity.

All the best

David L Mellman MD

Meet Our Staff



Sarah Pollack - **Patient Coordinator & Lead Medical Assistant**

Sarah has a BA from the university of Kansas where she majored in Marketing and is applying to nursing school programs for next year. Sarah loves hiking and photography.

Nancy Bader - **Patient Liaison**

Nancy also helps with Communications and Marketing. She as an investigative journalist, specializing in health, politics and culture, with a BA in social work from University of Wisconsin and an MA in Mass Communications from University of Denver. Nancy loves walking with her husband and her dog.



Kris Garcia - **Patient Liaison & Medical Assistant**

Kris also coordinates the Integrated Health Program. She majored in history and received her BA at Texas A&M. Kris worked in Early Childhood before joining Dr. Mellman's team. Kris loves to be with her husband and three girls cooking or exploring.

Kristy Bingham - **Patient Liaison & Medical Assistant**

Kristy received her BA from the University of Colorado, Boulder. She was an elementary teacher and then worked at the Littleton Hospital as a CNA and a Unit clerk on the cardiac floor, before joining Dr. Mellman's practice. Kristy and her husband love to travel. They have two grown children they enjoy visiting.



Anna Mellman- **Medical Assistant**

Anna is the newest member of the team. She holds a degree in Psychology from Bowdoin College and is working primarily as Dr. Guerrasio's Medical Assistant as she prepares for her next step in education. Anna will be helping to set up Jeannette's new practice and help her with educational workshops, home visits for patients, and coordinating patient care. Anna loves soccer and the outdoors.

Blood Glucose on the Rise? By Jeannette Guerrasio, MD

Last month Dr. Jeannette Guerrasio and Nutritionist Kelly Dwyer presented a workshop on prediabetes and elevated blood sugars. See below for a brief summary and information on the next workshop!

When your body is working the way it should, your stomach absorbs carbohydrates from your diet, increasing your blood glucose (sugar). This stimulates the release of incretins (e.g. GLP1, GLP2, DPP4). The incretins tell the pancreas to release insulin. Insulin then binds to the glucose in the blood and transports it from the blood into the muscles, liver and fat cells where it can be used for energy or stored for later use.

In people with prediabetes and diabetes, many of these steps stop working properly. The incretins no longer tell the pancreas to release as much insulin and the pancreas makes less insulin. So, less glucose is carried into cells, leaving more glucose in the blood stream. This explains the higher readings on your glucometer! The muscle, liver and fat cells become more resistant to insulin, muscle cells have less glucose to turn into energy, and because the liver cells aren't absorbing glucose, they start making more glucose. Worst of all, since the muscles, liver and fat can't absorb glucose as well, the body thinks it is starving and sadly appetite goes up!

Often there are no symptoms of pre-diabetes as blood glucose begins to rise above normal, but not yet to the diabetic range. Dr. Mellman and I routinely check 2 labs – fasting glucose and the HbA1C to follow your blood sugars. Fasting glucose tells us what your blood glucose is when you are not eating on a given day and should be less than 100, ideally in the 80s. HbA1C tells us what your blood sugars have averaged over the past 3 months, as glucose sticks to red blood cells which live in our bodies for 3 months before they are replaced with new red blood cells. A normal HbA1C is <5.7%.

While scientists have identified many genes that increase your risk of getting diabetes, you can greatly modify this risk by making modifications to your lifestyle. The true goal of controlling your blood sugars is not to have a better number on paper, it is so that you both feel better each and every day, and to prevent diabetes and its long-term complications.

Here are some quick pearls from our last talk:

Nutrition

- Consumption of sugar per person per year in 1922 was 6.3 lbs., by 1999, it climbed to 107.7 lbs.
- Less sweets and less processed foods
- More protein, healthy fat and fiber
- Half plate of colorful vegetables, protein the size of your palm, healthy fats throughout
- Eat slowly and stay hydrated
- Don't skip meals
- Avoid eating late in the evening/night
- Listen to your body

Lifestyle factors

- Stress raises blood glucose
- Caffeine raises blood glucose
- Sleep – people who don't sleep, eat more calories and more sweets overall, they also gain weight
- Exercise improves insulin sensitivity and adherence with nutritional diets

Exercise Recommendations to Control Blood Sugar

- 2.5 hours/week of moderate to vigorous activity
- 2-3 sessions of which include strength/resistance training/week
- Stretching
- No more than 24 hours without exercise

Nutrition Chats

Beginning in November, Kelly will lead the first in a series of nutrition chats – casual, small-group discussions focused on a new theme each gathering. The chats are also a good time to ask any burning nutrition questions! (Space is limited. Please RSVP to the office: mellmanstaff@coloradocme.com or 720.320.2061.)

Upcoming Chats

Not another salad! (A veggie how-to)

Nov. 7, 2-3 p.m., at the main office

You know you're supposed to eat your vegetables. After all, they're loaded with vitamins, minerals, fiber and antioxidants. But gobbling up 8-10 servings each day feels like a reach for many people. In this chat, learn some simple and tasty ways to squeeze more vegetables into each day (no salad required!).

Hint: you'll get 3+ servings in a bowl of the Thai Butternut/Chicken & Roasted Vegetable soup

Tips for happy & healthy holidays

Dec. 5, 2-3 p.m., at the main office

The holidays offer up cheer and ... lots of stress, sugar and booze. Learn how to navigate the craziness and fun without derailing your health goals. We'll discuss mind & body approaches to supporting health and balance over the holidays.

Coming in January:

Nutrition to weather cold and flu season

Chicken & roasted vegetable soup

Adapted from NTI Chef Tracey Spaulding

INGREDIENTS

Serves 8+ People

- 2 lbs. bone-in chicken thighs (nutrition, flavor!) or 1.5 lbs. boneless thighs
- 2 quarts chicken bone broth
- 1 large yellow onion, diced
- 2 small zucchini, half bias cut
- 6 large carrots, cut into bias rounds
- 1 sweet potato, peeled and diced
- 1 fennel bulb, sliced
- 1 C celery, sliced
- 3 garlic cloves, minced
- 1 28-oz. can fire roasted diced tomatoes (I like Muir Glen)
- 1 15-oz. cans beans (i.e. garbanzo, white, pinto) drained and rinsed
- 1 small bunch lacinato/dinosaur kale, stems removed
- 1 small package basil, sliced thin
- 2-4 T coconut oil or ghee

INSTRUCTIONS

Chicken: For the best flavor, start the chicken 3 hours before the rest of the soup. I use a slow-cooker with a little broth, S&P, low setting. (Or Instant Pot 15-20 minutes). If you're short on time, roast or grill chicken until cooked through. Once cooked, set aside to cool while you prepare the veggies. (It takes me about 45 min. to prep & roast all veggies.) Veggies Preheat the oven to 375. Chop the first four vegetables. Toss each separately in a large bowl with some melted coconut oil or ghee, S & P to taste. Place each vegetable in its own glass dish or on a parchment-lined baking sheet (easy cleanup!). Roast until not quite tender, roughly 15-25 min. (Times will vary by type of vegetable and size of cut). In a large stock pot, heat some oil/ghee on medium heat. Add the fennel, celery and garlic. Stir about 5 minutes, until they soften. Add the diced tomatoes, broth, beans, carrots and sweet potatoes. Bring to a brief boil then reduce heat to a simmer for 30 minutes. If using bone-in thighs, pull the off the bones, the shred the chicken into bite-size pieces. In the last 5 minutes of simmering, add the chicken, zucchini and kale to the pot. Remove from heat, stir in basil and serve.

Thai Butternut Soup

Adapted from Gimme Some Oven

INGREDIENTS

- 2 C vegetable stock (I use chicken bone broth)
- 4 cloves garlic, peeled and minced
- 1 large carrot, roughly chopped
- 1 Granny Smith apple, cored and roughly chopped
- 1 medium (about 3-4 lbs) butternut squash
- 1 white onion, roughly chopped
- 1 sprig fresh sage
- 1/2 tsp. sea salt (I use bone broth, which is low in salt, so I add more salt, to taste)
- 1/4 tsp. freshly-ground black pepper
- 1/8 tsp. cayenne
- healthy pinch ground cinnamon
- tiny pinch nutmeg
- 1 T Thai red curry paste
- 1/2 tsp. ground ginger
- 1/2 C canned unsweetened coconut milk (I use mostly the cream portion in can)
- optional garnishes: lime wedges, cilantro, extra coconut milk, smoked paprika or red pepper flakes, sesame or pumpkin seeds

INSTRUCTIONS (slow cooker)

Prepare your squash:

If you've never peeled and seeded a butternut squash, have no fear! (I like to roast the whole squash first for 20 minutes at 375, then after it cools, peeling and chopping is much easier.)

How to peel & chop: <https://www.gimmesomeoven.com/how-to-peel-seed-and-cut-butternut-squash/>

Add stock/broth, garlic, carrot, apple, butternut squash, onion, salt, pepper, cayenne, cinnamon and nutmeg to a slow cooker. Stir to combine. Add sage on top. Cover and cook for 6-8 hours on low, a few hours on high, (until squash is so tender you can mash it with a fork). Remove and discard sage. Stir in coconut milk.

Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in a few batches into a traditional blender, careful not to overfill). Taste, and season with additional salt, pepper and cayenne as needed.

Add any desired garnishes and serve.

INSTRUCTIONS (stove top)

Prepare your squash:

If you've never peeled and seeded a butternut squash, have no fear! (I like to roast the whole squash first for 20 minutes at 375, then after it cools, peeling and chopping is much easier.)

How to peel & chop:

<https://www.gimmesomeoven.com/how-to-peel-seed-and-cut-butternut-squash/> Combine all ingredients (except coconut milk and garnishes) in a large stock pot. (To boost flavor, sauté the onion and garlic 3-5 minutes in a bit of coconut oil.)

Turn heat to medium high until it bubbles. Reduce heat, cover and simmer 20-30 minutes, or until the butternut squash can be easily mashed with a fork. Use an immersion blender to puree the soup until smooth. (Or you can transfer the soup in a few batches into a traditional blender, careful not to overfill). Taste, and season with additional salt, pepper and cayenne as needed. Add any desired garnishes and serve.

Upcoming Workshops

Drs Mellman and Guerrasio are looking forward to presenting information that is uniquely relevant to men and that may be difficult for some men to ask about.

Testosterone levels decrease starting at age 30 and continue to drop throughout life. Drs Mellman and Guerrasio will discuss how this changes men's bodies. They will begin by discussing sarcopenia and how to maintain muscle mass, how to understand and manage low testosterone, erectile dysfunction and prostate issues.

The doctors anticipate the question and answer segment, which will allow participants to submit questions anonymously, to be the most important and valuable component to the audience and to the doctors. This dialogue really helps the doctors learn what concerns their patient and how to break down barriers in discussing men's health issues.

UPCOMING CLASS	CLASS DESCRIPTION & LOCATION
<p>MEN'S HEALTH</p> <p>DATE: Tuesday, November 19, 2019</p> <p>TIME: 4:00 PM - 5:30 PM</p> <p>RSVP: 303-325-6515</p> <p>LOCATION: Dr. Mellman's house 2031 Forest St. Denver</p>	<p>Dr. Mellman and Dr. Guerrasio will jointly lead the discussion and answer questions on men's health. They are also available to meet with you one-on-one to develop goals and strategies for achieving your best possible self-care.</p> <p>The doctors will discuss the following topics:</p> <ul style="list-style-type: none">• Sarcopenia - Muscle Wasting Due to Age• Low Testosterone• Prostrate Issues• Erectile Dysfunction <p><i>There is no charge for the workshop. You do not have to be a patient to attend.</i></p>