

MEDICAL GAZETTE

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

March, 2020

LETTER FROM DAVID L MELLMAN MD



Dear Patients,

As subject matter, medicine requires intellectual curiosity and creative thinking. As a doctor, I am constantly reminded about the importance of these two elements as it relates to the complexity of a patient's symptoms. Last month, while wandering around the Claude Monet exhibit at the Denver Art Museum, I was reminded of how art, music and other creative passions stimulate active thinking and problem solving.

A painter thinks abstractly while at the same time applying technical skill with color, composition and form to express a specific story, emotion or idea. A golfer thinks creatively about the slope relations in judging how to direct the ball into a tiny hole, while curiosity takes over in his or her pursuit of a new swing or club. And a gardener digs with veracity while planting small seeds that will bloom into an abstract, asymmetric "whole" alongside other plants.

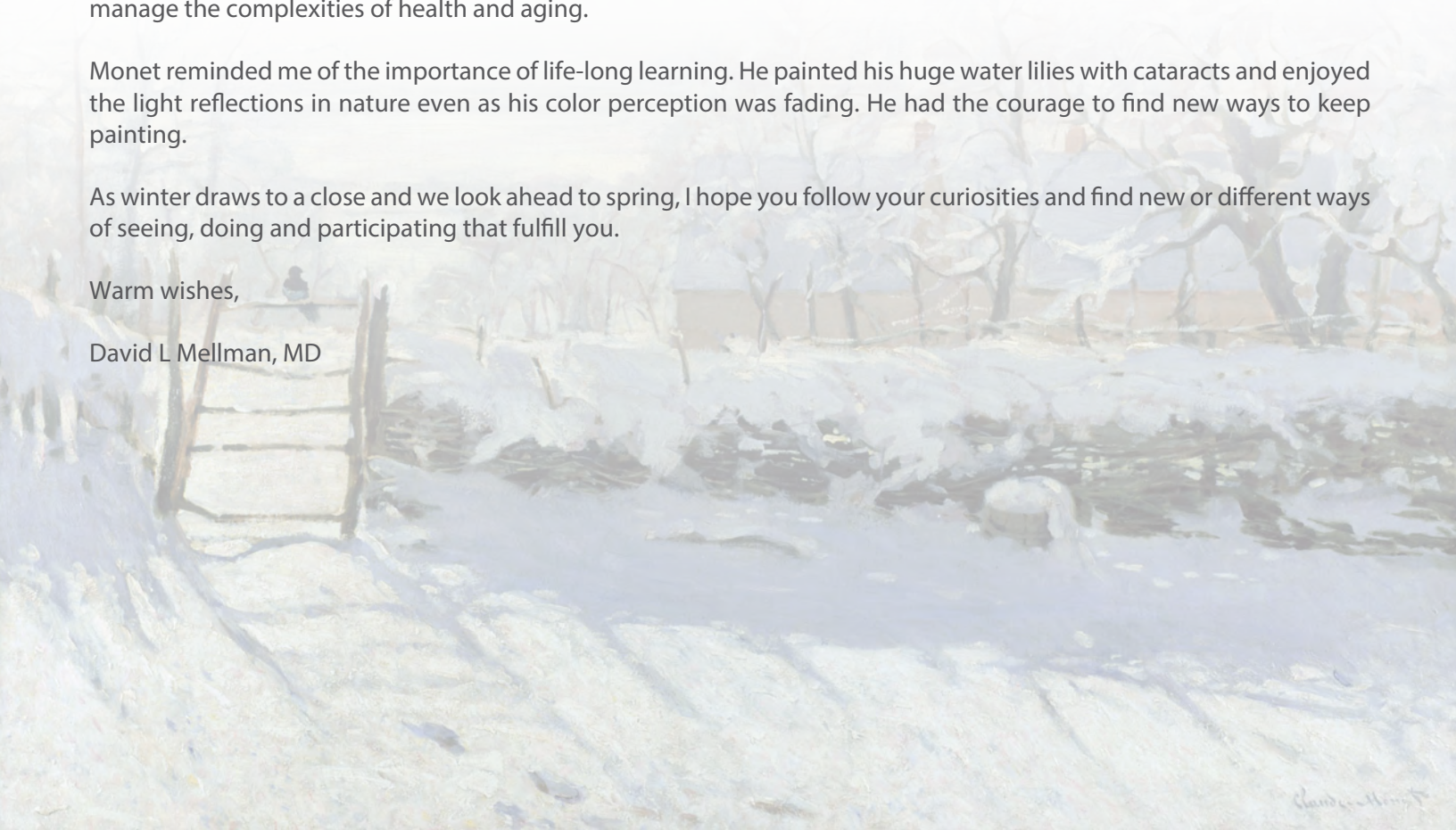
I've noticed that my patients who are curious and who pursue their passions and hobbies tend to develop tenacity for dealing with life's frustrations. They are driven to solve problems with optimism. They build resilience that helps them manage the complexities of health and aging.

Monet reminded me of the importance of life-long learning. He painted his huge water lilies with cataracts and enjoyed the light reflections in nature even as his color perception was fading. He had the courage to find new ways to keep painting.

As winter draws to a close and we look ahead to spring, I hope you follow your curiosities and find new or different ways of seeing, doing and participating that fulfill you.

Warm wishes,

David L Mellman, MD



LETTER FROM JEANNETTE GUERRASIO MD

To Our Patients,

Many of you have spoken about how much you have enjoyed the expansive Monet exhibit at the Denver Art Museum. It reminded me of a recent trip to Paris and Giverny to see the Monet gardens. Most of our family vacations revolve around an athletic event and that year, we had registered to run two races in Paris. At one of the Tea and Talks, I admitted that I don't love to exercise, but that I do it because it is good for my health and I love how exercising makes my body feel the rest of the day. For me, I have found the best way to stay motivated is to pick a race, obstacle course, or hike and to build a vacation around it! Even our recent trip with friends to Scotland started with a climb of Ben Nevis.



Spring is nearly upon us and I'd like to imagine that many of you are dreaming of a Denver version of the Monet gardens. It is such a great time of year to walk through the Botanic Gardens, or to watch the bulbs, seeds and perennials sprout in our own gardens and flower boxes. The peas, carrots, broccoli, cauliflower, spinach, lettuce, onions and rhubarb grow throughout our yard each spring in amply amounts to share with the birds, rabbits and human neighbors.

The transformation from winter to spring is such an amazing time of renewal every year. The plants transform and so do we. It is often a time of personal reflection, reconnection and cultivation – reflecting on the how we engage our energy as the days get longer, reconnecting with more physical activities and the natural world around us and cultivate interests and relationships. Dr. Mellman and I remain here to support your physical and emotional health so that you may thrive through the transition of seasons and of life.

Sincerely,

Jeannette Guerrasio, MD



Upcoming Workshops with Dr. Guerrasio

Workshops are a great opportunity for patients to take advantage of everything our practice has to offer. Complimentary for members, you are encouraged to bring a friend for free. Workshop topics have been selected at the request of patients and carefully crafted by Dr. Guerrasio to both inform and entertain. For access to slides from previous talks as well as book reviews please visit jeannetteguerrasiomd.com

CLASS & LOCATION	CLASS DESCRIPTION
<p>ADVANCED DIRECTIVES</p> <p>DATE: Tuesday, February 14th</p> <p>TIME: 5:30 PM - 7:30 PM</p> <p>RSVP: 720-320-2061</p> <p>LOCATION: Main Office 4700 E Hale Parkway, Suite #300</p>	<p>Advance directives - what they are, and how they are interpreted by physicians who read them.</p> <p>We will cover living wills, health care power of attorney, health care proxies, DNAR and DNR, and more.</p> <p>With Jeanie Youngwerth, MD Palliative Care University of Colorado.</p>
<p>DEPRESSION + ANXIETY</p> <p>DATE: Tuesday, March 10th</p> <p>TIME: 5:30 PM - 7:00 PM</p> <p>RSVP: 720-320-2061</p> <p>LOCATION: Dr. Mellman's House 2031 Forest St, Denver, CO 80207</p>	<p>We will cover the implications of mental health on our well-being and how to best promote and address mental wellness.</p> <p>Discussion on what depression and anxiety looks like in men and women, and how it differs.</p> <p>How does loneliness fit in to depression and anxiety?</p>
<p>WOMEN'S HEALTH FOR MOTHERS AND DAUGHTERS</p> <p>DATE: Tuesday, April 21st</p> <p>TIME: TBD</p> <p>RSVP: 720-320-2061</p> <p>LOCATION: Dr. Mellman's House 2031 Forest St, Denver, CO 80207</p>	<p>This workshop will cover a variety of topics related to women's health, focused on mothers and daughters. Discussions on everything from tips for caring for your skin and improved sleep, easing PMS, and supporting mental well-being.</p> <p>Dr. Guerrasio will also discuss adolescent decision making as it relates to relationships, interests, vaping, alcohol, etc.,</p>
<p>WOMEN'S HEALTH FOR AGES 40-70</p> <p>DATE: Thursday, May 7th</p> <p>TIME: 5:30 PM - 7:00 PM</p> <p>RSVP: 720-320-2061</p> <p>LOCATION: Dr. Mellman's House 2031 Forest St, Denver, CO 80207</p>	<p>This workshop covers a variety of topics related to women's health, focused on women aged 40-70.</p> <p>Discussion includes anti-aging skin tips, managing changes to your vagina, tips for a pleasurable sex life, "when is estrogen the answer?," keeping your bones strong and more.</p>

Testimonials from previous workshops

Real, unexpected bonus to Drs. Mellman and Guerrasio's program. I was impressed with everyone's candor and willingness to talk. I think it would be a mistake not to take advantage of these workshops.

-Mark, 76

A safe space to learn and ask questions about often taboo topics that effect everyone

-Madeleine, 25

Quite interesting and informative. I really liked getting to meet and talk with various members of the office staff and put a face to a voice or name. The feeling I got both times was that we all belonged to a nice group.

-Joan, 78

Very informative, made me feel comfortable to ask candid questions which were answered honestly and comprehensively.

- Camille, 21

Sexual Health Talk with Jeannette Guerrasio, MD

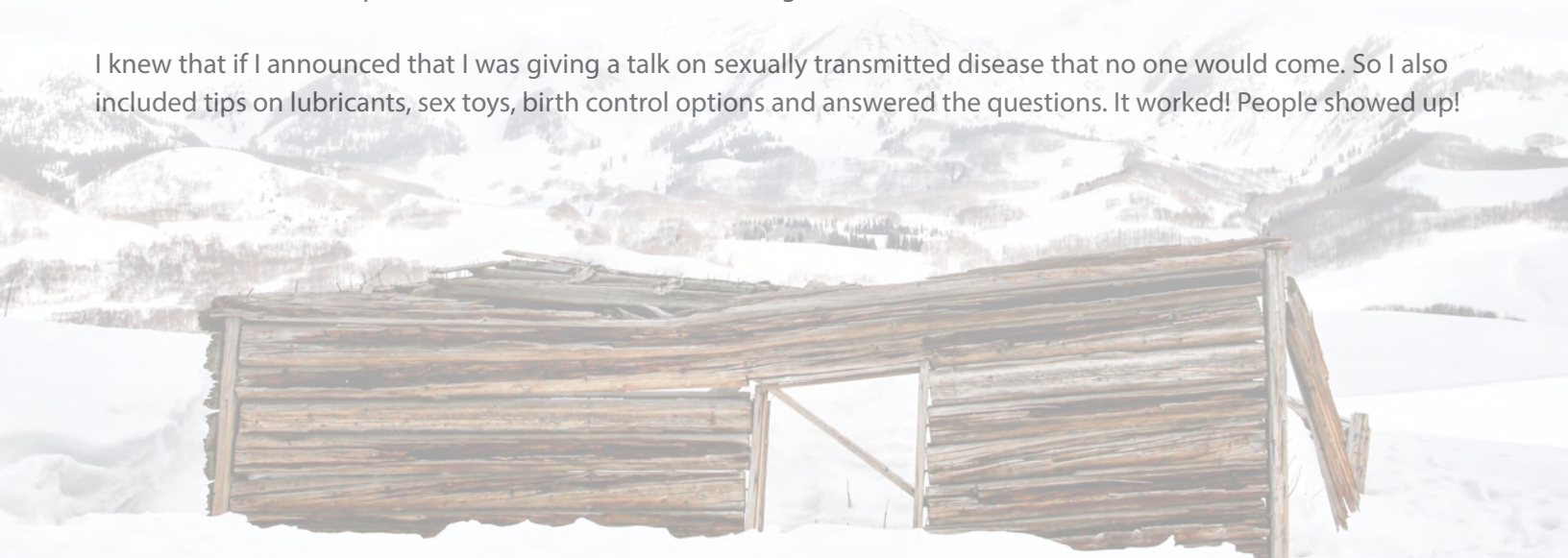
The Center for Disease Control (CDC) sent out a report a few months ago warning that sexually transmitted diseases (STDs), now referred to as sexually transmitted infections (STIs) are on the rise and at an all-time high among females and males in all racial and ethnic group, the majority of whom are young adults. In particular there has been a rise in syphilis, chlamydia and gonorrhea, due to stigma, decreased condom use, changes in sexual practices, decreases in public education and cuts to STD programs.

In choosing topics for talks, my goals are to offer talks that would be beneficial to the community. Given the public health urgency in rising rates of sexually transmitted infections, I decided to put together a talk on sexual health for young adults. We started with a group quiz so that attendees would recognize signs and symptoms of various sexually transmitted diseases in themselves and on their partners.

We then talked about ways to protect oneself from infection through condom use, vaccinations, medications to prevent HIV, partner selection, choice of intimacy practices and commonsense. "Keep the lights on!" generated a lot of laughs, the spread of many disease can be prevented just by looking for them and avoiding contact with those who have them. For example, if someone has a cold sore on their lip, it is likely from the Herpes virus. Wait, 7-10 days for it to go away before you kiss them. This will reduce the risk of transmission. Other sexually transmitted disease like syphilis, chancroid, genital wart, and lice can be reduced just by looking and avoiding contact with others with signs.

We also talked about which sexually practices are the riskiest when it comes to transmitting disease, with kissing and touching being the lowest risk and anything that irritated mucosa (ie. the vagina and especially the rectum) being the highest risk. And most importantly, if you think you have acquired an infection, come to Dr. Mellman or I as soon as possible because most of these diseases are treatable and delayed treatment can affect fertility, cause more serious infection, or scar tissue. That being said, it's is also important to know what is and isn't treatable. Gonorrhea, chlamydia, trichomonas, syphilis, chancroid, pubic lice are all treatable. Herpes is a recurrent viral infection that with treatment can result in fewer or shorter outbreak. HPV, Hepatitis A, and Hepatitis B can be prevented with vaccines. And lastly, even though there is treatment for HIV, I stressed how important it is to avoid. The disease and treatment are not easy and would dramatically change one's life. There is a medication now available to prevent HIV transmission called Prep for individuals at risk of contracting HIV that is 92-99% effective.

I knew that if I announced that I was giving a talk on sexually transmitted disease that no one would come. So I also included tips on lubricants, sex toys, birth control options and answered the questions. It worked! People showed up!



On Diabetes by Barr H. Forman, MD



About Dr. Forman...

Dr. Forman is a board certified endocrinologist and former associate clinical professor of medicine at Yale University School of Medicine and former Chief of Endocrinology at the Yale University, St. Raphael campus. He is a former President of the American Diabetes Association, Connecticut Affiliate. Dr. Forman lives in Denver and is married with two children and three grandchildren.

On Diabetes..

Several years ago, I asked a new patient why they came to see me. She replied “I am a diabetic.” When I told her she was not a “diabetic” she was stunned. I then went on to explain that she was not a ‘sugar molecule’, but rather a person who had diabetes! This approach is not just philosophical, but rather is an important insight. Treating diabetes, of course means controlling blood glucose levels, but the patient may also need discussion and treatment of cholesterol, blood pressure, diet, exercise, motivation, self-glucose management, depression, sleep apnea, family and work dynamics, risk of cancer and many other factors. Discussing and understanding all these and other issues that can affect a patient’s glucose management can lead to better control, lowered cardiovascular risk, better choice of medications and life-style modifications which in turn may improve the patient’s quality of life.

Colorado Center for Medical Excellence offers these “one-on-one” diabetes management sessions that can lead to better blood glucose control, behavior changes and risk reduction. Please discuss with your doctor how these sessions could help you achieve a healthier life.

Barr H Forman, M.D., FAACE
Past President American Diabetes Association, Connecticut Affiliate

Nutrition Corner by Kelly Dwyer, MNT



What is a nutrition evaluation and why do I need it?

Some patients look forward to their annual nutrition appointment and arrive with a list of food-related questions for me. (I love when this happens!) Unfortunately, some patients delay or dread this visit. “I eat pretty well,” they may tell me – so they don’t see value in a meeting.

Others expect I’ll scold them for last week’s Voodoo Doughnut, or that I’ll hand them a prescriptive diet plan that takes all the fun out of life. And still others say they want to see me, but they’re too busy right now to work on their nutrition.

If you’ve put off your nutrition evaluation for any reason, I want to share a few thoughts that I hope will change your mind. May you take deep breaths, chew well and savor every bite.

- I start each meeting asking about **your nutrition and health goals**.
- I recognize change doesn’t happen overnight! I encourage taking **small steps** toward a larger goal(s). Small steps are easier to manage and before you know it, add up to meaningful, lasting change.
- Good nutrition is about more than improving your lab markers. Food holds huge potential for helping us **feel better** – r.e. energy, sleep, mental focus, weight loss, mood and pain management.
- There’s **no one-size-fits-all** diet or way of eating that’s perfect for everyone. My recommendations are customized to your health status and your goals.
- Each of us has room to grow with nutrition – not just in what we eat but **how** we eat – changing our relationship with food.

Upcoming Classes

CLASS & LOCATION	CLASS DESCRIPTION
<p>FATS: THE GOOD, THE BAD & THE UGLY</p> <p>DATE: Monday, March 23, 2020</p> <p>TIME: 5:30 PM - 7:00 PM</p> <p>RSVP: 720-320-2061</p> <p>LOCATION: Main Office 4700 Hale Parkway, Suite #300</p>	<p>Are you confused about all the fuss over fats? Wondering which fats are good for you and which aren't? Or how much fat to eat? We'll talk about the good, the bad and the ugly in the world of fats, and why it matters to your health. It's all in the science! Kelly will discuss:</p> <ul style="list-style-type: none">• the best fats to use in cooking• how healthy (and tasty!) fats can aid in weight loss• the role of fats in brain, heart and hormone health <p><i>There is no charge for the workshop. Guests are welcome for \$20.</i></p>
<p>SPRING GARDEN PARTY & TEA</p> <p>DATE: Tuesday, April 28, 2020</p> <p>TIME: 2:00 PM - 4:00 PM</p> <p>RSVP: 720-320-2061</p> <p>LOCATION: Dr. Mellman's House 2031 Forest St, Denver, CO 80207</p>	<p>Ah, spring! Please join us for a garden party to celebrate the sun and blooming flowers.</p> <p>Lisa Davis, master gardener, will answer gardening questions and offer veggie and flower gardening tips for beginners and experts alike and gardens large and small.</p> <p>Kelly Dwyer, nutrition therapist, will discuss how eating local and seasonal foods – whether from your backyard or the local farmer's market – supports health.</p>
<p>GROCERY TOURS</p> <p>DATE: Thursday, March 5, 2020 TIME: 10:30 AM - 12:30 PM LOCATION: Whole Foods (meet in cafe) 2375 E 1st Ave, Denver, CO 80206</p> <p>DATE: Thursday, April 2, 2020 TIME: 10:30 AM - 12:30 PM LOCATION: Natural Grocers (community room) 4500 E Alameda Ave, Denver, CO 80246</p>	<p>We will tour the grocery's fresh departments and a few aisles. Learn about quality meat and seafood sourcing, when buying organic really matters and how to read food labels.</p> <p>RSVP: 720-320-2061</p> 