



Modern medicine, old-fashioned care.

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Modern medicine, old-fashioned care.

THE *Wellness* REPORT

Spring 2016

The Plant-Based Diet

Presenters:
Doug and Bev Goldie
Career Educators

June 28, 2016
1:00 pm – 3:00 pm
Olympic Medical Park
840 N 5th Ave, Sequim
Second Floor Conference Room



- Many studies show that The Standard American Diet is strongly associated with chronic diseases and illnesses such as heart disease, cancer, diabetes, hypertension, and obesity.
- Many of these diseases are termed "life-style diseases" and are preventable.
- Misconceptions about being vegan/vegetarian, as well as rationales for how it can solve the five basic food (and ecological) problems of the planet will be presented.
- A plant-based diet is good for your health, the environment, your bank account, and for animals!

Refilling Your Prescription...

PreAuthorization –

More and more, insurance companies are requiring prior authorization for medications. This might occur even if you have previously been taking the medication. The process can take up to 72 hours to receive a response from your insurance company. Be assured, we will work diligently on our end to obtain the approval.

Prescription Insurance Card –

It is important that you provide us with your Prescription Card so we have the necessary information to process your medications efficiently. At your next visit, please make it available at check in.

Refills –

It is important to us that you get your medication refilled quickly and easily! With the help of computers, getting your refills electronically gets the job done. Calling us when you need a refill has become the **least** efficient way. To accommodate the changes, our policy for handling refills has now been modified. Our staff will be working diligently to enforce the policy change to make this transition as smooth as possible. Please note the following changes:



REQUESTING REFILLS:

- Request a refill when you are down to a 7-day supply. We do not want you to run out.
- Request your refill by **calling your pharmacy...** Please do not contact us. Your pharmacy will notify us electronically with the details required for your doctor to approve or deny. We strive to respond to all refill requests within 24 hours. If your pharmacy says that we have not responded, please request that they call us. We are just a phone call away!
- Request your refill by calling your pharmacy even if your prescription states no refills. They will ask if you would like them to contact your doctor and if you say yes it will start the process. This will still be the quickest way to refill your prescription.

We appreciate your patience in this process. As times are changing and we are relying on the help of computers, we really want to make sure your prescriptions are handled in the most efficient way.

Friendly Reminder



Please be sure that only non-urgent emails are sent to the general office inbox at pam@sequimmed.com. This is especially true on Fridays. On occasion, we have found emails in our SPAM folder and/or have been unable to reply promptly

We want get you what you need in a timely manner! If you need an appointment or medication refill, we encourage you to call the office.

✓ **Check out this website:**
www.Pollen.com

*Tell us
how we're
doing...*

24 HOURS A DAY, 7 DAYS A WEEK...

(360) 582-2850

www.sequimmed.com

OFFICE HOURS: MONDAY-FRIDAY 8:00 am to 4:30 pm
APPOINTMENTS: (360) 582-2850
AFTER HOURS: (360) 582-2850 or (888) 810-3116 (urgent care)
FAX: (360) 582-2851
EMAIL: pam@sequimmed.com
REFILLS: CALL YOUR PHARMACY
EMERGENCY: **DIAL 911**

FROM THE DESK OF
Samatha Reiter, M.D.



So, What's the Skinny on Fat?

Since the 1960's, Americans have been told to limit their intake of cholesterol and fats, in particular saturated fats which are found mainly in animal foods. Eggs were demonized and butter was replaced by margarine, the "heart-healthy" alternative, or so it was believed. It turns out that margarine contains *trans fats* which have been associated with an increased risk for cardiovascular disease (CVD) and should be avoided.

Since then, diets seem to have polarized into the "low-fat" and "low-carb" camps, but it's not as simple as that. Rather than emphasizing individual nutrients, it may be more useful to focus on dietary patterns. When talking about nutritive value, there are no absolutes. There are 3 macronutrients in our diets: carbohydrates, fats and protein. Whether a food is "healthy" or "less healthy" depends upon what food you are comparing it to. Another reason it can be misleading to lump macronutrients into these 3 groups is that all carbs are not created equal, and the same can be said for fats.

Saturated fatty acids (SFAs) have been shown to raise LDL cholesterol and increase risk for cardiovascular disease, which is why for decades it was recommended to limit their intake. More recent data challenges the assumption that SFAs are "bad" and show no link between SFA intake and risk for CVD. This is a controversial area and in need of more well-designed randomized clinical trials (RCTs) to objectively resolve. To complicate things further, SFAs are not all the same. Their effects are complex and varied. They don't just affect the LDL level - they can affect particle size, HDL and triglyceride levels to different degrees. Taken all together, it is really not clear which ones are better or worse at this time.

To say whether limiting saturated fat is healthy or not depends on what foods it is replaced with. If replacing SFAs with carbohydrates, there is no health benefit and possibly increased rates of obesity, high triglycerides and type 2 diabetes. If replacing them with polyunsaturated fats, especially the healthy omega-3s, there can be significant benefits to cardiovascular health.

Fats from dairy products may be different. They do not appear to increase risk of CVD, and they are associated with a lower risk of type 2 diabetes. One reason that dairy products may be protective is that they contain odd-chain SFAs such as pentadecanoic acid (15:0) which are associated with less CVD. Humans cannot make odd-chain SFAs, so they are only in your body if you are eating dairy fat.

CARBOHYDRATES are broken down and released into the blood stream as glucose (sugar) and stored in the liver as glycogen. If we take in more carbs or sugars than our body needs, then it is converted and stored as fat.

Just as we saw with fats, all carbohydrates are not equal. One way to compare them is the Glycemic Index (GI). The GI is a measure of how much a food increases the blood glucose level. Typically, whole grains have a lower GI and refined grains have higher GI. But these

values are not always intuitive, so it is best to look at a chart to see the measured GI for various foods that you eat.

Unfortunately, there is a lack of good-quality randomized, controlled clinical trials (RCTs) that study the effect of dietary interventions on meaningful outcomes such as heart attacks or strokes. Many studies look at surrogate end-points such as blood pressure or cholesterol which is useful in directing future studies, but that is one step short of looking at actual cardiovascular events or reversal of plaque buildup in the arteries. The bulk of studies in the field of nutrition are *observational studies*, many of which are poorly controlled. These studies are inherently subject to bias which can be misleading. They can show "correlations" but cannot tell whether this is due to coincidence or cause-and-effect. This leaves the field of nutrition wide open to speculation and those who promote various cult-like diets, making incredible claims about dramatic weight loss and health benefits which are far from proven.

We do have results from one large, high-quality RCT, called PREDIMED, published in 2013, which showed that people who ate a Mediterranean-style diet with emphasis on extra-virgin olive oil or nuts had less coronary disease than those on a low-fat diet. A Mediterranean-style diet emphasizes vegetables and fruits, legumes, whole grains in place of refined grains, more fish and less red meat, and the predominant use of olive oil for cooking.

So, what can we do while we wait for more RCTs to help guide our recommendations? Rather than emphasizing "good" and "bad" foods, we should be emphasizing increasing healthy foods and whole dietary patterns. We should eat more 'real' foods and avoid highly processed foods and refined grains. We should eat more plant-based foods, whole grains, vegetables, legumes and fruits. For those who aren't vegetarian, we should eat more fish and less red meat.

And don't forget that overall health is not determined by diet alone. Exercise, adequate sleep, stress reduction, avoiding smoking and limiting alcohol are all important factors in optimizing one's health.

Saturated fats – cheese, milk, butter, red meat.

Monounsaturated fats include canola, olive and sunflower oils, nuts and nut butters, peanuts, avocado, olives, sesame seeds and tahini.

Omega-6 Polyunsaturated fats plant-based safflower, sunflower and corn oils, mayonnaise, nuts, chicken, peanuts.

Omega-3 Polyunsaturated fats: plant and animal Canola, soybean, flaxseed, and walnut oil, wheat germ, vegetables of cabbage family, seafood, fatty fish.

Trans fats: Stick and full-fat margarine; commercial baked goods; deep fried foods.

Medical Equipment Loan Closet...

Soroptomist group has a variety of donated medical equipment they are willing to loan out. Please call them if you are in need of a wheelchair, walker, commode etc. Their phone number is **360-504-0231**.



How can you help us be more efficient?

- Call before just showing up.
- Please prioritize your list of questions and concerns to present at the beginning of your next visit.
- Bring current medication list.



Billing your physical and lab work ♦♦♦

• Per insurance guidelines, your physical may be billed with multiple codes. For the information gathering and establishing a preventative plan, a Wellness Exam is coded and billed. In addition, if you have symptoms or diagnosis requiring medical review, an office visit will be coded with the appropriate diagnosis codes and billed. Each test/procedure will also be coded and billed.

• Labs are NOT routinely done prior to your physical appointment. This is because insurance requirements are very strict regarding documented medical necessity for all tests ordered by your physician. To meet these guidelines, your lab tests will be ordered at your appointment for your physical. If for some reason you feel tests are needed before you see your doctor, you will need to contact our office. We will then have your doctor confirm there is sufficient documentation in your medical chart and if found, the order will be created.

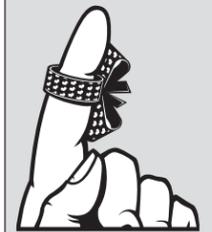


Update

Due to the number of Protime patients Haley is now managing, she has moved from a first come, first served basis to scheduled appointments. We want to thank our Protime patients for their patience and understanding as she has made this change. We are happy to report both our patients and Haley are equally happy with the schedule!

Checking In...

Our reception desk can get quite congested. Thank you for respecting the privacy of others while you wait to check in. When it is your turn, please be sure we know you are here and help us keep your information up to date by providing Sara with your current insurance information, phone numbers, addresses, emergency contacts and pharmacy of choice.



Remember...

We're here to provide you quality healthcare. Part of our job is to educate and assist you with your healthcare needs. Use the numbers below to get in touch with the people who can answer your questions.

Office 582-2850

Office Fax . . . 582-2851

After Hours
(Urgent Care) 582-2850
or 888-810-3116

Email:
pam@sequimmed.com
FOR NONURGENT NEEDS ONLY

Monthly Fee Questions,
Kitty 582-2850

Insurance Billing
Questions
Deck 582-2850

Protime/Cholesterol/
Hemoglobin A1C
Mon, Wed & Fri
8-12, 1-4
Haley 582-2850

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