



Modern medicine, old-fashioned care.

O M C
Medical Services Building
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Suite 2100
Sequim, WA 98382
(360) 582-2850

*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
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THE *Wellness* REPORT

Fall 2017

Thank You!

We would like to give a BIG THANK YOU to Lawrence and Betty Kettel for the beautiful flowers we receive weekly every summer. The bouquets come with an assortment of the most colorful flowers. It is always a bright spot on our sometimes extremely busy Monday. Our patients enjoy them as much as we do. Thank you again. You are greatly appreciated.



Recent Notices from MyChart...

Many of you recently received notices from Olympic Medical Center regarding your immunizations. It was an auto generated notice sent out to everyone who has access to MyChart and was not initiated by our office. This was generated in error and can be disregarded. Please check with your provider at your next exam if you have any questions.

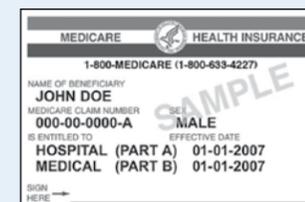
Flu Season... Get Vaccinated!

Sequim Medical Associates will be providing flu shots at your scheduled visit beginning October 1st. The vaccine loses its effectiveness after 6 months so getting too early is not advised.

For your added convenience, we will also have a dedicated nurse available on Tuesdays and Thursdays for the month of October from 8:00 to 11:00 for administering the vaccine as well on a first come, first serve basis.

New Medicare Cards— April 2018

New cards will no longer contain Social Security numbers, to combat fraud and illegal use.



CMS is readying a fraud prevention initiative that removes Social Security numbers from Medicare cards to help combat identity theft and safeguard taxpayer dollars. The new cards will use a unique,

randomly-assigned number called a Medicare Beneficiary Identifier (MBI), to replace the Social Security-based Health Insurance Claim Number currently used on the Medicare card. CMS will begin mailing new cards in April 2018 and will meet the congressional deadline for replacing all Medicare cards by April 2019.

Please be sure to bring in your new cards for us to copy and any other new insurance cards you may receive.

Navigating through the Cancer Center

PRESENTER:

Mikel Townsley, BA
Patient Navigator

October 24, 2017
1:00 – 3:00 pm

Olympic Medical Park
840 N 5th Ave, Sequim

Second Floor Conference Room

TOPICS TO BE DISCUSSED:

Support Networks while undergoing therapy
Communicating with your Provider
Oral Chemotherapy Chemo Assistance
Transportation Assistance
Financial Assistance
Navigating the Cancer Clinic
Auxillary Support and Referrals
Refreshments Served

Please call Sara at
582-2850 to sign up.

Family and friends welcome....

Prolia & Reclast Injections

Due to recent changes at the Cancer/Infusion Center the injections can no longer be given in Sequim. All injections will now be given in the Short Stay department at Olympic Medical Center in Port Angeles.



Does Your Gut Seem to Have a Mind of Its Own?

Irritable Bowel Syndrome (IBS) is a chronic condition of recurrent abdominal pain that happens with a change in bowels – either diarrhea or constipation, or alternating between the two. Painful cramps, bloating and gassiness are also common. Symptoms can fluctuate from day to day, sometimes being mildly annoying, and other times making it difficult to function.

No one knows what causes IBS, but it is common, affecting about 10-15% of us. It used to be called “spastic colon” because some patients seem to have excessive muscle contractions of the intestinal wall which are painful. There is also evidence of abnormal motility of the bowel — too slow in those with constipation or too fast in those with diarrhea.

Some studies have found IBS patients to have hypersensitivity of the gut, where normal sensations of gas or intestinal movement seem to cause discomfort or pain. IBS has been described as a disorder of the gut-brain interaction. It’s well known that emotional stress can cause IBS symptoms to flare. This is partly because the nerves in your gut communicate with your central nervous system and vice versa.

Recently, there has been a lot of interest in the “microbiota”- bacteria and other organisms that colonize our GI tract. They digest and metabolize nutrients in our gut, producing gas as a byproduct and also molecules that then interact with our immune system. The normal gut “flora” is different between individuals and is affected by our lifestyles, our diets, infections and antibiotics. Changes in the microbiota can affect our immune system and our health.

If you suffer from IBS symptoms more than 3 times per month and it has been going on for more than 3 months, then you should see your doctor — not just for help with symptom control but to be sure there are no physical exam findings or symptoms that suggest another disorder.

Symptoms NOT typical of IBS:

- Unexplained weight loss
- Fever
- Blood in stool
- New-onset, progressively worsening symptoms.
- Onset after age 50
- Onset after recent antibiotic use

TREATMENT OF IBS. Many patients can manage their symptoms with lifestyle, dietary changes, and OTC medications. There is often a process of “trial and error”, so it can be helpful to keep a diary of symptoms, foods and other things that could be triggers.

Lifestyle changes can have real effects on IBS symptoms.

EXERCISE regularly, get adequate SLEEP, and find ways to reduce or manage your stress.

If your emotional stress can cause hormones and nerves to irritate your bowel, then it makes sense that you can also use your brain to calm your bowel. Studies have shown that Cognitive Behavioral Therapy (CBT) by a trained therapist is effective at reducing IBS symptoms.

If someone also suffers from depression or anxiety, then treatment of those disorders with counseling and/or medications (TCAs or SSRIs) can also help the IBS symptoms.

CONSTIPATION. First, reduce any medications or supplements that cause constipation — such as opioids, iron supplements and calcium carbonate. Drink lots of fluids. Avoid low-fiber foods. Try Senna, an OTC contact laxative. Or, if that’s not enough, try an osmotic laxative such as Miralax.

DIARRHEA. The first and easiest thing to do is increase fiber in your diet or add a fiber supplement such as psyllium, Metamucil, Benefiber, Citrucel, FiberCon and others. Be careful to increase fiber in your diet gradually — a sudden, large increase can cause gas formation and cramping.

Decrease or eliminate CAFFEINE.

Decrease or eliminate ALCOHOL.

Avoid excess FATS. This is especially important if you have had your gallbladder removed. In that case, the Rx cholestyramine may help reduce diarrhea by binding bile acids.

TRIAL of a lactose-free diet. Do a strict 2-week completely dairy-free diet. No milk, cheese, yogurt, cream cheese or ice cream. Once you confirm that you are sensitive, then you may find that you can tolerate small amounts of dairy with Lactaid pills or certain cheeses.

TRIAL of a gluten-free diet. You can do a strict 2-week trial eliminating gluten or wheat-products. But if you suspect a sensitivity to gluten or wheat-products, it is important to rule out Celiac disease and get a definitive diagnosis. Blood test results and biopsy of the small bowel are most reliable when you still have wheat in your diet.

Loperamide (Imodium) is an OTC anti-diarrheal agent that slows down gut motility. It is not absorbed from the gut and is safe to use. It can be used as needed or taken regularly, depending on your symptoms.

PAIN. Reducing gas-producing foods in your diet may help improve symptoms (such as carbonated beverages, cabbage, broccoli, cauliflower). If you have painful spasms, your doctor may prescribe an antispasmodic such as dicyclomine or hyoscyamine.

Beware Sugar Substitutes! Artificial sweeteners such as sorbitol, xylitol, Splenda, even Stevia can cause bloating, gassiness, and sometimes diarrhea. They are in sugar-free foods, gum, and mints. They may also be hiding in your fiber supplement!

TRIAL of Probiotics. These are microorganisms similar to those that occur naturally in our gut. Although promis-

Continued top of next page

ing and reasonable to try, we don’t currently have good evidence to guide us for their use in IBS. The mechanisms of action are complex and the effectiveness can vary between species and dosages and specific diseases. In general, a broad-spectrum combination of species and a dose of 5 billion colony-forming units or more per day may be more effective. You should try to use brands that have been tested by an independent third party.

The Low FODMAP diet. Although there is evidence for a low-FODMAP diet with Inflammatory Bowel Disease, it is not well-studied in patients with IBS. It is not generally recommended as it is very restrictive and eliminates many healthy foods and sources of nutrition and fiber. BUT one approach may be do a short-term trial and add back groups of foods one at a time to see if symptoms recur. Specifics of this diet are beyond the scope of this article.

Herbs and Supplements used for IBS:

Peppermint oil may help with abdominal cramps because it relaxes smooth muscle. But be careful if you suffer from GERD (gastro-esophageal reflux disease) because peppermint can also relax the sphincter at the entrance to the stomach. That means stomach acid and contents can reflux up into the esophagus more easily causing heartburn.

Unproven: Chamomile tea is of unproven benefit in irritable bowel syndrome. It can worsen allergies in people with grass allergies. Evening primrose oil, and fennel seeds are of unproven benefit.

Potentially unsafe: Wormwood is of unproven benefit and can cause damage to your nervous system. Comfrey is of unproven benefit and can cause serious liver problems.



Emails to the Clinic...

- E-Mails to the clinic should be addressed to pam@sequimmed.com.
- This is to be used for **non-emergent** issues only.
- Please do not e-mail the clinic for any urgent issues.
- We monitor this e-mail address daily
- Our e-mail address is not a secure site and It is still best to call the office for any issues or questions you are needing answered in a timely matter

This recipe is from a book called *Eating Well through Cancer. Awesome book!*

Chicken Pot Pie

Ingredients

- 1 cup diced carrot
- 1 cup sliced mushrooms
- ½ cup chopped celery
- ½ cup frozen peas, thawed
- ¼ cup finely chopped onion
- ¼ cup all-purpose flour
- 1 (12-ounce) can evaporated skimmed milk
- 2 cups diced cooked skinless, boneless chicken breasts
- ½ teaspoon pepper, optional
- ½ teaspoon dried thyme leaves
- 1 cup self-rising flour
- 1 tablespoon canola oil
- ½ cup skim milk



Directions

Preheat oven to 450 degrees. Coat a large skillet with nonstick cooking spray and place over medium-high heat. Add the carrots, mushrooms, celery, peas and onion and sauté 5 minutes, or until the vegetables are tender. Stir in the all-purpose flour. Gradually add the evaporated milk, stirring until the mixture thickens. Stir in the chicken, pepper, and thyme. Transfer the mixture into a 9-inch pie plate coated with nonstick cooking spray. Place the self-rising flour in a small bowl; cut in the oil with a pastry blender or two knives until the mixture is crumbly. Gradually add milk, stirring just until the ingredients are moistened. Drop the dough evenly by spoonful onto the chicken mixture. Bake, uncovered for 15 to 20 minutes, or until the crust is golden.

Nutritional information per serving: Calories 273, Protein (g) 24, Carbohydrate (g) 33, Fat (g) 5, Cal. From Fat (%) 15, Saturated Fat (g) 1, Dietary Fiber (g) 2, Cholesterol (mg) 42, Sodium (mg) 414, Diabetic Exchange: 2 very lean meat, 1.5 starch, 0.5 skim milk, 1 vegetable



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
Timmi 582-2850

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

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