

# PLATEAU VALLEY CLINIC NEWS

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May 2010

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*Specializing in Wellness,  
Medical Illnesses &  
Emergency Services*

### **CLINIC SERVICES**

*Laboratory  
Pharmacy  
Digital X - Ray & EKG  
Urgent Care*

- *Fractures*
- *Lacerations*
- *Medical Emergencies*

### **PROVIDERS**

*Physical Therapist  
Massage Therapists  
Acupuncture  
Rolfing  
Hospice*



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## Plateau Valley Gets Digital X-Ray Processing

Both the Mesa and Collbran offices just installed digital x-ray processing systems. That means no more films and no more chemicals! Yeah!

We can now get even better quality images and instantly send them to our radiology or orthopedic colleagues for consultation.

The district received \$70,000 toward the new systems via a grant that was written by Dr Woodyard, with the rest of the cost paid by the district. The \$100,000 in machines enables us to take more difficult x-rays such as the spine, pelvis and neck.

## Are Your Foods Killing You?

Believe it or not most of us have varying degrees of health problems caused by the foods we eat. Food intolerances or allergies can lead to many common symptoms and diseases, and surprisingly many foods we think of as healthy are common culprits. Moreover, these foods are often ones we frequently eat.

When I say “allergies”, most people, and doctors, think of the originally described hypersensitivity reaction that involves the “immediate” immune reaction. This is an obvious reaction such as getting stung by a bee and noting immediate swelling and redness, or eating something that causes immediate swelling in the throat or generalized itching. These reactions are mediated by an antibody called IgE. Common skin tests for allergies will test this reaction.

In truth, there are three other immune reactions, and one of them takes 12-72 hours to really get going after a trigger is encountered. The main antibody is called IgG and can be tested in a blood sample. We refer to food allergies as “intolerances” or “sensitivities” but this is all semantics – they are in fact hy-

persensitivity reactions that stimulate an abnormal immune system response. I call them “delayed food allergies”.

The common symptoms caused by delayed food allergies are brain fog, fatigue, nasal congestion, indigestion, gas, bloating, diarrhea, rashes and joint aches. We also see mood changes such as depression, and attention-deficit or hyperactivity in children. Even weight gain is caused by food allergies – I’ve had numerous patients lose 5-10 pounds within a few weeks of removing certain foods from their diet.

Another amazing result of food allergies is their connection to diseases, particularly autoimmune diseases. We now know that in order to get certain autoimmune diseases, such as Hashimoto’s Thyroiditis, type-1 Diabetes, or Lupus, you must have the right genetics. But not everyone with the right genetics will get these diseases. You must have a “trigger” that causes an abnormal immune response, which will then overwhelm and confuse the regulating part of your immune system, allowing the appearance of antibodies that begin attacking your own body.

About 75% of the time the trigger for autoimmune disease begins in the gut,

# DOCTORS' OFFICE SCHEDULE

## May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SR
2 SR	3 SR	4 SR	5 EW	6 EW	7 EW	8 EW
9 EW	10 EW	11 EW	12 SR	13 SR	14 SR	15 SR
16 SR	17 SR	18 SR	19 EW	20 EW	21 EW	22 EW
23 EW	24 EW	25 EW	26 SR	27 SR	28 SR	29 SR
30 SR	31 SR					

## June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 SR	2 EW	3 EW	4 EW	5 EW
6 EW	7 EW	8 EW	9 EW	10 EW	11 EW	12 EW
13 EW	14 EW	15 EW	16 SR	17 SR	18 SR	19 SR
20 SR	21 SR	22 SR	23 EW	24 EW	25 EW	26 EW
27 EW	28 EW	29 EW	30 SR			

## July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SR	2 SR	3 SR
4 SR	5 SR	6 SR	7 EW	8 EW	9 EW	10 EW
11 EW	12 EW	13 EW	14 SR	15 SR	16 SR	17 SR
18 SR	19 SR	20 SR	21 EW	22 EW	23 EW	24 EW
25 EW	26 EW	27 EW	28 SR	29 SR	30 SR	31 SR

## August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SR	2 SR	3 SR	4 EW	5 EW	6 EW	7 EW
8 EW	9 EW	10 EW	11 SR	12 SR	13 SR	14 SR
15 SR	16 SR	17 SR	18 EW	19 EW	20 EW	21 EW
22 EW	23 EW	24 EW	25 SR	26 SR	27 SR	28 SR
29 SR	30 SR	31 SR				

**Appointments: 487-3565 (Collbran) 268-5054 (Mesa) – After Hours Urgent Care: 248-0222**  
 Doctors available for emergencies 24 hrs/day, 7 days/wk. (Above schedule subject to change)

## Business Section

### Insurance Questions.

Please bring your insurance card on the day of your appointment. Changes to insurance plans effect our ability to bill effectively. Obtaining up-to-date information allows us to prevent any problems to our patients and saves us valuable time and cost in the billing and collections process.

### Appointments.

Please remember to try to call at least 24 hours in advance should you need to cancel an appointment. This allows us time to schedule someone else in the vacant slot. Thanks!

### Missed Appointments

Missed appointments without notice do not allow us time to schedule another patient. **Missed appointments without adequate notice will be charged \$50.** This can not be charged to the insurance company. It will be the patient's responsibility. Please let us know as soon as you know when you can not make your appointment. We will be happy to reschedule to another opening.

## Mission Statement

The Mission of the Plateau Valley Hospital District is to provide family practice / 24-hour urgent care medical services and health related community resources to citizens of and visitors to Plateau Valley and those of surrounding communities through the provision of an adequately and equitably funded, community owned, medical facility operated by licensed physicians and qualified staff and paid for with public and private financial resources and fees.

## Are Your Foods Killing You?

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and most of that is food allergy related. Other known triggers for autoimmune disease include "leaky" gut, bacterial imbalances in the gut, chronic infections, heavy metal build-up, hormone imbalances and stress. If you can find and remove the trigger in time, you can reverse the disease!

Some foods can literally cause holes in gut lining, known as "leaky gut", which will allow large proteins and toxins to leak from the gut into the bloodstream causing an immune reaction. Foods such as the **nightshade** family (e.g. tomatoes, peppers, potatoes) can cause "leaky gut" due to breakdown of the proteins that hold gut cells together. Other food families such as chickpeas (*Cicer arietinum*), soya beans (*Glycine max*), lucerne (alfalfa) sprouts (*Medicago sativa*) and varieties of *Phaseolus vulgaris* (navy beans, haricot beans, kidney beans) contain **saponins** which can also cause

"leaky gut" by literally punching holes in the gut.

The most common food allergies are to **wheat, corn, soy, egg, dairy, sugar and yeast.** Any food can be an allergen, but these top the list. One can simply eliminate these foods from their diet and see if they feel better. This is called an "elimination diet". After about a month, a "food challenge" can be done by reintroducing the foods, one at a time for several days, to see if any symptoms return.

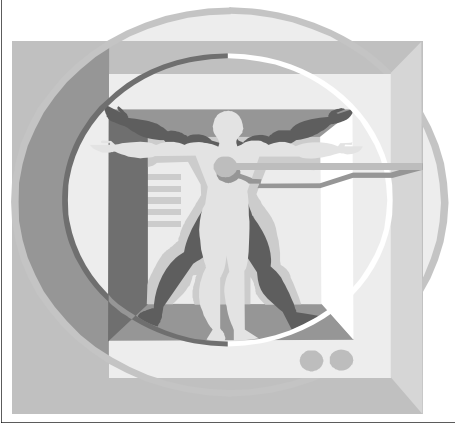
Celiac disease is a classic food allergy syndrome in which the allergy is to gluten, a protein found in wheat, barley and rye. Celiac is perhaps the most well-known food allergy and its link to autoimmune disease is finally becoming more established in the conventional medical literature.

The best way to determine if you have food allergies is to get a blood test for IgG antibodies to foods. Over the years I have used 7 different labs for these tests, and I've come to the conclusion that they are not equal in their accuracy. Some labs we tested with the same blood

sent as two "fake" patients and found the results quite different. Other labs don't have the sensitivity to accurately pick up the abnormal antibodies.

My favorite lab for food allergy testing is *Immunolabs* ([www.immunolabs.com](http://www.immunolabs.com)). They have been doing only food allergy tests for over 30 years, are the most accurate, and their follow up literature and technical help are unsurpassed. You can go online and take a symptom questionnaire to see if you might have food allergies. The cost is about \$350 for the standard 154 food panel, and we often add specific tests for celiac disease and Candida.

Food allergy testing is easy and I recommend it to everyone. We have seen hundreds of patients undergo amazing recoveries after years of struggling to find an answer to their health problems. We have a special food allergy program that involves testing and follow up medical and nutrition counseling.



Plateau Valley Hospital  
District  
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Collbran, CO 81624

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**PLATEAU VALLEY CLINIC NEWS**

A service of the Plateau Valley Hospital District  
Written and produced by Dr. Rollins

**Plateau Valley Medical Clinic (COLLBRAN Office)**

58128 Highway 330, Collbran, CO 81624  
Phone: 970-487-3565 Fax: 970-487-3568

**Regular Appointments**

Monday-Friday 9 am - 5 pm

**Plateau Valley Medical Clinic (MESA Office)**

11011 B Hwy 65, Mesa, CO 81643  
Phone: 970-268-5054 Fax 970-268-5075

**Regular Appointments**

Mon, Wed, Sat 1:30 pm - 5 pm

**After Hours Answering Service 248-0222**

(24 hr/day, 7 days/week)

AFTER HOURS VISITS AT COLLBRAN OFFICE

***Medicare will not cover annual physicals.***

***Medicare will cover routine check-ups for chronic medical illnesses such as diabetes, hypertension or arthritis...***

**Insurances will not cover sports physicals or DOT (CDL) physicals.**

**Some insurances will cover annual well child physicals or annual physicals for adults under age 65. Check with yours...**

**We will perform sports physicals at *no extra cost* if your child is here for a annual well child check-up.**

**We will perform DOT physicals at *no extra cost* if you are here for an annual physical.**

**We are an equal-opportunity employer.**