

# PLATEAU VALLEY CLINIC NEWS

Volume 7, Issue 1

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**Scott Rollins, MD**  
**Erika Woodyard, MD**  
**Lynda Walters, MD**

*Specializing in Wellness,  
Medical Illnesses &  
Emergency Services*

## **CLINIC SERVICES**

Laboratory

Pharmacy

X-Ray & EKG

Urgent Care

- Fractures
- Lacerations
- Medical Emergencies

## **PROVIDERS**

*Physical Therapist  
Massage Therapists  
Hospice*



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## **How to Choose A Supplement (part 2)**

In part 1 we reviewed *why* to supplement and some broad guidelines. In future issues we will cover 4 areas in more detail: oxidation, inflammation, glycation and methylation. For part 2 let us examine the role of oxidation in diseases and the aging process.

**Cellular respiration** is the process by which we break down glucose into water and carbon dioxide, releasing energy. This occurs deep in our cells in the mitochondria, the “generator” for cellular energy. Along the way, packets of energy called “electrons” are passed along a complex chain of chemical steps, eventually producing an energy storehouse known as adenosine-triphosphate (ATP). As these electrons are passed along, some chemicals give up electrons, which is **oxidation**, and some accept electrons, which is reduction. This constant reduction-oxidation (redox) process is “cellular respiration”. The energy stored as ATP is later used to power the bodily functions.

The problem begins when some of these electrons escape the normal chain of events and react with ambient oxygen, creating toxic oxygen **free radicals**. These are very unstable and aggressively react with other molecules in the cell. Like sparks flying out of a fire, the free radicals damage whatever is in the immediate area. Sometimes this is the cell wall, or critical enzymes and proteins in the cell, or even the cellular DNA.

There are also free radicals that

come from outside our body, such as hydrocarbons, pesticides, smog, cigarette smoke and metals like lead and mercury.

**Anti-oxidants** donate an electron to neutralize and “snuff out” free radicals. The anti-oxidant sacrifices itself as it then becomes oxidized and must be replenished. We have a tremendous built in system of anti-oxidants and get many more through or diet. Our “built-in” anti-oxidant systems fade with normal aging and our diets are not providing the amounts of anti-oxidants necessary to prevent oxidative damage.

Once the process of oxidation begins to overwhelm our ability to stop it, the damage begins, and along with it the process of degenerative diseases and aging.

Anti-oxidants like super-oxide dismutase (SOD), glutathione and n-acetyl cysteine (NAC) are made within our bodies, while others must be obtained through diet, such as Vitamins A, C, E and the many bioflavonoids from fruit and vegetable sources. Minerals like selenium, manganese, copper and zinc are not anti-oxidants but are a vital part of the systems.

It is critical to appreciate that anti-oxidants work in different parts of the body. For example, CoEnzyme Q works deep in the mitochondria helping with the electron transfers. Vitamin E and pomegranate are two that love fats and work well in fat-areas like cell mem-

*(Continued on page 3)*

# DOCTORS' OFFICE SCHEDULE

## January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 EW	2 EW	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

## February 2009

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

## March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SR	2 SR	3 SR	4 EW	5 EW	6 EW	7 EW
8 EW	9 SR	10 SR	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				

## April 2009

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

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

## Business News: Mesa Clinic, Insurance, Appointment protocol

### Mesa Clinic

The Mesa Clinic is open Monday, Wednesday and Saturday afternoons from 1-5. We are pleased to report a brisk schedule and many new patients. With the expanded hours in Mesa we are no longer open at 7am on Tues in Collbran.

Welcome Lynda! Dr Lynda Walters, MD, has joined us, seeing patients in Mesa on wed and sat, and in Collbran on Mondays. Lynda trained at St Mary's Family Practice with Drs Rollins & Woodyard, and they are thrilled to add Lynda to their team. She has been

a resident of Mesa since 1995. Lynda is quite the athlete with cross country skiing as one of her many outdoor passions.

### 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.

Since we function as an emergent-care facility we often have

serious and unpredictable emergencies that can take time away from the doctor's regular schedule. As always, your patience is very helpful and greatly appreciated.

Please schedule even "quick" visits such as suture removals or blood draws. However, we do encourage just dropping by for a free BP check.

Remember that **insurance information** is your responsibility and must be kept updated. You also need to know what services your insurance will cover. We will kindly remind you for new card or insurance plan numbers!

## How to Choose a Supplement (part 1)

*(Continued from page 1)*

branes and cholesterol plaque. Vitamin C and glutathione love water and work in the fluid portions of the cell.

Anti-oxidants also work in different ways. CoQ is an anti-oxidant, but it also regenerates Vitamin E. Alpha-lipoic acid regenerates Vitamin C which then regenerates Vitamin E. Vitamin C and E along with selenium help Vitamin A to function properly.

All this interaction between anti-oxidants underscores a very important concept in supplementation - **they work together!** Getting a broad spectrum of nutrients, like that found in nature, is an essential part of supplementation.

Many studies on anti-oxidants are short-sighted and limited to studying only one anti-oxidant without even considering its overall role in nature. For example, giving only one of the eight forms of Vitamin E, which we

know will deplete one of the other forms, leads to negative effects that may well outweigh any positive benefit from supplementing the single form. Another example is a recent study showing Vitamin A supplementation increases lung cancer risk in smokers - without considering the possible effects of exhausting the supply of other co-factors with Vitamin A like Vitamins C, E and selenium. If the same study had supplemented these known co-factors the outcome may have proven much different.

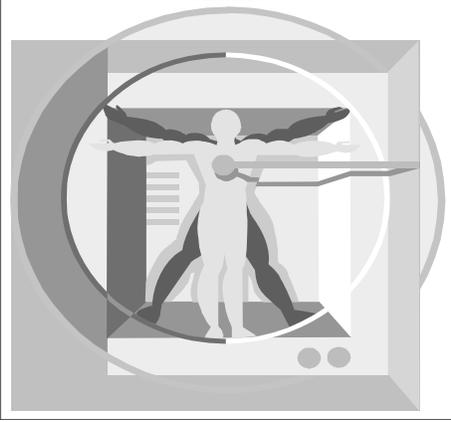
Nutrition is our first medicine and in part 1 we explained why nutrition alone is *not* adequate for most of us, requiring the logical use of supplements. We now have reviewed the normal process of oxidation in the body, which clearly plays a primary role in the process of aging and development of degenerative diseases. Understanding that oxidation is a far more complex process than any one anti-oxidant

## 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.

can handle leads us to appreciate why taking a broad-spectrum of anti-oxidants is absolutely critical.

The "evil-twin" of oxidation is inflammation and in the next issue we'll explore its damaging effects and how we can successfully combat inflammation.



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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 (Collbran 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.**