

miramont messenger

A PUBLICATION OF MIRAMONT FAMILY MEDICINE www.miramont.us

At your peak and want to stay there?

Or do you feel like your warranty is running out?

Introducing Aesthetics at Miramont Family Medicine.

Good nutrition. Regular exercise. No smoking or excessive alcohol. Sunscreen. We all know these are good, healthy things. It takes effort to keep your body running smoothly. Sometimes with kids, work, and all the other demands on our time, that effort can seem like the last labor of Hercules. Some have done better at it over the years than others.

At Miramont Family Medicine, we can help. As Family Medicine physicians, we have always viewed our patients' health as more than just numbers on a lab, or isolated problems to fix when something goes wrong. At Miramont Family Medicine, our patients are individuals – people with their own complexities and needs. We provide an internal network of programs to help people both maintain their health and overcome obstacles such as weight loss and smoking that are barriers to their best health.

Now we are introducing our aesthetic medicine program, with a focus on maintaining healthy skin, and repairing and rejuvenating damaged skin.

Healthy Skin



Our skin is our best protection against the world around us. The dangers include radiation, bacteria, water loss, and toxins, and our skin has taken the brunt of the battle since birth. It helps to regulate our temperature, manufactures vitamin D, and provides a sensory interface with our environment. It is the largest organ of our body.

Unfortunately, skin is damaged over time, mostly by the sun and toxins such as cigarette use, but also due to decreased blood flow from vascular disease. It becomes thin and slower to renew itself. We stop making new collagen in our mid-20s, resulting in volume loss and sagging. Fine lines and wrinkles begin to appear. The skin may appear dry, and is more vulnerable to tears, scrapes, and breaks in the protective barrier.

Skin Rejuvenation and Repair



The best way to keep our skin healthy is to lead a healthy lifestyle. However, a certain amount of age- and photo damage-related changes are inevitable. Aesthetic medicine aims to slow or even reverse these changes.

Medical-grade skin care products improve the appearance of fine lines and wrinkles, increase hydration, and help to counteract the effects of existing damage. Sunscreens are an integral part of any skin care regimen, and can be aided by the use of anti-oxidants that both provide sun protection and help reduce the production of damaging free radicals.

Microdermabrasion and chemical peels temporarily help to exfoliate the top layers of rough, dead epithelial cells. This aids the penetration of other products deeper into the lower epidermis and dermis to better effect. The exfoliation leaves the skin both brighter and smoother.

Botox relaxes the fine muscles beneath the skin that contribute to fine lines. Injectable fillers such as Juvederm and Radiesse are used for deeper furrows, and can also restore some of the volume lost with age.

Lasers can be used to target red or brown spots associated with sun damage. They can also be used to cauterize spider veins and small, superficial varicose veins.

Acne

Most adults remember the pain, both physical and emotional, associated with the blemishes and skin irritation of acne as a teenager. Some people even continue to experience acne well into adulthood. Many acne sufferers have tried therapy after therapy to try and reduce the problem, with mixed results that only increase the frustration associated with the condition. Recently it was recognized by national medical organizations that the emotional impact of acne is an important reason to treat it aggressively.

Acne occurs when our sebaceous glands produce too much oil, called sebum, which combines with dead skin cells to block hair follicles.

Bacteria living in those hair follicles then begin to reproduce, resulting in a pimple as the body attacks the infection. Mild infections are mostly annoyances, but deeper infections can result in lifetime scarring. Darker-skinned patients may even see chronic discoloration from the inflammatory response of the skin.

Current medical treatments include the use of retinoic acid (retin-A) and oral isotretinoin (Accutane). Both medications work to reduce the activity of sebaceous glands, but the oral form needs to be monitored and can cause severe birth defects. We also use both topical and oral antibiotics to inhibit the growth of the acne bacteria or to treat infections during an outbreak. Unfortunately, we are beginning to see an increase in antibiotic-resistance acne bacteria. Benzoyl peroxide can also be used to try and kill the bacteria in the hair follicle, but is most effective for mild acne.

Medical-grade skin care products can aid the penetration of both benzoyl peroxide into the hair follicle, and retinoic acid into the dermis where the sebaceous glands are located. Laser and light therapies can also decrease the activity of the sebaceous glands. These treatments are often delivered in four to six treatments over a few months, with only maintenance needed after that for up to a year.

Aesthetics at Miramont Family Medicine



We have always felt the best approach to medicine is systematic, integrated, and focused on clinical results. This is the same philosophy we bring to aesthetic medicine as we expand even further the broad range of services we provide our patients. We don't want to just perform expensive procedures that will only help temporarily without working to improve the whole patient. Our goal is to help our patients identify their health needs and assist them in making changes for healthy skin, and a healthier life.

Dr. Kelly Lowther

Call today and schedule your skin care consultation 970-482-0213

Join Us for Diabetes Group Education

Type 2 diabetes is becoming more prevalent in the United States. The National Institute of Health estimated that 7.8% of the U.S. population is diabetic while ¼ of this percentage are not even aware that they have diabetes (2008). The increase is drastically seen by looking at the statistics in 1958 compared to 2007. In 1958, 1.5 million people had type 2 diabetes while in 2007, the number increased to 17.9 million (NIH, 2008).

When a person is diagnosed with type 2 diabetes, they can be overwhelmed with the amount of information to learn. Diabetes is a complicated disease that presents many obstacles to address in order to prevent or delay complications. That is why Miramont Family Medicine offers diabetes education to our patients. Diabetes education is offered on an individual or group basis.

The group visits at Miramont utilize "conversation map tools" that are created by Healthy Interactions

(Merck & Co.) and approved by the American Diabetes Association. The maps create an atmosphere within the group visit that allows patients to examine individual needs while at the same time relate to other patients with the same concerns.

The diabetes group classes are offered at the Fort Collins Miramont office on Fridays from 9:00AM TO 11:00AM. There are four topics related to diabetes that are covered in the classes.

-Class 1: On the Road to Better Managing your Diabetes (definition, symptoms, glucose goals, support, action plan)

-Class 2: Diabetes and Healthy Eating (food effects, weight loss strategies)

-Class 3: Monitoring your Blood Glucose (blood glucose/insulin, targets, monitoring, A1C, hypo/hyperglycemia)

-Class 4: Continuing your Journey with Diabetes (course of diabetes, complications, understanding medications)

Please talk to your health care provider if you have any questions regarding which classes you

MEET OUR CLINICAL EDUCATOR



Mindy Geraets, FNP
Family Nurse Practitioner
Now Taking New Patients

- Diabetes Education
- Weight Loss Education
- Group Diabetic Classes

may need to take. You can also sign up for the classes by calling Miramont Family Medicine at 970-482-0213.

To summarize:

Diabetic Group Visits Series of 4 topics covered in a total of 2, 2-hour classes (offered on Fridays from 9:00AM to 11:00AM). Most visits are covered by insurance plans. Please check with your insurance company regarding your coverage.

(deductible and co-pays may still apply).

National Institute of Health (2008). Fact sheet: type 2 diabetes. National Institute of Health. Retrieved June 30, 2009 from

<http://www.nih.gov/about/researchresultsforthepublic/Type2Diabetes.pdf>

Healthy Interactions (2008). About conversation map tools. Healthy Interactions. Retrieved June 30, 2009 from

<http://www.healthyinteractions.com/about/conversationmaptools>.

Improving Diabetes Care

Miramont Family Medicine Meets Your Needs

- Routine Physicals
- Chronic Disease Management
- Acute Care / Urgent Care
- Lab
- X-ray
- EKG
- Prescription Refills
- Spirometry
- Nerve Conduction Studies

- Aesthetic Medicine
- Allergy Testing
- IV Therapy
- Vaccinations
- Colposcopy
- Obesity
- Diabetes Education
- Smoking Cessation Group
- Weight Loss Group



Miramont Family Medicine

Healthcare for Your Family from the Heart

- Psychologist
- Visiting Surgeon & Chronic Pain Management Specialist
- Physical & Occupational Therapy

www.miramont.us