



Carb Sense

(Continued from Front Cover)

A well balanced diet should include the right type and quantity of carbohydrates throughout the day. Since most of us are more active during the morning, afternoon, and early evening, it is important to consume carbohydrates during this time. The type of carbohydrate you choose is also important as not all carbs are created equal. Slow burning carbohydrates such as oatmeal (with no sugar or honey added), sweet potatoes, yams, brown rice, long-grain white rice, corn tortillas, whole wheat bread, whole wheat pasta, quinoa, couscous, most fruits/vegetables, and whole grain cereals are all great options. Just like any other food, however, be sure to control your portions as you can easily over eat these foods and defeat the purpose of eating a balanced diet. As a general rule of thumb, your carb serving per meal should be roughly the size of your fist. The only exception to this rule is green leafy cruciferous vegetables (so long as they are not cooked with butter, oil, or covered with cheese) such as spinach, broccoli, asparagus, and green

beans; these vegetables are full of fiber (among many other good things for your body) and are relatively low in calories. Refined and/or sugary carbohydrates such as white bread, flour tortillas, white pasta, candy, and sodas should be consumed seldom and in moderation.



did you know?

Laughing reduces stress hormones and strengthens the immune system as discovered by a study at Loma Linda's School of Public Health.

So don't be afraid to let out big guffaw—it's good for you!



A New Partnership A New Safeguard for Our Patients

CVMG is proud to announce a partnership with Assured Pharmacy out of Riverside, CA. CVMG will be sending all controlled substance prescriptions to Assured pharmacy from now on for all patients who are on pain medications and controlled sedatives on a daily, chronic basis. This is to help maintain protection for you, our patients, to prevent any interactions with the mixing of these medications. These medications will be delivered directly to you, and refills will be done directly through this pharmacy as well. All other medications will be



filled for you at your pharmacy of choice. We understand that change can be a challenge, but this change is being made to better ensure your long term health and safety with medications that can pose great risks towards your health with regards to addiction, overdose potential, and drug-drug interactions. Please be aware that this will be starting slowly from this point on, with the goal of full compliance among all CVMG patients in the coming months. We thank you for your cooperation and for sharing in our concern for your long-term health.



CUCAMONGA VALLEY
MEDICAL GROUP

16465 Sierra Lakes Parkway, Suite 300, Fontana, CA 92336 | 1175 E. Arrow Highway, Suite B, Upland, CA 91786
909.429.CVMG [2864] | www.cvmgdocs.com

vital signs

No. 5 / Oct.-Dec., 2012

A Quarterly Newsletter from Cucamonga Valley Medical Group
News You Can Use for Your Health and Well Being



Carb Sense

By Guillermo Escalante, DSc, MBA, ATC, CSCS.
President of SportsPros (www.4sportspros.com).

Carbohydrates have had a bad reputation over the last 10-15 years. With the introduction of the Atkins diet in the 1990's, Americans became carb phobic. While Americans in general do tend to over eat the wrong types of carbohydrates, carbohydrates are not the problem they are portrayed to be. The truth is, Americans do not just tend to over eat carbs, they tend to over eat many foods. The more is better mentality (think Super-Size) has been a major contributing factor to the prevalence of obesity among adults more than doubling between the years 1976-1980 compared to the years 2007-2008.

Avoiding carbohydrates altogether has unfortunately gained much popularity. While cutting carbs can help reduce weight, cutting them out altogether is not ideal for long term weight loss. Your body's primary source of fuel is the carbohydrate, so constantly depriving yourself of all carbohydrates will lead to an inevitable downfall that will eventually lead to failure. Since carbs are hydrophilic (they like water), cut-



ting out carbs will lead to a quick reduction of weight as a result of the water weight your body loses; this can potentially lead to dehydration and unnecessary stress on your kidneys. Not to mention, cutting out carbs altogether will make you lethargic and fatigued; not necessarily the best environment to lead an active lifestyle.

(Continued on Inside Flap)

inside this issue:

- Carb Sense- by Guillermo Escalante
- MMR Vaccines and Autism- The Bottom Line
- A New Partnership- A New Safeguard for Our Patients?
- Coumadin- To Bleed or Not to Bleed?
- Ingrown Toenails- What Can be Done?