

Focus on our Sports Medicine Practice

Our Cardinal Station Sports Medicine Practice is staffed by board-certified sports medicine physicians that treat a wide variety of injuries and illnesses common to athletes and other active people. The underlying belief is that physical activity is essential to the health of everyone, and sports medicine physicians dedicate themselves to promoting and maintaining an active, healthy lifestyle.

Athletes represent a special population of active individuals with additional goals and physical demands specific to their chosen sports. Having a complete understanding of the nature of sport is needed to safely return an injured athlete to play as soon as possible or to optimize the athlete's fitness in order to



Dr. Jessica Stumbo

reach full potential. UofL Sports Medicine physicians are specially trained to do these things. We work directly with University of Louisville NCAA Division-I athletes in all sports, as well as athletes at Bellarmine University (NCAA Division-II) and Spalding University (Division-III). Our physicians also serve the community by providing medical care as Team Physicians for local high schools, as well as mass event coverage including the Louisville Triple Crown of Running and the Ironman competition.

We are conveniently located at the Owsley Brown Frazier Sports Medicine Clinic at Cardinal Station, behind Papa John's Cardinal Stadium and next to James Patterson Baseball Stadium. Appointments can be made and more information is available by calling (502) 637-9313 Monday through Friday from 8:00a.m. to 5:00p.m. We accept most insurance plans.

We would like to take this opportunity to welcome our Sports Medicine Fellow for the 2012-2013 academic year, Dr. Scarlett Schneider.



Dr. Jonathan Becker



Scarlett Schneider, MD

**Please note this will be our last printed edition of our Family Medicine Newsletter. It will be replaced by a quarterly article from us, featured on our website at www.louisville.edu/medschool/familymedicine. In the future, please visit us there.*

Holiday Survival Guide - Tips for Lips & Hips



Holiday Indulgence



by Nancy Koppersmith, R.D., M.S., C.D.E.

Holiday eating season scares us because the average person tends to add 5-10 pounds to their frame because of the amount of food they consume! How do we skip the weight gain and still enjoy the holidays? The bottom line is to find other ways to limit calories besides just eating “healthy.” Holiday eating can be a fun, tasty time for everyone if we do not get caught up in the myth that we have to be perfect eaters! Yes, most of us try to follow healthy eating guidelines but during the holidays let’s think about other ways to prevent the average 5-10lb. weight gain (or 35,000 calories beyond what we need!) and still enjoy the “special” foods we only get to eat a few times a year. So what can we do to achieve this goal?

ADULTS:

- ◆ Take care of our food needs throughout the day, every day. That means we need to eat about every 4-6 hours while awake, to help prevent exhaustion and overeating during the holidays.
- ◆ When at holiday parties, think of the party as a meal – at the food spread, think about getting your holiday favorites that are good sources of protein, carbohydrate, fat, fruits and vegetables. You can have chips and dip anytime, so skip the regulars and eat the foods that truly make the holiday special for you. (For me, it’s the 24 hour salad [fruit & fat] for Thanksgiving and homemade cut out cookies [carbohydrate & fat] during Christmas that I just “have to eat” or it won’t be a good holiday!) Otherwise, when February rolls around we’ll be thinking about the food we would not let ourselves have during the holidays and now have no way to get it! (If there was ever a time for perfect eating frenzy on food that we do not even enjoy, that would be it!)
- ◆ Pay attention to when our physical hunger has been satisfied and **STOP** - that will help prevent us from eating excessive calories and thus help to prevent holiday weight gain.

CHILDREN:

- ◆ Do not expect calm at the table.
- ◆ Have the children eat before the adults. The adults will find the meal much more enjoyable.
- ◆ Do not expect children to have big appetites. They are excited and probably have had their hunger dampened by holiday sweets.
- ◆ A good rule of thumb for serving children is to give them less than you expect them to eat so they can ask for more. If they eat very little, or nothing at the holiday celebration, so be it. Surely they will not starve!



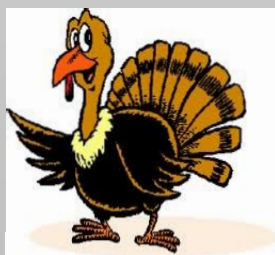
Holiday Survival Guide - Safety Tips

Decorating

If you are decorating for the holidays or planning a large family gathering keep the following tips in mind:



- * Get help if you plan to move large pieces of furniture. If your back is injured during decorating, you may have to delay your plans.
- * Tablecloths are pretty, but toddlers or animals may pull on them and your table setting may end up on the floor!
- * Minimize the use of lighted candles and extinguish them when no one will be in the area.
- * If using electrical warming trays or slow cookers, be careful of the cords in walkways or around tables and try to avoid overloading outlets.
- * If decorating with live greenery or Christmas trees, remember to water them daily.
- * Keep cords that are on the floor out of the way so toddlers and animals do not get caught up in them.
- * Be careful of holiday plants that may be poisonous to animals and/or children. If you suspect your child or pet has eaten a poisonous holiday plant, call Poison Control Center at 800-222-1222 or Animal Poison Control Center at 888-426-4435.



Food Safety

- * Wash hands and countertops after handling raw poultry.

- * Cook meats to the appropriate temperature since oven temperatures may vary and cooking times are only estimates.
- * Refrigerate leftovers promptly.
- * Dispose of those leftovers that are not eaten in a timely manner.
- * If using a buffet, keep cold foods cold and hot foods hot to avoid risk of food-borne illnesses.

Holiday Travel

- * Have your vehicle checked before the trip to ensure it is in good running condition.
- * Carry supplies you might need in case of an emergency: money, spare tire, blankets, flashlight, etc.
- * If traveling with small children plan activities to keep them occupied.
- * Keep the fuel tank above half full in case stations are closed for the holiday or traffic jams slow you down before you get to your destination.
- * Remember that everyone on the highway is trying to get somewhere too so you may need to be a little more patient!
- * ***IF YOU ARE DRIVING, DON'T DRINK!***
- * ***IF YOU ARE DRINKING, DON'T DRIVE!***



University of Louisville Physicians-Family Medicine wishes you a happy, safe and healthy holiday season!



<http://louisville.edu/medschool/familymedicine>

Family Medicine Residency Offices

Louisville, KY

201 Abraham Flexner Way
Rudd Suite 690
Louisville, KY 40202
(502) 852-5499

Glasgow, KY

1325 North Race Street
Glasgow, KY 42141
(270) 651-4865 / (877) 594-4857



Family Medicine Clinical Offices

Cardinal Station

215 Central Avenue, Suite 100
P (502) 852-2822 F (502) 852-2819

Newburg

1941 Bishop Lane, Suite 900
P (502) 852-6684 F (502) 852-5698

Centers for Primary Care — Cardinal Station

215 Central Station, Suite 205
P (502) 852-5205 F (502) 852-5405

Sports Medicine

215 Central Avenue, Suite 200
P (502) 637-9313 F (502) 635-6317

WELCOME!

Our Centers for Primary Care at Cardinal Station WELCOMES Nurse Practitioner, Genny Cox!

The University of Louisville Physicians proudly welcomes Genny Cox, MSN, APRN. She will begin seeing patients at our Centers for Primary Care Practice at Cardinal Station during the second week of November. Genny has over six years of experience in the health care field as a registered nurse and over two years as a nurse practitioner, specializing in internal medicine. Genny says, "I am passionate about my patients," and she brings an incredible enthusiastic energy to our team. Call 502.852.5205 to make your appointment today.

Are you S.A.D?

Do you have "Seasonal Affective Disorder?"

Seasonal Affective Disorder, a.k.a. S.A.D., is real! It is a form of depression that typically occurs in the "darker" months of fall and winter, sapping energy and causing moodiness. Home remedies include more exposure to light; raising blinds and going for a walk even when it's cloudy or cold outside, along with continued or increased exercise. Some patients have turned to light boxes to decrease symptoms. The Mayo Clinic suggests that if you try that route, do your research and purchase a good one.

Counseling can help identify and change negative thoughts and behaviors which might be causing symptoms to worsen or even may prevent healing. If you think you have S.A.D., please call to schedule your appointment with one of our licensed physicians at University of Louisville Physicians-Family Medicine, Cardinal Station location, for your consultation. Our experts can meet with you to review your symptoms and help you move forward in dealing with this sometimes debilitating condition.

By Anne Mason, LMFT, MSEd