

## After fighting cancer close to home, former patient free to roam

**ROSALIE SAIZ OF SILVER CITY** loves to get in her recreational vehicle and hit the open road. But when she was diagnosed with breast cancer in September 2010, she knew she wanted to stay close to home.

After Saiz found a lump in her right breast and learned that it was invasive ductal carcinoma, she had a mastectomy at Tucson Medical Center. For her follow-up chemotherapy treatment, however, she came to Gila Regional Cancer Center, less than a mile from her house.

### **PASSIONATE, DEDICATED CARE**

But geography wasn't the only reason for her decision. Nine years earlier, Saiz's father had been treated for non-Hodgkin lymphoma at the Gila Regional Cancer Center. "I remembered how wonderful the staff had been with my father," she says. "When I came back, I found that some of the same people were still there."

One of the familiar faces was Karen deGenevieve, R.N., a certified family nurse practitioner (C.F.N.P.) who was instrumental in establishing the Gila Regional Cancer Center in the early 1990s. "We know all our patients by name," deGenevieve says. "And there isn't one staff member here who isn't 100 percent committed to them."

Patients are also cared for by doctors from the New Mexico Cancer Center, the state's largest physician-owned cancer treatment facility, based in Albuquerque. A staff of both medical oncologists and radiation oncologists travel to the Gila Regional Cancer Center for weekly clinic visits.

"By bringing top specialists to our patients and offering chemotherapy, radiation, and imaging services, we relieve them of the huge burden of having to travel far from home, and we help them stay close to their families," says Mike Torres, Gila Regional Cancer Center Office Manager.

### **STARTING A NEW JOURNEY**

"I felt as though I became part of the family at the cancer center," Saiz says. After 28 chemotherapy treatments, she completed her final session in March 2012.

Her last visit was bittersweet. "Of course I was glad that I had finished my treatment," she says. "But I was actually sad that I wouldn't be seeing my friends at the cancer center on a regular basis anymore."

Saiz is now cancer-free. "I'm grateful that Gila Regional Cancer Center enabled me to stay close to home and family while being cared for by some of the top oncologists in New Mexico," she says. "Thanks to my smooth journey through cancer treatment, I'm now ready to travel and spread my wings."

**Rosalie Saiz at Dodger Stadium in Los Angeles with brother Ray Gonzales (left) and her husband, Alfred Saiz (right).**



## Meet our CEO, Brian Cunningham

Brian Cunningham brings to GRMC's Chief Executive Officer position a wealth of knowledge and is equipped with fresh approaches to face the menu of issues found in providing health care in rural New Mexico. He has a 30-, 60-, and 90-day plan in place that includes restructuring leadership to reduce operational costs while delivering the highest-quality, patient-centered care possible for those we serve.



Brian Cunningham,  
Chief Executive  
Officer

➤ For more information, visit [www.grmc.org/Press-Center/News.aspx](http://www.grmc.org/Press-Center/News.aspx).

## Hospital-ese! What are outpatient services?

Outpatient services are medical procedures or tests that can be done in a medical center without an overnight stay. Many procedures and tests can be done in a few hours. Outpatient services include:

- **Prevention**, such as diabetes counseling programs
- **Diagnosis**, such as lab tests, sleep lab studies, cardiac stress tests, and MRI scans
- **Treatment**, such as some surgeries and chemotherapy
- **Rehabilitation**, such as physical therapy and occupational therapy

➤ Visit [www.grmc.org](http://www.grmc.org) for a list of outpatient services offered at Gila Regional.

## Rope 4 Hope

**WE SAVE FOR VACATIONS**, but for future cancer treatments? Gila Regional's Medical Surgical Director, Denice Baird, R.N., noticed that patients from outlying areas often cancel their chemotherapy appointments because they cannot afford to travel to Gila Regional Cancer Center.

Denice and her husband, Sherman, who own the Baird Arena in Cliff, N.M., did something about it. They created a nonprofit event, Rope 4 Hope. Funds raised are used to ease the burden of Gila Regional Cancer Center patients who are experiencing financial hardship due to their cancer treatment, and to help provide mammograms to uninsured women in Catron, Grant, Hidalgo, and Luna counties.

"Our intent is that no patient should have to make a choice between necessary treatment and meeting their financial obligations, namely food, fuel, or utilities," says Denice.

Rope 4 Hope relies on the community, many sponsors, and volunteers. Money is raised through T-shirt sales and a raffle, dinner, and silent auction. Admission to the competitions is free to the public, and competitors' entry fees are paid through to the winning riders. The event has grown to attract top barrel racers and roping teams from surrounding states.

Put on your pink and join us at the fourth annual Rope 4 Hope on Saturday, October 26, and Sunday, October 27. Check online at [www.rope4hope.org](http://www.rope4hope.org).

➤ **Do you know how to do the breast cancer exam shower test?** We'll send you a free "shower card." Call **575-538-4067** or email your name and address to [lhowell@grmc.org](mailto:lhowell@grmc.org).

Kathi Greenman, breast cancer survivor, races around one of the pink barrels that mark the Rope 4 Hope field.



Photo by Alaina Dunivan

Last year's Open Barrel Racing winner, Wendy Grant Church, with Rope 4 Hope founder Denice Baird.

# Skiping breakfast? Think twice!

*Skiping breakfast isn't uncommon; a recent survey from the NPD Group showed that approximately 10 percent of Americans don't eat breakfast, with men being more likely to skip breakfast than women.*

## EAT BREAKFAST, LOWER HEART RISKS

Here's a good reason to eat breakfast every morning. It could keep your heart risks low, according to a new study from the Harvard School of Public Health.

The research, published in the American Heart Association journal *Circulation*, shows an association between regularly skipping breakfast and having a 27 percent higher risk of dying of coronary heart disease or experiencing a heart attack.

## MEN SHOULDN'T SKIP THE MORNING MEAL

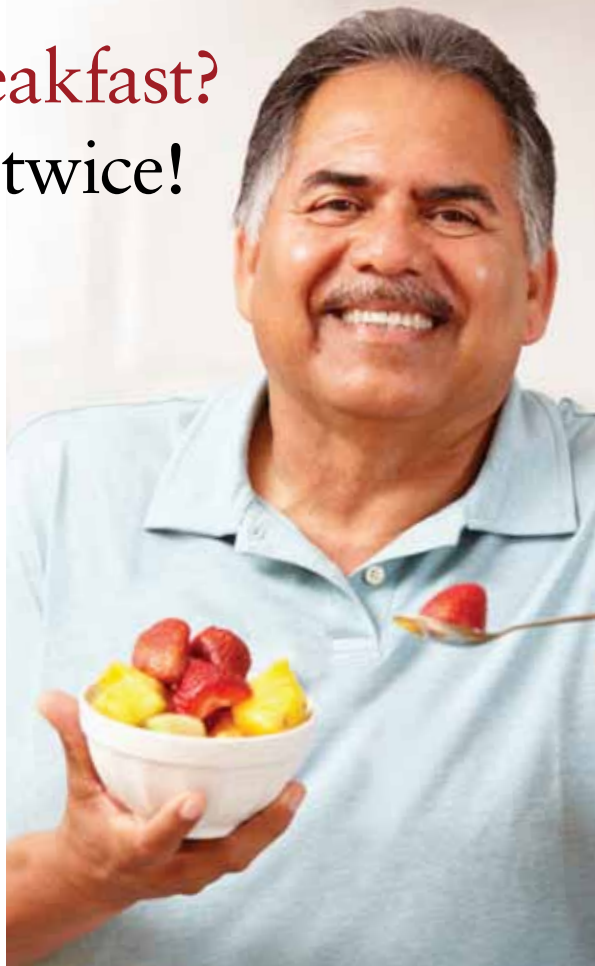
This study also reported that men who skipped breakfast were significantly more likely to develop heart disease than men who did not, largely because of the expected risk factors along the way: obesity, high blood pressure, high cholesterol, and diabetes.

This held true after taking into account other heart disease risk factors, including sedentary activity, amount of exercise, sleep habits, alcohol intake, smoking status, diet, body mass index, and medical history.

There was also a link between timing of eating and heart disease. Specifically, the study found that those who ate right before bedtime had a 55 percent higher risk for coronary heart disease.

What's important is that metabolism isn't static—it can change depending on how and when we feed our bodies. Of course, eating doughnuts for breakfast probably counteracts the effect somewhat, so choosing reasonable ways in which to break your fast is essential.

➤ **Attend the free GRMC Health Talk, "Tricks to Better Eating Habits,"** on Thursday, November 21, noon to 1 p.m., in the GRMC Conference Room. It will be presented by Tami Bates, R.N., and Jill Eastep, R.N., from our HealthReach Diabetes Education Team. For details, call **575-538-4870** or go to the Events Calendar at **[www.grmc.org](http://www.grmc.org)**.



## Berries' Bounty

With their wide range of flavors, textures, colors, and nutritional benefits, berries offer something for everyone.

Berries are high in fiber, antioxidants, and vitamins. Some specifics: Blueberries contain 20 kinds of antioxidants; raspberries and blackberries pack 8 grams of fiber in one cup; and strawberries are loaded with vitamin C and folic acid.

This Berry Coffee Cake recipe lightens up a classic breakfast treat. Make it tonight for a healthy dessert and eat the leftovers for breakfast!

## Berry Coffee Cake

- 1 cup low-fat lemon yogurt
- 3 tbsp. canola oil
- 2 egg whites
- ½ cup sugar
- 1 ½ cup flour
- 1 tbsp. grated lemon peel
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- 1 ½ cups fresh or thawed, drained frozen blueberries, raspberries, or strawberries



Preheat oven to 375 degrees. Spray a 9-inch-square, 2-inch-deep pan with nonfat cooking spray. Beat yogurt, oil, egg whites, and sugar in a large bowl. Stir in remaining ingredients, except berries. Then carefully stir in berries. Spread all ingredients in pan. Bake about 45 minutes or until cake springs back when touched lightly in center. Cool 10 minutes and serve. Serves eight.

**Per serving:** Calories 227, fat 6 g, saturated fat 1 g, calories from fat 24%, cholesterol 1 mg, sodium 192 mg, carbohydrates 38 g, fiber 2 g



## Light Up a Life

Thursday, December 5, 5:30 p.m.

Gila Regional Canopy/Visitors Entrance

Honor the memory of a loved one who has died by having his or her name and a light on the tree. Submit photos to hang on the tree by Friday, November 29. This event is free and open to everyone. The GRMC Foundation will provide refreshments. Donations are accepted through the GRMC Foundation to support hospice activities. For information, call hospice at **575-574-4934**.

## OUR FOUNDATION CORNER

# Closing the financial gap: GRMC Foundation wish list

*In this ever-changing health care market, public hospitals are becoming increasingly reliant on foundations to support their programs and services, and to help them meet financial demands. The recent reduction in Sole Community Provider funding and the Affordable Care Act regulations have caused hospitals around the state, and country, to take a good, hard look at how and where dollars are spent.*

## Prostate support group

Third Wednesday of every month,  
6:30 p.m.

GRMC Conference Room

Gila Regional, 1313 East 32nd St.,  
Silver City

Current patients, survivors, and those at risk for prostate cancer are encouraged to attend. Sponsored by Grant County Community Health Council, Gila Regional, and New Mexico Department of Health. For information, call 575-388-1198, extension 10, or email [kmilligan@grmc.org](mailto:kmilligan@grmc.org).

## GoodHealth

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**GILA REGIONAL MEDICAL CENTER** (GRMC) is no exception. GRMC departments have had to make significant reductions in annual budget spending, which means the hospital is not always able to purchase essential capital equipment. However, Gila Regional is fortunate to have the GRMC Foundation in place to support its mission, both in vision and financially.

The Foundation offers an annual

“Wish List” program that invites departments to submit requests for capital purchases not supported by their annual budget. The Foundation, in coordination with GRMC's Chief Executive Officer, reviews and prioritizes requests as they align with GRMC's mission, and brings forth an award recommendation to the Foundation Board of Directors for a vote. See the chart below for Wish List awards in recent years:

Date	Funds Requested	Funds Awarded	Departments Supported	Items of Note
January 2011	\$47,340.84	\$47,340.84	7	Funds for Sexual Assault Nurse Examiners (SANE) program
February 2010	\$84,455.64	\$37,646.00	13	Cardiac Monitor, Doppler Ultrasound, Exercise Equipment
February 2009	\$41,007.74	\$41,007.74	10	Infant Resuscitator, Treadmills, Digital Piano, ROHO Mattress
February 2008	\$68,170.00	\$57,130.00	4	Infection Control Isolation Carts, EKG Cart, Web-Based Education Fees

With the continuation of successful fundraising events, and continued support from the community, the Foundation can keep providing this vital Wish List program, ensuring GRMC is the best place to work, practice medicine, and receive care.