

Spring 2011

# GOOD HEALTH

PUTTING THE COMMUNITY IN THE CENTER OF GOOD HEALTH

## Newly Diagnosed with Cancer? **First Steps to Take**

**A**fter hearing the doctor say “cancer,” you may feel overwhelmed. Staying involved in decision making can help you feel more in control. Here’s how to start:



Rosalie Saiz (right), a Gila Regional Cancer Center patient, wears a cap that the GRMC Auxiliary made and donated to her. Shelly Carter, R.N., joins Saiz in the oncology infusion room at GRCC.

■ **Learn about your diagnosis.** Get to know your condition so that you can develop a list of questions to ask your doctor. Gila Regional’s Grant County Community Health Council offers a free Cancer Resource Library located in the Grant County Business and Conference Center, 3031 Hwy. 180 East (next to Ace Hardware). Volunteers can help you find health information from accredited websites.

■ **Find medical care.** Not only is the Gila Regional Cancer Center close to home, we also provide both chemotherapy and radiation therapy services in a healing environment. We have three medical oncologists/hematologists who offer a minimum of six clinics monthly and two radiation oncologists who offer weekly clinics, all from the New Mexico Cancer Center.

■ **Find support and get organized.** We’ll give you a list of support groups that address the emotional and social effects of cancer. We’ll also connect you with our patient navigator program to help you coordinate your care.

The patient navigators or the Cancer Center caregivers will help you review your insurance information and can suggest sources of financial assistance, like the Grant County Health Plan or other national sources. Gila Regional Medical Center Auxiliary offers a lunch program for patients during their treatments who are unable to purchase food.

At Gila Regional Cancer Center, we understand that good medical care is more than just treating cancer itself. We believe in treating a patient as an individual to be cared for, not a medical condition to be treated. To learn more about our services, call 575-538-4009. ■

**Download a resource sheet for cancer patients and families of Grant, Hidalgo, Luna, and Catron counties on the Cancer Center page online at [www.grmc.org](http://www.grmc.org).**

**GETTING ACTIVE—WITHOUT INJURY**

**ARE YOU AT RISK FOR FALLS?**

**HEALTHY RECIPE CONTEST WINNER!**

## Caring for Injuries

If you have pain or become injured during activity or exercise, stop and take care of yourself. Most injuries are best treated initially with RICE:

- Rest
- Ice
- Compression
- Elevation

For example, for a sprained ankle, stop activity, apply ice for 10 to 15 minutes, use an elastic wrap, and elevate the ankle to avoid swelling. For minor aches and pains, decrease your activity by 50 percent, then increase gradually once your symptoms resolve.

Call your doctor if you're unsure of what to do for an injury or if you have severe pain, swelling, or numbness, or can't put weight on the injured area.



# Make "Getting Active" Injury-Free

As the weather begins to warm up, many residents will be looking to get outside, and spring sports will be in full swing. Roberto Carreon, M.D., an Orthopedic Surgeon at Southwest Bone and Joint Institute, has the following recommendations before you begin a regular exercise routine to avoid common injuries.

■ **Get medical clearance.** If you haven't participated in a regular exercise routine or have not had a physical examination in more than a year, schedule an appointment with your primary care doctor before beginning an exercise or activity program.

■ **Wear or use proper equipment.** Wear appropriate footwear for your activity. Shoes should fit well, absorb shock, and be stable. Use safety equipment and devices such as helmets for cycling, sunglasses to protect your eyes, and sunscreen to protect your skin.

■ **Warm up and cool down.** Before activity, take three to five minutes to warm up your muscles gradually to

avoid muscle strains. Movements similar to those you would perform during exercise will help "prepare" your muscles for activity. Then stretch, holding each stretch for about 30 seconds without bouncing. After exercise, walk to cool down and loosen muscles.

■ **Stay hydrated.** Keeping well-hydrated during exercise and activity is important in cooler months and even more important in the warmer months. Stay ahead of your thirst; if you wait until you're thirsty, your body is already dehydrated. Drink 24 ounces of water two hours before exercise or activity, 8 ounces right before, and 8 ounces for every 20 minutes of exercise or activity. Good hydration will help you avoid heat injuries and allow your body to function more efficiently.

■ **Gradually get in condition.** Start with 10 to 15 minutes of activity and then build up. Keeping a record of your activity will help you stick with your program and monitor your progress. The American Academy of Orthopaedic Surgeons recommends that you gradually increase your workout intensity, duration, and frequency no more than 10 percent each week to avoid injuries. Performing a mix of activities, also known as "cross-training," will help avoid burn-out and overuse injuries.

■ **Plan and notify others.** If you're planning an outdoor activity, such as hiking, notify friends and family of your planned hiking locations and return time. Take adequate water and food supplies as well as a first aid kit. ■

Join us for  
a **FREE Health Talk**  
on **getting active**  
without **injury!**  
See the **back page**  
for details.

Mike McMillan (left), Certified Athletic Trainer, and Roberto Carreon, M.D., Orthopedic Surgeon, are part of the expert team at the Southwest Bone and Joint Institute, offering top-notch orthopedic specialty care.

**Gila Regional Medical Center and the Southwest Bone and Joint Institute have partnered together to provide the best sports medicine care to area athletes. Call 575-538-4657 to get a FREE Sports Medicine Fact Sheet.**

# Take a Stand Against Falls

Slips and trips can draw big laughs on TV sitcoms. But in real life, falls can have serious consequences, such as hip fractures, brain injuries, and even death. Fortunately, most can be prevented.

## PREVENTING FALLS AT HOME

Hazards around the home are a common cause of falls. Play it safe with these steps:

- Keep floors and stairs free of clutter.
- Install grab bars next to your toilet and in the shower.
- Put things you use often on shelves that are easy to reach.
- Make sure you have adequate lighting throughout your home.

Healthy habits can lessen your risk for falls, too. For example:

- Stay active. Weight-bearing exercises, such as walking and climbing stairs, can help make you stronger—and less likely to fall. And other exercises, such as tai chi, have been shown to improve balance.
- Get your eyesight checked yearly.
- Talk with your doctor about the

side effects of all medicines you're taking. Some can affect your balance.

- Stand up slowly after sitting or lying down.
- Wear sturdy, rubber-soled shoes around the house instead of slippers.

## ARE YOU AT RISK FOR FALLS?

Gila Regional Rehabilitation Center now offers a new approach for identifying risk factors for falls among high-risk adults. The Biodex Balance System can help anyone looking to improve balance, increase agility, or develop muscle tone. It can also treat a wide variety of balance disorders. In addition, the system offers closed-chain, weight-bearing assessment and training for lower-extremity patients.

"The Biodex Balance System is a great addition to the services we offer," says Jed Rudd, Physical Therapist and Director of Gila Regional Rehabilitation Center. "It provides individual fall risk assessments and improves balance with personalized therapy. Our goal is to help decrease the risk for falls that can cause additional health problems."



Get a **FREE** fall risk assessment at our Health Talk on balance and fall risk! See the back page for details.

Debbie Elster (right), Physical Therapist, demonstrates the Biodex Balance System to Sandra Stanley, Physical Therapy Technician.

Gila Regional Rehabilitation Center is your choice for patient-centered care. Our licensed therapists are highly skilled in helping patients recover from a variety of illnesses or injuries. ■

**The Biodex Balance System is available on an outpatient basis. A physician referral is required. Call Gila Regional Rehabilitation Center at 575-538-4899 to learn more.**



HEALTHY RECIPE  
CONTEST WINNER!



## Tortellini Salad

**Frances DeLaGarza of Lordsburg, N.M.**, submitted this delicious and healthy spring entrée salad.

### INGREDIENTS

- 2 9-oz. packages of cheese tortellini, cooked
- 2 red or green bell peppers, chopped
- 1 red onion, chopped
- 3.8-oz. can of sliced black olives, drained
- ½ cup white vinegar
- ½ cup olive oil
- 3 tbsp. chopped fresh mint
- 3 tbsp. lemon juice
- 2 tbsp. cooking sherry or orange juice
- 1-½ tsp. garlic powder
- ¼ tsp. red pepper flakes
- 4-oz. package crumbled feta cheese

### PREPARATION

Combine tortellini, peppers, onion, and olives in a large serving bowl; set aside. Combine remaining ingredients except feta cheese in a small bowl; pour over tortellini mixture. Chill for four to 24 hours before serving. Sprinkle with feta cheese.

### NUTRITIONAL INFORMATION

Serves eight. Each serving contains about 428 calories, 24.5 g total fat (7 g saturated fat), 46 mg cholesterol, 560 mg sodium, 50 g carbohydrate, 3 g fiber, and 13.5 g protein.



Have a healthy recipe to share? Send it to [lhowell@grmc.org](mailto:lhowell@grmc.org) and get a **FREE Good Health, Great Food** cookbook. Winning recipes could be featured in future issues of this newsletter!

**Good Health** is published by Gila Regional Medical Center. The information is intended to educate readers about subjects pertinent to their health, not as a substitute for consultation with a personal physician. © 2011 Printed in U.S.A.

If you no longer wish to receive this mailing, please call Laura Howell at Gila Regional Medical Center, 575-538-4657, or write to Laura Howell, GRMC, 1313 East 32nd St., Silver City, NM 88061.



Printed on Recyclable Paper

830M



## Have You Done Proper Estate Planning?

The GRMC Foundation wants to help you understand the importance of estate planning.

### WHAT IS IT?

Proper estate planning allows you to plan for yourself and your loved ones without giving up control of your affairs. Your estate plan should allow for the possibility of your own disability. It should give "what you own to whom you want, when you want, and the way you want." Your estate plan should include fully disclosed and controlled costs for you and for those you love.

### WE CAN HELP

Join the GRMC Foundation for a FREE estate-planning workshop on **Wednesday, May 25, at 1:30 p.m.** in the GRMC Conference Room, located in the hospital. The workshop is presented by the Grant County-based firm of Lopez, Dietzel, and Perkins.

**To reserve your space, call Nancy Stevens, GRMC Foundation Coordinator, at 575-538-4138.**

## Calendar of Events

### Free Health Talk Series: Balance and Fall Risk

Friday, May 27

1 p.m.

Gila Regional's Conference Room  
1313 E. 32nd St., Silver City

Debbie Elster, Physical Therapist for GRMC Rehabilitation Center, will give a presentation about balance and fall risk. Free fall risk assessments will be performed for those who attend. Refreshments will be served. For information, call the Desert Sages coordinator at 575-538-4870.



Elster



Carreon



McMillan

### Free Health Talk Series: Getting Active Without Injury

Friday, June 17

Noon

Southwest Bone and Joint Institute  
Conference Room

1268 E. 32nd St., Silver City  
Orthopedic Surgeon Roberto Carreon, M.D., and Certified Athletic Trainer Mike McMillan from Southwest Bone and Joint Institute will offer insight and answer your questions about avoiding injury during physical activity. Call the Desert Sages coordinator at 575-538-4870 for details.



### UNM Cancer Resource Library

Grant County Business and  
Conference Center

3031 Hwy. 180 East, Silver City  
(next to Ace Hardware)

Open Monday through Friday,  
9 a.m. to 5 p.m.

You'll find books, pamphlets, DVDs, and CDs on cancer prevention, intervention, treatment, and nutrition.

Volunteers are available to help you find health information from accredited websites. It's FREE to the public and funded by UNM and the Grant County Community Health Council.

Similar libraries are located throughout the region. Call the health council in your area:

- Catron County-575-533-6267
- Hidalgo County-575-542-3941
- Luna County-575-543-6854