

# GOOD HEALTH

PUTTING THE COMMUNITY IN THE CENTER OF GOOD HEALTH

## Skilled and Caring Surgery **Close to Home**

**P**atient satisfaction and quality health care are more than just buzzwords or catchphrases for Gila Regional Medical Center (GRMC). They're the forces that drive our physicians, nurses, and caregivers every day. When you or your loved one enters our Surgical Center of the Southwest, our goal is to provide exceptional-quality, patient-centered care.

The Surgical Center provides services for residents living in Grant, Luna, Hidalgo, and Catron counties. The facility features state-of-the-art operating rooms as well as individual preoperative rooms where patients can spend time with loved ones before surgery. Patients receive compassionate care from highly skilled surgeons, physicians, and nurses. "Our emphasis is just as much on healing as it is on surgery," says Susan Walsh, R.N., Operating Room Manager.

### WIDE RANGE OF PROCEDURES

The Surgical Center offers dozens of inpatient and outpatient services, such as:

- Obstetrics/gynecology, including endometrial ablation
- Ear, nose, and throat
- Podiatry
- Urological surgery, including GreenLight laser and lithotripsy
- Computer-assisted total joint replacement and sports medicine
- Laparoscopic procedures, including gallbladder removal, hernia repair, and colonoscopy
- Eye surgery
- Less invasive Lap-Band surgery

### PATIENT SATISFACTION

Patients report higher satisfaction scores on the hospital's surveys when they have surgery at the Surgical Center of the



**L to R: Jennifer O'Dell, R.N.; Velia Fierro, GRMC Dining Services Caregiver; Aubri Allen, Western New Mexico University School of Nursing student**

Southwest compared with other facilities. A recent patient wrote on her Press-Ganey survey:

*"I was blown away by how pleasant the entire experience was, and 'pleasant' is not a word normally used with colonoscopy!"*

**HOW CAN WE HELP YOU? Visit [www.grmc.org](http://www.grmc.org) to view our services, get community health event listings, and even pay your bill online!**

**SQUEEZE IN A WEEKDAY WORKOUT    CONSIDERING WEIGHT-LOSS SURGERY?  
HEALTHY RECIPE: CHICKEN ENCHILADA PASTA**



## No Butts About It: Gila Regional Puts Patients First

Gila Regional Medical Center surveyed physicians, caregivers, and people in the community about the importance of a tobacco-free campus. The result? The majority agreed that the hospital campus should be tobacco-free. In response, a decision was made to use a phased approach to this goal.

Phase 1 is focused on the GRMC caregivers who work with our patients on a day-to-day basis, with a tobacco-free goal set for May 1, 2012.

For those who want to quit tobacco use, free cessation classes are offered. Certain smoking-cessation products are available for purchase at a discount.

Phase 2 begins in May and will be focused on the patients and guests of the hospital. They will be approached in much the same manner as the caregivers to create a tobacco-free campus by November 21, 2012.

This is a process, but in the end, a tobacco-free campus will only further the GRMC mission of creating a healing environment for our patients.



## Don't Be a Weekend Warrior

**P**ressed for time Monday through Friday, you may be tempted to pack a week's worth of exercise into your weekend. But that's not the best way to get fit or reap the benefits of exercise. More importantly, such a strategy could result in injury.

Weekend warriors—those who exercise for hours on the weekend but do nothing during the week—run a higher risk for joint and muscle injuries than folks who squeeze in two or three mid-week workouts.

### WEEKDAY WORKOUTS

Need another good reason to fit in fitness during the week? Just 20 to 30 minutes of exercise a day can reduce stress, increase confidence, improve sleep, and help prevent depression.

Aim for at least two-and-a-half hours of moderate activity like fast walking, dancing, or gardening throughout the week. Don't have that much time? Cut it in half by choosing vigorous activities that really get your heart pumping, like jogging, jumping rope, swimming laps, or biking hills.

### 4 WAYS TO GET ACTIVE

To add more exercise into each day:

- 1 Get into a routine.** Sign up for an exercise class at a local fitness center or start a walking group with friends.
- 2 Do chores that double as exercise.** Rake leaves. Wash the car. Or clean windows.
- 3 Squeeze in physical activity with exercise videos.** Check out a different one each week from your local library.
- 4 Activate your downtime.** Get up and move during every commercial when you're watching TV. Stand or pace when you're on the phone.

It's never too late to start an exercise program, but be sure to check with your doctor first. ■

**IS JOINT PAIN KEEPING YOU FROM THE ACTIVITIES YOU LOVE? It may be time to consider joint replacement surgery. Join us for a Health Talk with Brian Robinson, M.D., Orthopedic Surgeon, on May 18 at 1 p.m. in the Southwest Bone and Joint Institute conference room. Call 575-538-4870 for details or to register.**



# Is Weight-Loss Surgery Right for You?

If you've been fighting a severe weight problem for years—and losing—it's good to know that there's another option. Bariatric, or weight-loss, surgery can be an effective way to take off a lot of weight.

### WHO IT HELPS

Bariatric surgery isn't right for everyone. It's reserved for those who:

- Have been unable to lose weight through diet and exercise
- Have a body mass index (BMI) greater than 40

- Have a BMI greater than 35, and also have an obesity-related medical condition such as high blood pressure, type 2 diabetes, or sleep apnea

### HOW IT HELPS

The American Heart Association highlights several key benefits of weight-loss surgery:

- **Type 2 diabetes** often improves or even goes away completely.
- **Triglyceride** levels may fall, and **HDL cholesterol (the good type)** levels may rise. People taking cholesterol-

lowering drugs are often able to decrease or stop their medicines.

■ **Blood pressure** may decrease after the type of surgery that limits both food intake and food absorption.

■ **Sleep apnea** may improve.

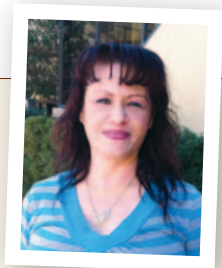
■ **Longevity** has been shown to increase in severely obese people who have weight-loss surgery versus those who don't. This may be due to fewer deaths from heart attacks, diabetes, and cancer.

Just like any surgery, there are risks. Talk with your doctor about the pros and cons, and whether weight-loss surgery is right for you. Once you lose weight, a lifelong commitment to a healthy diet and regular exercise is crucial for keeping the pounds off. Weight-loss surgery isn't a quick fix, but it can be an effective one. ■

**LIVE FREE FROM OBESITY. GRMC's Surgical Center of the Southwest is New Mexico's only location for Lap-Band surgery. You're invited to a FREE informational seminar at 5:30 p.m. on the first and third Wednesdays of every month. Call 575-956-3600 to register.**

## ★ HEALTHY RECIPE CONTEST WINNER! ★

# Chicken Enchilada Pasta



*"This recipe is healthier because you don't use fried corn tortillas," says Connie Madrid of Silver City, healthy recipe contest winner.*

### INGREDIENTS

- 16 oz. **whole wheat penne pasta**
- 1 tbsp. **canola oil**
- 16 oz. container of frozen **green chili**, thawed
- ½ tsp. **garlic salt**
- ½ tsp. **onion salt**
- 1 tsp. **pepper**
- 3–4 **chicken breasts**, cooked and shredded
- 1½ cups **shredded reduced-fat Colby cheese**
- ¼ cup diced **onion** (optional)

### DIRECTIONS

Bring a large pot of water to a boil. Cook the pasta until tender. While pasta is cooking, heat the oil in a large skillet and add the green chili. Cook for 2–3 minutes, then add garlic salt, onion salt, and pepper. Add the cooked chicken. Let the sauce simmer for 5 minutes. Pour the prepared chili

and chicken over the hot pasta. Garnish with cheese and onions (if desired). Place in preheated oven using the broiler just long enough to melt the cheese. Enjoy!

### NUTRITIONAL FACTS

#### Serves 6

Calories 346, total fat 7.1 g, saturated fat 1.2 g, cholesterol 25.2 mg, sodium 637.5 mg, total carbohydrate 56.7 g, dietary fiber 8.5 g, sugars 0 g, protein 23.1 g

**HAVE A HEALTHY RECIPE TO SHARE? Visit us at [www.grmc.org/Your-Health/Recipe-Winners.aspx](http://www.grmc.org/Your-Health/Recipe-Winners.aspx) to submit your recipe online!**

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## GRMC News & Events

### Health Talk: Pain Management

Friday, April 20

1 to 2 p.m.

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

Presenter: John A. Flores, M.D.

Learn more about managing acute or chronic pain and preventing it from affecting your professional and personal life. A question and answer session will follow. Refreshments served. Call 575-538-4870 for details.



John A. Flores,  
M.D.

### GRMC News

#### What Is Succession Planning?

GRMC's Board of Trustees and Senior Administration Team have committed to developing a succession planning program.

In the good old days, we had work "apprenticeships," where the masters taught the others. It's the very same thing, just designed for the modern workplace.

This program provides for a reliable and ready continuity of professionals and quality services for GRMC and for the community. By transferring "institutional wisdom" and core knowledge, we grow stronger, keep great caregivers, and help them grow by having a culture that supports what we want to deliver to our community.

## Wishes Come True for Gila Regional Caregivers

**G**ila Regional Medical Center (GRMC) Foundation recently fulfilled a \$47,340 request through the Wish List program, which uses donors' gifts to purchase equipment or clinical training that allows our nurses, staff, and physicians to provide the very best care.

Each department submits their Wish List item to the Foundation. They are prioritized by our Chief Executive Officer and voted on by the Foundation Board of Directors.

The Sexual Assault Nurse Examiners (SANE) Program received this year's largest funded investment: exam equipment for use in the GRMC Emergency Department, along with program development funds. GRMC has three SANE Registered Nurses (R.N.s) who have completed a 67-hour training. They help with patient interviews, comprehensive examination, photo and data/evidence collection, and support services for

sexual assault survivors. Two more R.N.s are scheduled to be trained.

Other items for departments funded were a refrigerator/freezer for Infection Control, a baby warmer for Maternal Child, a carpet extractor for Housekeeping, exercise equipment for the Billy Casper Wellness Center, furniture for the Lab/Imaging waiting area, and chairs for Surgery.

One hundred percent of every gift offered to GRMC Foundation benefits your hospital. No part of your gift is used for the GRMC Foundation's operating expenses. To make a gift today or get more information, please email [marketing@grmc.org](mailto:marketing@grmc.org).

**L to R: CEO Brian Bentley and GRMC Foundation President Jean Fortenberry with three SANE R.N.s: Compliance Officer Carrie Young, SANE Program Coordinator Stormy Flamm, and SANE Program Medical Director Shauna McCosh**

