

Does Pain Have You Sidelined?

GRMC's New Pain Management Clinic Can Help



Craig Leicht, M.D.

IF YOU EXPERIENCE CHRONIC PAIN, it shouldn't mean you have to give up activities you enjoy. Whether your pain is old or new, the new Gila Pain Management Clinic can help you get back to an active life.

TARGETED TREATMENT

Pain management uses special procedures to help get rid of pain that has affected your life or work. Rather

than treat the whole body, these procedures target the pain itself. For example, in injection therapy, "We put medication where it is needed most in doses much larger than we could in a pill," says Craig Leicht, M.D., head of the new clinic.

Procedures offered at the clinic include injections and nerve blocks, which interrupt pain signals to your brain. Dr. Leicht uses anesthesia or pain medication during these procedures so patients are pain-free during treatment. Special imaging called fluoroscopy helps him treat the specific area creating the pain to achieve long-term relief.

HEALING HELP

Dr. Leicht most commonly treats chronic low back and neck pain. However, nearly any type of pain may benefit from pain management procedures. This includes pain from conditions like shingles and fibromyalgia. Pain limited to a specific part of the body (such as the head or jaw) as well as pain due to trauma or surgery can also often benefit from targeted care.

While most procedures don't cure the condition causing pain, they often reduce pain-related stress so your body can begin healing on its own.

EXPERIENCED, LOCAL CARE

While the service is new to the area, Dr. Leicht has several decades of experience in anesthesia and pain management and is board certified in both. Previously, patients in the area had to travel several hours to receive similar care—not an easy drive, especially if you're in pain.



The new service is just one more way Gila Regional Medical Center (GRMC) is supporting community health. "We are always assessing local needs, looking for opportunities to bring in new services," says GRMC Chief Operations Officer Dan Otero. "We're hoping an experienced provider of Dr. Leicht's caliber will have a huge positive impact for patients who struggle with pain."

GET YOUR QUESTIONS ANSWERED

Many conditions are most easily treated soon after symptom onset. So it's important to have any new or recurring pain examined by a physician as soon as possible.

➔ **To learn more**, visit with Dr. Leicht and his staff at one of the following free events:

Health Talk: Let's Talk Chronic Pain

Thursday, May 29, 1 to 2 p.m.
GRMC Conference Room
1313 E. 32nd St., Silver City

Open House: Gila Pain Management

Friday, May 30, 3:30 to 5:30 p.m.
Meet Dr. Leicht at his new offices at 1302 E. 32nd St., Silver City. Refreshments will be served.

**FREE
EVENTS!**



Brian Cunningham,
CEO of Gila Regional
Medical Center

Our Focus: Service Excellence

There are many great things happening at Gila Regional on a daily basis. Our caregivers are striving to improve the overall health and wellness of our community. They are working to literally save the lives of our community members, bring new lives into our community, and help our sick community members get well and get home to their families, their jobs, and their lives.

This is an incredible service, and it takes many committed people (direct care and support staff) contributing, collaborating, and supporting one another to achieve this.

In these times of health care transformation, each day can bring new challenges to our team. This is to be expected given the number of people, departments, and vendors it takes to do the complex work that we do. However, these challenges and our ability to consistently rise above them are a big part of what makes Gila Regional such an incredible organization and such an incredible group of people. And we will continue to rise above any of the challenges that come our way.

Brian Cunningham, CEO

Are You at Risk for Heart Disease?

HEART DISEASE BUILDS SLOWLY AND QUIETLY.

Some people don't know they have a problem until they have a heart attack. So how do you know if you are at risk?

There are many well-known risk factors for heart disease:

- Age—Men 45 years and older and women 55 years and older are at greater risk.
- Gender—Men are at greater risk of heart attack than women and at an earlier age. But, heart disease is one of the leading causes of death among women.
- Family history
- High blood pressure, such as 140/90 or higher—Studies show that lowering the first number can cut down on heart attacks in people 60 years and older. In fact, some experts believe that the first number is the single greatest risk factor for heart disease in older adults.
- High total and “bad” cholesterol readings—What level is considered high may depend on other risk factors you might have.



Norman B. Ratliff,
M.D., F.A.C.C.

MORE SUBTLE RISKS

Researchers are discovering some surprising new risk factors for heart disease.

- **Diabetes:** If you have diabetes, follow your doctor's recommendations on managing it. A number of studies have shown that people with type 2 diabetes also had high cholesterol and blood pressure levels. People who don't have diabetes but have high insulin levels tend to have high blood pressure.
- **Sleep:** If you have any sleep problems, such as snoring, sleep apnea, or feeling sleepy during the day, let your doctor know. Studies have linked these sleep problems with heart disease, especially in women.
- **Anger:** Anger puts a physical strain on the heart, making it work harder. A study of men between the ages of 40 and 90 found that those with average to high levels of anger were up to three times more likely to develop heart disease.
- **Depression:** A history of depression can increase the risk of heart disease in women and men.
- **Stress:** Some studies have found a link between heart disease and how people handle stress in their lives.

👉 Talk with Your Doctor.

If you are at risk for heart disease, a board certified cardiologist is available close to home. Call **575-538-4112** to make an appointment with Dr. Norman Ratliff at Gila Cardiology.



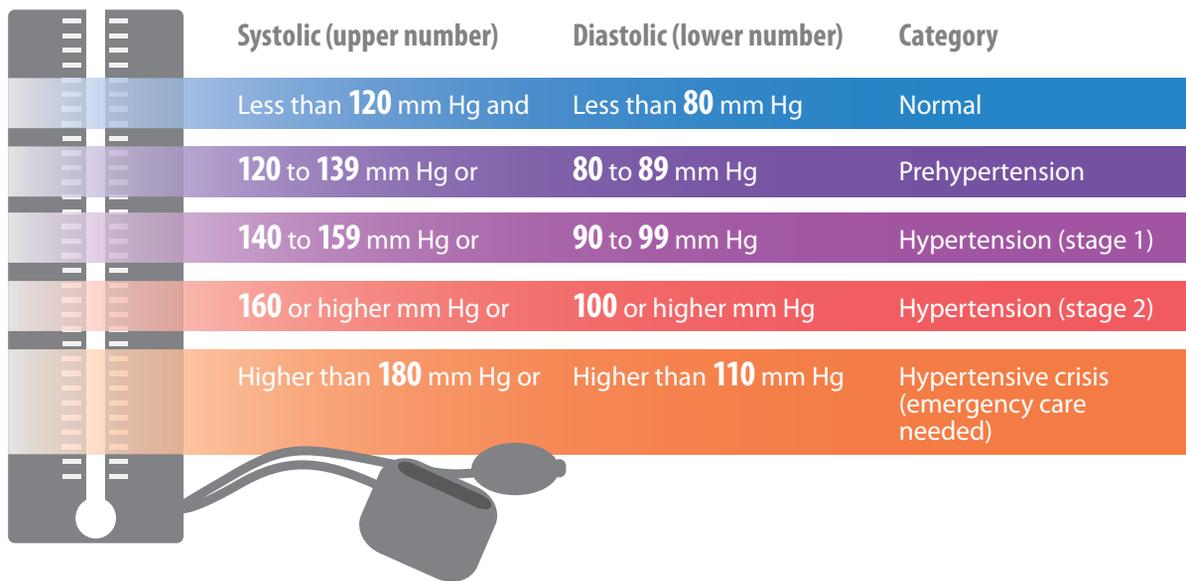
Right: Dr. Ratliff (center) is the only board certified cardiologist in southwest New Mexico.

👉 **Ready to check your numbers?** GRMC makes getting lab work done easy. Just bring your doctor's orders to the GRMC Laboratory, located by the Registration/ER entrance. No appointment is needed. The lab is open from 7 a.m. to 7 p.m. Or visit the blood draw station in Lordsburg, at 618 Pyramid St.; call **575-538-4167** for details.

Track These Crucial Numbers

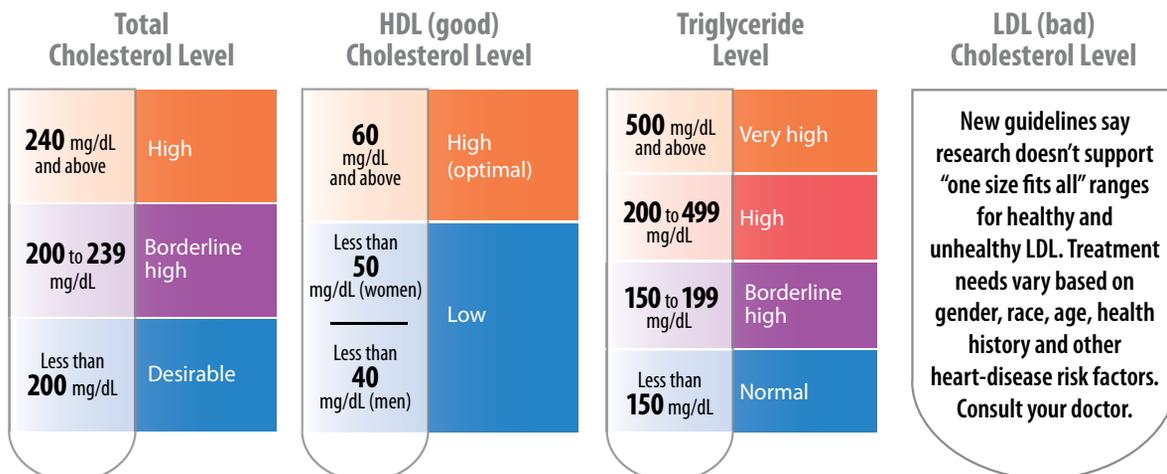
Key numbers help show your risk for hypertension, heart disease, and diabetes. Knowing your levels of cholesterol, triglycerides, blood pressure, and blood sugar—and how they stack up—can help you focus on keeping them healthy.

Blood Pressure



Cholesterol and Triglycerides

High LDL (bad) cholesterol is a key risk factor for heart disease and stroke. But high HDL (good) cholesterol helps protect against heart disease. The numbers that constitute “high” LDL cholesterol can vary considerably from person to person based on individual risk factors.



CALENDAR OF EVENTS

@ www.grmc.org

Gila Regional Medical Center
1313 East 32nd St.
Silver City, NM 88061

Postmaster: Please deliver between April 28 and May 2.

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GILA REGIONAL CANCER CENTER



Vera MacGregor, past patient at Gila Regional Cancer Center

OUR FOUNDATION CORNER

Ribbon Cutting

Tuesday, June 24, 2:30 to 3:30 p.m.

Gila Regional Cancer Center

Our new linear accelerator brings enhanced cancer care to Gila Regional Cancer Center. Join us for a ribbon cutting ceremony followed by refreshments and a tour of the new technology.

New Offices for Home Health and Hospice Teams

To create better access to our communities, the experienced and dedicated Home Health and Hospice teams have moved their offices to the Billy Casper Wellness Center. Visitors are welcome to stop by and see the new space, located next to Rehab and across the hall from the group fitness room.

GoodHealth

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The 2013 Gila Classic first place winners were Team Western Bank.

Gila Classic Golf Tournament

WE ARE PROUD TO ANNOUNCE that the GRMC Foundation's Gila Classic Golf Tournament will be held on Saturday, June 14, at the Silver City Golf Course.

With the support of our local community, the GRMC Foundation can continue its efforts in hosting this successful event that benefits quality local health care. Since 1988, the foundation has given more than \$3 million in support of this goal.

We have many levels of sponsorship, ranging from \$125 to \$5,000, and we gladly accept in-kind donations, such as items for door prizes or time given from volunteers. See the full list of sponsorship options online at www.grmc.org.

Please contact Joe Kellerman (see below) for more information and details. The GRMC Foundation is a 501(c)(3) organization, and all donations are tax-deductible.

Gila Classic Saturday, June 14, 2014

Silver City Golf Course, 9 Golf Course Drive, Silver City
Cost is \$500/team (\$125/player). Sponsorship form available online or by contacting Joe Kellerman, Public Relations Representative, at 575-538-4870 or jkellerman@grmc.org.



SIGN UP TODAY! SPACE IS LIMITED TO THE FIRST 25 PAID TEAMS.