



Health basics for men

3



Here comes the sun! Staying safe

4

4 BLOOD PRESSURE facts to know

HERE'S a new twist on an old phrase: What you know can hurt you—especially if all you know about blood pressure are some common myths.

Read about four of those myths and get the facts.

1 MYTH: You'll either get high blood pressure or you won't—there's nothing you can do about it.

FACT: Factors beyond your control can increase your risk for high blood pressure. For instance, your risk goes up as you age or if close relatives also have the condition. But good lifestyle choices—such as maintaining a healthy weight, exercising regularly and reducing sodium intake—can help lower your chances of getting high blood pressure, no matter your age or family history of the disease.

2 MYTH: You don't get high blood pressure until at least middle age.

FACT: Anyone can have high blood pressure—even children. So it's important to get your blood pressure checked regularly.

3 MYTH: If you feel good, you couldn't possibly have high blood pressure.

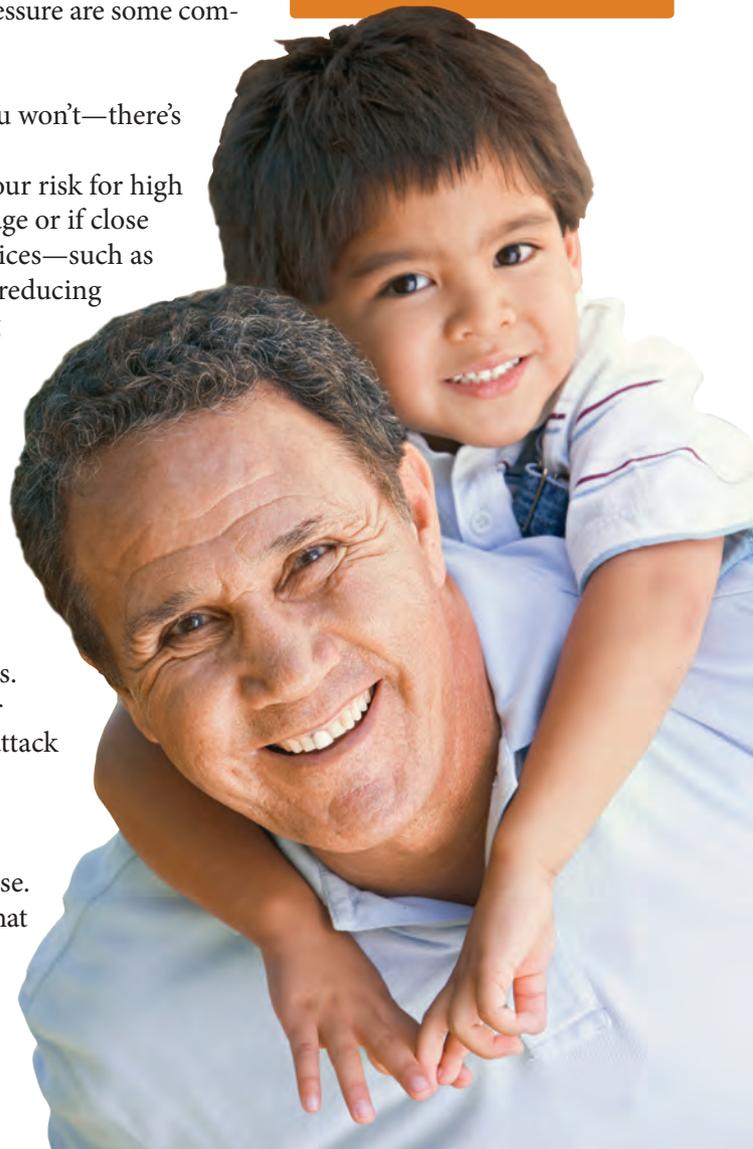
FACT: High blood pressure rarely causes symptoms. You can have it and feel fine, even as it's damaging your body and raising your risk for problems such as heart attack and stroke.

4 MYTH: If you treat high blood pressure and your numbers improve, you're cured.

FACT: High blood pressure is often a lifelong disease. Even if readings return to a normal range, it's important that you continue following your doctor's treatment advice.

Sources: American Heart Association; Centers for Disease Control and Prevention; National Institutes of Health

Need a primary care provider? Gila Family Medicine is taking patients. Call 575-534-0400.



THE ASTHMA-ALLERGY CONNECTION

WHAT'S THE LINK?

If you have asthma, your airways are swollen and sensitive. Asthma triggers cause the airways to tighten further and make breathing more difficult. There is no cure for asthma, but medicines—and avoiding asthma triggers—can help you manage the disease.

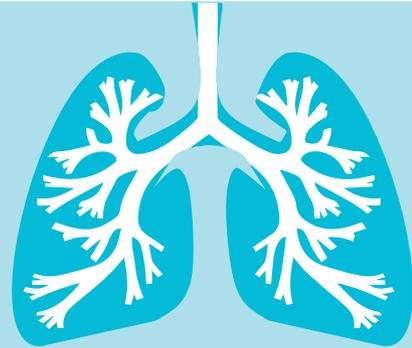
Not everyone who has allergies has asthma, but many people with asthma also have allergies. Allergies can trigger your airways to narrow. It's important to know your allergy triggers, or allergens, so you can avoid them.

COMMON ALLERGENS THAT MAKE ASTHMA WORSE:

- Cockroaches.
- Animal dander.
- Dust mites.
- Indoor mold.
- Pollen.
- Outdoor mold.

OTHER ASTHMA TRIGGERS MAY INCLUDE:

- Cold air.
- Exercise.
- Some illnesses and medicines.
- Tobacco smoke, air pollution and strong odors.



TESTING FOR ASTHMA

Spirometry: This test measures air flow in your lungs—how much air you can breathe in and how fast you can blow it out.

Physical exam: Your doctor will probably ask questions about your symptoms and check your breathing.

Your doctor may also recommend:

- Allergy testing to see what allergens might affect you.
- A test to check how sensitive your airways are.
- Tests to see if other medical problems, such as sleep apnea, are causing your asthma symptoms.

TESTING FOR ALLERGIES

Most common and reliable method:

Skin testing: Small amounts of specific allergens are placed in the skin to determine if there are any reactions.



BREATHE EASIER: Gila Family Medicine can help you discover and manage your asthma and allergy triggers. Call 575-534-0400 to schedule an appointment.

Sources: American Academy of Allergy, Asthma & Immunology; National Heart, Lung, and Blood Institute

MEN

Take charge of your health

HEART disease, cancer and stroke.

These are words no one wants to think about, but men can't afford to ignore them: All three diseases are among the leading causes of death for American men.

Nearly 1 in 3 men has high blood pressure, a significant risk factor for heart disease and stroke, according to the U.S. Department of Health and Human Services (HHS).

Likewise, almost half of all men will develop some form of cancer in their lifetimes, reports the American Cancer Society.

Lung cancer is the most common fatal cancer for men, followed by prostate cancer and colon and rectal cancers.

But with knowledge and a little effort, men can take steps to avoid these and other potentially dangerous health conditions.

It can all start with a trip to your doctor, something men do significantly less often than women, according to HHS.

Your doctor can tell you about health screenings, medications you might need and some of the healthy behaviors you can adopt.

Screening tests

Screenings can find diseases early,



Choose Gila Cardiology as your preventive cardiologist. Ask your doctor to refer you to Gila Cardiology for your heart health.

when they may be more effectively treated.

What follows are some of the tests experts suggest for men. But talk with your doctor. You might need to be screened earlier or more often.

Cholesterol. High cholesterol is one of the major risk factors for heart disease. Check yours at least every five years, starting at age 20.

Blood pressure. High blood pressure increases your risk of stroke, heart attack, kidney failure and heart failure. But it often has no symptoms. That's why it's important to get it checked at least every two years. If you have high blood pressure, you may need medication to control it.

Diabetes. If you are age 45 or older—or if you're any age and overweight—ask about getting screened for diabetes. Diabetes increases your risk for many serious conditions, including heart disease, stroke, kidney disease and eye problems.

Colorectal cancer. Screening for most men should start at age 50.

Other cancers. Ask your doctor if you should be screened for prostate, lung, oral, skin or other cancers.

Abdominal aortic aneurysm. If you are between 65 and 75 years old and have smoked 100 or more ciga-

rettes in your lifetime, ask your doctor to screen you for an abdominal aortic aneurysm—a swollen blood vessel in your abdomen that can suddenly burst.

Additional source: American Heart Association

Sunshine and safety

5

points to
keep in
mind

Put a water-resistant,
broad-spectrum
sunscreen on all of
your exposed skin,
even on cloudy days.

The sun might give you a tan. But it might also give you wrinkles, skin cancer and even cataracts. That's hardly worth it.

So you'll want to be smart about the sun and do all that you can to protect yourself from its damaging rays. Do your best to follow these five safeguards:

1 Slather on sunscreen. Put it on all of your exposed skin, even on cloudy days. Use a water-resistant, broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Use a generous amount—about a palmful if your arms, legs, neck and face need protection. Reapply it at least every two hours and also after swimming or sweating. Remember, too, that everybody needs sunscreen—no matter what their skin color is.

2 Cover up. Even with plenty of sunscreen, some rays will still penetrate your skin. So whenever you can, wear clothing that covers you—including a wide-brimmed hat.

3 Wear sunglasses. Be sure they block at least 99 percent of both UVA and UVB rays. Sunglasses with labels that say “UV absorption up to 400 nm” or “meets ANSI UV requirements” will lower your risk of cataracts and other eye problems.

4 Try to avoid the midday sun. If possible, head indoors or find someplace shady to hang out between the hours of 10 a.m. and 4 p.m. That's when sunlight is most intense.

5 Get vitamin D safely. Your body makes vitamin D when sunlight touches your skin. Still, it's best to get this vitamin either from your diet or vitamin supplements; unlike the sun, they won't make you vulnerable to skin cancer.

Sources: American Academy of Dermatology; American Cancer Society

SUNGLASSES

Pick the right pair

Sunglasses look great, and they shield you from glare when it's sunny. But the right pair offers even more protection. That's because invisible—but potentially harmful—ultraviolet (UV) rays from the sun can cause cataracts, skin cancer around the eye and other disorders that have been linked to long-term UV exposure.

One of the best ways to protect your eyes is to wear sunglasses with lenses

that block 99 or 100 percent of all UV light. It should say so on the label—or your eye doctor can point you in the right direction.

It's a good idea to wear sunglasses whenever you're outdoors. They're especially important to wear in the summer and when you're near reflective surfaces, like water, sand or snow.

Sources: American Optometric Association; U.S. Environmental Protection Agency

SUNSCREEN

TAKE A LOOK AT THE LABEL

When you're shopping for sunscreen, look beyond brand and scent. Instead, choose a bottle that'll give you the best protection.

BROAD SPECTRUM: This means a sunscreen protects against ultraviolet A and ultraviolet B rays. Both can cause skin cancer.

SPF: That's how well—not how long—a sunscreen protects you from sunburn. Choose SPF 30 or higher.

WATER RESISTANT: Stays effective for 40 minutes in the water.

VERY WATER RESISTANT: Stays effective for 80 minutes in the water.

SPORT: Usually means sunscreen is either water resistant or very water resistant.

BABY: Usually means a sunscreen's ingredients are less likely to irritate a baby's sensitive skin.

Source: American Academy of Dermatology



ready before he or she takes a bath. Or turn off lights and have your keys and wallet in hand before you both leave the house.

- ▶ Your spouse may rebel at being told what to do. If that happens, let him or her choose clothes or foods. Just limit the selection to make it easy on both of you.
- ▶ Encourage your spouse to do whatever he or she is able. And help extend those abilities with simple adaptations, such as using fabric fasteners on clothes or cups with lids.
- ▶ Talk with your spouse in a calm voice. Avoid complex sentences.
- ▶ Help your spouse focus by starting conversations with his or her name.
- ▶ Consider joining an Alzheimer's support group. You may learn valuable coping skills from other caregivers.

To read more tips on caring for someone with Alzheimer's, go to

 caregiver.org/alzheimers-disease-caregiving.

YOU'VE just learned that your spouse has Alzheimer's disease. There's no doubt that it's a frightening diagnosis for both of you. Your lives are going to change—and not in entirely predictable ways.

Alzheimer's disease progresses differently in different people. How it affects your spouse (and you) can change from day to day.

Here is some information that you may find helpful from the Family Caregiver Alliance (FCA) and other experts:

- ▶ Routines can be good for people with Alzheimer's. Get up, eat meals, bathe and go to bed at the same time. But stay flexible to changing needs.
- ▶ Prepare for an activity in advance to avoid confusing your spouse. For example, have towels and clothes

MIND GAMES

Give this brain health puzzle a try. You'll have fun testing your know-how—and you may pick up a few tips too!

Answers:

Across: 2. Puzzles 3. Friends
 Down: 1. Treatments 5. Sleep 6. Fruits
 4. Neurologist 7. Exercise 9. Alzheimer's
 8. Memory

ACROSS

2. Exercise isn't just for your body. To help keep your brain active, read, play games, do _____ (like crosswords!) and try new hobbies.
3. Staying social can help keep your brain sharp. Make time for _____ and family—it's good for you!
4. A _____ is a type of doctor who specializes in treating the brain and spine.
7. Move your body to protect your brain. Regular _____ has been shown to increase brain function and improve mental health.

DOWN

1. Different types of dementia call for different _____, so it's important to get an accurate diagnosis.
5. Getting enough _____ every night can help keep your brain healthy.
6. Eat a diet with plenty of _____ and veggies, whole grains, fish, and nuts.
8. Loss of _____ doesn't always signal dementia. It can have other causes too.
9. Though it's the most common, _____ disease isn't the only type of dementia.

Turkey fajitas with baby spinach and red peppers

Makes
4 servings.



Ingredients

Seasoning marinade

- ½ teaspoon chili powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ⅛ teaspoon finely ground coffee
- ⅛ teaspoon ground black pepper

Filling

- ½ tablespoon canola oil
- 1 pound turkey cutlets or boneless turkey breast, cut into ¾-inch-by-3-inch pieces
- 4 taco-size (9-inch) whole-wheat tortillas
- 1½ cups lightly packed baby spinach
- ½ cup salsa verde
- 2 (½-inch) slices red onion, halved crosswise
- 12 (½-inch) strips red bell pepper

Directions

- ▶ In small bowl, whisk together chili powder, cinnamon, cumin, garlic powder, coffee and black pepper.
- ▶ Place canola oil and turkey in mixing bowl and add dry seasoning marinade. Using a fork or your hands, mix to coat turkey evenly with marinade. Set aside for 20 to 30 minutes.

▶ Heat medium cast-iron skillet over medium-high heat. Lay a large sheet of foil on your work surface. One at a time, heat tortillas in dry pan until they are flexible, about 1 minute, turning them after 30 seconds.

▶ Stack tortillas on foil, covering them with an inverted plate until all tortillas are warmed, then seal tortillas in foil, and set them aside.

▶ Heat grill-pan or stovetop grill over high heat until a drop of water flicked onto it dances. Using tongs, arrange seasoned turkey pieces in rows on grill, placing them ½-inch apart. This may require cooking turkey in 2 batches.

▶ Grill for 6 minutes, turning pieces every 1 minute so they cook evenly

and to avoid burning. Transfer cooked turkey to serving plate.

▶ To assemble fajitas, place warm tortilla on a dinner plate, preferably warm. Arrange ¼ of spinach in center of tortilla. Add ¼ of turkey. Spoon on ¼ of salsa, top with half an onion slice and 4 pepper strips. Fold in top and bottom of tortilla, then sides. Serve immediately.

Cook turkey to 165 degrees to help prevent foodborne illness.

Nutrition information

Serving size: 1 fajita. Amount per serving: 317 calories, 6g total fat (less than 1g saturated fat), 31g carbohydrates, 34g protein, 2g dietary fiber, 492mg sodium.

Source: American Institute for Cancer Research

Morning brew in your stew

COFFEE WITH CHOCOLATE—WHAT COULD BE BETTER?

How about steak with a crust of ground java? Or vegetarian chili with a jolt of joe? Coffee, it turns out, intensifies the flavor of savory dishes as well as sweet ones. That means the same nutty, flowery and spicy aroma compounds that make your morning mug irresistible can add depth to your next stew.

Try cooking with instant coffee granules or finely ground fresh coffee. Store your newest spice at room temperature in an airtight container away from light. Grind and use coffee beans within two weeks. Ground coffee keeps just a few days.

Sources: American Diabetes Association; American Institute for Cancer Research



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Calendar *of* EVENTS



National Healthcare Volunteer Week **April 23 to 29**

Thank you to our Auxiliary members
for their many volunteer hours.

National Hospitals Week/ National Nurses Week **May 6 to 13**

Thank your doctors and nurses!



Auxiliary Linen Sale **Friday, July 14, 8 a.m. to 8 p.m.**

GRMC Conference Room. Partial
proceeds benefit the GRMC
Auxiliary.

Health Talk

"1 in 24: Are You the One?"
David Friedman, MD
Wednesday, July 26,
noon to 1 p.m.

Learn about colon cancer
and colonoscopy. For more
information, call **575-538-4657**.

Decades of service

Thank you to GRMC
Auxiliary Volunteers

SINCE 1969, the Gila Regional Medical Center (GRMC) Volunteer Auxiliary has served the hospital. They are the first faces that greet our patients and visitors and often the last faces they see before they go home. They provide meals for our cancer patients and receiving blankets for babies born in Labor and Delivery.

Since the inception of the GRMC Auxiliary, they have dedicated 675,819 hours of volunteer time. GRMC would like to thank these men and women for their service to the hospital, but most of all to you, our patients and community.

April 23 through 29 is National Healthcare Volunteer Week. If you're at the hospital and see one of our ladies in pink or gentlemen in blue, thank them for giving you the ultimate gift a person can give: their time.