

Gila Regional's

Wellness Companion

Your Partner in Health

SUMMER 2016

INSIDE



Take these medical tests

3



Breast cancer: Answers to your questions

4

Meet the new dietitian at Gila Regional

COMING from Flagstaff, Arizona, Bret Sarnquist is the new registered dietitian at Gila Regional Medical Center (GRMC). He grew up in the San Francisco Bay Area and comes from a medical family. His father was an anesthesiologist, his mother was a dental hygienist and his sister has a doctorate in public health, but Sarnquist walked his own path. Originally Sarnquist got a degree in the liberal arts, and after working a series of other jobs, he went into business for himself and opened Big Ring Bakery, a gluten-free bakery in Flagstaff.

“While the work was fun and personally fulfilling, it was hard to make a living doing it,” Sarnquist says.

Back to school

After six years in the kitchen, Sarnquist redirected his passion for food into the science of nutrition. He obtained a bachelor's degree in nutrition from Arizona State University and then moved back to Flagstaff to complete his dietetic internship. The internship included rotations in clinical dietetics at Flagstaff Medical Center; school nutrition in Show Low, Arizona; and community nutrition with Coconino County and the WIC (Women, Infants and Children) program.

Right at home

Sarnquist is now a clinical dietitian at Morrison Healthcare, providing meals and nutrition services to GRMC's patients and caregivers.

“Coming from Flagstaff, Silver City feels like a smaller version of home and I hope to be at Gila Regional for the long term,” Sarnquist says. “I enjoy the small-town atmosphere and have my best days at GRMC when I can spend the majority of my time working directly with our patients.”

Welcome to GRMC, Bret—we are glad you're here.



Bret Sarnquist,
RD, LD

Stay-well TIPS for families



- ▶ Drink plenty of fluids, such as water and clear soups.
- ▶ Gargle with warm salt water to relieve a sore throat, or use sprays or lozenges.

You also can try over-the-counter medicines for a headache, stuffy nose, cough and other symptoms.

However, kids and teens should not take aspirin—it may increase their risk for a serious disease called Reye’s syndrome. And nonprescription cold medicines may not be safe for younger children.

Also, you can ask your doctor about antiviral medicines to help you recover more quickly from the flu.

Most people recover from colds or the flu within two weeks.

Seek a doctor’s advice for symptoms such as a high fever, illness that lasts for 10 days or longer, or any breathing problems.

Sources: American Academy of Family Physicians; American Lung Association; Centers for Disease Control and Prevention

IT’S a fact that families share more than just quality time together—they share some unwelcome germs too.

A cold or flu in one family member often means that sickness will soon make the rounds at home. However, these tips can help your family stay well.

Practice prevention

The best way to prevent the flu is for everyone,

starting at age 6 months, to get an annual flu vaccine.

Also, some people—including those with chronic health problems or people 65 and older—may need a vaccination against bacterial pneumonia.

While there isn’t a cold vaccine yet, you can remind everyone to practice these healthy habits:

- ▶ Keep your distance from sick people.
- ▶ Cover coughs and sneezes with a tissue

or the inside of your elbow.

▶ Wash your hands often with warm water and soap. Scrub them well for about 20 seconds (about the time it takes to sing “Happy Birthday” twice). Use paper towels to dry your hands.

When sickness strikes

To ease cold and flu symptoms:

- ▶ Get lots of rest, especially while a fever is present.

FLU FACTS: Don’t let the flu get you down



YOUR BEST PROTECTION:
A YEARLY FLU VACCINE.

Nearly everyone older than 6 months should get one.

More stay-healthy TIPS:

- Wash your hands often.
- Avoid touching your face.
- Steer clear of people who are sick.

Have you gotten your flu shot? Call 575-534-0400 to make an appointment.

Source: Centers for Disease Control and Prevention

Must-have medical tests

IT'S NOT EASY to accomplish everything on your to-do list, but some tasks should be priorities. Among these are recommended medical screenings.

That's because these tests can spot health problems early, when they're often easier to treat. In fact, screenings could even help save your life.

Talk to your doctor about screenings. He or she will help you decide which you should have and when and how often you should have them. These recommendations from the Agency for Healthcare Research and Quality and other health organizations can help you know what you might need.

For men and women

Blood pressure. Get it checked at least every two years.

Cholesterol. Get screened at least once every five years starting at age 20. Ask your doctor if you should be screened more often.

Diabetes. Get tested if you have high blood pressure or high cholesterol, if you're 45 or older, or if you're overweight.

Colorectal cancer. Start testing at age 50 or earlier if you have certain risk factors. There are several tests. Talk to your doctor about which is right for you.

Sexually transmitted infections (STIs). Ask your doctor if you should be tested for any STIs, including HIV.

Depression. Ask your doctor about screening if you've felt sad or hopeless for the past two weeks or if you've lost interest in things you once enjoyed.

For women

Breast cancer. Have regular mammograms starting at age 45.

Cervical cancer. Get Pap tests starting at age 21. Ask your doctor how often you should be screened.

Osteoporosis. Get bone density tests beginning at age 65. Ask your doctor about earlier screenings if you are younger than 65 but have other risk factors, such as low body weight.

Chlamydia. Get tested for this STI if you are 24 or younger and sexually active. If you're older, ask your doctor about testing.

For men

Prostate cancer. Discuss your risk of prostate cancer, as well as the risks or benefits of testing, with your doctor.

Abdominal aortic aneurysm. A test that can find an abnormally swollen blood vessel in your abdomen. Ask about getting tested once if you are between ages 65 and 75 and have ever smoked.

For a referral to a physician, call Gila Family Medicine at  575-534-0400.

Q What should I know about prediabetes?

A. At least three key things:

- 1) Prediabetes often has no symptoms.
- 2) If you're diagnosed with it, you're at high risk for type 2 diabetes, heart disease and stroke.
- 3) You can help turn those risks around, however, by making some lifestyle changes.

When you have prediabetes, the glucose (sugar) in your blood is higher than normal. But it's not yet high enough to be considered diabetes. Prediabetes is a wake-up call: You need to take action now to reduce your risk of full-blown diabetes.

That usually means, among other things:

- ▶ Losing some weight. Even a 5 to 10 percent drop in weight helps.
- ▶ Eating more fruits and vegetables. Doing so can help you eat fewer higher-calorie foods.
- ▶ Moving more. The goal is to do 30 to 60 minutes of exercise—such as walking—every day.
- ▶ Working with your doctor. Together, you can make changes to help prevent or delay diabetes.



Q

A

3



key questions and answers about breast cancer

WHEN it comes to breast cancer, you can't be too curious. As a woman, the more you know about breast cancer—and especially how to detect it—the more you might be able to protect yourself from this all-too-common disease. With this in mind, here are potentially lifesaving answers to three key questions about this cancer:

1 **Q** What are the warning signs of breast cancer?

A The most common symptom is a new lump in your breast. Often, cancerous lumps feel different from noncancerous ones. Lumps that are painless, hard, oddly shaped and feel as though they are firmly attached within the breast are more likely to be cancerous. But breast cancers can also be tender, soft, smooth, round and moveable. They might even be painful.

So don't take chances. Alert your doctor if you notice any new lump or mass. Also tell him or her if you have any of these other possible signs or symptoms of breast cancer:

- ▶ Swelling of all or part of a breast, even if you can't feel a distinct lump.
- ▶ Dimpling or puckering in the breast skin.
- ▶ Redness, scaliness or thickening of a nipple or breast skin.
- ▶ A nipple turned inward.
- ▶ Breast or nipple pain.
- ▶ Nipple discharge other than breast milk, such as blood.

Keep in mind, too, that breast cancer sometimes spreads to lymph nodes under the arm or around the collarbone—even before the original tumor in a breast is large enough to be felt. This means you should also tell your doctor about any lumps or swelling in these areas.

2 **Q** How often should I have a mammogram?

A Most women should have a mammogram, or breast x-ray, starting at age 45. At age 55, talk to your doctor about switching to every other year. Regular mammograms are a must, because they can find tumors that are still so tiny that they can't be felt by a doctor. And detecting breast cancer at an early stage increases the chances that it can be treated successfully.

However, if you have an above-average risk for breast cancer—for instance, if you have a family history of the disease—you may need to start getting mammograms earlier. Talk to your doctor about a screening schedule that is best for you.

3 **Q** Do I need to have an MRI too?

A Probably not. While a magnetic resonance imaging (MRI) scan is more sensitive than a mammogram at detecting breast cancers, it is also more likely to cause false alarms—or results that indicate cancer is present when it isn't. This can cause unnecessary follow-up testing, including biopsies. As a result, MRI is reserved strictly for women with a heightened risk of breast cancer. Ask your doctor if this test is appropriate for you.

Sources: American Cancer Society; National Cancer Institute

See your doctor, then give us a call at 575-538-4125 to schedule your mammogram.



Q: What are the signs and symptoms?

A: Early prostate cancer rarely causes symptoms. More advanced cancer may cause signs such as:

- ▶ Weak urinary flow or a need to urinate frequently, especially at night.
- ▶ Blood in the urine.
- ▶ Problems getting an erection.
- ▶ Bone pain.

Conditions other than cancer can cause the same signs and symptoms. But it's still important to tell your doctor if you have any of these problems.

Q: How is it diagnosed?

A: Most often it's detected with screening tests. Two common ones are the prostate-specific antigen (PSA) test, which looks for certain markers in a blood sample, and a digital rectal exam, in which a doctor feels the prostate for abnormalities by inserting a finger into the rectum.

Neither test can confirm cancer. If results of the test or exam point to a potential problem, a biopsy may be performed. This involves removing prostate tissue with a needle

and examining it under a microscope.

Q: What are the treatment options?

A: If cancer is found, the biopsy can provide information about how aggressive the disease seems to be, including a Gleason score—which is determined by how abnormal the cancer cells look. Doctors use that score; the PSA test; and possibly the results of other tests, such as an MRI, to determine treatment.

To learn more about cancer treatment, visit www.grmc.org, click on "Services & Programs" and select "Gila Regional Cancer Center."

Cancer that doesn't appear aggressive may not be life-threatening. Simply monitoring it may be OK. Treatment can start if the cancer grows or gets worse.

Surgery to remove the prostate may be recommended. Radiation therapy and hormone therapy are also options. Chemotherapy may be given as well.

Prostate cancer QUESTIONS ANSWERED

LEARN ABOUT THE DISEASE THAT STRIKES 1 IN 7 MEN

PROSTATE problems plague many men as they get older. And the worst of those problems can be cancer.

Here are three key questions—and answers—about prostate cancer.

Key statistics for prostate cancer



How common is prostate cancer? Other than skin cancer, prostate cancer is the **most common cancer** in American men.

Estimates for prostate cancer in the United States for 2016 are:



About **180,890** new cases of prostate cancer. About **26,120** deaths from prostate cancer.



Survival rates
For all stages of prostate cancer, the 5-year relative survival rate is **almost 100%**.

Risk of prostate cancer

About **1 man in 7** will be diagnosed with prostate cancer during his lifetime.



Source: American Cancer Society



HEALTHY EATING

The winning solution

IF you've ever felt sluggish—or stepped on the scale—after a big holiday meal, then you know that overindulging on food doesn't make the occasion any more special.

However, as we look ahead to the holiday season, you don't have to completely avoid the pie and stuffing to look and feel better. The solution is to enjoy your favorite foods in moderation.

Smart dietary choices and daily exercise can help give you the energy and stamina you need to carry you into the colder months without a bigger waistline.

Here are a few suggestions:

- ▶ Before going to a party, eat a healthful snack. High-fiber foods, such as fruit or whole-grain crackers, can help take the edge off hunger and reinforce your willpower to not overindulge. Also consider bringing a nutritious, low-calorie side dish to share.
- ▶ When at a buffet, opt for a small plate if it's available and keep portion sizes reasonable. Fill at least half

your plate with fruits and vegetables, and only take bite-sized samples of the rich foods and desserts.

- ▶ Alternate high-calorie drinks with glasses of water to help fill your stomach and stay hydrated.

▶ To help keep calories and fat at reasonable levels, try substituting healthful ingredients in dessert recipes. For example, try replacing butter with cinnamon-flavored applesauce. Or substitute dried fruit—such as blueberries, raisins or cherries—for chocolate

chips or candies.

- ▶ After pies, cookies and other desserts are prepared (and sampled!), put them out of sight to help deter impulse snacking.

▶ Finally, remember that celebrations aren't just about food. Enjoy conversations with family and friends. Play games with the kids. Or start a new tradition of taking a walk—or maybe playing some touch football—after a meal.

The key is to enjoy your favorite treats in moderation.

Sources: Academy of Nutrition and Dietetics; American Heart Association; American Institute for Cancer Research

Spiced toasted almonds

Makes 8 servings.

Ingredients

- 1 tablespoon dried thyme leaves
 - 1 teaspoon kosher or sea salt
 - ¼ teaspoon red (cayenne) pepper, or to taste
 - 2 teaspoons canola oil
 - 2 cups whole, unblanched almonds
- Canola oil spray

Directions

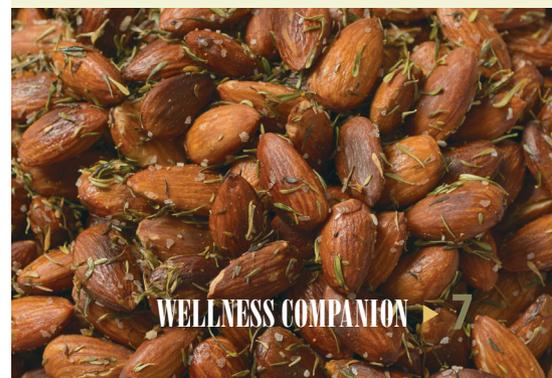
- ▶ Preheat oven to 400 degrees.
- ▶ In a large, shallow bowl, combine thyme, salt, pepper and oil. Set aside.
- ▶ Place nuts in a medium bowl. While tossing with fork, lightly spray with canola oil so all surfaces are coated.
- ▶ Lightly coat baking sheet with canola oil spray.
- ▶ Pour nuts onto sheet and spread evenly across surface.
- ▶ Place baking sheet in center of the oven. Toast until nuts are lightly browned and fragrant, about 8 minutes. Occasionally, shake pan to shift nuts and prevent scorching. (Be careful not to let nuts get too dark, or they'll taste burned.)
- ▶ Remove from oven, and immediately add hot nuts to spice mixture. Stir for a few minutes to coat the nuts thoroughly. Taste and adjust the seasonings.
- ▶ Serve warm or at room temperature.

Nuts can be sealed and stored for up to 2 weeks. Reheat in a hot oven.

Nutrition information

Serving size: ¼ cup. Amount per serving:
223 calories, 19g total fat (1g saturated fat),
7g carbohydrates, 7g protein, 4g dietary fiber,
235mg sodium.

Source: American Institute for Cancer Research



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Calendar *of* EVENTS



Health Talk

"Living a Gluten-Free Life"

Bret Sarnquist, RD, LD

Friday, Sept. 2, noon to 1 p.m.

Gila Regional Conference Room

Cooking demonstration and samples. Call **575-538-4657** to reserve your seat for this free talk.

Health Talk

"Breast Exam: Knowing How Can Save Your Life"

Erin Zubia, RN

Thursday, Sept. 29, noon to 1 p.m.

Gila Regional Conference Room

Using silicone simulated devices, learn how to check for lumps. Call **575-538-4657** for more information about this free women's health workshop.



October: Breast Cancer Awareness Month

See your doctor, then call **575-538-4125** to schedule your mammogram in October and enter to win a gift basket!

Health Talk

"Understanding Alzheimer's"

Teresa Arizaga Morales, MD

Thursday, Nov. 10, noon to 1 p.m.

Southwest Bone and Joint Conference Room

For more information about this free talk, call **575-538-4657**.

We support you on your path to wellness

CEO
CORNER

HERE at Gila Regional Medical Center (GRMC), we are just as committed to supporting your path to wellness as we are to supporting you in times of illness. And wellness incorporates many other elements besides the physical.

The seven elements of wellness include:

- ▶ Social wellness.
- ▶ Emotional wellness.
- ▶ Spiritual wellness.
- ▶ Environmental wellness.
- ▶ Occupational wellness.
- ▶ Intellectual wellness.
- ▶ Physical wellness.



Brian Cunningham, CEO, GRMC

Please take the time to explore these other important aspects of your wellness. Throughout this newsletter, we encourage you to partner with your health care provider in developing the health-promoting practices that will work best for you.

In service,

Brian Cunningham, CEO, GRMC