

Gila Regional's

# Wellness Companion

SUMMER 2017

*Your Partner in Health*

INSIDE



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NEW CEO OF GRMC

## Greetings from Taffy Arias, CEO

**PLEASE** allow me this opportunity to express my heartfelt appreciation to the community for graciously allowing me to be the CEO of your hospital, Gila Regional Medical Center (GRMC). I come to this position knowing of its importance to the people of Silver City and the surrounding areas. My husband and I enjoy being part of this beautiful community. We look forward to working with all of you.

*My goal is to focus on ensuring safe, quality patient care for everyone who enters the doors of GRMC.*

I am working to ensure that all patients are treated with dignity and respect. It is important for us to increase volumes and establish services for our community. These goals will support a strong financial state so that we are prepared to weather the economic roller coaster of health care.

I am delighted to be in Silver City, and I look forward to a long future with GRMC.

Respectfully yours,  
Taffy Arias  
CEO, Gila Regional Medical Center

# HEALTH news

## Keep a watchful eye on your diabetes

Those eyes you're reading this with are your one and only pair. So you'll want to look after them as best you can—especially if you have diabetes.

Over time, diabetes can harm your eyes, increasing your risk of potentially sight-stealing complications such as retinopathy or glaucoma.

With your doctor's guidance, you can help safeguard your vision by:

**Controlling your blood sugar.** Keeping your glucose level close to a normal range may help keep eye problems from starting or getting worse. Ask your diabetes care team what's a healthy range for you.

**Getting your eyes checked.** The earlier an eye disease is discovered, the easier it is to successfully treat it with medicines or surgery.

That's why diabetes experts recommend a dilated eye exam at least once a year. During this type of exam, the pupils are widened, making beginning signs of damage to the eyes easier to see.

Sources: American Diabetes Association; National Eye Institute



## 3 great reasons to vaccinate your kids

When is an ounce of prevention worth more than a pound of cure? When it has the potential to save your child's life.

Vaccines are like an ounce of prevention. They don't take long to give. And insurance usually covers them. But they could keep your child from getting certain diseases—and help keep others safe from those diseases too. Here's how:

**1. Vaccines protect against life-threatening illnesses.** Thanks to vaccinations, some diseases that used to injure or kill kids, like polio and smallpox, have been completely or nearly eliminated in the U.S. But other serious illnesses (such as meningitis, measles and whooping cough) are still around. Vaccinating your kids protects them—safely.

Doctors and scientists review vaccines to ensure their safety. Very few children have serious side effects. And because

vaccines are 90 to 99 percent effective in preventing disease, the benefits outweigh any possible side effects for most kids.

**2. They protect others.** Some diseases, like chickenpox and measles, are highly contagious. But getting your kids vaccinated greatly reduces their risk of catching these diseases—and passing them on to others. That's especially good news for vulnerable people, including newborns who haven't had all their shots yet.

**3. They save time and money today—and tomorrow.** Vaccinated kids avoid diseases that could make them miss school. They're also protected from illnesses that could lead to long-term disability, lost work time and wages, and high medical costs.



For more about vaccinations, visit [cdc.gov/vaccines/schedules](https://www.cdc.gov/vaccines/schedules).

Sources: American Academy of Pediatrics; Department of Health and Human Services

## FLU SEASON ALERT

Influenza can be **MISERABLE & DEADLY**. Nearly **EVERYONE** 6 months or older should get a yearly flu vaccine.

- ✓ **Vaccinate!**
- ✓ **Don't wait.**
- ✓ **Don't hesitate.**

It takes **2 WEEKS** for the flu vaccine to be fully effective.

*Get it NOW so you're protected when you need it.*

**Take your best shot at staying well**

Visit our Family Medicine Clinic to get your flu shot. To make an appointment, call **575-534-0400**.

Source: Centers for Disease Control and Prevention



**DOESN'T** it seem like yesterday they were putting away their backpacks for the summer? Soon your kiddos will be filling them with books once again.

And while they're wishing summer could last longer, you're thinking about back-to-school shopping and other things on your to-do list. That might include an annual checkup and immunizations for your teen or youngster.

Here are some more ways to help your kids have a successful school year.

### Hone homework skills

According to the American Academy of Pediatrics (AAP), parents can help children learn good homework habits by designating a time and place and offering encouragement.

Keep in mind:

- ▶ The area should be free of TV or distracting noises. It could be a desk or a well-lit kitchen table.
- ▶ It's OK to provide occasional help—without actually doing the work. Offer plenty of praise though!

If your child struggles with daily assignments, tell the teacher.

### Getting there safely

Will your child walk or bike to school or a bus stop?

**Do a dry run.** If this is your child's first time commuting, drive

or walk the route together before school starts. Point out any potential hazards, like busy intersections.

**Don't forget a helmet.** Make sure your cyclist has a well-fitting helmet—and uses it every ride.

#### Review some rules of the road.

Go over safety around traffic. For instance:

- ▶ Ride with the traffic, not against it, and stay as far to the right as possible.
- ▶ Stop at all stop signs and lights.
- ▶ Look drivers in the eye before crossing at crosswalks, to be sure they see you.

If your teen drives to school, talk about safety. No texting while driving, and wearing a seat belt is a must.

### Score with sports safety

Sports help kids stay fit and build confidence. But first your child will need a sports physical to help make sure it's safe to play.

Schools often offer physicals. But you may want your child's regular doctor to do a physical that covers his or her overall health as well.

Beyond scheduling a physical, you can promote safe play and practices. For instance:

- ▶ Make sure kids take at least one

day off per week and one month off per year from a particular sport to give the body time to recover.

- ▶ Children should never play through pain. Be alert for any pain or swelling that a coach may not notice and your athlete may ignore.
- ▶ Limit the number of teams your child plays on in a single season, and don't let your child play a single sport year-round.
- ▶ Make sure your youngster has proper safety equipment.

### Encourage friendships

Many kids have trouble making friends, which can harm self-esteem. What can you do to help? The AAP offers suggestions:

**If your child is often alone, talk about it.** You might ask how your child feels about this. Teens often think adults don't understand.

**Practice what to say.** Kids often don't know what to say when they're with a group or being teased. Role-playing what to do might help.

**Offer to take your child and a friend to an activity.** Suggest something brief, like a movie.

Additional sources: American College of Emergency Physicians; American Academy of Child & Adolescent Psychiatry; U.S. National Library of Medicine; American Academy of Orthopaedic Surgeons

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

# A 3-step plan for preventing cancer

Could preventing cancer be as easy as 1, 2, 3?

**According to experts,** in many cases the answer is yes.

Doctors can't say with certainty who will get cancer. And they can't offer a guaranteed way to keep the disease from striking.

But after reviewing thousands of studies, they've determined that cancer isn't always something that just happens. Often, the disease can be linked to behaviors and lifestyle. That means our everyday choices may lessen our cancer risk.

Certainly that's true with smoking. If you choose to kick a cigarette habit or not smoke in the first place, you dramatically lower your risk of lung cancer—and several other types of cancer.

But prevention doesn't end there. According to the American Institute for Cancer Research, taking these three steps may also go a long way toward staying cancer-free:

Learn more about the Gila Regional Cancer Center at [grmc.org](http://grmc.org).



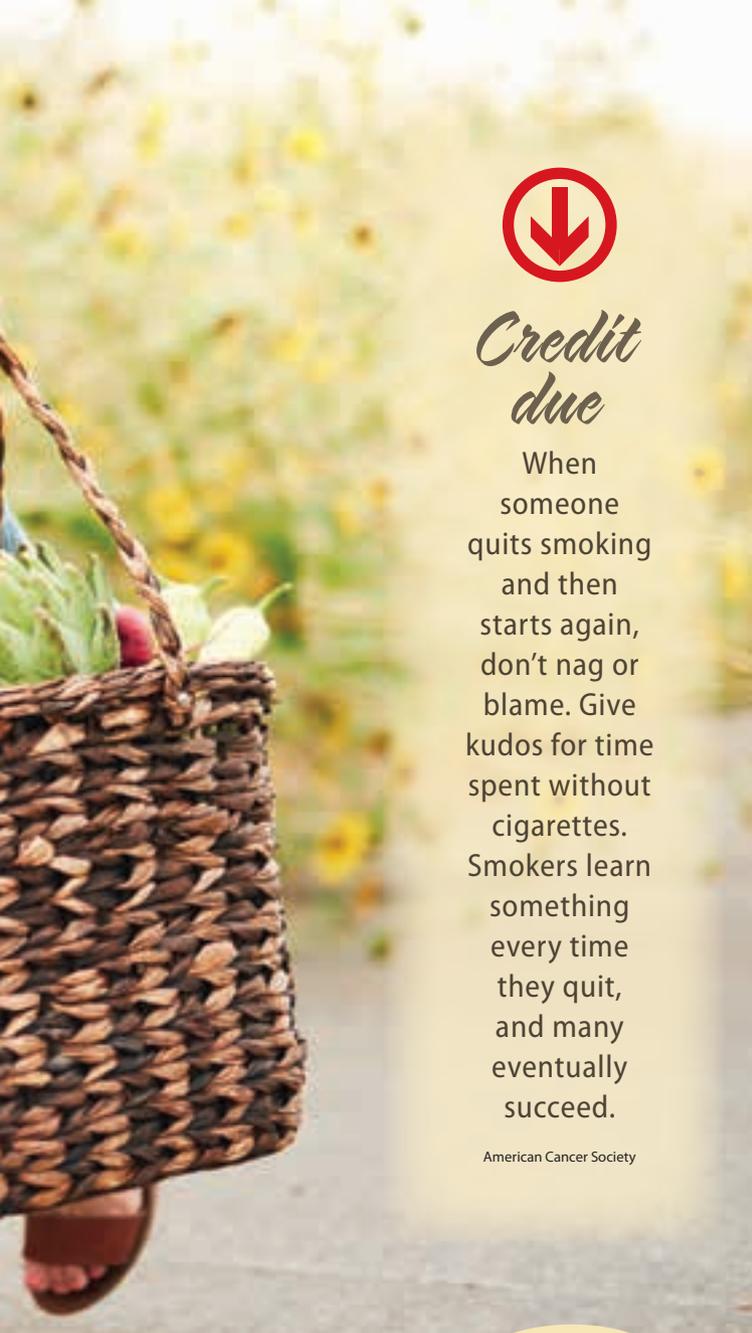
## Eat mostly plant foods.

Fruits, vegetables, whole grains and legumes contain phytochemicals that may bolster the body's ability to fight cancer in a variety of ways.

For example, some phytochemicals seem to prevent cancer-causing substances from becoming active in the body. Others may help heal damage to the body's cells or trigger the death of cells that are cancerous.

Aim to eat a colorful variety of fruits and vegetables each day. And at mealtime, strive to fill at least two-thirds of your plate with plant foods.

Animal foods, such as meat, should make up no more than one-third of your meal. But try to limit red meat to 18 ounces or less each week, and avoid processed meats.



## Credit due

When someone quits smoking and then starts again, don't nag or blame. Give kudos for time spent without cigarettes. Smokers learn something every time they quit, and many eventually succeed.

American Cancer Society

## BREAST CANCER AWARENESS MONTH

### Have you had your mammogram?

Schedule your mammogram in October and enter to win a gift basket in honor of Breast Cancer Awareness Month.

See your doctor, and then call 575-538-4125 to schedule your mammogram.



### Be physically active at least 30 minutes each day.

Growing evidence suggests regular exercise may reduce the risk of cancers of the colon and, in women, of the endometrium and breast (in those who have gone through menopause).

The benefit to the colon may be due to the fact that physical activity promotes the quick passage of waste. In women, activity may lower levels of hormones that raise cancer risk.



### Maintain a healthy weight.

In the body, fat produces hormones that promote cell growth. These hormones also produce proteins that cause inflammation and insulin resistance, which may also promote cell growth and reproduction.

The more cells divide, the more chance there is for cancer to develop. Fat around your waist may be particularly dangerous.

Speak with your doctor about what a healthy weight would be for you. And remember, both the diet and physical activity described here will help you achieve it.



OCTOBER

Talk to your doctor today to schedule a mammogram. Call 575-538-4125 for more information.

# A good time to consider breast health

**AS OF YET**, there is no sure way to prevent breast cancer, the second leading cause of cancer deaths among women in this country. Even so, there are clear steps women can take to reduce their risk. And October, which is nationally recognized as Breast Cancer Awareness Month, is the ideal time to take them.

One key safeguard is for women to maintain a healthy weight, especially in midlife and later. After menopause, most of the hormone estrogen in a woman's body comes from fat cells. Estrogen can spur the growth of many breast tumors, and being

overweight or obese can raise breast cancer risk. Women may be especially vulnerable to breast cancer if extra pounds settle on their waist, rather than their hips and thighs.

These additional steps may help women reduce their risk for breast cancer, according to the American Cancer Society (ACS):

▶ **Avoid alcohol.** Drinking is clearly tied to a heightened risk of developing breast cancer.

In fact, your risk increases the more you drink.

▶ **Be active.** A growing body of research indicates that exercise



lowers breast cancer risk. Aim for 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity activity each week.

▶ **Carefully weigh the pros and cons of hormone therapy.** Hormone

therapy that uses both estrogen and progesterone can increase breast cancer risk. The use of estrogen alone after menopause does not seem to raise the risk of developing breast cancer, but only women without a uterus may take estrogen alone. If a woman and her doctor agree that hormone therapy is necessary to ease bothersome menopausal



symptoms, such as hot flashes, it is best to take the lowest effective dose for the shortest possible time.

Since breast cancer can develop even with these precautions, the ACS advises women at average risk of breast cancer to have mammograms starting at age 45.

Regular mammograms (breast x-rays) can detect cancer in its early stages and give women a head start on potentially lifesaving treatment. If you have a heightened risk of breast cancer—for example, if you have very dense breasts—ask your doctor if you need additional screening tests, such as an MRI scan.

# Pumpkin-spice muffins

Makes 12 servings.

## Ingredients

Canola oil spray	½	teaspoon ginger
1½ cups whole-wheat pastry flour	½	teaspoon nutmeg
½ cup all-purpose flour	¼	teaspoon cloves
⅔ cup packed brown sugar	1	cup canned pumpkin
¼ cup chopped walnuts	⅓	cup unsweetened applesauce
1½ teaspoons baking powder	⅓	cup light canola oil or olive oil
¼ teaspoon baking soda	⅓	cup nonfat buttermilk
¼ teaspoon salt	2	large eggs
2 teaspoons cinnamon	1	teaspoon vanilla

## Directions

- ▶ Preheat oven to 400 degrees. Spray 12-cup muffin pan with canola oil.
- ▶ In large bowl, combine dry ingredients with spices. Stir well to combine.
- ▶ In medium bowl, combine pumpkin, applesauce, oil, buttermilk, eggs and vanilla; mix well.
- ▶ Pour liquid mixture into dry ingredients and stir. Divide among 12 muffin cups.
- ▶ Bake about 20 minutes or until muffins bounce back when pressed lightly.

## Nutrition information

Serving size: 1 muffin. Amount per serving: 174 calories, 7g fat (1g saturated fat), 26g carbohydrates, 4g protein, 3g dietary fiber, 158mg sodium.

Source: American Institute for Cancer Research

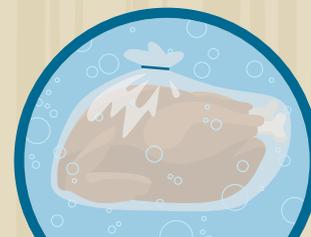


# TURKEY PREPARATION



## REFRIGERATOR

About 24 hours for every 4–5 pounds of meat.



## COLD WATER

About 30 minutes per pound. Be sure to change the water every 30 minutes.



## ROASTING

Set the oven to 325 °F. Cook until the internal temperature of the meaty portion of the breast, thigh and wing joint is at least 165 °F. Cook times will vary, but a safe rule of thumb is about 15 minutes per pound.

Source: FoodSafety.gov

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## Calendar *of* **EVENTS**

### 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!

### Rope 4 Hope

**Saturday, Oct. 28, and Sunday, Oct. 29**  
The Baird Arena in Cliff. Team roping  
event to support cancer patients at  
the Gila Regional Cancer Center. For  
more information, call **575-956-3972**.



#### HEALTH TALK

## Dietary Supplements: The good, the bad, and the dangerous

**Presenter:** Bret Sarnquist, RD, LD, GRMC Registered Dietitian

**When:** Thursday, Aug. 31, noon to 1 p.m.

**Where:** GRMC Conference Room

Have questions about the safety or effectiveness of dietary supplements and herbal remedies? Concerned about the interaction between your prescription medications and supplements? Come and discuss the “state of the science” with Bret Sarnquist, RD, LD, GRMC’s registered dietitian, and hear about current research regarding dietary supplements.

Questions are welcome, but Bret cannot provide individualized suggestions or recommendations about any specific drug or dietary supplement.

Light snacks and beverages provided.



Please RSVP to **575-538-4870**. Seating is limited—reserve your spot today!