

## Fast, Local, and Lifesaving: Testing Services Available at GRMC

### DID YOUR DOCTOR JUST PRESCRIBE A

CT scan, MRI, blood test, or perhaps a sleep study? If so, these testing services and more are available right here at Gila Regional Medical Center (GRMC).

The local availability of high-quality testing was key when Nikki Montoya's 5-year-old daughter Gracie needed MRI services to help determine the cause of her migraine headaches. Nikki, who also works at GRMC, didn't have to drive several hours round-trip to have the tests done.

"Chris, the radiology tech, let us stay with Gracie," Nikki says. "They talked with her and answered her questions. They understood what she needed to be comfortable."

### EXPERT TESTING, CLOSE TO HOME

GRMC offers a wide variety of testing on site, including:

- Lab services (including a board certified pathologist on site)
- Imaging (MRI, CT scan, nuclear medicine, ultrasound, and mammography)
- Cardiology (stress test, EKG, pulmonary function, and EEG)
- Sleep studies

Tests like these can be lifesaving, diagnosing certain conditions before symptoms arise. When certain diseases are caught early, treatments are often more successful.

GRMC's lab is the only one in southern New Mexico that is accredited by the College of American Pathologists, notes Ray Goellner, GRMC's Chief of Clinical Services. "That's the highest accreditation a lab can earn," he says.

GRMC also has the only local lab able to do microscopic cell studies to diagnose and determine treatment for many diseases. "Turnaround times are generally much faster than if we had to send samples out to another lab," adds Goellner. "Patients don't wait as long for results."

### HIGH-QUALITY IMAGING, COMPASSIONATE CARE

For services such as MRI and CT scanning, GRMC is the only imaging center in Silver City with a board certified radiologist on staff for highly accurate, professional imaging. The state's only 160-slice CT scanner is housed in GRMC's Imaging department.

"Other providers simply cannot offer the scope and depth of our imaging services," Goellner says. He adds that

he is pleased to be part of a hospital that takes such care to have the latest technology, as well as a compassionate, well-trained staff.

Nikki is pleased, too, having seen these services from the perspective of giving and of receiving care. She also breathed a sigh of relief when she and her husband received the results of Gracie's testing. "There was no abnormality, so Gracie didn't need treatment. It's just something we'll have to watch as she grows."

"We are so appreciative of the way they cared for our daughter," she adds.

➤ **In October, GRMC offers a drawing for two gift baskets when you schedule your digital mammography. Ask your practitioner if it's time for your screening!**



Nikki Montoya stands with daughter Gracie in front of the CT scanner at GRMC.

## Easy, Online Access to Your GRMC Medical Records

You bank, buy your plane tickets, and even share family photos online. Now electronic medical records—digital versions of the paper files your doctor or hospital keeps about your care at GRMC—are also available online. Our patient portal, My Medical Records, allows you to view parts of your personal medical record at your convenience from the comfort of your own home or office.

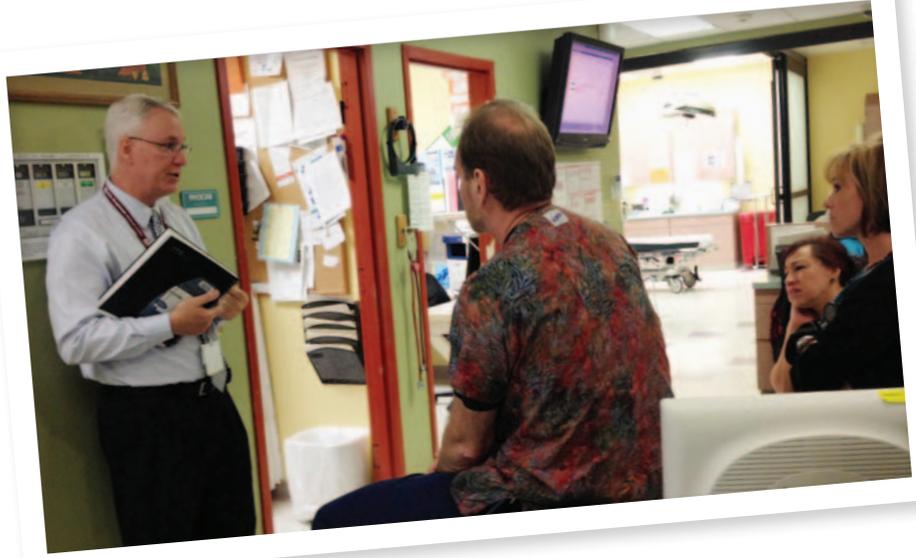
Use our patient portal 24/7 to:

- View laboratory results and radiology reports
- Track your visit history
- Revisit your discharge instructions
- Access Health Summaries

All information is private and secure. Plus, the patient portal is free of charge.

➔ Contact us for a free brochure on how to enroll and gain access to your GRMC electronic medical records. Call 575-574-4900 and leave your name and mailing address, or go to [www.grmc.org](http://www.grmc.org) and click on “My Medical Records” for instructions.

Check out our newly redesigned website at [www.grmc.org](http://www.grmc.org)!



Brian Cunningham, CEO of GRMC, is shown here with members of the hospital's ER staff.

## Keeping Focus on the Details

**I REMEMBER TALKING TO AN OLD PHYSICAL THERAPIST** (PT) friend of mine who had been in the military for a long time. When he walked around a corner in a hallway, he would always take the corner with a sharp, 90-degree military marching stride. I thought that was pretty cool, and not having any personal experience in the military but having great respect for those who have served, I asked him one day why the military focused so much on such things.

He explained to me that one of the great approaches to success that our military has “hardwired” into its training is that you must focus on even the smallest of details, and when you do, the bigger details tend to take care of themselves. This attention to detail is critically important in the serious operations that the military is involved in.

I can remember thinking a lot about his answer, and I immediately saw the importance of this approach in the health care environment.

In health care, we are also involved in a serious mission, with the end goal of providing the best possible care for you and your family. That is why we have so many “standardized” approaches and checklists at Gila Regional. These approaches help us to remember and focus on those small but critical details, all so that we can consistently achieve the best results for our patients.

My years in health care and that conversation with my PT friend have given me a serious appreciation for and commitment to focusing on the details. At Gila Regional, we strive to do this each and every day.

We are in the most challenging environment in health care in recent history. But with the commitment of every caregiver, volunteer, board member, and medical provider, and with the support of the communities we serve, we can and will be successful in continuing Gila Regional's long tradition of serving the health care needs of our communities.

In Service,

A handwritten signature in cursive script that reads "Brian Cunningham".

Brian Cunningham, CEO



# Exercise Strategies for Busy Lifestyles

**YOU KNOW YOU SHOULD EXERCISE** more. But when? Your days are so jam-packed, how can you possibly fit in 30 minutes of aerobic exercise on most days, as recommended?

It takes some creative planning. But there are ways to make time for aerobic exercise—as well as two to three weekly strength-training and flexibility workouts.

## **SQUEEZE THE MOST OUT OF EXERCISE**

Busy people can take advantage of these exercise secrets:

- Many chores count as exercise, including washing windows and scrubbing floors.
- Shorter, intense workouts provide similar health benefits as longer, moderate workouts. For example, 15 minutes of climbing stairs at an intense pace offers many of the health benefits that you get with 30 minutes of brisk walking.

- You don't have to exercise for 30 minutes straight. Three 10-minute brisk walks will earn you the same health benefits.
- Twenty minutes two to three times a week is all it takes to gain many of the benefits of strength training. You only need to perform one set—or eight to 12 repetitions—of each exercise. Studies show that you'll gain few additional benefits from lifting more than one set.
- Many stretching exercises can be done just about anywhere—for instance, when waiting in line or sitting at your desk.

## **LOOK FOR EXERCISE OPPORTUNITIES**

Here are just a few ways to fit exercise into your schedule:

- Play actively with your children.
- Walk on a treadmill while watching your favorite TV show.
- Schedule active chores, such as vacuuming, washing windows, or cleaning closets.
- Climb stairs as often as you can.
- Walk the dog.

- Stow a pair of walking shoes in your desk for a lunchtime walk.
- Get off the train or bus a stop early and walk the rest of the way to or from work.
- Make it a family habit to take a walk after dinner.
- The next time you're at the grocery store or library, squat down to look at floor-level items and stretch out toward items on high shelves.
- When traveling, choose a hotel with a fitness center or swimming pool. Or get a map and explore a new city on foot.

When time is limited, regular exercise takes as much project planning as it does sweating. But, if you plan ahead, you can squeeze exercise into a busy life. And the rewards are many—from a lower risk for heart disease to a sunnier disposition.



### **Join the Billy Casper Wellness Center!**

During the month of September, waive the initial fee by showing your university ID or fall class schedule. Contact the Billy Casper Wellness Center for details at **575-538-4844**.





Gilbert Arizaga, M.D.

## Free Health Talk: Skin Care and Aging

Thursday, August 28, 1:30 p.m.

GRMC Conference Room  
1313 East 32nd Street, Silver City

Dermatologist Gilbert Arizaga, M.D., will provide insights into what happens to our skin as we age. Learn what to worry about and what is simply aging! Call **575-538-4870** for details.

## Meditation for Everyone

Tuesdays and Thursdays,  
5:30 to 6:15 p.m.

Billy Casper Wellness Center (BCWC)  
Education Room

These free, nondenominational meditation classes are self-contained; attend one, some, or all classes. No prior meditation experience is necessary. Both BCWC members and nonmembers are welcome! Classes are facilitated by Jeff Goin, CMS-CHT, a healing practitioner and meditation teacher.

## GoodHealth

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# Navigator Guides Patients Through Their Cancer Journey

## RACHEL BENAVIDEZ HAS SPENT THE LAST FIVE YEARS

assisting patients during a very vulnerable time in their lives—in their fight against cancer. Benavidez received special training as a Patient Navigator through a grant-funded Grant County Community Health Council program.

As a Patient Navigator at Gila Regional Cancer Center, Benavidez works one-on-one with patients to assist them in their cancer journey. She has a network of resources to draw from to help with each patient's unique challenges. As part of this free service, Benavidez has connected patients with more than \$750,000 in total assistance in the past year alone.

"I love it when I can help lower a patient's copay or help bring a \$6,000-a-month medication cost down to almost nothing," she says.

## SEEKING SOLUTIONS

If it's a budget challenge that could translate into missed treatments, Benavidez works with the GRMC Foundation, New Mexico Cancer Center Foundation, Rope 4 Hope, GRMC Auxiliary, Western Bank, local athletic teams, and civic

groups, who provide lunches, gas cards, grocery cards, lodging discounts, transportation opportunities, and Guardian Angel Cards.

If a needed medication is too expensive for a patient, Benavidez works with GRMC physicians, the patient's pharmacy, and pharmaceutical companies to make it more affordable. If a patient is underinsured, she works to file claims with national organizations that help with the patient's specific type of cancer.

"It is a great comfort to have a person who understands the ins and outs of the system, who takes the time to explain things and offer personalized support," says a past Gila Regional Cancer Center patient.



Rachel Benavidez (pictured) is available to Gila Regional Cancer Center patients by appointment at **575-538-4009**.