

Gila Regional's

Wellness Companion

Your Partner in Health

SPRING 2016

INSIDE



Ouch! How to avoid sunburns

3



These diseases are no joke

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Thanks, GRMC!

Ray Davis is cancer-free after help from his 'extended family'

THERE are few words more frightening to a patient than *you have cancer*. Ray Davis, Commander of the American Legion Post 18 in Silver City, New Mexico, knows this well.

"After a visit with Dr. Stanley, I went to Gila Regional Medical Center (GRMC) to get a CT scan and an ultrasound," Davis says. "They found a large mass on my pancreas."

After a four-and-a-half hour surgery performed by Jeffery Brink, MD, at Arizona Transplant Associates, Davis returned to GRMC to begin his chemo and radiation treatments. He was the second person to use GRMC's new state-of-the-art Varian linear accelerator, the best technology available for radiation therapy in the four-county area of Grant, Luna, Hidalgo and Catron.

Like a family

"The side effects were very minimal, and I did not even lose my hair. We are really very fortunate to have the Cancer Center at GRMC. It's like a family, and they really took care of me," Davis says.

Davis is currently cancer-free and feeling very thankful.

"The Gila Regional cancer team of Dr. Clark, Dr. Shah, Maggie Sedillos, Karen DeGenevieve, Kelly Franco, Shelly Carter, Mike Torres and the ladies in the Auxiliary became my extended family during my treatments. I cannot thank them enough."

Learn more about GRMC and see a video about our linear accelerator at www.grmc.org.



Stepping inside your front door shouldn't make you—or anyone in your family—wheeze. Yet any number of substances that can bring on an asthma attack might be lurking inside.

Here's a look at how to rid your home of four common asthma triggers, which may help keep this lung disease under control.

Secondhand smoke and indoor air pollutants

Secondhand smoke not only causes asthma attacks, it can make them more severe. So don't allow smoking in your home—ever.

Smoke from burning wood is also a trigger. Only use wood that's been covered and is dry in a fireplace; there will be less smoke. And if you cook with gas, always use the exhaust fan. Gas stoves release nitrogen dioxide, which may make asthma flare up.

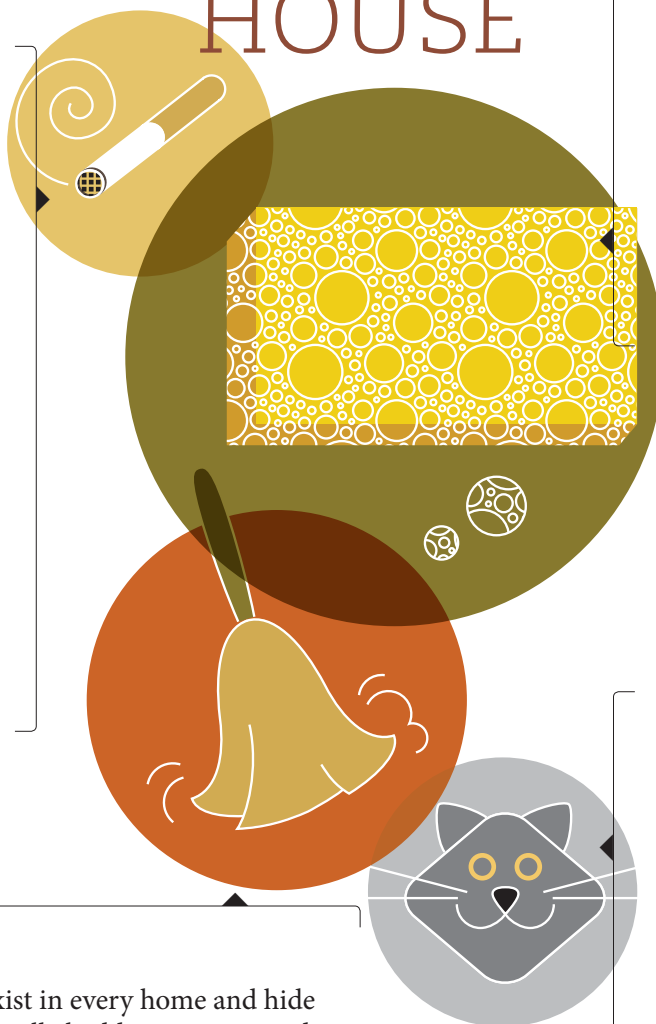
Dust mites

These tiny bugs exist in every home and hide in many places, especially bedding, carpets and items covered with fabric.

Keep mites at bay by using zippered, dust-proof covers on pillows and mattresses. Vacuum carpet and upholstered furniture every week. And wash bedding in hot water weekly. Wash stuffed toys in hot water too.



ASTHMA AROUND THE HOUSE



Mold

This trigger needs moisture to grow. Control mold by keeping the humidity level in your home low—no higher than 50 percent. Use an air conditioner or dehumidifier if necessary. Fix water leaks as soon as possible.

Taking a shower? Use an exhaust fan or open a window. And if you see mold on hard surfaces, clean it up with soap and water. Then let the area completely dry.

For more tips on managing your asthma, contact Gila Family Medicine at 575-534-0400 and make an appointment today.

Animal allergens

No matter how well-loved, a furry pet can make asthma worse in people who are allergic to animal dander. Sorry, but the best defense is to find another home for Fluffy or Fido.

If you just can't part with your pet, keep it out of the bedroom of the person with asthma. Also, keep the pet away from upholstered furniture, carpets and stuffed toys as much as possible.

Sources: American College of Allergy, Asthma and Immunology; U.S. Environmental Protection Agency



Bye-bye to the burn

Protect kids from the sun

THE sun may be 93 million miles away, but it's close to most kids' hearts. That's because sunny days are great for the outdoor activities that many kids love. But without proper protection, kids can end up with a painful sunburn today that may lead to some serious problems in the future—including skin cancer.

Sun-savvy tips

It only takes about 15 minutes for the sun's ultraviolet (UV) rays to damage unprotected skin. Because these powerful rays can even break through clouds, kids need to have their skin protected on overcast days as well as on sunny ones.

To make sure your kids are covered every day:

► **Layer wisely.** About 30 minutes before going outside, kids need their first layer of protection: sunscreen. Use one that's labeled *broad spectrum*, which means it screens out both UVA and UVB

rays. It should also have an SPF (sun protection factor) of at least 30. For extra protection on sensitive areas, like noses and shoulders, choose a product with zinc oxide or titanium dioxide.

Clothes made with a tight weave offer the best sun protection. When possible, dress kids in long-sleeved shirts and lightweight cotton pants. Top off every outfit with a brimmed hat that covers the scalp and shades the ears, face and neck.

► To help shield their eyes from the sun, kids also need sunglasses. (Exposure to UV rays can cause cataracts later in life.) Look

for sunglasses with labels that say they offer at least 99 percent UV protection.

► **Watch the time.** The sun's UV rays are strongest between 10 a.m. and 4 p.m.—good hours for indoor activities. But if your kids are playing outside, make sure they get an additional dose of sunscreen every two hours.

Learn more at our Health Talk with Gilbert Arizaga, MD, Board-Certified Dermatologist! May 26, noon to 1 p.m. Southwest Bone and Joint Conference Room

Sources: American Academy of Dermatology; American Academy of Pediatrics; Centers for Disease Control and Prevention

SUN SAFETY

TIPS TO BEAT THE BURN



USE SUNSCREEN

Choose a broad-spectrum, water-resistant sunscreen with a sun protection factor (SPF) of 30 or more. Apply it generously. Reapply at least every two hours and after swimming or sweating.



COVER UP

Cover as much of your skin as possible. Choose a hat that shades your face, ears and neck—and wear sunglasses that block 99% to 100% of UV rays.



SEEK SHADE

Take extra care near reflective surfaces like water, sand and snow. They increase the likelihood of sunburn.

Sources: American Academy of Dermatology; American Cancer Society

3 DISEASES YOU SHOULDN'T IGNORE

1

Cancer

Symptoms of cancer can depend on many things, including where in the body the disease is, how big a tumor might be and whether the cancer has spread.

For instance, a tumor pressing on an organ can cause pain. Cancer can also sap the body's energy, resulting in fatigue. And the disease can weaken the immune system, leading to recurrent infections.

The American Cancer Society and other experts list the following common signs and symptoms of cancer. Some are general to cancer as a whole; others are specific to certain types:

- ▶ Unexplained weight loss of 10 pounds or more.
- ▶ Fatigue that doesn't improve with rest.
- ▶ Pain.
- ▶ Change in bowel or bladder habits.
- ▶ Sores that don't heal.
- ▶ Change in the appearance of skin.
- ▶ Unusual bleeding or discharge.
- ▶ Thickening or a lump in a breast, testicle or other area of the body.
- ▶ Hoarseness, nagging cough or trouble swallowing.

2

Heart disease

Heart disease is a broad term for several different diseases that affect the heart, including coronary artery disease (CAD).

With CAD, plaque builds up in the arteries that supply the heart with blood. This can cause the arteries to narrow, reducing or even blocking blood flow to the heart, reports the American Heart Association.

The most common symptom of CAD is angina—a type of chest pain or discomfort that tends to get worse with activity and go away with rest. Angina pain may also be felt in the shoulders, arms, neck, jaw or back.

Another common symptom of CAD is shortness of breath, which happens when CAD triggers heart failure. With heart failure, the heart doesn't pump blood as well as it should.

3

Diabetes

Type 2 diabetes is the most common form of the disease, and it mainly affects adults.

There is no cure for diabetes, but treating it early can help prevent or reduce the risk of serious complications—like damage to the eyes, nerves, heart and kidneys, according to the American Diabetes Association.

Signs and symptoms of diabetes include:

- ▶ Frequent urination.
- ▶ Extreme thirst or hunger.
- ▶ Unusual weight loss.
- ▶ Extreme fatigue and irritability.
- ▶ Frequent infections, especially of the gums, skin or bladder.
- ▶ Blurred vision.
- ▶ Tingling or numbness in the hands or feet.
- ▶ Sores that are slow to heal.

Find the right doctor for you. Go to www.grmc.org and choose the "Our Doctors" link.



Take notes to your checkup

No matter what your symptoms, it might be helpful to write them down before you talk with your doctor.

Be sure to note when the symptoms started, what time of day they occur and how often, and how long the symptoms last. Also, let your doctor know about anything that makes them better or worse.

And remember this: You know your body better than anyone else does. And if you think it isn't acting right, it is never a bad thing to call your doctor.

Sources: AARP; National Institutes of Health

Be sure to see your doctor

Keep in mind that having one or more of any of these signs or symptoms doesn't mean you have a serious disease. But it's a good idea to let your doctor give you that reassuring news.



Shoo the 'Achoo!'

What season gets you sneezin'?

IF you're allergic to tree pollens, you probably start sneezing and sniffing in early spring. If grass pollens cause your allergies, then late spring and early summer might herald more miseries for you.

And if weed pollens are your nemesis, you might say "Achoo!" from late summer through early fall.

Seasonal allergies affect more than 50 million Americans, according to the American College of Allergy, Asthma & Immunology. Airborne pollens and spores are the usual culprits.

Besides sneezing, symptoms can include itchy eyes, a scratchy throat and nasal congestion. Your eyes might also become watery and red.

There is no cure for seasonal allergies. But you don't have to wait for cold weather to bring relief. You can minimize your exposure to the offending pollens. For instance, try to:

- ▶ Stay indoors in the morning, when pollen levels are highest.
- ▶ Wear a pollen-filtering mask when outdoors.
- ▶ Keep windows closed as much as possible.

Also, talk to your doctor. He or she can recommend medications to treat your symptoms. You might even benefit from immunotherapy—allergy shots that can help lessen your allergies.



To monitor pollen counts, visit the National Allergy Bureau at www.aaaai.org/nab.

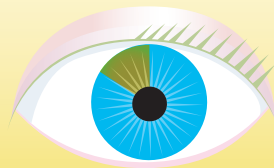
Additional source: American Academy of Allergy, Asthma & Immunology

Looking for relief from allergies? We can help you find it. For an appointment, call Gila Family Medicine at 575-534-0400.

numbers to know

85%

The percentage of people with hay fever who get relief after taking allergy shots.



Source: American College of Allergy, Asthma & Immunology

4 million

The number of lost or missed days of work each year due to hay fever.

Source: Asthma and Allergy Foundation of America



Scholarship
recipient
Joseph
Kellerman
and Patsy
Miller, GRMC
Auxiliary

Looking ahead

GRMC funds education for future health care providers

GILA REGIONAL Medical Center (GRMC) offers several Auxiliary scholarships:

The Alice Hamm Memorial Scholarship was first established in 1979 and was originally designed to assist students completing a registered nursing program. In 1983, the program was extended to include licensed practical nursing programs and since 1983 has included other accredited health-related fields.

In order to qualify for an Auxiliary scholarship, the student must be a resident of New Mexico, be currently enrolled in an accredited National League for Nursing program or in an accredited health-related program, and maintain a 2.5 GPA. Preference is given to residents of the four-county area (Grant, Luna, Hidalgo and Catron) and GRMC caregivers; however, other New Mexico students are not excluded and are encouraged to apply.

For our community

The scholarship program is very

important to Auxiliary members because, through these scholarships, we are assisting our future caregivers and improving the entire community. After completing their education, many of these students stay in the area and use their talents and knowledge for the betterment of GRMC and our community.

The recipients

The GRMC Auxiliary assisted 12 students with a total of \$16,500 in scholarships this year. The 2015 scholarship recipients were Morayma Branham, Pedro Corral, Stevi Dominguez, Angie Duvall, Dolores Escudero, Elizabeth Even, Samantha Gomez, Joseph Kellerman, Jessica Moore, Lacy Rodriguez and Linda Vasquez.

Anyone who is interested in applying for an Auxiliary or Foundation scholarship should contact the GRMC Human Resources Department at 575-538-4039 to receive an applica-



tion or go to www.grmc.org for more information.

Cosmic cucumber wrap

Makes 1 serving.

Ingredients

- 1 ounce lean ground beef
- 1 tablespoon onion, chopped
- 1 cup romaine lettuce, shredded
- ¼ cup fresh tomatoes, diced
- ¼ cup cucumber, diced
- 1 tablespoon fat-free ranch salad dressing
- 1 whole-wheat tortilla (8 inches)

Directions

- Brown ground beef and onion in skillet over medium heat. Drain excess fat.
- Mix lettuce and tomato with ground beef mixture.
- Chop cucumber and mix with salad dressing.
- Place tortilla on a plate and spread with beef mixture. Top with cucumber and salad dressing mixture, and roll wrap.

Each serving provides an excellent source of vitamins A and C and folate and is a good source of potassium and fiber.

Nutrition information

Amount per serving: 238 calories, 5.4g total fat (1g saturated fat), 22mg cholesterol, 33g carbohydrates, 13g protein, 4g dietary fiber, 373mg sodium.

Source: Produce for Better Health Foundation



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Calendar of EVENTS



Meditation and Quiet Time

Jeff Goin

Every Tuesday,

7:30 to 8 a.m.

GRMC Board Room



Health Talk

"Fun in the Sun, Summer Skin Health"

Gilbert Arizaga, MD,

Board-Certified Dermatologist

Thursday, May 26, noon to 1 p.m.

Southwest Bone and Joint

Conference Room

Call **575-538-4657** for more
information about this free talk.



Auxiliary Linen Sale

Thursday, June 16

8 a.m. to 4 p.m.

GRMC Conference Room
Partial proceeds benefit the
GRMC Auxiliary.

GRMC is continually improving patient care

CEO
CORNER

AS the health care environment continues to become even more challenging, a group of local medical practitioners and health care advocates and representatives from Gila Regional Medical Center (GRMC) have been collaborating to form a partnership in creating a Clinically Integrated Network (CIN).

With this CIN partnership, member medical providers and health care organizations will be able to formally partner in providing more coordinated, value-based care to patients. The key objectives—the *Triple Aim*—of this CIN partnership include:

- ▶ Improving the patient experience (quality and satisfaction).
- ▶ Reducing the overall cost of health care.
- ▶ Improving the overall health of the communities we serve.

Accessing and receiving the highest value of health care possible continues to be a significant challenge that patients all across the country face. However, through the CIN project, significant efforts have begun in the local community to develop the infrastructure necessary



Brian Cunningham, CEO, GRMC

to provide our communities with the best medical care possible long into the future.

In service,

Brian Cunningham, CEO, GRMC