

Gila Regional's

Wellness Companion

Your Partner in Health

GRMC Welcomes Dr. John Stanley *New Practice Model to Benefit Area Patients*

GILA REGIONAL MEDICAL CENTER (GRMC) UNDERSTANDS that having a trusted primary care doctor is essential to maintaining health, preventing disease, and finding treatment for medical issues. To help provide a more coordinated approach to health care for our community, GRMC recently employed John Stanley, M.D., a board certified Family Medicine physician, and created Gila Family Medicine, to serve patients of southwest New Mexico.

GROWING TREND IN HEALTH CARE

The partnership with Dr. Stanley—who has practiced family medicine in Silver City for more than 22 years—follows a shift in the nation's health care industry to provide more coordinated care for patients. Dr. Stanley will continue to practice medicine and care for patients as he's done for decades, but will now do so as part of the GRMC Multi-Specialty Network instead of a private practice.

Cindy Moreno, C.N.P.,
and John Stanley, M.D.



“The practice model allows me to focus on patient care rather than the business aspects of medicine,” explains Dr. Stanley. For example, GRMC will handle all business and oversight of the practice.

“I went into practice to care for people,” says Dr. Stanley. “This partnership will allow me to do just that.”

As part of the practice model, Dr. Stanley will continue to work with Certified Nurse Practitioner Cindy Moreno, C.N.P. “Cindy has cared for area patients for many years,” says Dr. Stanley. “She is outstanding.”

IMPROVED COLLABORATION, MORE AFFORDABLE CARE

The model will benefit patients in many ways. For example, patients' diagnostic testing performed in the GRMC system will be linked throughout the network, ensuring both Dr. Stanley and other GRMC doctors have access to up-to-date patient medical records and test results.

The practice model is being designed to deliver the highest quality, most efficient, and most affordable care to our patients while ensuring they have the information they need to manage their condition. Dr. Stanley and GRMC will work together to create clinical guidelines to detail the best strategies for caring for patients.

“Our goal is to provide the right care, at the right time, in the most cost-effective way,” explains Brian Cunningham, Chief Executive Officer for GRMC. “Partnering with a family medicine physician allows us to work together on a very high level and achieve the best possible outcomes for our patients.”

➡ To make an appointment with Gila Family Medicine, call **575-538-4842**. To learn more about this new practice, please contact marketing@grmc.org or write to GRMC Marketing, 1313 East 32nd Street, Silver City, NM 88061.



**Gila Regional
Medical Center**

www.grmc.org Summer 2015



Hospitalists: Specialists in Hospital Care

THE NEXT TIME YOU OR A LOVED ONE has to spend time in a hospital, you may encounter a special kind of physician: a hospitalist.

WHAT IS A HOSPITALIST?

Hospitalists are physicians who specialize in the general medical care of hospitalized patients. Once patients are admitted, the hospitalist takes on the responsibility for their care for the entirety of their stay. After discharge, care reverts back to the patients' personal physicians.

The hospitalist role is based on the concept that the more experience a physician has with in-hospital care, the better the quality of care. Hospitalists don't have to juggle a busy office schedule with hospital rounds. The hospital *is*, in effect, their office. This often results in shorter hospital stays because hospitalists are on hand full-time to order tests and approve discharges.

A MEMBER OF YOUR MEDICAL TEAM

"Many people ask why they cannot see their doctor while in the hospital," says Tsering Sherpa, M.D., Internal Medicine, hired by Hospital Care Consultants as the Hospitalist Medical Director for GRMC. "I tell them that I become involved in their care when they arrive at the hospital as a patient, either through their primary care physician's referral or through the emergency room. I let them know I work as a member of the team with their physician to coordinate the day-to-day treatment, tests, and recommendations needed during their stay."

Patients who may be a little uncomfortable at the prospect of seeing a different doctor while they are in the hospital can rest assured: Their personal physician will not be kept out of the loop. Hospitalists inform patients' personal physicians of all major decisions made in the hospital and send them complete discharge summaries.

➤ For more information about GRMC's Hospitalist Program, please send your name and mailing address to marketing@grmc.org or write to GRMC Marketing, 1313 East 32nd Street, Silver City, NM 88061.

Moving Forward

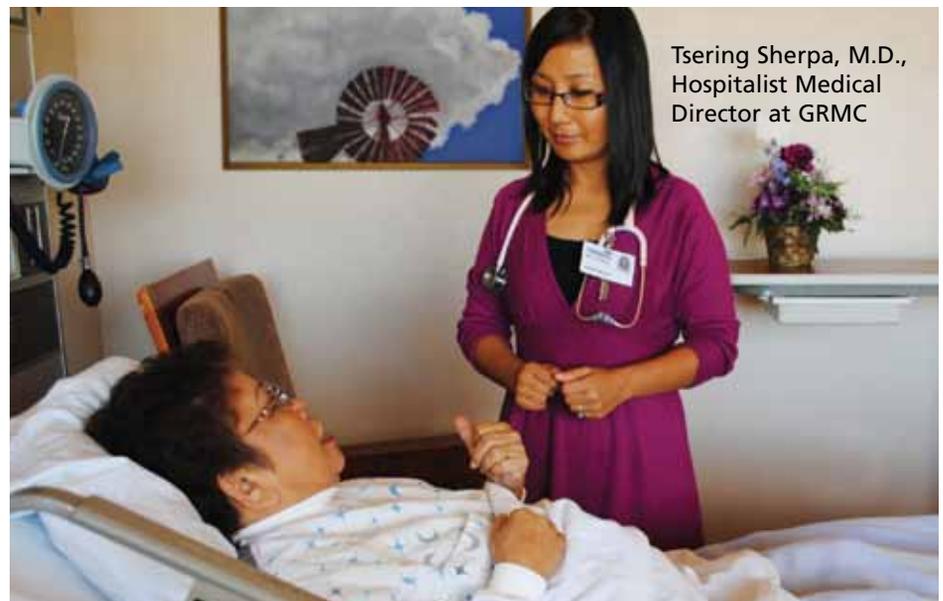
Gila Regional Medical Center continues to move confidently forward into the most challenging health care environment in modern history. Our commitment to improving quality of services for our communities has never been stronger, and our approach has never been more focused.

Our new family practice partnership with John Stanley, M.D., and Cindy Moreno, C.N.P., represents another important step forward in the hospital/physician collaboration necessary to significantly improve care coordination and patient outcomes. Gila Family Medicine opened and began receiving patients on March 2, and we could not be more excited for what this represents.

There are so many additional efforts moving forward at Gila Regional Medical Center to improve our services, and I want everyone to know that everything we do is for you. We are well on our way to our goal of building the best rural hospital in the country for those we serve.

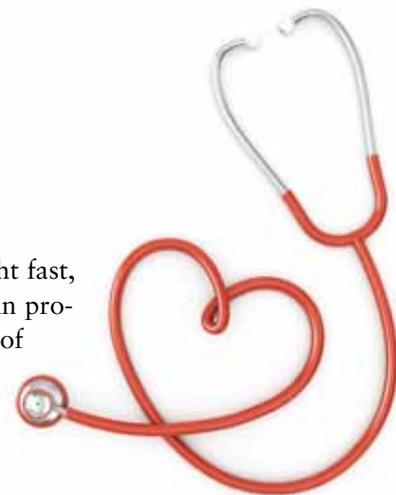
In Service,

Brian Cunningham, CEO



Tsering Sherpa, M.D.,
Hospitalist Medical
Director at GRMC

Preventive Screenings Can Keep Your Heart Healthy



SOME RISK FACTORS FOR HEART DISEASE YOU CAN'T CONTROL, such as your age, sex, or family history. But some you can.

“With preventive screenings, we can intervene early to try to prevent conditions such as diabetes, heart disease, high cholesterol, and stroke from developing or progressing,” says John Stanley, M.D., of Gila Family Medicine. “If we can identify patients at risk for such conditions, we can advise them on lifestyle modifications or recommend medications that may reverse the process and frequently help prevent patients from developing complications or having to start other medications.”

Here are three important screening tests to help keep your heart healthy, and when you need them:

- **Blood pressure.** Adults ages 18 and older should have their blood pressure checked every two years to ensure it's below 120/80 mmHg. If yours is higher, you should have it checked once a year.
- **Blood sugar.** Starting at age 45, have your blood sugar tested every three years. After an overnight fast, normal blood sugar levels should be 99 mg/dl or lower.
- **Cholesterol.** Adults ages 20 and older should have their cholesterol measured at least once every five years.

Performed after an overnight fast, this test creates a lipoprotein profile that reveals your levels of LDL, or “bad” cholesterol; HDL, or “good” cholesterol; and triglycerides, another type of blood fat.

The latest American Heart Association standards don't set specific targets for total and LDL cholesterol, so ask your doctor if your numbers add up. For HDL, a level of 60 mg/dl or higher helps protect your heart. Triglycerides should test below 150.

If you're at high risk for heart disease, your doctor also may recommend other screenings, such as an electrocardiogram, an exercise test on a treadmill, or a CT scan.

➤ **A Pocket Medical Information Card** allows you to easily reference physician contact numbers and personal medical information anywhere. To request a **FREE** card, please send your name and mailing address to marketing@grmc.org, call **575-538-4657**, or write to GRMC Marketing, 1313 East 32nd Street, Silver City, NM 88061.

DIABETES CONTROL: Get the Tests You Need

Daily blood sugar monitoring may be the first thing you think of when it comes to keeping tabs on your diabetes. But although this is an important measure of how you're managing your condition, diabetes is complicated—it affects major organs throughout your body. Periodically you'll need these tests, among others, to find out how diabetes is affecting your overall health:

TEST	HOW OFTEN	WHY	GOAL
Hemoglobin A1c (Hb A1c)	At least twice a year	This test, which requires a blood sample, shows how well blood sugar was controlled for the previous two to three months.	A test result of less than 7.
LDL and HDL Cholesterol	At least once a year	People with diabetes are more likely to have unhealthy cholesterol levels, which contributes to heart disease.	LDL cholesterol, the “bad” cholesterol, should be below 100, the American Diabetes Association says. HDL, the “good” cholesterol, should be above 40 for men and above 50 for women.
Blood Pressure	At every doctor's visit	High blood pressure is common in people with diabetes, and it raises your risk for complications such as heart disease.	Your blood pressure should be lower than 140/90 mmHg.

Gila Regional Medical Center
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National Healthcare Volunteer Week

In April, we recognized and celebrated our volunteers for the support that each provides to our hospital staff, patients, family members, and the community. Volunteers serve in many sections of the hospital, whether with patients or in supporting administrative roles, and their work is essential to what we do.

"We are so fortunate to have volunteers at Gila Regional who help make a difference on a daily basis," says Brian Cunningham, CEO of GRMC. "I would like to extend my sincerest thanks to all of our volunteers and especially to those who have donated countless hours of their time and dedication. They are helping us build the best rural hospital in the country for those we serve."



Frances Day,
GRMC Auxiliary
member

For information on volunteer opportunities at GRMC, call 575-538-4074.

Gila Regional's **Wellness Companion** *Your Partner in Health*

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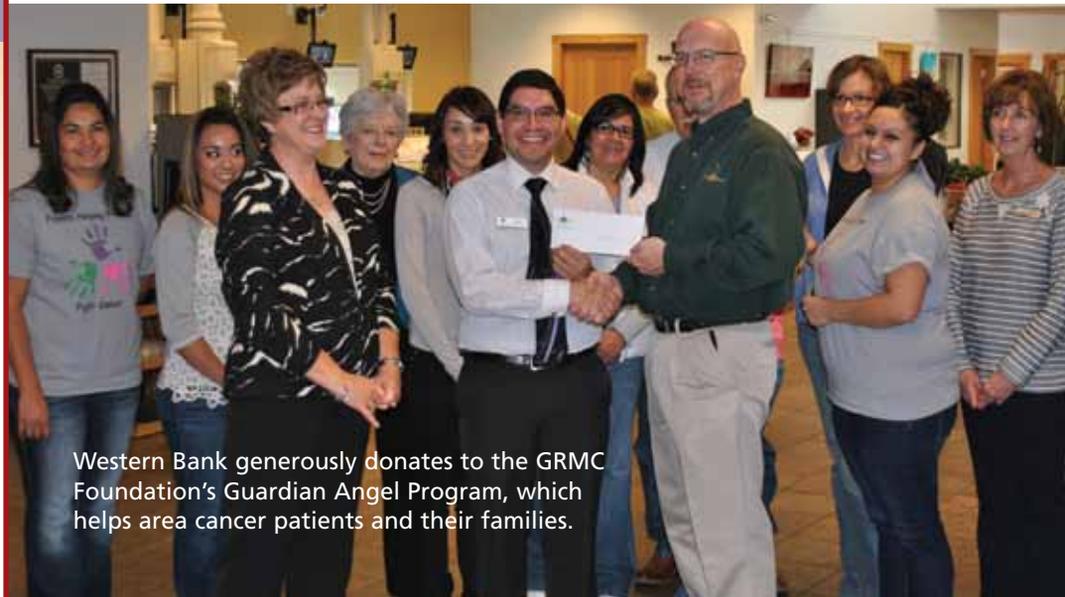
GRMC Foundation: Supporting Strong, Local Health Care

GILA REGIONAL MEDICAL CENTER PROVIDES high-quality, affordable health care for the people of southwest New Mexico. The GRMC Foundation supports the hospital's mission through fundraising activities such as capital campaigns, special events, and direct mail. There are many ways you can give to support these efforts:

- **The Wish List.** Funds can be used to pay for equipment for the hospital, training for caregivers, supplies for patients, and much more.
- **Guardian Angel Program.** Become a Guardian Angel by donating to this program. The monies donated go to buy gift cards to help Gila Regional Cancer Center patients and their families pay for basic needs such as prescriptions or food.
- **Various scholarship opportunities**
- **Memorials and honor gifts**

When you give to the GRMC Foundation, you join a community of supporters who believe in strong, local health care. Visit www.grmc.org/The-Foundation to learn more. Or, send your name and mailing address to marketing@grmc.org or write to GRMC Marketing, 1313 East 32nd Street, Silver City, NM 88061.

The GRMC Foundation is a 501(c)(3) nonprofit organization. All donations are tax deductible.



Western Bank generously donates to the GRMC Foundation's Guardian Angel Program, which helps area cancer patients and their families.