

Gila Regional's

# Wellness Companion

*Your Partner in Health*

WINTER 2016

INSIDE



Is it a cold or  
the flu?

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binge drinking

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## Quality is stellar at GRMC

Gila Regional ranks among the top three hospitals in New Mexico

**THE** Centers for Medicare & Medicaid Services (CMS) rated Gila Regional Medical Center (GRMC) four out of five stars in quality as part of the Hospital Compare program. CMS has compared most of the hospitals across the nation in several categories of quality in an effort to give people a way to determine where to receive the best care possible for their health care needs.

"A lot of work has been done by everyone in the hospital to achieve this rating," says Peggy White, Chief Nursing Officer at GRMC. "I personally cannot say enough about the dedication that Gila Regional's nursing staff has given to improve patient care."

In many cases, Gila Regional performed equal to or better than the national average and far exceeded the

average in care in New Mexico. By receiving this rating, GRMC is one of the top three hospitals in the state and ranks in the top 20 percent of hospitals across the country.

"There are no five-star quality hospitals in New Mexico...yet," says Brian Cunningham, CEO at Gila Regional. "That is Gila Regional's next goal for our community."

For more information about



GRMC's four-star quality rating, go to [www.grmc.org](http://www.grmc.org).



# Symptom check: Cold vs. flu

**YOU'RE** sneezing, your nose is stuffed up and you're tired. In other words, you're feeling lousy.

You're considering going to the drugstore to pick up some over-the-counter medicines to help relieve your symptoms. But before you do, you might want to ask yourself, "Do I have a cold or the flu?"

The answer to that question is important because you may want to see your doctor for a prescription medicine if you think you have the flu.

Prescription flu drugs (called antivirals) are medicines that can reduce the amount of time you're sick.

They may also reduce your risk for potentially dangerous complications from the flu, such as pneumonia. The catch is that these medications work best when taken within the first 48 hours of developing flu symptoms.

Use this chart to help figure out what's ailing you.



SYMPTOM	COLD	FLU
Fever	Rare	Usual, 100 to 102 degrees—may be higher, especially in young children; lasts 3 to 4 days
Headache	Rare	Common
General aches, pains	Slight	Usual, often severe
Fatigue, weakness	Sometimes	Usual, lasts up to 3 weeks
Exhaustion	Never	Usual, at the beginning of the illness
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort	Sometimes	Common
Cough	Common, hacking	Common, can become severe

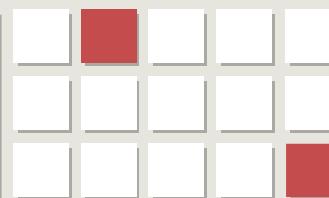
Sources: American Lung Association; Centers for Disease Control and Prevention; U.S. Department of Health and Human Services

## 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.



### BUST THAT MYTH!

The flu shot can't give you the flu. It has no infectious germs.\*

\*Mild side effects from the shot may occur, but serious reactions are very rare.

**Take your best shot at staying well**

Visit Gila Family Medicine to schedule your flu shot TODAY! Call **575-534-0400**.



Source: Centers for Disease Control and Prevention

Flu viruses **CHANGE** from year to year. To stay protected, you need a flu vaccine **EVERY YEAR**.

# Colds: 4 truths to know

**HOW** much do you know about one of the most common illnesses around? Take this true-or-false quiz to test your know-how about colds.

**1 True or false:** Colds are caused by bacteria.

**Answer:** False. Colds are actually caused by viruses—in fact, more than 200 types of viruses can trigger symptoms such as sniffling, sneezing and coughing. And because colds are not caused by bacteria, taking antibiotics won't cure a cold. The only time you might need an antibiotic is when a cold leads to complications, such as an ear or sinus infection.

**2 True or false:** Taking decongestants or antihistamines will help you get over a cold more quickly.

**Answer:** False. Over-the-counter medicines can help you manage symptoms for the duration of your illness. But that cold will last about one to two weeks, no matter what medicines you take. It just has to run its course. Other ways to feel better in the meantime: ♦ Get plenty of



If your cold symptoms get worse instead of better, Gila Family Medicine offers walk-in care. Call **575-534-0400** to learn more.

rest. ♦ Drink lots of fluids. ♦ Gargle with warm salt water to soothe a sore throat. ♦ Use petroleum jelly to relieve a sore, raw nose.

**3 True or false:** Most colds occur in the fall and winter months.

**Answer:** True.

This may be because cold weather keeps people indoors, which increases the chance that you'll come into contact with someone who has a cold and can spread it to you.

**4 True or false:**

Washing your hands is one of the most effective ways to keep colds from spreading.

**Answer:** True.

Some cold-causing viruses can live for at least two hours on the skin and on surfaces—such as doorknobs and stair rails. If you shake hands with an infected person—or touch an infected surface—and then touch your nose or eyes, the virus can enter your body and increase your risk of getting a cold. You can lower that risk by frequently washing your hands with soap and water, which helps stop the spread of viruses.

Sources: American Lung Association; National Institute of Allergy and Infectious Diseases; UpToDate

## numbers to know

**2<sup>to</sup>3**

The number of days it usually takes to develop symptoms after being infected with a cold virus.

National Institutes of Health



**8 TO 12**

The approximate number of colds children get every year. Adults get two to four. Children usually get colds from other children, while parents often get colds from their kids.

National Institutes of Health; UpToDate



The minimum number of seconds you should scrub your hands when washing them. That's about the time it takes to hum "Happy Birthday" twice from beginning to end.

Centers for Disease Control and Prevention



## WHAT COUNTS AS ONE DRINK?

Each of these contains about the same amount of alcohol:

**1 standard drink =**

**12** fl. oz. of beer

**8 to 9** fl. oz. of malt liquor

**5** fl. oz. of wine

**2 to 3** fl. oz. of cordial (liqueur)

**1.5** fl. oz. shot of 80-proof hard liquor

**1.5** fl. oz. of brandy

### Amounts may vary

A large, overpoured glass = more than 1 drink.

### Count the shots

A mixed beverage can contain as much alcohol as 2 standard drinks—or more.

Source: National Institute on Alcohol Abuse and Alcoholism

# Too much, too fast **How binge**

**H**ave you ever seen someone guzzle beer after beer at a party? That's one example of binge drinking, a form of alcohol abuse. Typically, it's defined as four or more drinks for women or five or more for men in about two hours.

This type of excessive drinking isn't a problem only on college campuses. It can happen in private homes or bars—in other words, anywhere people are drinking. And no matter where binge drinking takes place, it's risky.

### A dicey drinking pattern

A night of hard drinking can cause a head-pounding hangover the next day. But that isn't the worst part. Excessive drinking may increase the risk of many alcohol-related problems that can affect safety and well-being, such as:

- ▶ Alcohol-related injuries.
- ▶ Car crashes.
- ▶ Drunk-driving arrests.
- ▶ Trouble at work or school.

Over time, frequent benders can damage the liver and other organs. This may lead to chronic health problems.

And while a person who binge drinks may feel in control now, alcohol addiction is also possible.

**It's important to be aware of binge drinking's potential consequences so you can do your best to avoid this risky behavior.**

## CAN YOU RECOGNIZE A DRUNK DRIVER?

If you spot a drunk driver, it's good to report it.

It'll help keep our roadways safer. But do you know what to look for? A drunk driver might:

- ▶ Abruptly stop or speed up.
- ▶ Drive very slowly.
- ▶ Hug the center line or drift across lanes.
- ▶ Tailgate other cars.
- ▶ Drive without headlights at night.
- ▶ Make sudden turns.

▶ Drive in the wrong lane.

▶ Come close to hitting parked cars or curbs.

If you see someone driving like this, stay out of the way. Stop and call 911 and describe the vehicle, location and license plate, if possible.

Source: Mothers Against Drunk Driving



# drinking hurts



## Toxic overload

One of the most serious consequences of binge drinking is alcohol poisoning, or alcohol overdose. The condition can happen if you drink so much in a short amount of time that the alcohol amount in your bloodstream reaches dangerous levels. Such a high blood alcohol concentration can dampen the body's vital nervous and respiratory systems to the point of passing out.

A person with alcohol poisoning may lose consciousness or appear half-asleep. The person may also:

- ▶ Have slow or irregular breathing.
- ▶ Vomit.
- ▶ Have cold or pale skin.

Alcohol poisoning is potentially fatal. Some people end up with permanent brain damage. So if you see someone with any of these signs, seek medical help right away.

## Play it safe

It's important to be aware of binge drinking's potential consequences. And help is available if you're concerned about your drinking.

Sources: National Council on Alcoholism and Drug Dependence, Inc.; National Institute on Alcohol Abuse and Alcoholism

## WHEN A LOVED ONE HAS A PROBLEM

It hurts when someone you care about has a drinking problem. A few things to keep in mind if you find yourself in that situation:

- ▶ Don't make excuses or ignore it—the sooner you talk about it, the better. Prepare by reading up on alcohol abuse.
- ▶ Pick a time to talk when your loved one isn't drinking. Try not to lecture or threaten.

- ▶ Offer to take your loved one to treatments or support meetings.
- ▶ Ask family and friends for help. And ask them to support you too.

For more ideas on how to start a conversation, visit [www.ncadd.org](http://www.ncadd.org).

Sources: National Council on Alcoholism and Drug Dependence, Inc.; U.S. National Library of Medicine



## COUNTING THE COST

Drinking is expensive—both for individuals and society as a whole.

### \$249 billion

That's how much excessive drinking costs the U.S. It works out to \$807 per person, based on 2010 figures.

### 77% of the cost is due to binge drinking—

more than \$190 billion.

### \$2.05

The per-drink cost to the U.S.

## Taxpayer hangover

### \$2 OUT OF \$5

paid by local, state and federal governments.

## Where the \$\$\$ goes

- ▶ Lost work productivity.
- ▶ Alcohol-related health problems.
- ▶ Crime.
- ▶ Motor vehicle crashes.

Source: Centers for Disease Control and Prevention



## Cranberry and almond biscotti

**For a sophisticated but healthful treat, try these whole-wheat biscotti with almonds and fruit.**

### Ingredients

$\frac{3}{4}$  cup dried cranberries  
 $\frac{3}{4}$  cup whole almonds  
1 cup sugar, divided  
1 $\frac{1}{4}$  cups unbleached all-purpose flour  
 $\frac{3}{4}$  cup whole-wheat pastry flour  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
1 teaspoon ground cinnamon  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  cup golden raisins  
3 eggs, lightly beaten  
1 teaspoon vanilla extract  
 $\frac{1}{8}$  teaspoon almond extract  
2 tablespoons water

### Directions

- Cover cranberries in warm water in a small bowl and soak to plump them, about 20 minutes. Drain, gently squeeze out excess moisture and pat them dry with a paper towel.
- Set a rack in the center of the oven, and preheat to 350 degrees. Line a baking sheet with parchment paper (or foil lightly coated with canola oil spray). Set aside.
- Grind the almonds with 2 tablespoons of the sugar, pulsing in 5-second bursts until most of the almonds are a powder, about 30 seconds. Place the nuts in a large mixing bowl.
- Add the remaining sugar, both flours, baking powder, baking soda, cinnamon

and salt to the nuts. Toss the cranberries and raisins with a tablespoon of this mixture, then stir them into the dry ingredients, mixing well.

- Mix in the eggs, vanilla, almond extract and 2 tablespoons water. With a wooden spoon, mix until a sticky, dense dough forms, working in all the flour.
- Halve the dough. Moistening your hands lightly with cold water, shape the dough into 2 flattened 13-by-2-by- $\frac{1}{2}$ -inch logs, spaced 4 inches apart on the lined baking sheet.
- Bake until golden and firm to the touch, about 25 minutes. Cool logs on the baking sheet for 15 minutes.
- Transfer logs to a cutting board. With a serrated knife, cut each log diagonally into  $\frac{1}{2}$ -inch-thick slices. Arrange them cut side down in one layer on the baking sheet, with slices touching each other.
- Bake 10 minutes, turn, and bake 10 more minutes, or until biscotti are a honey color and dry to the touch. Turn the oven off and leave biscotti there for 10 more minutes.
- Remove them from the oven, and let them cool on the baking sheet. Store sealed in an air-tight container for up to 3 weeks.

### Nutrition information

Makes 3 $\frac{1}{2}$  dozen cookies. Amount per cookie: 70 calories, 2g total fat, <1g saturated fat, 12g carbohydrates, 2g protein, 1g dietary fiber, 40mg sodium.

Source: American Institute for Cancer Research

## Healthy holiday eating

Put red and green on your Christmas dish list

Chances are, you plan to deck the halls for a very merry holiday season.

Bring those holiday hues into your festive feasts, and you're sure to keep good health on the menu—even as you sample the occasional treat.

### 'Tis always the season

Fresh reds and greens are in the produce aisles now, waiting to star in your winter meals. Look for red foods, such as apples, beets, cranberries, red bell peppers and pomegranates. And go for green ones, like Brussels sprouts, kiwi, kale and (again) apples.

You don't have to stop there. Frozen fruits and veggies are just as nutritious as fresh—if you skip those with added sugar, fat or salt.

Ready to transform a host of reds and greens into healthy seasonal delights? Let's get started!

**Breakfast.** For a green smoothie even Scrooge would love, toss kiwi, banana, and a few leaves of spinach or kale into the blender with low-fat yogurt.

**Lunch.** Get the kids involved in planning and prepping a midday meal featuring only red and green foods. Try veggie kebabs made with roasted beets, Brussels sprouts and red bell peppers.

**Snack.** Set out a bowl of fresh cranberries or toasted kale chips.

**Salad with dinner—or as the main dish.** Transform cucumber slices into stars with a mini cookie cutter. Toss with tomatoes, pomegranate seeds, chopped kale and a splash of vinaigrette. For some colorful protein—and to make this a meal—add cooked red lentils.

**Dessert.** Core green apples, fill with cranberries, drizzle with maple syrup and bake.

Sources: Academy of Nutrition and Dietetics; American Institute for Cancer Research; fruitsandveggiesmorematters.org





**COLONOSCOPY**

# A test worth taking

**FINDING** cancer early, when treatment is most likely to be successful, is a good thing. But preventing cancer is even better.

That's why it's so important to know about screening guidelines for using colonoscopy. This test, which focuses on cancers of the colon and rectum, can both help prevent and detect cancer.

Colonoscopy involves the use of a long, flexible tube with a light and camera on the end.

While you're sedated, the tube is

guided through your rectum and colon, and the camera transmits images to a computer screen. This enables your doctor to spot tumors and polyps, which are growths that can sometimes turn into cancer.

If the polyps are removed, something that's typically done during the procedure, cancer can be stopped before it ever starts. That should offer plenty of motivation to be screened.

But here's a little more incentive: Research shows that people who have polyps removed significantly

reduce their risk of dying from colorectal cancer. By having a colonoscopy, you may not simply prevent cancer—you may save your life.

The Centers for Disease Control and Prevention recommends that screening for colorectal cancer begin at age 50—earlier if you're at high risk for the disease. Generally, you should have a colonoscopy every 10 years.

When getting a referral from your doctor, ask for Gila Surgical Services for four-star quality care!

## Give the greatest gift this year, the gift of health. Donate today.



For more information on donating to the  
**GRMC Auxiliary email [auxiliary@grmc.org](mailto:auxiliary@grmc.org)**  
Gila Regional Medical Center Auxiliary is a 501(c)3 Organization

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## Calendar *of* **EVENTS**



**National Glaucoma Awareness Month**  
January 2017

**National Drug and Alcohol Facts Week**  
Wednesday, Jan. 25, to  
Tuesday, Jan. 31



**National Heart Month**  
February 2017

### **Health Talk**

"What is Preventive Cardiology?"

Norman Ratliff III, MD,  
board-certified cardiologist

**Thursday, Feb. 16,**  
**11:30 a.m. to 12:30 p.m.**

Gila Regional Medical Center Conference Room

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

## A positive start

Keep your New Year's resolutions from unraveling

**IT'S** that time of year when many of us sing a familiar tune, and it's not "Auld Lang Syne."

Around New Year's, we vow to change. Perhaps to lose weight or start exercising.

Unfortunately, the resolutions we're good at making, we're also good at breaking. But it doesn't have to be like that. This year, set the stage for resolutions that stick:

**Keep it real.** Don't expect to drop 30 pounds by February. Aim for something more realistic—like a modest weight loss of maybe 10 pounds at first.

**Be specific.** Vague resolutions, such as "I'll exercise more," won't go far. Be clear about what you plan to do. For example, how many days will you work out each week and for how many minutes?

**Don't let setbacks stop you.** If you do fall back into an old habit, don't abandon your resolution. Figure out what went wrong, and work toward a fix.

Sources: Academy of Nutrition and Dietetics; Centers for Disease Control and Prevention

