

Health Connection



MIMBRES
MEMORIAL HOSPITAL
AND NURSING HOME

mimbresmemorial.com

FROM YOUR FRIENDS AT MIMBRES MEMORIAL HOSPITAL

Speech therapy

What you may not know

Speech-language pathologists (SLPs) who work in the medical setting often encounter misperceptions about their role on the healthcare team. While speech therapists do help children who can't pronounce certain speech sounds, there's much more to speech therapy than just this.

SOLUTIONS FOR YOU

Our SLP at Mimbres Memorial Hospital and Nursing Home (MMH) evaluates and treats a wide range of communication, cognition and swallowing problems. Our SLP may address problems that result from disease or injury to the mouth, throat or the brain. For example, a stroke can disrupt a patient's ability to speak and understand. It might also impact memory, thought organization, problem solving and reasoning and the ability to plan and execute tasks. In addition, it could cause a swallowing problem (dysphagia) in which small amounts of food or liquid go down the wrong way—into the lungs (aspiration)—every time the patient swallows. Some patients aren't even aware of this problem because their cough reflex and sensation have been severely diminished. Small amounts of food or liquid in the lungs can be dangerous and may lead to bacterial infection in the lungs (aspiration pneumonia).

Our SLP uses clinical observation and X-rays of the patient swallowing to determine if a swallowing problem exists and how to best manage and treat that problem. Dysphagia management might include changes in diet consistency, positioning for meals and teaching the patient compensatory swallowing techniques. Exercises



and stimulation for the nerves and muscles of the mouth and throat may help improve the strength and coordination of the swallow. Using methods currently available at MMH, our experienced SLP can help patients who haven't been able to swallow and who rely on a feeding tube for their nutrition.

Being able to enjoy food, eat safely, communicate effectively and perform daily tasks as independently as possible are important. Our SLP plays a vital role in your healthcare team and can help improve your quality of life.

! Get back to life!

If you need speech therapy, call MMH
Outpatient Rehabilitation at (575) 544-8669.

Strength-train your brain

The mental benefits of exercise

Exercise has long been touted for its physical health benefits, such as improving metabolism, lowering blood pressure and reducing your risk of heart disease, stroke and cancer. But working up a sweat is also good for your head. Here's how:

BEATS THE BLUES

In a review of 80 studies on exercise and depression, researchers concluded that getting physical can act like an antidepressant. The analysis found that exercise decreased depression more than relaxation training (such as meditation or breathing) or engaging in enjoyable activities did. Working out may boost levels of feel-good endorphins, natural painkillers that promote a heightened sense of well-being.

TAMES TENSION

Physical activity releases muscle tension, reduces levels of the stress hormone cortisol and raises body temperature, which may have calming effects. Additionally, it can shift your attention away from anxious thoughts to something more pleasant, like your surroundings or the music that gets you moving.

AMPS UP ENERGY

Often feel drained? Inactivity is the likely culprit. Yes, working out may make you tired in the short term, but it helps increase stamina and energy in the long run. And, according to the Centers for Disease Control and Prevention, staying active may improve sleep quality, which translates into more next-day pep.

CRANKS UP CONFIDENCE

If you're nervous, working up a sweat gives you a confidence boost. How does getting sweaty raise self-worth? The effect is thought to be brought about by the sense of accomplishment that comes from meeting fitness goals or challenges.

BOOSTS BRAIN POWER

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. In one study of 62- to 70-year-olds, those who were still working and retirees who exercised sustained their levels of cerebral blood flow and performed better on cognition tests than inactive retirees. What's more, in a few studies of subjects older than age 65, those who worked out for at least 15 to 30 minutes three times a week were less likely to develop Alzheimer's disease.



How much is enough?

If you have a physical disability, talk with your physician before exercising. Once you get his or her OK, do the following activities to reap the mental and physical benefits:

- A minimum of 150 minutes of moderate-intensity aerobic activity (like brisk walking) each week. If you're just getting started, break your workout into three brisk 10-minute walks a day, five days a week. Not into walking? Do water aerobics, go for a bike ride, play doubles tennis or mow the lawn—anything that gets you moving.
- Muscle-strengthening activities that target all major muscle groups on two or more days a week. Try heavy gardening (digging, shoveling), yoga, lifting weights or other weight-bearing moves like push-ups or sit-ups. Aim for eight to 12 repetitions per activity.

The thyroid gland

How this titan impacts your health



A small, butterfly-shaped gland located in your throat in front of your windpipe, your thyroid produces hormones that regulate the speed of the body's metabolic functions and affect many vital areas, including the heart and respiratory rates, growth, body temperature, muscle strength, brain and nervous system, cholesterol levels, fertility and digestion. Thyroid problems are one of the most common health conditions, but because they share symptoms with other medical disorders, they're frequently misdiagnosed or go unnoticed.

YOUR BODY'S BALANCE

The thyroid hormones, known as triiodothyronine (T3) and thyroxine (T4), deliver oxygen to your cells and regulate your metabolism. The thyroid-stimulating hormone (TSH), made by the pituitary gland in your brain, regulates thyroid hormone production. When your thyroid produces too little or too much of these hormones, it can throw your body's delicate balance out of kilter. Left untreated, thyroid disease can increase the risk of cardiovascular disease, infertility, osteoporosis, high cholesterol, diabetes, obesity, anemia, arthritis, autoimmune disorders and intestinal problems.

A COMMON CONDITION

Thyroid conditions primarily affect older adults and women:

- Women are five to 10 times more likely than men to be afflicted.
- One in eight U.S. women will develop a thyroid disorder over her lifetime.
- Older women and women who have recently had a baby are more likely to develop a thyroid condition.

The most common thyroid conditions are hypothyroidism, in which the thyroid doesn't produce enough thyroid

hormone, and hyperthyroidism, in which the thyroid produces too much thyroid hormone.

BE A HEALTH ADVOCATE

To keep tabs on your thyroid, see your physician for regularly scheduled physicals. If you experience symptoms that suggest a thyroid problem, ask for a thyroid test, a simple blood exam. Thyroid problems are treatable with medication, radioiodine therapy or surgery. Your physician can help decide the best treatment for you.

Common signs of a troubled thyroid

- bowel habit changes
- depression
- difficulty concentrating, brain fog
- dry, coarse and/or itchy skin
- dry, coarse and/or thinning hair
- fatigue, exhaustion
- feeling cold, especially in the extremities
- increased perspiration
- infertility/miscarriage
- insomnia
- irritability or nervousness
- menstrual cycle changes
- muscle cramps
- muscular weakness, especially in the upper arms and thighs
- racing heart
- shaky hands
- unexplained or excessive weight gain or loss

! Tune in to your thyroid health!

To learn more about your thyroid health, see your physician or visit mimbresmemorial.com.

The nuclear medicine difference

Enhanced imaging for early detection

Unique because it reveals both structure and function of various organs, tissues and systems, nuclear medicine imaging identifies abnormalities very early in a disease's progression, helping to diagnose medical conditions before many medical problems or symptoms appear. Nuclear medicine studies at Mimbres Memorial Hospital and Nursing Home (MMH) gather medical information that would otherwise be unavailable, require surgery or demand more expensive tests.

Nuclear medicine imaging uses small amounts of radioactive materials (radiopharmaceuticals) to diagnose and treat disease. Radiopharmaceuticals are introduced into the patient's body by injection, swallowing or inhalation. Special cameras that work with computers detect the radiopharmaceuticals to provide sharp images of the body. During treatment, the radiopharmaceuticals go directly to the organ involved.

WHY PHYSICIANS ORDER TESTS

To see how a nuclear medicine procedure is effective for diagnosis, consider this patient case: A patient sees his physician, complaining of right upper abdominal pain that radiates to his back. The physician orders an abdominal computed tomography (CT) scan and an abdominal ultrasound (AU). The AU shows no gallstones, and the CT scan is normal. In spite of these results, the physician still thinks the gallbladder might not be functioning properly and orders a hepatobiliary iminodiacetic acid (HIDA) scan, a nuclear medicine test that tracks bile production and flow from the liver to the small intestine. The ejection fraction score from the HIDA scan, measuring the gallbladder's ability to contract and empty, reveals that the gallbladder is indeed the problem. The physician can now make appropriate treatment decisions.

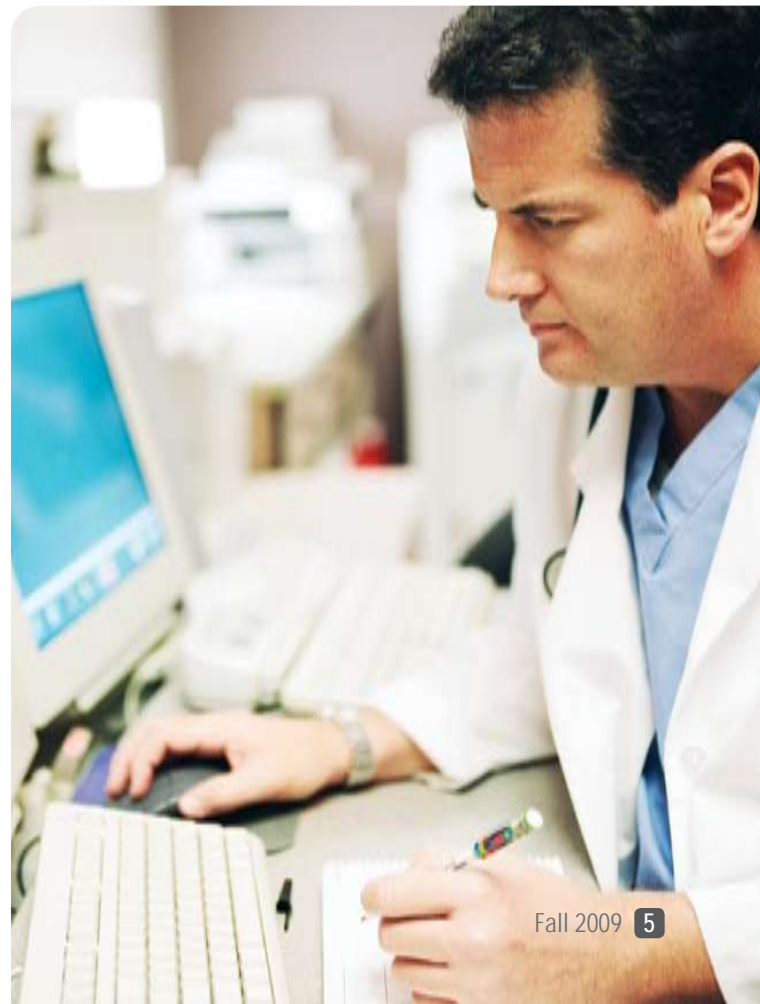
WHAT TESTS REVEAL

Nuclear medicine tests:

- evaluate bones for early fractures, infections, arthritis and cancer

- uncover the presence or spread of cancer
- identify the reason for gallbladder symptoms
- investigate abnormalities in the brain, such as memory loss, seizures and abnormal blood flow due to problems with the blood-brain barrier
- analyze kidney function
- detect infection in the body
- visualize heart blood flow and function
- perform gated heart scans that show wall motion
- scan the lungs for respiratory and blood flow problems
- identify the source of bleeding into the bowel
- locate gastric tissue outside of the stomach
- measure thyroid function to detect over- or underactive thyroid conditions
- scan thyroid nodules to see if they're hot (independently functional) or cold (hypofunctional or nonfunctional)
- pinpoint the site of lymph nodes before breast cancer or melanoma surgery

If you need imaging, MMH provides advanced technology for your needs.



! Early detection is key

Visit mimbresmemorial.com to learn more about your imaging options at MMH.

HEALTHWISE QUIZ

How much do you know about breast cancer?

Take this quiz to find out.

1

Your risk of developing breast cancer is increased by which of the following?

- a. radiation exposure to the chest as a child or a young adult
- b. first pregnancy after age 30
- c. use of estrogen and progesterone to treat menopausal symptoms for four or more years
- d. all of the above

2

Which is not a risk factor for developing breast cancer?

- a. having a family history of the disease
- b. being overweight
- c. antiperspirant use
- d. excessive drinking

3

Symptoms of breast cancer typically don't include:

- a. changes in the size or contour of the breast
- b. breast pain
- c. an indentation of the nipple
- d. a clear or bloody discharge from the nipple

4

Which of the following is not true about male breast cancer?

- a. One in five men with breast cancer has a close male or female relative with breast cancer.
- b. The average male is 60 to 70 years old at diagnosis.
- c. Being overweight doesn't increase breast cancer risk.
- d. Health conditions that affect the testicles may increase risk.

5

An annual mammogram once you turn 40 is important because:

- a. your chance of being diagnosed with breast cancer increases with age
- b. you may have a small cancer that won't show up until your next annual screening
- c. the sooner you're diagnosed with breast cancer, the easier it is to treat
- d. all of the above

ANSWERS: 1. (D), 2. (C), 3. (B), 4. (C), 5. (D)



Living with heart disease

Being diagnosed with heart disease can be scary. You may wonder: Will I still be able to do the things I love? By making a few adjustments, you can control your condition and enjoy life to its fullest. Here's how:

Master your medications. If your physician prescribes cholesterol- or blood pressure-lowering pills, tape a note to your mirror, set an alarm—whatever's necessary—to ensure you take them as directed every day.

Learn food math. Don't worry: You can still eat delicious meals. But you'll have to learn to read labels and keep tabs on your daily intake of certain foods. The basics:

- Keep total fat to less than 35 percent of your calories (saturated fat should equal just 7 percent).
- Limit cholesterol to 200 mg a day.
- Restrict sodium to 2,400 mg or less a day.
- Eat just enough calories to maintain or achieve a healthy weight.

Move more. Joining a gym is great (if you'll go), but it's not a requirement. Cleaning your house, walking your dog briskly and biking to the store are all examples of valid activity. Just 30 minutes a day will help protect your heart—even if you do only 10 minutes at a time. Of course, always check with your physician before beginning any exercise program.

If you follow these recommendations, you'll drop any extra pounds slowly, which means your weight loss is more likely to stick. The great news: Losing even 5 to 10 percent of your current weight can reduce your risk of heart attack and improve your overall health.

Keeping little athletes safe



Kids love sports, and we love watching them play. But each year, more than 3.5 million children under age 15 are treated for sports-related injuries, according to the American Academy of Pediatrics (AAP). That number is on the rise. One reason: Many kids now play the same sport year-round, resulting in overuse injuries such as chronic muscle strains, stress fractures and tendonitis. Plus, some sports have gone more extreme. Cheer-leading alone injured almost 70,000 children in 2007. So how can you keep your child out of the ER?

- **Don't start too soon.** Don't let your child join a team until he or she is at least 6 years old, says the AAP.
- **Get a pre-season checkup.** Visit your pediatrician to make sure your son or daughter is indeed sports-ready.
- **Gear up correctly.** Make sure your child doesn't compete without the right sporting shoes, helmet and safety equipment.

- **Teach the wisdom of warming up and cooling down.** Insist that young athletes exercise lightly for at least three minutes, then stretch the muscles to be used for at least 30 seconds each before practice or a game.
- **Fill 'er up.** Make sure your child carries a water bottle and knows the importance of drinking frequently, even if he or she isn't thirsty. Dehydration can cause fatigue and sickness.
- **Watch carefully.** Discourage participation in just one sport. If your child shows sign of strain or injury, insist he or she stop playing immediately—then see your pediatrician.

Healthy eating on the run

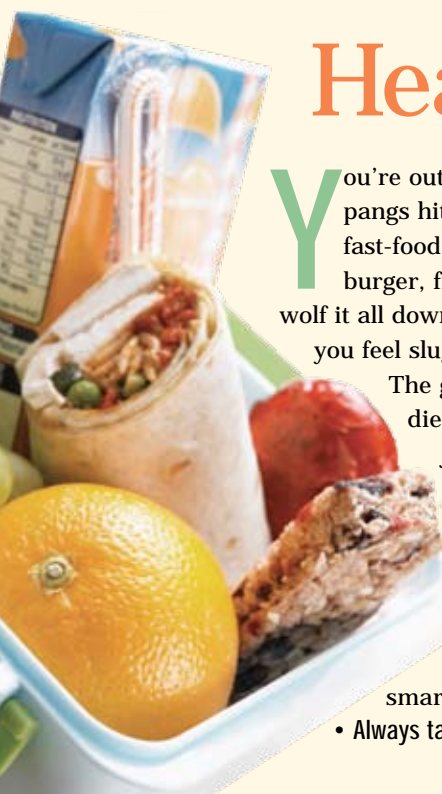
You're out and about when hunger pangs hit. Stopping at the nearest fast-food joint, you order a cheeseburger, fries and a soda and quickly wolf it all down in your car. Minutes later you feel sluggish, bloated—and guilty.

The good news: Your healthy diet doesn't have to suffer just because you're racing from one obligation to the next, spending the day running errands or hitting the road for a family vacation. Be prepared with these smart-snacking tips:

- **Always take water with you.** If it's too

bland, add a slice of fruit or a splash of juice.

- **For an on-the-run breakfast,** grab low-fat string cheese and a piece of fruit.
- **Fill an insulated lunch box with fresh fruit,** carrots, celery sticks, walnuts, yogurt or peanut butter on 100 percent whole-wheat bread for snacks during the day. Keep protein bars or snack bags of almonds or raisins in your purse, glove compartment or tote bag for hunger attacks.
- **If you must hit the drive-through,** opt for a kid-sized meal with fresh fruit or a side salad (with low-fat dressing) instead of fries, and a grilled chicken sandwich instead of one that's breaded and fried. Skip the mayo and other fatty spreads.
- **Need a coffee break?** Order the low-fat, sugar-free version of your favorite frozen coffee or latte and skip the whipped cream and caramel drizzle.



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FROM THE CEO



William "Bill" Quitmeyer
Chief Executive Officer

Dear neighbors,

Welcome to our fall issue of *Health Connection*, compliments of Mimbres Memorial Hospital and Nursing Home (MMH).

BUILDING FOR YOUR FUTURE

As we finish up the first half of 2009, excitement is building around our new emergency room (ER) and operating room (OR) expansion project. Scheduled to begin in September, the 15,000-square-foot addition will include an all-new ER with private rooms, updated equipment and a new ambulance entrance. The OR expansion includes new pre-op and recovery areas and two additional surgical suites with more than 650 square feet each.

NEW MEDICAL STAFF

We welcomed general surgeon Stan Chao, M.D., in July and hope you've had the opportunity to meet

him. His practice is at Southwest Surgery at 122 S. Gold, Suite 5. We're looking forward to having Tatiana Antoci, M.D., join our staff and open her family practice this month, as well as to the addition of a third anesthesia provider, Traci Waters, certified registered nurse anesthetist.



Stan Chao, M.D.
General Surgeon

NEW TECHNOLOGY

In addition, we've added numerous new diagnostic-testing services, including pulmonary function testing, cardiac stress testing and electroencephalography. New lab analyzers and a computed tomography scanner are also in the works.

Looking back at what has been accomplished and forward to what's coming soon make MMH an exciting place to be.

Best regards,
William "Bill" Quitmeyer
Chief Executive Officer
Mimbres Memorial Hospital and Nursing Home