

# Health Connection



FROM YOUR FRIENDS AT MIMBRES MEMORIAL HOSPITAL

## Breathe easy

Mimbres Memorial Hospital introduces new alternative oxygen system

**P**atients who have trouble breathing now have a new treatment at Mimbres Memorial Hospital and Nursing Home. SCOOP® Oxygen Therapy, an alternative oxygen system, has been proven in clinical use to be safe, more effective and more efficient than traditional nasal oxygen delivery. Lifelong supplemental oxygen therapy has a long history of medicinal value for people with chronic lung diseases such as emphysema, chronic bronchitis and cystic fibrosis.

In February, Nikhil Mehta, M.D., F.A.C.S., introduced SCOOP Oxygen Therapy for patients using supplemental oxygen. This is a first in Southwestern New Mexico. Dr. Mehta, a general, vascular and thoracic surgeon who's been an independent member of the medical staff of Mimbres Memorial Hospital and Nursing Home since 2001, will manage this program at the hospital.

### A BETTER TREATMENT OPTION

In the past, oxygen was delivered through the patient's nose using tubing equipped with nasal prongs. SCOOP therapy offers the first practical method for delivering continuous supplemental oxygen directly into the patient's lungs without the use of nasal prongs. Patients with lung disease can now achieve a normal blood oxygen level all of the time.

Continuous normal blood oxygen levels are difficult to achieve with nasal delivery because most nasal oxygen users can't wear their nasal prongs 24 hours a day. Nasal prong users commonly complain that their oxygen tubing falls out while sleeping at night and about problems like nosebleeds, sinus problems, sores under



the nose or over the ears and interference with bathing and eating. They also don't enjoy going out with tubes leading across the face, so they'll often leave their oxygen at home. Such problems are significant because clinical studies show that sporadic supplemental oxygen levels negatively affect the health of oxygen-dependent patients.

Patients using SCOOP not only receive continuous 24-hour supplemental oxygen, but they do so without the complications and inconvenience of nasal tubes. In fact, the entire system can be hidden under clothing if desired.

Continued on page 5



Nikhil Mehta, M.D., F.A.C.S.  
General, Vascular and  
Thoracic Surgeon

### Learn more!

**F**or more information, call Debbie Fye, surgery director, at (505) 546-5852

or Dr. Mehta:

**Nikhil Mehta, M.D., F.A.C.S.**

**Southwest Surgery**

**122 S. Gold St., Suite 4, Deming**

**(505) 546-1365**

**Bayard Medical Clinic**

**100 Central Ave., Bayard**

**Hours: Tuesdays, 9 a.m. to 1 p.m.**

# Good day, sunshine!

## Greet the day with an SPF

**Y**ou don't have to be a sun worshipper to take sun protection seriously—even limited exposure can cause damage. Skin cancer is the most common kind of cancer in the United States, affecting nearly half of all Americans who live to age 65. Although most cancers don't appear until after age 50, skin cancer results from years of accumulated sun damage. However, you can avoid sun damage and enjoy your favorite outdoor activities by taking sensible precautions and using a sunscreen that protects your skin from damaging ultraviolet rays.

### THE ABCS OF SPFS

Sunscreen products are rated according to their sun protection factor (SPF)—the length of time a product will protect you from sunburn caused by ultraviolet B (UVB) rays. But sunscreens don't provide complete protection. You still need to be cautious about timing and limiting your sun exposure.

Your best bet when shopping for a sunscreen is to choose a product with an SPF of at least 15, according to the American Cancer Society. Check the label to make sure it provides “broad-spectrum” protection, which protects against UVB rays and ultraviolet A (UVA) rays. UVB rays cause sunburns that can lead to superficial skin cancers known as basal cell carcinomas and squamous cell carcinomas. They can also lead to the more deadly skin cancer, melanoma. UVA rays penetrate even more deeply into the skin, damaging connective tissue.

### SAVE-YOUR-SKIN TIPS

If you'll be outside, slather on sunscreen and find a shady spot, but keep in mind that sunlight reflects off surfaces such as water, sand and pavement. Avoid the sun between 10 a.m. and 4 p.m., when rays are strongest. To block sunlight,



wear sunglasses, a broad-brimmed hat and clothing made from tightly woven fabric, preferably long-sleeved shirts and pants. For your sunscreen to be most effective:

- Apply about 30 minutes before going outdoors.
- Use liberally. Apply 1 ounce of sunscreen to cover all exposed areas of your body, including your neck, ears and scalp.
- Reapply every 90 minutes—more often if you sweat heavily or go swimming.
- Use even on cloudy days—UV rays can still reach you.

Harmful UV rays can pass through car windows, too, so apply sunscreen to exposed skin if you'll be driving during peak sun hours.

Make applying sunscreen a habit—like brushing your teeth—but don't rely on sunscreen for full protection against skin cancer. Be sure to examine your skin each month for unusual changes and see your dermatologist if you spot any irregularities.

**“When outside, apply sunscreen liberally every 90 minutes.”**



# Bouncing back from joint pain

**W**ith all the wear and tear we place on our joints, it's no wonder that almost 639,000 people underwent hip or knee replacement surgery in 2003, according to the Centers for Disease Control and Prevention. Knees and hips, in particular, are prone to problems—largely because they play a part in almost everything we do—but shoulder, finger, ankle and elbow joints can need replacement as well.

## WHY ARE JOINT REPLACEMENTS NEEDED?

Joint replacement surgery, also known as arthroplasty, becomes necessary when conditions such as arthritis destroy the cartilage that cushions and separates bones. Over time, the friction of bone against bone wears away the joint, causing it to become stiff and painful.

Additionally, sports-related injuries and falls can create the need for surgery. Generally, arthroplasty becomes an option when joint pain disrupts your daily routine.

## GETTING NEW PARTS

Surgeons can create a new joint, relieving your pain and providing greater freedom of movement. During the procedure, destroyed bone and tissue are removed and replaced with prosthetics, or artificial parts. The parts are made from durable metal, plastic or ceramic and can last up to 20 years.

Newer minimally invasive techniques are being performed more often, using smaller incisions—just 3 to 5 inches, compared with 6 to 12 inches in standard procedures—and reducing recovery time. Your hospital stay may be reduced to one or two days from four or three, and some patients go home the same day as surgery. However, minimally invasive surgery is not for everyone; patients who are overweight, elderly or frail or who have bone abnormalities do not make good candidates.

With hip or knee replacement surgery, expect to use a walker, crutches or a cane initially after the procedure. As you recuperate, a physical therapist will help you perform exercises to strengthen the joint, guiding your movements so you don't accidentally dislocate the replacement. Barring the unforeseen, you should be walking unassisted two to six weeks later. And though grueling workouts like 10-mile runs may still be too tough for artificial hips or knees, make plans to resume long-lost activities like dancing or strolling on the beach within six months.



## Do you need joint replacement surgery?

**Y**our overall health and age and the condition of your joints will help you and your healthcare provider decide whether you're suitable for joint replacement. If you can answer yes to any of the following questions, you may want to consider surgery.

- Are you still in pain even after losing excess weight?
- Does your pain keep you awake nights?
- Does your pain interfere with your ability to earn a living?
- Has your quality of life suffered because of your pain—your ability to travel, perform household chores or visit with friends or family?
- Have you exhausted all other options, including anti-inflammatory drugs to relieve joint pain, walking with a cane, power-walking or swimming instead of jogging?



Although these symptoms aren't as severe, a hernia might have developed.

### **SURGERY OFFERS RELIEF**

Depending on the severity of the hernia, surgery may not be immediately necessary, though it's the only way to treat the condition. Surgery typically takes only 45 to 90 minutes, allowing patients to go home the same day of surgery and resume normal activities. However, heavy lifting must be avoided for a few weeks after surgery.

# Healing hernias

Contributed by **Paul A. Taiganides, M.D., F.A.C.S.**  
Board Certified in General Surgery

**C**haracterized by intense pain in the groin and abdomen, hernias are an unwelcome problem. However, they're easily mended with a simple surgical procedure. In fact, hernia repair is one of the most common surgeries in the United States—more than 500,000 people receive this surgery each year.

### **FACTS ABOUT HERNIAS**

Hernias occur when the intestines protrude through a weakened area in the abdominal muscles. This often causes a soft bulge, containing abdominal lining tissue, fatty tissue, fluid and a bit of intestine, to appear where the upper thigh and abdomen meet. The bulge is most apparent when bending over or while coughing. Pain also becomes more intense while in these positions; thus, lying down helps ease the pain. Immediate surgery is necessary when the intestine becomes caught in the bulge, known as strangulation, because blood flow may be cut off.

Be sure to call your physician immediately if, in addition to the bulge, you experience vomiting, nausea, a fever or cramping, as these symptoms often indicate a strangulated intestine. Also, consult your physician if you have a tender bulge around the groin.

### **POTENTIAL CAUSES**

Although the causes of hernias are often unknown, some conditions and activities that increase abdominal pressure may lead to a hernia. Being overweight, chronic coughing and lifting heavy weights put extra strain on the abdominal area. When this occurs, the abdominal muscles weaken, allowing the intestines to protrude. Some factors that may increase hernia risk cannot be controlled, including being male, a past history of hernias and muscle weakness from birth or aging.

### **STEPS YOU CAN TAKE**

Although most hernias can't be prevented, here are suggestions to decrease the likelihood of developing a hernia:

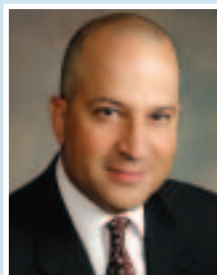
- **Exercise regularly.** Walking, running, swimming or biking will help keep muscles strong.
- **Monitor weight.** People 10 to 15 percent above their ideal weight (by height) have a greater chance of developing a hernia. Shedding a few pounds will lower your risk.
- **Avoid rapid weight loss.** Some weight-loss programs encour-

age diets low in protein and vitamins necessary for developing strong muscles.

- **Stop smoking.** Smoking may contribute to hernia development. Chronic coughing associated

Continued on page 8

## Do you need help for a hernia?



**C**all Paul A. Taiganides, M.D., F.A.C.S.  
Board Certified in General Surgery  
Specializing in Minimally Invasive  
Procedures  
1208 S. Columbus Road, Deming  
(505) 544-8669

## PHYSICIAN SPOTLIGHT



**BORIS REZNIK, M.D.**  
**26 years in gastroenterology**

**Deming Gastroenterology Services**  
**122 S. Gold St., Suite 5 (2nd floor)**  
**Deming**  
**(505) 544-7395**

**Bayard Medical Clinic**  
**100 Central Ave.**  
**Bayard**  
**Mondays, 9 a.m. to 1 p.m.**

Boris Reznik, M.D., an independent member of the medical staff of Mimbres Memorial Hospital and Nursing Home since 2005, brings 26 years of experience in gastroenterology.

Dr. Reznik, whose native language is Russian, was born and raised in a small Siberian city. He earned his medical degree with honors from the Second Moscow Medical School in 1980. After completing his surgical and endoscopic training at the same school, he worked as a general surgeon and gastroenterologist for 20 years, during which he earned the highest certification in endoscopy and personally performed more than 100,000 endoscopies. In 1999, he was named a Russian State Honor Medical Doctor.

Upon immigrating to the United States in 2000, Dr. Reznik successfully completed recertification and his internal medicine residency at the University of Utah School of Medicine in Salt Lake City in 2005. He's board certified in internal medicine. He and his wife have made Deming their home.

After a complete assessment of patients' medical history, physical examination and consultation with a primary care physician, Dr. Reznik can perform the following diagnostic and/or therapeutic procedures for children and adults:

- esophagogastroduodenoscopy (EGD)

- colonoscopy
- endoscopic retrograde cholangiopancreatography (ERCP)
- duodenoscopy
- hot and cold biopsies
- snare polypectomy
- sclerotherapy
- dilation of strictures
- esophageal varices banding
- endoscopic hemostasis
- paracentesis
- esophageal and biliary stent placement

In his gastroenterology practice, the most commonly treated problems include:

- abdominal pain
- acute/chronic colitis
- acute/chronic hepatitis
- acute/chronic pancreatitis
- ascites management
- colon cancer screening
- constipation
- Crohn's disease
- diarrhea
- dysphagia
- gastrointestinal (GI) bleeding
- hemorrhoids
- irritable bowel syndrome
- ischemic colitis
- inflammatory bowel disease
- malabsorption syndromes
- motility disorders of the GI tract
- pancreatic cysts
- portal hypertension
- ulcerative colitis

Dr. Reznik believes the relationship between a physician and a patient is a special bond—a partnership.

**MAKE AN APPOINTMENT TODAY! For an appointment, call (505) 544-7395.**

**BREATHE EASY** | Continued from page 1

### A BETTER QUALITY OF LIFE

SCOOP is a complete program of care. It improves exercise capacity, reduces what a patient must do to breathe and lessens the workload on the heart. It also promotes mobility and a normal lifestyle. SCOOP patients show not only better acceptance of therapy, but also a reduced

requirement for oxygen that allows them to use small, lightweight oxygen supplies for longer periods while working or shopping.

SCOOP is not for everyone and patients should ask their doctor for details about the program. For a better life and a better look, SCOOP Oxygen Therapy is the first practical alternative to nasal tubing for delivering direct, continuous supplemental oxygen.

## HEALTHWISE QUIZ

### How much do you know about ADHD?

Take this quiz to find out how much you know about attention deficit hyperactivity disorder (ADHD).

- 1 Which of the following is *not* a symptom of attention deficit hyperactivity disorder?
  - a. hyperactivity
  - b. obsession
  - c. impulsivity
  - d. inattention
- 2 ADHD is thought to be caused by:
  - a. poor parenting
  - b. a genetic disorder
  - c. rheumatic fever
  - d. all of the above
- 3 Other disorders may accompany ADHD in as many as one in three cases. These include:
  - a. Tourette's syndrome
  - b. learning disabilities
  - c. bipolar disorder
  - d. all of the above
- 4 Most children who have ADHD begin to show signs and symptoms of the disorder between ages:
  - a. 1 and 2 years
  - b. 4 and 6 years
  - c. 9 and 12 years
  - d. 13 and 15 years
- 5 Adults can also suffer from ADHD. To be diagnosed with the disorder, a person must:
  - a. have shown symptoms of ADHD in childhood
  - b. have suffered from a serious illness as a child
  - c. have trouble holding down a job
  - d. be a reckless driver

ANSWERS: 1. B; 2. B; 3. D; 4. B; 5. A



## STROKE SMARTS

### How to spot a stroke

A stroke is similar to a lightning strike—it can happen suddenly and without warning. However, there are sometimes warning signs that lightning is imminent, such as storm clouds, rain and thunder.

Warning signs can signal a stroke, too. If you spot them and act quickly, you may prevent severe disability or death. If you or someone around you show any of these symptoms, seek emergency medical treatment immediately:

- sudden numbness or weakness in the face, arm or leg, especially on one side of the body
- sudden confusion, trouble speaking or understanding
- sudden trouble seeing in one or both eyes
- sudden trouble walking, dizziness, loss of balance or coordination
- sudden, severe headache with no known cause

These signs point to a stroke in progress. Blood and oxygen are not getting to a part of the brain as a result of a burst blood vessel or a blood clot, and that portion of the brain begins to die. Speedy medical care may minimize brain damage.

#### RISK FACTORS

Lifestyle factors and other health conditions that weaken blood vessels or contribute to blood clots increase your risk for stroke. You can control or treat some of them, such as high blood pressure, smoking, diabetes, carotid or other artery disease, abnormal heart rhythm, transient ischemic attacks (mini-strokes), certain blood disorders, sickle cell disease, high blood cholesterol, high triglycerides, physical inactivity, obesity and substance abuse.

Factors you can't change include increasing age, gender (more men suffer strokes), family history, race (African-Americans face greater risk) and having had a prior stroke or heart attack. Talk to your doctor about ways to reduce your risk for stroke and be prepared to act quickly if warning signs appear.

# Outward bound

## 10 play-safe tips for your kids

**W**hat's one of the best things to say to your child? Go outside and play! Close supervision, proper protective gear and these simple precautions will help your kids safely enjoy the great outdoors:

- 1 Apply a sunscreen with an SPF of at least 15 every day—even on cloudy days—and reapply every 90 minutes, especially after swimming or sweating.
- 2 Outfit kids with brimmed hats and don't forget the sunglasses.
- 3 Keep babies under age 6 months out of direct sunlight and in the shade.
- 4 Avoid using swimming aids such as "floaties." They don't substitute for a life vest and can give kids a false sense of security.
- 5 When kids are swimming, keep a portable phone and rescue equipment like a shepherd's hook and life preserver nearby.
- 6 Supervise kids at all times near water and stay within arm's length of babies and toddlers. If you have to step



away even for a moment, get everyone out of the pool area and take little ones with you.

- 7 Insist kids wear proper protective equipment, especially a helmet, wrist guards and knee and elbow pads when bicycle riding, skateboarding and in-line skating.
- 8 Teach kids to bike skillfully. Enroll your children in a class to practice basic skills, such as balance and braking, on a smooth surface away from traffic.
- 9 Visit playgrounds that have soft surfaces like wood mulch or chips, shredded rubber tires or sand to lessen the impact of falls. Avoid play equipment on asphalt, concrete, packed dirt and grass.
- 10 Don't let kids wear helmets, necklaces, backpacks, scarves or clothing with drawstrings while on playgrounds.



## Fire up the grill!

### But read these food-safety tips first

**F**or many people, summertime fare means fresh, fast, no-fuss meals cooked outdoors. However, warm temperatures can set the stage for a nasty bout of food poisoning. Take these

precautions to make sure your meals are safe:

- **Defrost thoroughly.** Place frozen foods in the refrigerator for safe thawing. If meats are out too long, bacteria can produce illness-causing toxins that remain active even during cooking.
- **Marinate right.** Keep foods refrigerated while marinating.
- **Transport safely.** When traveling, use an insulated cooler with enough ice or cold packs to maintain a temperature of at least 40° F. Wait until you're ready to leave to

pack refrigerated foods in the cooler. Then place it in the coolest part of the car—not the trunk. When you arrive at your destination, move the cooler into the shade, avoid opening it frequently and replenish ice as needed.

- **Bring extra plates and tools.** Use one

platter and spatula, tongs and sauce brush for raw foods and a different platter and utensils for cooked foods.

Don't use a fork to turn meats since puncturing can introduce surface bacteria into the meat.

- **Keep clean.** Bring paper towels and disposable wipes or a sanitizing gel for convenient hand washing and surface cleanup.

- **Prepare the grill.** Light the coals and allow the cooking surface to heat up to kill microorganisms before putting on the food.

### Is it done?

Use an instant-read meat thermometer to test meat's doneness. Grill precooked meats such as hot dogs to 165° F until steaming hot. Refer to the chart at right to determine when cooked meat is safe to eat.

Meat product	Safe temperature
poultry	180° F
pork	160° F
beef, ground	160° F
beef, steaks or roasts	145° F
veal	145° F
lamb	145° F



Claudia Jeffreys  
Chairperson  
Board of Trustees

## Always striving for excellence

**W**hat a difference 10 years makes! When I was appointed to the Mimbres Memorial Board of Trustees in 1994, we were a county-owned hospital with practically no resources to keep us afloat. We were going down fast! The community had only a handful of excellent primary care physicians, and we were considered just a “holding” area until the patient could be moved to a regional hospital. Our employees were pushed to their limits—too much work and too many hours. They tried everything to keep this small facility going. The community’s perception of our hospital had fallen to an all-time low.

Since 1996, oh so many changes have taken place. We now have many excellent primary and specialty care physicians. We have up-to-date equipment and our financial resources are strong. Our employees’ performance is first rate, and our facility is downright sparkling. The community’s perception of our hospital is improving daily. Who wouldn’t be proud of our progress?

We sure aren’t resting on our laurels, though. There are still great strides to make. The hospital is constantly on a recruiting mission to attract highly qualified physicians and employees. Our facility is constantly striving to find new ways to improve services to our patients. We want your stay with us—long or short—to be as enjoyable and professional as possible. We have such a strong commitment to excellence. We’re not a stagnant hospital anymore!

I’m very proud to be the chairperson of the Board of Trustees of Mimbres Memorial Hospital. As a Board, we’re strongly committed to this institution and its role in our community. Please keep us informed of your wishes. Only by working as a team—the community, employees of the hospital, medical staff and Board of Trustees—can we truly be great!

Sincerely,

CLAUDIA JEFFREYS  
Chairperson, Board of Trustees  
Mimbres Memorial Hospital and Nursing Home



### HEALING HERNIAS

Continued from page 4

with smoking doubles the risk of getting a hernia.

- **Don’t strain during bowel movements.** Straining during urination and bowel movements places pressure on the abdomen and increases hernia risk.

- **Practice safe lifting.** Use proper body mechanics when lifting heavy objects. Remember to lift with your legs instead of your back.

Despite the pain associated with hernias, they can be easily remedied. Following the suggestions above will help lower your chances of a hernia. However, if you do get a hernia, recognizing the signs and symptoms of this condition will help pave the way to a fast recovery.

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Mimbres Memorial Hospital and Nursing Home  
900 West Ash St.  
Deming, NM 88030

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# Health Connection

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