

# Health Connection



FROM YOUR FRIENDS AT MIMBRES MEMORIAL HOSPITAL

## Introducing our new physicians

**W**elcome! I'm excited to present the summer issue of *Health Connection*. At Mimbres Memorial Hospital (MMH), we realize that in order to succeed in our region, we have to be innovative and improve healthcare services for our customers. We're striving to accomplish this by recruiting new physicians to Deming, by retaining and recruiting competent and compassionate staff and reaffirming our overall organizational philosophy: *Caring People. Caring for People.*

Our doctors and nurses continue to demonstrate their commitment to high inpatient satisfaction. The most recent inpatient satisfaction results (4th quarter 2005) showed that 97 percent of our inpatients had positive things to say about their care at MMH.

Besides high marks in inpatient care, we've demonstrated our ability to recruit skilled doctors to this area. For example, recruitment of the following physicians to Deming benefits local residents who no longer have to travel for care: Boris Reznik, M.D., gastroenterology; Maiyoor Vidyasagar, M.D., radiology; and Fernando Pardo-Ruiz, M.D., internal medicine.

In this issue, I'm pleased to introduce four more physicians who've recently started their practices in Deming:

- Ala Alosman, M.D., pain management
- Valentin Antoci, M.D., board certified in orthopedics



- Thomas Byrne, M.D., board certified in obstetrics and gynecology
- Tom-Oliver Klein, M.D., internal medicine

We're excited about these new physicians and hope you are too.

In closing, I would like to thank you for choosing MMH for your healthcare needs. We appreciate your support and we're striving to exceed your expectations. Please let us know if there's anything we can do to make your healthcare experience better. We always welcome your feedback.



Derrick Yu  
Chief Executive Officer

DERRICK YU  
Chief Executive Officer  
Mimbres Memorial Hospital  
and Nursing Home

# You've found a breast lump: Now what?

If the thought of finding a lump in your breast scares you, you're not alone. After all, many of us know someone who has had breast cancer. But some of us are so frightened that we avoid getting mammograms—the very habit that could save our lives if breast cancer develops. If you're in that group, you'll be glad to hear that four in five breast lumps turn out to be noncancerous. Here's a description of some common breast conditions:

**Fibroadenoma:** a smooth, solid, round painless lump that moves easily and can feel like a marble. Occurs most often in African-American women and women under age 30.

**Fibrocystic breast changes:** solid or fluid-filled lumps that

increase in size and tenderness five to seven days before each menstrual period.

**Cyst:** a smooth, fluid-filled lump often sensitive to the touch before the menstrual period. Typically appears in women between ages 35 and 50.

**Lipoma:** a soft and slow-growing painless lump that moves freely.

**Intraductal papilloma:** a small, wartlike growth near the nipple that may cause bleeding from the nipple. Occurs most often in women in their 40s.

**Mammary duct ectasia:** a thick, sticky, gray to green discharge from the nipple.

**Mastitis:** a warm, tender, lumpy area on the breast that appears red. Most often affects breast-feeding women.

**Traumatic fat necrosis:** painless, round, firm lumps that can result from a bruise or a blow to the breast. Occurs in older women and women with large breasts.

## WHAT HAPPENS IF YOU FIND A LUMP?

If you find a lump, see your healthcare provider. He or she will do a clinical breast exam and may recommend one or more of the following tests and procedures:

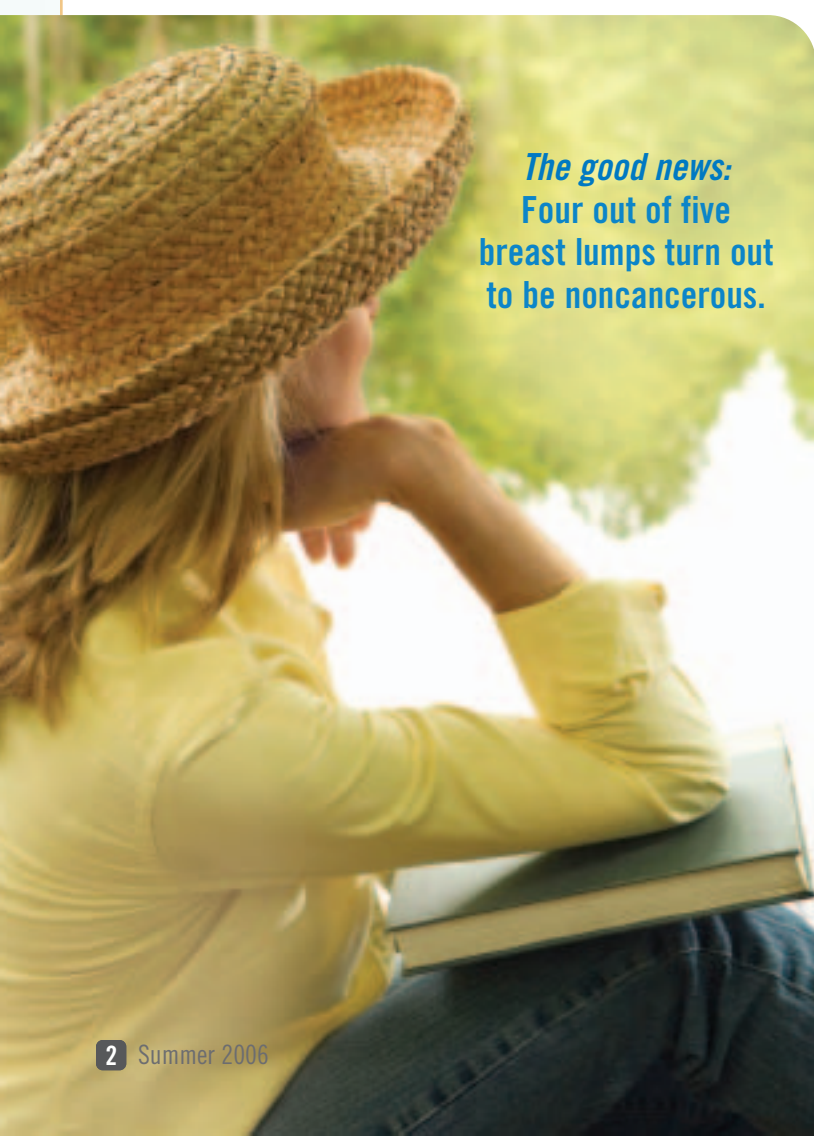
**Mammography,** or breast X-ray, may be recommended to determine the lump's size and location.

**Ultrasound** examination can determine whether the lump is a fluid-filled cyst or a solid mass.

**Fine-needle aspiration** is an in-office procedure. Fluid is drawn out of the lump with a thin needle. If the fluid is clear and the cyst disappears, you won't need a biopsy. If the fluid is bloody or the mass is solid, your doctor probably will recommend biopsy.

**Stereotactic biopsy** removes a small tissue sample with a thin needle for analysis. Computerized imaging guides the needle with pinpoint accuracy to the exact location to be sampled.

**Surgical biopsy** usually is performed on an outpatient basis. Normally, the surgeon removes the whole lump, but in certain cases he or she will remove only part of it. The tissue is sent to a lab where a pathologist will examine it for cancerous cells.



*The good news:*  
Four out of five  
breast lumps turn out  
to be noncancerous.



## IF PREVENTION DOESN'T WORK

Both a cold and the flu typically involve a runny nose, sneezing, sore throat, cough and fatigue, but only flu characteristically features headache, high fever and that all-over-achy feeling.

Some people are at higher risk for complications from the flu than others and should get prompt medical care instead of trying to self-treat. These include:

- people over age 65
- children and adults with a chronic health condition, such as asthma or diabetes, or a weakened immune system
- pregnant women
- infants and young children
- anyone who lives with children or others at high risk
- healthcare workers and caregivers who are in contact with children or others at high risk

Prescription antiviral medications such as oseltamivir (brand name: Tamiflu) can help shorten the duration of the flu and prevent you from getting sicker if taken within the first 48 hours of symptoms.

If symptoms suddenly worsen, linger more than a week and are accompanied by a dry, hacking cough, the flu might have developed into viral pneumonia. Thick, rust-colored mucus along with a cough may signal bacterial pneumonia. Both types of pneumonia require medical attention.

# Easing the sneezing

## Surviving cold and flu season

**A**utumn is almost upon us. Soon it will be time to rake the leaves, pull out the sweaters and pray the kids don't catch something at school that knocks the whole family out of commission for a week.

But with a few simple precautions, parents and children can keep colds and flu away—or at least from spreading. Here are some basic tips to avoid getting sick, whether you're 2 years old or 90:

- Wash your hands several times a day with soap and water—and even more frequently if you're around anyone with a cold.
- Keep your hands away from your eyes, nose and mouth.
- Cover your mouth and nose with a disposable tissue when you sneeze or cough. Then wash your hands.
- Protect and strengthen your immune system by getting enough rest, exercising regularly and eating a healthy diet that includes lots of fruits and vegetables.
- Don't share eating utensils or drinking glasses.
- Avoid crowds of people where germs may spread.
- Most important: Keep annual flu vaccinations up to date.

## Call your pediatrician or primary care provider if ...

Your sick child has any of these symptoms:

- labored breathing, often signaled by the abdomen rising and falling dramatically
- a fever of approximately 102° F that acetaminophen (brand name: Tylenol) can't control or that's present for more than three days
- inconsolable crying or irritability
- blood in vomit or stool
- recurring vomiting or loose stools
- greatly diminished food or fluid intake
- pulling or tugging at the ears, which may indicate an ear infection





## For more information

Call Dr. Vidyasagar at (505) 546-5872  
or visit these Web sites for more  
information about breast cancer:  
[www.breastcancer.org](http://www.breastcancer.org)  
[www.cancer.org](http://www.cancer.org)

women in their 20s and 30s and every year for women 40 and older.

- Monthly breast self-exams beginning in the 20s. Report any breast change promptly to your healthcare provider.
- Women at increased risk for breast cancer who have a family history or genetic tendency, or who have had breast cancer in the past, should talk with their healthcare providers about the benefits and limitations of starting mammography screening

# PREVENTING BREAST CANCER: Awareness is key

By M. S. Vidyasagar, M.D., M.B.A., Radiologist

The American Cancer Society (ACS) estimates there will be more than 200,000 new breast cancer cases this year, making it one of the most common cancers in women. Although Breast Cancer Awareness Month is in October, knowledge and action is vital all year long.

Earlier detection and better treatment of breast cancer have increased long-term survival. The goal of screening mammography is to detect breast cancer early, before symptoms occur. The size of the cancer and how far it has spread are two of the most important factors in predicting the chances of survival. Doctors believe, and research supports, that the earlier a cancer is found the greater the treatment's success.

To detect cancer early and maintain good breast health, the ACS recommends the following:

- Yearly mammograms starting at age 40.
- Clinical breast exams about every three years for

earlier, having additional tests (ultrasound or MRI) or having more frequent exams.

At Mimbres Memorial Hospital, we perform all breast imaging and biopsies. Mimbres Memorial Hospital is certified by the American College of Radiology/Food and Drug Administration (ACR/FDA), verifying that we meet all federal and state standards for mammography. Our radiologists have read thousands of mammograms and are current with all new procedures and requirements to provide the best service. The technical staff has received special training and certification to perform mammography.

Mimbres Memorial Hospital is working toward obtaining additional equipment and services for women in Deming and surrounding communities. We plan to provide stereotactic-guided biopsies with ultrasound and mammography soon.

As always, our goal is to assist you and your healthcare provider in taking care of your health.

# Quality imaging services, close to home



M. S. Vidyasagar, M.D., M.B.A.  
Radiologist

**M**. S. Vidyasagar, M.D., M.B.A., and the Medical Imaging Department at Mimbres Memorial Hospital and Nursing Home provide an extensive number of procedures right here in Deming. Interpretations and results are sent to your physician within 24 hours. Emergency examinations are performed immediately and a

report is provided at the completion of the exam.

Call Central Scheduling at **(505) 546-5892** to schedule an examination.



## Imaging services available at Mimbres Memorial Hospital

### Nuclear medicine studies

Bone  
Brain  
Cardiac MUGA First Pass  
Cisternogram  
Cystogram Reflux  
Detection  
Gallium Studies for Abscess  
Gastric Emptying  
GI Bleed  
Hepatobiliary  
Liver/Spleen  
Lung  
Parathyroid Scan  
SPECT  
Thyroid  
Tumor Localization  
Monoclonal Antibodies

### Treatment

Hyperthyroidism  
I131 Grave's Disease  
Palliative Bone Pain Management  
Thyroid Cancer

### CT

Abdomen/Pelvis  
Brain  
Chest  
Extremities  
Facial Sinuses  
Joints  
Neck  
Spine

### CTA

Abdomen/Pelvis  
Brain  
Chest  
Extremities  
Neck

### CT guidance

Biopsies  
Drainages

### Mammography

Needle Localizations  
Screening/Diagnostic

### Procedures

Arthrograms  
Biopsies  
Drainages  
Fine Needle Aspirations  
GI Studies  
IVP  
Joint Injection  
Pain Management  
Lumbar Puncture  
Diagnostic  
Myelograms Lumbar  
Paracentesis  
Thoracentesis

### MRI

Abdomen  
Brachial Plexus  
Brain  
Chest  
Joints  
Extremities  
MRCP  
Pelvis  
Spine

### MRA

Abdomen  
Brain  
Chest  
Extremities  
Neck  
Pelvis

### Ultrasound

Abdomen  
Breast  
Doppler  
Obstetric  
Paracentesis/  
Thoracentesis  
Pelvic  
Prostate/Testicular  
Thyroid

## HEALTHWISE QUIZ

### How much do you know about Alzheimer's disease?

Take this quiz to find out.

**1** Which example of memory loss may be a sign of Alzheimer's disease?

- a. forgetting where your keys are
- b. forgetting what month and year it is
- c. forgetting the name of a person you just met
- d. forgetting to return a phone call

**2** British researchers have recently learned that drinking this beverage can inhibit enzymes associated with the development of Alzheimer's:

- a. orange juice
- b. coffee
- c. tea
- d. white wine

**3** All the following may be early warning signs of Alzheimer's *except*:

- a. speaking in jumbled sentences
- b. getting lost in familiar areas
- c. having rapid mood swings for no apparent reason
- d. losing sense of balance or experiencing vertigo

**4** Which health condition is suspected of increasing the risk of Alzheimer's?

- a. yo-yo dieting
- b. high blood pressure
- c. asthma
- d. low bone density

**5** Which is the most misdiagnosed mental disorder in older adults?

- a. Alzheimer's disease
- b. depression
- c. anxiety attacks
- d. insomnia

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

## NUMBER CRUNCHING

### Managing high cholesterol



**T**he bad news: High cholesterol plays a key role in whether you develop heart disease or suffer a heart attack or stroke. Excess cholesterol, a waxy, fatlike substance in your blood, builds up on artery walls, reducing blood flow. The good news: You can do something about it.

Many factors contribute to high cholesterol. While you can't change your genes, age or gender—which all affect cholesterol—you can take the following steps to improve your cholesterol levels and your health.

To lower your LDL, or bad, cholesterol and raise your HDL, or good, cholesterol:

- **Eat smart.** Saturated fat and trans fats raise LDL cholesterol levels. Instead, use polyunsaturated or mono-unsaturated fats like olive, safflower, sesame, soybean, canola and peanut oils. Eat no more than six ounces of lean meat, fish or skinless poultry a day. Choose plenty of fruits, vegetables and whole-grain foods. Switch to fat-free or low-fat dairy products and increase soluble fiber found in foods like oats, beans and citrus fruits.
- **Get regular exercise**—at least 30 to 60 minutes of physical activity a day.
- **If you smoke, quit.** Smoking lowers HDL cholesterol and increases the blood's tendency to clot.
- **Consider medication.** If lifestyle changes aren't enough, your healthcare provider may prescribe cholesterol-lowering drugs.

### Leveling off your numbers

**A**im for these desired cholesterol levels. If you already have heart disease or other risk factors, your doctor may set different goals for you.

Total cholesterol      less than 200 mg/dL

HDL cholesterol      greater than 50 mg/dL

LDL cholesterol      less than 100 mg/dL

Triglycerides      less than 150 mg/dL

# Bad breaks

## First aid for broken bones

If your child were to take a spill from a bike or your best friend turned an ankle while stepping off the curb and you suspected a bone is broken, would you know what to do? Try taking these actions:

- **Determine whether you need emergency help.** All fractures will need medical attention, but call for emergency help if the injury involves the head, neck, back, pelvis or upper leg; there's heavy bleeding; bone has pierced the skin; or a toe or finger on the injured arm or leg is numb or blue at the tip. Also, call for help if you can't transport the injured person by car because he or she can't sit upright or use safety or seat belts.
- **Remove clothing from the injured part.** Use scissors to cut clothing away; don't try to pull the limb out of clothes.
- **Stop any bleeding.** Use a sterile bandage or clean cloth



and apply constant pressure to the wound. Have the person lie down and don't wash the wound or poke the bone back into the skin.

- **Make a splint.** Keep the limb in the position you find it. Place soft padding around the injury with something firm (like a board or rolled-up newspaper) next to it, using first-aid tape. Make sure the splint extends past the joints above and below the injury.
- **Apply cold packs.** Wrap ice in a towel and place it on the injured area to control swelling and pain until help arrives.

### In case of emergency ... We're here for you

**T**here's no telling when an accident or a sudden illness will occur. But when it does happen, turn to us, the clear choice for emergency assistance. Our emergency department provides patients with fast, dedicated and compassionate care. What's more, our ER is backed and supported by an entire hospital dedicated to helping you get well.

**In an emergency, every second counts. Call us for emergency help anytime you suspect someone needs urgent care.**



# The whole-grain truth

## Think outside the breadbox to include more healthy foods in your diet

**G**rains like wheat, rice, oats and corn are a staple in the American diet and for much of the world. Whole grains

and foods made from whole grains are an important source of fiber, vitamins, minerals and other nutrients. When refined grains like white flour and white rice are processed, much of the fiber and nutrients are lost.

Eating more whole grains can help you lower cholesterol and control your weight, reducing risk of heart disease, stroke, diabetes, gastrointestinal problems and cancer. Aim to eat at least three servings of whole grains each day. The earthy, nutty flavors and chewy textures are a great way to add a new dimension to your menu. Whole-grain breads, cereals, tortillas and crackers are just the beginning. Explore a variety of whole grains like barley, groats, wheat berries, buckwheat, triticale, bulgur, millet and quinoa.

### HOP ABOARD THE GRAIN TRAIN

Upping your intake of whole grains is easier than you think. Try making some of these simple diet switches:

- Start your day with a bowl of bran flakes, shredded wheat or oatmeal.
- Buy whole-grain breads, bagels, rolls, tortillas, muffins, waffles and pancakes.
- Substitute rolled oats or crushed bran flakes for bread crumbs in recipes.
- Switch to whole-wheat pasta.
- Bypass the potatoes and try bulgur, barley, quinoa or brown or wild rice.
- Snack on un buttered popcorn or whole-wheat crackers or pretzels.
- Substitute barley or brown or wild rice for pasta or noodles in soups, stews, casseroles and salads.
- Use whole-wheat pastry flour in place of much of the all-purpose flour in recipes.

## PHYSICIAN SPOTLIGHT

The experienced, dedicated physicians of Mimbres Memorial Hospital and Nursing Home can help your family stay healthy. We'd like to introduce you to one of them.



**THOMAS J. BYRNE, M.D.**  
Board certified in Ob/Gyn  
and ultrasound

122 S. Gold St., Mahoney Bldg.  
Suite 4 (2nd floor), Deming  
(505) 546-3340  
Hours: Monday to Friday,  
9 a.m. to 5 p.m.

Thomas J. Byrne, M.D., is a dedicated advocate of quality women's healthcare that's achieved by a process of personal care and constant learning. Dr. Byrne believes in a comprehensive, caring and personal medical practice based on mutual trust between patient and physician. He's practiced for more than 15 years in many prominent institutions.

Dr. Byrne was born and raised in Chicago. He attended Loyola University in Chicago, King's College in London and the University of New Mexico. He's now back in New Mexico after an eight-year absence. He's married to Tina Byrne and they have three children, ages 13 through 25. The youngest, Brady, has moved with them to Deming. After an extensive search of practice opportunities, they've chosen Deming because it's a vibrant, growing community that's maintained its friendly, small-town atmosphere.

Dr. Byrne is board certified by the American Board of

Obstetrics. He also has completed a fellowship in maternal fetal medicine. He has specialized training in high-risk pregnancy, ultrasound, pelvic pain, minimally invasive surgery and female incontinence problems.

Dr. Byrne provides personal care for women of all ages. He's accepting appointments for general Ob/Gyn.

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### SPECIALTY:

Obstetrics and Gynecology

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### EDUCATION:

Loyola University of Chicago  
Doctor of Medicine

Catholic Medical Centers of Brooklyn and Queens  
Resident and Chief Resident, Department of Ob/Gyn

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### FELLOWSHIP:

University of New Mexico  
Maternal Fetal Medicine

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### CERTIFICATIONS:

American Board of Obstetrics and Gynecology  
American Registry of Diagnostic Ultrasound

70MMH



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# Health Connection

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