

# Health Connection



MIMBRES  
MEMORIAL HOSPITAL  
AND NURSING HOME

mimbresmemorial.com

FROM YOUR FRIENDS AT MIMBRES MEMORIAL HOSPITAL

## Your breast care options

### Powerful tools for your breast health

To help keep your breasts healthy, Mimbres Memorial Hospital and Nursing Home (MMH) now offers three powerful tools: magnetic resonance imaging (MRI), computer-aided detection (CAD) and stereotactic breast biopsy.

#### MRI

MRI is a noninvasive test for detecting breast cancer and other breast abnormalities. It uses a powerful magnetic field, radio waves and a computer to produce detailed images of the breast. MRI provides radiologists with images that can't be obtained by other imaging procedures like mammography and ultrasound. Your physician may order a breast MRI for:

- women with dense breast tissue
- women at high risk
- evaluation of abnormalities identified by mammography
- detection of cancer that's spread into the chest wall
- cancer screening in women who have implants or scar tissue

Before you get an MRI, tell the technologist if you are pregnant or have tattoos or metal or electronic devices in your body such as a cardiac pacemaker.

#### COMPUTER-AIDED DETECTION

Another valuable tool is the CAD system, which uses a digitized mammographic image from conventional film. The computer software searches for abnormal areas that may indicate the presence of cancer. The system highlights questionable areas and alerts the radiologist.



#### STEREOTACTIC BIOPSY

MMH has also invested in a stereotactic biopsy unit to perform image-guided breast biopsies. Stereotactic units pinpoint the exact location of breast masses by using a computer and X-rays taken from two angles. Using coordinates, the radiologist inserts a needle through the skin to remove a tissue sample. This procedure is less invasive than surgical biopsy, leaves little or no scarring and can be performed on an outpatient basis in about an hour.

### ! Early detection is key!

To learn how MMH can provide you with advanced breast care, call your physician or the radiology department at (575) 546-5872.

# Make time for your mammogram

**F**rom salons to restaurants, it seems everything in life requires an appointment or a reservation. But as you set aside time for these little luxuries, don't forget to make one important date: your yearly mammogram.

Mammograms are the most powerful tools in the early detection of breast cancer. The American Cancer Society recommends every woman 40 or older get a yearly mammogram, although more frequent testing may be required if you've had breast cancer or have a strong history of it in your family.

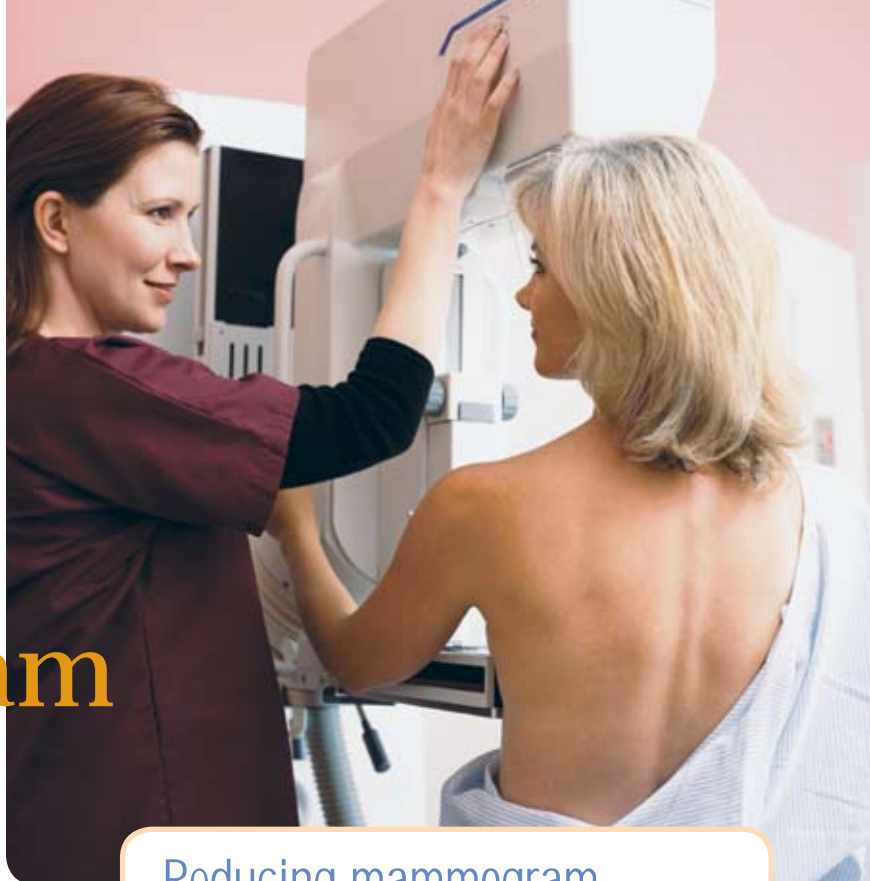
## WHAT IS A MAMMOGRAM?

A mammogram is an X-ray of the breast. An image of breast tissue is produced for a radiologist to analyze. He or she looks for tumors or calcium deposits, which can signal cancer's presence.

If you're at high risk for breast cancer, your healthcare provider may recommend magnetic resonance imaging (MRI) in addition to a yearly mammogram. This test uses magnets and radio waves to produce detailed images of the body. Suspicious areas found during testing may require an ultrasound, which uses sound waves to tell whether the problem area is cancerous.

## GET SCREENED

Go to the same breast-screening facility every year so your radiologist can compare your current mammogram with past results. It's important for the radiologist to see whether there are any changes in your breast tissue from year to year. If you're going to a new facility, try to have your old mammograms sent there before your appointment.



## Reducing mammogram discomfort

**W**hile mammograms may sometimes be uncomfortable, you can take the edge off with these steps:

- Schedule your mammogram for a few days after your period has ended when your breasts are less tender. Avoid the week before your period.
- Take a pain reliever like ibuprofen or acetaminophen an hour before your mammogram.
- Avoid caffeine for two days before your mammogram.
- Tell your healthcare provider if you have breast implants.
- Ask your X-ray technician about thin, foam pads that she can place between your breast and the machine to lessen discomfort.
- Wear a two-piece outfit since mammograms only require that you strip to your waist. This way you'll feel less exposed.

## ! Low-cost testing

**C**an't afford a mammogram? Call the American Cancer Society at [1-800-227-2345](tel:1-800-227-2345) for low-cost mammogram options near you. The National Breast and Cervical Cancer Early Detection Program also offers information about free or low-cost testing for women without health insurance. Call [1-888-842-6355](tel:1-888-842-6355) or visit [www.cdc.gov/cancer/nbccedp](http://www.cdc.gov/cancer/nbccedp).

# Watch your back

## Get relief from pain

**H**as back pain got you down for the count? In many cases, back pain goes away on its own. But if you're experiencing numbness or tingling, pain that's resistant to medications and rest or pain following a fall or an injury, see your healthcare provider. You could be facing a more serious back problem.

### PAIN RELIEF

Most back ailments don't require surgery, so an operation is rarely the first line of defense. As a start, your healthcare provider may recommend hot or cold compresses, specific exercises to reduce pain, medication or pain-relief injections. He or she may also suggest complementary treatments such as massage; acupuncture; and transcutaneous electrical nerve stimulation (TENS), which sends electrical impulses to nerves.

If your pain can't be quelled with conservative treatments, you may be a candidate for surgery. The pain's cause and the extent of damage will dictate what procedure may work. Some options include:

- a laminectomy/discectomy, which removes a herniated disc through an incision a few inches long
- spinal fusion, which joins two or more vertebrae with bone grafts, screws and rods to stabilize the spine
- vertebroplasty, which involves injecting a cement-like mixture into the damaged vertebrae to relieve pain and stabilize the spine
- disc replacement, which replaces the damaged disc with an artificial one

Only you and your healthcare provider can determine the right treatment for your condition. If you're experiencing persistent back pain, talk with him or her today to help get you on the road to a pain-free tomorrow.

## 5 steps to a healthier back

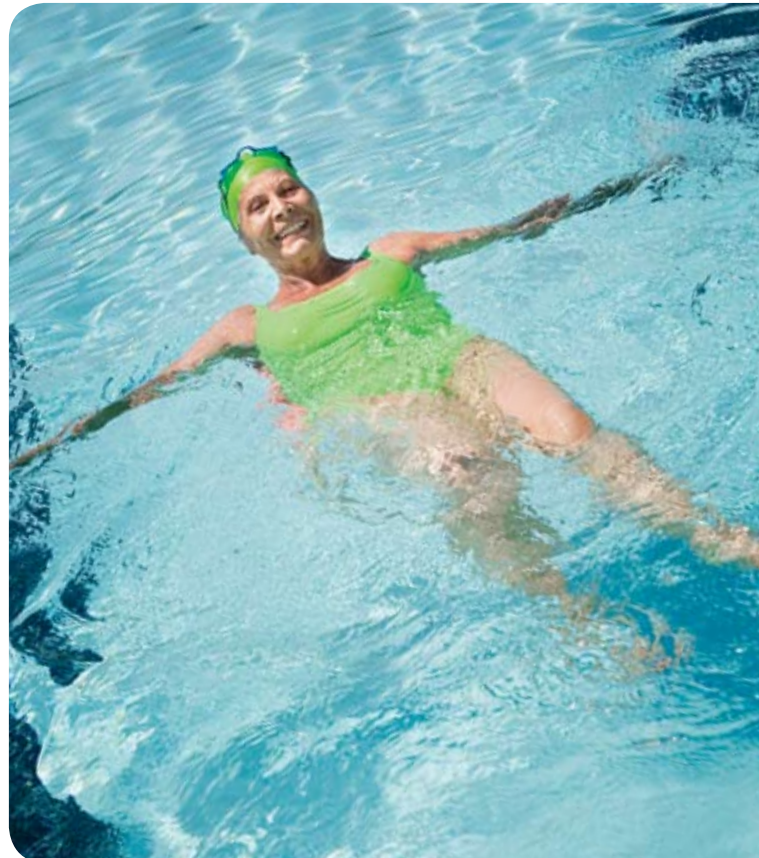
**1. Exercise.** Low-impact aerobic activities such as walking and swimming can increase back strength without strain. Ask your healthcare provider about exercises that can condition back muscles.

**2. Quit smoking.** Lighting up reduces oxygen levels in your spinal tissue, which can slow down an ailing back's healing process.

**3. Maintain a healthy weight.** Excess weight can strain your back muscles. Eat a healthful diet of fruits, vegetables and whole grains and make sure to include plenty of calcium and vitamin D, which help to build bone strength.

**4. Practice perfect posture.** If you're standing for long periods, rest one foot on a stool, alternating feet, to take the weight off your lower back. While sitting, make sure your chair supports your lower back. Place your feet flat on the floor.

**5. Lift with care.** Keep your back straight and bend only your knees as you reach down to lift an object. Hold the object close to your body and straighten your knees to stand.



# Bites, stings and other irritating things

**W**ith the arrival of warm weather comes lazy days at the swimming pool, barbecues and camping trips. People aren't the only ones who come out in droves when the weather is pleasant—so do bugs. Interaction with these pesky critters can lead to itchy bites and painful stings.

Mimbres Memorial Hospital and Nursing Home (MMH) wants to make sure you know how to treat bites and stings and which bites and stings require immediate medical attention.

## HOW THE BODY REACTS

Many bugs don't affect the human body because their mouths are too small to penetrate the skin, or their venom doesn't cause an allergic reaction. When a reaction occurs, its severity can range from harmless to life-threatening. Many bites can be treated with home remedies and over-the-counter medications, but it's important to recognize when a bite or sting needs medical attention.

Mosquitoes, biting flies and ants can all cause irritating bites. A typical mosquito bite causes an itchy, red lump that disappears within a few days. Mosquitoes can be avoided by wearing long pants, long sleeves and applying an insect repellent containing DEET. Biting flies include deerflies, blackflies and horseflies, and while a fly's bite is more painful than that of the mosquito, it rarely causes an allergic reaction. Ant bites can be startlingly painful—especially when several ants bite at the same time—and can result in a red lump that sometimes forms into a small collection of pus called a pustule. Keep your distance from biting flies and ants and apply bug repellent.

## ALONG CAME A SPIDER

Spiders are known for painful and dangerous bites. Many spider bites result in relatively minor reactions that include redness and mild pain. However, two dangerous spiders common in North America are the black widow and brown recluse. The venomous female black widow is recognized by its shiny black exterior and red hourglass shape on its stomach. The black widow's venom is

poisonous; if you think you've been bitten, seek immediate medical attention. The brown recluse, named for its shy behavior, will bite only when it perceives danger. This spider is generally about three-eighths inches long and can be identified by its hairy, brown legs. Although less dangerous than the black widow, its bite can cause a large, painful wound that may require medical attention. Children, the elderly and those with weakened immune systems should be especially cautious of the brown recluse.

## WHAT'S THE BUZZ ABOUT?

Bees, wasps and hornets are also known for their painful stings. As opposed to a bite, a sting occurs when one of these flying bugs inserts a needle-like stinger located in its hindquarters into your skin. Most bees, wasps and hornets won't attack unless provoked. If approached, remain calm, cover your face and slowly walk away.



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Proper treatment of a bite or sting depends on the severity of the reaction—normal, local or life-threatening.

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Running or swatting could startle the bug, making it more likely to attack. Don't kill bees, wasps or hornets unless absolutely necessary because they can alert other bees to attack.

#### HOW TO TREAT BITES AND STINGS

Proper treatment of a bite or sting depends on the severity of the reaction—normal, local or life-threatening. A normal reaction consists of a small area of redness or swelling and a mild pain and itching. Redness and swelling can be treated with a cold compress, and pain can be treated with over-the-counter medication such as ibuprofen or acetaminophen.

#### WHEN TO SEEK HELP

When swelling and redness spread to an entire arm, leg or other portion of the body and cause significant pain, a local reaction has occurred. Seek medical attention if symptoms don't improve within several hours. These reactions are often treated with prescription medication. Anaphylaxis (a severe, potentially life-threatening allergic reaction) is often marked by swelling of the mouth and throat, hives and severe itching and swelling throughout the body. An anaphylactic reaction is a medical emergency that requires immediate attention. Speak with your physician about the need for an antihistamine and about keeping an emergency dose of epinephrine on hand.

Remember to take the proper precautions this summer to ensure that you and your family are safe while making the most of the warm weather.

### ! Stay safe this summer!

Some bites and stings require immediate medical attention. If you or a loved one has a severe reaction, go the Emergency Department at MMH or call 9-1-1. We provide the care you need when it counts.



## 6 great reasons to get moving

**W**ant more energy and a better outlook and health, not to mention a trimmer figure? Then make physical activity part of your daily schedule this summer. Check out these benefits:

1. **Reduced heart disease risk.** Exercise helps to lower blood pressure and protects against heart disease by improving your cholesterol and triglyceride levels, cleansing the blood of artery-blocking fats.
2. **Osteoporosis prevention.** The development of this bone-thinning disease can be slowed with weight-bearing exercises like walking, jogging and aerobics.
3. **Control of diabetes.** Active people are much less likely to develop type 2 diabetes than inactive people. For those with diabetes, exercise may help reduce the need for medication.
4. **Obesity prevention.** Combined with a low-fat, low-calorie diet, regular activity helps prevent obesity.
5. **Increased flexibility.** Regular exercise strengthens muscles and keeps joints, tendons and ligaments more flexible.
6. **Elevated mood.** Exercise can have a positive effect on your mood, including reducing anxiety, tension and even depression symptoms.

### ! Boost your quality of life!

Take steps to improve your health today. Visit [mimbresmemorial.com](http://mimbresmemorial.com) to find the resources you need to stay active.

## HEALTHWISE QUIZ

How much do you know about headaches?

Take this quiz to find out.

- 1 **What is the most common type of headache?**
  - a. sinus
  - b. migraine
  - c. cluster
  - d. tension
  
- 2 **Which statement about caffeine is true?**
  - a. It can only worsen headaches and should always be avoided.
  - b. It is a common ingredient in headache medications and makes them more effective.
  - c. Science has not proven caffeine to be an effective headache treatment.
  - d. none of the above
  
- 3 **About how many Americans suffer from chronic headaches?**
  - a. 15 million
  - b. 25 million
  - c. 35 million
  - d. 45 million
  
- 4 **Which of the following tests can best help your healthcare provider evaluate your headaches?**
  - a. MRI
  - b. EKG
  - c. sonogram
  - d. bone scan
  
- 5 **What can you do to reduce headache occurrence?**
  - a. drink at least 600 mg of caffeine a day
  - b. work harder to take your mind off your headache
  - c. exercise regularly
  - d. skip breakfast

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



## Dodge diabetes with exercise and diet

**T**he diabetes prevention equation seems simple enough: *healthy eating + regular exercise = a reduced diabetes risk*. Incorporating the equation into your everyday life? Not so simple. But here are some ideas to get you on the right path.

### EXERCISE

- Try to get at least 30 minutes of moderate activity on most or all days. This includes aerobic activity like brisk walks, dancing, swimming or biking, as well as strength-training exercises with free weights and weight machines.
- Vary your exercise routine so you don't get bored. Bring a buddy to keep you company.
- Walk instead of driving when you can, take the stairs instead of the elevator or do some gardening.

### DIET

- Substitute traditional white rice and noodles with brown rice and whole-wheat pasta to get your fiber fill.
- Limit fat to less than 30 percent of your daily calories by opting for lean meat cuts that end in "loin," filling up on fruits and veggies and going for low-fat dairy such as skim milk and nonfat yogurts and cheeses.
- Sip low- or no-calorie drinks such as water and diet drinks.
- Eat fish twice a week.



# Healthy hints for expecting mothers

**A**t Mimbres Memorial Hospital and Nursing Home (MMH), we're committed to meeting the healthcare needs of new parents by offering educational and wellness programs.

Free childbirth and newborn classes are held every Wednesday at MMH. By attending these classes, you can learn how to give your baby a healthy start in life and discuss important topics such as breastfeeding.

## PROGRAM PERKS

New parents who attend the prenatal classes will be treated to a celebration meal after delivery. MMH provides free car seats to new parents, and the hospital's auxiliary presents each newborn with a gift.

## We deliver for you!

**T**o learn more about having your baby at MMH or to sign up for free childbirth and newborn classes, call the obstetrics department at (575) 546-5856.



## Breastfeeding facts

**I**f you're considering breastfeeding, keep the following facts in mind:

- Mothers who use alcohol or over-the-counter, prescription and/or illegal drugs can pass these on to their baby through breast milk.
- Some premature babies aren't able to breastfeed.
- Studies suggest babies who are breastfed are smarter.
- Breastfeeding can protect mothers from postpartum depression.

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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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