

Health Connection



Mimbres
Memorial
Hospital

PREMIERE ISSUE!

FROM YOUR FRIENDS AT MIMBRES MEMORIAL HOSPITAL

The right care, right here

Welcome! Thank you for the opportunity to communicate all the wonderful progress we're making at the hospital. What a great year, and the best is yet to come!

In June, the hospital, nursing home, home health and hospice all passed their first-ever survey by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). More recently, the hospital's laboratory also passed its first JCAHO survey. We're now very proud to say, "We're a JCAHO-accredited facility." Incidentally, Mimbres Memorial Nursing Home is the only nursing home in New Mexico that's JCAHO-accredited. What does JCAHO accreditation mean? Quite simply, it means that we provide safe, high-quality patient care to the citizens of our community.

On another note, as a result of our continued commitment to improving access and quality of healthcare services, we've been successful in recruiting seven new doctors to our community. The new doctors represent the following specialties: anesthesiology, general surgery, gastroenterology, radiology, internal medicine and ophthalmology. Looking ahead, we're optimistic about our continued success in recruiting the following specialties to Deming: orthopedics, cardiology, pain management, ENT, urology and obstetrics and gynecology.

Besides having good doctors in Deming, we at Mimbres Memorial Hospital and Nursing



Home will continue to focus on our core values in patient care. Our organizational belief in "caring people, caring for people" is clearly reflected by our employees' attitude in providing the level of service you've come to expect from us. And this is reflected in our most recent emergency department patient-satisfaction survey of 94.2 percent positive. The average time our patients spend in the emergency department is only 2.5 hours!

In summary, our top priority is to provide our citizens with high-quality, safe and compassionate healthcare in a clean and comfortable environment. We're confident that this is available at Mimbres Memorial Hospital, right now and right here at home.

Thank you for your time and interest in us.

DERRICK YU, CEO
Mimbres Memorial Hospital



Nimble body, nimble mind

Question:

To fight memory loss and dementia, it's a good idea to:

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

With good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

SEEK EMERGENCY TREATMENT ...

In cases of trauma:

- uncontrollable bleeding
- wounds with gaping edges



- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

When the ER is your best option

Medical conditions that require emergency care

Any time these symptoms are present:

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements

MEET OUR NEW DOCTORS

The experienced, dedicated physicians of Mimbres Memorial Hospital can help your family stay healthy. We'd like to introduce you to seven of our newest doctors.



FERNANDO PARDO-RUIZ, M.D.
Internal Medicine

Mimbres Internal Medicine
122 South Gold Ave., Suite 3
Deming
Phone: (505) 544-7280
Fax: (505) 544-7281

Education: M.D. from Universidad
Autonomous de Puebla, Mexico,

1979; M.D. in internal medicine from Texas Tech University, El Paso, Texas, 2005

Internship: General internal medicine, Thomason General Hospital, Texas, 2003

Residency: General internal medicine, Thomason General Hospital, Texas, 2005

Dr. Pardo-Ruiz focuses on the comprehensive healthcare needs of adults and teenagers, including the prevention and treatment of diseases. He takes pride in caring for his patients for life, whether it's in the office, hospital, intensive care unit or nursing home.



BORIS REZNIK, M.D.
**Gastroenterology/Internal
Medicine**

Deming Gastroenterology Services
122 South Gold Ave., Suite 5
Deming
Phone: (505) 544-7395
Fax: (505) 546-0391

Education: M.D. from Moscow

Medical School, Russia, 1980

Internship: Internal medicine, University of Utah, 2003

Residency: Internal medicine, University of Utah, 2005

Board certified: Internal medicine, 2005

Dr. Reznik and his wife, Ludmilla, recently relocated to Deming from Salt Lake City, Utah. For the last 20 years, he was the chief of gastroenterology at the Moscow City Regional Hospital in Moscow. Dr. Reznik provides elective and urgent diagnostic procedures for several gastrointestinal diseases.



MAIYOOR S. VIDYASAGAR, M.D., M.B.A.
Radiology

900 West Ash St., Deming
Phone: (505) 546-5872
Fax: (505) 546-8508

Education: B.S. from University of Rangoon, India, 1962; M.D./M.B.B.S. from
Kakatiya Medical College, India, 1968

Internship: Surgery, Henry Ford Hospital, Mich., 1978

Residency: Radiology, Mt. Carmel Mercy Hospital, Mich., 1982

Clinical instructor: University of Michigan, 1982-1983

Board certified: Radiology

Dr. Vidyasagar has advanced training in radiology and mammography. He also specializes in computed tomography, ultrasound, magnetic resonance imaging and nuclear medicine. Dr. Vidyasagar provides many disease treatments, such as unblocking arteries in the legs and neck and draining infections.



NIKHIL K. MEHTA, M.D., F.A.C.S.
General/Vascular/Thoracic Surgery

Southwest Surgery
122 South Gold Ave., Suite 4, Deming
Phone: (505) 546-1365
Fax: (505) 546-0391

Education: M.B.B.S. from St. John's Medical College, Bangalore University, India, 1987

Fellowship: Cardiothoracic surgery, Allegheny General Hospital, Pa., 2000-2002

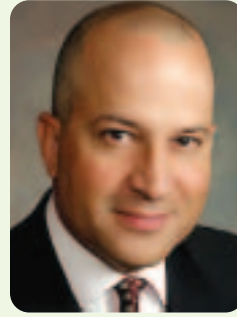
Residency: General surgery, State University of New York at Buffalo, N.Y., 1992-1999

Fellow: American College of Surgeons; thoracic surgery fellow, International College of Surgeons

Member: Doctors Without Borders; Cardiothoracic Surgery Network

Appointments: Assistant Professor of Surgery, University of New Mexico at Albuquerque, 2003-present; Medical Director, Deming EMS Services/Luna County, N.M., August 2005-present; Regional Director, Region II EMS/Trauma, October 2005-present

Dr. Mehta is a general surgeon who specializes in endovascular, vascular and thoracic surgery.



PAUL A. TAIGANIDES, M.D.
General Surgery

Deming Surgical Services
1208 South Columbus Road, Deming
Phone: (505) 546-8669
Fax: (505) 546-0338

Education: B.S. from Ohio State University, 1985; M.D. from Ohio State University, 1994

Internship: General surgery, Wright State University School of Medicine, Ohio, 1995

Residency: General surgery, Wright State University School of Medicine, Ohio, 1999

Board certified: General surgery

Dr. Taiganides specializes in minimally invasive surgery, which is done through small incisions. Using specialized techniques, miniature cameras with microscopes, tiny fiber-optic flashlights and high-definition monitors, he performs surgery through an incision that requires only one or two stitches to close. For patients, minimally invasive surgery can minimize pain, speed recovery and eliminate potential complications.



CHRISTOPHER F. HOLST, M.D.
Anesthesiology

900 West Ash St., Deming
Phone: (505) 546-5891

Education: B.S. from Rutgers College, N.J., 1993; M.D. from Ross University, N.J., 2000

Internship: Internal medicine, St. Vincent Catholic Medical Center, N.Y., 2001

Residency: Anesthesiology, State University of New York, 2005

ABIODUN HOWELLS, M.D.
Anesthesiology

900 West Ash St., Deming
Phone: (505) 546-5855

Education: B.S.C. from Obafemi Awolowo University, Nigeria, 1983; M.B. Ch. B. from Obafemi Awolowo University, 1986

Internship: Family practice, Bronx Lebanon Hospital Center, N.Y., 1995

Residency: Family practice, Bronx Lebanon Hospital Center, 1996; Anesthesiology, Westchester Medical Center, N.Y., 1998

Fellowship: Cardiothoracic anesthesia, Cleveland Clinic Foundation, Ohio, 2003

HEALTHWISE QUIZ

How much do you know about **asthma**?

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
 - Asthma can develop at any age.
 - Approximately 4,000 Americans die from asthma each year.
 - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
 - chronic sinusitis
 - obesity
 - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
 - 5 million
 - 10 million
 - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
 - home appliances that use natural gas as fuel
 - corticosteroid medications
 - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
 - Have him or her breathe into a paper bag.
 - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
 - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

Conspiracy theory

How 5 risk factors join forces against your health

When it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.



MATCH GAME

Finding the right doctor for you and your family

Different stages of life bring different medical scenarios. Still, one factor remains a constant: the need for a primary care provider who knows you well and can treat you and your family best. So, how should you go about choosing a primary care doctor?

The first step is to put together a list of candidates. Ask friends, family members, co-workers or people you know who work in the medical community. You'll need to find out which doctors are on your health plan.

Once you've chosen a few candidates, call their offices and find out more by asking:

1. Which hospital does the doctor use?
2. What are the practice's office hours?
3. How far in advance do I have to book a routine visit?

4. If I'm sick, will the doctor see me the day I call?
5. Who covers for the doctor when he or she isn't available?
6. How long is the average waiting room time?
7. What is the office policy on appointment cancellations?
8. What do I do if I have an emergency after office hours?
9. Does the doctor give advice over the phone for common problems?
10. How long will I have to wait for a call back from the doctor or a staff member?

Consider your interaction with staff during your phone calls. Were they friendly, efficient and knowledgeable?

Narrow your list to one or two physicians and make an appointment to talk to them. Most likely, you'll have to pay for these visits. As you talk to the doctor, notice whether he or she pays attention to your questions or seems distracted, giving "stock" answers.

Now you should be ready to choose the doctor who can treat you and your family best—and give you peace of mind.

Food for thought

Eating right can help you control diabetes

If you're one of the 16 million Americans who have diabetes, you understand that nutrition should always take center stage. Healthy food choices, along with exercise and medication, are vital to keeping your blood sugar, or glucose, in line and avoiding complications.



hydrate intake, sugary sweets and desserts helps control blood sugar levels. However, you must consume a moderate amount of carbohydrates to supply your body with the valuable energy they provide. But choose quality fuel. Variety among all food groups is key: fresh fruits and vegetables in abundance; beans,

brown rice and whole-grain breads and cereals; lean meat, poultry and fish; and low-fat dairy products. Drink plenty of water, too, and avoid sweetened drinks. If you drink citrus juice, limit the serving to no more than 6 ounces. If you drink soda, switch to a diet variety.

It's important to stick to proper portion sizes. Learn how to measure and weigh portions. Read food labels, paying particular attention to serving sizes and total carbohydrates. A diabetes educator or dietitian can help you develop an eating plan. By learning to eat properly and controlling your weight and blood sugar levels, you can avoid most diabetes complications.

WHEN YOU EAT

If you have diabetes, you should eat three balanced meals and two snacks a day. Spacing food and trying to eat meals at the same time each day will help control blood sugar and weight. Eating reasonable portions of carbohydrates throughout the day—instead of consuming all your servings at one meal—will keep blood sugar levels stable.

WHAT YOU EAT

Planning what you'll eat at each meal will help you keep blood sugar within a healthy range all day. Limiting carbo-



Compassionate care at the end of life

Mimbres Valley Hospice Care provides physical, spiritual and emotional support for the terminally ill. A caring team of nurses, home health aides, physical therapists and social workers offer 24-hour support, giving patients and their families a central role in care decisions. Volunteers help with life's details, allowing family members to concentrate their energies on their loved one. Spiritual counseling is available through a network of local clergy. If needed, respite care is provided by temporary hospital admission. Bereavement support and counseling are available in the year following the passing of a loved one.

Hospice programs emphasize pain management and psychosocial counseling rather than reversal of disease. When doctor and patient agree that medical treatment no longer offers a cure or significantly prolonged life, a hospice program helps the patient live as comfortably as possible.

COMFORT FOR CANCER PATIENTS

Cancer patients make up about 85 percent of all hospice patients. Doctors and nurses provide care to make the patient more comfortable, while social workers help manage financial and personal affairs, including funeral arrangements. Clergy help patients and families address the spiritual aspects of dying. Volunteers look after the patient when family is unavailable and help with daily tasks. Family members are taught to administer pain medication and provide personal care.

Learn more!

For more information, call
(505) 544-4663.

RELIEF FROM PAIN

Medical conditions are treated to make the patient more comfortable, not to prolong life. When a patient dies, his or her family finds comfort in knowing they helped make those difficult last days as easy as possible.

HOME HEALTH SERVICES

The Home Health Services program at Mimbres Memorial Hospital allows people who are homebound to receive the medical attention they deserve, all in the comfort and privacy of the patient's home. Education keeps patients well informed about symptoms, diet and preventive measures to promote the healing process.

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