

Health Connection



MIMBRES
MEMORIAL HOSPITAL
AND NURSING HOME

mimbresmemorial.com

FROM YOUR FRIENDS AT MIMBRES MEMORIAL HOSPITAL

Compassionate end-of-life care

Supporting life's journey
with a philosophy of care

Mimbres Valley Hospice (MVH) offers compassionate hospice care to help the terminally ill and their families through their journeys with illness or injury. MVH provides quality medical care, tailored to each patient's wishes, by focusing on caring, not curing. In most cases, care is provided in the patient's home.

TREASURED PRINCIPLES

At the center of our philosophy of care is the belief that each of us has the right to die painlessly and with dignity. We focus on providing the necessary support for the patient and his or her family, the unit of care. We emphasize controlling pain and terminal illness symptoms (physical, emotional, spiritual and psychological). A physician directs and a nurse coordinates all services, using a care plan developed by the hospice medical director and the team and the patient and his or her family. Contributing to this effort is an interdisciplinary team of experienced home health aides, social workers, therapists, clergy and trained volunteers who provide care.

PAYING FOR CARE

Hospice services are available to patients of any age or illness. Medicare, Medicaid, most private insurance plans, HMOs and other managed care organizations cover hospice care. Coverage may include medications, supplies and equipment, as well as special services such as speech and physical therapy.



! We're here for you

If you or someone you know would like more information about hospice care or would like to become a hospice volunteer, call (575) 544-4663.

Minimally invasive surgery

Less pain, faster recovery

Minimally invasive surgery (MIS) is the buzzword in healthcare right now. And with good reason.

With advancing technology and surgical techniques, patients now have the benefit of undergoing procedures that require just a few small incisions. In years past, those same procedures would have required large cuts and left equally large scars.

HOW IT WORKS

MIS—sometimes referred to as laparoscopic surgery—mirrors the techniques of traditional surgery but decreases the patient's surgical trauma. Because surgeons using MIS lose some visibility with smaller incisions, they have to create a larger workspace. They do this by making a small cut in the skin, then gently expanding the body cavity with a gas (such as carbon dioxide). A small camera (laparoscope) is then inserted through the incision and into the newly expanded space to help surgeons see where to operate.

While MIS isn't suited for all types of surgery, it has been used for such procedures as appendectomies, hernia repair, gallbladder surgery, hysterectomies, brain tumors, herniated spinal discs, knee and hip replacements, sinus surgery and certain types of heart procedures.

MINIMAL TRAUMA, MAXIMUM BENEFITS

The goal of MIS is to treat patients with the least amount of trauma. In addition to minimized scarring, this type of surgery also:

- **Minimizes bleeding.** Decreased blood loss means a decreased chance of blood transfusion.



- **Lessens pain.** Small incisions reduce trauma to the skin and underlying muscles, meaning less postoperative pain.
- **Reduces infections.** Unlike a traditional operation, where the body is wide open, tissue isn't exposed to the air for extended periods during MIS.
- **Shortens hospital stays.** Reducing bleeding, pain and the chance for infection means you'll get to walk out of the hospital sooner.
- **Hastens recovery.** MIS can dramatically reduce recuperation time—in some cases, by half.

Other minimally invasive procedures

Endoscopic surgery is similar to laparoscopic surgery because it also requires a small camera. However, the equipment (endoscope) passes through an existing opening such as the mouth, anus or urethra.

Robotic laparoscopic surgery uses techniques identical to laparoscopic surgery but allows surgeons to use robotic arms to perform the procedure.

Ablation targets and destroys diseases, such as kidney and prostate cancer, with high-frequency energy, leaving normal tissue nearby intact. It's also been used to correct benign heart arrhythmias.

WAITING TO INHALE

Breathing problems you shouldn't ignore

Take a deep breath." The command sounds easy, but for some people it's not so simple.

Being unable to breathe deeply or feeling short of breath may be a sign of a serious condition.

If you have any of the following symptoms, get them checked out by a physician:

- inability to take a deep breath
- shortness of breath without exertion
- shortness of breath after mild exertion, such as climbing a short flight of stairs
- wheezing
- tightness in the chest
- pain or discomfort when inhaling and exhaling
- a chronic cough or clearing of the throat
- difficulty breathing when you lie down
- a lack of energy
- coughing up blood or mucus

Difficulty breathing shouldn't be taken lightly. Lung disease is the number three killer in the United States.

It takes on many forms, including:

- Asthma, a chronic disease in which the passages that

carry air in and out of your lungs become sore and swollen. Asthma is characterized by wheezing, coughing, chest tightness and trouble speaking.

- Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band. Coughing up mucus is often a first sign of this disease. COPD is typically caused by cigarette smoking.
- Pneumonia, an inflammation of the lungs, usually caused by an infection. It's normally accompanied by shortness of breath and a cough or a fever.
- Lung cancer, which can take years to develop. If it's diagnosed early, before it spreads, the survival rate is almost 50 percent.

Breathing difficulties can also be a sign of heart disease or a heart disorder, such as congestive heart failure, heart arrhythmia or pulmonary hypertension.

In these or any other case of breathing distress, your physician can help you find the source of the problem with a thorough physical exam.



If you're having trouble catching your breath, it's time to see your doctor.

When cough drops don't do the trick

A chronic cough—one that lasts more than three weeks—may be your body's way of telling you a problem exists. Your cough could be the result of:

- allergies, particularly postnasal drip, which often triggers coughing
- asthma
- heartburn, where acid from your stomach backs up into your throat
- medicines, including beta-blockers for high blood pressure, migraines and glaucoma and ACE inhibitors

HOME HEALTH: Bringing care to you



A variety of medical conditions can prompt the need for home care. For a patient who doesn't require in-hospital care, receiving primary medical, nursing and rehabilitative care and services while at home can improve productivity and quality of life. Often, being home is the best medicine. Home care can reduce the need for extended hospitalization or nursing home care and lower the risk of hospital readmission or visits to the emergency room.

OUR AT-HOME SERVICES

Home care also eliminates the need for traveling to receive medical attention. With your doctor's orders, Mimbres Valley Home Health can provide the right home care for you. Your experienced care comprises:

- registered nurses and licensed practical nurses who work with your doctor to assess needs and provide skilled treatment at home
- certified home health aides who help with daily routines such as bathing and dressing
- physical therapists who provide healing exercises, gait training and help with using a walker or cane
- occupational therapists who help you regain day-to-day skills for eating, dressing, housekeeping and personal hygiene
- speech-language pathologists who help improve speech and can assist with swallowing problems
- medical social workers who help patients and families learn how to cope with the challenges of being ill or injured

Other team members may include nutritional, wound and stomal therapy consultants and diabetes educators. The home care team can also assist the family in finding needed resources, such as providing the names of companies who supply home medical equipment.

Many families are understandably concerned about the home-care services' costs, which can leave them feeling overwhelmed and financially vulnerable. Most insurance companies, however, provide full or partial payment. Our home-care team will review and explain your coverage. We bill your insurance directly to free

you from paperwork hassle. Mimbres Valley Home Health accepts Medicare, Medicaid, private insurance and private pay.

WHO CAN GET HOME CARE?

The minimum patient requirements for acceptance into any home-care program are:

- The patient must be homebound and require skilled services.
- Services must be medically necessary and intermittent.
- A physician must oversee the care plan.

We provide a team approach to home health services. Professionals, from physicians to home health providers, are involved in your care plan and progress. We're sensitive to you and your family's concerns and strive for quality care. Our program emphasizes patient and family education and features professionals with courteous, respectful attitudes.

When necessary, patients are admitted on the same day and receive prompt caregiver arrival time. Our one-to-one patient care focus is on achieving functional outcomes and maximizing patient independence.

 **Learn more!**

Ask your physician how you can benefit from home health services, or call our office at [\(575\) 544-4663](tel:5755444663).

Ladies first

Healthy Woman kicks off near you

In response to the ever-growing demands placed on today's women, Mimbres Memorial Hospital and Nursing Home (MMH) launched a new program called "Healthy Woman" in October. Women make between 80 percent and 90 percent of all healthcare decisions and often balance careers, primary and secondary families and civic work. Created by women, Healthy Woman empowers them with the knowledge to make informed healthcare decisions for themselves and their loved ones in Deming and the surrounding areas.

BONDING AND LEARNING

The program includes a monthly series of free seminars, health fairs, educational programs and interactive events. The monthly presentations are dedicated to improving the emotional, physical and fiscal well-being of both women and their families. They offer information about important topics like heart disease, diabetes, breast cancer, menopause, nutrition, osteoporosis, stress management and life balance issues. Other programs are meant for women to share in just plain fun.

Joining MMH's chapter of Healthy Woman and attending presentations or health fairs are free! We hope to see you soon!



Women enjoy a Healthy Woman event.

! Join today!

To join the program, visit mimbresmemorial.com and click on "Healthy Woman" or contact Marion Kleber at (575) 546-5842 or Susie Nolte at (575) 546-5861.

▼ Please detach here and mail to the address below ▼



Mimbres Memorial Hospital and Nursing Home
Healthy Woman • P.O. Box 710, Deming, NM 88031
(575) 546-5861

YES! I want to be a part of Healthy Woman. I want to sign up for my **FREE** membership today! I want to join Mimbres Memorial Hospital's free Healthy Woman program and receive e-mail or other communication about monthly healthful seminars, events and information.

Please print. (Please provide as much information as possible. We value our relationship with you and will never share your personal information with any outside organization without your permission.)

First name _____ Middle initial _____

Last name _____

E-mail address _____

(You are not required to provide an e-mail address, however, doing so will allow you to receive event information and e-mail newsletters with valuable health information.)

Mailing address _____

City _____ State _____ Zip _____

Phone number _____ Date of birth ____/____/____

Last four digits of your Social Security number _____

(This information is always kept strictly confidential. We use it only to identify Healthy Woman members who use our hospital.)

I prefer attending Healthy Woman events on (day of the week) _____

during lunch in the evening (please choose one)

I am interested in learning more about (list health and other topics): _____

HEALTHWISE QUIZ

How much do you know about **sleep disorders**?

Take this quiz to find out.

1

Lack of sleep may put you at a higher risk for:

- a. type 2 diabetes
- b. low blood pressure
- c. asthma
- d. gastric ulcers

2

Which of the following changes in your sleep routine may be a result of an underlying heart problem?

- a. waking up during the night to urinate
- b. waking up during the night due to shortness of breath
- c. not being able to fall asleep
- d. both a and b

3

Restoring your body with sleep has been shown to:

- a. improve skin tone
- b. improve red blood-cell count
- c. reduce eye strain
- d. improve reaction time and attention span

4

Women diagnosed with obstructive sleep apnea often experience these symptoms:

- a. snoring loudly with periods of gasping or snorting
- b. waking up with a sore throat
- c. waking up with a headache
- d. all of the above

5

The most common treatment for sleep apnea is:

- a. antihistamine medication
- b. surgery
- c. a continuous positive airway pressure (CPAP) mask worn at night
- d. analgesic medication

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



WOMEN: Is a heart attack in your future?

A heart attack may seem to come out of the blue. Yet your personal risk factors and lifestyle habits may hold clues to your heart's health and what your odds are of suffering from a heart attack.

LOOK FOR THE SIGNS

High blood pressure (140/90 mm Hg and above) and high blood cholesterol (240 mg/dL and above) are significant clues that you may be developing heart blockages in the form of plaque. Being postmenopausal and having diabetes or rheumatoid arthritis can also increase heart attack risk.

Talk with your healthcare provider about what risk factors are significant for you. He or she can help you control your blood pressure and cholesterol levels and may also recommend testing for metabolic syndrome. Recent research shows this condition may be useful for detecting signs of heart disease in women who might appear healthy. The signs of metabolic syndrome include a waist size greater than 35 inches, higher-than-normal levels of triglycerides and glucose, and insufficient levels of HDL, or good cholesterol.

Also, be aware of what a heart attack might feel like for a woman, as some symptoms can differ from those of men. Chest pain or pressure; nausea; vomiting; indigestion; cold sweat; shortness of breath; light-headedness; fatigue; or discomfort in the arms, back, neck, jaw or stomach are all possible signs.

GO HEART SMART

- Aim for a normal weight.
- Exercise for 30 minutes every day.
- Quit smoking and avoid secondhand smoke.
- Avoid foods high in saturated or trans fat and curb refined carbohydrates—cookies, white bread, sweet drinks—sometimes referred to as “high-glycemic-index” foods.

*Bone-*afide steps to a strong family framework



Eat smart for energy

iron, including beef, raisins, kidney beans, pumpkin seeds and spinach

Without the proper foods and fluids, your body won't have the fuel it needs for energy.



John Gallagher
Chief Executive Officer

MMH: Serving your community

Dear friends,

As I celebrate my one-year anniversary as chief executive officer of Mimbres Memorial Hospital and Nursing Home (MMH), I want to thank you for your continued support and choosing us as your healthcare provider, as well as wish you a healthful New Year.

resonance imaging, computed tomography and ultrasound to basic studies like pulmonary function testing and a broad range of laboratory tests. Our Outpatient Rehabilitation Center provides physical, occupational and speech therapy.

Rely on us to provide posthospital care at Mimbres Valley Home Health and Hospice or long-term care at our nursing home. We're here to support and serve the community. We want you to be very satisfied with the care you receive.

Best regards,

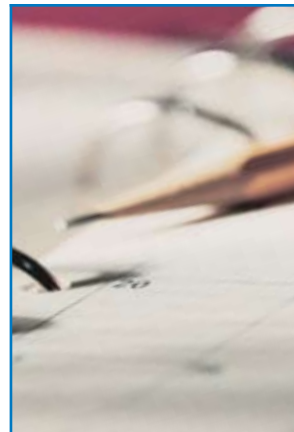
John Gallagher
Chief Executive Officer
Mimbres Memorial Hospital and Nursing Home

HERE FOR YOU

Should you need us you'll find we have a diverse medical staff with a solid core of family practitioners and internal medicine specialists. This team is complemented by medical and surgical specialists in hematology and oncology, gerontology, pain management, urology, orthopedics, ophthalmology, obstetrics and gynecology, anesthesiology, podiatry, radiology and general and vascular surgery.

COMPLETE SERVICES

We also offer a wide range of outpatient procedures and tests right here at MMH to help our physicians diagnose most medical ailments and conditions. We provide high-tech studies such as nuclear medicine, magnetic



Fast fact

While it's best to get vaccinated in the fall, a flu shot in January can still keep you healthy, especially during flu's peak in February. Flu season can even last until May. Talk to your healthcare provider today.

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