

HEALTH *Connections*

— YOUR HEALTH, YOUR LIFE —

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GOT SLEEP?
COFFEE AND
YOUR HEALTH

Better Health in
15 MINUTES

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Spring Cleaning and



ASTHMA

If you or a loved one suffer from asthma, clearing dust from your home may seem like a good idea. But what you clean your home with can make all the difference.

Many cleaning supplies contain chemicals, including volatile organic compounds (VOCs), that can aggravate asthma and other respiratory illnesses. VOCs can be found in chlorine bleach, detergent, rug and upholstery cleaners, and furniture and floor polish.

How can you clean your home and keep your lungs safe? The American Lung Association recommends using baking soda for scrubbing and a mix of vinegar and water to clean glass and other surfaces. Looking for organic cleaning products? The Environmental Working Group offers a "Guide to Healthy Cleaning" at ewg.org/guides/cleaners.

BREWING Health Benefits



Good news for coffee lovers — regular consumption of coffee may provide significant health benefits, including:

- **Decreased risk of depression.** A study by the National Institutes of Health found those who drink four or more cups of coffee daily are 10 percent less likely to be depressed.
- **Delayed Alzheimer's disease onset.** Researchers from the University of South Florida and the University of Miami found that people older than 65 who consumed higher levels of caffeine develop Alzheimer's disease two to four years later than those with lower caffeine intake.
- **Reduced risk of cancer.** According to the Harvard School of Public Health, coffee drinkers are less likely to develop liver, breast, colon and rectal cancers.

IS YOUR BLADDER IN

URINARY INCONTINENCE CAN BE UNCOMFORTABLE, INCONVENIENT AND, IN SOME CASES, EMBARRASSING. IT'S ALSO VERY COMMON.

Control?

According to the American Urological Association, more than 15 million Americans experience urinary incontinence, a condition characterized by the inability to control urine. Most common in people age 50 and older, urinary incontinence may be caused by a variety of factors, including:

- muscle weakness in the pelvis
- overactive bladder syndrome
- urinary tract infection (UTI)

ONE CONDITION, FIVE FORMS

Urinary incontinence is divided into five different categories.

- **Functional incontinence** — Urine flow is normal, but you are not able to get to the bathroom in time because of a disease that makes it hard to move, such as arthritis.
- **Overflow incontinence** — You experience frequent and excessive leaking of urine. Additionally, your bladder may not empty completely when you go to the bathroom.
- **Stress incontinence** — Activities such as coughing, exercising, laughing or sneezing put pressure on your bladder and cause urine to leak uncontrollably.
- **Urgency incontinence** — You suddenly need to urinate and may not have time to make it to the bathroom.
- **Mixed urinary incontinence** — You have more than one type of urinary incontinence.

TAKING BACK YOUR BLADDER

If you are experiencing any problems with urination, your doctor may complete a full physical exam and ask questions about family history, fluid intake and lifestyle habits.

Medication may be used to treat the cause of your urinary incontinence. Bladder training may be a good option if you have stress or urge incontinence. If nonsurgical methods of treatment do not prove effective, your doctor may recommend surgery.

Don't let your bladder call the shots. Kathryn “Katie” Randall, M.D., FACOG, is a member of the medical staff at Mimbres Memorial Hospital who specializes in urogynecology. Call (575) 543-7200 for an appointment.



STRENGTH IN KEGELS

Simple Kegel exercises can strengthen the sphincter muscles, which help control the flow of urine. People who do these exercises daily may start to see improvements in urinary control after three months.

Kegel exercises are easy and can be done anywhere.

1. Find the right set of muscles by stopping or starting the flow of your urine without engaging your buttock, leg or stomach muscles.
2. Squeeze those muscles for a count of 10, and then release for a count of 10.
3. Repeat steps 10 to 20 times, three times every day.

Like any other muscle group, the sphincter muscles will get stronger with constant conditioning. Start out slowly — doing fewer reps for shorter periods of time — and work your way up.

15 Minutes of HEALTH

BUSY, BUSY, BUSY. THAT SEEMS TO BE AMERICA'S MANTRA. WITH OUR CONSTANT RACE AGAINST THE CLOCK, HOW CAN ANYONE FIND TIME FOR HEALTH? TRY THESE IDEAS TO BOOST YOUR PHYSICAL AND MENTAL WELL-BEING IN 15 MINUTES OR LESS.



AT HOME

EAT

HAVE BREAKFAST OUTDOORS.

We all know eating a well-balanced breakfast is crucial to your health, but why outside? A 2014 study by researchers at Northwestern University found that people who are exposed to bright morning sunlight have lower body mass indexes (BMIs) than those who aren't. Researchers believe morning light exposure keeps your metabolism in sync, helping you burn more fat throughout the day.

PLAY

TOUCH YOUR TOES.

Stretching increases blood flow to your whole body, helping you feel more awake and alert. Staying loose also helps counteract your physical response to stressors so you can remain relaxed and pain-free as the day wears on. To get the most benefit, follow the American College of Sports Medicine's guidelines for static stretching: Hold each stretch for between 15 and 30 seconds, repeating three to five times on both sides of the body.

RELAX

MIND YOUR Xs AND Os.

Giving your spouse a hug and a kiss when you get home from work isn't just good for your marriage. It's also great for your physical and mental health. Affectionate physical contact lowers blood pressure and heart rate and releases feel-good hormones that kill stress and negative feelings. Showing affection to any loved one can have the same effect, so give a bear hug to your kids, your friends — even your neighbors.

FACE FIRST

YOU MAY HAVE YOUR DAD'S EYES, YOUR MOM'S SMILE AND YOUR GREAT UNCLE BERNIE'S NOSE, BUT HOW YOU TAKE CARE OF YOUR FEATURES IS ALL YOU. TRY THESE TIPS TO KEEP YOUR FACE HAPPY AND HEALTHY:



The American Optometric Association recommends turning your eyes away from your screen every 20 minutes and focusing on objects farther away for 20 seconds. This reduces your risk for eyestrain and computer vision syndrome.



Nosebleeds become more common after age 50. To prevent them, the American Academy of Otolaryngology – Head and Neck Surgery recommends swabbing the lining of your nose three times a day with petroleum jelly.



Regular flossing helps prevent gum disease, which — according to the American Dental Association (ADA) — is associated with a lower risk of cardiovascular disease. Yet only half of Americans floss every day, according to the ADA. To help you remember, keep your floss on your nightstand rather than in your medicine cabinet.

AT WORK

STOCK YOUR SNACK STASH.

It's hard to resist that box of doughnuts in the conference room, especially when it's 3 p.m. and your stomach is growling. Keep healthy snacks in your desk drawer to satisfy your urge to indulge. Your snack stash can include unsalted mixed nuts, granola bars, or peanut butter and whole-wheat crackers. To avoid weight gain, keep your snacking to 150 calories or less in the morning and afternoon.

TAKE A STAND.

Researchers at the Lawrence Berkeley National Laboratory found that moderate-intensity walking reduced people's risk for hypertension, high cholesterol and diabetes nearly as much as vigorous running did. Getting up from your desk, stretching and walking around for 10 minutes is one of the easiest things you can do to prevent long-term health problems.

JUST BREATHE.

One of our first physiological responses to stress is shallow breathing. You may not even notice yourself doing it, which is why it's important to perform breathing checks throughout your workday. Remind yourself to take deep, slow breaths, inhaling through your nose and exhaling through your mouth.

AT PLAY

TAKE A SALAD DETOUR.

When dining out, order a healthy salad as your side and pause midway through your main meal to eat it — taking care to eat as slowly as possible. According to the Academy of Nutrition and Dietetics, it takes about 20 minutes for your stomach to tell your brain it's full. Stopping halfway through dinner to crunch on your greens will give your brain more time to catch up. After your salad, you may just decide to save the second half of that burger for a takeout box.

DON'T PARK IT AT THE PARK.

When you take your kids or grandkids to the playground, don't let them have all the fun. If allowed, swing, climb and slide along with them, or go for a brisk stroll around the perimeter of the park while they play. For people who weigh around 150 pounds, every 15 minutes of vigorous walking burns approximately 115 calories. The more you weigh, the more you'll burn.

LAUGH OUT LOUD.

Listen to a podcast of your favorite comedian when you're walking or driving. Aside from reducing stress, research shows that laughing can temporarily increase antibodies in the mucous lining the nose and respiratory passages. More antibodies mean a stronger immune system, which can help protect you from seasonal illness.

When Your Joints Are a

PAIN



MORE THAN 1 MILLION AMERICANS HAVE HIP OR KNEE REPLACEMENT EACH YEAR, ACCORDING TO THE NATIONAL INSTITUTES OF HEALTH. ARE YOU A CANDIDATE?

As you age, your joints (particularly the knee, hip and shoulder) can grow stiff, swollen or painful. This pain is often caused by osteoarthritis, when the cartilage that normally cushions your bones begins to break down.

Total joint replacement may be a solution for joint pain and discomfort. During this procedure, worn-out cartilage is removed and both ends of the joint are resurfaced. The cartilage is replaced with a metal implant that works similarly to your natural joint. Many patients who have their hip, knee or shoulder replaced feel immediate relief after years of aches and pains.

While joint replacement isn't for everyone, it may be right for you if:

- **You have tried everything else.** Supplements, over-the-counter medication, joint injections — you name it, you've tried it, and your joints still hurt.
- **Everyday tasks are becoming more difficult.** Even something as simple as getting out of bed makes you ache, much less walking up and down stairs, being moderately physically active, or keeping up with your children or grandchildren.
- **You are otherwise in good health.** Age is not usually a consideration when choosing whether or not to have a joint replaced — there is no upper age limit, and younger patients may find that their new joint is a lifelong solution to arthritis pain. The most important concern is whether you are healthy enough to undergo the surgical procedure, which typically has a relatively low rate of complications.

We offer a wide range of orthopedic and rehabilitation services. Call (575) 543-7200 for an appointment with David Lanoue, M.D., a member of the medical staff at Mimbres Memorial Hospital.

PLAN A

If you have joint pain, there are several nonsurgical pain management options, including:

- **Exercise.** Regular, moderate exercise can help you maintain a healthy weight and relieve extra pressure on your knees and hips. Exercise also increases blood flow to joints and strengthens the muscle around your joints.
- **Over-the-counter and prescription pain medications.** Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen, can help reduce inflammation related to joint pain. Your doctor can also prescribe newer or higher-dose NSAIDs to help with arthritis pain. Always talk with your doctor before starting any kind of medication.
- **Injections.** Corticosteroid injections for the joints can relieve pain, but only for a limited time — long-term use causes cartilage breakdown. For the knees, hyaluronic acid supplements are injected directly into the joint to replace natural lubricant and act as a shock absorber.

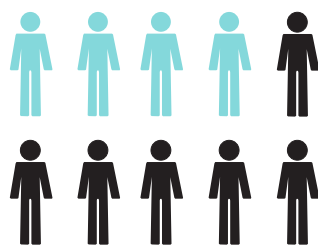
THE SECRET TO A Good Night's Sleep

DEEP, RESTORATIVE SLEEP DOESN'T HAVE TO BE ELUSIVE.

We're a nation of toss-and-turners. According to the National Sleep Foundation (NSF), more than half of American adults say they have trouble falling asleep or frequently wake during the night several nights a week. Even those whose sleep is peaceful aren't getting enough of it. A 2013 Gallup poll found that 40 percent of Americans slept an average of six hours or fewer each night, less than the seven to eight hours recommended by the NSF.

If you're restless and easily awoken at night, or frequently wake up in the morning feeling groggy, you may have poor sleep habits. Think back on your previous seven nights of sleep — or start a sleep diary for the coming week — and use this checklist to identify any sleep improvements you can make:

- ☐ I slept at least seven hours most nights.
- ☐ I consistently went to bed and woke up at the same times.
- ☐ I went to bed when I started feeling sleepy but before I was overly sleepy.
- ☐ I stopped looking at screens (TV, phone, computer, tablet) at least an hour before bed.
- ☐ I performed my usual sleep "cues" (brushing teeth, putting on pajamas, light reading, etc.) each night.
- ☐ I stopped drinking caffeine after lunch and alcohol after dinner.
- ☐ I exercised for at least 30 minutes each day.
- ☐ I didn't have any stressful or negative emotional interactions before bed.
- ☐ I didn't snack before bed.



4 in 10

AMERICANS DON'T GET
ENOUGH SLEEP.

1/3

OF PEOPLE BLAME
BEDROOM TEMPERATURE
FOR NOT GETTING A GOOD
NIGHT'S SLEEP.



Wired Awake

PERCENT OF ADULTS WHO SOMETIMES LEAVE
ELECTRONICS ON AT NIGHT IN THEIR BEDROOM:



TELEVISION

34%



COMPUTER

10%



SMARTPHONE
OR TABLET

28%



MP3 OR OTHER
MUSIC PLAYER

21%

* Source: 2014 Sleep in America Poll, Gallup

Did You Know?

SEVENTY

According to the Centers for Disease Control and Prevention, there are more than 70 known sleep disorders.

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