

HEALTH *Connections*

YOUR HEALTH, YOUR LIFE

TAILORING YOUR TAILGATE Eat to Win

 **MIMBRES**
MEMORIAL HOSPITAL

SMART HABITS FOR
MODERN CONVENIENCES

CARBONATED BEVERAGES:
GOOD, BETTER, BEST

4 REASONS to Put Down Your Phone

Occasionally disconnecting from your smartphone benefits your health. Here's why.

1. Smartphones are hard on your musculoskeletal system. Text neck — back, neck and shoulder pain linked to constantly looking down at your phone — and thumb tendonitis from too much texting are just a few of the overuse injuries linked to frequent smartphone use.

Smartphones distract you from your surroundings. Injuries from falling down stairs, running into objects and stepping into traffic are on the rise as people spend more time using their smartphones while commuting on foot, according to the American Academy of Orthopaedic Surgeons.

3. Smartphones are a haven for germs. Studies have found that phones harbor viruses and bacteria, if not cleaned regularly.

Smartphones interfere with getting things done. A study published in the *Journal of the Association for Consumer Research* found that having your smartphone within reach — even if the device is off — can drain your brain power.

Conclusion: To prevent these pitfalls, be choosy about when and how often you use your phone.



To find an orthopedic surgeon who can discuss treatment options with you, call (575) 635-4052.

MIMBRES MEMORIAL HOSPITAL offers Minimally Invasive Surgical Procedures

In addition to joint replacement, specialties include:

- **Hand and wrist care.** Whether your condition is common or complex, the surgeons at Mimbres Memorial Hospital have the skilled hands to help heal yours.
- **Fracture treatment.** Our emergency room provides around-the-clock care for broken bones and other traumatic orthopedic injuries. Once the fracture has been stabilized, we focus on restrengthening the bone through treatments like braces or orthopedics, physical therapy, or additional surgery.
- **Sports medicine.** If an injury has you sidelined, team up with a sports medicine specialist. These physicians help athletes and weekend warriors recover from injuries, such as tendon and ligament tears, through minimally invasive arthroscopic surgery. Patients experience less pain and faster healing with minimally invasive procedures.



David Lanoue, M.D.

Dr. Lanoue is a member of the medical staff at Mimbres Memorial Hospital. Patient results may vary. Consult your doctor about the benefits and risks of any surgical procedure or treatment.

TAKE ACTION AGAINST DISTRACTION

Text messages, emails, phone calls and social media alerts, digital distractions are part of everyday life. As your attention is pulled in competing directions, you may feel like you have an ever-shortening attention span. Restore your ability to focus with these attention-span-boosting strategies:

- **Finish one task at a time.** Multitasking can harm your productivity and increase the likelihood of mistakes, according to the American Psychological Association.
- **Practice mindfulness.** A recent *Journal of Cognitive Enhancement*-published study found that performing meditation-based exercises may help improve reaction time and attention.
- **Time tasks based on peak productivity when possible.** Focus is typically highest in the morning and wanes in the early to mid-afternoon before rising again in early evening.



4 Sneaky DIET SABOTEURS



Fast Fact

Multiple studies show that using a food journal — a log that details the types of foods, beverages and nutrients consumed every day — helps boost weight-loss success.

You diligently balance carbohydrates and count the calories you consume during meals, but what about snacks and drinks?

Some food choices seem too small to count, but they quickly add up. Maximize your efforts to lose weight and control blood sugar by adopting these four habits.

1. Snack like your ancestors.

Snacking on fresh vegetables, berries and unsalted, dry-roasted nuts between meals can be part of a diabetes-friendly diet. Conventional snacking may seem innocent, but one cup — approximately two handfuls — of potato chips, for example, packs roughly 140 calories and 13 grams of carbohydrates. Three chocolate sandwich cookies have 160 calories, 25 grams of carbohydrates and 14 grams of added sugars.

2. Take coffee with real cream. Replacing nondairy creamer with half and half will cut calories, slash carbohydrates and add protein — 2 tablespoons of half and half is only 40 calories, has only 1 carbohydrate and adds 1 gram of protein to your morning Joe. One common French Vanilla nondairy creamer contains 70 calories and 10 grams of carbohydrates per 2 tablespoons.

Struggling to control your blood sugar? Consider skipping your morning coffee altogether. In some people, caffeine can spike blood sugar, according to the Centers for Disease Control and Prevention (CDC).

3. Eat breakfast. Teens who ate breakfast daily had a lower body mass index than peers who ate breakfast occasionally or never, according to a study in the journal *Pediatrics*, yet early eaters ate more calories than those who skipped.

4. Drink water, the healthiest zero-calorie beverage — Even with no or low calories, diet drinks may not be the best choice. The CDC reports that studies show artificial sweeteners may elevate blood sugar levels. More research is needed. Also, foods and beverages that contain artificial sweeteners may increase cravings for sweet treats and make it hard to stick to healthy choices, according to Harvard Medical School.



CLASS IS IN SESSION


It can be challenging to manage diabetes at first. You may need to change your diet, adopt a new exercise regimen, or begin taking medication or using insulin therapy. Fortunately, you don't have to make these changes alone. Diabetes self-management training can help you successfully monitor the disease and prevent diabetes-related complications. Programs often provide education on topics like:

- insulin therapy
- monitoring blood sugar at home
- physical activity and how exercise affects blood sugar
- planning balanced meals and snacks

The American Association of Diabetes Educators reports that people who complete diabetes self-management training after their diagnosis are more likely to keep up with doctor's appointments, use medications as recommended and control their blood sugar and blood pressure. To find out if diabetes self-management training is right for you, talk with your physician. The program and annual follow-up sessions are covered by many insurance providers, including Medicare.




Schedule an appointment with a registered dietitian at Mimbres Memorial Hospital by calling (575) 222-2639.



Some people trace the history of tailgating in America to the early days of the Civil War, when Washington, D.C., residents took food to enjoy while watching the First Battle of Bull Run outside the city.

Your Playbook for a **HEALTHIER TAILGATE**



Tailgates are an annual autumn ritual for football fans, but that doesn't mean this year's menu has to consist of the same old salty, fatty fare. It's time for a more nutritious lineup.

Fall weekends wouldn't be the same without friends and family gathered outside your team's football stadium, laughing, tossing footballs, making predictions for the upcoming game and of course, enjoying lots of food. Typically, tailgate food is hearty, but far from heart-friendly — burgers, hot dogs, beef chili, fried chicken, chips, dips and cakes, to name a few. The feast is always enjoyable, but it leaves you longing to follow your team's example and go with a new, better-for-you game plan from time to time.

Don't let fears of overturning tradition or disappointing your guests' taste buds stop you from having a healthier tailgate. Change can be refreshing, and you don't have to sacrifice taste by prioritizing health. Use these sure-to-score plays to revamp your tailgate.



1

1ST DOWN: THE DRAW

The big draw at any tailgate is often grilled beef or pork, or fried chicken. It's time for leaner options to have their day in the sun — and on your plate. Substitute ground turkey or salmon burgers and sliders for the beef varieties and be sure to use whole-grain buns. Instead of hot dogs and bratwurst, let guests make their own skewers of turkey or chicken, tomatoes, onions, bell peppers, squash, and any other ingredients you can think of. Soak chicken breasts in your favorite marinade the night before and then grill them at the tailgate as healthy swaps for fried chicken. Using a marinade or rub to flavor meat will help you cut down on the use of salt.

2

2ND DOWN: THE OPTION

A good tailgate includes plenty of side dishes to complement the main course. At a typical tailgate, it's easy to overindulge in the bevy of snackable side dishes, such as chips, macaroni and cheese, rolls, baked beans, and potato salad. That's why it's important to provide a variety of healthy options, such as grape tomatoes, carrot sticks, broccoli florets and cucumber slices for dipping, as well as baked chips with salsa or guacamole. A fruit salad can make for a colorful and refreshing change of pace, especially on hot, early-season game days when fall hasn't quite yet arrived.

3

3RD DOWN: THE COUNTER

Counter plays are designed to fool opponents. Your guests will be delightfully surprised when dessert comes from the grill instead of a cake carrier or cookie sheet. A variety of fruits lend themselves to grilling, including peaches, apples, pineapples and pears. Eaten warm off the grill, these fruits are a treat for any sweet tooth. If you prefer your dessert cold and have a small, portable refrigerator, dip strawberries in dark chocolate and let them chill for 15 minutes before enjoying.

4

4TH DOWN: THE TOSS

To wash down all of that delicious, healthy food, toss out beer, sodas and sports drinks in favor of water that's anything but boring. Fill several large pitchers with water and add a few lemon, lime or orange slices to give it a crisp, refreshing taste.



Need a primary care physician? Schedule an appointment online at MimbresAnytime.com.

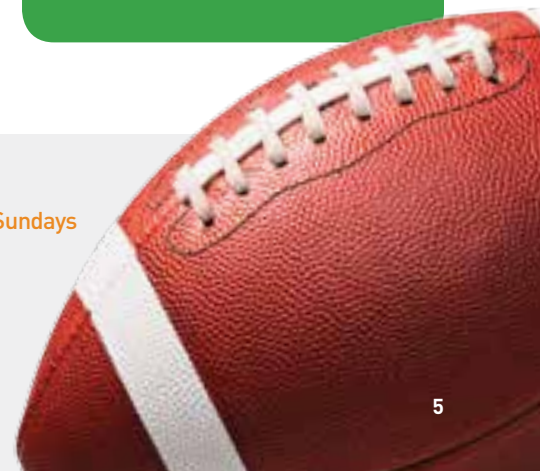
VICTORY OVER DEFEAT

Whether a nail-biter or a blowout, a loss by your favorite team can be hard to take — and, potentially, harmful to your health. The likelihood of heart attacks and deadly traffic accidents rises after a sports defeat, according to the co-author of a study of NFL fans that found a link between losing and unhealthy eating. Don't let passion for your team put you at risk after every loss. Use these tips to handle the agony of defeat:

- **Place sports in perspective.** It's OK to identify closely with your team, but it shouldn't be your whole identity. When your favorite squad loses, remember that it's only a game, and that there are other things that make your life rich. Focusing on them will lessen the sting of the loss.
- **Resist the temptation to binge on junk food.** In a 2013 study, researchers found that NFL fans' total calorie consumption and saturated fat intake rose by 10 percent and 16 percent, respectively, after losses by their team. The next time your side goes down in defeat, reach for a healthy snack — and enjoy in moderation.
- **Take a cue from your on-field heroes.** Many successful athletes adopt a short-term memory — they don't relish wins or lament losses for long. Instead, they prepare for the next contest.
- **Think of defeat as a prelude to victory.** True fans stick with their team through thick and thin. In the wake of a crushing loss, think how much sweeter the moment of triumph will be because of the temporary bitterness of defeat.

EXTRA POINT: THE PLAY-ACTION

Tailgating is built around food, but there is much more to it than enjoying the spread. Football Saturdays and Sundays are for making memories with loved ones, and a great way to do that is by getting active. Don't just sit around snacking and watching TV at your tailgate — toss a football, play cornhole or take a walk to meet your fellow tailgaters and see what they're cooking. Staying on the move burns calories, reduces screen time, keeps you connected to what's going on around you and calms the jitters you may feel ahead of kickoff. Then again, with all the fun you have tailgating, you may forget there's a game to watch.



FOR BEST RESULTS

Fast Fact
One size doesn't fit all when it comes to screening. When to begin and how frequently to get health screenings depends on your personal risk factors for heart disease, Type 2 diabetes and certain cancers.

Your doctor has very specific reasons behind the instructions given before a medical procedure or test — to ensure safety and accuracy.

Here's the logic behind the instructions you'll likely be given when you need to undergo common screenings or surgeries:

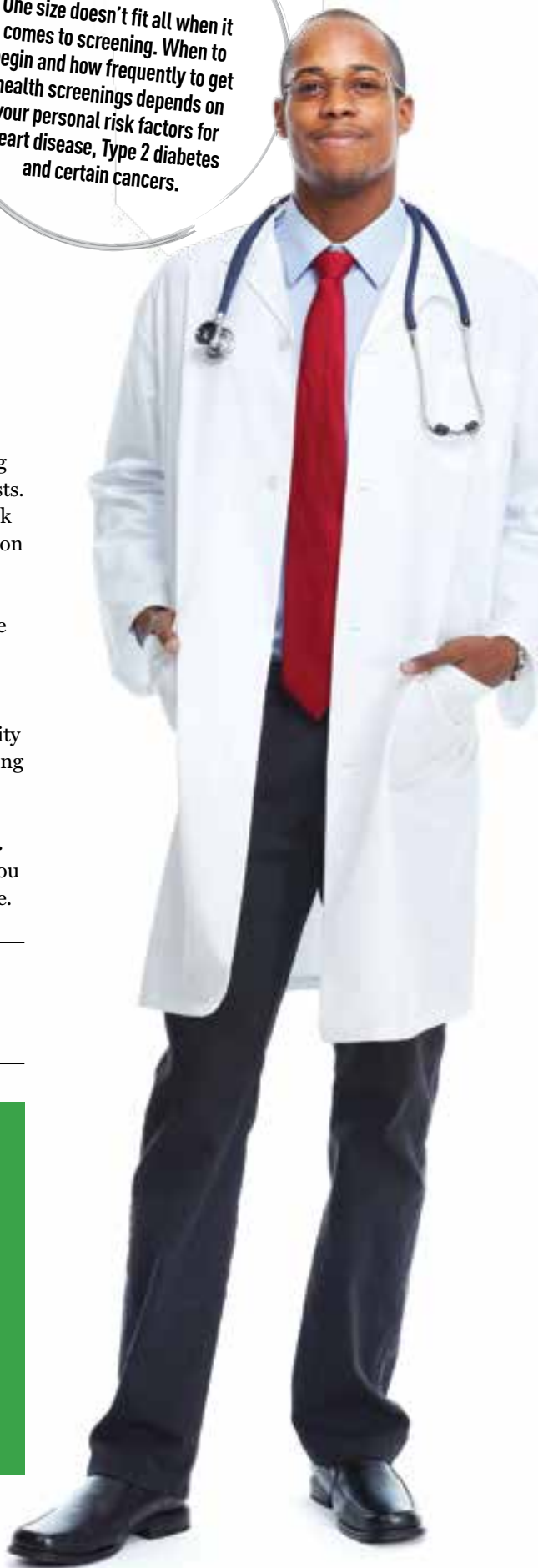
1. Eat a liquid diet and take a laxative prior to a colonoscopy. The day before your colonoscopy your physician will ask you to stick to clear liquids and avoid fruit, cream and foods with red or purple dye. You'll also need to drink a laxative mixture to clean out your colon.

This bowel prep is one of the most infamous parts of a colonoscopy — it's also one of the most important. If you don't drink the liquid as recommended, your doctor may not be able to clearly see the condition of your colon and rectum. You don't want physicians to miss potentially cancer-causing polyps and tumors and increase the risk of complications.

2. Fast before a diagnostic procedure or surgery. If you're having surgery, you will likely be unable to eat or drink after midnight before your procedure, according to the American Society of Anesthesiologists. Fasting before surgery helps reduce the risk of a potentially life-threatening complication called aspiration, which can occur when food and liquids from your stomach flow backward into your airway and lungs while you're under anesthesia.

3. Skip antiperspirant/deodorant application before your mammogram. Wearing either can interfere with the quality of images taken during your study, according to the American Cancer Society.

4. Have a friend or relative drive you home after minor same-day procedures. The anesthesia or sedatives used to keep you comfortable may affect your ability to drive.



To learn more about the surgical services offered at Mimbres Memorial Hospital visit MimbresMemorial.com/mimbres-memorial-hospital/surgicalseervices.aspx or call (575) 635-4052.

TO FAST OR NOT?

Having breakfast or lunch beforehand won't affect the results of many blood tests, including those used to check your blood cell count or your kidney, liver and thyroid function, according to Harvard Medical School. However, eating may impact the results of other screenings.

Blood glucose tests, for example, may require fasting for eight hours. Why? This test measures your fasting blood sugar, and the results help physicians diagnose and monitor diabetes. You may need this test as part of your regular health screenings or if you have symptoms associated with diabetes, such as increased thirst and frequent urination.

You may also need to fast before a lipid profile, which measures cholesterol and triglyceride levels. Some research suggests fasting is no longer necessary before a lipid profile, so ask your doctor's office if you need to fast in advance of your appointment.

Fizzy LOGIC

Learn whether your favorite carbonated drink falls flat or is a bubble above the rest with this guide.

FIZZY FAILURES

Drinks in this category typically have more than 30 grams of sugar per 12 oz. serving.

- cola
- energy drinks
- ginger ale and tonic water
- sparkling juices



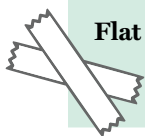
Flat Fact: As few as two energy drinks can put you over the U.S. Food and Drug Administration's daily recommended limit of 400mg of caffeine.

FIZZLE OF THE PACK

These drinks are an improvement, but more research needs to be done about artificial sweeteners to determine their effects on the body.

- diet sodas
- diet sparkling juices
- no-calorie soft drinks

Flat Fact: Drinking two or more artificially sweetened sodas daily has been linked to a 30 percent or more decline in kidney function in women in a study performed by Harvard Medical School.



FIZZY FREEDOM

No calories. No sugar. No caffeine. No problem.

- club soda
- mineral water
- seltzer water



Flat Fact: The American Dental Association has found that most sparkling water is just fine for your teeth. However, if you enjoy adding lemon or indulging in citrus-flavored varieties, do so sparingly — citric acid can damage the enamel in your teeth.



If you have questions about nutrition and your heart, start by discussing your health goals with your primary care provider (PCP). If you don't have a PCP, call (575) 635-4052 to find one near you.



According to the American Heart Association:

- Men should consume no more than 36 grams of sugar daily.
- Women should consume no more than 25 grams of sugar daily.

WANT TO READ MORE?

Visit MimbresMemorial.com/signup to receive other health and wellness articles and register for our eNewsletter.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (575) 546-8000 (TTY: (800) 659-8331).

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

The Clock Is TICKING

If you experience any of these symptoms, call 911.

Knowing the warning signs of heart attack can help save your life. Every minute counts.

You know your own body better than anyone. Listen to it, and visit the emergency room if you experience any unusual symptoms, such as:

- breathing problems that linger
- chest pain or discomfort
- cold sweat
- dizziness
- nausea and vomiting
- upper body pain



You can count on the nationally Accredited Chest Pain Center at Mimbres Memorial Hospital. For more information about our emergency services, visit MimbresMemorial.com.

 **MIMBRES**
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We work diligently to have you initially seen by a medical professional within 30 minutes of your arrival in the ER.