

HEALTH *Connections*

YOUR HEALTH, YOUR LIFE

ECOTHERAPY: Walk Away From Your Worries

HEALTH TIPS FOR
NAILS, SKIN AND SUN

SHAKING SODIUM
OUT OF YOUR DIET

 **MIMBRES**
MEMORIAL HOSPITAL

IF YOUR **Nails** COULD TALK

It's normal to clip the occasional hangnail or catch your fingertip in a door. However, you should keep an eye out for the following nail symptoms that could point to more serious medical conditions:

- **Darkened cuticles and colored streaks** that develop on nails are called Hutchinson's nail sign. They can indicate that you have melanoma, the most aggressive form of skin cancer.
- **Splinter hemorrhages** are red streaks in the nail bed and may signal an infected heart valve, especially if you haven't injured your nail recently.
- Heart conditions and lung diseases can cause **clubbing of the fingernails**. Clubbing symptoms include softening of the nail beds, bulging fingertips and increased nail curvature.
- **Brittle nails** and nails that split away from the skin can be signs of an underactive or overactive thyroid. They can also signal the development of psoriasis, a skin disease that causes redness and irritation.

If your nails exhibit any of these signs or if they don't look normal to you, don't hesitate to contact your medical provider.

Source: National Library of Medicine

Know Your **ABCDEs**

Detecting skin cancer doesn't require a complicated screening or exam. One of the best ways to detect melanoma early is by checking your skin once a month for one or more of these features:

- **ASYMMETRY** — The mole or birthmark has mismatched parts.
 - **BORDER** — The edges of the spot are blurred, notched, jagged or irregular.
 - **COLOR** — The color changes throughout the mole and may contain shades of brown, black, and — less frequently — white, red, pink or blue.
 - **DIAMETER** — The mole or birthmark is wider than a quarter of an inch.
 - **EVOLVING** — The color, size or shape of the spot changes over time.
- Use both a full-length mirror and a hand-held mirror to check your entire body, including areas that are difficult to see. Ask your doctor about any concerning developments.

Source: American Cancer Society



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

Sun PROTECTION



Protect your eyes and skin from sun damage all year round by:

applying sunscreen with an sun protection factor (SPF) of 30 or greater to all exposed skin areas

wearing sunglasses that block 99 percent or more of the sun's ultraviolet (UV) rays



dressing in clothes that cover more of your skin, especially if their labels display a UV protection factor (UPF) of 30 or higher

choosing hats with brims that are at least three inches wide



Source: Skin Cancer Foundation

Fast Fact

Stress, drinking a cup of coffee and pre-appointment jitters can cause temporary spikes in your blood pressure, according to Berkeley Wellness. If your reading seems higher than usual at your appointment, talk with your provider.

CARDIAC CATHETERIZATION LABORATORY CLOSE TO HOME



Lincoln T. Shenje, M.D.

In September of 2017, we served our first patient for catheterization services through Mimbres Valley Heart and Vascular Cardiac Catheterization Laboratory (Cardiac Cath Lab) located adjacent to the Mimbres Memorial Hospital Emergency Room.

The cardiology program provides cardiac and vascular care 24 hours a day, 365 days a year to residents in southwestern New Mexico, eastern Arizona and surrounding communities. The skilled interventional cardiologists at Mimbres Valley Heart and Vascular are able to perform both diagnostic and interventional procedures in the new lab.

Mimbres Valley Heart and Vascular offers comprehensive services from treating acute heart attacks, symptomatic coronary artery disease, temporary and permanent pacemakers, treatment of vascular heart disease and treatment of vascular diseases of the major vessels of the body as well as pulmonary embolism where clots impair lung perfusion.



Are you dealing with high blood pressure? It may be time to see a cardiologist. Call (575) 219-4001 to schedule an appointment with a physician at Mimbres Valley Medical Group/ Cardiology.

Dr. Shenje is a member of the medical staff at Mimbres Memorial Hospital.

In BLOOD PRESSURE Limbo?

Nearly 50 percent of Americans have high blood pressure, according to new guidelines from the American Heart Association (AHA) and American College of Cardiology (ACC). Find out what your numbers mean now.

High blood pressure puts you at risk for a host of health problems, including heart disease and stroke. To help people get their blood pressure under control before major problems occur, the AHA/ACC guidelines lowered the threshold for what's considered "high" and warrants management. Here's what now defines normal, elevated and high blood pressure.

NORMAL BLOOD PRESSURE

a systolic (pressure during a heart contraction) blood pressure lower than 120 mmHg over a diastolic (pressure between beats) blood pressure lower than 80 mmHg

ELEVATED BLOOD PRESSURE

a systolic blood pressure of 120–129 mmHg over a diastolic blood pressure less than 80 mmHg

STAGE I HIGH BLOOD PRESSURE

a systolic reading of 130 to 139 mmHg or a diastolic reading of 80 to 89 mmHg

STAGE II HIGH BLOOD PRESSURE

a systolic reading greater than or equal to 140 mmHg or a diastolic reading greater than or equal to 90 mmHg

If you have elevated or high blood pressure, your doctor may recommend more frequent screenings and will likely talk with you about lifestyle changes that help naturally lower blood pressure. These changes may include quitting smoking, losing weight, watching your sodium and alcohol intake, and exercising daily.

OUTDOOR RX

Whether you prefer exercising outdoors, meditating in a natural setting or simply working in your garden, ecotherapy — healing time spent in the natural world — offers something for everyone.

In the 1980s, Harvard University biologist Edward O. Wilson, PhD, presented a concept called “biophilia” in which he argued that humans have an innate love of and connection to nature. Today, scientific research shows that connection has numerous positive effects on our health.

A slightly unconventional practice called ecotherapy is becoming more commonly used as part of mental health treatment in the United States. Used to treat many conditions, including depression and anxiety, ecotherapy works to address a wide variety of stressors through outdoor activities including adventure therapy, meditating in nature, working in gardens and on farms, playing with animals and getting involved in conservation activities.

CALL OF THE WILD

Have you ever been sitting at your desk at work and noticed you felt completely unable to focus? Next time that happens, try taking a walk outside. Even a brief period spent experiencing the sights and sounds of plants and animals improves your ability to concentrate and renews your reserves of patience.

This phenomenon of directed attention fatigue is similar to attention deficit/hyperactivity disorder (ADHD), present in both children and adults. While spending time in natural environments benefits

everyone, researchers believe people with ADHD may especially see results.

LEAVE YOUR TROUBLES OUTSIDE

Approximately 85 percent of Americans don't have access to forests, according to the New York State Department of Environmental Conservation, but everyone can reap the benefits of being in nature. Spending time in a park or garden, or strolling down a sidewalk lined with trees, provides some of the same benefits as walking through a traditional forest — inner calm and feelings of well-being.

About 350 million people suffer from depression worldwide. Treatment options for most are psychotherapy, medication or a combination of both. Ecotherapy is a treatment option that most people can access at little to no cost.

Researchers at the University of Essex found a walk in a park improved feelings of depression in about three-fourths of participants, and 90 percent felt a higher level of esteem.

Ready to take a walk for better health? Talk with your doctor about the potential benefit of getting outside and enjoying green spaces.

MORE MELATONIN

When you were younger, did your parents ever send you outside to run around and exhaust yourself? Apparently, they were on the right track. This approach works for adults, too, but it isn't just the exercise that makes you sleep better at night.

Experiencing natural light and its fluctuations prompts your body to produce melatonin, a hormone that helps your body maintain a healthy sleep cycle. Adequate sleep is important — not only for feeling rested but also for things like concentration, proper judgment and memory.

When your body produces enough melatonin, you're more likely to sleep deeply through the night. A good night's sleep allows your brain to process the things you learned and did that day, consolidating memories and allowing you to retain new information.

TAKE A FOREST BATH

Don't worry — you don't need a swimsuit or towel for this adventure. Forest bathing, also known as *shinrin-yoku*, is a Japanese healing method that refers to the act of simply spending time in the forest. It's not hiking or adventuring with any real destination in mind. You aren't trying to get somewhere. You're there to absorb the experience of being in nature.

The concept of *shinrin-yoku* is an important part of preventive healthcare in Japan and South Korea today and is supported by extensive research.

Known benefits include:

- better mood
- better sleep
- higher energy levels
- improved healing after surgery or illness
- lower blood pressure
- lower stress levels

Whether forest therapy is offered near you or not, you can practice *shinrin-yoku* on your own. Find a park or hiking trail nearby, ideally where you can be covered by a tree canopy, and set aside some time to meander and be present in the greenery that surrounds you.

NOTHING TO Shrug Off

Shoulder problems can occur suddenly or over time, and they can significantly affect your daily life. That's why it's important to know how to recognize and prevent them.

Here's a primer on some common conditions that can affect one of the body's workhorse joints.

ROTATOR CUFF TEARS

Made up of four muscles and tendons, the rotator cuff connects the shoulder blade to the humerus bone of the upper arm and is partly responsible for the shoulder's range of motion. When one of the tissues tears, often due to decades of use, it can be painful to raise or lower your arm and lay on the shoulder at night. Shoulder-specific stretches and exercises can help prevent rotator cuff tears by making the tissues stronger and more flexible.

SPRAINS

Sprains most commonly affect the ligaments of the AC joint, one of four joints of the shoulder. The force from a blow, fall or collision can stretch or tear those tissues, causing swelling at the collarbone and pain with movement. When playing contact sports or doing chores around the home that have a high risk of falls, such as cleaning the gutters, consider wearing a shoulder brace or padding for protection.

TENDINITIS

Variety is the spice of life, and for the shoulder, it's an important part of health. Repeating the same motion over hours and days — think repainting the rooms of your home or lifting boxes overhead — can irritate the tendons of the shoulder, causing tenderness and pain. It's important to take breaks in repetitive activities or, if possible, avoid painful ones altogether. Strength and flexibility exercises can help the shoulders better withstand heavy use.

In people older than 40, torn rotator cuffs tend to occur due to wear and tear on the tendons. When the injuries happen in younger adults, falls or other accidents are usually to blame, according to the American Academy of Orthopaedic Surgeons.



Shoulder pain got you down? To find an orthopedic surgeon who can discuss treatment options with you, call (575) 567-3027.

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.



Sneaky SODIUM

Too much sodium can cause high blood pressure and put your heart at risk. Learn how sodium finds its way into your food and how you can avoid it.

Ideal Intake



Adults should consume **fewer than 2,300mg** of sodium every day.



To **MAXIMIZE HEALTH BENEFITS**, adults should limit their daily sodium intake to **1,500mg a day or less.**



▶ People need fewer than **500mg of sodium** a day for their bodies to function properly.



Source: American Heart Association

So Much Sodium

▶ Average Americans consume **more than 3,400mg** of sodium daily.

>75%

MORE THAN 75 PERCENT of consumed sodium comes from prepackaged, processed and restaurant food — not table salt.

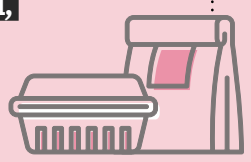
* Many products — like chain pizza — contain **more sodium in the U.S.** than in other countries.



Source: Centers for Disease Control & Prevention

See Ya, Sodium

Prepare fresh meals and **avoid prepackaged, processed and restaurant foods** to cut most sodium out of your diet.



* Check the **NUTRITION FACTS LABEL** for foods with 5 percent Daily Value of sodium or less and products marked “low sodium.”

Gradually **reduce your sodium intake** and **use spices** to help your taste buds adjust.



Source: U.S. Food and Drug Administration



If you have questions about nutrition and your heart, start with your primary care provider (PCP). If you don't have a PCP, call (575) 449-3656 to find one near you.

WANT TO READ MORE?

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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).

Díí baa akó ninízin: Díí saad bee yánilti'go Diné Bizaad, saad bee áká'ánida'áwo'déé, t'áá jiiik'eh, éí ná hóló, kojí' hódíílnih (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.