

HEALTH *Connections*

YOUR HEALTH, YOUR LIFE

PLAY IT
SAFE
in the
Game of Life

CHECK YOUR HEALTH —
IT'S NEVER TOO LATE

YOUR LUNGS:
AN INSIDE LOOK

 **MIMBRES**
MEMORIAL HOSPITAL



MIMBRES VALLEY

Medical Group/ Family Practice

When you need to see a primary care provider, pediatrician or orthopedic specialist, call Mimbres Valley Medical Group.



The office is located on the Mimbres Memorial Hospital and Nursing Home campus at 905 South 8th Street, Deming.



Call (575) 219-4001 and ask about same-day appointments. To schedule a primary care or pediatric appointment online, visit MimbresAnytime.com.

BETTER LATE THAN NEVER!

You didn't get your flu shot for how many years, now? No matter, because you never get the flu, right? Why not skip the 2018–19 season, too.

Sadly, this thinking isn't grounded in reality. You don't get vaccinations and screenings because you're sure to get sick without them — you get them to prevent or mitigate the rare, but very possible, chance you might get sick.

Here are some screenings and shots that people typically avoid or forget — and why they're important.

SCREENING OR VACCINATION	BENEFITS TO YOU
Cervical cancer (Pap smear)	Identifies abnormal cervical cells, precancerous lesions and early cervical cancer
Mammogram	Can reduce number of breast cancer deaths in women ages 40–74
Colorectal cancer	Can often detect and remove polyps before they become colon cancer
Tetanus	Can prevent tetanus, a disease that requires immediate medical attention
Hepatitis A	Can prevent hepatitis A, a disease that may cause liver problems and death
Pneumococcal	Can protect against pneumococcal disease that kills more than 16,000 adults age 65 and older annually

*Screening and immunization data from the Centers for Disease Control and Prevention

LOVE

and Your Health

Love helps build healthy bodies. Doubt it?

- Extreme emotional distress can cause broken heart syndrome or lead to short-term heart muscle failure.
- Getting frequent hugs may improve immune response and reduce stress.
- For men, love and support from a significant other reduces their chances of duodenal ulcer and angina.
- The quality of intimate relationships (positive or negative) can raise or lower your risk for coronary heart disease.



Have Diabetes?

Get your feet checked regularly. Diabetes can cause a loss of feeling in the feet, and a small injury can grow into a serious problem.

Putting Your Best Foot Forward

Common foot issues and how to sidestep them.

Feet — they take you everywhere you want to go. Yet if you're like most people, you probably take them for granted. As soon as they cause you any trouble, however, you remember just how important they are.

Keep your feet in mind and protect them for miles to come by understanding what causes common foot problems and learning how to avoid them.

GROUND-LEVEL CAUSES

Blisters, athlete's foot, gout and ingrown toenails are some of the most frequent foot problems Americans experience. Pain and



Angela Fields, DPM

Angela Fields, DPM, received her undergraduate degree in biology from Baylor University in Waco, Texas, in 2007. She achieved her Doctor of Podiatric Medicine from Temple University School of Podiatric Medicine, in Philadelphia, Pennsylvania. Dr. Fields completed her residency at Kingwood Medical Center in Kingwood, Texas, where she became proficient in forefoot, rear foot and ankle surgery.

Using conservative and surgical management, Dr. Fields treats conditions of the foot and ankle, including foot conditions that may present an ongoing threat to a patient's overall health.

Mimbres Valley Medical Group/Podiatry Services hours of operation are 8 a.m.–12 p.m. and 1–5 p.m., Monday through Friday.

Dr. Fields is a member of the medical staff at Mimbres Memorial Hospital and Nursing Home.

discomfort are the most common symptoms of these conditions, which are often brought on by:

- arthritis
- excess weight
- diabetes
- having feet that are abnormally flat or arched
- injury to the foot
- trimming toenails incorrectly
- wearing damp shoes or socks
- wearing shoes that are pointy, high-heeled or don't fit properly

BEYOND THE FOOT

Nerve damage in the foot is often the result of diabetes. Joints in the feet can be damaged by osteoarthritis and tendinitis, which can cause pain and swelling in the affected foot. Treating these underlying conditions will often reduce or completely cure symptoms of any foot condition they bring about.

If you don't have other health conditions that may lead to foot problems, you can take proactive steps to prevent foot issues in the future. Always wearing socks and close-toed shoes that fit properly and provide ample support will help you avoid many common problems. You should also wear water shoes when in a public bathing area, avoid wearing wet shoes or socks for prolonged periods and trim your nails straight across instead of cutting into the corners.



Don't live with foot and ankle pain. Call (575) 219-4001 to schedule an appointment with Mimbres Valley Medical Group/Podiatry Services today.

SAFETY *Checkup*

Are you up to date on the latest safety precautions? Check out these tips to help safeguard your family's health.

Burn Notice

Fire is not the only household burn hazard. Burns can also be caused by chemicals, steam, hot liquids, gases, friction or electrical current.



First-degree burns damage the top layer of skin, causing redness, swelling and pain.



Second-degree burns damage the outer skin and the dermis, the underlying skin layer.



Third-degree burns destroy both layers of skin and damage the tissue below. These serious burns require immediate emergency medical care.

COOL, COVER, COMFORT

For minor burns, apply cool — not cold or icy — water. Bandage loosely with sterile gauze or a nonstick bandage. If needed, use over-the-counter medications, such as acetaminophen, ibuprofen or naproxen, to relieve pain.



WHEN TO CALL THE DOCTOR

Most minor burns will heal on their own, but call 911 or head to the emergency room if the skin is broken or charred, the burn is larger than three inches across, or is located on the face, hands, feet, genitals or a major joint such as the knee or shoulder.

True or False?

- Q:** Applying butter soothes a burn.
- A: False.** Greasy substances such as butter and oil do not make burns feel better and may increase the risk of infection.

STEER CLEAR OF TROUBLE

Just about everyone knows that the safest course of action is to avoid using a cell phone while driving. Yet in a recent AT&T-sponsored survey, 61 percent of drivers admitted to texting, 28 percent reported surfing the internet and 17 percent said they take selfies behind the wheel.



ARE YOU FLYING BLIND?

According to the Federal Motor Carrier Safety Administration, texting drivers take their eyes off the road for an average of 4.6 seconds. At 55 miles per hour, that's the length of a football field.



To check the laws in your state, visit the Governors Highway Safety Association (GHSA) website at GHSA.org/State-Laws.

Concerned state lawmakers are taking action to curtail these hazardous behaviors. While no state currently prohibits all cell phone use by all drivers, new and increasingly strict legislation is being added to the books every year.



WOMEN ARE DIFFERENT FROM MEN

Ladies, watch for these less-common signs of heart attack, including:

- dizziness, light-headedness or fainting
- nausea or vomiting
- pain in the jaw, neck, back or stomach
- sudden indigestion, heartburn or persistent belching
- sweaty, clammy or chilled feeling
- unusual fatigue

Women are more likely to experience these signs of stroke:

- fast or fluttering heartbeat
- persistent hiccups
- nausea or vomiting
- shortness of breath
- overall weakness



COMMON STROKE SYMPTOMS INCLUDE SUDDEN:

- confusion
- coordination problems, such as stumbling or losing balance
- difficulty seeing, such as blurriness or double vision
- severe headache
- trouble speaking or understanding others
- weakness or numbness on one side of the body

TWO SIDES TO SAFE SLEEP

When it comes to the safest sleeping conditions for baby, there are two sides to the story.

According to new recommendations by the American Academy of Pediatrics, the safest sleep environment for baby is:

- a crib with only a tight-fitting sheet, no soft bedding, bumpers, pillows or toys
- in the parent's bedroom on a separate surface for at least the first six months and preferably the first 12 months of life
- on his or her back on a firm sleeping surface such as a crib or bassinet



SEE SOMETHING, SAY SOMETHING

Quick treatment for heart attack or stroke can save a life. Know the signs and call 911 right away.

COMMON HEART ATTACK SYMPTOMS INCLUDE:

- chest discomfort (pain, pressure, fullness or squeezing sensation)
- pain in one or both arms
- shortness of breath

What's the Difference?

Heart attack occurs when blood flow to the heart is blocked and heart muscle cells begin to die. Restoring blood flow quickly stops the damage and preserves heart function.

Stroke occurs when blood flow is blocked to the brain. According to the National Stroke Association, two million brain cells die every minute during a stroke, making fast treatment essential to survival and recovery.



To learn more about Mimbres Memorial Hospital and the services we offer, visit MimbresMemorial.com.

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

PACK YOUR BAG

You can never predict when an emergency will occur. However, be prepared. Keep an emergency room (ER) go-bag in an easy-to-find location. Be sure to pack:

- a list of allergies
- a list of all medications, including over-the-counter medications and natural supplements
- a notebook and pen to keep track of important information, especially medication and discharge instructions
- a record of all medical conditions, diagnoses and any recent test or imaging results
- copies of legal documents pertaining to your care, such as a healthcare proxy
- insurance information and identification card
- names and phone numbers for all current doctors
- names and phone numbers of anyone else who may need to be contacted

Any medications you may need to take while at the ER, and important personal items, such as glasses and hearing aids, can be added when you leave for the hospital.



Get Your Guy TO THE DOCTOR!

If a man in your life won't get to the doctor, don't give up.

There are countless important things to do every day, and getting to the doctor is one of them. Unfortunately, many men disagree and go years without a single visit to the doctor unless there is an immediate health problem that needs remedying.

Why should men see the doctor regularly, and what screenings should they undergo as they age?

WHY IT'S HELPFUL

Talking with a stranger isn't easy. Talking with a stranger about the most intimate aspects of your health is even harder. But when men refuse to visit a physician year after year, that's what they will be forced to do when facing a health issue too big to ignore.

Seeing a doctor regularly is also a great way for men to be proactive about their health.

With annual or semi-annual visits, men can learn about specific steps they can take to prevent potential health problems for which they might be at risk.

SCREEN TIME

There are certain screenings that help doctors detect diseases early, when they are in their most treatable forms. Screenings every man should undergo include:

- blood pressure (once every three to five years and then annually age 40 and older)
- blood sugar (once every three years after age 45)
- bone density (as your physician recommends after age 50)
- cholesterol (based on medical history and risk factors, at least every five years for adults age 20 and older)

- colon cancer (colonoscopy every 10 years starting at age 45)
- lung cancer (for smokers or former smokers)

New guidelines for prostate cancer screening in 2018 by the U.S. Preventive Services Task Force recommend men ages 55 to 69 have the discussion with their doctor about screening to determine if it's right for them.



Mimbres Valley Medical Group/Family Practice can be reached through our central scheduling number. Call (575) 219-4001 and ask about same-day appointments.

WITH ONLINE SCHEDULING, MAKING AN APPOINTMENT IS AS EASY AS 1-2-3



Jose Hernandez, M.D., Internal Medicine

When you need primary or specialist care, it shouldn't be complicated. At Mimbres Valley Medical Group, we've made seeing a primary care provider, pediatrician or orthopedic specialist easier. Our online scheduling with Mimbres Valley Medical Group means you don't have to wait weeks for an appointment.

For primary care and pediatric appointments, visit us online at MimbresAnytime.com.

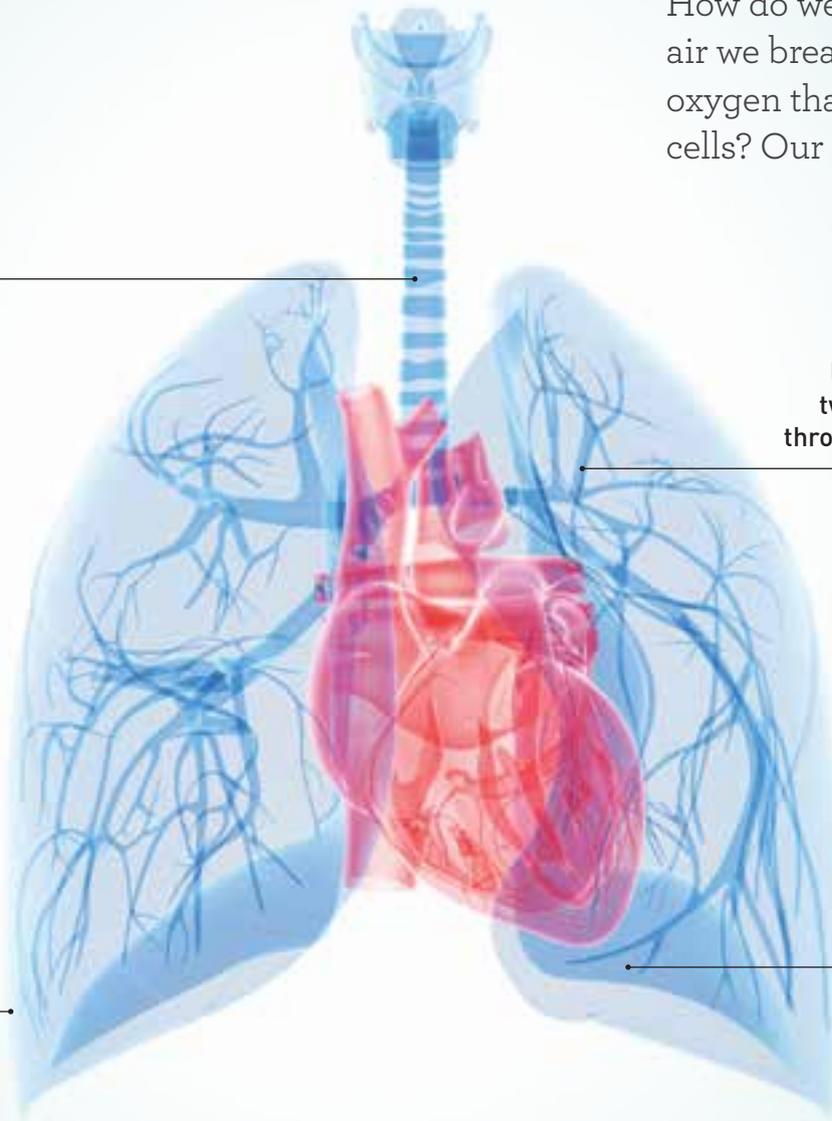
Dr. Hernandez is a member of the medical staff at Mimbres Memorial Hospital and Nursing Home.



INCREASE THE ODDS

As many as one in five men go to the doctor because of the constant encouragement of a loved one.

TRANSFORMATIONAL ORGANS: YOUR LUNGS



How do we turn the air we breathe into the oxygen that powers our cells? Our lungs!

1. Air enters our lungs through the trachea.

Each lung has a branched structure that provides plenty of surface area for oxygen to be taken from air and carbon dioxide to be released back into the air. The small “cells” that form the branches are called alveoli. Each alveolus is wrapped with tiny blood vessels, and this is where the oxygen/carbon dioxide exchange takes place — in the hemoglobin of the red blood cells in these vessels.

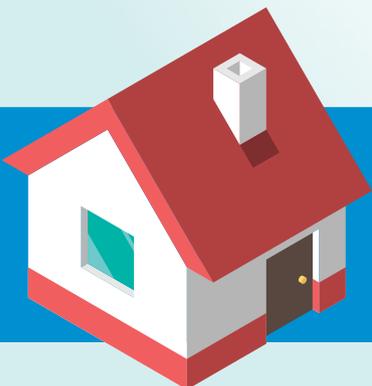
3.

Bronchi and bronchioles look like branches and twigs and carry air throughout the lungs.

2.

The movement of the diaphragm muscle works the lungs like a bellows, moving air in and out.

4.



The total absorptive surface area of the respiratory system including the lungs is between 70 to 100 square meters. That's as big as the floor space of a small house!



Mimbres Valley Medical Group/Pulmonology is located at 905 South 8th Street in the Mimbres Professional Building. Call (575) 449-3656 to schedule an appointment.

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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.

PUT YOUR HEART First

Heart disease is the No. 1 cause of death for women, according to the American Heart Association, but often its symptoms are chalked up to getting older or to acid reflux. Take care of your heart by eating healthy foods, exercising regularly, quitting smoking and talking with your doctor about your personal risk for heart disease.



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

