

HEALTH *Connections*

YOUR HEALTH, YOUR LIFE

TASTE OR TOSS IT
BEHIND THE
BEST-BY DATE

IS IT A COLD, THE FLU
OR COVID-19?

DO IT FOR THEM
**Motivation to
Quit Smoking**

 **MIMBRES**
MEMORIAL HOSPITAL

CHECK THAT DATE!

When is the last time you checked your household inventory?

KITCHEN

Most dates on packaging are not safety dates but recommendations to ensure peak quality or taste of the product, with the exception of infant formula. Never use expired formula and discard opened powdered formula after 30 days, if not consumed.

Canned food is safe for two to five years after the best-by date — although high-acid foods like tomatoes are best used within 18 months. How long fresh produce will last depends on the type. The USDA app FoodKeeper can provide guidance for specific items.

Open foods that have expired often show visible signs of deterioration, such as mold, but what about that can of beans with a “Best By” date from six months ago or longer?

If the can isn't bulging or otherwise suspect, you should be fine. According to the United States Department of Agriculture (USDA), you can eat many packaged foods beyond their best-by dates. In general, if a food item smells, looks or feels off, then it is likely time to throw it away.



MEDICINE CABINET

Multiple studies have shown most drugs maintain their potency for years, if not decades, after the original expiration date. (Reporting from ProPublica in 2017 found that even the FDA does it!)

However, the FDA does not recommend anyone take over-the-counter and prescribed drugs past their expiration dates. For example, taking expired antibiotics may lead to antibiotic resistance or other complications.

Still, even though drugs might not go bad a year later doesn't mean that you should keep unused prescriptions around, especially if they are controlled substances like opioids. The FDA recommends tossing any drugs you aren't using. In order to do so safely, many police stations, health departments and hospitals, including Mimbres Memorial Hospital have easy ways for you to drop off old medicine.



VANITY DRAWERS

Whether you buy designer lipstick or drugstore mascara, all makeup deteriorates at similar rates. As with food, expiration dates are rules of thumb and not actual safety guidelines.

However, the Food and Drug Administration and cosmetic trade groups all agree that eye products should be replaced more frequently than any other kind of makeup — every three to six months. If you have any kind of eye infection, that warrants prompt disposal.

Also, if you dip your finger into a product to apply it, you should replace it more frequently, because even a clean fingertip will add microorganisms to the makeup that could turn into bacteria or fungi.



Need to know how and where to get rid of your old prescription medications? Visit MimbresMemorial.com or call (575) 546-1325 for more information about safe disposal and take-back days.

Eat HEALTHY for Your Heart

Whether you're worried about your heart health or want to make sure you won't have to be, every day is a good day to start eating a heart-smart diet.

Healthy eating and regular exercise are habits people at any age can adopt to prevent cardiovascular disease, according to the American Heart Association (AHA). That's not to say you can't ever have the occasional fried chicken sandwich, but you have to balance out your unhealthy splurges. Here's what the AHA recommends.

- **Don't eat more calories than you need.** Depending on your size, activity level and whether you're trying to lose weight, your daily caloric intake might need to be higher or lower than the average 2,000 calorie basis for nutrition facts labels. Determine how many calories you should be eating and then stay within that limit most days.
- **Do eat whole foods.** Your diet should revolve around fruits and vegetables, lean protein like fish, whole grains, low-fat dairy, nuts, and legumes. Limit intake of fats and oils to heart-healthy options, such as olive oil or avocados.
- **Skip foods high in salt and added sugars.** To curtail high blood pressure, try to limit sodium to less than 2,300mg per day, although 1,500mg per day does a better job. Added sugars, including high-fructose corn syrup, should be limited to 100 calories or six teaspoons for women and 150 calories or nine teaspoons of for men per day.
- **Limit alcohol use.** Although there have been varying studies to determine whether a daily glass of wine is good for your heart, the verdict is still out. The AHA recommends sticking to no more than one drink a day, whether it's wine or beer or whiskey, for a woman and two for a man.

CARDIOLOGIST
GARY SMITH, M.D.,
JOINS MIMBRES VALLEY
MEDICAL GROUP



Gary Smith, M.D.



Mark
Osmer, N.P.

Mimbres Valley
Medical Group/Cardiology
Monday–Friday
8 a.m.–5 p.m.
(575) 543-7283

*Schedule an appointment with
Dr. Smith or Mark Osmer, N.P., online
at MimbresAnytime.com.*

Dr. Smith is a member of the medical staff at Mimbres Memorial Hospital. Mark Osmer, nurse practitioner and a member of the allied health staff at Mimbres Memorial Hospital, treats patients of all ages.



Concerned about your heart health? Get answers you can take to your provider with the Heart Risk Assessment. Visit MimbresMemorial.com to take the assessment then visit MimbresAnytime.com to schedule an appointment with your provider today.

The benefits of quitting smoking apply to more than just you — your family members, friends and even pets can reap the rewards, too.

QUIT

For the Greater Good

Whether you smoke, vape, dip or chew — whether you've been doing it for 12 months or 12 years — you already know smoking or using other tobacco products is bad for your health. The warnings are printed on every package you buy.

That's why the huge increases in youth e-cigarette usage is so alarming. Over 5 million youth, grades 6 through 12, reported regularly vaping, and 1 million reported doing it daily, according to a survey by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC).

Unfortunately for many people, knowing that tobacco is bad for them isn't a good enough reason to quit. Nicotine is a highly addictive drug, but its misuse won't land users in jail. This means it might be hard for users to hit "rock bottom" before they get sick.

Yet, if you keep using tobacco or vaping nicotine, it is extremely likely that you will get sick. And if you smoke indoors, anyone who lives with you might get sick too, including your kids and pets. You should also know:

- Smoking is still the top cause of preventable death and disease in the United States, according to the CDC.
- Over 480,000 people die from smoking-related causes every year.
- Smoking doesn't just cause lung cancer. The CDC finds it can also cause cancer of the bladder, cervix, colon, esophagus, kidney, mouth, liver, pancreas and stomach.
- Smoking can also cause or contribute to diabetes, emphysema, heart disease, osteoporosis, rheumatoid arthritis and stroke.
- Tobacco use can make it harder to get pregnant. It can also make it more likely for

a baby to have certain birth defects or to die from Sudden Infant Death Syndrome.

- Men who smoke are more likely to have erectile dysfunction.
- According to the CDC, 2.5 million nonsmokers have died from exposure to secondhand smoke since 1964.
- In small children, secondhand smoke is often a contributing factor to ear infections and asthma.
- Secondhand smoke can cause nose or lung cancer in your pets.

READY TO QUIT YET?

Even if you are trying to quit — and/or have tried time and time again to quit — habits are hard to break, especially when they are wrapped up with an addictive substance like nicotine. That's why finding the support you need to quit once and for all is important.



MAKE AN APPOINTMENT ONLINE AT MIMBRESANYTIME.COM

Having a primary care provider is important to maintaining good health, and Mimbres Valley Medical Group makes it more convenient than ever.

With seven providers focused on primary care, women's health and pediatrics, Mimbres has care for all ages. These dedicated providers are here to help you stay healthy with preventive care.

They also treat everyday illnesses and chronic conditions such as asthma, diabetes and high blood pressure.

To schedule an appointment, call (575) 543-7200, or visit MimbresAnytime.com to schedule online.



HELP FOR TOBACCO CESSATION

If quitting cold turkey has not worked for you, limiting your tobacco use with nicotine gum or patches to help you taper off may help. A physician can also prescribe a nicotine nasal spray, an inhaler or other medication. However, it is important to discuss possible side effects of any medications.

The FDA does not recommend using e-cigarettes as a way to taper tobacco use. Vaping can actually increase your nicotine intake, which can, in turn, strengthen your addiction.

Support groups or therapy, whether online or in person, can often provide the needed encouragement to overcome the frustration of quitting.

If none of these methods have helped you, the good news is that there are almost as many different methods and motivations to quit nicotine for good as there are brands

of cigarettes. Some other things you can try include:

- **Exercise.** If you're a heavy smoker, it might not be easy to start, but doing something physical, even simply taking a walk, is a great way to keep your mind off your cravings. Plus, the more your cardiovascular health improves, the less you are going to want to make it worse again.
- **Identify your triggers and avoid or replace them.** If you always smoke while drinking, cut back on alcohol until you quit. If you always take a cigarette break in the middle of the afternoon, find something else to do during that time, like having coffee or a healthy snack. Basically, create new habits to replace the old one.
- **Take it easy on yourself.** If you slip up and smoke again, it's OK. Don't beat yourself up, and don't tell yourself that you've failed. You

haven't failed. Tomorrow is a new day where you can start again, cigarette or vape-free.

- **Treat yourself.** With all the money you'd save by not smoking, reward yourself with something like a book or a dinner out when you hit sobriety milestones.

It takes time to get used to your new life, but eventually you can get there. Quit now, and your body will thank you later.



To schedule an appointment, call (575) 543-7200, or visit MimbresAnytime.com to schedule online.

Hernias

DON'T GO AWAY WITHOUT HELP

Learn about measures we've taken to help safeguard the health of all patients during this extraordinary time. Visit MimbresMemorial.com to see how we are OPEN, SAFE and READY to care for you in an emergency.



Many have opted to postpone medical care during the COVID-19 pandemic to avoid potential exposure to the virus. But if you are experiencing pressure or pain when bending, lifting or coughing, you may have a hernia that won't go away without medical attention.

A hernia is a condition characterized by a protrusion of an organ into an opening. More common in men over age 40, according to the National Institutes of Health, hernias typically occur in the abdomen as a result of muscle weakness and strain. Some may have a hernia in the belly button, groin or upper thigh region. Hernias also can be due to congenital disabilities, injuries, straining activities such as lifting heavy weights, chronic coughing and even pregnancy.

The most common symptom of a hernia is a bulge or lump on your pubic bone. Some may notice a lump near the belly button, groin or upper thigh region. In some cases, patients with hernias do not experience any symptoms. Some types of hernia, however, can cause symptoms like heartburn, trouble swallowing and chest pain.

"Hernias affect millions of Americans — from infants to seniors — and, for inguinal hernias, men more frequently than women," says Albert Tuono, D.O., General Surgeon on staff at Mimbres Memorial Hospital. "Hernias turn severe when the intestines protrude into the scrotum, obstructing blood flow. Untreated hernias are extremely painful for patients and can become gangrenous, which can be fatal."

According to Society of American Gastrointestinal and Endoscopic Surgeons, 600,000 people in the U.S. undergo inguinal hernia treatment annually. The only option to fix a hernia is surgery. For adults, maintaining a healthy weight, regular exercise and avoiding heavy lifting can help prevent an inguinal hernia.

Fear of the coronavirus shouldn't keep you from scheduling an appointment for pain. At Mimbres Memorial Hospital, enhanced safety precautions continue, including:

- COVID-19 screenings for all employees, visitors and patients
- designated care areas for non-COVID-19 patients
- disinfecting procedures
- visitation restrictions

ALBERT TUONO, D.O., JOINS MIMBRES VALLEY MEDICAL GROUP



Albert Tuono, D.O.

Dr. Tuono received his medical degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. He completed his residency in general surgery at Millcreek Community Hospital/LECOM Health in Erie, Pennsylvania.

Dr. Tuono provides skilled, minimally invasive laparoscopic surgical procedures and

treatments, including:

- appendectomy
- gallbladder removal
- biopsies — liver and lymph node
- hemorrhoid surgery
- breast surgery
- hernia repair
- cysts/ganglion cyst, subcutaneous mass/lipoma removal
- IV access procedures (Mediports and Hickman catheters)
- colonoscopy and the treatment of colon conditions
- parathyroid
- evaluation and removal of skin lesions and skin cancer
- spleen surgery
- EGD to evaluate stones
- thyroid and parathyroid surgeries
- trauma surgery
- wound care

New patients are always welcome. We accept most insurance plans, however insurance may require a referral.



If you have symptoms of a hernia, schedule a consultation with Dr. Tuono by calling (575) 543-7200. Delaying a minor problem could turn into a medical emergency.

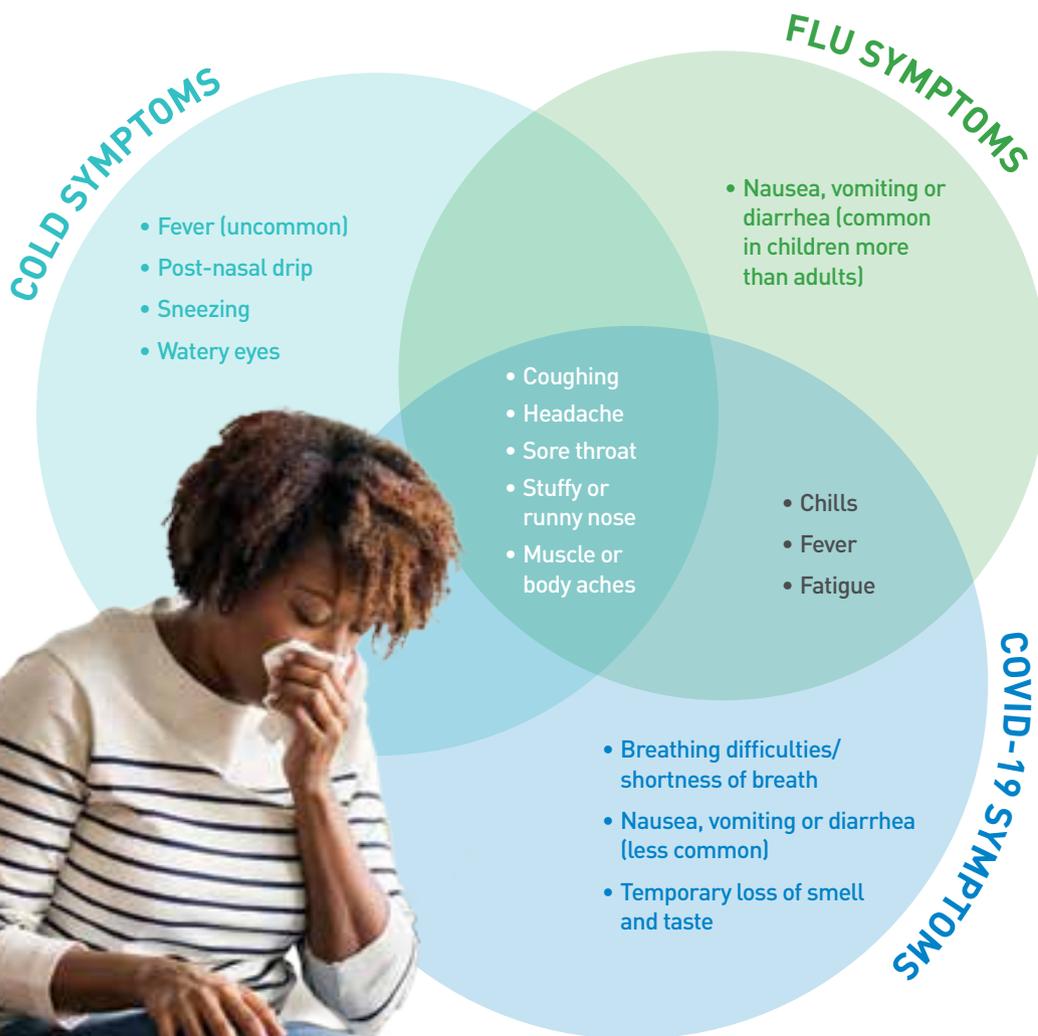
COLD VS. FLU VS. COVID-19

Staying home when you are sick is more important than ever. Recognize cold, flu and COVID-19 symptoms so you can take the appropriate action.

HOW MANY DAYS AFTER EXPOSURE DO SYMPTOMS START?

S	M	T	W	T	F	S
Cold: 2-3 days						
Flu: 1-4 days						
COVID-19: 2-14 days						

COLD VS. FLU VS. COVID-19 SYMPTOMS*



WHEN AM I CONTAGIOUS?

COLD:
From 1-7 days after symptoms

FLU:
From 1 day before to 7 days after symptoms; most contagious 3-4 days after

COVID-19:
From three days before, to two weeks after symptoms; **most contagious 48 hours before symptoms, according to emerging research**



Our ER is open, safe and ready to care for you or a loved one if you need emergency care.



We have established separate areas to care for non-COVID-19 patients. If you do experience a medical emergency, the safest thing to do is call 911 or go to the ER. Visit www.MimbresMemorial.com/ER.

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

HOW CAN I PREVENT GETTING OR SPREADING UPPER RESPIRATORY INFECTIONS?

- Avoid close contact with others, keeping at least six feet away from people.
- Cover coughs or sneezes with a tissue or your arm, dispose of tissues and wash hands immediately after blowing your nose, coughing or sneezing.
- Frequently disinfect surfaces, such as tables, doorknobs or your phone.
- Keep away from others who are sick.
- Stay home if you are sick or have been in contact with someone who is sick.
- Try to not touch your face, mouth, nose and eyes with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Wear a cloth face covering over your nose and mouth in public.

Fact:

Staying isolated from other people when you have an upper respiratory infection is essential to prevent spreading the disease.

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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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