

# HealthConnection

FROM YOUR FRIENDS AT MOUNTAINVIEW REGIONAL MEDICAL CENTER



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# Healthbriefs

## > Butter and margarine go head to head



You see them next to each other in the grocery store, but which one do you choose? And, more importantly, which type of fat is better for your heart? The decision is in: Most margarine choices are a healthier option than butter, according to the Mayo Clinic.

Because margarine is made from vegetable oils, it doesn't contain dietary cholesterol and it's higher in polyunsaturated and monounsaturated, or "good," fats, which, when substituted for saturated fats, help reduce low-density lipoprotein (LDL), or "bad" cholesterol. On the other hand, butter contains high levels of saturated fat and cholesterol because it's made from animal fat.

Buyers beware, though: Choose your margarine carefully. Solid margarine—which comes in stick form—isn't a good choice because it contains trans fat. Instead, choose soft or liquid margarine and check labels for the spread with the lowest calories, the least amount of saturated fat and no trans fat.



### Are you at risk?

Have you been checked for high cholesterol? Make an appointment with your doctor to discuss your risk factors and ways you can lower your risk.

## > Long commutes take toll on the heart

Do you have a long ride to and from work? Well, here's another drawback to the aggravation you may feel being trapped in your car: According to a study in the *American Journal of Preventive Medicine*, which looked at almost 4,300 Texas city workers, the longer you're behind the wheel during your commute, the worse your heart health. Waistlines expanded, exercise routines disappeared, and with these bad habits came higher blood pressure and excess pounds.

Even for those who did exercise, these heart disease risk factors didn't disappear, which means there's probably something to the commute itself that's harming hearts. Researchers hypothesize it could be that long-distance drivers are burning fewer calories overall and stress could be taking a toll. Researchers suggest finding other ways to add activity to your day, so don't hesitate to bring a pair of walking shoes to work and hit the sidewalks during your lunch break.



## > Could it be a pinched nerve?

Pinched nerves, which occur when too much pressure is applied to a nerve by surrounding tissues, such as bones, cartilage or muscles, can be painful and irritating. Understanding if you're at an increased risk of one day experiencing a pinched nerve is the best way to help prevent it. Here are five risk factors:

- 1 Posture.** Proper posture decreases the pressure to your spine and nerves.
- 2 Bone spurs.** Conditions like osteoarthritis can cause you to develop bone spurs. They can stiffen the spine and narrow the space where your nerves travel.
- 3 Overuse.** Activities that involve extensive use of your hands, wrists and shoulders can increase your risk of a pinched nerve.
- 4 Obesity.** Having excess weight adds more pressure from muscles and body tissue onto your nerves.
- 5 Pregnancy.** Weight gain from pregnancy can swell your nerve passages and pinch your nerves.



# Sleep and your brain

For optimal health, get your shut-eye

➤ Sleep is a time for you to rest and, hopefully, get refreshed and ready to face the new day. For your brain, sleep is a time for work.

During those blissful hours of shut-eye, your brain is playing an integral part in the maintenance of your nervous system, laying pathways to help you learn and create new memories. Some experts also think that sleep affords our brains the opportunity to rest hardworking neurons before they have a chance to malfunction. In addition, connections between neurons that aren't frequently used may finally get a chance to exercise during sleep as a way of preventing their deterioration.

If you cut your sleep sessions short (or get less than the recommended seven to eight hours), you're interrupting these vital processes and, as you probably know, making it more difficult to remember things or concentrate. You may find it more difficult to work, drive or function in general. Hallucinations and mood swings may also develop in more severe cases of sleep deprivation.

Some very preliminary research also seems to suggest that poor sleep habits may age your brain and contribute to cognitive health problems such as dementia, but more research is needed. On other, more definitive health fronts, lack of sleep has been linked to heart disease, obesity and diabetes.

## Here's to good sleep

Struggling to get that elusive sleep can be frustrating, but a good night's sleep isn't just a dream. To keep your brain in tip-top shape:

➤ **Schedule bedtime.** Going to sleep at the same time every night can help program your body into a healthy cycle.

➤ **Exercise regularly.** A good workout—if not timed too close to bedtime, or about five to six hours before you go to bed—can help you achieve a deeper sleep.


➤ **Skip the cigarettes, nicotine and alcohol,** all of which can negatively affect your quality of sleep.

➤ **Relax.** Read a book or soak in a nice, warm bath before going to sleep.

➤ **Avoid staying in bed if you can't sleep.** Find another low-key activity to do until you feel sleepy.

➤ **Keep your room cool, but not too cool.** Extreme temperatures that make you uncomfortable will keep you from getting sleep.

➤ **Wake with the sun.** It helps reset your body's internal clock. ●



While you sleep, **your brain** is playing an integral part in the **maintenance** of your **nervous system**, laying pathways to help you learn and **create new memories**.



## A message FROM OUR CEO

### DEAR FRIENDS,

**DENTEN PARK**  
Chief Executive  
Officer

As I look back on 2012, I thank you, the members of our community, who continue to support our programs and put your faith in MountainView and the community's growing family of practitioners for your healthcare needs. We know how critical having a healthcare system you can trust is, and we're proud to be that system.

I'm very excited about the new doctors and services we've brought to the area over the last year. From bariatric and reconstructive surgery to pediatrics and family services, we know that you have a place to turn for healthcare in southern New Mexico.

While we celebrated 10 years of providing services to our community, we also achieved two milestones.

By achieving chest pain accreditation for the second time through The Society of Cardiovascular Patient Care, we've assured that MountainView is the place to come when you're experiencing the signs of a heart attack.

Receiving stroke certification from The Joint Commission is another great accomplishment. Our friends and neighbors know that we're committed to looking at all aspects of the provision of healthcare services and creating an environment to provide those services in your own back yard.

Sincerely,

## Denten Park

Chief Executive Officer  
MountainView Regional Medical Center

# Avoiding exercise injuries

With the new year in full swing, the exercise craze is in full force. However, when beginning a new workout routine, it's important to avoid the most common injury—muscle



**LEO HISE, D.O.**  
Sports Medicine

strain. According to Leo Hise, D.O., sports medicine doctor at MountainView Regional Medical Center, a muscle strain occurs when a muscle is stretched too far, creating small muscle tears.

A mild injury usually doesn't limit activity and most times only causes

mild discomfort. A moderate injury, with moderate discomfort, may limit one's ability to perform high levels of activity and may cause some swelling and bruising associated with the injury. Severe injuries mean significant pain, muscle spasm, swelling and bruising.

"Rest, ice and anti-inflammatory medications are the first course of treatment," Dr. Hise says. He recommends gentle stretching after a few days' rest. Dr. Hise also says that heat is key. "By keeping the body and muscles warm, the muscle is less likely to sustain a strain type of injury."

Proper warm-up is essential to avoiding muscle strain. "Warming up prior to athletic competition or sports will help loosen the muscle and prevent injuries," Dr. Hise says. ●

*Dr. Hise is a member of the medical staff at MountainView Regional Medical Center.*



### An appointment worth making

Same- and next-day appointments may be available. Call **(575) 532-9755** for an appointment with Dr. Hise.



# For good health, eat healthy

BY FRANK FELTS, M.D., GENERAL SURGEON

➤ It's a well-known fact that our nation has a critical weight problem. More than one-third of U.S. adults—nearly 36 percent—are obese, according to the Centers for Disease Control and Prevention, and the percentage continues to climb. Being overweight or obese is linked to several chronic diseases, including heart disease, stroke, type 2 diabetes and certain types of cancer. In New Mexico, the percentage of obese adults tops 25 percent.

MountainView Regional Medical Center has resources to help you make the right choices to maintain a healthy diet, a healthy weight and good quality of life. Proper nutrition can help prevent or manage high blood pressure, high cholesterol, depression, diabetes, heart disease, sleep apnea, gallbladder disease, bone and joint disorders and certain types of cancer.

## Obesity and diabetes link

Numerous studies have documented the link between obesity and diabetes. If you already have diabetes, you know the importance of controlling your blood sugar. What you eat, when you eat and how much you eat can make a pivotal difference in your quality of life and activity level. Keeping your blood glucose levels within the desired range can help prevent the development of other health problems that are common among people with diabetes: heart attack, stroke and kidney failure, for example.

A good diet is essential to a comprehensive, preventive health plan. Even a weight loss of just 10 to 20 pounds can make a major impact.

## Nutritional counseling

People who are on a medically supervised diet for weight loss or health reasons usually see a hospital-based dietitian for individual counseling and weight management. A professional dietitian or nutritional counselor can also help design a program to aid in weight loss for patients preparing for bariatric surgery or heart surgery. If you're recovering from surgery or have high cholesterol or hypertension, your doctor may recommend that you consult with a professional dietitian to design a low-sodium, heart-healthy diet that will support goals for your recovery and long-term health.

If you're significantly overweight, your health may be at risk. MountainView Regional Medical Center may be able to help you find hope and discover a whole new and healthier you. We invite you to join Frank Felts, M.D., board-certified general surgeon, who has performed more than 2,500 weight-loss surgeries, as he shares information about this potentially life-changing procedure in a FREE educational session.\* ●

*Dr. Felts is a member of the medical staff at MountainView Regional Medical Center.*



## Free weight-loss Education Session

Call (575) 521-8860 to register for our next session. For a schedule of upcoming classes, go to [www.MountainViewWeightLoss.com](http://www.MountainViewWeightLoss.com). You can also learn more about weight-related diseases by choosing the "Health Resources" and "Interactive Tools" tab and taking the Diet Quiz or the Diabetes: Test Your Knowledge Quiz.

*\* Patient results may vary. Consult your doctor about the benefits and risks of weight-loss surgery.*

## HealthWise QUIZ

How much do you know about medication management?

> TAKE THIS QUIZ TO FIND OUT.

- 1 **According to the FDA (U.S. Food and Drug Administration), splitting pills:**
  - a. is safe for all medications
  - b. can affect the way a medication is absorbed
  - c. should never be done unless the pills are approved for splitting and you have your doctor's OK
  - d. both b and c
- 2 **Which tip is not recommended for storing medication?**
  - a. Store it in a cool, dry place.
  - b. Keep it in the original container.
  - c. Keep the cotton plug in the bottle.
  - d. none of the above
- 3 **When talking with your doctor, you should let him or her know you take:**
  - a. vitamins
  - b. over-the-counter medicines
  - c. herbal supplements
  - d. all of the above
- 4 **Which of the following drugs can interact with St. John's wort?**
  - a. blood thinners
  - b. antidepressants
  - c. pain medications (narcotics)
  - d. all of the above
- 5 **When ordering medication online, you should only purchase from a website that:**
  - a. has an FDA seal of approval
  - b. is accredited by the Verified Internet Pharmacy Practice Sites (VIPPS) program
  - c. is based in Canada
  - d. has testimonials

Answers: 1. (d) 2. (c) 3. (d) 4. (d) 5. (b)



## Coping with stroke

> You didn't see it coming, but few people who have a stroke do. And as you may know by now, surviving a stroke is only half the battle. How do you cope with a life that's forever changed?

First off, know that there are many people facing the same situation as you. Almost 800,000 people have strokes every year. Some may recover with only minor residual effects, while others are left with permanent disabilities. Learning to cope with your individual situation is critical to recovery. Here are some strategies that may help:

> **Recognize the emotions.** You'll likely go through a range of emotions, from sadness about things you may no longer be able to do, to anger about why this happened to you, to frustration with the difficulty of communicating with loved ones. All of these are normal feelings. If you're experiencing extended periods of sadness, have lost interest in

life or have thoughts of suicide, seek help immediately because these are symptoms of depression. If you're a caregiver of someone with stroke, learn to recognize the signs.

> **Work with the new you.**

Recuperating will take time and a lot of hard work, and you may not totally get back to where you were before. Set small goals for yourself and celebrate as you reach them. And don't be afraid to rest. Remain active. You may not be moving the way you used to, but don't feel embarrassed by having to use a cane or wheelchair. You need to get out, even if only for a short time. If your loved one has had a stroke, encourage him or her to meet up with friends or engage in enjoyable activities, if he or she is up to it.

> **Ask for help.** Don't be afraid to reach out to friends and family to assist with errands or just stop by for a visit. ●

# Just desserts

## Satisfying a sweet tooth—without the guilt

➤ You make it through dinner, keeping your promise to limit the calories and fat. But then comes the course that almost always gets you to cave: dessert.

Though it can be a calorie and fat trap, you don't have to skimp on the meal's finale. Instead, you need to find a way to satisfy that sweet tooth without guilt. And that's where nature's sweetest low-fat, low-calorie offering—fruit!—comes in:

- **Apple of your eye:** Slice up some apples and sprinkle with a little bit of cinnamon, then bake.
- **Layer:** Alternate layers of nonfat yogurt with fresh fruit in a parfait glass.
- **Get your calcium, too:** Keep low-fat

or nonfat fruit yogurt on hand for an afternoon pick-me-up.

➤ **The grill isn't only for meat:** Slice up peaches, bananas and pineapples and give them a little heat, which will bring out their natural sweetness.

➤ **Try an even quicker sweet fix:**

Pop open some canned fruit (canned in its own juice or water—no heavy syrup!) and enjoy.

➤ **Think heavenly:** Not all cakes are created equal. Angel food cake is a healthy option that's made even better with the addition of some fresh fruit or fruit puree on top.

➤ **Make your own icy treat:** Freeze grapes and bananas for an ice cream alternative. Choose wisely: If your dessert options are limited to a restaurant menu, look for a fruit salad or sorbet, sherbet or meringues and skip the chocolate lava cake.

➤ **Get creative:** OK, so you really want to make that brownie recipe. You can still cut down on the sugar intake by substituting equal amounts of unsweetened applesauce, or cutting the amount of sugar in half. ●



## 'V' is for vitamin

### Do your kids need vitamin supplements?

➤ Growing up, health sources touted that getting all your vitamins and minerals was your ticket to a life spent big and strong. Today, parents have a multitude of vitamin choices to help their children get all those necessary

nutrients. But does your child really need them?

It's a question with no easy answer, experts say. Research has only seemed to make things more confusing for parents. A recent study led by the National Institutes of Health found that children who could have benefited the most from vitamins often weren't getting them, and those children who didn't need them were taking them. The study also found that some children—whether their parents supplemented their diet with vitamins or not—were deficient in the nutrients vitamin D and calcium while many took in too much iron and vitamin A, leading researchers

to hypothesize that those pills may not be a good match for today's childhood diets.

#### What should you do?

The general recommendation from the American Academy of Pediatrics is that supplements are rarely needed in children ages 5 to 10 because most children can get all the vitamins and minerals they need through diet alone. But for children who may have more erratic or poor eating habits, or follow a certain diet (for example, vegetarian without dairy), a supplement may be necessary.

Start by talking with your pediatrician about your child's habits to see if a supplement might be beneficial. Your pediatrician might have other suggestions about how your child can meet nutritional goals (for example, finding alternative food sources that your child enjoys). ●



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# After breast cancer

Today there are more options than ever for treatment of breast cancer. And the even-better news is that when diagnosed early, the survival rates continue to climb. Treatment depends on the stage of the cancer, the women's overall general health and the type of tumor. Surgery, radiation, chemotherapy, hormone therapy, mastectomy and targeted therapy are all treatments used for breast cancer and many women have a combination of treatments. Breast reconstruction after mastectomy also may be considered part of the cancer treatment.



is decided upon as part of the treatment plan for a woman with breast cancer, she also should talk with her medical team and understand the options for reconstructive surgery. "It's important for a patient to consult with her surgeon and weigh all of the options carefully," says Daniel Sutphin, M.D., a plastic and reconstructive surgeon who performs reconstructive surgery at MountainView Regional Medical Center. "When it comes to breast reconstruction, there are many individual things to consider such as risk factors and the type of cancer. Reconstruction options should be discussed with your plastic surgeon prior

to the mastectomy to help ensure the best possible outcomes," Dr. Sutphin says.

**Immediate reconstruction**

This type of reconstruction begins at the time of mastectomy and is a choice for many women. Immediate post-mastectomy reconstruction has the advantage of offering psychological and aesthetic benefits. However, the immediate reconstruction surgery may require longer surgery and recovery times.

## Delayed reconstruction

In some patients, there may be signs of advanced disease or radiation therapy may be required as part of the treatment plan before any surgery is performed. If this is the case, a patient may want to delay reconstruction until after all treatments have been completed. Some women feel that delaying reconstruction gives them time to focus on treatments and fully research the type of reconstruction that best suits their needs. ●



**DANIEL SUTPHIN, M.D.**  
Plastic and Reconstructive Surgeon

*Dr. Sutphin is a member of the medical staff at MountainView Regional Medical Center.*



## Get the resources you need

Call Daniel Sutphin, M.D., with MountainView Plastic and Reconstructive Surgery, at (575) 532-1672 for more information about breast reconstruction surgery.



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