

Health Connection

A PUBLICATION OF CARLSBAD MEDICAL CENTER

A daily dose
of safety
Take care with
your prescriptions

CMC cares
for you

Therapy services
to fit your needs

Infusion services
close to home

Start your
day off right
Why breakfast is your
most important meal



Snap, crackle, pop!

What are your joints telling you?

Your body is a symphony of sounds—that cracking in your ankles, the popping in your knee. What causes these noises? Sometimes, it's just ligaments or tendons tightening and moving with a joint. For the most part, these sounds are normal and don't require any treatment.

But sometimes these noises can signal a more serious problem. A loud pop and locking of a joint can mean that torn cartilage, a piece of bone or something else has gotten caught between joint surfaces. Cracking and grinding may be a sign of arthritis. A loss of smooth cartilage and roughening of the joint surface is to blame for these noises.

JUST MAKING NOISE?

To find out whether your popping and cracking should be of concern, look for the following signs. See your physician if you have any of these symptoms:

- pain accompanying the popping
- swelling of the joint
- locking or sticking of the joint
- loss of motion or function

A JOINT EFFORT

The Arthritis Foundation and the American Academy of Orthopaedic Surgeons suggest following these tips to keep your joints healthy:

- Maintain a healthy weight.
- Stretch to increase your flexibility. Ask your physician to help you develop a regular stretching program.
- Stand up straight, shoulders back.
- When you lift heavy objects, use your legs instead of using your back. If you can't lift something yourself, ask for help.



- Alternate heavy activity such as housework, brisk walking or strenuous yardwork with rest periods.
- Wear protective gear, such as wrist, elbow or knee pads, if you're engaging in an activity where you could fall.
- Pay attention to your body. Pain may be a sign you're overworking your joints.
- Eat a well-balanced diet that includes plenty of calcium (1,200 mg a day for those over age 50; 1,000 mg for those ages 19 to 50).

Knuckle cracking: Bad to the bone?

Some people just can't resist cracking their knuckles. The cracking sound you hear is the "popping" of air bubbles when the joint is pushed or pulled a certain way. Knuckle cracking can certainly be annoying to others, but does it really make your knuckles larger? That old wives' tale hasn't been proven, but this is still a habit you should try to break, as studies point to possible soft-tissue damage in joints, a weak grip and hand swelling as a result of repeated cracking.





Janet Carbarry
Chief Executive Officer

New year, new improvements

At Carlsbad Medical Center (CMC), we're continually looking for ways to improve our facility, our services and the quality of patient care. Some enhancements you can look forward to in the near future include the remodeling of our lobby, operating rooms and labor and delivery rooms. We're also working on plans to open an urgent care clinic, which will greatly improve the quality of care we provide in our emergency room, while helping patients with nonemergency needs.

EMPOWERING YOU

Another way we're improving quality at CMC is through the educational opportunities we provide to the community. We're proud to offer programs such as Healthy Woman and Senior Circle to help you stay healthy and make well-informed healthcare decisions. Our new Senior Circle site is at 2423 Bonita, and we encourage you to stop by for a visit.

Here's looking forward to another great year at CMC!

Sincerely,

Janet Carbarry
Chief Executive Officer
Carlsbad Medical Center

CMC cares for you

Your community hospital's capabilities are extensive, providing you with quality healthcare, close to home.

They include:

- an acute care rehabilitation unit and inpatient/outpatient care; transitional care; stroke care; and occupational, physical and speech therapy
- cardiology/cardiovascular services
- cardiopulmonary services

- cardiac services, including angiography, a cath lab, angioplasty, stenting and nuclear imaging
- a Diabetes Self-Management Center
- dietary services
- an education department
- a 24-hour emergency department
- a GI/endoscopy lab
- the Healthy Woman program
- hospitalist care
- imaging services, including 64-slice CT scanner, MRI, PET/CT technology, bone densitometry, nuclear medicine, lithotripsy, ultrasound and PACS
- an inpatient rehabilitation and transitional care unit
- an intensive care unit
- a labor and delivery, Level II special care nursery
- a laboratory/blood bank
- a Level III trauma center
- medical/surgical/pediatric units

- occupational/industrial medicine
- an outpatient diagnostic center and sleep lab
- a pharmacy
- rehabilitation therapy
- the Senior Circle program
- surgical services for inpatients and outpatients
- volunteer help
- women's services
- inpatient and outpatient wound-care services



! Find health resources 24/7!

Our health resources can help keep you well. Visit www.carlsbadmedicalcenter.com to learn more about our services or to find a physician.

Comprehensive therapy to fit your needs

Carlsbad Medical Center's (CMC) Rehabilitation Services offers a wide variety of comprehensive inpatient and outpatient therapies close to home.



CMC's Rehabilitation Therapy Services provides quality outpatient treatment close to home.

INPATIENT SERVICES

Located on the third floor at CMC, the inpatient rehabilitation and transitional care units' missions are to help patients feel and function well as quickly as possible. Wellness goals are achieved through a multidisciplinary approach for inpatients who need:

- 24-hour nursing care
- hospice care
- occupational therapy
- physical therapy
- registered dietitian services
- respite care
- restorative care
- social worker care
- speech pathology

Our experienced staff treats patients with compassion and helps them become as independent as possible. Patients who benefit from our services have experienced:

- active polyarticular arthritis
- amputation
- brain injury
- burns
- congenital deformities
- hip fractures
- knee or joint replacement
- major multiple trauma
- neurological disorders
- severe or advanced osteoarthritis
- spinal cord injury
- stroke
- systemic vasculidities with joint inflammation

OUTPATIENT SERVICES

CMC's Rehabilitation Therapy Services provides quality, cost-effective outpatient services for our friends and families in southeastern New Mexico.

This one-stop, comprehensive location is the only facility in the Carlsbad area that offers occupational, physical, speech and massage therapies—all provided by licensed professionals committed to returning patients to their highest possible level of functioning. Additionally, our outpatient services aren't limited by the new Medicare therapy cap implemented January 1, 2006; services are based on what the referring physician prescribes. This allows us the freedom to help patients



reach their full potential for recovery.

In addition to offering custom splints and functional capacity assessments, we can treat:

- back and neck pain
- hand/upper extremity problems
- myofascial release
- postsurgical conditions
- sports-related injuries
- strokes/neurological diseases
- swallowing dysfunctions
- voice dysfunctions

WHAT'S NEW AT CMC

"We're proud to offer complete decongestive therapy for lymphedema patients," says Lori Hill, director of rehabilitation therapy services. "Our occupational therapist Candace Sedlacek has more than 30 years of experience and is a certified lymphedema specialist and compression garment fitter. She can measure and fit compression garments, develop patient-specific exercises and teach individualized self-care and risk-reduction practices."

! Be all that you can be!

If you need help reaching your full functioning capacity, we're here for you. CMC's Rehabilitation Therapy Services, a beautiful outpatient facility, is located at 1034 N. Spring St., just off West Pierce Street behind our Diabetes Self-Management Center. The center is open Monday through Friday, from 8 a.m. to 6 p.m. (by appointment).

HEALTHWISE QUIZ

How much do you know about exercise?

Take this quiz to find out.

1 To lose one pound, you need to burn how many calories?

- a. 500
- b. 1,500
- c. 2,500
- d. 3,500

2 A good way to measure the intensity of an exercise is to keep track of your:

- a. heart rate
- b. blood pressure
- c. sweat levels
- d. thirst intensity

3 Exercise can:

- a. reduce depression
- b. help manage type 2 diabetes
- c. boost good HDL cholesterol
- d. all of the above

4 The *minimum* amount of time you should be active every day is:

- a. 15 minutes
- b. 20 minutes
- c. 30 minutes
- d. there is no minimum

5 Which of the following exercises will *not* help you build stronger bones?

- a. running
- b. swimming
- c. lifting weights
- d. dancing

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

The kidney-heart connection

If you think kidney disease only affects your kidneys, think again. Though researchers can't fully explain the link, kidney disease is an independent risk factor for heart disease and greatly increases the risk of dying from heart problems. In fact, heart disease is the most common cause of death for the more than 20 million Americans with chronic kidney disease.

WHO GETS KIDNEY DISEASE?

Kidney disease is often called a "silent killer" because many people don't even know they have it until it reaches an advanced stage. Risk factors include being obese; smoking; and having high blood pressure, diabetes or a family history of kidney disease. Ask your physician about testing if you're at risk. If he or she suspects you may have chronic kidney disease, blood and urine samples can diagnose it.

KEEP YOUR KIDNEYS HEALTHY

If you already have kidney disease, early treatment can help keep it from getting worse. But the best method of attack is to prevent the problem in the first place. Take these steps to minimize your risk:

- **Maintain a healthy weight.** Eat healthful foods and be active every day.
- **Quit smoking.** Besides the damage it can do to your heart, smoking can interfere with medicine for high blood pressure.
- **Get your blood pressure level to 120/80 mm Hg or lower.** Start by slashing salt from your diet and getting more potassium (found in bananas, apricots and broccoli). If changing your diet doesn't help, discuss medications with your physician.
- **Control your blood sugar if you have diabetes.** Dietary changes and medication may be needed.



'Brake' for breakfast



You wouldn't take off for a road trip with no fuel in your car, so it doesn't make much sense to send your body out for the day with nothing to run on. Your tank needs breakfast.

Studies have shown that those who eat this most important meal of the day are less tired and irritable, have better concentration and are more likely to maintain a healthy weight. Not a bacon-and-eggs person? No problem. Try these

out-of-the-cereal-box suggestions from the American Dietetic Association:

- one cup of vanilla low-fat yogurt topped with whole-grain cereal and berries
- leftover veggie pizza with a piece of fruit and a glass of milk
- whole-grain toast topped with a little peanut butter and apple slices
- whole-grain waffles or pancakes topped with fresh banana
- a super-fast smoothie, made from frozen fruit and yogurt, whipped up in a blender
- a breakfast wrap (try low-sodium deli turkey, low-fat cheese and spinach in a tortilla)
- oatmeal sprinkled with cinnamon and walnuts

Ready, aim, vaccinate!

Vaccines aren't just for babies. If your child hasn't been to the pediatrician in a while, he or she may have missed some important shots. And don't forget that adults need vaccines, too! Talk

with your pediatrician about your child's specific needs and whether he or she is at high risk. And ask your own physician about *your* needs. Use this handy chart as your guide.

IMMUNIZATION	BIRTH TO AGE 6	AGES 7-18	AGES 19+
Diphtheria, tetanus, pertussis (DTap, Td/Tdap)	4 doses by 18 months; final dose at age 6	Kids need a booster at ages 11-12. For teens, ask your pediatrician if your child is up to date.	Get a Td booster every 10 years. If you're under age 65 and haven't been vaccinated with Tdap before, you need a single dose.
<i>Haemophilus influenzae</i> type b	4 doses by age 15 months		
Hepatitis A	2 doses between 12 and 23 months	High-risk kids and adults need a vaccination.	
Hepatitis B	3 doses within first 18 months of life	Ask your pediatrician if your child is up to date.	High-risk adults should be immunized.
Human papillomavirus (HPV)		3 doses are recommended for girls ages 11-12, or later if a young woman isn't up to date. Ask your physician about the pros and cons of vaccination.	
Inactivated polio virus	3 doses by 18 months	Ask your pediatrician if your child is up to date.	
Influenza	Yearly, for kids ages 6 months to 19 years		Anyone <i>can</i> get vaccinated; high-risk adults and those over age 50 <i>should</i> be.
Measles, mumps, rubella (MMR)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you haven't had this vaccine, you need it. High-risk adults need a second dose. If you were born before 1957, you're considered immune to measles and mumps.
Meningococcal (meningitis)	Ask your pediatrician if your child is high risk.	It's recommended for kids ages 11-12; otherwise, ask your pediatrician if your child is at high risk.	It's a must for high-risk groups.
Pneumococcal (pneumonia)	4 doses of pneumococcal conjugate by 15 months	High-risk kids and adults need the pneumococcal polysaccharide vaccine. Adults should get vaccinated at age 65; some older adults may need a booster.	
Rotavirus	3 doses by 6 months		
Varicella (chicken pox)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you aren't up to date and never had the chicken pox, speak with your physician.
Zoster (shingles)			Get it once, at age 60 or older.

Source: Centers for Disease Control and Prevention

Close-to-home infusion services



Summer Abdel-Megeed, M.D.
Internal Medicine Physician

If you have osteoporosis or autoimmune disorders like rheumatoid arthritis (RA), you no longer have to travel out of town to receive medication infusions. Carlsbad Medical Center and Pecos Valley Physician Group are pleased to announce that Summer Abdel-Megeed, M.D., internal medicine physician, has opened a new infusion clinic.

EFFECTIVE TREATMENT

"In treating osteoporosis, the goal is to increase bone density and strength," says Dr. Abdel-Megeed. "The medications administered help by binding calcium and vitamin D directly to the bones. When taken over time, medications decrease the risk for injury and the need for future joint replacements."

Dr. Abdel-Megeed also recommends infusion for patients who have RA. "The medication infused for RA patients can halt or slow the progression of RA by preventing further damage to the joint lining," she says. "The goal is to slow or stop the disease process and improve the patient's activities of daily living."

! Make an appointment today!

To learn more about infusion treatments or to make an appointment with Summer Abdel-Megeed, M.D., call New Mexico Internal Medicine at (575) 234-1813. The infusion clinic is at 2402 W. Pierce St., Suite 3A.



www.carlsbadmedicalcenter.com

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WINTER 2009

Health Connection

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