

CREATING

WINTER | 2020

LIFE – BETTER – HERE

A publication from San Juan Regional Medical Center

New Innovations in INTERVENTIONAL RADIOLOGY



The **FREE** Class
Changing Lives

Physical Therapist
Honored as PT of
the Year

 SAN JUAN REGIONAL
MEDICAL CENTER

Quarterly

WINTER | 2020

inside this issue



sanjuanregional.com

Ronald Rosen
Board Chair

Jeff Bourgeois
President/CEO

Suzanne Smith
Chief Nursing Officer

Robert M. Underwood, MD
Chief Medical Officer

Ruth Brooks
VP Accreditation, Professional and
Support Services

Eddie Carraro
Interim VP of Human Resources

Anne Eley, J.D. Attorney
VP Legal and Compliance

Tim Bevelacqua
Executive Director,
San Juan Health Partners

Quarterly is a publication of San Juan Regional Medical Center, and is produced by the Marketing and Communications Department.

801 West Maple Street
Farmington, New Mexico 87401
505.609.2000

Our Mission

To personalize healthcare and create enthusiasm and vitality in healing.

Our Vision

To be known as the most personalized quality healthcare provider.

Our Core Values

Sacred Trust | Personal Reverence
Thoughtful Anticipation | Team
Accountability | Creative Vitality

Stay Connected to Your Healthcare



Sign up for our Patient Portal

San Juan Regional Medical Center's patient portal empowers patients and families to stay engaged and informed about their care.

Benefits include:

- Access selected lab and radiology results
- View and request appointments
- Send secure messages to healthcare providers
- Pay your bill online safely and securely

Sign up online today: sanjuanregional.com/patientportal

The information provided in this publication is general in nature and is for information and educational purposes only. You should not use this information in place of a visit, consultation, or the advice of your physician or other healthcare provider. It is not meant to replace the advice of any physician regarding the reader's own specific medical condition(s). Neither the authors nor San Juan Regional Medical Center are liable or responsible for the consequences of any actions taken or not taken on the basis of the information provided in this magazine.



Dear Friends of SJRMC:

Happy New Year:

A new decade is upon us, and with the start of 2020 comes the renewed chance to commit to a healthy, happy future. Here at San Juan Regional Medical Center, we are dedicated to the Healthy People 2020 Initiative to build a healthier nation. The vision of Healthy People 2020 is to have a society in which all people live long, healthy lives. We believe that it all starts at the local level. That's why we are committed to **Life Better Here**.

As your community owned and operated hospital, we deliver enormous value through the specialty services we offer and programs we create to promote health and wellness of those we serve. Our **Core Values** guide the decisions we make at the local level to meet the needs that exist right here in the Four Corners region.

Sacred Trust calls on us to do the right thing for the patient, no matter what. We have expanded our services to offer the specialties you need most so you can stay close to home, because it's the right thing to do.

Personal Reverence, looking for and honoring the differences in each person, helps us to address the unique health needs of our population.

Thoughtful Anticipation teaches us to learn from everything we do and strive to make it better.

Team Accountability brings us together to harness our collective talents toward a greater goal.

Creative Vitality helps inspire our community benefit initiatives. These are free services we offer that are tailored to respond to identified health needs right here in the communities we serve.

Let's join together in making 2020 our year to build a healthier community and truly make Life Better Here for all of us.

A handwritten signature in black ink that reads "Jeff Bourgeois". The signature is fluid and cursive, with the first letters of each word being capitalized and prominent.

Jeff Bourgeois | President/CEO
jbourgeois@sjrhc.net

Please Join Us in Welcoming



Robert Burr MD, MSc, FACP, FACE
San Juan Health Partners Internal Medicine
and Specialty Services
407 South Schwartz Avenue, Suite 201
Farmington, New Mexico
505.609.6730



Clay Church MSN, FNP-C, RN
San Juan Health Partners Hospitalists
801 West Maple Street | Farmington, New Mexico
505.609.2000



Christine Graves, FNP-C
San Juan Regional Heart Center
407 South Schwartz Avenue, Suite 202
Farmington, New Mexico
505.609.6770



Walter Standridge, MD
San Juan Health Partners
Behavioral Health
555 South Schwartz Avenue
Farmington, New Mexico
505.609.6680



Our New Providers



Jaqueline Stefek, CRNA
San Juan Regional Medical Center
801 West Maple Street
Farmington, New Mexico
505.609.2000



Russell Walston, CRNA
San Juan Regional Medical Center
801 West Maple Street | Farmington, New Mexico
505.609.2000



Kelsey Wolfe, FNP-C
San Juan Regional Heart Center
407 South Schwartz Avenue, Suite 202
Farmington, New Mexico
505.609.6770



Anna Buck, FNP
San Juan Health Partners Internal
Medicine and Specialty Services
407 South Schwartz Avenue, Suite 201
Farmington, New Mexico
505.609.6730



HELPING CANCER PATIENTS WITH INTERVENTIONAL RADIOLOGY



Note from Board Chair Ron Rosen:

As your community owned and operated hospital, San Juan Regional Medical Center is committed to bringing the latest technology and medical procedures here to our region so our patients and their families don't have to travel out of the area for quality care. We are fortunate to have the only fellowship trained Vascular and Interventional Radiologist in the Four Corners performing some exciting, minimally invasive procedures as part of the exceptional cancer treatment we offer.

San Juan Regional Medical Center is proud to invest in the cutting-edge technology needed to be able to provide this high level of care for our community. Read on to learn more about what Dr. Kyle Sanders and our Radiology team are doing to truly change cancer patients' lives.

Cancer patients in the Four Corners now have more options for innovative treatment right here at home to reduce tumors and even cure some types of cancer. Dr. Kyle Sanders, a fellowship-trained Vascular and Interventional Radiologist, subspecializes in minimally invasive image guided cancer therapy of the liver, kidney and bone. He's the first and only radiologist in the Four Corners area providing these services to our community.

"San Juan Regional Medical Center has worked diligently over the last year to increase the services we provide to oncology patients in conjunction with our oncologists and radiation oncologists. It's really exciting to be here and practicing this advanced level of medicine for our community," Dr. Sanders said.

One of the new procedures Dr. Sanders is performing is liver-directed therapy for liver cancer, also known as



Radioembolization or Y90. During this minimally invasive treatment, a patient is put under conscious sedation and a catheter is inserted through a small artery near the wrist and up into the liver. A radioactive particle is administered directly to the tumor. The patient is able to go home the same day with minimal side effects, mostly flu-like symptoms, and resume their normal activities while the radioactive particle goes to work killing the tumor.

“The tumors are shrinking by more than half in under three months. It’s really exciting,” Dr. Sanders said.

This treatment is also being used for other cancers that have metastasized to the liver, including colon cancer, breast cancer, and neuroendocrine tumors.

Another procedure Dr. Sanders is performing in conjunction with urologists in the area has seen high cure rates for smaller renal tumors. He places a small probe into the tumor in the kidney under CT guidance and freezes or burns the tumor. The treatment only takes about 20 minutes

and the patient is able to go home the same day with almost no side effects. **This treatment cures the cancer in 96 percent of the cases.**

“Rarely do we ever have to retreat these patients,” Dr. Sanders said. “So in one session in radiology they are cured from a cancer and they can live their lives not worried about having a cancer anymore.”

Until Dr. Sanders started performing these cutting-edge treatments, cancer patients would have to travel to Albuquerque, Denver or Phoenix for these services. This puts a strain on patients to have to travel when they’re not feeling well, as well as a strain on their families. That burden can now be lifted.

“We can provide the same quality of service right here in our local community that you would otherwise have to go to a university hospital to get,” Dr. Sanders said. “San Juan Regional has made sure we have the latest, greatest equipment to provide this kind of patient care.”

A LIFESTYLE BALANCE SUCCESS STORY

8



“The quality of my life has changed completely”

Sharon Stagnaro-Purcella has more energy today than she did five years ago. She doesn't get winded when walking, barely needs to use her inhaler for her asthma and her eyesight has improved so much, she had to get a new prescription for her glasses. Did we mention that she also lost a whopping 55 pounds in less than a year? She did it all with the help of San Juan Regional Medical Center's Lifestyle Balance program. This free, ten month National Diabetes Prevention Program supports those at high risk for type 2 diabetes through small, personalized classes. During this time, participants learn how to incorporate physical activity and healthy eating into their daily lives, which can greatly reduce their risk of type 2 diabetes and enable them to play an active role in managing their health. Here's Sharon's story:

I first heard about the Lifestyle Balance program when I went to my doctor's office for a checkup. My A1C level was elevated and I would have to go on medication or make changes to lower my A1C. I didn't know if I could do it on my own. I might need some support. So I was very interested in the program and even though it was a big commitment, I decided that my health was worth it.

When I went to the first class, I realized that all the other people there had the same issues that I did, and so you don't feel alone. There was a lot of support from the staff and the other people who were involved in the class. I learned about not only looking at the amount of calories you take in every day, but looking at the amount of fat grams you take in, and that based on your weight, you are only supposed to take in a certain amount of fat grams per day. I learned about packaging and how to make sense of food labels. The other important thing is to get some exercise every day. So I started looking at my fat grams, looking at my calories, looking at foods in the store that I liked that met the criteria, then doing the exercise. I have a treadmill at home, so I started on the treadmill.

At first, five minutes was a lot for me. My pace was really slow but I worked up to it and now I do

two miles every day on the treadmill. The first month of the program I lost ten pounds.

The changes that I made have affected me in a lot of ways. When I started the program my A1C was 6.3. After I lost the first ten pounds, it was 6.0. The last time I had it read it was 5.2. I was taking blood pressure medication and also cholesterol medication. When I saw my doctor in September she cut the medications in half and when I go see her next, if the numbers are still good, she is taking me off the medications completely. My oxygen levels were on the low side. They are now up in the 97, 98, 99 range. I sleep better. I have a lot more energy to be able to do things that I enjoy. The quality of my life has changed completely.

The advice I would give to anybody about the class is that it is a commitment, a commitment of time and a commitment of effort. It is a ten month class and that seems like a huge amount of time when you are first starting, but it goes by very quickly actually. How many times are you going to have this opportunity to have the kind of support? I think we all should give ourselves a gift now and then, and I look at this as a gift I was able to give myself. The benefits of this gift for me have been tremendous. For me, and for anybody who seriously wants to change the quality of their life and their health, I think the commitment and the effort is well worth the benefits you get from the class.

One in three American adults is at risk for pre-diabetes. Are you? Risk factors include:

- Family history of Type 2 diabetes
- Overweight
- 45 years of age or older
- Physically active less than 3 times a week
- History of gestational diabetes or gave birth to a baby weighing 9 pounds or more

Lifestyle Balance classes begin in February. To register or for more information, call 505.609.2867

TAKING CARE OF YOU

The Importance of Well-Women's Exams

As caregivers, women often focus on taking care of everyone else in their family except for themselves. It's important that women take the time to focus on their own health and schedule a well-woman exam once a year. This exam is a head-to-toe physical designed especially for women and can be done with a primary care provider, OB-GYN or midwife. San Juan Health Partners Midwifery and Women's Health provides well-woman exams personalized to each patient and their life stage.

"We help women across the spectrum and try to meet our patients wherever they are," said Certified Nurse Midwife Hannah Cronbaugh. "As a midwife, my job is women's health as a whole, which covers everything from birth control to annual exams to general check-ins, prenatal care, delivery, STI testing and health labs through a woman's lifespan."

A typical well-woman exam may include a physical, a breast exam, pelvic exam and lab draws.

"Annual exams are that time when we can help you set goals. For example, if your goal is to be healthy, part of that might consist of checking your cholesterol levels through a lab draw. Getting your test results and knowing your numbers is just a piece of your health and helps us to provide more individualized goal counseling," said Cronbaugh.

The midwives also provide education to make sure each woman is getting the information they need to meet their health goals for their particular life stage – whether that means planning for birth control, pregnancy or menopause.

One of the most important education pieces they share is self-breast awareness. They go over what women should be doing at home to feel for any lumps or bumps and also make sure women pay attention to what the skin around their breasts looks like, so they will notice if there are any changes.

"So many women don't do it, and unfortunately I catch breast cancer sadly more often than I like. It starts with that piece, having that education," Cronbaugh said.

While the midwives focus on education and prevention measures that will help keep women healthy, their ultimate goal is to serve their patients by providing them with the support and resources they need.

"What I want to tell women is that I am here for you and whatever you need for your health," Cronbaugh said. "I am here to support you and your goals."

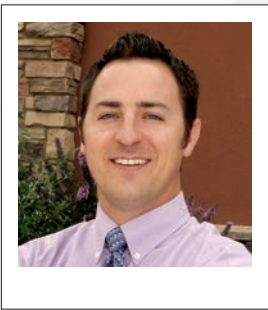
Schedule your well-woman exam with San Juan Health Partners Midwifery and Women's Health.
Call 505.609.2590

Open Monday through Friday, 8:00 a.m. to 5:00 p.m.

 **SAN JUAN**
HEALTH PARTNERS
Midwifery and Women's Health

655 West Piñon Street | Farmington, NM

What Every Parent Should Know About *Immunizations*



It's not easy to watch your child get a shot. It's even harder if you have questions or fears about vaccinations. San Juan Health Partners Pediatrics Nurse Practitioner Jonathan Palmer discusses the importance of vaccinating your children not only for their safety – **but for the community as a whole.**

Don't vaccines cause harmful side effects and illnesses?

None of the vaccinations can cause disease. It can make you have a little fever as your immune system responds to it, and make you feel a little sick, and that's normal, it means you have a robust immune system. Some people are hesitant to vaccinate because they really don't understand how the immune system works. Isn't it incredible how our immune systems can protect us?

How dangerous is it if I don't vaccinate my child?

The fact is children die of these diseases, they did in the past and they still can today. We are preventing these diseases with these vaccines. Also thinking in terms of the global community would be very socially responsible. If you want to protect the old, the vulnerable, the young, it's so important for everyone to be vaccinated. Preventing the resurgence of the diseases that literally crippled many in our grandparent's generation is very serious.

Is the flu vaccine really necessary?

The flu has the potential to kill more people worldwide than any of the other things we vaccinate for. It accounts for more winter time illness with major complications and even death than anything else. And yet there's some major hesitancy, even among healthcare workers. That is very concerning. It's critically important to understand that the flu vaccine cannot cause the flu. We highly encourage everyone to get the flu vaccine.

I've heard that vaccinations can lead to autism. Is that true?

There is no link between vaccines and autism. Signs of autism are typically seen at around 18-24 months and we are doing most of the childhood vaccines between two months old and two years old, when the kids are at highest risk for these disease. That's when we are seeing autism emerge in these young children. It just so happens they are getting vaccinated at that same time, but correlation does not imply causation. There is no link. In fact, a new study showed a high rate of autism in children that are not vaccinated.

What vaccinations should my older children get?

The ones that are sometimes forgotten are vaccines given to teenagers. One of the big ones is a booster of a TDAP. Those wear off over time. We see outbreaks of pertussis all the time, the 100 day cough. Another one is the human papilloma virus vaccination. That's one we really encourage even though the schools don't require it. We look at it as a cancer preventer. We spend billions of dollars trying to cure cancer and we have one of the preventions or cures for certain types of cancer. We encourage everyone to get that, both boys and girls.

What do you recommend as a provider?

I'm a parent of five children. My wife and I have vaccinated all of them. I recommend following the CDC guidelines and decades of research. Please get your children fully vaccinated.

For more information on vaccinating your children, please talk to your pediatric provider. San Juan Health Partners Pediatrics is accepting new patients. To schedule an appointment, **Call 505.609.6700.**



407 South Schwartz Avenue, Suite 102 | Farmington, NM

LOVE YOUR SPINE

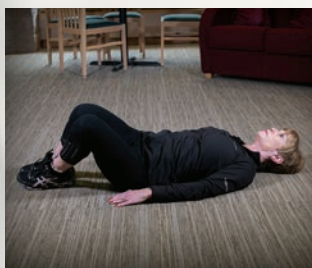
SIMPLE STRETCHES to STRENGTHEN YOUR BACK

Whether you're feeling a little stiff or experiencing more persistent back pain, our physical therapists share some quick and easy stretches that you can do at home or in your office to improve your mobility and control, decompress your spine, and strengthen your back muscles.

For spine mobility and control:

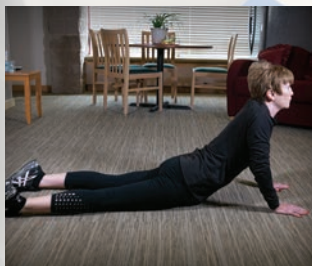


The "Cat" Stretch: Position yourself comfortably on your hands and knees. With your spine in a neutral position, gradually arch your back up into flexion and drop your head. Slowly lower your back (extension) and raise your head up to look forward. Repeat for 5-10 repetitions.



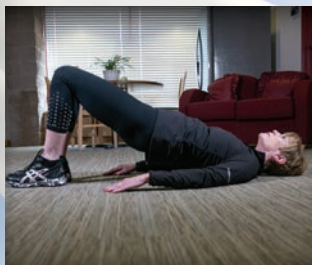
Lower Trunk Rotation: lay on your back with knees bent. Gradually lower legs to one side then bring them back to center then gradually let them go to the other side. Only move hips and knees as far as your back will let you move.

Repeat for 5-10 repetitions.



Prone Press Up: To help decompress the spine, lay on your stomach in a comfortable position with your head resting on your hands. If you can, go up onto your elbows. Hold this position for about 30 seconds. To extend the stretch further,

increase your extension by pushing up onto your hands. Hold to tolerance or 30 seconds. Bring back down to your elbows then with your head on hands.



The Bridge: A simple bridge can help bring in your abdominal, back and leg muscles to help support your pelvis and spine. Lay on your back with your knees bent. Engage your abdominal muscles and push your heels

into the floor to lift and control your hips as they rise up. Hold this and bring it back down. Then repeat 5-10 times.

To strengthen your back muscles:



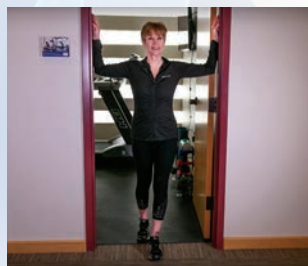
Bird dog: lift one arm then lift the opposite leg while trying to keep your spine in a neutral position. Bring arm and leg down and switch to the other side. Try to keep good spine control and stay balanced on your hands and knees.

Alternate 5 per side up to 10 reps.

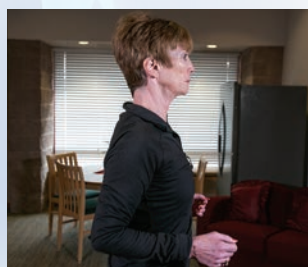
Better lifting technique:

To go from a sitting to a standing position, here is a technique to better lift with your legs and not your back. Keeping a neutral spine position, lean forward at the hips with your nose leaning toward your toes. Push through the heels and drive straight upward, keep your chest up, looking forward.

Tips for the office:



Doorway stretch: stand up with your arms holding the sides of the door. Step comfortably through the door while keeping your arms supported on the door frames. Hold for about 10-30 seconds. Take a deep breath, step back out and switch legs then step back through the door.



Shoulder Blade Squeeze: Stand up tall. Pull your shoulder blades back and down. Pinch them together, then relax them. This helps with posture, stress and fatigue. Repeat 15 to 20 times every few hours or so. This

helps break up your workday posture and helps increase muscle activation in your shoulder blades and low back.



407 South Schwartz Avenue, Suite 101 | Farmington, NM
505.609.6595

PHYSICAL THERAPIST OF THE YEAR

14

When you talk to San Juan Regional Medical Center Doctor of Physical Therapy Todd Thomas, it's evident that he has a passion for physical therapy. It's been his calling and life's work for the past 18 years. That passion led to Thomas' recognition as PT of the Year by the New Mexico Chapter of the American Physical Therapy Association (NMAPTA) in September.

"It's a huge honor," Thomas said. **"It's an incentive to try to meet the expectations of what this award means. To go and continue to try to find new ways to help the people in our community, and to help others understand what our profession does and how we can help them."**

Thomas didn't always know he wanted to be a physical therapist. He knew he wanted to help people improve their lives, so his plan was to become an educator and coach. Once he started taking college courses and he learned about physical therapy, his life turned in a new direction.

"I decided that it was going to be the best way for me to not only be an educator, but also to be able to provide opportunities for people to become better at whatever it was they were trying to do and also recover from things that they were dealing with in their lives," Thomas said.

Thomas received his Master of Physical Therapy from the University of Utah in 2001 and attained his transitional Doctor of Physical Therapy degree from AT Still University in 2019. He has served patients at San Juan Regional Medical Center for 16 years, where he has been instrumental in building the Total Joint and Spine Programs. He currently serves as a site coordinator and supervisor for the acute care rehabilitation team, which consists of physical therapists, occupational therapists, speech language pathologists and wound care nurses.

"Todd is an example of excellence. He is intelligent, personable, and well liked," said Anne Price, PT, DPT, Rehabilitation Department Manager. "He always goes above and beyond for his family, his team and his patients, and demonstrates dedication to his profession on a daily basis."

His dedication to physical therapy has included serving on the board of directors for the NMAPTA and taking an active role in NMAPTA policies and events. He is also a member of the national Special Interest Group for total joint replacements with the American Physical Therapy Association. Volunteering means a lot to Thomas, as evidenced by his many community outreach activities. He teaches community education classes and spent eight years as a regular on the football sidelines with local schools, providing injury assessment and treatment for multiple sports. He is a bishop in his church congregation, where he has been involved in youth programs for several years.

In all that Thomas does, he cares. It's that care and commitment to his community and his patients that led to Thomas' recognition as Physical Therapist of the Year – a fitting honor for someone who has given, and continues to give, so much to others.

"The greatest satisfaction that comes from this job is to be able to see anyone who suffers an injury or goes through a surgery recover and leave this hospital empowered to become the person that they want to," Thomas said. "We help everyone try to keep the motion and function in their life for as long as we can. That's the greatest thing we do here."

Your Community Health and Wellness Resources

Free Childbirth Education Classes

Call 505.609.2134 or visit us online at sanjuanregional.com for dates, times, and locations or for more information.

Healthy Pregnancy Class <i>(by appointment only)</i>	Baby Care 101
Childbirth Preparation Series	Breastfeeding I: The Basics
Childbirth Preparation for Teens <i>(by appointment only)</i>	Car Seat Safety
Cesarean Childbirth Preparation <i>(by appointment only)</i>	Sibling Class
Accelerated/Refresher Childbirth Class	



15

Other health classes, tours, and wellness screenings

Childbirth Center Tour: Call 505.609.6189 to check availability and to schedule a tour.

Diabetes Education Classes: Held at the Bonnie Dallas Senior Center. Call 505.609.2867 for more information.

MammaCare Breast Self-Exam Training: Call 505.609.6089 to find out more about this research-based method of Breast Self-Exam.

Support, Information, and Resource Groups

Alzheimer's Support Group: Meets the first and third Tuesday of each month from 12:00 p.m. to 1:30 p.m. Skills for Dementia Caregivers is held every six weeks. Call Waldon Lynch at 505.629.3781 for specific dates. All meetings are at the San Juan Center for Independence Conference Room [1204 San Juan Blvd].

Aphasia Support Group: Meets the second Wednesday of each month from noon to 1:30 p.m. at Applebee's [4601 East Main Street]. Call Joyce Lameire at 505.330.5256 for more information.

Better Breathers Club: Meets the first Monday of each month at 1:30 p.m. in the Cardiac Rehabilitation Gym at San Juan Regional Medical Center [801 West Maple Street]. Call 505.609.6148 for more information.

Breast Cancer Support Group: Meets the second Wednesday of every month at noon at the San Juan Regional Cancer Center [731 West Animas Street]. Call 505.609.6089 for more information.

Four Corners Women's Cancer Support Group: Meets the first Saturday of each month at 10:00 a.m. at the San Juan Regional Cancer Center [731 West Animas Street]. Call 505.609.6089 for more information.

"Lean on Me" MS Support Group: Meets the second Tuesday of each month at 1:00 p.m. at the Aztec Restaurant. Call Donna at 505.334.3316 for more information.

Men's Cancer Support Group: Meets the third Wednesday of the month from 10:00 a.m. to 11:00 a.m. at the San Juan Regional Cancer Center [731 West Animas Street]. For more information call 505.609.6089.

Ostomy Support Group: Meets the second Thursday of the month from 5:30 p.m. to 7:00 p.m. in the San Juan Health Partners Conference Room [407 South Schwartz]. For more information call 505.609.2060.

Parkinson's Support Group and Exercise Classes: Support group meets the first Tuesday of the month from 1:00 p.m. to 2:00 p.m. at Pinon Hills Community Church Adult Learning Center Room 2A [5101 North Dustin Avenue]. Weekly exercise classes held Wednesdays from 10:00 a.m. to 11:00 a.m. at the San Juan Center for Independence [1204 San Juan Boulevard]. Call Wendy Bircher at 505.803.5636 for details.

Stroke Support Group: Meets the third Saturday of the month from 10:00 a.m. to 11:00 a.m. at the San Juan Center for Independence [1204 San Juan Blvd.]. Call Don Sisson at 505.320.8452 for more information.

Stuttering Support Group: Meets the second Tuesday of the month at 5:00 p.m. at San Juan Regional Medical Center Adult Rehabilitation Outpatient Center [301 South Auburn]. Call John Cochran at 505.609.6575 for details.

Tobacco Cessation Assistance: The New Mexico Department of Health provides 24/7 assistance with its 1.800.QUITNOW hotline and online at QuitNowNM.com.

Visit us online for more detailed descriptions of all of our support, information, and resource groups at: sanjuanregional.com/classes-community/support-groups



Back to adventure.



For over 25 years, Melissa Dewees suffered from debilitating back pain. She consulted with specialists across the Four Corners, each telling her they could only provide temporary relief.

Dr. Davis, trusted neurosurgeon, at San Juan Regional Spine Center was the first to provide a long-term solution. Melissa was able to receive better care here at home and can now be found fully embracing all of life's adventures.

SanJuanRegional.com | 505.609.6595 | **Life. Better. Here.**



A Division of San Juan Regional Medical Center.