

Gila Regional's

Wellness Companion

Your Partner in Health

The New Middle-Aged Health Threat: Colorectal Cancer

IN MOST CASES, YOUR DOCTOR WON'T BRING UP THE WORD "COLONOSCOPY" UNTIL you've reached your 50th birthday. This screening test has cut colorectal cancer rates in older adults in the past two decades. But the opposite—an uptick—has occurred among younger patients.

In fact, a new study suggests by the year 2030, more than one in 10 colon cancer and almost one in four rectal cancer cases will strike those younger than age 50. That's up from 5 percent and 10 percent in 2010. And those ages 20 to 34 face the steepest increase: Their rate of colon cancer will rise 90 percent and rectal cancer 124 percent, the researchers predict.

WHAT'S BEHIND THE YOUTHFUL TREND

Doctors can't give a clear explanation for this shift. Older adults' cancer rates are likely declining because more of them than ever now get colonoscopies. But these screenings

L to R: Joe Kellerman and David J. Friedman, M.D., F.A.C.S., of Gila Surgical Services



aren't recommended for most younger adults without a relevant family history.

Other factors must lie beneath the higher rates. Obesity, lack of exercise, and a traditional Western diet deserve consideration. All increase the risk for malignancies, and all seem to be on the rise among younger generations of Americans.

AGELESS TIPS TO REDUCE RISK

Fortunately, lifestyle changes can go a long way toward reducing your risk of colorectal cancer at any age. Here's how:

- **Don't smoke.** Cigarettes have been linked to adenomas, growths that can become cancerous. If you smoke, these growths are likely to recur even after you have surgery.
- **Lose weight, if needed.** Extra pounds boost your risk of developing—and dying from—the disease.
- **Move more.** Moderate physical activity can also reduce your risk of developing this type of cancer.
- **Ask about screenings.** In some cases, your doctor may advise beginning colonoscopies at a younger age. Conditions such as colitis or Crohn's disease, or a family history of colorectal cancer, may warrant an earlier start.

"If colorectal cancer runs in a family, screenings should begin at age 40, or 10 years earlier than the youngest age of colon cancer diagnosis for any affected relative," says David J. Friedman, M.D., F.A.C.S., General Surgeon at Gila Regional Medical Center (GRMC).

Remember that all screenings have benefits and risks, and your medical team can help you decide what's right for you.

➡ To make an appointment with Dr. Friedman at Gila Surgical Services, call **575-538-4187**. To learn more about this practice, please email marketing@grmc.org or write to GRMC Marketing, 1313 East 32nd Street, Silver City, NM 88061.



**Gila Regional
Medical Center**

www.grmc.org Fall 2015

COLON CANCER - GET SCREENED

Early detection can improve your chance of survival

Possible Signs and Symptoms to Watch For

Bowel Irregularities

Diarrhea, constipation, or feeling that your bowel does not empty completely, lasting for more than a few days

Unexplained Weight Loss

You experience constant weight loss in spite of healthy diet and food

Abdominal Discomfort

Frequent gas pains, bloating, fullness, and/or cramps

Constant Fatigue

You feel weak and have low energy

Stools

Stools are narrower than usual

Blood

You see blood in your stools



Colon Cancer Strikes **1 in 20** - Both Men and Women Are at Equal Risk!



Screening should begin at age 50 or at a younger age if there is a family history of colon cancer.

Colonoscopies can detect colon cancer early, which allows for more effective treatment.

Enhanced Imaging Procedures Now at GRMC

OVER THE YEARS, GRMC HAS RISEN TO THE TOP AS A HEALTH CARE PROVIDER in Southwest New Mexico and has set itself apart from typical rural hospitals by providing state-of-the-art technology and care. Recently, GRMC has increased its capabilities even further with the addition of a new fluoroscopy machine.

The new machine allows caregivers to view X-rays in real-time, moving images of organ systems, bones, joints, and muscles, which will increase accuracy for all available procedures. The machine has an expanded weight limit, opening up these procedures to a whole new demographic. The machine is also safer than previous equipment, as it uses a lower dosage of radiation and is far more efficient.

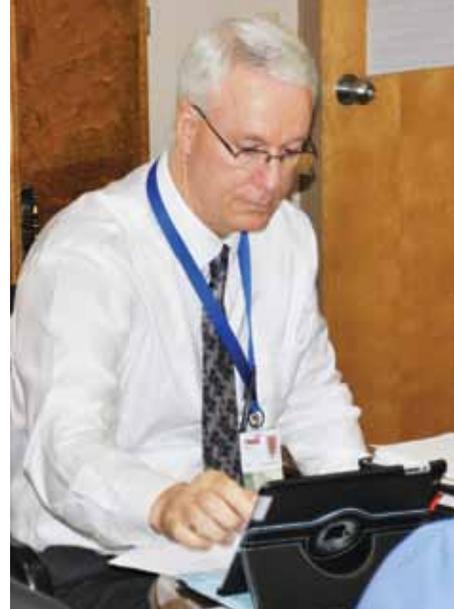
What does this mean for patients? The new machine will allow computed tomography (CT) scans, magnetic resonance imaging (MRI) scans, and some invasive surgeries to be replaced with imaging procedures that are minimally invasive and less costly. In turn, this will reduce patient wait times, improve scheduling, and minimize the stress of surgery, all resulting in decreased patient anxiety.

“GRMC’s Imaging Department remains on the cutting edge with the installation of the new fluoroscopy machine,” says Ray Goellner, Chief of Clinical Services at GRMC. With state-of-the-art equipment and exceptional care, GRMC is on its way to building the best rural hospital in the country for the community it serves.

Mark Munoz, Radiology Tech IV, is shown here with GRMC’s new Apollo EZ fluoroscopy machine.



➤ The Imaging Department at GRMC offers an array of powerful medical imaging technologies that allow for testing that is more effective and less invasive, all without leaving the community. For more information about GRMC’s Imaging Department, please visit www.grmc.org/Our-Services.



GRMC’s Commitment

As we continue to navigate through this challenging health care environment, GRMC’s commitment to the “Triple Aim” of health care—Improve the patient experience (patient care, quality, and satisfaction), Improve the health of populations (the communities we serve), Reduce the overall cost of health care—has never been stronger.

Our approach to achieving this Triple Aim includes collaborating with our medical practitioners, our patients, and our community members—as well as seeking input from industry experts—to develop a community-wide Clinically Integrated Network (CIN).

The CIN concept represents true, high-level collaboration, with the ultimate goal of further coordinating and improving the care delivered to the communities we serve.

The CIN is a critically important project for the long-term sustainability of GRMC in this health care environment. Please keep an eye out for further information and details.

In Service,

A handwritten signature in black ink that reads "Brian Cunningham".

Brian Cunningham, CEO

Health Talk: Prevention at Your Fingertips

Thursday, October 15, 1 to 2 p.m.
GRMC Conference Room

Join us for FREE information about breast cancer prevention, detection, and self-examination.

Mammo Baskets

October is National Breast Cancer Awareness Month. Schedule a mammography appointment at GRMC in October and be entered to win a gift basket.

Rope 4 Hope

Saturday and Sunday, October 31 and November 1

Saddle up and come out to the Rope 4 Hope rodeo! Help raise funds and show support for those in the community burdened by cancer treatment. For more information, visit www.rope4hope.org.

Light Up a Life

Thursday, December 3, 5:30 p.m.
Gila Regional Main Entrance

Honor the memory of loved ones by hanging their pictures on our memorial trees.

For more information about these or other events, email marketing@grmc.org or write to GRMC Marketing, 1313 East 32nd Street, Silver City, NM 88061.

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Auxiliary Wishlist Initiative Provides New Mammography Gowns

THE GRMC AUXILIARY HAS PROVEN TIME AND TIME AGAIN TO BE A VITAL PART of the care offered at GRMC. One way the auxiliary contributes is through its Wishlist Initiative.

The Wishlist Initiative was created as a means to aid the hospital in meeting the needs of patients. When a department has a need that is outside its budget, it is given the chance to place that need on the wishlist.

In spring of this year, the GRMC Auxiliary provided the Imaging Department with brand-new mammography gowns for patients. "We appreciate what the auxiliary has done for us," says Donna Bevill, Mammography Tech. "Patients love how long and comfortable these gowns are."

The GRMC Auxiliary is integral to the work of GRMC, dedicating thousands of volunteer hours to make the patient experience as positive as possible.

➤ **The GRMC Auxiliary is looking for passionate, dedicated volunteers to become a part of its team. For more information on the GRMC Auxiliary, send your name and mailing address to marketing@grmc.org or write to GRMC Marketing, 1313 East 32nd Street, Silver City, NM 88061.**



L to R: Donna Bevill, Mammography Tech, and Patsy Miller, GRMC Auxiliary member