

When Life's Emergencies **Can't Wait**



Did you know the average patient in a U.S. emergency room spends more than three hours waiting for treatment?

At Lea Regional Medical Center, we understand there are ways you'd rather spend time—that's why we recently expanded and renovated our emergency department (ED).

"A big part of the renovation is the new Fast Track program, which eliminates hours of waiting in the ED," says Cece Wilmes, RN, ADN, BSOM, director of emergency services at Lea Regional. "Patients who visit the ED on the weekend with non-emergent conditions such as simple sprains, sore throats, or flu can be seen quickly by a designated Fast Track physician or nurse practitioner and receive thorough care."

Physicians are on-site 24 hours a day, 7 days a week to provide expert treatment for

urgent illnesses and injuries. Two designated trauma rooms convert into operating rooms to accommodate patients who need emergency surgery or stabilization due to major accidents.

Additional features of the expanded ED include:

- two new entrances for greater accessibility
- a spacious new waiting area
- vending and triage areas
- 10 exams rooms
- a centralized nursing station

When you have an emergency, Lea Regional is Here For You.

For more information about Lea Regional's ED, contact Cece Wilmes at (505) 492-5234.

Are You Getting a **Good Night's Sleep?**

Tired of waking up tired? Lea Regional Medical Center's new Sleep Center is here to take care of your nighttime needs.

As many as 40 million Americans suffer from sleep disorders, according to the U.S. Food and Drug Administration—and lack of sleep can have serious effects on your health. Sleep disorders are linked to obesity, heart disease, and stroke.

"A good night's sleep is important for both the mind and body," says Ruben Rosalez, director of respiratory therapy at Lea Regional. "If you feel tired and restless in the morning, see your doctor to get to the root of the problem."

GET YOUR ZZZS

If your doctor suspects you have a sleep disorder, a sleep study may be recommended. During an overnight

sleep study at the LRMC Sleep Center, specially trained staff record your brain waves, heartbeat, eye movements, muscle tension, breathing efforts, and blood oxygen levels while you sleep. The results determine if you have a sleep disorder and the kind of treatment that will help you the most.

"Patients can check in during the evening and have the sleep study completed by the following morning," says Rosalez. "You no longer have to drive 100 miles to receive care—our Sleep Center is here to serve our community."

For more information on the LRMC Sleep Center, visit www.learegional.com or call Ruben Rosalez at (505) 492-5293.



calendar of events

Cancer Support Group
February 1 & 15, March 1 & 15
Lea Regional: Education
Room A, 7 p.m.

For more information, call Virginia at (505) 393-2639.

Al-Anon Support Group
February 8 & 22, March 8 & 22
Lea Regional: Education
Room A, 7 p.m.

For more information, call Betty at (505) 393-8086.

Driving Good Health Event
Diabetes and Asthma Testing
March 3
Wal-Mart: 8:30–10:30 a.m.

For more Driving Good Health events, log on to www.learegional.com and look for the van link.

Driving Good Health Event
Blood Sugar Testing
March 13
Wal-Mart: 8:30–10:30 a.m.



Si desea recibir su copia de *Hometown Health* en español, llame al (505) 492-5577.



LEA REGIONAL MEDICAL CENTER

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HOMETOWN health

HERE FOR YOU Winter 2007



LEA REGIONAL MEDICAL CENTER

Extra, Extra **Read All about It**



Are you searching for the latest health information for your family or where to turn when you need quality health care? From information about new doctors, advanced technology, everyday health topics, and a calendar of health events, our new publication, *Hometown Health*, may be just what the doctor ordered.

"*Hometown Health* will provide our community with information about Lea Regional Medical Center and the quality services we offer," says Edmundo Castaneda, CEO of Lea Regional. "We are proud of our medical center, and we want everyone to know they don't have to travel to get quality health care—it's right here in Lea County."

The premiere issue focuses on new renovations in women's services, the benefits of visiting our Sleep Center, and how our newly renovated emergency department is ready to handle your next urgent situation.

We also spotlight Arnett Carraby, MD, a new ophthalmologist in our community, and offer helpful advice on cholesterol checkups, the power of prayer, and the importance of following your doctor's orders.

"*Hometown Health* is designed to bring you up to date on hospital activities and your health," says Dave Trudell, director of marketing and business development for Lea Regional. "We have a dedicated team of physicians, nurses, and staff, and we want the public to know that we are here to serve."

We hope you enjoy the first of many great issues of *Hometown Health*. Please let us know what you think about the publication and what you would like to learn about in future issues by contacting Ashley Graves at ashley.graves@triadhospitals.com.



The Ups and Downs of Cholesterol

Concerned about the recent spike in cholesterol numbers? It could be related to the seasons.

During the winter, your cholesterol levels may naturally rise due to less water in your blood. As a result, blood cholesterol is slightly more concentrated, which can cause a higher than average cholesterol score. During the summer, your cholesterol levels could drop to lower than average levels, too.

As a result, it's important to have your blood cholesterol checked several times each year, including at least once during periods where your cholesterol has leveled off, such as spring or fall. For best results, consider having these tests performed at Lea Regional Medical Center, the only lab provider in Lea County that offers a comprehensive microbiology department and is accredited by the College of American Pathologists, which helps ensure a more reliable and accurate result.

Ask your physician to refer you to the lab services at Lea Regional Medical Center.

Just Following Orders

For many of us, it can be difficult to follow orders, but following your doctor's orders usually provides a better chance of healing or regaining your health. Here's why:

- **Timing is everything.** Doctors take into account factors that determine how well your medication will work, including how quickly it is absorbed into the bloodstream and eliminated from your body.
- **Some things don't mix.** Your doctor knows which medication combinations can be harmful, so following specific orders can save you from a trip to the emergency department.
- **Too much of a good thing.** With many medications, there comes a point when increasing the dosage may do more harm than good. By following your doctor's orders, you can reduce the risk of an overdose or adverse side effects.



Enhanced Care for Mother and Baby

Lea Regional Medical Center is pleased to announce a project that will revolutionize patient care in the women's services department.

In late 2006, the entire women's services department began undergoing a renovation process that will enhance the care for both mothers and newborns. The \$8 million project will add new patient rooms and two surgical suites to eliminate the need to transport patients to other parts of the medical center for Cesarean sections.

"At Lea Regional, we strive to provide advanced care," says Melonie Ankerholz, interim chief nursing officer. "The services we will provide once the renovations are complete will remain the same, but will be delivered in a more modern and up-to-date manner."

PATIENT-CENTERED

Currently, the women's services department offers six labor, delivery, recovery, and postpartum (LDRP) rooms. After the renovations are complete, there will be seven completely private LDRP rooms for patients to use before, during, and after giving birth. In addition, enhanced security measures will be taken to ensure every baby's safety.

"Parents of newborns at Lea Regional can rest assured knowing their newborns are protected by the latest and greatest in monitoring systems," says Steven Henderson, chief operating officer. "The baby security system will feature wristbands for each newborn that will trigger alarms if a baby is removed from the nursery or taken near an exit without following proper protocol."

Another measure in place to provide the most advanced care is the team of nurses assigned to each mother and baby. From the time a pregnant mother is admitted to the time she leaves the Medical Center with her newborn, a set of nurses will oversee their health care.

"We believe in keeping mothers and their babies together as much as possible so they may begin the bonding process immediately," says Ankerholz. "This method of care will not only increase invaluable bonding time, but will also enhance the continuity of care our patients receive."

SINCERE SERVICE

Lea Regional is the only provider of high-quality LDRP care for mothers and babies in Lea County and surrounding areas, and with the new upgrades, the Medical Center will be even more qualified to deliver essential care for pregnant women.

"At Lea Regional, we care about each and every one of our patients, and we demonstrate that in the compassionate and efficient way we deliver our healthcare services," says Henderson. "From the new state-of-the-art monitoring systems to the comfortably designed patient rooms and waiting areas, it's all about you—the patient."

For more information about women's services, call (505) 492-5239, or visit www.learegional.com.



Lea Regional Physician & Healthcare Providers

EAR, NOSE, AND THROAT
George J. Farrell, MD
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—Sarah Yue, MSN,
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Find a Physician Help Line
(505) 397-1095

WELCOME, DR. CARRABY

Lea Regional Medical Center is pleased to introduce Arnett Carraby, MD, ophthalmologist, to the medical staff and community. As the only ophthalmologist in the area, Dr. Carraby is excited about the opportunities and expert care he can provide the local community.

Dr. Carraby received his medical degree from UCLA School of Medicine. He completed his residency in ophthalmology at the University of California, San Francisco Hospital & Clinics and received further training at Stanford University School of Medicine and the Wills Eye Hospital of Philadelphia. Dr. Carraby is also a diplomate of the American Board of Ophthalmology and a fellow of the American Academy of Ophthalmology.

A native of Los Angeles, Dr. Carraby enjoys being closer to his family as well as reading, bicycling, traveling, painting with acrylics, and playing tennis.

