

# silver lining

FROM LOVELACE HEALTH SYSTEM

SUMMER 2016

## Inside this issue

Lovelace Health System is expanding to meet our patients' needs. With new clinics opening in Albuquerque's South Valley and Northside and new construction at our existing hospitals, we are able to add new providers to Lovelace Medical Group in various specialty areas, including :

- OB-GYN
- endocrinology
- neurology
- radiology and more

In June we opened a new sleep center at Lovelace Westside Hospital, where up to 96 patients will be able to undergo an overnight sleep study per month. These sleep studies can help diagnose many issues that can disrupt sleep, including sleep apnea or seizures, among others. Our hospitals and clinics continue to receive national recognition for quality in patient care. We are pleased to offer appointments at clinics throughout Albuquerque and Roswell, with skilled providers using world-class technology to diagnose and treat any number of issues. We hope you enjoy reading about these and other stories in this edition of the Silver Lining newsletter.

4101 Indian School Rd. NE  
Albuquerque, NM 87110

**Lovelace**  
Health System

## Life doesn't have to slow down when you turn 60.

In fact, that's when the real fun begins! Lovelace Health System is pleased to offer Lovelace Silver Elite, a complimentary program created exclusively for people age 60 and older.

- Educational classes on a variety of health topics
- In-hospital amenities, such as a complimentary robe for you and a meal for a guest
- Complimentary Lovelace Silver Elite T-shirt and water bottle



Call today!  
**727.5501**



LOVELACE  
**SilverElite**

[lovelacesilverelite.com](http://lovelacesilverelite.com)

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## New Lovelace Medical Group Locations opening



### LOVELACE BREAKS GROUND AT INDEPENDENCE SQUARE



On Tuesday, April 26, leaders from Lovelace joined several other representatives from Albuquerque, as well as Ardent CEO David Vandewater, to break ground on the new Lovelace Medical Group clinic on Jefferson St. NE. The clinic is expected to be finished by early 2017, and will be home to 40 LMG providers and their staff members, allowing Lovelace to provide primary care for hundreds of members of our community every day.

### LOVELACE MEDICAL GROUP OPENING NEW MEDICAL CLINIC AT LAS ESTANCIAS



Lovelace Medical Group has announced a brand-new, 9,000-sq. ft. clinic in Albuquerque's South Valley at the Las Estancias shopping center (Rio Bravo & Coors) that will allow four new providers to give care to the growing community. Construction will start in July 2016, with a grand opening slated for late 2016.

The providers at this clinic will include an OB-GYN, certified nurse midwife, primary care physician and a primary care advanced practice provider, as well as supporting staff.

### LOVELACE SLEEP CENTER OPENS AT LOVELACE WESTSIDE HOSPITAL



Lovelace Medical Group opened a new Sleep Center at Lovelace Westside Hospital on June 21. The four-room facility features state-of-the-art equipment, Sleep Number beds and ADA-compliant restrooms in each room. Dr. James Bradley and his staff are preparing to see up to 96 patients a month, thanks to the new space. The

Sleep Center provides a location for patients to undergo a sleep study, which can help diagnose sleep disorders, including sleep apnea or other conditions.

## Featured Doc



**Mark Bryniarski, MD,**

Mark Bryniarski, M.D., is a board-certified neurosurgeon with professional interests in brain and pituitary tumors, facial pain and spasm, head and spinal trauma, brain aneurysms, awake brain surgery with brain mapping, brain endoscopy.

Dr. Bryniarski earned his medical degree at the Jagiellonian University in Cracow, Poland. Dr. Bryniarski completed a neurology residency at the University of New Mexico, and a neurosurgery residency at the University of Kansas. He went on to complete a fellowship in skull base and vascular neurosurgery at the Indianapolis Neurosurgical Group (now: Goodman Campbell Brain and Spine).

Dr. Bryniarski is a member of the American Academy of Neurological Surgery, Congress of Neurological Surgeons, The Facial Pain Association, and is a published author and renowned speaker.

**To schedule an appointment with or any of our providers, please call 727.2727**



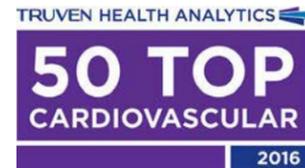
## Lovelace Awards

Heart Hospital of New Mexico at Lovelace Medical Center honored with **MISSION: LIFELINE ACHIEVEMENT AWARD** for second year



Lovelace Westside Hospital earns **FOUR-STAR CMS SCORE**

Lovelace Health System was named to **TRUVEN HEALTH ANALYTICS' TOP 15 HEALTH SYSTEMS FOR 2016**



Lovelace Medical Center was recognized as a top-performing hospital by **MIDAS+ PLATINUM QUALITY AWARD PROGRAM**

Lovelace Medical Center has received the DNV Gold Seal of Approval as a certified Primary Stroke Center and the American Heart Association/American Stroke Association's

**GET WITH THE GUIDELINES@STROKE GOLD PLUS ACHIEVEMENT AWARD**

## Accepted Insurance Plans



Lovelace is helping to ensure access to quality health care in New Mexico by accepting most major insurance plans. Individuals and families insured by the plans listed below can access all of our hospitals, health care centers and doctors.

- America's Choice Provider Network
- Beech Street NM WC
- Blue Cross & Blue Shield of NM
  - Medicare Advantage
  - Medicare Advantage Dual Care (HMO SNP)
  - Centennial Care
  - HMO/PPO
- Breast and Cervical Cancer Program
- CapRock
- CCN
- ChampVA NM
- Cigna (Multiplan only)
- Corizon
- Correctional Medical Services NM
- CorVel-WC (CVWC)
- County of Chavez
- Coventry NM
- Department of Labor NM
- Health Management Network
- HealthSmart
- Hospice
- Humana
- Indian Health Service
- Medicaid
- Medical Development International
- Medicare
- Mesa Mental
- Molina Healthcare of NM
  - Centennial Care
  - Marketplace
  - Medicare Options Plan Plus (HMO SNP)
- Multiplan
- New Mexico Health Connections
- NM Mutual Group
- Omni Networks
- Pronet Inmate Health Services
- Pueblo of Isleta (POI)
- San Juan IPA
- Sandoval County Detention
- Savility
- Total Community Care LLC
- Tricare NM
- United Healthcare
  - Centennial Care
  - Medicare Advantage
  - Dual Complete (PPO SNP)
  - Home Plan (PPO SNP & HMO-POS SNP)
  - PPO
- US Marshall Services
- Veteran Affairs NM
- Workers Compensation

## Albuquerque stroke survivor gives back at Lovelace Rehabilitation Hospital



"Knowing you are not alone is the most important," shares Darrell Yazza. "There are other people who have been through it and they're doing well." Once a month, Darrell brings the perspective only a stroke survivor would understand to stroke patients at **Lovelace Rehabilitation Hospital**. "I remember someone came in when I was here." A member of the **Albuquerque Stroke Club** visited with Darrell after he had suffered a stroke at the age of 40. He was in the middle of intense therapy, trying to regain what his stroke had so abruptly taken away from him literally overnight. That visit from someone who was on the other side of therapy and living life again, never left Darrell even when darker days set in.

March 22, 2005, Darrell went to bed for the last time without stroke being a part of his everyday life. "I was sleeping when it happened," he says. "When I woke up at 4:30 in the morning to use the restroom, the right side of my body didn't work. I thought I had slept the wrong way."

Groggy, Darrell tried to sit up in bed, but realized that was more difficult than usual. "That's when I noticed my right arm wasn't working at all. My leg was the same way." At this point, Darrell thought he was still dreaming. He tried to stand, without noticing that he was only balancing on one leg. He took a step. "I fell right onto the floor and that's when I thought there was something really wrong with me."

Lying on the floor, Darrell managed to crawl to his bathroom. There was no one in the house to hear that he had fallen or was struggling to move across the room. Fortunately, he had left his cell phone on a dresser low enough to reach from the floor. Darrell called 911 and stayed on the phone with the operator as he slowly made his way to his front door to unlock it for paramedics. "I was really trying not to panic on the phone," he recalls. "You don't know what's going on with your body."

Darrell had suffered a major stroke. In his case, high blood pressure was the culprit, which is one of the **leading risk factors** for stroke. Nearly **800,000 Americans have a stroke each year**. A stroke occurs every 40 minutes. It is the leading cause of long-term disability and the fifth-leading cause of death. As Darrell says, "Stroke attacks you – who you are."

After 10 days in the hospital, Darrell was transferred to the Lovelace

Rehabilitation Hospital for inpatient therapy. He was not able to walk and had lost control of his right arm. "I enjoyed Lovelace Rehab," he says. "I worked at getting better each day. My memory was very short-term. I would wake up in the morning and discover that I had had a stroke and then decide that I needed to work at getting better all day."

For six weeks, Darrell worked with a team of occupational therapists, speech therapists and physical therapists. Despite the constant work to relearn everything he knew how to do prior to that March night, he says the days were easier than the nights. "Then I would start to get depressed, thinking life is over," he shares. "I would fall asleep and forget all of that."

Darrell says as his long-term memory improved those feelings of depression and defeat lingered longer each day until they never left. "Depression set in about two years after my stroke," he says. "That's when I remembered

the person who came visit me at Lovelace Rehab and recalled the Albuquerque Stroke Club."

A support group for stroke survivors and their loved ones, the Albuquerque Stroke Club offered Darrell a safe environment where he could share his own feelings of depression and listen to others, talking about the stages of grief. The group

learns from each other and each month, they are there for stroke survivors facing the beginning of their journey back to living after a stroke. "I try to be hopeful for them," he says. "After you've gone through this event you are totally unprepared for, I want them to know there is still life, but yes, it has drastically changed."

Today, Darrell keeps his blood pressure under control and manages stress better than he did leading up to his stroke. He advises everyone, regardless of their age, to know and manage the risk factors for stroke. "Do everything you can do to reduce your risk to avoid having a stroke," he adds.

**"Knowing you are not alone  
is the most important,"**

*Darrell Yazza.*

*Lovelace Medical Center has received the DNV Gold Seal of Approval as a certified Primary Stroke Center and the American Heart Association/American Stroke Association's **Get With The Guidelines®-Stroke Gold Plus Achievement Award** with Target: StrokeSM Honor Roll Elite Plus. Lovelace Rehabilitation Hospital is the only hospital in New Mexico accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) in six programs.*

Lovelace Medical Group invites you to schedule your

# annual wellness visit

**NO CHARGE | NO CO-PAY | NO DEDUCTIBLE**



### New to Medicare?

A Welcome to Medicare visit should be scheduled during the first 12 months you have Part B coverage. A Welcome to Medicare visit includes discussions about your:

- Medical and family medical history
- Diet and physical activity
- Alcohol or tobacco use histories
- Hearing impairments
- Fall risks and home safety

### Already completed your Welcome visit?

Your annual Wellness visit may be scheduled at least one year after the Welcome visit and should be scheduled each year. An annual Wellness visit will include follow up on your Welcome visit discussions as well as:

- Activities of daily living
- Age and gender appropriate screenings
- Health status
- Risk factors and current conditions
- Lifestyle interventions

**Lovelace Medical Group is accepting new Medicare patients.  
To schedule your Welcome to Medicare or annual Wellness visit  
call Lovelace Care Concierge today 505.727.2727.**



**Lovelace**  
Medical Group



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care  
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# 727.2727

TTY 1.866.501.2002

- Make any doctor appointment
- Find any specialist
- Receive a follow-up call from a Lovelace Care Concierge specialist after your appointment



Lovelace  
Health System

lovelace.com

## Be Active to Stay Healthy

HEALTHWAYS  
**SilverSneakers®**  
FITNESS



One of the most important things you can do for your health is exercise. Physical activity is good for the body and mind, and helps prevent many health problems that seem to come with age. Older adults should get at least two hours and 30 minutes of activity such as brisk walking every week, plus activity that works the muscles in your legs, hips, back, abdomen, chest, shoulders and arms on two or more days per week, according to the Centers for Medicare and Medicaid Services.<sup>1</sup> Are you getting enough physical activity to stay healthy and fit?

**Talk with your doctor** at your annual exam if you need advice on becoming more active, or have questions about your ability to exercise. They can help you decide how to improve your fitness level. Here are some questions you can ask:

- How do I start to increase my activity?
- How often should I work out?
- What can I expect at a gym or fitness center?
- Are there any restrictions on what exercises I can do?

One of the best ways to get the activity you need is to use the **Healthways SilverSneakers® Fitness** program. The basic fitness membership allows you to:

- Access more than 13,000 participating locations nationwide
- Use exercise equipment and other amenities
- Take group fitness classes designed specifically for active older adults
- Learn about relevant health topics
- Participate in fun social activities and events
- Get guidance and assistance from a SilverSneakers Program Advisor™

With a SilverSneakers membership you can manage your weight, increase muscle strength and flexibility, improve your bone health and energy level and so much more! Most importantly, you'll feel better inside and out!

A lifestyle of fitness, fun and friends will help you live life to the fullest! **Schedule your annual exam** and talk to your doctor about getting more active. You'll be glad you did! For more information about the SilverSneakers Fitness program or to find out if you are eligible, please visit [silversneakers.com](http://silversneakers.com) or call **1.888.423.4632 (TTY: 711)**, Monday through Friday, 8 a.m. to 8 p.m. EST.

[cdc.gov/physicalactivity/everyone/guidelines/olderadults.html](http://cdc.gov/physicalactivity/everyone/guidelines/olderadults.html)

## Lovelace Medical Group Welcomes

Anita Lee Sloan-Garcia, M.D. -  
Endocrinologist

Anita Lee Sloan-Garcia, M.D., is board-certified in Endocrinology, Diabetes & Metabolism and Internal Medicine.



Dr. Sloan-Garcia earned her medical degree at the University of Chicago. She completed a family medicine internship at Illinois Masonic and an internal medicine residency at the University of New Mexico. She went on to complete a fellowship in Endocrinology, Diabetes & Metabolism at the University of New Mexico, where she currently is pursuing a master's degree in counseling.

Dr. Sloan-Garcia is a published and award winning medical researcher.

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