

# - EL AVISO -

MARCH 2005

## Finding and Treating Heart and Blood Vessel Diseases

KNOW THE WARNING SIGNS OF  
Heart attacks, Strokes and  
Peripheral Arterial Disease (PAD)

### ***What is a heart attack?***

A heart attack occurs when the blood vessels that go to your heart become partially or totally blocked by fatty deposits and the blood supply is reduced or cut off. Then oxygen and other needed materials aren't carried to the heart and heart muscle dies. Another name for a heart attack is myocardial infarction, or MI.

### **Warning signs of a heart attack:**

Become familiar with these signs.

- Chest pain or discomfort
- Pain or discomfort in your arms, back, jaw, neck or stomach
- Shortness of breath
- Sweating or light-headedness
- Indigestion or nausea
- Tiredness

You may not experience all these signs, and they may come and go. Chest pain that does not go away after resting for a few minutes may signal a heart attack. Call 911 right away if they occur.

### ***What is a stroke?***

A stroke occurs when the blood supply to part of your brain is interrupted and brain tissue is damaged. The most common cause is a blocked blood vessel. Stroke can cause physical problems such as paralysis, problems with thinking or speaking and emotional problems, and is sometimes called a "brain attack."

### **Warning signs of a stroke:**

Typical signs of a stroke develop suddenly.

- Weakness or numbness on one side of body
- Sudden confusion or trouble understanding
- Trouble talking
- Dizziness, loss of balance, or trouble walking
- Trouble seeing out of one or both eyes
- Double vision
- Severe headache

If you have the warning signs, call 911 right away. Getting treatment can help prevent permanent damage to your brain.

Sometimes one or more of these warning signs occur but then disappear. That condition, called a TIA, occurs when blood flow is temporarily blocked. It means you may be at risk for a future stroke.

### ***What is peripheral arterial disease?***

Peripheral arterial disease (PAD) occurs when blood vessels in the legs are narrowed or blocked by fatty deposits. Blood flow to your feet and legs decreases. If you have PAD you have an increased risk for heart attack and stroke.

### **Warning signs of PAD:**

May have the following symptoms.

- Leg pains, particularly when walking or exercising, which disappears with few minutes of rest
- Numbness, tingling, or coldness in the lower legs or feet
- Sores or infections on your feet or legs that heal slowly.

Many people don't have any symptoms, so don't realize that they have PAD and don't get treatment. Some people may experience mild leg pains when walking and believe that it's just a sign of getting older. ►

**LAS CLINICAS DEL NORTE: A Community Health Center, Established in 1972**

Serving the communities of Abiquiu, Ancones, Barranco, Cañon, Carson, Chili, Cañones, Cañon Plaza, Duranes, El Llanito, El Pueblo, El Rito, Gallegos, Gavilan, Ghost Ranch, La Cueva, La Madera, La Mesa, La Zorro, Las Casitas, Las Tablas, Los Pinos, Medanales, No Agua, Ojo Caliente, Olguin, Petaca, Placitas, Plaza Blanca, Rio Chama, San Miguel, Servilleta, Servilleta Plaza, Silvestres, Tierra Azul, Tres Orejas, Tres Piedras, Tusas and Vallecitos and Youngsville

## ► **DIABETES AND HEART DISEASES**

Diabetics are at high risk for heart disease, heart attacks, strokes, blood vessel disease and peripheral arterial disease (PAD). Diabetes can affect your nerves and therefore make heart attacks painless or "silent." A silent heart attack means that you may not have any warning signs, or they may be very mild. Special tests may be needed to help your doctor make a diagnosis. In fact, 2 out of 3 people with diabetes die from a stroke or heart disease.

You can cut your chances of having these problems by taking special care of your heart and blood vessels. In addition to regular checkups, your health care team can do special tests to check the condition of your heart and blood vessels. Special procedures are used to open or bypass narrowed or blocked blood vessels. Choosing foods wisely, being physically active, and taking medications can also help you stay healthy.

### ***As a diabetic, know when you are at high risk.***

Just having diabetes puts you at risk but risk is greater when there is also:

- High blood pressure
- Abnormal cholesterol levels
- Smoking
- Your history and/or your family history of heart disease, attacks, strokes, or TIA's (mini-strokes)
- Overweight
- Not being physically active
- Over age 50

### ***Why calling 911 right away is important.***

Early intervention such as getting clot-busting drugs, is imperative. Doing so can save your life. Health care providers can also use special procedures that open up blood vessels, preventing further damage to your heart and/or brain. These steps work best within an hour of the first symptoms.

It's wise to review the symptoms listed in this article with family and friends and to tell them about the importance of calling 911.

Contact your health care providers at Las Clinicas del Norte for further information: El Rito clinic 581-4728, Ojo Caliente 583-2191, Abiquiu 685-4479.

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### ***DID YOU KNOW?***

Even if you have a primary care physician that is not associated with Las Clinicas Del Norte, you or your child are still eligible to be seen as a patient at any one of our medical clinics with any one of our medical providers, if your circumstances qualify.

We now have a new "FAST TRACK" program that enables patients to have visits an incredibly reduced cost for certain medical needs without the hassle of prior authorization from insurances and unnecessary wait times for an appointment at your doctor's office. Immunization updates, sports physicals, CDL physicals, and TB screens are some of the specific medical visits that are discounted on our FAST TRACK program. Most visits that qualify are just \$10.00 to \$25.00 dollars (which is cheaper than some co-pays of other private insurances).

If you don't have insurance you are still eligible for the discounted prices on our FAST TRACK program. Any one of our receptionist staff can help you determine if you qualify for our special "sliding fee" discount program which will enable you to receive any of our medical, dental, and counseling services on an ongoing basis as an established patient. Most visits can be scheduled the same week you call, possible even the same day.

Please call any one of our clinic sites for more information or to schedule an appointment today.

## **Healthy Lifeways Substance Abuse Group Treatment**

*Bryan Stuppy, LMSW, LADAC*

I have started substance abuse group treatment sessions at Las Clinicas del Norte. These groups are focused on skills-building to help clients learn new life skills which will move them away from substance.

These groups are based on practice treatment and intervention approaches of *Motivational Interviewing*, *Stages of Change*, and the *Community Reinforcement Approach*.

The following interventions are being used:

1. Determination of current stage of change of client
2. Drink and drug refusal skills
3. Problem solving skills
4. Job seeking skills
5. Strategies for cravings
6. Anxiety management
7. Relapse prevention
8. Chronic pain management.

The current schedule at the three clinics is:

Monday: El Rito clinic – 6-7 pm

Tuesday: Abiquiu clinic – 6-7 pm

Wednesday: Ojo Caliente clinic – 6-7 pm

Thursday: El Rito – 6-7 pm

For further information please contact Bryan Stuppy in El Rito at 581-4728.

## **Preventive Dental Care**

*Priscilla Baldonado, CDA*

Although dentists have a variety of ways to treat tooth decay and gum disease, prevention can help you feel better and save money at the dentists' office. Here are some suggestions for taking care of your smile!

- Brush your teeth thoroughly with a fluoride toothpaste twice a day and after snacking
- Clean between your teeth and along the gumline with floss or interdental cleaner. Have your dentist show you how to do this properly.

Visit your dentist regularly so potential problems can be detected while they are still easy to treat.

## ⊗ **Community Events** ⊗

**Contact Person, Joan Tollefson, Editor, 581-9103 or 581-4728**

**Las Clinicas 24-hour Emergency Number** – 1-888-678-6160

### **El Rito**

**Las Clinicas del Norte Board Meeting** – every 3<sup>rd</sup> Monday, 6 pm, El Rito clinic Community Room

**El Rito Library** – Tues, Wed, Thurs, 11 am – 6 pm, and Sat, 11 am – 3 pm.

**El Rito Library Board Mtgs.** – every 2<sup>st</sup> Wed, 6:30 pm at Library

**AA Meetings El Rito** – Tues, & Thurs, 7:30pm – 8:30pm, at Catholic Parish Hall, open discussion. Contact Ed S. 581-4559

**New-AA mtg.** – Sun, 5pm, El Rito Library

**El Rito Fire Dept. Mtgs.** – every 2<sup>nd</sup> Wednesday, 7 pm, at the El Rito Fire Station, open to the public

**Tutoring** – El Rito Save the Children Ctr, call for info. 581-4516

**Recycling El Rito** – every 4<sup>th</sup> Saturday, 9 am – 2 pm, behind Martins Store Gas Station

### **Abiquiu**

**Recycling Abiquiu** – 4<sup>th</sup> Sunday every month, 9 am-2 pm, Abiquiu Las Clinicas clinic parking lot

**Abiquiu Fire Dept. Mtg.** – every 2<sup>nd</sup> Thursday, 7 pm at Fire Dept.

**Al-Anon Meetings Abiquiu** – Monday, 5:30-6:30 pm, Abiquiu clinic, contact numbers, 581-4471 or 685-4503

**New – Alcoholics Anonymous Meetings Abiquiu** – Friday, 12 Noon, St. Thomas Parish Hall

**Abiquiu Library** – Mon, Tues, Wed, Thurs, 12:30 pm – 6 pm and Sunday, 9 am – 12 noon, located on the Plaza

**World Peace Meditation** – 1<sup>st</sup> Sunday each month, Jan 2, 10-11am, at River Spirit Yoga Center. For location, call 685-4549

### **Ojo Caliente**

**Ojo Caliente Fire Dept. Mtg.** – every 1<sup>st</sup> Wednesday, 7 pm, Ojo Caliente Fire Dept.

**Northern New Mexico Community College – El Rito**

### **March News**

**7-11**- Mid-term Week

**4-18** - Spring Break (School Out)

**14-18** - Elderhostel Group on Campus  
(Learning Spanish)

- State legislature will convene in March. Please stay advised on bills that pertain to our college.
- For information on the CAMP Program please feel free to contact Mr. Ray David Martinez at 581-4144. They will be accepting applications, so please call or stop on by.
- For information on the HEP/GED program, which has begun, instructor Larry Martinez would like to help anyone interested in obtaining and completing their GED. His phone is 581-4139.

### **Open to the community**

**Computer lab** - 6-9 PM Tuesday thru Friday.

**Grant Gym** - 7-9 PM Monday thru Thursday

We wish everyone a Happy and Safe Easter Holiday.

### **Call for Blood Donations in Coleen Atkinson's Name**

**The United Blood Services will be at the Espanola Hospital on March 23<sup>rd</sup> – 12 to 5 pm**  
(Follow signs in main lobby for location).

**By giving blood in Coleen Atkinson's name she will receive credit for the blood.**

### **Regional Water Board Report**

The El Rito Regional Water and Waste Water System is progressing nicely. Those portions of the project that have been funded for construction were bid out. The Board of Directors will meet the week of March 20<sup>th</sup> to award a construction contract. The weather has become a scheduling factor; never the less, the Board expects to provide a Notice to Proceed to the contractor the first part of April 2005. Construction should begin by mid-May 2005.

The 2005 New Mexico Legislature is doing a good job for El Rito, as is the State Engineer, who is moving legislation to fund the El Rito Water System. El Rito is asking for 2 million plus dollars to complete the Regional Water System.

The Board meets every 1<sup>st</sup> Monday of the month at 6:00 pm in the NNMCC Administration Building in the Board Room on the 2<sup>nd</sup> floor.

### **El Rito Studio Tour Meetings**

The October 15<sup>th</sup> and 16<sup>th</sup> Studio Tour is being organized. Contact is Barbara Campbell 581-4430.

**March 21**, Monday, 6:30pm in Barbara's home, 1187 Hwy. 554 (between the two churches on Main St.) Refreshments served.

**May 22**, Sunday, 3:30pm. Call for location.

**June 12**, DEADLINE for entry. Call for time/location.

# EL RITO LIBRARY

Ph. 581-4608

Your Local Resource for Books-Videos-  
Computers-Books on Tape- Literacy for all ages

**Our winter hours are: Tuesday, Wednesday  
and Thursday 10-5, and Saturday 11-3.**

## **THANK YOU TO ALL OUR VOLUNTEERS!**

This beautiful Library would not exist without the generous volunteer work done by many of our community members. You are all appreciated.

## **EL RITO LIBRARY BOARD OF DIRECTORS**

We welcome our new Board Members, David Genth, Elsie Archuleta and Veronica Ortiz. Elsie lives in Canyon Road and has been a "Friends of the Library" member for many years. David has lived many years in El Rito and has been an outstanding volunteer for the Library. David also volunteers to teach our Spanish class every Tuesday night here at the Library. Veronica was a previous Board member and has rejoined us. Veronica lives in Placitas Road and is a songwriter and singer. Thank you and welcome!

## **POETRY READING**

Alameda Press will be hosting a Poetry Reading here at the El Rito Library on March 20, 2005 from 3:00 p.m. to 5:00 p.m. The poetry readers will be Stefan Hyner and Jim Koller. Come join us, refreshment will be served.

## **ADULT LITERACY PROGRAM**

David Genth and Joan Tollefson attended a two-day workshop for becoming tutors in English as a Second Language (ESL). If you, or anyone you know, needs one-to-one tutoring for Basic English or to learn how to read and write, please contact the Library. Your attendance is kept **confidential** and tutoring is done here at the Library. This program is funded by the New Mexico Coalition for Literacy (NMCL).

## **STORY TIME FOR KIDS**

**Hey Kids! There is story time every Saturday morning starting at 10:00 to 10:30 a.m. here at the Library. Have your parents bring you and enjoy hearing some great stories.**

## **NEW ARRIVALS**

**Books:** The Lady and the Unicorn/ Tracy Chevalier; Burning Water (Mystery)/ Mercedes Lackey; The Confessions of Nat Turner/ William Styron; The Power of Now/ Eckhart Tolle 291.4; Practicing the Power of Now/ Eckhart Tolle 291.4; and A Course In Miracles 299.93.

**Children's Books:** A Series of Unfortunate Events: The Grim Grotto/ Lemony Snicket; A Series of Unfortunate Events: The Slippery Slope/ Lemony Snicket.

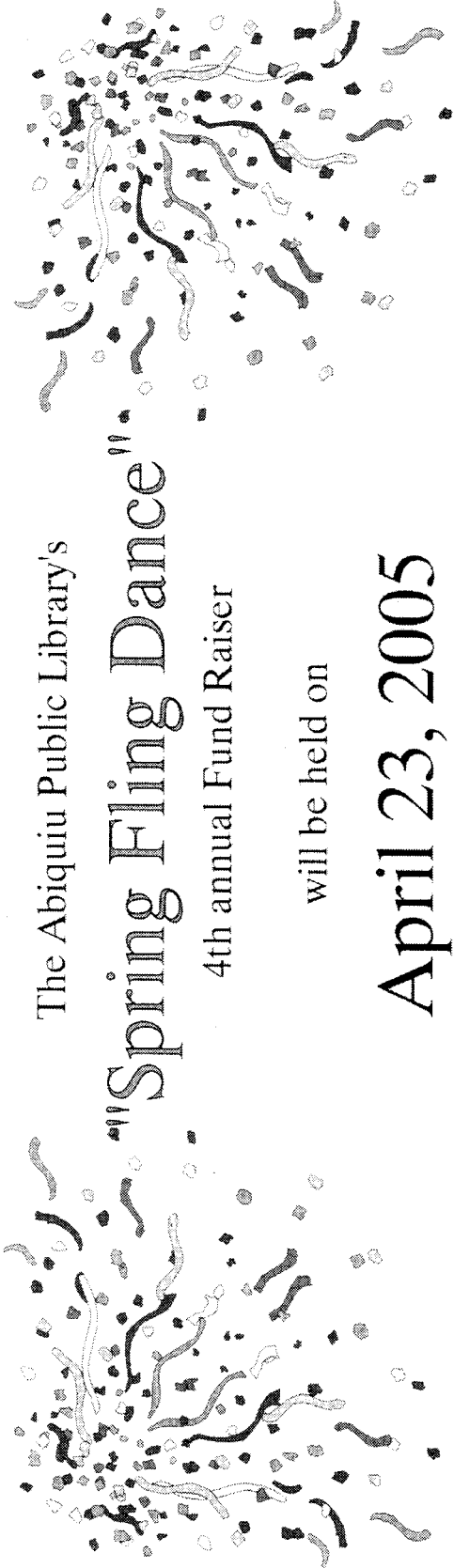
**Audios:** The Curious Incident of the Dog in the Night-time/ Mark Hadden; and The Volcano Lover: A Romance (unabridged excerpts)/ Susan Sontag

**Videos:** Harry Potter and the Prisoner of Azkaban; City of Joy; Matrix Reloaded; Ram Dass Fierce Grace; A Course in Miracles: Love; and A Course in Miracles: Self- Realization.

## **Renovated Northwest Room**

Our Northwest room has been finished. The renovation of this room was done with the theory of keeping the room as original as possible. New windows, new pinewood floor, new lighting, and a beautiful mud plaster on the walls makes this room a true treasure. We are starting to move in bookshelves and books into this new room. We will also be putting in large tables and a few comfy chairs. If you haven't seen the new room, please come by. We will be happy to show it to you.

Donations are what keep your Library open. Please make you tax deductible donation to the El Rito Library. You can drop off your donation at the Library or mail it to P.O. Box 5, El Rito, NM 87530. Thank You!



The Abiquiu Public Library's

# "Spring Fling Dance"

4th annual Fund Raiser

will be held on

## April 23, 2005

2004 Hispano Music Awards: "BAND of the YEAR" award recipients

# "CUARENTA Y CINCO"

at the Joe Ferran Gym in Abiquiu

Reception-7:00pm to 9:00pm "Honoring Living Legends"

Dance-9:00pm to 1:00am

\$30.00 per couple

for further information contact the Abiquiu Public Library at 685-4884

Bar: Los Caminos

Security: Spring Security

