



UMC Opens New Women & Teen Center



At left, Rebecca Mendoza explains anticipated pregnancy timeline and anticipated delivery date with a visitor to the center. Above, Rebecca explains the new center to local media (KFOX TV).

Women and teens throughout El Paso now have a new resource of support, information and guidance for pregnancy and other needs with the opening of the UMC Women and Teen Center Feb. 6 at the large, welcoming and modern UMC East Clinic (at 1521 Joe Battle).

The Women and Teen Center welcomes all women of child-bearing age and offers free pregnancy tests, initial counseling, physician referrals, and resources for expectant moms. Some of the services (*all confidential*) at the center include:

- Free pregnancy testing
- Physician referral
- Scheduling an initial OB/GYN appointment
- Medicaid eligibility
- Prenatal Care classes
- Breastfeeding
- Support
- Birth Control
- STD Referral
- Prenatal Care Services
- Initial Health Screening
- Exam and Pap Smear
- Breast Exam
- Screening and Treatment for Sexually Transmitted Infections
- Laboratory Tests for Anemia and Diabetes
- Radiology: OB Ultrasound
- Breastfeeding Education

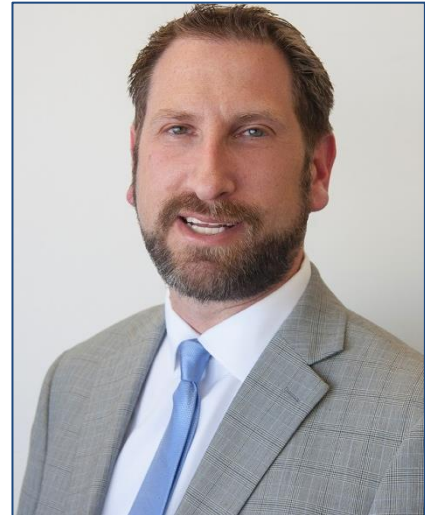
The new center is intended to help women with questions they have before and after pregnancy, such as tours of UMC's baby friendly facilities, which include labor and delivery rooms, and mother

baby unit. After delivery, UMC's Women's Health Center will assist new mothers with postpartum care and contraception services. "This is a place where women and teens can come and get the answers and information that they need at one of the most important times of their lives," said Rebecca Mendoza, Women and Teen Center Manager. "We're open now, Monday through Friday, from 8 a.m. to 5 p.m. at the UMC East clinic and look forward to helping as many women and teens as we can."

UMC's Welcomes Craig Alpard To Grow Outpatient Services

UMC's Outpatient Services Growth saw the arrival of a new director Jan. 29 with the arrival of Craig Alpard, a healthcare professional focused wholly on the improving outpatient growth and service efficiencies for UMC's patients, families and Associates.

Craig comes to UMC with 25 years of clinical experience (former surgical assistant in cardiovascular and oral surgery), research experience (former researcher and supervisor of clinical trials), administrative experience, and leadership in process improvement and analytics. "My role is to help our outpatient service lines improve growth and find different ways to serve more people in the community," said Craig.



Craig Alpard

Welcome to UMC, Craig!



Your Hands Can Make Others Sick

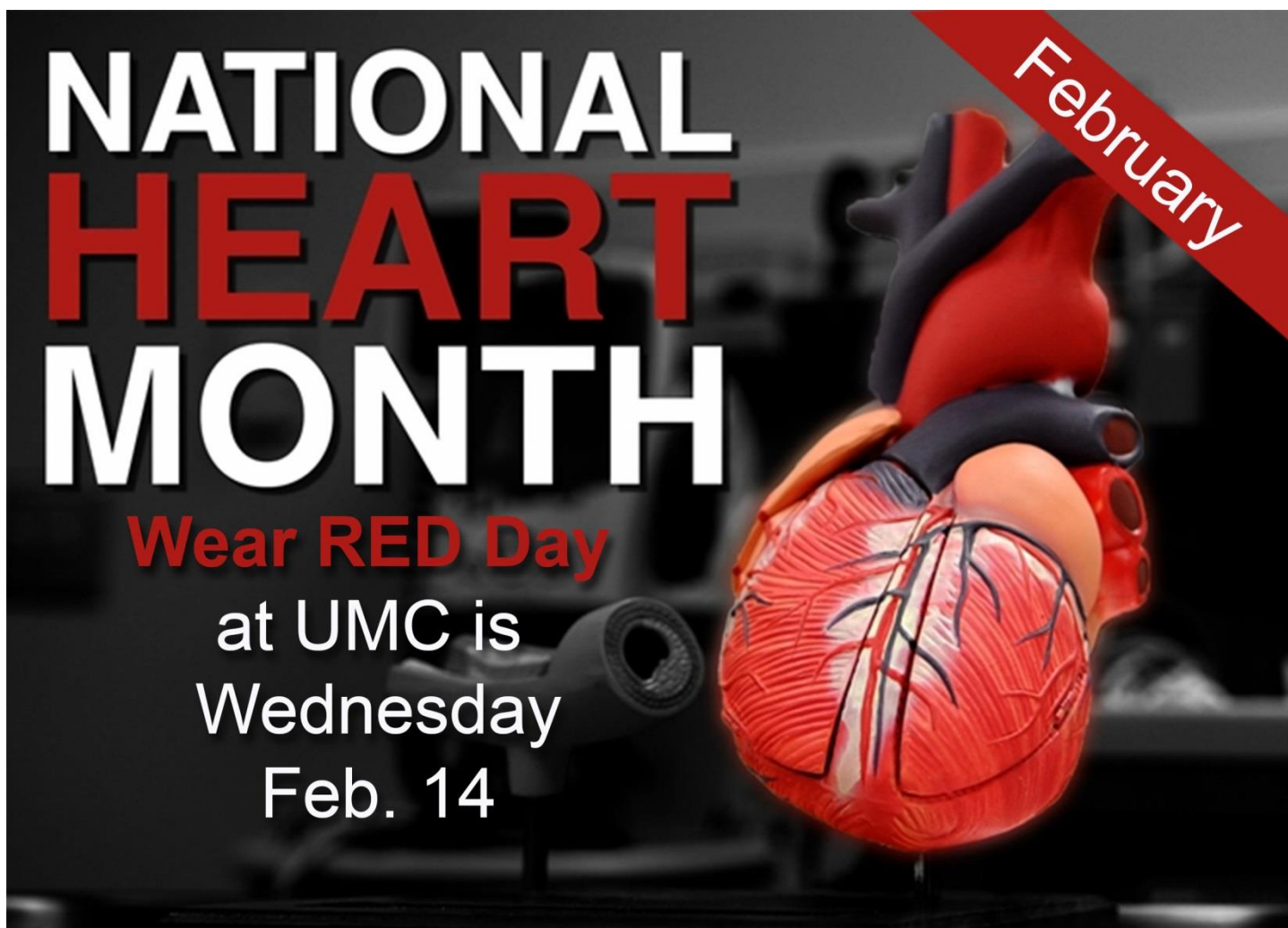
Wash Your Hands
It only takes 15 seconds, but many healthcare workers fail to wash their hands.
Hand washing is your single most important protection against the spread of infection!

Change Gloves And Wash Hands:
Between tasks/procedures on the same patient
After contact with any potentially contaminated material
Between patients

Flu & Cold Season Still Here For A Few Weeks

While flu cases continue to mount, the end of the cold and flu season has not yet hit its peak, with a few more weeks to go. In El Paso, flu cases have risen more than 600 percent over last year.

UMC has recorded an increase of confirmed flu cases of more than 400 percent over last year. It's not going away any time soon but you can keep from getting sick by avoiding others with the flu and simply **washing your hands often.**



It's February: Do you know your risks for Heart Disease?

While February is generally considered the month of greater awareness of heart disease, many people go the entire year without thinking about it until it's too late.

When it comes to health concerns, heart disease is no joke. In fact, 1 in every 4 deaths in the United States is caused by a heart-related condition. Certain risk factors of heart disease – such as family history – cannot be controlled. However, there are several ways to decrease your chances of having cardiovascular trouble, including making changes to your exercise routine, diet, and tobacco and alcohol habits. If one or more of the following less-than-optimal health habits apply, you may be at risk for cardiovascular disease:

1. A sedentary lifestyle

Regular exercise, or about 30 minutes of activity a day for five days a week, can be instrumental in keeping your heart strong and functioning properly. The bad news? Most Americans don't get the recommended amount of exercise.

Just like other muscles in the body, your heart needs to be worked. An inactive lifestyle can cause your heart to suffer from not being able to circulate as much blood.

2. A smoking habit

The harmful effects of tobacco usage are well known, and it's no surprise that smoking can play a major role in heart disease. The chemicals found in tobacco damage blood cells, harm the function of the heart, and cause blood vessels to become thick and narrow. This damage increases the risk of atherosclerosis, which can cause heart attacks and fatal heart failure. If you're a smoker, talk to your doctor about ways to kick the habit.

3. Poor diet and weight

Eating healthy isn't always easy, but a well-balanced diet and healthy weight can help prevent heart disease. Researchers have identified 10 crucial foods that either contribute to the prevention or increase the risk of heart disease, from healthy options like fatty fish and vegetables, to harmful options like processed meat and sugary drinks. Findings showed that deaths were directly linked to too much of the bad stuff and too little of the good stuff.

If you're not eating enough nuts, seafood, fruits, vegetables, and whole grains, it's important to find a way to incorporate these heart-healthy foods into your diet. An unhealthy weight resulting from foods high in sugar and sodium, as well as processed meat, can raise blood cholesterol, increase blood pressure, and cause diabetes, all of which puts you at risk for heart disease.

4. Too much alcohol

A few drinks with friends every now and then isn't cause for concern, but prolonged alcohol abuse can have severe consequences. Binge drinking (5+ drinks for men and 4+ drinks for women on one occasion) on five or more days in a month can have adverse effects on your heart.

The toxicity of alcohol weakens the heart and makes it harder to pump blood eventually, leading the muscle to become enlarged and thinned. In order to avoid irreparable damage and failure, be mindful of how many drinks you consume on a given night, as well as over time.

The prospect of heart disease is frightening, but there are steps you can take to keep your heart in ideal shape. If you find yourself engaging in one or a few of these unhealthy habits, consider having a conversation with your doctor about how you can safely begin making healthy changes to your lifestyle today.

About The Pulse

The Pulse newsletter, is a product of the UMC Public Affairs office and features news briefs and updates from around our campus. It is distributed to our El Paso community. If you have an item that you would like to have considered for The Pulse, email it to [Ryan Mielke, UMC Director of Public Affairs](#).

