5 Ways to Address Pandemic Weight Gain

If you’ve gained weight while staying home during the COVID-19 pandemic, you’re not alone. A study published by *Obesity Research and Clinical Practice* reported that, of the 91% of participants who spent more time at home, 22% had gained five to 10 pounds.

As weight gain increases risk for cardiovascular disease and Type 2 diabetes, reversing the weight gain trend would be good for your health. Here are five ways to fight recent weight gain.

1. **Get a good night’s sleep.** Getting fewer than seven hours of sleep per night may contribute to a higher body mass index, or BMI.

2. **Dress up for work.** Wearing comfy clothes may work for Zoom meetings, but a stretchy waistband won’t hold you accountable.

3. **Eat to win.** Plan meals to limit shopping trips and ordering out. Focus on lean protein, vegetables, fruit and whole grains.

4. **Try meditation.** Instead of stress-eating, try mindfulness practices, such as breathing exercises, meditation or yoga.

5. **Walk around the block.** Use daily walks as an opportunity for stress relief as well as exercise. Don’t worry about your speed or number of steps; just go for a stroll.
Behind the ‘Maskne’

Clean, moisturized skin can help prevent mask-related pimples.

If you’ve been getting breakouts on your chin since you started wearing a mask last year, you’re not alone. “I’ve definitely been seeing a lot of what we call acne mechanica, but I’m also seeing cases of rosacea and even contact dermatitis,” says Jessica Gonzalez, DNP, FMP-C, DCNP, dermatology nurse practitioner at CHRISTUS St. Vincent.

**COMMON CULPRITS**
The causes of what’s known as “maskne” can include infrequently washed masks, humidity from breathing, irritation from detergents or makeup that clogs pores under the mask. In addition to never wearing a mask a second time without washing it (for COVID-19 as well as acne prevention), Jessica recommends a simple beauty regime.

“Before you put your mask on, wash your face with a gentle cleanser, so it washes off any oil and dirt that can get trapped under the mask throughout the day,” Jessica says. “Then follow with a moisturizer. This hydrates the skin and acts as a barrier between your face and the mask. I’d suggest something that has ceramides and hyaluronic acid in it. Also, try not wearing makeup.”

**NEXT STEPS**
If you’re already dealing with recurrent adult acne, Jessica says a nonabrasive 10% benzoyl peroxide face cream can help. For people with sensitive skin, she suggests a salicylic acid wash. And yes, noncomedogenic and hypoallergenic drugstore brands are just as good or even better than the expensive brands.

Jessica says to give your new cleansing routine about a month before giving up.

Feed Your Skin

If you want glowing skin, what you eat can really make a difference. “Sugar, processed foods and dairy have been linked to acne in multiple studies,” says Jessica Gonzalez, DNP, FMP-C, DCNP, dermatology nurse practitioner at CHRISTUS St. Vincent.

Jessica recommends decreasing your consumption of sugar and processed food first. Then, if that hasn’t helped, try eliminating dairy.

“And of course, eat lots of veggies,” Jessica says. “Eat a well-balanced diet, and drink plenty of water. Sometimes you can get acne from your skin being so dry.”

Although many vitamins and supplements promise to improve your complexion, Jessica says they are unlikely to work.

“If you’re not seeing improvement after a month, you should make an appointment with a dermatologist,” Jessica says. “We can talk about other measures, including over-the-counter products, prescriptions like Retin-A or lifestyle modifications that can help clear your skin.”

If you have stubborn acne or another skin problem, make an appointment with a CHRISTUS St. Vincent dermatology specialist by calling (505) 913-3380 or visiting stvin.org.
Several years back, CHRISTUS St. Vincent evaluated the surrounding area to see where there was a community need for medical care. The leadership team discovered the Southside community in Santa Fe was lacking important pediatric, primary and urgent care services. “We are always listening for input from the community,” says Shannon Barton, director of operations of Southside Services and service line director of pediatrics, urgent care and diabetes. “Our team wants to know what health care services to offer to make life easier for our patients. We are unique because we are willing to grow and branch out based on feedback.”

This sparked the opening of the Entrada Contenta Health Center, the first comprehensive health center to open on the Southside. Over the past few years, the center has given people in the community convenient access to a variety of health care services from a team of recognized, beloved providers.

**Entrada Contenta Health Center**

**One location, 5 Kinds of Care**

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**IT’S IN THE NAME**

A name chosen to reflect the type of care the organization offers, ‘Entrada Contenta’ means ‘Happy Entrance’ in Spanish.

“People come in having a bad day,” Shannon says. “They are not feeling well and may feel apprehensive about their visit. We want everyone to know that when they walk through our doors, they will be treated with kindness, empathy and compassion.”

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To schedule a virtual or in-office visit with an Entrada Contenta Health Center provider, call (505) 913-3627 or visit stvin.org.
When it comes to screening for colorectal cancer, you have options.

Today, colorectal cancer is the second most common cause of cancer-related death. Yet, it can be diagnosed and treated early. What’s causing the disparity? Fear.

“Many people believe they need a colonoscopy to diagnose colon or rectal cancer, so they delay screening,” says Isaac Zoller, M.D., family medicine physician at CHRISTUS St. Vincent Entrada Contenta Health Center. “When they learn they have options, they’re thrilled.”

AVAILABLE OPTIONS
For many, the worst part of a colonoscopy is the preparation. The day and night before, only clear liquids can be consumed in addition to a powerful laxative to clean out the colon. This results in frequent trips to the restroom.

With other options available through CHRISTUS St. Vincent, there is no preparation at all. You simply collect a small stool sample (often at home) and mail the sample to the laboratory.

Alternative testing options include:

FIT — Cancerous polyps often bleed during a bowel movement. With a fecal immunochemical test (FIT), stool is examined for blood that cannot be seen with the naked eye.

Cologuard — Every part of your body is constantly getting rid of old cells. Colon cells are passed from the body during a bowel movement. Cologuard evaluates stool for blood and/or DNA cell changes that indicate the presence of cancerous or precancerous growths.

EFFECTIVE TESTING
According to Dr. Zoller, the main risk for these at-home colorectal cancer tests is a slight increase in false positives. This isn’t an issue for most people, however. And follow-up tests clear up any uncertainty.

Thanks to the effectiveness of these noninvasive options, nearly half of Dr. Zoller’s patients use stool-based colon cancer screenings instead of colonoscopy.

“A common misconception is that someone without symptoms doesn’t need screening,” Dr. Zoller says. “But most cases of early colorectal cancer don’t have symptoms. Screening is the only way to detect cancer early, when it’s more likely to respond to treatment.”

Wonder if you could benefit from a colonoscopy alternative? Call (505) 913-3627 or visit stvin.org to schedule an appointment with a CHRISTUS St. Vincent provider.

Screen and Treat
In some circumstances, a stool test isn’t appropriate to screen for colorectal cancer. When at-home tests are not an option, you need a colonoscopy. Fortunately, colonoscopy is typically recommended only once every 10 years.

Colonoscopy is required if you:
- Have a family or personal history of colorectal cancer
- Have another medical condition that increases your risk for colorectal cancer
- Have received abnormal or positive test results for colorectal cancer using another method (such as FIT or Cologuard)
CHRISTUS St. Vincent’s newly relocated Heart & Vascular Center and new Heart & Vascular Diagnostic Center offer a spectrum of diagnostic and treatment options all within the main hospital campus.

In the United States, heart disease claims the lives of roughly 655,000 Americans annually, according to the Centers for Disease Control and Prevention. That is why the medical professionals at CHRISTUS St. Vincent Heart & Vascular Center are dedicated to providing Northern New Mexico with the most sophisticated options to enhance heart health.

“Our community has everything they need to take care of cardiac issues right here at the CHRISTUS St. Vincent Heart & Vascular Center,” says Timberly Miller, RN, BSN, director of the cardiovascular line at CHRISTUS St. Vincent. “Thanks to our strategic collaborations with other medical institutions, our patients can count on receiving care from very high-caliber physicians and staff.”

In an effort to provide the Santa Fe community with a robust selection of clinicians, CHRISTUS St. Vincent has formed partnerships with New Mexico Heart Institute/Lovelace Medical Group and the Mayo Clinic. As part of this collaboration, New Mexico Heart Institute/Lovelace Medical Group physicians see patients in Santa Fe and provide specialized cardiac services. This includes electrophysiologists who practice out of Santa Fe several times per month.

**CONVENIENCE ON CAMPUS**

Until recently, patients seeking cardiovascular diagnoses at CHRISTUS St. Vincent would go to one of two places for outpatient cardiac diagnostic testing: one off campus and one inside the hospital. However, with the unveiling of the new Heart & Vascular Diagnostic Center, located on the second floor of CHRISTUS St. Vincent, patients receive all cardiac testing services in one location. The new space is equipped with twice as many testing rooms and houses several departments, including echocardiogram, electrocardiogram (EKG), the stress lab, nuclear medicine and the vascular lab.

“The second floor is now a one-stop shop where patients can get all of their diagnostic testing done,” Timberly says. “We also moved our Heart & Vascular Center clinic, where our patients visit with their cardiologists, to a brand new location on the main hospital campus.”
DIAGNOSTIC EXCELLENCE

Congestive heart failure, coronary artery disease, cardiac arrhythmia and peripheral arterial disease are among the most frequently seen and treated conditions at the CHRISTUS St. Vincent Heart & Vascular Center. Identifying these conditions typically begins at the Heart & Vascular Diagnostic Center, which includes services provided by the Radiology Services department.

“We serve inpatients and outpatients as well as patients who come through the emergency department,” says Yvonne Bieg-Cordova, RT, BSRS, director of radiological services at CHRISTUS St. Vincent. “We are a hub for radiological care in Northern New Mexico. Patients can get everything done here.”

Among the most frequently used services for cardiology is nuclear medicine. This diagnostic tool relies on the use of radioactive tracers, which are injected into a patient's body to capture information about the function of certain organs, such as the heart. CHRISTUS St. Vincent just invested in a new nuclear medicine imaging option known as single photon emission computed tomography (SPECT). A type of advanced camera, SPECT captures detailed images of the radioactive tracers, which highlight problematic areas of the organ being examined. During a scan using SPECT, a patient reclines on his or her back the entire time. Other nuclear medicine heart scans usually require that patients lie on their stomach.

“SPECT is a great option for patients who have breathing issues, which can be exacerbated when lying on the stomach,” Yvonne says. “With SPECT, we get a full, adequate study without that prone view. We are very excited about that.”

In addition to SPECT, CHRISTUS St. Vincent Heart & Vascular Center has also added cardiac CT calcium scoring to its suite of diagnostic tools. This type of test uses X-ray technology to capture images of the coronary arteries and determine whether they are becoming narrow or blocked.

Further enhancing the robust spectrum of care, an electrophysiologist sees patients in Santa Fe to address issues such as atrial fibrillation and cardiac arrhythmia.

“We provide every single aspect of care regardless of whether you are healthy and looking for ways to prevent heart complications in the future or are in need of emergent care for a heart attack,” says Monica Gallegos, BS, cardiology clinical manager at CHRISTUS St. Vincent. “All of our associates take pride in putting each patient first and will not rest until the patient is cared for and receives the full circle of wellness addressed at any level.”

Concerned about heart disease? Call CHRISTUS St. Vincent Heart & Vascular Center at (505) 984-8012.

Is It Heart Disease?

Heart disease may not be obvious in the earliest stages. But as time progresses, the condition can become more evident and also more dangerous. If you notice the warning signs of heart disease, contact your health care provider. When it comes to your heart, timely treatment is critical.

Symptoms of Heart Disease

- chest pain, including burning, heaviness and pressure
- fatigue
- grayish skin
- heart palpitations
- shortness of breath
- swollen ankles, feet and legs
- weakness

Addressing these symptoms early can help prevent heart attack or stroke.

Cardiac Sonographer/Echo Technical Director Alexis Miller performs an echocardiogram.
‘We’re Stronger Together’

This common reminder during COVID-19 rings especially true for the Peer-Based Review Team at CHRISTUS St. Vincent.

The Peer-Based Review Team (PBRT) at CHRISTUS St. Vincent, established in March 2020, offers valuable insight into how to manage patient care during the COVID-19 pandemic. Meeting at least every weekday, physicians and experts work together to ensure CHRISTUS St. Vincent is able to provide excellent care, pandemic-related or otherwise, to all members of the community.

“I appreciate the collaboration,” says David Gonzales, M.D., chief medical officer at CHRISTUS St. Vincent. “I’ve come to rely a lot on the expertise of our group’s members.”

“We’re trusting our clinical experts to do their research the minute it’s hot off the presses,” adds Monica Leyba, MSN, MHA, RN, chief nursing officer at CHRISTUS St. Vincent. “I joined the team shortly after Dr. Gonzales, and we greatly appreciate the input of those around us as we navigate the challenges of the past year.”

ALWAYS IMPROVING

Since the start of the pandemic, the review team’s objective has remained consistent: Ensure each physician, staff member and patient at CHRISTUS St. Vincent receives the care he or she needs during COVID-19.

“In the early days, our focus was preserving our personal protective equipment and monitoring infection control throughout the facility,” Monica explains. “More recently, we’ve spent greater amounts of time on testing and how we plan to administer vaccines.”

“We spent a lot of time deciding how to handle patients effectively,” Dr. Gonzales says. “We created policies and procedures that we didn’t have before.”

COMPASSION CLOSE TO HOME

Other integral parts of COVID-19 care at CHRISTUS St. Vincent have been the ethics committee and palliative care team, specifically for members of the Navajo Nation. Native American communities have been especially impacted by the virus, being 3.5 times as likely as non-Native Americans to contract COVID-19, according to the Centers for Disease Control and Prevention.

“We had the opportunity to learn about some of the sacred aspects of Navajo culture, such as the water ceremony,” Dr. Gonzales says. “It’s performed if someone is very ill, and one of our physicians learned how to perform it for a patient with COVID-19.”

As the PBRT learns more about the virus, they will continue ensuring each patient at CHRISTUS St. Vincent receives high-quality and compassionate care.

“The members of our team aren’t afraid to ask questions and look at issues comprehensively,” Monica says. “We’re confident in the decisions we make because of the wisdom of our peers.”

Follow CHRISTUS St. Vincent on Facebook at facebook.com/christusstvincent.

“Our Peer-Based Review Team is a group of very talented people from different domains within our institution, and we’ve come together to care for our community during an uncertain time.”

— David Gonzales, M.D., chief medical officer at CHRISTUS St. Vincent
NOW SCHEDULING FOR ALL SURGERIES
No need to delay an important surgery! CHRISTUS St. Vincent is now scheduling surgeries for all conditions in our inpatient and outpatient surgical facilities. The hospital remains one of the safest possible places to receive care, having maintained an excellent safety record through strict adherence to COVID-19 safety protocols regarding visitor restrictions, sanitization, enhanced screening, personal protective equipment, social distancing and containment. For more information about CHRISTUS St. Vincent COVID-19 safety, visit stvin.org/safecare.

LILLIAN MONTOYA RECEIVES ACHE REGENTS AWARD
CHRISTUS St. Vincent President and CEO Lillian Montoya has received the American College of Healthcare Executives (ACHE) Senior-Level Healthcare Executive Regent’s Award. The award recognizes ACHE members who are experienced in the field and have made significant contributions to the advancement of health care management excellence and the achievement of ACHE’s goals. Members are evaluated on leadership ability, innovative and creative management, and executive capability in developing their own organization and promoting its growth and stature in the community, among other criteria.

ADVANCED DIALYSIS TECHNOLOGY
CHRISTUS St. Vincent recently enhanced its dialysis program with six state-of-the-art Tablo dialysis machines. According to Clinical Program Manager Kevin Weidner, RN, the new machines are self-contained, easy to operate, easily transportable and highly reliable — improving the dialysis experience for both patients and clinicians. Pictured left to right: Alexandra Voinescu, M.D., Renato Garcia, RN, and Kevin Weidner, RN.

BOOK YOUR OWN APPOINTMENTS ONLINE
Whether or not you’re currently a patient, there’s an easy way for you to schedule an appointment online with a CHRISTUS St. Vincent provider. Existing CHRISTUS St. Vincent patients may schedule appointments through the MyChart app or online at stvin.org/mychart. New patients may visit stvin.org.

COVID-19 VACCINATION
CHRISTUS St. Vincent continues to administer vaccines to qualifying populations in accordance with New Mexico Department of Health guidelines. If you wish to receive a vaccine, register with the New Mexico Department of Health at vaccinenm.org. Follow us online at stvin.org and facebook.com/christusstvincent for our latest vaccine announcements.
Welcome CHRISTUS St. Vincent Newest Providers

Jayna Adams, AuD
CHRISTUS St. Vincent
Ear, Nose & Throat Specialists

Heather Alter, FNP
CHRISTUS St. Vincent
Wound & Hyperbaric Center

Par Atwal, FNP
CHRISTUS St. Vincent
Orthopaedic Specialists

Jason Cobb, M.D.
CHRISTUS St. Vincent
Adult and Family Care Clinic

Tony Gervais, CRNA
CHRISTUS St. Vincent
Anesthesiology Associates

Alisha Gilmore, MSN, NP–C
CHRISTUS St. Vincent
Pulmonary & Critical Care Associates

Leslie Ann Morgan, APRN, FNP–C
CHRISTUS St. Vincent
Neurology Specialists

Audrea Nolan, CRNA
CHRISTUS St. Vincent
Anesthesiology Services

Trisha Patel, M.D.
CHRISTUS St. Vincent
Dermatology Specialists

Leo Santos, AGACNP
CHRISTUS St. Vincent
Hospitalist Group

CHRISTUS ST. VINCENT
Experts For Our Experts

At CHRISTUS St. Vincent, as a member of the Mayo Clinic Care Network, the expert providers you know and trust have special access to Mayo Clinic knowledge, expertise and resources from Mayo Clinic specialists, providers and members from around the world.

Together, we’re working to ensure the expert care you need is the care that’s closest to home.
Convenient Locations

**Specialty Care**

**AntiCoagulation Services**
465 St. Michael's Drive,
Suite 114
Santa Fe, NM 87505
(505) 913-5287

**Behavioral Health Specialists**
440 St. Michael's Drive,
Suite 250
Santa Fe, NM 87505
(505) 913-3056

**Cardiopulmonary Rehab Center**
455 St. Michael's Drive
Santa Fe, NM 87505
(505) 913-5549

**Dermatology Specialists**
1622 Galisteo St.,
Suite 100
Santa Fe, NM 87505
(505) 982-4848

**Ear, Nose & Throat Specialists**
1631 Hospital Drive,
Suite 200
Santa Fe, NM 87505
(505) 982-4848

**Hand Surgery & Bone Health**
1631 Hospital Drive,
Suite 220
Santa Fe, NM 87505
(505) 913-4263

**Heart & Vascular Center**
1631 Hospital Drive,
Suite 110
Santa Fe, NM 87505
(505) 984-8012

**Holistic Health & Wellness**
490B West Zia Road,
Suite 4
Santa Fe, NM 87505
(505) 913-3820

**Neurology Specialists**
465 St. Michael's Drive,
Suite 116
Santa Fe, NM 87505
(505) 913-4780

**Neurosurgical Associates**
465 St. Michael's Drive,
Suite 107
Santa Fe, NM 87505
(505) 988-3233

**Orthopaedic Specialty Clinic**
2968 Rodeo Park Drive West,
Suite 150
Santa Fe, NM 87505
(505) 913-4550

**Orthopaedics & Sports Institute (Surgery Center)**
2990 Rodeo Park Drive East
Santa Fe, NM 87505
(505) 913-4400

**Pain & Spine Specialists**
1631 Hospital Drive,
Suite 100
Santa Fe, NM 87505
(505) 982-7246

**Plastic Surgery Specialists**
1631 Hospital Drive,
Suite 150
Santa Fe, NM 87505
(505) 913-4360

**Pre-Anesthesia Surgical Screening Clinic (PASS)**
1631 Hospital Drive,
Suite 112
Santa Fe, NM 87505
(505) 913-3626

**Pulmonary & Critical Care Associates**
465 St. Michael's Drive,
Suite 117
Santa Fe, NM 87505
(505) 984-2600

**Regional Cancer Center**
490A W. Zia Road
Santa Fe, NM 87505
(505) 913-8900

**Regional Laboratory**
1631 Hospital Drive,
Suite 130
Santa Fe, NM 87505
(505) 913-3110

**Regional Laboratory – Las Vegas**
105 Mills Ave.,
Suite 200
Las Vegas, NM 87701
(505) 425-9239

**Regional Sleep Center**
440 St. Michael's Drive,
Suite 150
Santa Fe, NM 87505
(505) 913-5363

**Regional Wound & Hyperbaric Center**
465 St. Michael's Drive,
Suite 101
Santa Fe, NM 87505
(505) 913-3180

**Sports Medicine & Therapy Services**
2968 Rodeo Park Drive West,
Suite 100
Santa Fe, NM 87505
(505) 913-5100

**Sports Medicine – Los Alamos**
2237 Trinity Drive,
Suite D-2
Los Alamos, NM 87544
(505) 661-6191

**Surgical Associates**
1631 Hospital Drive,
Suite 240
Santa Fe, NM 87505
(505) 913-3975

**Urology Associates**
465 St. Michael's Drive,
Suite 110
Santa Fe, NM 87505
(505) 982-3534

**Women's Care Specialists**
1622 Galisteo St.,
Suite 200
Santa Fe, NM 87505
(505) 984-0303

**Primary Care**

**FAMILY CARE**

**Entrada Contenta Health Center**
Providing urgent, family and pediatric care with X-ray and lab services
5501 Herrera Drive
Santa Fe, NM 87507
Provider Offices:
(505) 913-3233
Laboratory:
(505) 913-4160
Urgent Care:
(505) 913-4180

**Adult & Family Care**
465 St. Michael's Drive,
Suite 230
Santa Fe, NM 87505
(505) 913-4710

**Family Medicine Center**
2025 S. Galisteo St.
Santa Fe, NM 87505
(505) 913-3450

**Pojoaque Primary Care**
5 Petroglyph Circle,
Suite A
Pojoaque, NM 87506
(505) 455-1962

**PEDIATRIC CARE**

**Arroyo Chamiso Pediatrics**
465 St. Michael's Drive,
Suite 200
Santa Fe, NM 87505
(505) 913-4901

**PHARMACY**

Pharmacy
465 St. Michael's Drive,
Suite 112
Santa Fe, NM 87505
(505) 913-5000
When it comes to your health, nothing is more important than your heart.

At CHRISTUS St. Vincent Heart & Vascular Center, our highly specialized physicians and providers are committed to providing the most comprehensive and quality cardiovascular care to Santa Fe and Northern New Mexico. In our newly renovated state-of-the-art facility, our expert team of cardiologists work together to create a personalized treatment plan to address each patient’s unique heart and vascular needs. From education, prevention, screening and detection to treatment, rehabilitation, support, and long-term follow up care, our team will provide the most excellent and compassionate care in a COVID-free and safe care setting.

To schedule an appointment, call (505) 984-8012.