

# HealthToday

AUG-OCT 2008

 **Centegra** Health System

WELL BEYOND EXPECTATION<sup>SM</sup>



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**BABY STEPS** Helping new brothers and sisters adjust

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**FLIP-FLOPS** They're trendy and cheap, but they can be tricky, too

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**CENTEGRA HEART CENTER**  
Keeps you healthy, helps you heal

message *to our*  
community



**T**hree years ago, Centegra began a study of the best ways to deliver healthcare to the areas most in need. It was clear that the southern segment of our county was growing rapidly, and we needed to address this trend.

We are proud to announce that a new healthcare campus in this area will be open

next month. You can look forward to the benefits of this beautiful new campus, which features Centegra Immediate Care, Centegra Primary Care, Centegra Imaging Center, physician offices and a second Centegra Health Bridge Fitness Center. Located on Algonquin and Haligus roads in Huntley, the site provides convenience, a comforting environment and an efficiency that respects the time of today's busy families.

As part of our commitment to women's health, Centegra has recently instituted a new cancer program—the breast care navigator. It is just one feature of our comprehensive cancer services, which recently received an Outstanding Achievement Award from the Commission on Cancer. Turn to page 9 to read about the ways this program benefits women undergoing breast cancer treatment.

Finally, if you want to enjoy an active life but don't know where to begin, consider a membership at the Centegra Health Bridge Fitness Center in Crystal Lake or stop in at the on-site membership office in Huntley to view floor plans, programs and special membership information.

Fulfilling our commitment to wellness and a healthier community, Centegra offers all you need to get healthy and stay healthy. Enjoy your summer.

Sincerely yours,  
Michael S. Eesley  
President and CEO

## Cancer care update

**AT CENTEGRA**, the spring season unfolded with achievement awards in cancer care. Building on these successes, two new technologies highlight Centegra's newest offerings in cancer care.

**Honors.** The American College of Surgeons Commission on Cancer awarded Centegra Hospital–McHenry's Cancer Program an Outstanding Achievement Award, a distinction earned by only about five percent of surveyed cancer programs nationwide. "We received commendations in every area surveyed," says Amy Moerschbaecher, RN, executive director of Centegra Oncology Services.

**Upgrades.** To continue to meet community expectations for excellence in delivering progressive cancer care, two pivotal high-tech systems will be in place by summer's end.

The first—the newest state-of-the-art GE PET/CT scanner—will take up permanent residence in Radiology, allowing full-time, on-site availability for detection, staging and monitoring of a patient's cancer.

"The results of these studies can be directly fused into treatment planning scans in the creation of enhanced radiation delivery," says Terrence Bugno, MD, FACR, medical director, Radiation Oncology at the Centegra Sage Cancer Center.

Centegra has also obtained the TomoTherapy Hi-Art Cancer Treatment System—a sophisticated blend of daily CT imaging that precisely focuses radiation therapy beams on the targeted area from all angles while sparing the surrounding healthy tissue.

Centegra will be the first hospital in the area to have this advanced treatment option for cancer care.

"With this image-guided approach, which adjusts the targeted area daily, we can escalate the dose and pinpoint very small pockets of cancer accurately," Dr. Bugno says. ♦



For more information about GE PET/CT scans, TomoTherapy and other treatment options, **CALL** the Centegra Sage Cancer Center at **815-344-8000**.





## Prepare for outpatient testing

**CENTEGRA HEALTH SYSTEM** would like to ask for your help to ensure that your medical testing appointments go as smoothly and easily as possible.

If your doctor recommends that you need a medical test—for example, a blood test, heart test, bone-density scan or MRI—please be sure you get a copy of the order before you leave your doctor’s office. A complete physician’s order should include the patient’s name, type of test ordered, diagnosis, date of the order and the doctor’s signature.

“Check to make sure the order is legible,” advises Laurie Brophy with Centegra’s Patient Access. If you cannot read the order, we may not be able to either. Also, be sure you understand the purpose of the test. If you don’t, ask your doctor or the office staff to review the information with you.

To help speed up the process, you should ask your doctor’s office to fax the order to Centegra’s central fax line for physician orders. The fax numbers are: **815-759-4002** for Centegra Hospital–Woodstock (formerly Centegra Memorial Medical Center) and **815-759-4008** for Centegra Hospital–McHenry (formerly Centegra Northern Illinois Medical Center).

Centegra needs to receive the doctor’s written order before we can schedule and administer the test. Some tests, including cholesterol tests, basic lab work and basic x-rays, are done on a walk-in basis, but most others require appointments.

Centegra has other facilities in the surrounding communities that offer many types of services, including Crystal Lake Imaging Center; Centegra Imaging Center and Laboratory Phlebotomy Services at Crystal Lake Medical Arts; and a new facility, Centegra Health Center–Huntley, which will open at the end of summer.

To schedule your outpatient service at a Centegra Health System facility, please call **815-334-5566**. ♦

Government agencies and private insurers have strict rules for medical tests. They require written orders to ensure that the proper tests are being ordered, performed and billed. Centegra is required to follow these rules.

Days	Outpatient Lab hours	Outpatient Radiology Department hours
Monday–Friday	6:30 am to 8 pm	7 am to 8 pm
Saturday	6:30 am to 4:30 pm	7 am to 4:30 pm
Sunday	Closed	7 am to 1:30 pm

## WELCOME NEW PHYSICIANS



**Shad Ahmad, MD**  
FAMILY PRACTICE  
Alpine Family Physicians  
**Lake Zurich**



**Philip Favia, MD**  
FAMILY PRACTICE  
Alpine Family Physicians  
**Algonquin**



**Kelly Holtkamp, MD**  
ORTHOPAEDICS/  
HAND SURGERY  
Crystal Lake Orthopaedic  
Surgery & Sports Medicine  
**Crystal Lake**



**Melissa Hong, DPM**  
PODIATRY  
Crystal Lake Orthopaedic  
Surgery & Sports Medicine  
**Crystal Lake**



**John Kolb, MD**  
FAMILY PRACTICE  
Alpine Family Physicians  
**Lake Zurich**



To find the Centegra physician who’s right for you, **VISIT [centegra.org](http://centegra.org) or CALL 877-CENTEGRA (877-236-8347).**



## VERY IMPORTANT SIBLING CLASS

Monthly, time varies  
**Centegra Hospital–McHenry,**  
**Centegra Hospital–Woodstock, \$5**  
 For children 3 to 10 years old who are welcoming a baby into the home. Topics include safety, baby care and adjusting to their new role. A tour of the OB unit included. Call **815-759-4822**.

**i** To find a physician, **CALL 877-CENTEGRA (877-236-8347).**

# Baby on the way

Helping new big brothers and sisters adjust

**FAMOUS MOVIE** stars sometimes don't like sharing the screen with up-and-coming young actors. And older children may feel the same way when a new baby arrives in the house.

"Adjusting to a new little brother or sister is hard," says Mark Parra, MD, an obstetrician/gynecologist at Centegra Primary Care in the new Crystal Lake Medical Arts building. But he adds that parents can do a number of things to help smooth the transition.

### BREAKING THE NEWS

The first things to decide are when and how to tell your child that a new baby is on the way, so he or she can get used to the idea, Dr. Parra says. There's no right or wrong time. "You just need to think about what's appropriate for your child," he says.

With preschool children, you may want to wait until they notice that mommy's tummy is growing or until you start to discuss baby names.

Kids will want to know when the baby will show up but may not have a firm handle on what weeks or months mean. With young children, you may just want to say the baby will arrive when it's hot outside again or when the snow comes.

Children also may be curious about how this new baby came to be. Again, with young children, you don't need to provide a detailed account.

"Just share the information in a way they understand and that's appropriate for their age," Dr. Parra says.

### SHARE THE JOY

Right from the start, you'll want to make children feel like they are part of the anticipation and planning for the new baby.

"They should feel like they're involved in what's happening, not that they're out of the loop," Dr. Parra says.

You can do this by:

- Reading picture books about babies and new siblings
- Giving your child a doll, so he or she can care for a "baby" of his or her own
- Taking your child to doctor appointments to hear the baby's heartbeat
- Visiting friends who have new babies
- Looking at pictures from when your older child was a baby

### NEW BABY 101

Programs for kids, such as Centegra's Very Important Sibling classes, are another great way to prepare children for a new little brother or sister, Dr. Parra says.

Kids in the classes learn about what new babies are like—they cry a lot and need mom's or dad's help to do a lot of things. They also learn how to safely hold and help feed an infant.

### STORMS WILL ARISE

Remember, no matter how much you prepare, there will be times when older children act out or feel upstaged by a younger sibling. Babies require a lot of time, and big brother or sister may feel left out.

Parents can help offset this by spending plenty of one-on-one time with older children. Having a grandparent, aunt or uncle in town for older children to play with when the baby first arrives can help, too, Dr. Parra says.

"You just have to be patient. It's a big change, but [older kids] eventually get used to having a new baby in the house," he says. In time, they may even get to like their new brother or sister quite a bit! ♦



## Help your child get ready for school

**Y**OU DON'T have to flip too far ahead in your day planner to see that the first day of school is fast approaching. Is your child ready for another great year?

You can start the back-to-school preparations by establishing sensible routines, emphasizing a healthy diet and taking your child in for an annual doctor's visit.

### RELIABLE ROUTINES

If life got a little relaxed during the summer, re-establish healthy routines for bedtime and mealtimes at least a week before the first day of school.

Bedtime should be the same time every night. A normal before-bed routine might include a bath or shower, brushing teeth, and some quiet time in bed reading.

Don't let TV or other electronic media steal your child's sleep. The American Academy of Pediatrics recommends removing TV sets from children's bedrooms and limiting TV and video games to no more than two hours a day.

### BREAKFAST BASICS

Besides a good night's sleep, your

child should also get back in the habit of eating a nutritious breakfast before school. Kids who get a good breakfast do better in class and tend to eat healthier the rest of the day.

The traditional fare of eggs or cereal is great, but less conventional ideas like a grilled cheese sandwich, taco or dinner leftovers are fine, too.

## Children who get a good breakfast do better in class.

Some quick, out-the-door breakfast ideas include yogurt, fresh fruit or a whole-grain muffin.

### LUNCHTIME OPTIONS

Keep good nutrition alive at lunch, too. Take some time with your child to scan the school cafeteria menu to see what looks healthy and appetizing. Teach your child to choose fruits, vegetables, lean meats and whole grains, with milk or water to drink.

Prepare a home-packed lunch at least

some of the time. That way, your child will be eating something healthy and will also be sure to get something he or she likes.

### WELL-CHILD CHECKUP

Before school starts, it's also important to schedule an annual well-child checkup. Many schools require an exam before kids can enter some grade levels.

Among other things, these exams allow a doctor to make sure your child is in good physical health and up-to-date on all immunizations.

Expect the doctor to do a complete physical exam, weigh and measure your child to assess development, and screen for certain health conditions.

These visits are also a great time to ask questions about your child's diet, physical activity or sleep habits. ♦



To find a physician, **CALL**  
**877-CENTEGRA (877-236-8347).**

# AUG-OCT CALENDAR

Centegra Health System

**PULL  
AND  
SAVE!**

Our focus at Centegra Health System is on your whole family's health. Check out the opportunities below to improve and preserve your health, and view many more events online at [centegra.org/calendar](http://centegra.org/calendar).

Visit us at   
[centegra.org/calendar](http://centegra.org/calendar)  
for more community events.

## Location key

**CHW** = Centegra Hospital–Woodstock  
(formerly Centegra Memorial Medical Center)  
**CSHW** = Centegra Specialty Hospital–Woodstock,  
South Street (formerly Centegra Memorial Medical  
Center–South Street)  
**CHM** = Centegra Hospital–McHenry  
(formerly Centegra Northern Illinois Medical Center)  
**CPC** = Centegra Primary Care  
**CSCC** = Centegra Sage Cancer Center  
**CHBFC** = Centegra Health Bridge Fitness Center  
**MCC** = McHenry County College

## COMMUNITY EVENTS

### Personal Training: Investing in Yourself

- Monday, Aug. 18
  - Tuesday, Sept. 30
- 5 to 6 pm, CHBFC, Free

Discover the purpose, justification and undeniable benefits of one of the most valuable decisions you can make—investing in yourself. One lucky participant will win a free personal training session at each event!

Call **815-444-2900**.

### Dessert with the Doctor: Breast Cancer—What's New in Prevention and Early Detection

Tuesday, Oct. 28, 11:30 am to 1 pm  
MCC, Free

Join Shiva Gupta, MD, for a lively discussion about screening techniques followed by a question-and-answer session. You bring lunch and we'll provide dessert. Call **815-455-8581** to register.

### Prostate Cancer Screening

Saturday, Sept. 20, 8:50 to 11:45 am  
CSCC, \$25

Early detection of prostate cancer is key to survival. For men 40 and older, this screening should not replace your annual physical. Screening includes PSA and digital rectal exam. You may eat breakfast before the screening. Call **877-236-8347** to register.

### Vote for Health!

Tuesday, Sept. 23, 6:30 to 8 pm  
MCC, Free

- **Straight Talk About Men's Health**  
Join Apurva Desai, MD, Fox Valley Hematology and Oncology, to learn about recent advances in detection and treatment of prostate and kidney cancer. Question-and-answer session will follow.
- **Straight Talk About Women's Health**  
Shannon Watley, DO, will discuss recent advances in prevention and early detection of breast, cervical and ovarian cancers. Call **815-455-8581** to register.

### Cancer Etiquette: How to Talk to Your Family and Friends

Wednesday, Oct. 15, 11:30 am to 1 pm  
MCC, Free

Join us for a Lunch and Learn program presented by Kara Williams, outreach manager at Wellness Place Cancer Resource in Palatine. Call **815-759-4462** to register.

### Treatment's Over—Now What? The Role of Healthy Lifestyles for Cancer Survivors

Wednesday, Oct. 15, 6:30 to 8:30 pm  
MCC, Free

Learn how psychosocial support after treatment and lifestyle choices can help cancer survivors thrive. Includes an introduction to the Lance Armstrong Live Well—Life Beyond Cancer program as well as a sharing time. Call **877-236-8347** to register.

### Animal-Assisted Therapy Training

- **Training:** Saturdays, Sept. 6 and 13  
9 am to 3 pm
- **Evaluation:** Saturday, Oct. 11, by  
appointment

CHM classrooms A, B, C, D, \$100  
Help your dog learn to provide comfort and affection to patients. Participating dogs must have basic obedience skills and should love meeting new people. The three-part program will be presented by Delta Society instructors. Registration is required. Call **815-759-4203**.

## NUTRITION AND FITNESS

### SHAPEDOWN

- **Orientation:** Monday, August 18
  - **Children's class:** Mondays, Sept. 8–Nov. 10  
5:30 to 7:30 pm, CHM classrooms
- A unique and fun experience to help children and teens make healthy lifestyle changes. Led by a dietitian and behavioral and exercise specialists. Call **815-759-4171**.

### Essentials of Life: Vitamins and Minerals

Tuesday, Aug. 5, 6:30 to 7:30 pm  
CHBFC, Free

Learn about how much of certain vitamins and minerals you need, whether supplements are necessary, and what vitamins and minerals do for your body. Call **815-444-2900**.

### Group Grocery Shopping Tour

Wednesday, Aug. 20, 5 to 6 pm  
Joseph's Marketplace, 29 Crystal Lake Plaza  
Free

During an in-depth tour with our registered dietitian, you will learn how to locate and evaluate products to ensure that you are buying foods that will enhance your health and well-being. Register at least 48 hours in advance. Tour begins at the Guest Service desk at the front of the store. Call **815-444-2900**.

### Diabetes Prevention Program

Tuesdays and Thursdays, Aug. 26–Nov. 13  
7:15 to 8:15 am or 6:30 to 7:30 pm  
CHBFC, \$215

Reduce your risk of diabetes with physical activity, nutrition education and stress-reduction techniques. If you don't see a reduction in your diabetes risk level, we'll return the class fee! Let us know what works best for your schedule; we'll do our best to create a class that works for you. Call **815-444-2900**.

### Limited-Range Pilates Reformer

Wednesdays, Aug. 6–Sept. 10, Sept. 17–Oct. 22  
10:30 to 11:30 am  
CHBFC, \$115

Build control and balance while increasing strength. Call **815-444-2900**.

### Pilates for "Unbendable" People

Mondays, Aug. 4–Sept. 8, Sept. 15–Oct. 20  
10:30 to 11:15 am  
CHBFC, \$54

Reteach your body to work more efficiently. The class will help you achieve better alignment and increase strength, flexibility and coordination. Call **815-444-2900**.

### BOSU Body Blast

Mondays and Wednesdays, Sept. 8–Oct. 15  
and Oct. 20–Nov. 26, 8:15 to 9 am  
CHBFC, \$80

Challenge your posture, balance and reactive responses with a combination of core, functional sports and balance training. Call **815-444-2900**.

### Low-Back Water Exercise

Thursdays, Sept. 4–Oct. 23, 6 to 7 pm  
CHBFC, \$36

Learn correct posture and strengthen and stretch the muscles responsible for stabilizing the spine. The first class is a lecture and will be held in the conference room. All classes thereafter will be in the therapy pool. Physician referral required. Call **815-444-2900**.

## CHILDBIRTH AND INFANT CARE

### Breastfeeding Basics

Monthly, times vary by location  
CHW, CHM, \$20/couple

The one-time class led by certified lactation consultants educates expecting mothers about breastfeeding. Discussion includes infant and maternal health benefits, bonding, and positioning. Call **815-759-4822**.

### Infant Massage

Wednesdays, 9 to 10:30 am  
CHW, \$50

A total of three 90-minute classes teach the benefits of infant massage. Call **815-759-4822**.

### Healthy Mom, Healthy Baby

Monthly, time varies  
CHBFC, Fee varies

During and after pregnancy, exercise can relieve stress and help develop muscle strength and stamina. A variety of classes are offered. Call **815-444-2900** for class times and details.

### Infant CPR and Safety

Monthly, 6 to 10 pm  
CHW, \$25/person or \$40/couple

One-night class will discuss basic CPR for infants and children, choking intervention, home safety, SIDS information and childproofing the home. Taught by American Heart Association instructors. Registration required. Call **815-759-4822**.

### Childbirth Education

Tuesdays or Wednesdays, 7 to 9:30 pm  
CHW, CHM, \$75

Four-part, month-long series for expectant mothers in their third trimester. Call **815-759-4822**.

### Very Important Sibling Class

Monthly, time varies  
CHM, CHW, \$5

For children 3 to 10 years old who are welcoming a baby into the home. Topics include safety, baby care and adjusting to their new role. A tour of the OB unit included. Call **815-759-4822**.

## WEIGHT MANAGEMENT

### Bridge to Weight Loss

Mondays and Wednesdays, Aug. 11–Oct. 6  
6:30 to 7:30 pm  
CHBFC, \$249

Learn how to overcome the challenge of losing weight and keeping it off. Our team of experts have a proven system to help you lose weight through nutrition, exercise and behavior modification. Call **815-444-2900**.

### Centegra Weight-Loss Surgery Center Informational Session

Every fourth Wednesday, 6 to 8 pm  
CHW, Free

Medical Director Amir Heydari, MD; Susie Dirx, RN; and Sarah Buytendorp, RD, describe our weight-loss surgery program. Call **815-206-3411** to register.

## CANCER SUPPORT

### Hat's Off Cancer Support Group

Every second Monday, 6:30 pm  
CSCC, Free

Support for women who have been diagnosed with cancer, often featuring guest speakers. Call **815-759-4461**.

## SUPPORT GROUPS

For a complete list of support groups at Centegra, go to [centegra.org/calendar](http://centegra.org/calendar).

### Mended Hearts (Cardiac Support Group)

Monthly, Free

For heart disease patients and their families and caregivers. Call **815-759-4415** for dates, times and location.

### Centegra Weight-Loss Surgery Center Support Group

- Every second Monday, 6 to 8 pm
- Every fourth Saturday, 10 am to Noon

CHW, Free

Education, encouragement and camaraderie for pre- and postoperative weight-loss surgery patients. Call **815-334-3822** to register.



## EVENTS FOR YOUR HEALTH SAVE THE DATE

### Breast Cancer 5K Run/Walk

Sunday, Oct. 26, Lippold Park, Crystal Lake, \$35

- 7:30 am: Registration
- 8:30 am: Race start

Help raise money for breast cancer services for women in McHenry County. Call **815-334-8987** to register.

### Centegra 2008 Community Cancer Symposium: Cancer Survivors—Live Well

Saturday, Nov. 1, 8:30 am to 1 pm  
MCC, Free

Learn about and discuss the physical, emotional, spiritual, employment and legal aspects of living with cancer. Workshop topics include:

- Live Well! Life Beyond Cancer Program
- From Surviving to Thriving: Tools and Techniques for a Healthy Lifestyle
- Planning for the Future: Aspects of Survivorship
- Integrative Medicine in the Cancer Experience

Call **877-CENTEGRA (877-236-8347)**.

### Caregivers Support Group

Thursdays, Aug. 21, Sept. 18  
10 to 11 am, CSCC, Free

For adults providing care for a loved one. Registration required. Call **815-759-4459**.

### Living With Grief

Thursdays, Aug. 21–Sept. 25  
CSCC, Free

A six-week community grief support program for adults that offers education and support. Registration required. Call **815-759-4459**.



For more events, visit  
[centegra.org/calendar](http://centegra.org/calendar).



## Flip-flop flap

Popular footwear can be harmful to your feet

IT'S WARM outside and you wear your flip-flops everywhere. They're a simple, cool and cheap form of summer footwear. But did you know they're also bad for your feet?

"Flip-flops alter your gait and impair the shock-absorbing properties of your feet, which can ultimately cause arch fatigue; heel pain; and compensatory knee, hip and back symptoms," says Melissa Hong, DPM, a podiatrist on staff at Centegra Health System. "Wearing flip-flops can lead to a myriad of foot problems, ranging from athlete's foot to tendonitis."

### FLIP-FLOP DAMAGE

The popularity of flip-flops has reached new heights—especially among teenagers and young adults. The number of flip-flop-related foot injuries is also at an all-time high, according to the American Podiatric Medical Association (APMA).



To find a podiatrist at Centegra, **VISIT** [centegra.org](http://centegra.org) or **CALL** 877-CENTEGRA (877-236-8347).

"Flip-flops really provide no support to your arch or heel," Dr. Hong says. "If your feet are not adequately supported, they will pronate, or flatten out."

With flat feet, you are more likely to experience other foot problems, such as bunions, hammertoes and inflamed tendons. You are also at greater risk to develop knee, hip or back problems. The open-toed design of flip-flops also increases your risk for puncture wounds, cuts and toenail injuries.

### FLIP-FLOP ALTERNATIVES

There are plenty of better options for summer footwear than flimsy flip-flops. Many footwear companies offer comfortable sandals that provide good heel and arch support.

When shopping for footwear, the APMA says you should be sure the shoe or sandal:

- Bends where your foot bends naturally, at the ball of the foot
- Does not twist from side to side
- Firmly holds your heel in place

It's also important to only wear sandals for appropriate activities.

"The key to wearing any type of shoe is moderation," Dr. Hong says. "If you know you are going to be walking a lot, don't wear sandals."

### CARING FOR YOUR FEET

Many foot problems will get worse without treatment and can lead to

## DIABETES CAN HARM YOUR FEET

If you have diabetes, choosing footwear is about much more than fashion. It's also about your health.

"People with diabetes shouldn't wear sandals or open-toed shoes," says Melissa Hong, DPM, a podiatrist on staff at Centegra Health System. "With diabetes, simple cuts and blisters can lead to serious problems, such as ulcers and gangrene."

Diabetes can cause nerve damage in your feet, which can lessen your ability to feel pain, heat and cold. It can also cause circulation problems.

To keep your feet healthy, the American Diabetes Association says you should:

- Control your blood sugar.
- Wear shoes and socks. Never go barefoot.
- Check your feet every day for red spots, swelling, cuts and blisters.
- Wash your feet every day.
- Keep your toenails trimmed.
- Have your feet checked by a doctor every three to six months.

"If you have any problems with your feet, see a doctor right away, even if it's minor," Dr. Hong says.



For more about diabetes and foot care, **CALL** the Centegra Diabetes Center at 815-356-2382.

chronic foot pain.

"If you have any type of foot pain that doesn't go away by wearing a better shoe, you should see a podiatrist," Dr. Hong says.

Treatment options for foot problems may include rest, padding, shoe modification, cortisone injections, immobilization, physical therapy or sometimes surgery. ♦

# A helping hand through breast cancer

**THIS YEAR** alone, some 250,000 women in America will learn that they have breast cancer.

If you or someone you know is one of these women, it's understandable for you to be worried.

Like many women newly diagnosed with breast cancer, you may have had no outward signs of the disease. In fact, you may feel absolutely fine, adding to the shock of your news.

Also like many women, you may suddenly find yourself confronting a series of complex treatment choices, from what kind of surgery to have to what other types of treatments are in



**i** To schedule a mammogram screening at Centegra, **CALL 815-334-5566**. A prescription is required.

your best interest.

With this in mind, Centegra Health System has a new significant resource for women confronting both a possible diagnosis of breast cancer and breast cancer itself. The breast health navigator is a special position led by Lynn Griesmaier, RN, MS, that exemplifies Centegra's "high-touch" cancer care.

## HELP AT EVERY STAGE

Part advocate, part educator, part sounding board, Griesmaier is there for women from the time something suspicious shows up on a mammogram through treatment and recovery. In her role as a breast health navigator, she provides services such as:

- A greater understanding of what to expect throughout their experience
- An enhanced resource for any questions about their care
- Emotional support for both themselves and loved ones
- Coordination of care, linking in their physician and other medical professionals

"I look forward to complementing the excellent care currently provided by the physicians, medical imaging technologists and clinicians at Centegra," Griesmaier says. "My mission is to know every woman as an individual and to respond to her unique needs, whether that means explaining the reason for a diagnostic test, educating her family about her treatment options or being by her side."

Griesmaier is deeply committed to her job. Her own mother is a breast cancer survivor of 20 years, and so her empathy for the women she counsels is deeply felt.

## DON'T PUT IT OFF: GET CHECKED

Griesmaier's role as a breast health navigator is only one example of Centegra's commitment to helping women cope with—and survive—breast cancer. Another example is the state-of-the-art digital mammography now available at Centegra Hospital–McHenry and the Centegra Imaging Centers located in the new Crystal Lake Medical Arts building as well as in the Centegra

## WELCOME NEW PHYSICIANS



**Kumar Nathan, MD**  
INTERNAL MEDICINE/  
HOSPITALIST  
Centegra Primary Care  
**McHenry**



**Mark Parra, MD**  
OBSTETRICS/  
GYNECOLOGY  
Centegra Primary Care  
**Crystal Lake**



**Robert Trauscht, MD**  
FAMILY PRACTICE  
Alpine Family Physicians  
**Lake Zurich**



**Debbie Yu-Tungol, MD**  
INTERNAL MEDICINE  
Centegra Primary Care  
**Huntley**

**i** To find the Centegra physician who's right for you, VISIT [centegra.org](http://centegra.org) or CALL **877-CENTEGRA (877-236-8347)**.

Health Center–Huntley.

The American Cancer Society recommends that all women ages 40 and older get yearly mammograms. Making time for this simple screening could save your life. ♦



# Home is where the heart care is

Centegra brings high-quality cardiac care to McHenry County

**W**HEN PHYLLIS Buchanan went to an appointment with her ear, nose and throat doctor on the last day of 2007, heart disease and stroke were not on her mind.

They quickly took center stage, however, when she had a stroke in the doctor's office. That was just the beginning—she survived the stroke, but tests showed she needed heart surgery.

Today, Buchanan is healthier, happier and back to playing golf. The major player in these positive outcomes was Centegra Health System.

“When I had the stroke, the people at Centegra Hospital–Woodstock acted very quickly, and I recovered with no impairment at all,” Buchanan says. “After I recuperated, I went to Centegra Hospital–McHenry for a triple bypass.”

That made her one of more than 200 patients to have heart surgery at Centegra Hospital–McHenry (formerly Centegra Northern Illinois Medical Center) since the new open heart surgery program began in the fall of 2006. Her outcome has contributed to

the program's overall excellence—it has a success rate that's better than the national average.

## ALL IN ONE PLACE

“Not long ago, this kind of care was only available at university-level hospitals,” says James Gramm, MD, chief open heart surgeon at Centegra.

“People in McHenry County used to go all the way to Chicago or Milwaukee,” Dr. Gramm says. “Now, they can get open heart surgery and full cardiology services right here in the community.”

That means everything from diagnosing the first symptom of a heart problem to comprehensive rehabilitation after treatment. The cardiac services at Centegra include:

- State-of-the-art diagnostics
- Emergency care for heart attacks
- Cardiac catheterization, angioplasty and stent placement
- The Heart Failure Clinic for people with this chronic condition
- Electrophysiology procedures such as radiofrequency ablation, and

implantation of pacemakers and defibrillators

- Open heart surgery, including coronary artery bypass, valve replacement and repair, and other procedures
- Cardiac rehabilitation to help patients reach their maximum level of recovery

## HEART CENTER WITH A HEART

According to Dr. Gramm, Centegra's open heart surgery program was established in response to community needs and had to meet strict state standards before it could open. The community needs have been met and exceeded—surgeons performed nearly twice as many surgeries as anticipated in the first year.

The fact that so many people have chosen Centegra for open heart surgery indicates the high quality of care patients receive. Centegra also offers cardiac patients another advantage: continuity of care.

“When you have your surgery here in McHenry County, your cardiologist will remain involved in your care even after the surgery is over,” he says.

Buchanan can tell you how important that personalized care is. She'd already had a heart catheterization in 1988, and the last thing she wanted was more heart procedures. But after her experience in Centegra's open heart surgery program, she has nothing but praise.

“The doctors and nurses are absolutely the greatest,” she says. “If you need heart surgery, that's the place to go.”

Buchanan went on to rehabilitation, and now she is back to playing golf—without the chest pain it brought on before her surgery.

## GET ACQUAINTED

The Centegra Heart Center is there for you in an emergency, and also to help you establish a heart-healthy lifestyle. ♦



To find out more and take our free heart risk assessment, **VISIT** [centegra.org/heartaware](http://centegra.org/heartaware).

# Q & A

Ask a doctor

## Centegra Immediate Care Center

Providing convenient, same-day care, Centegra Immediate Care is now open at the Crystal Lake Medical Arts building. Larry Wellendorf, MD, medical director for Centegra Immediate Care, answers some questions about immediate care.

**Q** What is an immediate care center?

**A** Immediate care centers are for treatment of acute medical conditions that are not life-threatening. Examples include ankle sprains, lacerations, sinus infections, coughs, colds and fevers.

**Q** Why is the availability of immediate care important?

**A** With some of the conditions mentioned above, people typically go to the emergency room. With immediate care, you get in and get out quicker than you would in an emergency room. The emergency room is more appropriate if you are experiencing chest pain, significant difficulty breathing, severe abdominal pain or a major injury.

**Q** How quickly might someone be seen? Do people need appointments?



**A** No, people don't need appointments. We try to get people in right away and seen as quickly as possible. Typically, a person can see a doctor within 15 minutes of arriving.

**Q** How many staff members work at the center?

**A** We have four physicians, two full-time and two part-time. Three of us are board-certified in family medicine and one is board-certified in emergency medicine and pediatrics. All of us have experience in immediate care. We also have nurse practitioners and physician assistants who work in collaboration with the physicians to ensure that the most urgent cases are treated first.

Centegra Immediate Care is located behind Dominick's Finer Foods in the Crystal Lake Medical Arts building and is open seven days a week. Hours are Monday through Friday from 8 am to 8 pm, and weekends and holidays from 8 am to 5 pm.

Centegra Immediate Care is coming soon in August 2008 at the new Centegra Health Center-Huntley.

## MEET OUR IMMEDIATE CARE PHYSICIANS

### The doctor is always in

At Centegra Immediate Care, we know it's not always convenient to get medical help. That's why our qualified medical staff provides prompt treatment seven days a week—with no appointment needed. Just walk right in!



**Nikolas Antoniou, MD**  
IMMEDIATE CARE  
Centegra Immediate Care  
Crystal Lake



**John Kane, MD**  
IMMEDIATE CARE  
Centegra Immediate Care  
Crystal Lake



**Marilyn LaCrosse, MD**  
IMMEDIATE CARE  
Centegra Immediate Care  
Crystal Lake



**Larry Wellendorf, MD**  
IMMEDIATE CARE  
Centegra Immediate Care  
Crystal Lake



For more information about immediate care at Centegra, **CALL 877-CENTEGRA (877-236-8347)**.

# It's more than a promise... it's a campus

THREE YEARS ago, Centegra began a study of the best ways to deliver healthcare to the areas most in need. It was clear that the southern segment of the county was experiencing intense and rapid growth, and we needed to address this trend.

With less than two years on the drawing board, the new Centegra Health Campus–Huntley began to take shape. The community can look forward to the benefits of this beautiful new campus, which features Centegra Immediate Care, Centegra Imaging Center, physician offices and a second Centegra Health Bridge Fitness Center. Located on Algonquin and Haligus roads, the site provides convenience, a comforting environment and an efficiency that respects the time of today's busy families.



For more details about hours, addresses, phone numbers or for other information, **VISIT** our website at [centegra.org](http://centegra.org).

## IMMEDIATE CARE

Opening in August, Centegra Immediate Care (located in the Centegra Health Center–Huntley) cares for minor emergencies or bouts of illness that require fast, professional medical care. Seven days a week, year-round, you and your family can have the comfort of knowing your needs have been carefully checked out and you've received proper treatment—including x-rays and medicines. Whether after hours, on a holiday or on a doctor's day off, or if you don't have a primary care physician, your family's care is assured.

## NEW FITNESS CENTER AND MORE

The Centegra Health Center–Huntley will also feature Centegra Primary Care physicians, independent specialty physician practices, a sophisticated and complete medical imaging center, and laboratory phlebotomy services. It's all right here and will be ready to serve you by the end of summer.

The Centegra Health Bridge Fitness Center will fulfill Centegra's commitment to wellness and a healthier community. Featuring indoor tennis courts, multiple swimming pools, and a wide variety of workout and fitness opportunities and programs, the facility will open this fall. Stop by the on-site membership office to view floor plans, programs and membership information. ♦

## OTHER NEW OFFICES



**Shiva Gupta, MD**  
INTERNAL MEDICINE  
Centegra Primary Care–Huntley, near Sun City



**Marile Monje, MD**  
INTERNAL MEDICINE  
Centegra Primary Care–Spring Grove



### Centegra Behavioral Health Services

800-765-9999

Call for urgent mental health assessments.

### McHenry County Crisis Services

800-892-8900, [mchenry-crisis.org](http://mchenry-crisis.org)

Call for a referral or immediate assistance.

### Centegra Referral Line

877-CENTEGRA (877-236-8347)

Call 24 hours a day.

## Send us your FEEDBACK.

What do you think about Centegra Health System and *HealthToday*? Your comments can help us better serve you and the community. **VISIT** [centegra.org/feedback](http://centegra.org/feedback) today to share your thoughts or ask a question.



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Information in HEALTHTODAY comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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