

HealthToday

WINTER 2008

 CentegraHealthSystem



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HAPPY NEW YOU! Let Centegra help you keep your resolutions

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CALENDAR Pull and save to remember events for your health

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HEALTHY RESOLUTIONS
Get the upper hand on cancer

message *to our*
community



I hope you and your families are enjoying a new year of health and wellness. During this winter season, we know how hard it is to stay in shape. You do not have to look any further than this issue of *HealthToday* to discover ways that Centegra can help you keep your resolutions, such

as getting active, quitting smoking and sticking with a healthy diet.

Our efforts to keep you healthy do not stop there. The calendar of events is full of opportunities for you to improve and preserve your health, including screenings, classes and support groups.

This issue also highlights our commitment to heart health. The second annual Heart Strong Woman Event will take place February 21 at the Crystal Lake Holiday Inn. (See page 10 for details.) And our open heart surgery program, which celebrated its first birthday last October, exceeded expectations by performing more than 140 open heart surgeries in its first year. I hope you'll use this issue as a springboard toward a healthier new year—Centegra is here for you.

Sincerely yours,

Michael S. Eesley
President and CEO

A heartfelt celebration

ON OCTOBER 29, 2007, Centegra cardiac patients, physicians and staff celebrated the first "birthday" of the open heart surgery program at Centegra Northern Illinois Medical Center (CNIMC).

"It was more than an anniversary for us," says Michael S. Eesley, president and CEO of Centegra. "It meant that our open heart patients would be celebrating more birthdays for themselves, thanks to this specialized intervention."

To date, more than 140 patients have had open heart surgery at CNIMC, exceeding the projected number of operations by Cardiac Surgery Associates (CSA), the leading cardiac surgery group in Illinois. Jason Sciarro, executive vice president and chief operating officer, hosted the celebration and outlined the 20-year history in developing the full cardiac services program.

Bryan Foy, MD, and James Gramm, MD, cardiothoracic surgeons with CSA, spoke about the program's success and the difference it is making to cardiac patients in McHenry County.

Four former open heart surgery patients were also honored and shared their personal journeys: Joe Hoch, Elizabeth Fitzgerald, Peg Altenburg and Sandra Nebel, the first open heart surgery patient at CNIMC.

Centegra's Heart Center includes state-of-the-art diagnostics, cardiac catheterization labs, open heart surgery, Heart Failure Clinic and cardiac rehabilitation. For a detailed brochure or more information, call **1-877-CENTEGRA (1-877-236-8347)**. ♦



SUCCESS! Open heart surgery patients celebrated the one-year birthday of the open heart surgery program at Centegra. Pictured from left are Sandra Nebel, Joe Hoch, Elizabeth Fitzgerald and Peg Altenburg.

Successful aging

NO MATTER WHAT our age, we want to feel and look our best. Good health is not something to be taken for granted, and is even more precious as we get older and want to stay active. All too often chronic conditions catch up with us, and recovering from an injury or illness takes longer than before.

Centegra is launching a new program in geriatric medicine, a medical specialty for older adults. Rex Nzeribe (En-zer-ee-bay), MD, a fellowship-trained geriatrician, heads the program, which focuses on conditions such as: • cardiovascular health • chronic diseases, such as diabetes • dementia, including Alzheimer's disease • depression • environmental optimization • falls and mobility issues • incontinence • medication management • osteoporosis • vision and hearing • weight changes and nutritional issues.

"It is important to maintain and optimize our health status so that we can enjoy getting older," Dr. Nzeribe says. "There is an increasing need to provide comprehensive care for older adults, specifically to promote functionality."

Dr. Nzeribe also addresses caregiver issues—often spouses or caregivers are engrossed in providing around-the-clock care for a loved one, to the detriment and neglect of their own health.

"We want to organize the care plan for the patient and the family to optimize quality-of-life expectations for them," he says. "That is successful aging."

For more information about the Caregivers Support Group, see page 7 of the calendar. ♦



Get help dealing with chronic conditions. To learn more about maintaining optimal health, **CALL 815-338-6600**.



Mad Hatters Luncheon

SIXTH ANNUAL MAD HATTERS LUNCHEON

Wednesday, April 30, 10 am
Crystal Lake Holiday Inn, Crystal Ballroom
\$50/person; \$500/table of 10



It's time to pick out that new hat and outfit to show your support for women's health at this year's Mad Hatters Luncheon. The Auxiliary to Centegra Memorial Medical Center (CMMC) presents this popular ladies afternoon event, which has raised more than \$407,000 over the past five years to benefit the development of women's health and wellness services at CMMC in Woodstock. All women are invited to attend; the only requirement is to wear a hat that best fits your individual personality in support of women's health.

"Our luncheon has become a wonderful spring tradition for many women," says Angela McAuley, senior vice president, Women's Health for Centegra Health System. "The luncheon is a unique event that is entertaining and fun, but with a definite purpose to ensure that the women in our community have access to the highest-quality healthcare right here in their own community."

Tickets sell out very quickly, so reserve your table today!

To order tickets by mail, make checks payable to the Auxiliary to Centegra Memorial Medical Center and send to:

Auxiliary Mad Hatters Luncheon
P.O. Box 471
Woodstock, IL 60098

Tickets can also be purchased in person at the Woodstock office of American Community Bank & Trust, located at 1290 Lake Ave.

Corporate sponsorships are available to help underwrite the event. For more information, call Angela McAuley at **815-788-5831**. ♦



Here's to a healthy new year



Resolve to stay fit in 2008

Get back in shape at Centegra Health Bridge Fitness Center

YOU'VE RESOLVED this year to get back in shape and shed some extra pounds. Congratulations!

No matter what your healthy goal is, make the short trip from the couch to Crystal Lake and Centegra Health Bridge Fitness Center (CHBFC). You can benefit from what the medically based fitness center has to offer in different ways, says Lois Kuhn, executive director of fitness and wellness. You can become a member or choose from the many comprehensive packages of services available in fitness, nutrition and more, such as the Bridge to Weight Loss program.

"In that program, you have nutrition,

counseling, behavioral changes and exercise all rolled into a program that meets twice a week for eight weeks," Kuhn says.

Other services include group fitness classes taught by certified instructors. "Our group fitness program is outstanding, and we have wonderful and motivating instructors," Kuhn says. Exercise options include aerobics, yoga, Pilates, cycling, swimming and other group workouts.

Many people find that taking the healthy plunge is easier when they start with one of the programs, Kuhn says. Ultimately, people often realize that once they're reintroduced to healthy changes,

they're ready to become members and use the entire facility.

REASONS TO GET MOVING

Getting physical helps with weight control, plus it helps lower your risk for heart disease, diabetes and more. It's also a great stress buster. Most adults should aim for a minimum of 30 minutes of moderate activity five or more days a week.

When you want to work out, you'll find equipment and amenities on the fitness floor such as:

- Nearly 80 pieces of cardiovascular fitness equipment, including the latest in treadmills, elliptical trainers and computerized stationary bikes
- Functional strength-training machines that easily adjust to your body type
- An indoor track

CHBFC also hosts plenty of recreational opportunities, including basketball and racquetball, and personal training is available.

As you make a new start this year, find out how CHBFC can help you make a healthy difference in your life.

Centegra Health Bridge Fitness Center at the new Huntley Healthcare Campus is coming in fall 2008. Look for pre-membership sales specials soon. ♦



Centegra wants to help you keep your fitness resolutions. For more information, go to www.healthbridgefitness.com.

A NEW YEAR, A NEW YOU

WEIGHT-LOSS SURGERY AT CENTEGRA

For years Susie Dirx tried unsuccessfully to take off the pounds before undergoing weight-loss surgery.

"It's the best decision I've ever made to improve my health," says Dirx, a registered nurse and program coordinator at the Centegra Weight-Loss Surgery Center.

The minimally-invasive LAP-BAND

procedure will help you eat less and feel satisfied after meals.

"The surgery is done through small incisions and most people go home the same day and return to work in a week," says Amir Heydari, MD, FACS, medical director of the Centegra Weight-Loss Surgery Center.

You might be a candidate for the surgery if you have a body mass

index greater than 35 after trying non-surgical methods or you have obesity-related health conditions.

LAP-BAND doesn't eliminate the need for healthy diet and exercise, Dirx notes, but it can be a powerful tool to help people reach their healthy weight-loss goals.

To register for a free informational session, call **1-877-CENTEGRA**.

Get a fresh start with pulmonary rehab

FOR STEVE LANG, Centegra Health System's pulmonary rehabilitation services have been a breath of fresh air.

"It's been amazing," says Lang, a 68-year-old retired firefighter. "I was in pretty bad shape when I went into the program. But I feel great now. I have no problems."

In 2005, Lang was diagnosed with chronic obstructive pulmonary disease (COPD), a lung disorder that causes congestion of the airways. At one point, his lungs became so congested that he ended up in Centegra's Emergency Department.

"After my stay in the hospital, my doctor referred me to Centegra's pulmonary rehabilitation program," Lang says. "It was the best decision I ever made."

IMPROVING QUALITY OF LIFE

Pulmonary rehabilitation is a program for people with chronic lung diseases such as emphysema, chronic bronchitis, asthma and interstitial lung disease.

"It's a medically supervised exercise program," says Deneen Ochab, manager of pulmonary rehabilitation services. "Our goal is to help patients get stronger and improve their quality of life."

Patients are referred to pulmonary rehabilitation by their doctors. Once

in rehabilitation, they embark on a 10- to 12-week outpatient program that includes disease management, education, emotional support, exercise, breathing retraining and nutritional counseling. Patients work with a diverse team of highly skilled healthcare professionals that includes nurses, respiratory therapists, exercise physiologists and dietitians. After 10 weeks, patients can continue to Phase III of the maintenance program for further rehabilitation.

A CARING ATMOSPHERE

It didn't take Lang very long to feel right at home in Centegra's pulmonary rehabilitation program.

"The people there are so caring," Lang says. "When you come in for the first time, you feel a little apprehensive. But in a very short time frame, you start to feel comfortable."

Lang also says the support he received from other patients in the program has been invaluable. "You soon realize that you're not alone," he says, "and you have all the support to help you get better."

Pulmonary rehabilitation services are offered at Centegra Memorial Medical Center in Woodstock and Centegra Northern Illinois Medical Center in McHenry. For more information, call **1-877-CENTEGRA (1-877-236-8347)**. ♦

SMOKING: TIME FOR A NEW QUIT PLAN

Illinois is now smoke-free, and you can be too.

Effective January 1, 2008, the state of Illinois banned smoking in all workplaces and public areas. If you have resolved to quit smoking, too, you can get all the support you'll need with classes at Centegra Health Bridge Fitness Center (CHBFC).

In the smoking cessation class you will learn what triggers you to smoke and how to change your behavior to resist the temptation. Plus, you'll get a complimentary four-week membership to CHBFC—another great way to help you replace a bad habit with a good one.

"It's important, when you're trying not to smoke, to find something else to do," says Lois Kuhn, executive director of fitness and wellness. "So we like to give people the opportunity to add some physical activity to their routines and take their minds off smoking."

The classes meet in four weekly sessions. Registration is \$100, but participants get \$50 back if they complete the course.



CALL 1-877-CENTEGRA (1-877-236-8347) for dates, times and to register.



WINTER CALENDAR

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

Visit us at 
www.centegra.org/calendar
for more community events.

Location key

CMMC = Centegra Memorial Medical Center
CMMC-SS = Centegra Memorial Medical Center—South Street
CNIMC = 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

Heart-Health Game Show!

Thursday, Feb. 14, 10 to 11 am
CHBFC, Free

Join our fitness department for a fun and interactive game show about fitness and heart health. You and your team will compete for prizes and walk away with a useful and educational experience. Come alone or in a group; teams will be formed at the beginning of each session. Call **815-444-2900**.

Community CPR Class

- Monday, Feb. 11, 2 to 5 pm
 - Saturday, Feb. 16, 3 to 6 pm
 - Monday, March 10, 2 to 5 pm
 - Saturday, March 22, 11:30 am to 2:30 pm
- CHBFC, \$35

All courses are recognized by the American Heart Association or the American Red Cross and include adult, child and infant CPR and AED. Call **815-444-2900**.

Cholesterol Screening

Thursday, Feb. 21, 7 to 10 am
CHBFC, \$25

High cholesterol is a common symptom of heart disease. The full lipid screening includes total cholesterol, HDL and LDL cholesterol, HDL ratios, triglycerides, and glucose levels. A 12-hour fast and preregistration are required. Call **815-444-2900**.

Smoking Cessation Class

Fridays, 7:35 to 8:35 pm

- Feb. 8–29
 - March 7–28
 - April 4–25
- CHBFC, \$100

Four-part series about the body's withdrawal from nicotine, what to expect and how to cope. Cost includes a four-week membership to Centegra Health Bridge Fitness Center. Attend three of four classes for \$50 refund. Call **815-444-2900**.

NUTRITION AND FITNESS

All About Organics

Tuesday, March 25, 6:30 to 7:30 pm
CHBFC, Free

Join a registered dietitian to learn what organic really means, and whether or not these foods are more nutritious than conventionally produced foods. Call **815-444-2900**.

Eating for Bone Health

Monday, Feb. 4, 6:30 to 7:30 pm
CHBFC, Free

A registered dietitian will teach you which nutrients and foods are important to preserve your bone health and prevent osteoporosis. Call **815-444-2900**.

Low-Back Water Exercise

Thursdays, March 27–May 15, 6 to 7 pm
CHBFC, \$36

Focuses on teaching correct posture and strengthening and stretching 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**.

Eating Your Way to a Healthy Heart

Wednesday, Feb. 13, 5 to 6 pm
CHBFC, Free

Your eating habits play a key role in keeping your heart healthy. Join a registered dietitian to learn about heart disease and nutrition tips to lower your cholesterol and your risk for heart disease. Call **815-444-2900**.

Tai Chi

Monday, 3 to 4 pm
● Feb. 18–March 24
● March 31–May 5
CHBFC, \$65

Find your inner harmony with this low-impact, slow-moving exercise that helps build strength, balance and flexibility. Other benefits include reduced blood pressure and improved digestion, posture and circulation. Call **815-444-2900**.

Diabetes Prevention Program

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

Reduce your risks 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 fits for you. Call **815-444-2900** for more information.

Nutrition Consultations

Good nutrition is vital to good health. Our registered dietitians will analyze your current nutrition habits to develop a plan to meet your personal goals. For information or to schedule an appointment, call:

- **815-444-2900**, CHBFC
- **815-759-4050**, CMMC
- **815-759-4500**, CSCC

Limited Range Pilates Reformer

Wednesdays, 10:30 to 11:30 am
● February 20–March 26

- April 2–May 7
- CHBFC, \$108

Improve your balance and increase your strength in this specially designed class for people with a limited range of motion. Call **815-444-2900**.

Implements in Modern Exercise

Monday, March 24, 5:30 to 6:30 pm
CHBFC, Free

Add value, variety and fun to your workout. This informative seminar will introduce new fitness tools and devices and teach you how to use them effectively. Call **815-444-2900**.

Pilates for "Unbendable" People

Mondays and Wednesdays, 11:45 am to 12:30 pm

- Feb. 18–March 26
- March 31–May 7

CHBFC, \$54

This class will integrate your entire body to help you achieve better alignment and increased strength, flexibility and coordination. Even if you think you are "unbendable," this class is for you! Call **815-444-2900**.

Multiple Sclerosis Water Exercise

Wednesdays and Fridays, March 12–May 2, 10 to 10:45 am

CHBFC, \$60

Learn to increase range of motion, stabilize balance and build strength. Feel a difference in your mind, body and spirit. Call **815-444-2900**.

WEIGHT MANAGEMENT

Bridge to Weight Loss

Mondays and Wednesdays, Feb. 6–March 31, 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

CMMC, Free

Provides information about surgical weight loss, including gastric bypass and LAP-BAND. Call **815-206-3411** to register.

Centegra Weight-Loss

Surgery Center Support Group

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

CMMC, Free

Open to pre- and postoperative weight-loss surgery patients. Call **815-334-3822** to register.

INFANT CARE

Very Important Grandparent Class

Every other month, 7 to 9 pm

CMMC or CNIMC, \$5

Expectant grandparents learn about family-centered care, feeding methods, safety, putting baby to sleep, making history with your grandchild and long-distance grandparenting. Registration required. Call **815-759-4822**.

SUPPORT GROUPS

Caregivers Support Group

Thursdays, Feb. 21, March 20, April 17, 10 to 11 am, CSCC, Free

For adults providing care for a loved one.

Registration required. Call **815-759-4459**.

CANCER SUPPORT

National Cancer Survivors Day Celebration: The Power of Flowers!

Sunday, June 1, 2 to 4 pm

MCC Building B–Parking Lot B, Free

Join nationally acclaimed floral designer Betty Thomas-Stork as she brings three of her American Institute of Floral Design colleagues on stage to create beautiful floral arrangements right before your eyes. Each arrangement will be different, and each will be raffled off. Tickets are free and everybody has a chance to win! This event is sponsored by Centegra Health System and McHenry County College to honor all cancer survivors. Call **1-877-236-8547**.

Ovarian Cancer: It Whispers, So Listen

Wednesday, April 16, 11:30 am to 12:30 pm

MCC, Free

There is no specific screening for ovarian cancer, but certain symptoms may alert you to a possible problem. A spokesman for the National Ovarian Cancer Coalition will explain how you can recognize the signs. Call **815-455-8581**.

Find It Early: Cancer Screenings

Tuesday, March 11, 6:30 to 8 pm

MCC, Free

Michael B. Soble, MD, will discuss cancer detection and screenings. Call **1-877-CENTEGRA (1-877-236-8347)** to register.

Get Checked! Colorectal Cancer Screening

March 10–12, 8 am to 6 pm

CNIMC and CMMC lobbies, Free

A simple test you can do at home can help detect colorectal cancer early. Pick up a free kit at either hospital.

Hat's Off Cancer Support Group

Every second Monday, 6:30 pm

CSCC, Free

This group offers support for women who have been diagnosed with cancer and often features guest speakers. Call **815-759-4461**.

Look Good...Feel Better

- Wednesday, March 19, 6:30 to 8 pm
- Wednesday, May 21, 1 to 3 pm

CSCC, Free

Trained cosmetologists teach women how to cope with skin changes and hair loss during cancer treatments using cosmetics and skin care products. Each participant receives a free cosmetic kit. Call **815-759-4461**.



EVENTS FOR YOUR HEALTH SAVE THE DATE

Second Annual Heart Strong Woman Event

Thursday, Feb. 21, 11 am to 2 pm

Crystal Lake Holiday Inn

\$10; reservations must be made by Feb. 15. The Heart Strong Woman Event encourages you, your mother, your sisters and your girlfriends to attend an enlightening day that can change your life...and maybe even save a life.

You will learn more about the latest treatments and medical breakthroughs and understand how heart disease affects women differently than men. We encourage you to wear red, and those with the most creative "red wear" will win a one-of-a-kind prize! Call **1-877-CENTEGRA (1-877-236-8347)**.

Centegra Diabetes Health Fair

Friday, April 11, 9 am to Noon

MCC Building B Commons, Free

Learn about the latest advances in diabetes screenings and treatments and how you can improve your quality of life if you have diabetes. Clinical experts from the Centegra Diabetes Center will be available to answer your questions, teach you about the latest technology and perform various screenings for complications arising from diabetes. Call **1-877-CENTEGRA (1-877-236-8347)**.



For more events, visit
www.centegra.org/calendar.



Healthy resolutions to keep cancer at bay

QUICK—WHAT can you do to lower your risk for cancer?

“Don’t smoke” is a great answer. According to the American Cancer Society (ACS), smoking accounts for close to one-third of all cancer deaths.

“Get Checked!” is another good answer, and not just because it’s the name of Centegra Health System’s cancer screening program. Giving your body a check up—with regular self-examination and screening tests—can literally save your life.

“Screenings can spot problems before symptoms even arise,” says Amy Moerschbaecher, RN, BSN, MA, executive director of Centegra Oncology Services. “And when cancer is found early, it is usually easier to treat.”

Many cancers can be found in their early stages through screening and self-examination. Four major cancer types and guidelines for early detection are listed below. Keep in mind that your doctor might suggest earlier or more frequent testing based on your medical history.

BREAST CANCER

Thousands of lives are saved every year by detecting breast cancer early, according to the ACS.

Monthly. Check your breasts for changes. Talk to your doctor if you’re unsure of how to do a breast self-exam.

Yearly. Get a clinical breast exam in

your doctor’s office. You can use this opportunity to ask how to do self-exams. After age 40, a yearly mammogram is recommended for women.

SKIN CANCER

According to the ACS, skin cancer is the most common cancer of all.

Most skin cancers are caused by excessive exposure to ultraviolet rays, such as those from the sun or tanning beds.

Monthly. Examine your skin, using a mirror when necessary. Look for:

- Spots, bumps or reddish patches
- Sores that don’t heal
- Changes in moles

Yearly. Ask your doctor to check your skin as part of your physical exam.

COLORECTAL CANCER

The tests below can find early signs of cancer, such as abnormal bleeding, or growths that might become cancer later.

Yearly. Beginning at age 50, men and women should have:

- A fecal occult blood test
- A digital rectal exam

A sigmoidoscopy, a minimally-invasive medical examination of the large intestine, should be repeated every five years, a colonoscopy every 10 years.

PROSTATE CANCER

For men, a digital rectal exam can look for both colorectal cancer

and prostate cancer.

Yearly. Beginning at age 50, a digital rectal exam and prostate-specific antigen (PSA) test are recommended for men.

LIVING HEALTHY CAN HELP

Smoking is linked to at least 15 different kinds of cancer, according to the ACS. But it’s not the only behavior that contributes to cancer risk. Diet and exercise play roles, too.

You can also lower your risk for cancer by taking these steps:

- Choose a healthy, low-fat diet that emphasizes foods from plant sources.
- Limit how much red or processed meat you eat.
- Eat five or more servings of fruits and vegetables daily.
- Drink alcohol moderately, if at all.
- Avoid prolonged exposure to the sun and tanning lights.
- Get at least 30 minutes of moderately intense exercise five or more days per week.
- Maintain a healthy weight throughout your life.

WANT TO LEARN MORE?

Centegra’s Get Checked! program offers classes and special screening events throughout the year. Look for them in the calendar online at www.centegra.org or call 1-877-CENTEGRA. ♦

Cholesterol: At the heart of heart disease

YOUR HEART is a complex organ. Yet surprisingly, some of the more serious problems that affect the heart aren't terribly complicated. High cholesterol is a good example.

If you've ever had a clogged drain, it may be easier to understand the dangers of high cholesterol. In your body, blood vessels are like pipes, and cholesterol is the gunk that can cause them to back up. But the consequences of a blocked artery are much more severe than a clogged drain. They may include heart attack and stroke. That's why knowing where your cholesterol levels stand is so important.

LIPID LOWDOWN

There are different types of cholesterol, and you actually need some of the soft, waxy substance in your body. Your body generally makes all the cholesterol you need. The rest that's in your blood comes from diet.

High-density lipoprotein, or HDL, is good cholesterol.

"The role of HDL is actually to remove plaque from the arteries and take it to the liver," says Piush Patel, MD, an internist with Centegra Primary Care. "In essence, it's the cholesterol that cleans the arteries out."

Low-density lipoprotein, or LDL, is bad cholesterol. It's the type that clogs your arteries, and typically what garners the most attention from doctors.

Triglycerides are a form of cholesterol made in the body from carbohydrates or from diet. High levels are associated with a higher risk of heart disease.

BE SMART, BE TESTED

You can learn all of your cholesterol levels with a simple blood test.

"My general rule of thumb is that if you're 25 or older, it is a good idea to have your cholesterol tested," Dr. Patel says.

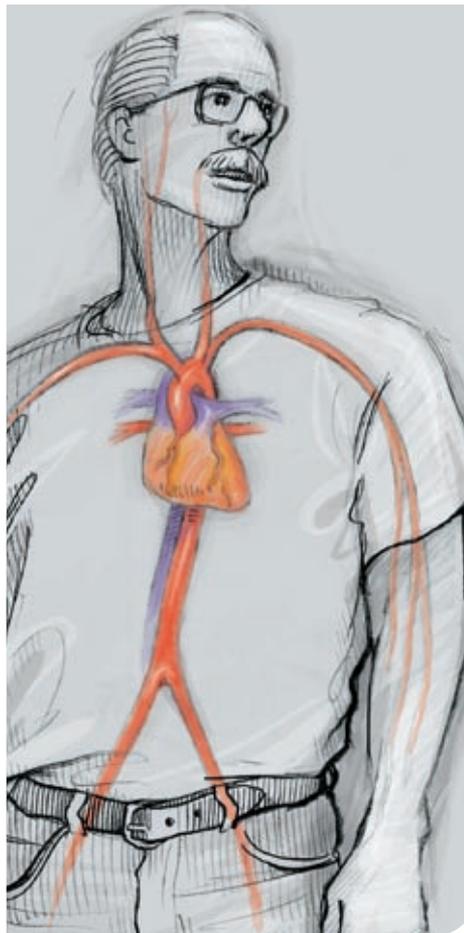
If your numbers aren't where they should be, your doctor may recommend lifestyle changes, such as getting more exercise and eating less fat, red meat or carbohydrates. When lifestyle changes alone don't lead to enough improvement, medication may be an option—but only a partial solution.

"We always recommend diet and exercise whether you're on medication or not," Dr. Patel says.

Working together, you and your doctor can form a plan to keep your cholesterol under control. ♦



To schedule a cholesterol screening at Centegra, **CALL 1-877-CENTEGRA.**



DECODING THE NUMBERS THAT MATTER

Knowing your cholesterol numbers is an important step in protecting your heart health. But it's important to keep track of some other numbers that also affect your risk for heart disease.

To help you live a longer, healthier life, Susan McShea, RN, coordinator of the Centegra Heart Failure Clinic, recommends aiming for the following numbers:

- **HDL cholesterol:** 50 mg/dL or higher (women); 40 mg/dL or higher (men)
- **LDL cholesterol:** Lower is better, but a desirable LDL number varies depending on your risk for heart disease. Talk with your doctor about what your goal should be.
- **Triglycerides:** Less than 150 mg/dL
- **Blood pressure:** Less than 120/80 mm Hg
- **Fasting blood glucose:** Less than 100 mg/dL
- **Waist circumference:** Less than 35 inches (women); less than 40 inches (men)
- **Body mass index:** Between 18.5 and 24.9

"Discussing your numbers with your healthcare provider will give you helpful information and lead you on the path to a healthy heart," McShea says. And remember, even if your numbers are high, it's never too late to take steps to lower them.



A Centegra doctor can help you understand your numbers. **CALL 1-877-CENTEGRA.**

Go Red For Women

Do your part to stop heart disease



WHEN IRINA Staicu, MD, wears red, she hopes people notice. Especially women.

It's the color of the national Go Red For Women campaign, an American Heart Association program to educate women about the number one killer that lurks in their lives—cardiovascular disease. To help the cause, Centegra will hold its second annual Heart Strong Woman Event on February 21 at the Crystal Lake Holiday Inn. (See below for more details.)

“We are making progress,” says Dr. Staicu, a Centegra Health System cardiologist with a passion for prevention. “But so many still don’t know about heart disease. I tell women: ‘Find out about your risks and what you can do. You have to be the leader of your own healthcare.’”

Heart disease often has no symptoms at all. But signs to watch for include chest or arm pain or discomfort, shortness of breath, nausea, dizziness, or abnormal heartbeats.

Women’s symptoms often are more vague than men’s and might include unusual fatigue, trouble sleeping, problems breathing, upset stomach and anxiety. As always, consult your physician if you are experiencing some of these symptoms.

TAKE ACTION NOW

Women can’t control their age, race or family history, but risk factors for heart disease or stroke they can control include:

- High blood pressure
- Smoking
- High cholesterol
- Physical inactivity
- Being overweight or obese
- Diabetes

Dr. Staicu encourages women to work with their doctors to adopt a heart-healthy lifestyle, no matter what their age. Prevention might include:

- Reducing saturated fats in your diet to less than seven percent of the total calories.
 - Eating a diet that emphasizes fresh fruit, vegetables, low-fat dairy products, lean meats and high-fiber grains.
 - Exercising at moderate intensity (such as brisk walking) for at least 30 minutes a day on most days of the week, or 60 to 90 minutes to lose or maintain weight.
 - Eating oily fish (such as mackerel, lake trout, herring, sardines, albacore tuna and salmon) at least twice a week.
- With a doctor’s guidance and

depending on health and age, women may also consider taking a low-dose aspirin and omega-3 fatty acid supplements, Dr. Staicu says.

“We want to prevent, or at least postpone, heart disease,” she says. “Our goal is to help keep your heart healthy for as long as possible.”

Do your part to keep your heart healthy and to spread the word to others. Attend the Heart Strong Woman Event to learn how to take charge of your heart health. ♦



To find a physician who can help you keep your heart healthy, **CALL 1-877-CENTEGRA.**

SAVE THE DATE!

Second Annual Heart Strong Woman Event
Thursday, Feb. 21, 11 am to 2 pm, Crystal Lake Holiday Inn
\$10; reservations must be made by Feb. 15

The Heart Strong Woman Event encourages you, your mother, your sisters and your girlfriends to attend an enlightening day that can change your life... and maybe even save a life.

You will learn more about the latest treatments and medical breakthroughs and understand how heart disease affects women differently than men. We encourage you to wear red, and those with the most creative “red wear” will win a one-of-a-kind prize! Other highlights include:

- Keynote speaker: Irina Staicu, MD, cardiologist
- Valuable heart-risk screenings
- Interactive educational booths
- A heart-healthy lunch

You won’t want to miss this event. Seating is limited. Call **1-877-CENTEGRA (1-877-236-8347)** to register today!

QA

Ask a doctor

Macular degeneration



Stephen M. Conti, MD

Age-related macular degeneration (AMD), is the leading cause of blindness in people age 65 and older. But the outlook for people with this disease continues to improve. Stephen M. Conti, MD,

an ophthalmologist who specializes in retinal disease at Centegra Health System, answered these questions about AMD:

Q What exactly is AMD?

A AMD affects the macula—the part of the eye that gives detailed central vision—and can eventually make it difficult or impossible to read, drive or recognize faces. It is typically divided into two forms, “dry” or atrophic AMD, and “wet” or neovascular AMD. The wet form of AMD typically causes the more severe vision loss.

Q What are the risk factors?

A The main risk factor for AMD is increasing age. Smoking also increases your risk, and family history may play a role as well.

Q How is it diagnosed?

A A dilated eye exam, in which



the eye doctor examines your retina and optic nerve, can reveal AMD. People over age 40 should have a comprehensive eye exam every two to four years.

Q How is it treated?

A While we don't yet have a cure for AMD, we do have effective treatments that can help stabilize or improve vision affected by AMD. A regimen of daily high-dose vitamins may help certain patients with advanced dry AMD. And monthly treatments can stabilize or improve vision affected by wet AMD. ♦



Think you might have AMD? **CALL 1-877-CENTEGRA** to find a doctor who can help.

WELCOME NEW PHYSICIANS



Julie Favia, MD
OBSTETRICS/
GYNECOLOGY
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INTERNAL MEDICINE
Fox Valley Internal Medicine
Crystal Lake



Jerry Liu, MD
HEMATOLOGY/
ONCOLOGY
North Shore Oncology
Hematology Assoc., Ltd.
McHenry



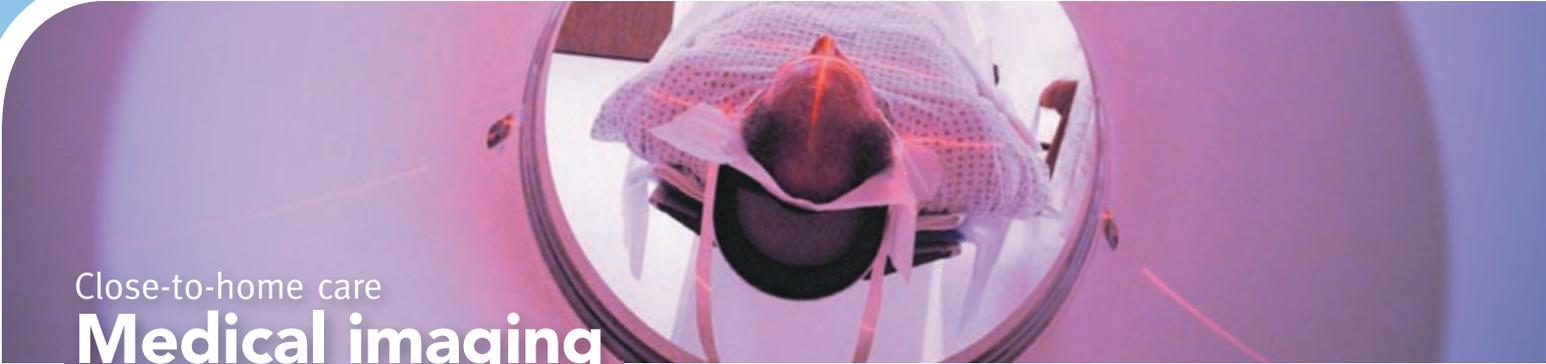
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To find the Centegra physician who's right for you, **VISIT** us online at www.centegra.org.



Close-to-home care
Medical imaging

IN THE PAST, if you needed an x-ray, a mammogram or some other medical imaging test, you had to travel to a hospital.

Now the equipment and expertise are much closer and more convenient to you. Top-quality imaging is offered at Centegra Health System's outpatient imaging centers, including recently opened and soon-to-open facilities in Crystal Lake and Huntley.

"We're in your backyard," says John Heinrich, director of medical imaging for Centegra Health System. "We're locating these services where people can take advantage of them as part of their daily routines."

Centegra's outpatient imaging centers in McHenry County include:

Centegra Crystal Lake Imaging Center, 360 N. Terra Cotta Road.

This center offers general x-ray, nuclear medicine, computed tomography (CT) and magnetic resonance imaging (MRI) scans.

The MRI scanner is especially noteworthy because its large opening is a comfort to patients who feel claustrophobic.

Centegra Imaging Center at Crystal Lake Medical Arts, 360 Station Drive

(the corner of Exchange and Station Drive). Slated to open in early 2008, this facility will offer general x-ray, ultrasound, digital mammography, bone density scans and nuclear medicine.

This location will focus on cardiac applications and will house a 64-slice CT scanner, which can provide incredibly detailed views of the heart and blood vessels.

The new Centegra Healthcare Campus in Huntley, set to open in fall 2008.

This facility sits on more than 100 acres between Algonquin and Reed roads. It will feature an immediate care center, a comprehensive line of medical imaging services and more.

In the meantime, general x-ray, mammography and bone density scans are available at the Centegra Imaging Center located inside the Centegra Medical Office Building at 11650 S. Route 47 in Huntley.

TAKE YOUR PICK

Each of the imaging centers offers the same high-quality care, Heinrich says.

"If you come to the hospital or you go to one of our outpatient facilities, you're going to get the same excellent, high-quality service," he says.

And expect that service to grow.

"We're always looking for new opportunities and places to better accommodate our community," Heinrich says. ♦

i If your physician requests an imaging test, **CALL 815-334-5566** to schedule an appointment.

Centegra Behavioral Health Services
1-800-765-9999
 Call for urgent mental health assessments.

McHenry County Crisis Services
1-800-892-8900, www.mchenry-crisis.org
 Call for help in a crisis.

Centegra Referral Line
1-877-CENTEGRA (1-877-236-8347)
 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 www.centegra.org/feedback** today to share your thoughts or ask a question.