

HealthToday

FEB-APR 2009

 **Centegra** Health System

WELL BEYOND EXPECTATIONSM



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MENOPAUSE Your options for relief during this time of change

message *to our*
community



Among my numerous New Year's resolutions, a healthy lifestyle is always near the top of the list. It is not easy during the winter months, but spring is on the horizon and soon we can all resume our favorite outdoor activities. In the meantime, Centegra Health Bridge Fitness

Center—now in Crystal Lake and Huntley—offers a wide array of exercise options, including tennis and swimming, so you and your family can stay active.

Additionally, you can fulfill a number of healthy resolutions at our annual Health Strong Woman Event set for Wednesday, February 18. With interactive educational booths, screenings, guest speakers and a heart-healthy lunch, it's a one-stop opportunity to give your health the attention it deserves. You can learn more about this popular event on page 5.

Looking back on the past year, I'm extremely proud of the advances Centegra Health System has made in bringing high-quality healthcare to the community. We built new facilities, expanded our services and introduced innovative treatment options—all while providing the same compassionate care that you have come to expect.

Sincerely yours,

Michael S. Eesley
President and CEO

A Joint Step Forward

HIP TOO PAINFUL to hop? Knees lost their ease? If so, you may be thinking about joint replacement surgery.

At Centegra Health System, we know the decision to have surgery can be stressful. That's why we've designed a pre-surgery class named "A Joint Step Forward." This comprehensive class gives a step-by-step look at what to expect before, during and after surgery, which can help reduce your anxiety and increase your confidence for a successful outcome.

Topics include pre-surgical testing, important steps to take the night before your surgery, what your first day after surgery will be like, nursing care, physical and occupational therapy expectations, and discharge planning. Clinical staff members who conduct the class can answer your questions and show you some of the therapy techniques you can practice to prepare for your recovery. All class participants receive an educational binder to take home.

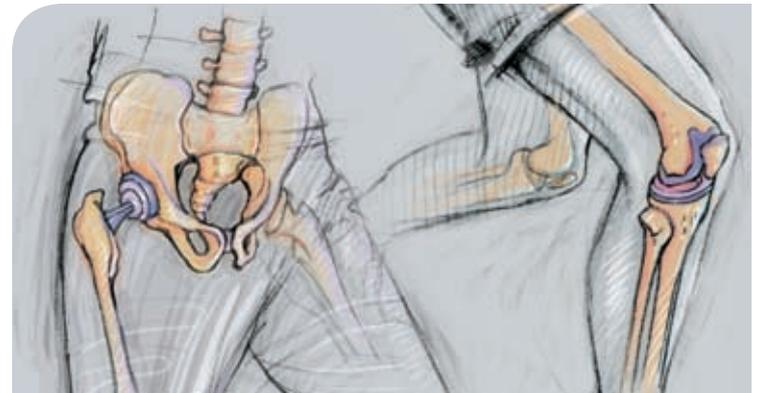
The class also focuses on options for your hospital stay. You'll learn about the different methods that will be used to control your pain and how the care team will make every effort to keep you as comfortable as possible.

The 90-minute class is highly recommended and free to patients scheduled for a joint procedure at Centegra Health System. It is offered weekly, alternating between Centegra Hospital – McHenry and Centegra Hospital – Woodstock. You can pick either class location, regardless of where you are having your surgery.

If you're experiencing joint pain, talk to one of our orthopaedic specialists to see how they can help you. ♦



CALL 877-CENTEGRA (877-236-8347) to find an orthopaedic physician near you. You can also **VISIT** centegra.org/ortho for more information.



Centegra's Healthy Family

FITNESS IS more fun when you make it a family affair.

That's the motto of Matthew and Jen Doty, who help their children stay fit and healthy by setting a good example.

"We look for activities we can do as a whole family," Mrs. Doty says. "We go for bike rides. We go hiking together. We play in the park. We really try to find active ways to have fun." The Dotys also regularly gather around the table for healthy, home-cooked family meals.

Now the family is extending their fun outings to the new 120,000-square-foot Centegra Health Bridge Fitness Center at the Centegra Health Campus – Huntley.

The Dotys, from southern Crystal Lake, received a free, one-year membership to the center after winning the Centegra Healthy Family search. The search celebrated the grand opening of the new Huntley campus.

"Part of Centegra's mission is wellness, and we really wanted to honor a family that has found ways to stay healthy together," says Michael S. Eesley, president and CEO of Centegra Health System.

The new Centegra Health Bridge Fitness Center – Huntley includes a wide range of exercise options, including group exercise classes, indoor pools and indoor tennis courts, an outdoor aquatics center, as well as therapy services.

Mrs. Doty says her children enjoy their visits. "They've really developed a love for exercise," she adds. "They think it's fun, and I think that attitude will stay with them." ♦

i **IS YOUR FAMILY A HEALTHY FAMILY?** Let us know at centegra.org/healthyliving and you may be featured in a future issue of *HealthToday*.



Hats off to women's health

GLAMOUR GIRLS, don your fancy hats.

It's that time of year again! Women from all over the community are picking out their favorite hats and marking their calendars for the annual Auxiliary of Centegra Hospital – Woodstock's Mad Hatters Luncheon, an event that raises money for women's services at Centegra Health System.

The Auxiliary of Centegra Hospital – Woodstock is a volunteer organization that provides support and helps fundraise for programs within the hospital.

The Mad Hatters Luncheon offers a fun way for friends to get together to support women's health, and women are encouraged to wear hats that fit their unique personalities. Funds raised at the luncheon are used to expand access to women's healthcare services in our community.

In addition to the luncheon, the event includes silent and live auctions, as well as raffle prizes.

MARK YOUR CALENDAR

When? Wednesday, May 6, 10am

Where? Holiday Inn, Crystal Lake

How can I get tickets? Tickets are \$50 per person or \$500 for a table of 10 friends. Corporate sponsorships are also available. Tickets are available at American Community Bank & Trust (1290 Lake Ave. in Woodstock). To order tickets by mail, send your payment to:

Auxiliary Mad Hatters Luncheon

P.O. Box 471

Woodstock, IL 60098

The event sells out every year, so be sure to get your tickets now!

i Interested in attending? Call Colleen Delahunty at **815-363-1354**. ♦





CATHY ENZ, right, of Centegra Neurotrauma Day Treatment Center, works with Jennifer Weiss on her occupational therapy with the help of a Nintendo Wii.

More than a game: Wii-habilitation at Centegra

WHEN JENNIFER Weiss’s husband brought home a Nintendo Wii, she never thought it would help her regain the use of her arm.

But that is exactly what happened when Cathy Enz, occupational therapist at the Centegra Neurotrauma Day Treatment Center, integrated the Wii into Weiss’s therapy program.

WHY THE Wii?

With its interactive nature and unique wireless controller, the Wii helps patients mimic real-life and real-time activities without the real force. The Wii can address vision, balance, coordination and cognitive skills all at the same time.

But the Wii has another edge over traditional therapy tools. “Patients end up doing the necessary repetitive, controlled, functional motions because

they get engrossed in it and have fun,” Enz says.

The fun part is important. Anecdotal evidence from therapists across the country has shown that patients using the Wii are much more likely to complete the necessary hours of physical therapy and to continue their therapy at home. Therapists have also seen a boost in self-esteem among patients using the Wii.

The Wii is now being studied as a therapy tool for cerebral palsy, stroke and Parkinson’s disease.

RETURNING TO DAILY LIFE

Weiss and the Wii arrived at the Centegra Neurotrauma Day Treatment Center at about the same time—in early 2008. Two years earlier, at age 31, Weiss had a stroke. After many surgeries, she

still had a paralyzed left arm, difficulties with her left leg and vision problems.

Since coming to the center, Weiss has made amazing progress, and the Wii was a natural addition to her traditional therapy. Using Wii Boxing, Enz helped Weiss with her arm motion, balance, visual scanning and endurance. Now Enz is introducing Wii Fit into Weiss’s program.

Weiss has regained the use of her left arm, stopped using her cane and improved her vision. She is also beginning to incorporate her left hand into her daily activities again.

A COMPLEMENTARY THERAPY

“We are really focused on helping patients regain functional skills and returning them to their communities,” says Barb Wasilk, program supervisor at the Centegra Neurotrauma Day Treatment Center. The center, an outpatient facility for people with brain injuries, stroke or other neurological impairments, concentrates on helping people become independent in their homes, at their jobs and in their communities.

Therapists are careful to explain to patients that the Wii doesn’t replace traditional therapy; it works as a complementary tool. “After a stroke, you cannot just go out and buy a Wii and rehabilitate yourself,” Enz says.

Because overuse or unsupervised use may lead to injuries, the center provides patient and family education about the use of the Wii. Patients who need supervision with daily tasks also need to be supervised while using the Wii.

For Weiss, using the Wii has been a positive part of her experience at the Centegra Neurotrauma Day Treatment Center. “Ever since I came to the center, it has helped me tremendously,” she says. “I can’t say enough good things about the program here.” ♦



To learn more about rehabilitation at Centegra, **VISIT** centegra.org/rehab.

The Centegra Cardiac Cath Lab

Your heart is in the right place

SOMETIMES IT'S the numbers that really bring a message home. For example, heart disease is the number one killer in the United States.

In McHenry County, the key number is one in three—that's how many local residents die from heart disease. It's also a number that Centegra Health System and the Cardiac Catheterization Lab at Centegra Hospital – McHenry are working to change.

"The catheterization lab can have a significant impact on reducing deaths from heart disease," says Jack Pinto, MD, an interventional cardiologist on staff at Centegra.

STAYING AHEAD OF THE FIELD

Heart disease often starts when fatty deposits (plaque) build up inside coronary arteries. This can ultimately lead to blood clots that cause a heart attack.

If doctors can identify the blockages, they can treat them and reduce the risk of a heart attack. That's where the Cardiac Catheterization Lab comes in.

During a cardiac catheterization, or heart catheterization, doctors thread a thin tube through an artery in your leg to your heart. They inject dye to view the coronary arteries. If doctors find a blockage, they can compress the plaque and widen the narrowed area—the

sooner the better.

"The faster an artery is opened, the better the chance of survival," Dr. Pinto says.

A small tube, or stent, may be inserted to keep the artery open. Some stents—called drug-eluting stents—are coated with a drug that helps keep arteries open to re-establish proper blood flow to the heart.

"Drug-eluting stents have revolutionized interventional cardiology," Dr. Pinto says.

WHAT TO WATCH FOR

Early heart disease usually doesn't have symptoms. In fact, the first sign of a problem is often a heart attack.

That's why everyone should know the symptoms of a heart attack, says Dr. Pinto. If you have severe chest pain or discomfort while at rest, call 911 immediately.

But it's not always pain—in fact, any unusual discomfort between the jaw and belly button that starts with exertion and goes away with rest could signal heart disease. Such symptoms warrant a call to your doctor.

 Check your risk for heart disease at centegra.org/heartaware with free online screening. If the results show you're at risk, you can have a free follow-up consultation with a nurse specialist. ♦



CENTEGRA HEALTH STRONG WOMAN EVENT

Join Centegra and create a healthier life for you and your family.

Wednesday, February 18,
10:30am to 2pm
Crystal Lake Holiday Inn, \$10

The event will include:

- A healthy lunch
- Free health screenings
- Education sessions
- A fashion show
- Prizes
- Information on the latest breakthroughs and treatments

Make your reservations by February 12. Seating is limited, so call today: **877-CENTEGRA (877-236-8347)**. Or register at centegra.org/healthstrong.

LOWER YOUR RISKS, HELP YOUR HEART

You can't pick your relatives, so a family history of heart disease is a risk you can't change.

But you can still lower your risks by incorporating these healthy practices into your lifestyle: ● Quit smoking. ● Be physically active. ● Eat a diet high in fruits and

vegetables. ● Reduce alcohol intake.

Even small steps can help, and it's never too late to start. If you do, you'll be less likely to develop high blood pressure, high cholesterol or diabetes—conditions that are closely linked to heart disease.

The services you need, the name you trust

GETTING WELL. Being well. Staying well. These are at the core of everything we want for ourselves and our families. These goals are important steps on our lifelong path for healthy living. At Centegra, we take pride in offering comprehensive services for every stage of life.

Here is a sampling of our services, which feature advanced technology as well as detailed care and follow-up. Centegra works to make sure you are **well beyond expectation.**

 Call **877-CENTEGRA (877-236-8347)** or visit centegra.org to learn more about all of our services.

CENTEGRA PRIMARY CARE

A doctor who fits your needs, a convenient location and someone who can take care of your family—that's Centegra Primary Care (CPC).

Your primary care physician takes care of a wide variety of illnesses and injuries. CPC specialties include:

- Internal medicine
- Family medicine
- Obstetrics and gynecology
- Pediatrics
- Endocrinology
- Geriatrics
- Rheumatology

These specialties are your first line of defense in healthcare.

CPC physicians have offices in Crystal Lake, Huntley, McHenry, Spring Grove and Woodstock.

 To find a CPC physician, **CALL 815-338-6600.**



CENTEGRA IMMEDIATE CARE

If you can't get in to see your doctor at the last minute, come to Centegra's Immediate Care centers where we handle minor emergencies, from fevers to fractures, asthma to abrasions.

If you don't have a primary care physician or are new to town, Centegra Immediate Care can be a valuable time-saver.

Locations: Crystal Lake and Huntley

Availability: Open 365 days a year

Hours: Open Monday through Friday, 7am to 8pm; weekends from 8am to 5pm

Services: A full range of diagnostic medical imaging and lab phlebotomy services.

 Coaches and parents sign up to **WIN** a first aid kit and be invited to an upcoming training session. **VISIT** us at centegra.org/immediatecare.

CARDIOVASCULAR SERVICES

A busy life can lead to compromised health—and your heart is often the primary victim, whether of high cholesterol, high blood pressure, diabetes or other complications.

Take advantage of Centegra's diagnostic Cardiovascular Services. If you need further medical intervention and rehabilitation, we have it right here.

- HeartAware, free online heart risk assessment at centegra.org
- Community education and wellness programs
- Cardiac Catheterization Lab
- Heart Failure Center
- Open heart surgery
- Cardiac rehabilitation

Turn to **PAGE 5** to learn more and find out about the upcoming Centegra Health Strong Woman Event.





WEIGHT-LOSS SURGERY

Are you or someone you love thinking about weight-loss surgery?

There are many far-reaching benefits beyond losing the weight. Our patients who have had the surgery find they:

- Save money by reducing or eliminating the need for some medications
- Have significant improvements to their other health conditions, such as type 2 diabetes, sleep apnea, back and joint pain, and high cholesterol
- Experience more energy and a new zest for life
- Reach life goals, such as getting married, having a baby, going back to school, exploring new career options or even making plans to skydive

Our program is dedicated to the success of each patient. We offer ongoing support groups, clothing exchanges and special celebrations.

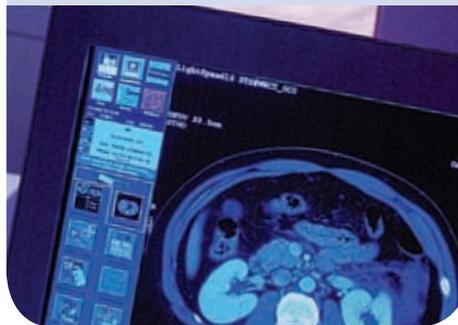
VISIT centegra.org to find out why Centegra's Weight-Loss Surgery Program is the best in the area.

ONCOLOGY SERVICES

Advanced technology, a highly trained staff and comprehensive support services are hallmarks of the award-winning Centegra Sage Cancer Center. Renovated and expanded in 2008, the center offers coordinated state-of-the-art diagnostic and therapeutic technology, as well as a breathtaking Garden of Hope, and is conveniently located in McHenry County.

Centegra is one of the few hospitals in the area to offer the TomoTherapy Hi-Art Cancer Treatment System. When treating hard-to-reach areas of the body, this precise technology targets cancer cells, leaving the remaining tissue and organs undamaged.

High-dose-rate brachytherapy is another advanced radiation treatment that the center offers. Chemotherapy and immunotherapy also use powerful drugs and immune system therapies to fight and reduce the spread of cancer.



SUPERB TECHNOLOGY, CONVENIENT LOCATIONS

Centegra Health System can help when your doctor prescribes:

- X-rays
- Digital mammography
- CT scans
- PET/CT
- Ultrasounds
- MRIs
- Bone density scans
- Nuclear medicine
- Blood and lab draws

With many locations, we're in your neighborhood.



For location information or to schedule a test at any of our facilities, **CALL 877-CENTEGRA (877-236-8347)**.



ORTHOPAEDIC SERVICES

Many active adults experience joint pain. People may also have joint pain from injury or overuse.

Centegra Orthopaedic Services offers many options for relief, including:

- Full or partial knee replacements
- Hip resurfacing or replacement
- Advanced spine procedures and treatment
- Specialized surgeries for the wrist, hand, ankle, shoulder and foot

To learn how we can help you, read about Centegra's class "A Joint Step Forward" on **PAGE 2** or look for our upcoming orthopaedic education events by visiting us online at centegra.org/ortho for more information. ♦



Menopause
**Relief options
 during life changes**

THAT SUDDEN feeling of warmth from your chest to your head and an abrupt outbreak of sweat may have nothing to do with the temperature in the room. It may be a hot flash—a regular occurrence during menopause.

Menopause is the time in a woman's life when her body stops producing estrogen and progesterone and her menstrual periods cease.

"In some ways it can be compared to withdrawal. Your body has to adjust to

on your health history, family history and personal preferences. Your doctor uses your individual information to help you decide on the best course of treatment, Dr. Erogbogbo says.

HORMONE THERAPY

Treatment options can include hormone therapy (HT). While HT was once the automatic choice for women experiencing symptoms related to menopause, the Women's Health

Your doctor can help you decide on the best course of treatment to relieve your symptoms.

doing without certain hormones," says Alissa Erogbogbo, MD, obstetrician/gynecologist with Centegra Health System. While this is a completely natural process, some women will experience unpleasant symptoms during this time.

PHYSICAL REACTIONS

The most common of these symptoms are hot flashes, night sweats and vaginal dryness. Women have several options for relieving these, but Dr. Erogbogbo has one piece of advice she thinks all women should follow: "Go see your doctor."

Finding the right ways to relieve your symptoms depends first on the severity of those symptoms and then

Initiative study, released in 2004, raised concerns that HT might increase the incidence of breast cancer, coronary heart disease, stroke and blood clots.

Doctors are still recommending HT to their patients, but they prescribe the lowest effective dose for the shortest amount of time necessary to relieve symptoms, and doctors are careful to balance risks and benefits.

"It's very important for women to ask their doctor lots of questions before making decisions about the use of HT," Dr. Erogbogbo says.

You are not a candidate for HT if you have a history of breast cancer or blood clots or if you have ongoing cardiac risk factors such as heart disease.

Instead of HT, your doctor may prescribe SSRIs, a specific class of antidepressants. These have been shown to lessen the intensity and sometimes the number of hot flashes and night sweats. They can, however, have unpleasant side effects. Before taking them you should consider the benefits and the risks.

For women who choose not to use any medication at all, Dr. Erogbogbo recommends eating well, getting plenty of regular weight-bearing exercise, and taking calcium and vitamin D to protect your bones.

ALTERNATIVE MEDICINE

Many women have turned to alternative medicine for relief of menopause symptoms. Among the most popular herbal supplements are black cohosh, dong quai, ginseng, red clover and soy.

Dr. Erogbogbo does not specifically recommend these treatments to her patients. "I tell patients to try them if they want and see if they help," she says. "If it works for you, great."

However, she cautions women that herbals can have side effects, that dosages vary from product to product and that you absolutely need to let your doctor know what you are taking.

Much research is under way about menopause and menopause symptom relief. Among the things being studied are:

- Acupuncture
- Yoga
- Paced respiration (also known as relaxation breathing)
- Central American botanicals
- Exercise programs

There is hope that in the near future women will have far more well-proven treatment options to help them through this important life transition. ♦

i For a free referral to an OB/GYN, **CALL 877-CENTEGRA (877-236-8347)** or **VISIT centegra.org**.



Ask a doctor

Preparing for surgery

All surgeries are different, but there are some general steps you can take to prepare. Orthopaedic surgeon Harpeet Basran, MD, answers some practical questions about surgery.

Q What can I do to prepare for surgery?

A For any surgery, don't eat for six to eight hours before you're scheduled to start surgery. Ask your doctor if you should temporarily stop taking any of your medications. If you're having joint surgery, try to build up your strength and flexibility first, under the direction of your doctor. If you smoke, stop as soon as you can. Smoking significantly increases your risk for wound-healing complications and postoperative infections.

Q What can I expect at the hospital or outpatient clinic?

A You will be asked to remove items such as dentures, hearing aids, jewelry, contact lenses and glasses. You may be given a medication to help you relax, and an anesthesiologist will administer drugs to block pain and/or



put you to sleep. An IV line may be placed in a vein in your arm or wrist to deliver fluids or medications.

Q What happens after surgery?

A Some pain is normal after surgery, but medication should help. Talk to your doctor or nurse if you feel uncomfortable. Follow your doctor's orders, and try to be as active as he or she advises, as this will help your recovery.

If you're considering joint surgery, turn to page 2 to read about our joint class.



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

WELCOME NEW PHYSICIANS



Graziella Bistriceanu, MD
FAMILY MEDICINE
Woodstock



Deborah L. Buckingham, MD
EMERGENCY MEDICINE
EmCare
McHenry



Ajitinder Grewal, MD
GASTROENTEROLOGY
Specialists in
Gastroenterology
Elgin



Mohammad R. Khan, MD
INTERNAL MEDICINE
Integrated Health
Crystal Lake



Archana Reddy, MD
EMERGENCY MEDICINE
EmCare
McHenry



Emily Shen, MD
FAMILY MEDICINE/
GERIATRIC MEDICINE
Crystal Lake



Mobeen A. Shirazi, MD
OTOLARYNGOLOGY/
PLASTIC AND RECON-
STRUCTIVE SURGERY
Affiliated ENT
Woodstock

FEB-APR

CALENDAR

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.

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

Location key

- CHBFC** = Centegra Health Bridge Fitness Center
- CHCH** = Centegra Health Center – Huntley
- CHM** = Centegra Hospital – McHenry
- CHW** = Centegra Hospital – Woodstock
- CPC** = Centegra Primary Care
- CSCC** = Centegra Sage Cancer Center
- CSHW** = Centegra Specialty Hospital – Woodstock, South Street
- MCC** = McHenry County College

COMMUNITY EVENTS

Smoking Cessation Class

Fridays, Feb. 6–27, March 6–27, April 3–24, 7:35 to 8:35pm

CHBFC, \$100 commitment fee; attend three of four classes for a \$50 refund

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. Call **815-444-2900**.

More! For your health and safety

Call **815-444-2900** to learn about these other events happening in your area:

- **Community CPR Class:** Courses include adult, child and infant CPR, and AED.
- **Cholesterol Screening:** The full lipid screening includes total cholesterol, HDL and LDL cholesterol, HDL ratios, triglycerides, and glucose levels. Registration required.

NUTRITION AND FITNESS

Group Grocery Shopping Tour

Monday, March 16, 5 to 6pm

Trader Joe's, 1800 S. Randall, Algonquin, free
We tend to eat what is readily available, so it's essential that we make smart decisions about the foods we bring home. During this in-depth tour with our registered dietitian, learn how to locate and evaluate products to ensure that you are bringing home foods that will enhance your health and well-being. Call **815-444-2900**.

Personalized Nutrition Consultations

CHBFC

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** (Wellness and Sports Nutrition)
- **815-344-8000** (Cancer Care Nutrition)
- **815-334-5566** (Medical Nutrition Therapy)

Diabetes Prevention Program

Tuesdays and Thursdays, Feb. 24–May 14, 7:15 to 8:15am or 6:30 to 7:30pm

CHBFC, \$215

Reduce your risk of diabetes with physical activity, nutrition education and stress-reduction techniques. We'll do our best to create a class that works for you. Call **815-444-2900**.

Multiple Sclerosis Water Exercise

Wednesdays and Fridays, March 4–April 24, 10 to 10:45am

CHBFC, \$60

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

More! Fitness options for all

Need a new way to get fit? Call **815-444-2900** to learn about these additional offerings:

- **BOSU Body Blast:** Challenge yourself with a combination of core and balance training.
- **Cellulite Reduction:** An intense strength-training and cardiovascular workout.
- **Low-Back Water Exercise:** Learn correct posture and strengthen and stretch the muscles responsible for stabilizing the spine.
- **Tai Chi:** This low-impact exercise helps build strength, balance and flexibility.
- **Tai Chi (108 Steps):** Meditative movement to help release your energy, heal the body and slow aging.
- **Pilates EXO Chair:** A unique, fun way to enhance your stability, balance and body control.
- **Pilates Reformer Class:** A full-body program designed to restore muscular balance.
- **Pilates Mat 1:** Intended for different fitness, strength and flexibility levels.

CHILDBIRTH AND INFANT CARE

Very Important Grandparent Class

Every other month, 7 to 9pm

CHW, CHM, \$5

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

WEIGHT MANAGEMENT

Bridge to Weight Loss

Mondays and Tuesdays, March 3–April 27, 6:30 to 7:30pm

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

CHW, CHCH, free

A free monthly informational session for people interested in our surgical weight-loss procedures. Call **815-206-3411** for details and to register.

CANCER SUPPORT

Hat's Off Cancer Support Group

Every second Monday, 6:30 to 8:15pm

CSCC, free

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

Look Good...Feel Better

Wednesdays, Jan. 21, 1 to 3pm; March 18, 6:30 to 8pm

CSCC, free

Trained cosmetologists teach women how to cope with skin changes and hair loss using cosmetics and skin care products. A free cosmetics kit is provided. Registration is required. Call **815-759-4461**.



Gavers Cancer Resource Library

CSCC, free

Browse through our cancer-related collection and receive help learning how to access information on the web. Individual or group tours can be arranged. For times and more information, call **815-759-4462**.

SUPPORT GROUPS

For a complete list of support groups at Centegra, go to centegra.org/calendar.

Living With Grief

Thursdays, Jan. 22–Feb. 26, April 2–May 7, 7 to 9pm

CSCC, free

A six-week grief support program for adults. Registration required. Call **815-759-4459**.

Caregivers Support Group

Third Thursdays, Jan. 15, Feb. 19, March 19, April 16, 10 to 11am

CSCC, free

For adults providing care for a loved one.

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

SEMINARS

Parenting Series

Tuesday, Jan. 27; Wednesday, Feb. 25; Thursday, March 12; 7 to 8pm

CHBFC, free

Being a parent can be a difficult job, but we have some valuable lessons to make it easier.

Centegra physicians and staff will share their knowledge about how to successfully raise your child from the first years through adolescence. Call **815-444-2900**.

Managing Cancer: A Nutritional Approach

Tuesdays, Feb. 10, March 10, April 14, 6:30 to 7:30pm

CSCC, free

This series of discussions with the oncology dietitian from the Centegra Sage Cancer Center will focus on nutritional approaches to cancer prevention, side effect management and survivorship. Call **815-759-4454**.

Genetics and Cancer

Tuesday, March 10, 6:30 to 8pm

MCC, free

Michael Soble, MD, medical oncologist from NorthShore Oncology – Hematology Associates will present this seminar. Call **815-344-8000, ext. 4462**, or to register, call **877-CENTEGRA (877-236-8347)**.

Fruitful Gardening

Monday, March 23, 6:30 to 7:30pm

CHBFC, free

Join registered dietitian Meg Duellman and master gardener Ed Schuckert for a free lecture about how to begin growing your own fruit garden, as well as tips about including more fruits and vegetables in your diet. Call **815-444-2900**.

FEBRUARY IS HEART AWARENESS MONTH

Centegra Health Strong Woman Event

Wednesday, Feb. 18, 10:30am to 2pm

Crystal Lake Holiday Inn, \$10

Join us for this Centegra event, which will include health screenings, education sessions, beauty advice, a heart-healthy lunch, prizes and more! Reservations must be made by February 12. Seating is limited, so call today: **877-CENTEGRA (877-236-8347)**.

Eating for a Healthy Heart

Monday, Feb. 2, 6:30 to 7:30pm

CHBFC, Free

Heart disease is the leading cause of death in the U.S. for both men and women. Registered dietitian Julie Meeker will discuss what foods you can choose to reduce your risk of heart disease. Call **815-444-2900**.

Cooking for a Healthy Heart

Monday and Thursday, Feb. 16 and Feb. 19, 6:30 to 7:45pm

CHBFC, \$109 (includes three meals that serve four to six people)

Low-fat, low-sodium foods don't have to taste blah! Join registered dietitian Julie Meeker to learn how to make heart-healthy dishes you and your family will love. During the first session, learn about healthy ingredient substitutions and cooking methods. In the second session, apply your cooking knowledge to assemble three heart-healthy meals to take home. Call **815-444-2900**.



For more events, visit centegra.org/calendar.

ONE READER ASKS...

Q My mother has diabetes, but she insists she can still eat chocolate cake on her birthday. Is that true?

A It's true that she can eat cake; she just needs to eat less of it. Sweets are OK if they are incorporated into a low-fat diet based on whole grains,

fruits and vegetables, with a moderate amount of sodium and sugar. The important thing is to stick to a healthy diet and exercise regularly. If she does that, it's OK for her to give herself a treat on occasion.

—Dean S. Economos, MD,
on staff at Centegra Health System

DO YOU HAVE A QUESTION?

Let us know at centegra.org/feedback. An expert at Centegra may answer it in a future issue of *HealthToday*.

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 today to share your thoughts or ask a question.

HEALTHTODAY is published as a community service for the friends and patients of CENTEGRA HEALTH SYSTEM.

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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Version 2

Centegra takes the worry out of leaving the hospital

WHEN IT'S time to leave the hospital, you may have lots of questions about continuing your recovery at home. You may wonder how you'll take care of yourself or if you qualify for any services that could help you. At Centegra Health System, we start the discharge planning process as soon as you're admitted. That way you can be sure the quality care you receive in the hospital will continue once you go home.

"When patients are admitted to the hospital, they or their families are asked questions about their home environment and if there are any barriers, such as stairs," says Linda Gray, Centegra discharge manager. "The patient's records are screened while the patient is in the hospital to look for potential needs once they're discharged. For instance, if they are diagnosed with stroke or heart attack, they may need more discharge planning assistance."

If you're hospitalized at one of Centegra's hospitals, you'll be assigned a personal case manager who will guide you and your family through the discharge process. The case manager will discuss your needs, offer options and complete referrals for you.

"If you feel like you can't manage at home, let your discharge planner know," Gray says. The services you qualify for are determined by your medical condition and how well you can get around on your own. "If it is difficult for you to leave the house, then you can have more services at home," Gray says.

Some of the services you may qualify for include outpatient therapy, home healthcare, skilled nursing and long-term care. Inpatient rehabilitation is available for patients needing extensive recovery from serious conditions, such as stroke and trauma.

"Your case manager will set up all your services so that when it's time to leave the hospital, everything is in place—any equipment needed, nursing, therapy, etc.," Gray says. Your case manager will also give you discharge instructions that will include your planned medical follow-up, medications that you need to take and important phone numbers for your referral services.

At Centegra Health System we strive to make your discharge from the hospital as smooth as possible—so you can concentrate on feeling better. ♦



Have questions about an upcoming hospital visit? **CALL 877-CENTEGRA (877-236-8347).**

Centegra Behavioral Health Services
800-765-9999

Call for urgent mental health assessments.

McHenry County Crisis Services
800-892-8900, mchenry-crisis.org

Call for a referral or immediate assistance.

Centegra Referral Line
877-CENTEGRA (877-236-8347)

Call 24 hours a day.

