HealthToday

FEB-APR 2009

**CentegraHealthSystem



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HATS OFF! A fun way to raise money for women's services

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OUR PLEDGE In sickness and in health, the services you need

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WEIGHT LOSS Boost your health with this winning surgery

message to our community



mong 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 Hats off to women's health

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." ◆

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



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

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



^t→**Centegra**HealthSystem



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. •

DA

CENTEGRA HEALTH STRONG WOMAN EVENT

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

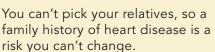
Wednesday, February 18, 10:30am to 2pm Crystal Lake Holiday Inn, \$10

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



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*.

i Call cent

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

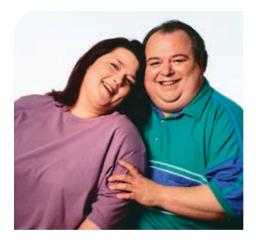
A busy life can lead to compromised health—and your heart is often the primary victim, whether of high cholesterol, high blood pressure, diabetes or other complications.

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.

Turn to **PAGE 8** 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-ravs
- Digital mammography
- CT scans
- PET/CT scans
- 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 leave how we can help you read shout Contager's class "A Join

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. ◆

CentegraHealthSystem



Winning by losing

YOUR WEIGHT is not your fate.

That's a message that bears repeating if you've tried—and tried and tried—to lose a significant amount of weight only to find those stubborn pounds sticking around.

That pattern of frustration can change. With the help of the Centegra Weight-Loss Surgery Center, you could finally be on your way to a trimmer—and healthier—you.

Nationwide, obesity is a growing concern and, for those affected, a real health threat. While many of the health problems linked to extra pounds are the same for men and women, overweight women face added threats that include infertility, pregnancy complications, an increased risk for breast cancer and extra stress on bones that may be weakened by osteoporosis later in life.

Though people may know the dangers that come with being too heavy, many struggle unsuccessfully for years to take extra pounds off.

That's when surgery can help.

A TOOL FOR SUCCESS

Weight-loss surgery at Centegra may

be appropriate if you're 100 pounds or more overweight or dealing with weightrelated health problems.

But while surgery can lead to dramatic weight loss, its success also depends on the commitment of the patient.

"I always tell my patients that if they're going to have surgery and they feel like surgery alone is going to take care of all the problems, they're going to fail," says Amir Heydari, MD, independent physician and medical director of the Centegra Weight-Loss Surgery Center. "They may lose the weight initially, but there needs to be a change in behavior and habits."

Instead, patients should look at the surgery as a tool that will help them meet their goals while they learn new eating habits and develop a more active lifestyle. The Centegra Weight-Loss Surgery Center makes that possible by providing education, support and ongoing follow-up—all done right here in the community.

A GOOD HEALTH BOOST

Surgery isn't right for everyone, and it doesn't come without risks. But many people have found that surgery can restore their energy, make them happier and perhaps even help with infertility issues related to weight—all while improving other health problems as well. ◆



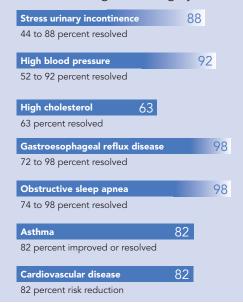
Attend our free monthly informational session on weight-loss surgery. For more information, CALL 877-CENTEGRA (877-236-8347).

BETTER ALL OVER

While many people consider weight-loss surgery for cosmetic reasons, the real benefits lie in improvements to your health.

One of the most significant improvements is related to type 2 diabetes. Often, people who enter the hospital on several diabetes medications leave with their diabetes in control—with no need for medication.

Other improvements may take longer to achieve but can be just as impressive. The American Society for Metabolic and Bariatric Surgery reports the following health benefits of weight-loss surgery:



SUCCESS: A LOSER AND LOVIN' IT

"Having Lap-Band surgery was the best decision I have ever made. I was heading down a path of destruction with my weight. I love the band because it can be adjusted throughout my life for my needs. With the help of my band, healthy eating and exercise, I was able to lose 100 pounds in a year. Thank you, Dr. Heydari!" says Jill, a patient of the Centegra Weight-Loss Surgery Center.

Read more patient success stories at *centegra.org*.



Ask a doctor

Preparing kids for surgery

Surgery can be scary for any child. For most children younger than 2 years old, having a parent stay close by for as long as possible is the best way to ease them into the procedure, says pediatrician Karen Klawitter, MD.

While older children can better comprehend what is going on, it's still very important to prepare them for surgery. Dr. Klawitter's answers to these questions can help.

What should I say to my child before surgery?

A You don't need to go into detail, but be honest. Tell your child he or she will go to sleep and wake up feeling a little pain. You can explain how long the pain is likely to last and that the operation will make your child's health problem better.

Q What should I do before surgery?

A Stay with your child as long as possible, even if he or she is older. Listen to your child's concerns, and if you're feeling anxious, try not to show it.



Q What should I do after surgery?

A If possible, be there when your child wakes up, and reassure him or her with touches and cuddles. Make sure your child takes his or her pain medicine just as prescribed. Watch for problems that occur several days after the surgery; call your doctor if you notice any.



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 RECONSTRUCTIVE SURGERY
Affiliated ENT

Woodstock

CALENDAR **CentegraHealthSystem

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

Breastfeeding Basics

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

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

Babysitting Training Course

Saturdays, Feb. 21, March 21, 10:30am to 5pm CHBFC, \$60

Kids 11 to 14 years old learn how to have a fun, safe babysitting experience. Topics include basic care, first aid and CPR, how to diaper and feed a baby, fun activities to keep toddlers occupied and how to interview for a babysitting job. Call **815-444-2900**.

More! Bringing up baby

Whether you're a first-time mom or a veteran, you might find these classes helpful. Call **815-759-4822** unless otherwise noted.

- **Childbirth Education:** Four-week series for expecting mothers in their third trimester.
- **Infant CPR and Safety:** One-night class covers basic CPR for infants and children, choking intervention, home safety, SIDS information, and childproofing the home.
- **Infant Massage:** Three classes teach the benefits of infant massage.
- **Very Important Sibling Class:** For children 3 to 10 years old who are welcoming a new baby.

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 **815-759-4461.**



Centegra Weight-Loss Surgery Center Informational Session

CHW, CHCH, free

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

CANCER SUPPORT

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. A free cosmetics kit is provided. Registration is required. Call **815-759-4461.**

More! We're here for you

- Hat's Off Cancer Support Group: Monthly support for people who have been diagnosed with cancer. Call **815-759-4461**.
- Gavers Cancer Resource Library: Call 815-759-4462 to learn more.

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

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).

More! Never stop learning

Join us for these other upcoming seminars. To learn more, call **815-444-2900**.

- Parenting Series: Valuable lessons to make parenting easier and help you raise your child from the first years through adolescence.
- Fruitful Gardening: Learn about growing your own fruit garden and including more fruits and vegetables in your diet.

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...

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

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

Centegra takes the worry out of leaving the hospital

ONCE YOU are discharged from the hospital, you may have many questions about how you will continue your care at home. You may wonder how you'll manage while you are recovering and what services will be available to you.

At Centegra Health System, we start the discharge planning 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's discharge manager. "We also want to know who they live with and if someone will be able to help them when they are discharged from the hospital.

"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 a 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.

Centegra offers many services depending on your level of need, including outpatient therapy, home healthcare or skilled nursing therapies.

"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 needs, nursing requirements, therapy services, etc.," Gray says.

Gray emphasizes that patients should give their case manager any important insurance information before services are scheduled. This way the case manager will contact providers within your network.

On the day you leave the hospital, you'll be given 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 work diligently 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.

