

HealthToday

JULY-SEPT 2009

 **Centegra** Health System

WELL BEYOND EXPECTATIONSM



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GET ENGOLFED Join us for a day of fairway fun this August

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WHAT GIVES? One couple, great generosity, a healthcare legacy

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BIG SCREEN A test is just the ticket to finding prostate cancer early

message *to our* community



One of the most rewarding aspects of my job is seeing our community members come together. That is why I am looking forward to our Community Day on Saturday, July 18, at Centegra Health Center – Huntley.

The summertime celebration will be fun for the whole family and will

feature free health services. Even if you are cutting costs in these difficult economic times, it's still important to stay on top of your health. We are happy to offer a reduced-price sports physical and other screenings at the Community Day, as well as plenty of take-home health information.

Many of the services Centegra provides are funded in part by you and your neighbors. In May, our annual Mad Hatters fundraiser brought in \$100,000 to help enhance women's services. We thank all of the generous contributors who are as committed as we are to bringing high-quality healthcare to the community.

Finally, I hope you will find the separate calendar of events—a new format starting this issue—useful. As a companion to *HealthToday*, it includes a detailed listing of events, classes and health screenings at Centegra Health System hospitals, outpatient facilities and Centegra Health Bridge Fitness Centers. If you and your family are looking for something fun and healthy to do this summer, you won't need to look any further.

Sincerely yours,

Michael S. Eesley
President and CEO

Pay less to lose more

DID YOU and your doctor talk about the benefits of weight-loss surgery, only to find out that your health insurance doesn't cover it?

You may want to revisit that conversation. Centegra Health System has instituted an alternative, cash-pay program that might fit your needs.

The health benefits of weight-loss surgery are well documented. According to the National Institutes of Health and the American Society for Metabolic and Bariatric Surgery, weight-loss surgery can improve or help control type 2 diabetes, high blood pressure and high cholesterol. Studies suggest bariatric surgery reduces the risk for heart disease and early mortality in people who are severely obese.

Many insurance plans don't cover weight-loss surgery, says Carlos Salgado, a Centegra financial counselor. They consider it an elective procedure. The cost can be a significant barrier for people having to pay out of pocket, Salgado says. Centegra's cash-pay program offers a competitive flat rate for three procedures through the Centegra Weight-Loss Surgery Center:

- Roux-en-Y gastric bypass
- Gastric sleeve
- Adjustable gastric band: Lap-Band or REALIZE Band

Using the cash-pay option, the flat rate covers the costs from preoperative through follow-up visits, Salgado says, including surgery, anesthesiology, radiology and other imaging, as well as your hospital stay for a typical procedure. ♦

Bariatric surgery is a treatment for severe obesity and is not recommended for people who only need to lose a modest amount of weight. Talk with your doctor about the risks and benefits.



Attend a free informational session and learn much more. See the Centegra Calendar included with this issue or **VISIT** us at centegra.org/bariatric.



Pay fast, secure, online

CENTEGRA HEALTH SYSTEM provides convenient ways for patients to pay their hospital bills. In fact, Centegra now has another quick and secure option: online bill pay!

How does it work?

Simply click on "Online Bill Pay" at centegra.org and follow the step-by-step directions.

How do I set up an online account?

You will only need your billing account number, a password that you select and your date of birth.

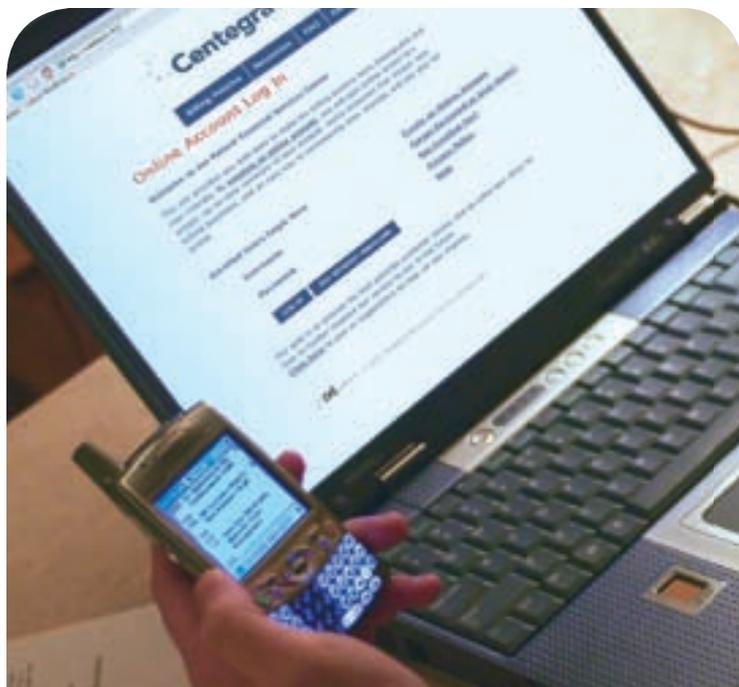
How will I see my statements?

An account summary will show your payment history and recent statements. You will receive a receipt within seconds of your approved payment. You may also request an additional printed receipt to be mailed to your home.

If desired, you can also set up a safe and convenient automatic deduction from your bank account or credit card to ensure timely payment.

Who do I call with questions?

Contact the Centegra Health System Business Office at **815-338-2544**. ♦



Save the date, golfers!

IT'S A DAY of golf, food, fundraising and fun! Mark your calendar now for the annual Centegra Health System Golf Classic! ♦

Tuesday, August 4

Bull Valley Golf Club, Woodstock

Registration opens at 8:30am

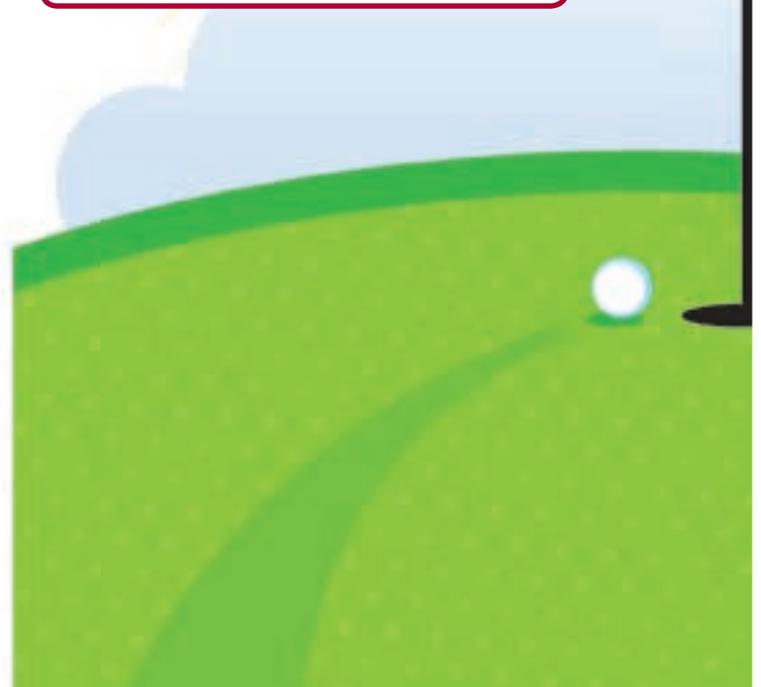
Tee time is 11am

- Sponsored by First Midwest Bank
- Shotgun start for the 18-hole scramble
- Contests, prizes and raffles
- Lunch and dinner
- Valuable sponsorship opportunities
- One of McHenry County's most challenging 18-hole courses



Space is limited, so register today!

CALL 815-788-5870, or e-mail us at foundation@centegra.com.





ENDOCRINOLOGISTS help you and your medical team better treat and manage diabetes.

disorders, menopause and osteoporosis. People with diabetes have a disorder of the pancreas, one of the many endocrine glands.

The new endocrinologists will add to the comprehensive nature of the Centegra Diabetes Center program. Certified diabetes educators, registered nurses, registered dietitians and a clinical nurse specialist all work with an endocrinologist to provide the services patients need.

ENDOCRINOLOGY AT CENTEGRA

The endocrinology program and the Centegra Diabetes Center are located at the new Crystal Lake Medical Arts Building at 360 Station Drive.

In 2009, Jyothi Gogineni, MD, and Jawaad Khokhar, MD, will join Achal Ahmed, MD, and the program will be expanded to cover the entire county, offering appointments at Centegra facilities in Crystal Lake, Huntley and McHenry, as well as at Centegra Health System’s two main hospitals—Centegra Hospital – Woodstock and Centegra Hospital – McHenry.

AN IMPORTANT INVESTMENT

The endocrinologists will consult with primary care doctors and work with them as part of a care team in managing patients at the Centegra Diabetes Center.

“What ends up happening is that the presence of the endocrinologist enhances the knowledge of the entire medical community, helping everyone to better manage endocrine disorders, especially diabetes,” Dr. Turngren says. “We are fortunate that our health system is investing in this important specialty.” ♦

Centegra Diabetes Center

Expanding care

WHEN YOU have an illness, you make changes to take better care of yourself.

When the community experiences a rise in illness, Centegra Health System makes changes to take better care of the community.

That’s why two new endocrinologists will soon be arriving at Centegra Health System.

“McHenry County is experiencing the same unfortunate epidemic of diabetes that we are seeing across the country,”

says Robert Turngren, MD, Vice President of Centegra Primary Care. “Expanding our endocrinology program will allow us to provide diabetes care across the entire county.”

THE HORMONE EXPERTS

Endocrinologists are specially trained to diagnose and treat disorders related to hormones and the endocrine glands that produce them.

They treat thyroid disease, cholesterol

 To register for the Diabetes Prevention Class at the Centegra Health Bridge Fitness Centers, **CALL 815-444-2900.**



ESTATE GIFTS can support a variety of healthcare services at Centegra.

Estate gifts

Give once, give forever

GIVING TO the Centegra Health System Foundation from a family's estate is a concept that began as early as 1937, when Dr. George Bentley and his wife, Mildred, made the first bequest gift to Centegra for \$50,000.

Now 72 years later, Centegra has been named a beneficiary of a charitable remainder trust in excess of \$2 million dollars.

George "Bill" and Ruth Frejd were passionate about helping others. This passion was displayed throughout their lifetime by the continued service and dedication they showed to their local community hospital, Centegra Hospital – Woodstock.

ONGOING COMMITMENT

The Frejd's selfless giving spanned many decades. Bill served on the Centegra Hospital – Woodstock board of directors and worked on the capital campaign to build the hospital now located at Doty Road. Ruth dedicated countless hours as a volunteer and board member of the Centegra Hospital – Woodstock Auxiliary.

"Their hearts really were in helping people," says Marty Smith, a lifelong

friend of the family and investment consultant.

Although Bill passed away in 2001, followed by Ruth last year, their dreams and commitment to help their local community hospital ensure quality, state-of-the-art healthcare will remain through their legacy for generations to come.

The trust has been designated to support a variety of educational purposes for Centegra, from specialized training of doctors, nurses and associates to activities that promote health and wellness throughout the community.

"[Bill] was a very quiet and behind-the-scenes person, as was Ruth," Smith says. "They didn't want recognition."

When they planned their estate, they wanted to keep giving back to the community, a goal they were able to accomplish through an extremely generous gift.

"This gift from two very humble people continues their legacy of helping others and making a difference in our community," says Gail Bauersachs, Vice President of the Centegra Health System Foundation. ♦

PLANNED GIVING: MAKE A DIFFERENCE

When you make a contribution or planned gift to the Centegra Health System Foundation, you join a group of special individuals who are committed to future growth by providing state-of-the-art healthcare services to their family, friends and community locally.

It is important to remember that charitable giving comes in all forms and sizes. There are many ways to give, such as cash, appreciated stock or other assets.

Planned giving provides an opportunity to address your financial and philanthropic goals that is beneficial to you, your loved ones and Centegra Health System. Planned gifts may include charitable trusts, endowed funds, wills, life insurance annuities or real estate.

The Centegra Health System Foundation can help you get started with a planned gift by helping you select a method that works best for your family—with the realization that every gift can make a substantial difference to people, programs and services now and in the future.



For more information on planned and outright gifts to Centegra Health System, **CALL** the Foundation at **815-788-5870**.



TALK to your doctor about whether a prostate cancer screening is right for you.

Screening success

Routine tests for prostate cancer can add years to your life

AFTER GETTING screened for prostate cancer, Dick Stanowski learned several things.

First, he found out he had prostate cancer in its beginning stages. Next, he learned the disease could be successfully treated if detected early. And finally, the 82-year-old Woodstock man discovered that after successful treatment at Centegra Hospital – McHenry he could return to the active lifestyle he enjoys.

“I feel great,” Stanowski says. “I’m swimming a half mile every day and soon hope to return to swimming a mile daily.”

THE VALUE OF SCREENINGS

Prostate cancer is one of the most commonly diagnosed cancers among men, and it can be deadly, but it doesn’t have to be.

“With routine screenings, you can pick up prostate cancer early and treat it before it spreads,” says David

Goldrath, MD, a urologist at Centegra Health System.

Screening means looking for cancer before it causes symptoms. While there is some disagreement in the medical community about the value of screening for prostate cancer, Dr. Goldrath recommends that all men undergo a yearly screening once they reach the age of 50. With a family history of the disease, screening should begin at age 40.

“I believe screening is important in picking up signs of prostate cancer early on, before it becomes difficult to treat,” Dr. Goldrath says. “Until we have a better way to predict which prostate cancer patients will progress, screening is still the best way to catch the disease in its early stages.”

A TALE OF TWO TESTS

Screening for prostate cancer involves two tests—the digital rectal exam (DRE) and the prostate-specific antigen (PSA) test.

During a DRE, your doctor examines the health of your prostate gland. If the doctor detects hard spots on your prostate, it could be a sign of cancer.

The PSA is a blood test. If you have prostate cancer, you may have a higher level of PSA in your blood. High PSA levels can also indicate less serious problems, such as infection.

If prostate cancer is detected in its early stages, there are several ways the disease can be treated. Surgery, radiation therapy and different medications can be effective. Some doctors also recommend “watchful waiting,” which means leaving the cancer alone and monitoring its progress. “Watchful waiting” is sometimes a good option for older men and men with slow-growing cancer.

TREATING CANCER WITH CARE

The screening that uncovered cancer in his prostate wasn’t Stanowski’s first. The retired school administrator had undergone routine screenings for years.

“I had no symptoms,” Stanowski says. “The cancer diagnosis came as a surprise.”

After the cancer was discovered, Stanowski underwent radiation therapy at the Centegra Sage Cancer Center.

“It went very well,” he says. “I was very impressed with the staff and atmosphere at Centegra. They had such a positive, caring outlook that it boosted my morale throughout the whole process. I believe that a positive frame of mind is essential for healing.”

Stanowski is also quick to credit routine screenings as a key to battling cancer.

“I’ve encouraged my three sons to get early exams,” he says. “I would say the same thing to all men. Routine screenings can add years to your life.” ♦



Get checked! To schedule a prostate screening in September at Centegra, **CALL 877-CENTEGRA (877-236-8347)**.



BILL STOHLBERG, 77, of Woodstock, had been a patient in cardiac rehabilitation at Centegra Hospital – Woodstock for more than 10 years when the need for thoracic lung surgery brought a familiar face to his bedside.

James Gramm, MD, FACS, is a thoracic cardiovascular surgeon on staff at Centegra Health System. His father, Dwight, was in Stohlberg's first wedding party 59 years ago. Stohlberg actually held Dr. Gramm as a baby and knew him as "Jamie."

When Dr. Gramm went into Stohlberg's hospital room in December 2008 as a consulting surgeon, Stohlberg immediately said, "Oh my God, you look just like your father." Then he asked, "Are you Jamie?" Dr. Gramm replied, "I used to be. Now I'm Jim or James!"

Stohlberg describes that moment as quite a shock—but also a huge comfort in light of the surgery he was about to face.

"It was extremely encouraging and comforting to know that we already knew the surgeon and that we weren't just another patient," says Stohlberg's wife, Ollie. Stohlberg adds, "It was just a huge relief. I remember when Jamie was a little kid. His dad and I were buddies in grade school in Skokie."

Dr. Gramm remembered Stohlberg from when he was younger.

"My dad had told me that Bill and Ollie lived out here. It was good to see him. I don't often see people I know since

I didn't grow up around here, but it was good to see Bill," he says. Dr. Gramm says it also was heartwarming to know that a family friend was receiving such great care through Centegra Health System.

A DIFFICULT JOURNEY

Following a car accident 13 years ago, Stohlberg experienced chest pains. Three stents were put in. Years later, he was treated for Non Hodgkins Lymphoma and prostate cancer. Then he had three bouts of pneumonia. Once the pneumonia had subsided and just before he was scheduled to restart his cardiac rehab program, Stohlberg endured another pulmonary embolism.

Stohlberg has seen more than 25 doctors and many nurses and technologists at Centegra over the years.

He says, "If I could've taken all the nurses home with me, I would have!"

He affectionately refers to the cardiac rehab center as the "Huff and Puff," the place he looks forward to going to every Monday, Wednesday and Friday.

"It's a lot more than just a rehab center," Stohlberg says. "It's a place to socialize, to see other people with the same problems as you and to enjoy unique fellowship. I must really enjoy it to still be coming regularly after 13 years." ♦



Find out your risk for heart disease. Schedule a vascular screening today! For dates and times, **CALL 877-CENTEGRA (877-236-8347)**.

TRUST YOUR HEART TO CENTEGRA

Heart disease is one of the leading causes of death in America, and in McHenry County, it's responsible for more than one-third of the deaths of all local residents. Centegra Health System is committed to providing the highest level of care and treatment for heart disease and offers a comprehensive approach to the diagnosis and treatment of heart disease. Over the years, our cardiac programs have grown to include the Heart Failure Center, open heart surgery, cardiac catheterization, angioplasty and more.

Ovarian cancer concerns

What the CA-125 test tells you

RECENT NEWS reports have focused on the CA-125 blood test as a tool for ovarian cancer screening. Its reliability, however, is still uncertain.

Doctors know that the test can detect elevated levels of the protein CA-125. They know that this test can indicate ovarian cancer. What they also know is that elevated levels of CA-125 can result from numerous other conditions.

Doctors worry that giving this test to all women would result in unnecessary anxiety and needless interventions.

“No current study has been able to prove that performing a screening with the CA-125 test, alone or in combination with other tests, definitely decreases death from ovarian cancer,” says Yvonne Yao, MD, OB/GYN at Centegra Primary Care – Huntley.

That is why there is currently no recommended screening test for ovarian cancer, Dr. Yao says.

STEPS YOU CAN TAKE

So what do you do if you are worried about this rare, but deadly, form of cancer?

“Talking with your doctor is the best way to address your concerns about ovarian cancer,” Dr. Yao says.

Your doctor can help you understand your risk factors and can describe the symptoms to you in detail.

If you have a strong family history of ovarian

cancer or are exhibiting certain symptoms your doctor is concerned about, he or she will conduct a physical exam, including a pelvic exam, take a detailed family history, and perhaps do an ultrasound.

At this point, your doctor may order a CA-125 test to provide further information.

In the meantime, researchers continue to work toward finding a reliable ovarian cancer screening test. ♦

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

WELCOME, NEW CENTEGRA PHYSICIANS



Alison J. Drumm, MD
FAMILY MEDICINE
Alpine Family Physicians
Lake Zurich



Jose Montes, MD
PSYCHIATRY
Mather's Clinic
Lake in the Hills



Roshi Gulati, MD
FAMILY MEDICINE
Woodstock



Brian D. Rotskoff, MD
ALLERGY AND IMMUNOLOGY
Crystal Lake



Brian Keuer, MD
UROLOGY
Comprehensive Urologic Care, SC
Crystal Lake



Jarrold Wright, MD
EMERGENCY MEDICINE
EmCare
McHenry



To find the Centegra physician who's right for you, **VISIT** centegra.org. You can also **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.