

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 family's take on donating during tough times

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RAINBOW EFFECT Go ahead, color your plate for better health

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.

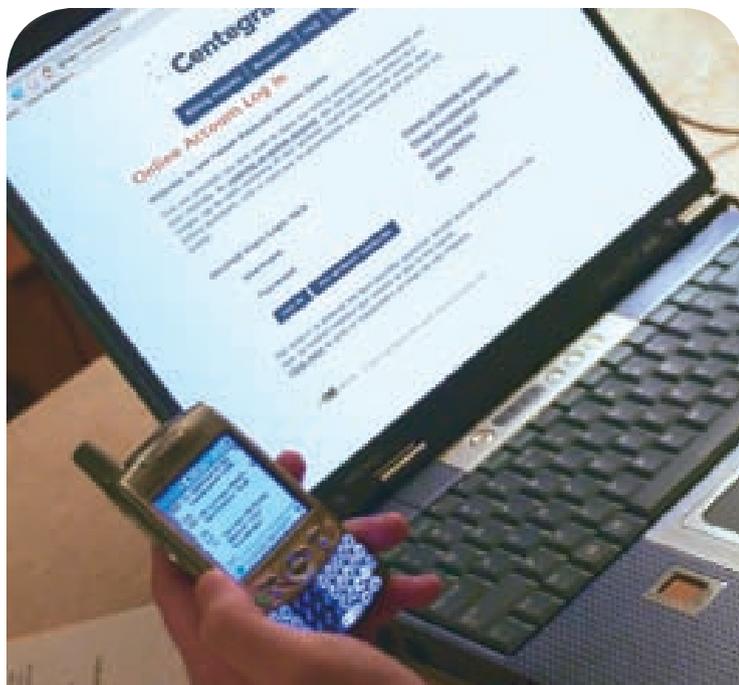
How will I see my statements?

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

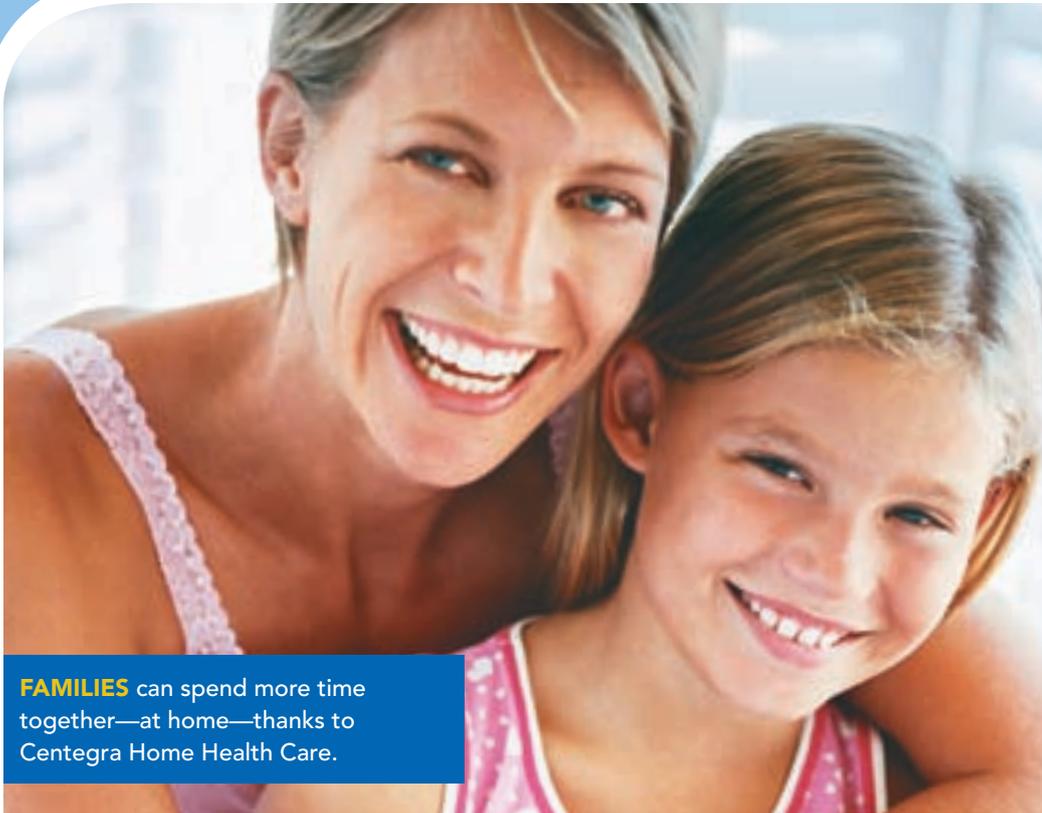
Tee time is 11am

- 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.





FAMILIES can spend more time together—at home—thanks to Centegra Home Health Care.

Home care: Because your family matters

MANY PEOPLE think home healthcare services are just for older adults, but illness or injury can happen at any age. Just ask Kim Frazier, a 41-year-old mother of three with Lyme disease. Thanks to Centegra Home Health Care, Frazier is getting the treatment she needs without ever leaving home—or her young children.

A FRUSTRATING ILLNESS

Frazier isn't sure when she contracted Lyme disease, a tick-borne illness that can cause chronic joint or neurological symptoms if left untreated.

"One of my early symptoms was a feeling of being off-balance," she recalls. "It lasted for a couple of weeks and then went away."

About a year later, the off-balance

feeling came back—but this time it didn't go away. She started having more symptoms, including numbness in her hands and problems with her vision and thinking.

TREATMENT AT HOME: A WIN-WIN SITUATION

When Frazier was diagnosed with Lyme disease, her doctors decided the best course of treatment was to give her medications intravenously for several months.

Normally, that would mean staying in the hospital or going to ambulatory care twice a day to get the treatments. She didn't want to be away from her family that long. So with the help of Maria Piscopo, a registered nurse with Centegra Home Health Care, Frazier learned how to do the treatments at home. Her husband, Wade, also learned how to give the treatments in case she needed help.

"It is a win-win situation for Kim," Piscopo says. "She gets the aggressive treatment she needs without sacrificing

family time. We looked at her lifestyle and schedule and worked the medication schedule around that. She does the treatment before her kids are up and then again in the evening."

For Frazier, the idea of giving herself the infusions was scary at first, but she says with the help of Piscopo, she found the treatment easy to learn.

"In the beginning, if I had a problem, Maria would be out that day to help me. It was comforting to know I could count on her," Frazier says.

PERSONAL CARE AT HOME

Frazier looks forward to Piscopo's weekly visits because she can talk about her struggles with the chronic disease. "I tell Maria she's not just my nurse; she's my support network. She helps me emotionally and psychologically," she says.

When Piscopo visits, she cleans and rebandages Frazier's PICC line (the tube that's inserted into her vein for the infusions) and sees how she is responding to the treatment.

Piscopo says Frazier is an example of how home healthcare is helping younger patients.

"When people think of home care, they usually think of the senior community," Piscopo says. "Today, people of all ages don't stay in the hospital for as long, so home care can play a vital role for them to get the care they need after leaving the hospital."

Since starting the home treatments, Frazier says many of her Lyme disease symptoms have greatly improved, and she's optimistic about her recovery. She says her family and friends have also noticed a change in her in recent months. "Everyone around me is saying, 'Wow, Kim, you're back.'" ♦



Would home healthcare help you or someone you care about? For information about an assessment, **CALL 815-344-6602.**

Continuing to give during tough times

Why one family keeps Centegra in mind

IN TODAY'S ECONOMY, we are bombarded by messages about cutting back and saving resources for what is most important. For Keith and Trish Spengel, giving to Centegra is more important now than ever. They feel that while the economy may be faltering, the health of this community cannot.

"We feel very fortunate for what we have," Keith Spengel says. "If we can make a donation that is going to help others, it's our responsibility to do that."

A PERSONAL PERSPECTIVE

The Spengels first understood the value of giving to Centegra when their son, Ben, was born 12 years ago and they needed to go outside the community for some of his care. It was then that they realized that having state-of-the-art medical care close to home was the best investment their family could make for their children's and the community's future healthcare. The remarkable advancements Centegra has made over the past decade are why the Spengels continue to donate.

"Centegra continues to make advances that benefit the community. People are able to get the care they need without traveling to another city," Spengel states. "If our support creates that ability, we feel that we've donated to a worthy cause."

THE BOTTOM LINE

All gifts to Centegra Health System Foundation go toward initiatives that enhance the quality of healthcare in McHenry County. You can choose to support whichever healthcare initiative is closest to your heart, including the

Cancer Care Fund, Cardiac Care Fund, Community Wellness, Women's Health Services and Helping Hand Fund.

"Oftentimes families or couples will sit down together and decide which area to give to," says Mia Yankow, Centegra Foundation Development Manager. "Making a gift should be meaningful; you should be confident your contribution is making a difference in the quality of healthcare in our community."

Each department at Centegra has a vision of better care and treatment. A donation can turn a vision into a reality.

Your gift can also be designated to the area of greatest need, which provides Centegra with the flexibility to support key initiatives at key times.

DOING THE RIGHT THING

As Legacy Circle members, the Spengels understand the personal benefits of donating to Centegra. Members of the Legacy Circle are invited to attend events that emphasize the meaning of giving. At these events, the foundation showcases how donations have had a positive effect on the lives of our friends, neighbors and loved ones.

Keith Spengel's main motivation for giving is to ensure that his community has the best healthcare possible. He also reminds us that this is especially important during these tough economic times.

"When you think about someone having health issues and economic problems at the same time, it is heartbreaking," Spengel says. "If the foundation can ease that in some way, that makes it even more important to contribute." ♦



YOUR DONATION can turn a vision into reality.



To learn more about how you can make a difference in the healthcare of your community, please **CALL** us at **815-788-5870** or e-mail us at foundation@centegra.com. For more information about donating and a complete listing of active funds, **VISIT** centegra.org.



COLORFUL foods can help prevent the onset of age-related diseases.

Antioxidants

Add some color, add to life

RED, ORANGE, yellow and blue are more than just pretty colors; they can be pretty important to your health as well.

Lora Anderson, registered dietitian with Centegra Health System, says everyone can delay the onset of many age-related diseases, as well as improve and maintain good health, by enjoying plant foods, such as fruits, vegetables and whole grains. Those foods contain bioactive components called antioxidants.

Antioxidants are present in foods as vitamins, minerals, carotenoids and polyphenols, among others, and are identified by their distinctive colors of red, orange, yellow, blue and purple.

Antioxidants, by their very nature, are capable of stabilizing free radicals before they cause harm. Free radicals are molecules that can damage cells and are thought to result in degenerative diseases that come with aging, such as cancer, cardiovascular disease, cognitive impairment, Alzheimer disease, immune dysfunction, cataracts and macular degeneration.

“Health organizations often recognize the beneficial role of antioxidant fruits and vegetables,” Anderson says. “For example, the American Heart Association and National Cancer Institute promote a ‘5-A-Day for Better Health’ campaign.”

EAT A RAINBOW

Research suggests people can lower incidences of prostate cancer and cardiovascular disease with **lycopenes**, such as tomatoes, red bell peppers, watermelon, pink or red grapefruit, pink guava, persimmons, cranberries, raspberries, and pomegranates.

Luteins, such as dark green, leafy vegetables and egg yolks, can help eye health, protect from UVB light and enhance skin health.

Selenium is a mineral and a component of antioxidant enzymes. It can be found in Brazil nuts, fish, whole grains, wheat germ and sunflower seeds.

Vitamin C can be found in red and yellow plant foods, such as bell peppers, citrus, strawberries and broccoli, and it helps reduce wrinkles, age spots, cataracts and arthritis. ♦



Attend the Healthy Organic Vegetables Workshop at Centegra Health Bridge Fitness Center – Huntley. See page 7 in the enclosed calendar!

EAT MORE ANTIOXIDANTS

1. Try one new fruit or vegetable per week.
2. Keep washed, ready-to-eat fruits and vegetables on hand and easily accessible. Clean and prepare them as soon as you get home from the store.
3. Take a bag of veggies with you to munch on when you're on the go.
4. Serve fruit and vegetables with other favorite foods.
5. Add vegetables to casseroles, stews, crock-pot meals and soups, and add pureed or chopped vegetables to sauces, chili and gravy.
6. Sprinkle vegetables with Parmesan cheese or top with melted low-fat cheese.
7. Enjoy vegetables with a low-fat dip as a snack.
8. Try prepackaged salads and stir-fry mixes to save time.
9. Drink one-hundred percent fruit juice instead of fruit-flavored drinks or soda.
10. Serve fruit for dessert.
11. Keep a bowl of apples, bananas and oranges on the counter or table.
12. Serve side salads made with a variety of dark greens.
13. Bake with raisin, date or prune puree to reduce fat intake and increase fiber in a recipe while also reducing oil.
14. Order vegetable toppings on your pizza.
15. Enjoy fruit smoothies for breakfast or a snack.
16. Make fruit salad with different types of fruit so you can try many different fruits at once.
17. Learn to recognize a serving of fruit or vegetables. (A tennis ball is equal to one-half cup.)
18. Start your day with fruit!
19. Top meat and fish with salsa, fruit or vegetables.
20. Try vegetarian meals, such as stir-fry or bean burritos, one to two times weekly.

Adapted from *Today's Dietitian*. Volume 10, Number 9, September 2008

Local couple gets into the swing of things

MARK AND LISA SUMA are a changed couple.

A few short months ago, 44-year-old Mark exercised only occasionally, even though his lack of a regular exercise routine nagged at him. Like so many of us, he knew he should work out frequently for the sake of his health, but actually doing it was another story.

As for Lisa, also 44, she confesses that she has never worked out, drawing out the word “never.”

That was then, and this is now.

Today, if you want to find either of them, check out any of the four

myself—since I began playing tennis regularly.”

How did two people come so far?

Some of the credit goes to a close friend of Mark’s, who prodded him to become a member of the Centegra Health Bridge Fitness Center and take advantage of its first-rate tennis facility, classes and team leagues. Mark in turn prodded Lisa, and she agreed.

The Woodstock duo enrolled in the center’s “Tennis in 4 Weeks,” a free course for beginners.

“The instruction was fantastic,” Lisa says. “It gave me a wonderful



“The instruction was fantastic,” Lisa says. “It gave me a wonderful foundation and confidence in my ability to progress.”

indoor tennis courts at the Centegra Health Bridge Fitness Center – Huntley. Chances are you’ll spot them playing a competitive game together. Or maybe you’ll see them practicing their backhands in an evening tennis clinic. In either case, they’ll be having a great time.

“I’m hooked,” Mark says. “When I play, I can push myself physically, which I like; but more importantly, I enjoy myself tremendously.”

Lisa agrees. “I used to look at people who said that exercise made them feel really good as though they were a little bit crazy,” she says. “Now it’s me who’s saying those things. I feel so much healthier—and so much better about

foundation and confidence in my ability to progress.”

Along with that confidence, she also gained a desire to make tennis a lifelong sport, which doesn’t surprise Tennis Manager Kurt Kopp.

“You’ll find people of all ages on our tennis courts, from 4-year-olds to adults in their 70s, 80s and beyond,” he says. “The only requirement is a desire to play.” ♦



Enter to win a free private lesson—a \$72 value! **VISIT** centegra.org/freetennis.



Pay attention...if you can

IT STARTS when a child is a toddler, but is often brushed aside as natural misbehavior—being fidgety, unable to finish a simple task and easily distracted—and is frustrating to parent and child.

Attention deficit hyperactivity disorder, or ADHD, affects three to five percent of children, and it takes careful diagnosis to identify a child who has it.

Boisterous or bad behavior is not necessarily indicative of ADHD and should not be confused with it. Many children go through phases where they are messy, forgetful or seem filled with boundless energy, but that does not mean they have ADHD. Only a medical professional can diagnose ADHD.

Stubbornness, frustration, defiance, erratic sleep, lying, messy eating habits, constant interruptions, disorganization, impulsiveness and inability to sit still are all characteristics of ADHD and part of the diagnostic criteria. ADHD is a spectrum disorder with mild to severe symptoms. Most patients benefit from a well-monitored regime of medications that allow one to focus and work calmly.

“Untreated ADHD can have serious consequences, including school failure, accidents, substance abuse, unplanned pregnancies, poor job performance and failed relationships. Treatment can help those affected by ADHD to

lead a productive and more satisfying life,” says Patricia Nofzinger, MD, a pediatrician with Centegra Primary Care.

“Many people do not outgrow their ADHD problems,” she adds. “Their problems simply become compounded throughout life if left untreated. The sooner a person gets help for their child, the happier everyone in the family will be.”

Don’t assume your child has ADHD and it will go away on its own. Get professional help and the whole family will benefit. ♦

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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EMERGENCY MEDICINE
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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.