

# HealthToday

MAY-JULY 2009

CentegraHealthSystem

WELL BEYOND EXPECTATION<sup>SM</sup>



P3

**ALL ACES** Nothing beats year-round tennis at Centegra

P6

**HEART CHOICES** One woman's 13-year journey to better health

P11

**NEED TO RELAX?** Win a free massage from the Bridge Spa

## message *to our* community



**A**t Centegra Health System, we are focused on our community's health and wellness. It has been great to see all the new members at Centegra Health Bridge Fitness Center – Huntley committed to family fitness. Membership at the fitness center will give you access to the pools, as well as the tennis courts

and dozens of exercise classes. In addition to classes like yoga and weight training, you can learn the salsa, the art of Swedish massage or tips for cooking healthier meals. We've included a sample of classes on pages 10 and 11, and you can see a full listing at [centegra.org/calendar](http://centegra.org/calendar).

At Centegra, we are very grateful for the support we receive from members of the community. This issue features an article about one of the Centegra Health System Foundation's donors. His generous contributions help make exceptional healthcare available to everybody in our community. Turn to page 7 to read his inspiring story.

This issue also shares tips for enjoying a healthy summer, advice from our doctors on how to live strong with cancer and heart disease, and much more.

We hope you can take time for yourself to enjoy this issue.

Sincerely yours,

Michael S. Eesley  
President and CEO

## Live strong with cancer

**THE CHALLENGES** presented by cancer don't always disappear after treatment.

You may still feel stressed, fearful or angry. You may worry that your cancer will return. Going back to work and resuming your daily routines may be tough. You may wonder about how to best take care of yourself.

"All these things are common," says Marianna Wolfmeyer, program facilitator and oncology chaplain at Centegra Health System. "Often people talk about being disease-free but are not free of the disease."

Centegra understands these challenges and is participating in an innovative program that helps cancer survivors transition from treatment to post-treatment life.

The national program—Cancer Transitions: Moving Beyond Cancer—was developed by the Lance Armstrong Foundation and the Wellness Community and is available in 20 cities. The first session at the Centegra Sage Cancer Center in McHenry will end in May. The next session will begin in the fall.

Each session runs for six weeks and is led by a Centegra medical professional. "We have our certified fitness trainers, nurses, a nutritionist and a social worker involved," Wolfmeyer says.

Meetings are held once weekly, run about two and a half hours each and address topics such as:

- Exercise and nutrition after treatment
- Continuing emotional, social and spiritual support
- Long-term medical care after treatment

"The idea is to help people achieve the best quality of life possible after treatment," Wolfmeyer says. ♦



**CALL 815-759-4459** to learn more about the fall session of Cancer Transitions: Moving Beyond Cancer.



## Tennis, anyone?

**FANTASTIC!** The word comes up frequently when Kurt Kopp, tennis manager, talks about the new tennis courts and programs at Centegra Health Bridge Fitness Center – Huntley.

“How could you not think it’s fantastic?” Kopp asks. “We have this wonderful new facility and the opportunity to get a lot more people involved in tennis year-round.”

Kopp’s enthusiasm for the game dates back to grade school. He continued to play through high school and college and then began a professional tennis career.

“I’ve been very fortunate in my tennis endeavors,” Kopp modestly admits.

Kopp holds a teaching certificate from the United States Professional Tennis Association, and his first job out of high school was teaching tennis at a country club. That was in 1986, and since then he has balanced coaching, teaching and tournament play. The highlight of his years as a professional player was being on court with his idol, tennis great Rod Laver.

Kopp was pleased when he was offered his position at Centegra Health Bridge Fitness Center. “The idea of coming to a new facility and building the program was exciting to me,” he says. He intends for the tennis program to emphasize fun, fitness and learning.

“I want more people to realize what a great overall body workout you get with tennis,” he says. Tennis has been shown to improve aerobic fitness, lower body fat percentage, reduce risk for cardiovascular disease and improve bone health. Fantastic! ♦



For information or to sign up for tennis lessons, leagues or permanent court time, **CALL 815-444-2900**.

**KURT KOPP**, tennis manager, teaches tennis at Centegra Health Bridge Fitness Center – Huntley.



## Centegra’s Community Day!

**IT’S A SUMMERTIME** festival for the whole family. Save Saturday, July 18, for fun galore with a healthy touch.

The Centegra Health Campus – Huntley on Algonquin and Haligus roads will be the site of the community fest with swimming, sports, food and prizes.

There will be health screenings and lots of take-home information for you and your family, because to really have fun you ought to be healthy. ♦

**Saturday, July 18**

**11am to 2pm**

**Centegra Health Campus – Huntley**  
**Everything is free!**

**Save  
the date!**





**MAKE SURE** to warm up with light exercises before going full speed.

## Stay in the game this summer

**B**EFORE YOU hit the tennis court, the golf course or the ball field this summer, take a minute to review some injury-prevention basics that might help you stay in the game and off the sidelines.

First, assess your overall fitness level, says Rolando Izquierdo, MD, an orthopaedic surgeon on staff at Centegra Health System, certified in sports medicine at Crystal Lake Orthopaedic Surgery & Sports Medicine.

“Don’t rush into a new activity,” he says. “Make sure you’re appropriately conditioned from a general health, cardiovascular, flexibility and strength standpoint first.”

### SLOW AND EASY

If you’re out of shape, start getting back into condition by taking walks, using an exercise bike, jogging or doing another activity that matches your medical history and fitness level.

Make sure to warm up with light cardio exercises and stretch for a few minutes before going full speed, Dr. Izquierdo says.

“When stretching, work on the flexibility of some of the major muscle groups that are going to get you in trouble,” he says, such as the hamstrings, quadriceps and calf muscles. As you exercise, concentrate on proper form and work out at an appropriate level. A personal trainer may come in handy here, Dr. Izquierdo says. In a couple of sessions, a trainer can evaluate your fitness level, organize your exercise routine and show you the safest way to perform certain movements.

You might also consider programs like Pilates and yoga that emphasize flexibility and build the body’s core muscles in the hip area, abdominals and lower back.

“These areas are key to helping prevent a lot of issues that we deal with as orthopaedic surgeons,” he says.

### YOU DON’T GAIN FROM PAIN

No matter what activity you do, pay attention to pain.

“If it hurts, you’re probably either overdoing it or you’re doing something wrong,” Dr. Izquierdo says. “Back off.”

But don’t let the fear of injury keep you from exercising. There are just too many benefits to being active.

“Activity goes hand in hand with overall good health,” Dr. Izquierdo says. “Just start slowly, use good form and work your way up.” ♦



“Try before you buy” classes are available at Centegra Health Bridge Fitness Centers. **CALL 815-444-2900** for details.

## RICE

### A HOME REMEDY FOR SPRAINS AND STRAINS

No matter how careful you are, active people run at least some risk of getting a sprain or strain. They’re among the most common sports injuries.

Treatment to reduce swelling and pain typically begins with RICE—rest, ice, compression and elevation.

- Rest the injured area. For an injured ankle or knee, you may need to use crutches while you heal. Depending on the severity of the injury, you may need days or weeks of rest.
- Ice the injury, typically for 20 minutes, four to eight times a day.
- Compress, or squeeze, the injured area with a bandage. In more severe cases, a cast, boot or splint may be needed.
- Elevate the injury, keeping it above the level of your heart.

It’s also a good idea to take an over-the-counter anti-inflammatory medicine, such as aspirin or ibuprofen, to help reduce swelling and pain.

If you haven’t seen substantial improvement in a week to 10 days, call your doctor.



**VISIT** [centegra.org/ortho](http://centegra.org/ortho) to learn about orthopaedic and sports medicine services at Centegra.





# Summer safety tips

MIDWESTERNERS LOVE summer. But the things that make the season so appealing—sun, swimming, picnics and casual outdoor living—can also cause serious problems. Take a minute to remind everyone in your family how to have fun, not emergencies, this summer.

## THE SUN

Keep sunscreen on everyone, even babies older than 6 months. Use the highest SPF (sun protection factor) you can find, and put it on before, during and after swimming. Stay in the shade whenever possible, and use sunscreen on cloudy days, too.

## PICNICS

Food left out in the heat can cause food poisoning. Unrefrigerated food should only stay out for 30 minutes to 2 hours, and if it's mayonnaise-based, even less time. Make sure you put cold foods in ice and thermal containers.

If you grill, cook the food thoroughly and refrigerate it when the meal is over.

## HYDRATION

Drink at least eight 8-ounce glasses of water a day and avoid soft drinks, ice cream drinks and alcohol. If you're doing strenuous physical activity, you'll need even more water.

## SWIMMING

Never leave a non-swimmer alone near water. Take swimming lessons and make sure your children do, too.

Do not assume plastic inner tubes or toys will protect your children in the water. Make sure everyone in your family learns to not panic if they fall into a pool or lake.

## HEAT STROKE

Too much sun or activity in extreme heat can cause heat stroke. Balance your time indoors and out. If you think you have symptoms of too much sun, go inside an air-conditioned place and

drink plenty of water. Seek medical attention immediately.

## MORE IMPORTANT TIPS

- Walk, don't run, on slippery poolsides, and don't ride a bicycle or drive a car in bare feet.
- Never leave babies or children in a hot car for any amount of time.
- Always wear bike helmets when riding.
- Do not allow children near sparklers or fireworks.
- Keep a well-stocked first aid kit in your car and in your home.
- Take your cell phone with you when you hike, boat or picnic.

## IMMEDIATE CARE

If your emergency is more than you can manage, go to a Centegra Immediate Care Center. If you think it is life-threatening, call 911 immediately. See the inset at right for symptoms and the callout below for where to find immediate care. ♦

## SYMPTOMS THAT REQUIRE PROFESSIONAL MEDICAL ATTENTION

### HEAT STROKE AND DEHYDRATION

- Dizziness
- Fainting
- Nausea
- Extreme thirst
- Disorientation
- Shortness of breath

### SUNBURN

- Extreme redness
- Extreme pain
- No relief from over-the-counter lotions

### FOOD POISONING

- Nausea
- Vomiting
- Severe gastric pain
- Lethargy
- Fever (in some cases)

## WHERE TO GO FOR IMMEDIATE HELP

### CENTEGRA IMMEDIATE CARE CENTERS

#### Crystal Lake

Centegra Immediate Care  
Crystal Lake Medical Arts building  
360 Station Drive  
(behind Dominick's)

#### Huntley

Centegra Health Center  
10350 Haligus Road  
(west of Tom's Market)

For more information about the Centegra Immediate Care Centers, call **815-338-6600**.

### LEVEL II TRAUMA CENTERS AND EMERGENCY DEPARTMENTS

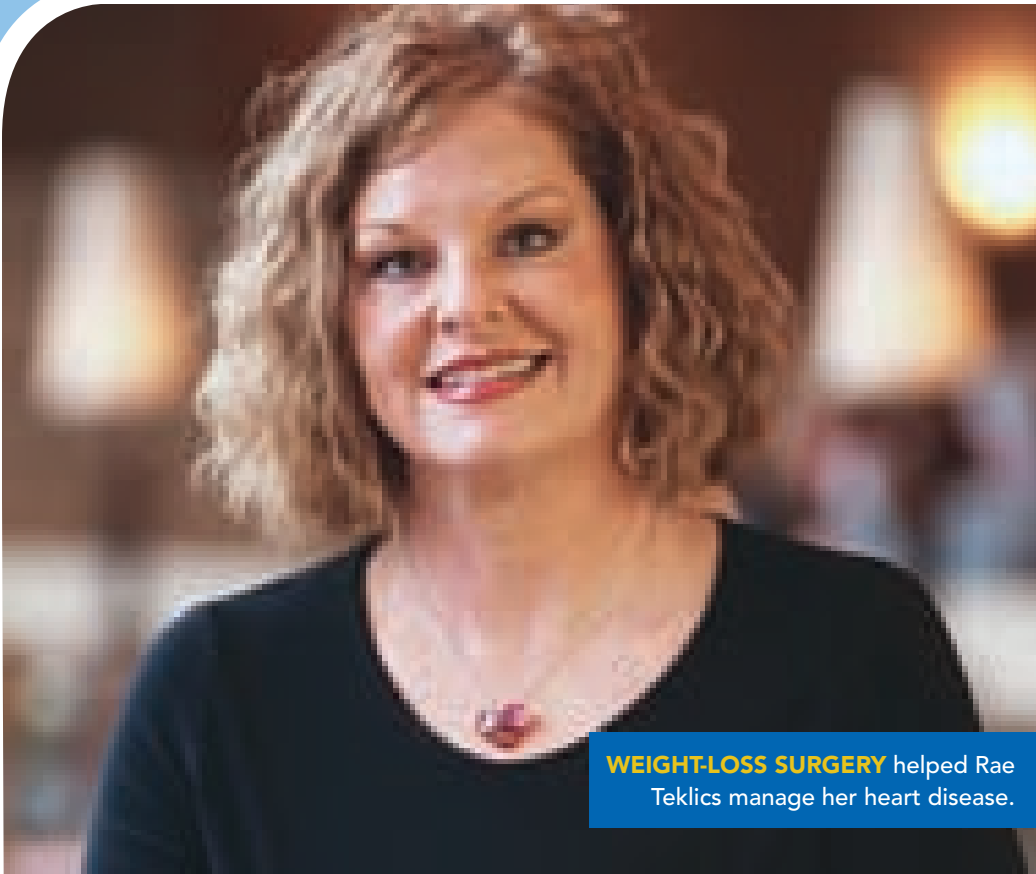
#### McHenry

Centegra Hospital – McHenry  
4201 Medical Center Drive  
(Bull Valley Road and Route 31)  
**815-344-5000**

#### Woodstock

Centegra Hospital – Woodstock  
3701 Doty Road  
(Route 14 and Doty Road)  
**815-338-2500**

The hospital trauma centers are open 7 days a week, 24 hours a day. 911 first responders take patients immediately to the nearest trauma center.



**WEIGHT-LOSS SURGERY** helped Rae Teklics manage her heart disease.

# A change of heart could save your life

**R**AE TEKLIKS was only 32 when she had a heart attack.

She comes from a family with a long history of heart disease. But in spite of her family history, she wasn't aware of the seriousness of her risk. Her lifestyle choices put her at an even greater risk for heart trouble. In fact, Teklics had heart disease but didn't know it, and smoking, pre-diabetes and weight issues were making the condition worse.

At the time of her heart attack, Teklics endured several days of gray skin, nausea, dizziness, weakness and chest pains—yet she was still misdiagnosed by her East Coast physician. “She thought I was having a gallbladder attack,” Teklics says. “By

the time I was accurately diagnosed, it was almost too late.”

## A SECOND WAKE-UP CALL

Teklics recovered and quit smoking but ignored her weight and pre-diabetes. At 38, she had moved and changed her lifestyle in many ways, but she still had heart disease. Then she found out she needed three stents and balloon angioplasty. It was a powerful wake-up call; her father had passed away at age 40 from a heart attack. Teklics was determined to be there for her daughters, but she was still far from healthy.

Then, in 2008, she had weight-loss surgery. Amir Heydari, MD, at Centegra Health System, was her surgeon. And

## Knowing your heart disease risks can help you prevent the condition.

as she started to lose weight, she also improved other areas of her life, including eating a healthier diet and exercising. Although she hadn't been taking care of her pre-diabetes, the weight loss helped Teklics manage the condition and avoid diabetes.

With the help of surgery, creating a heart-healthy lifestyle was a 13-year journey for Teklics.

## KNOW YOUR HEART

Find out your heart disease risks and the steps you can take to lower them by getting a noninvasive vascular screening at Centegra Health System. The screenings last approximately 20 to 30 minutes and provide detailed information about your circulation and your risk of heart disease, stroke and abdominal aortic aneurysm. An ultrasound of the carotid arteries will identify any areas where plaque buildup has narrowed the arteries and restricted blood flow.

This screening also includes an ankle brachial index, which reads blood pressure in each leg to help detect peripheral arterial disease. A simple electrocardiogram (EKG) will look for atrial fibrillation.

Screening participants will receive preliminary results immediately, and full reports will be mailed directly to your home within one week after being read by a Centegra Health System radiologist. All results are completely confidential, but we highly recommend sharing them with your primary care physician. ♦



Schedule your vascular screening today! **CALL 877-CENTEGRA (877-236-8347)** for times and locations.

# A generous life

Giving was second nature to Centegra donor

**B**ILL BREITZKE was always a generous guy.

He took his friends camping and salmon fishing on Lake Michigan, and he took his niece and nephew on vacations to Hawaii and Alaska.

When Bill's old college friend Eileen lost her husband, he helped her navigate the maze of paperwork that follows a death. Then, after a time, they became more than friends.

"We reconnected," Eileen says. "It's truly a love story."

They were both in their early 60s when they began their storybook romance—Bill, a lifelong bachelor, asked Eileen to marry him and she said yes.

But they'd only been married about eight months when their story took an unexpected turn. Bill was diagnosed with brain cancer.

## COMING HOME

After Bill's first symptom—loss of feeling in his leg—their life transformed into a whirlwind of doctor visits and tests. The cancer led Bill to Evanston for surgery.

"It turned out well, but we didn't feel at home there," Eileen says. "It's a big hospital, kind of cold."

They found just the opposite when they sought treatment at the Centegra Sage Cancer Center at Centegra Hospital – McHenry. Bill had several months of radiation and chemotherapy there, and the sessions seemed almost like visiting with family.

"It was actually a happy time," Eileen says. "They were so great. We'd talk about the cancer, sure. But we also got to know the staff, especially Dr. Thomas Weyburn. We talked about their kids and their lives—it was very personal."

## PAYING IT FORWARD

Centegra also provided Bill with other services, such as transportation to and from radiation therapy, as well as physical therapy in his home. But although he felt good for nearly a year, he eventually needed more surgery. This time he didn't do as well.

"When he knew he didn't have much time left, we sat down and talked about what he wanted to do," Eileen says.

True to Bill's nature, that didn't mean an extravagant trip or expensive purchases. It meant giving what he could to the places that needed and deserved it most.

Also true to his nature, Bill did his research.

"He asked Dr. Terrence Bugno, one of the radiology oncologists, what special project he'd like to see accomplished," Eileen says.

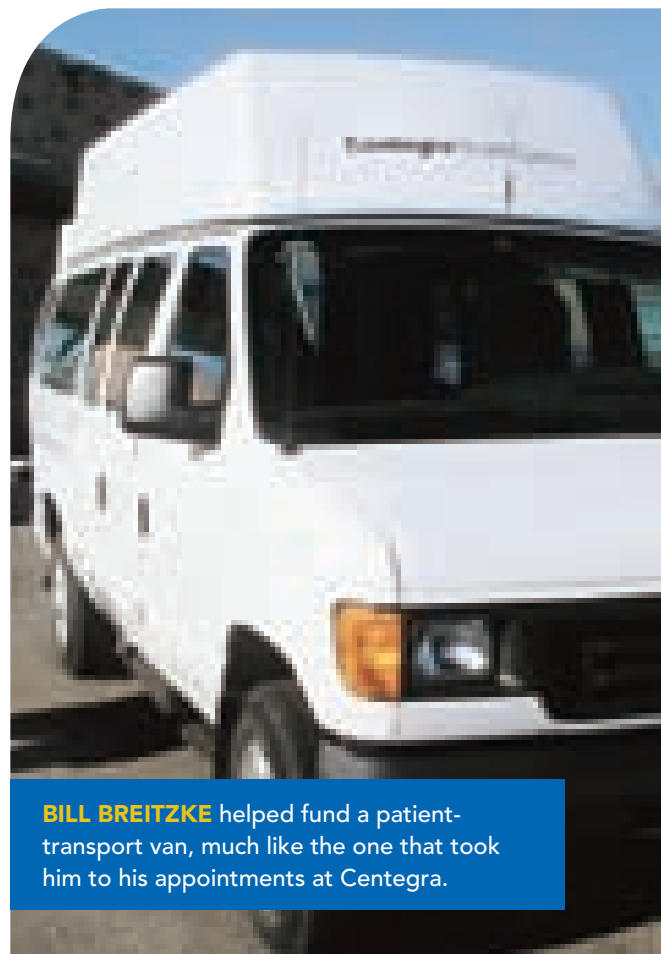
That turned out to be free massage therapy for cancer patients, a project Bill funded with a charitable gift.

Bill passed away a year ago, but his generosity is continually helping patients at Centegra. In addition to funding the massage project, he gave other significant gifts, including funding for another van for transporting patients to appointments at Centegra—a service that is close to Eileen's heart. It had been a great convenience for them during Bill's treatment.

"It would have been a 45-minute drive in the dead of winter for us," she says. "I was really worried, but they just picked us up."

## HOW TO GIVE

Bill made his donations through the Centegra Health System Foundation, which makes a difference in the lives of thousands of Centegra patients. All donations go directly to support Centegra Health System, and the satisfaction of giving goes directly to you. ♦



**BILL BREITZKE** helped fund a patient-transport van, much like the one that took him to his appointments at Centegra.



To learn about the advantages of giving and how to arrange a gift to the foundation, please **CALL 815-788-5870** or e-mail [foundation@centegra.com](mailto:foundation@centegra.com).



**BREASTFEEDING** protects babies from infection and helps moms recover from childbirth.

## Breastfeeding Smart choice for baby and mom

THERE'S NOTHING quite like a mother's milk. It gives babies the right balance of nutrients to help them grow strong and healthy. It also helps protect them from infection—something formulas don't do.

“One of the biggest benefits of breastfeeding is that it provides many immunologic factors that formula doesn't provide,” says Dana Hartwigsen, DO, a pediatrician on staff at Centegra Health System. “This gives protection against certain infections, especially upper respiratory and gastrointestinal infections. There is also some evidence that breast milk provides protection against allergic diseases.”

### YOUR BABY WILL THANK YOU

According to the United States Breastfeeding Committee (USBC), babies who are breastfed:

- Score higher on cognitive and IQ tests at school age
- Have a lower incidence of sudden infant death syndrome (SIDS)
- Have some forms of cancer, such as Hodgkin's disease and childhood leukemia, less often
- May have a lower risk of obesity in childhood and in adolescence

- Have fewer cavities and are less likely to require orthodontics

The American Academy of Pediatrics recommends women exclusively breastfeed their babies for at least six months.

“Ideally, women should breastfeed for the first year,” Dr. Hartwigsen says. “The longer you breastfeed, the more your baby will benefit, but any breast milk is better than no breast milk.”

### IT'S GOOD FOR MOM, TOO

Breastfeeding is good for mom's health, too. “Not only will the closeness help you bond with your baby, but there's no preparation involved with breast milk—and it's free,” Dr. Hartwigsen says. “Breastfeeding also offers the mother some protection against certain cancers, especially breast cancer.”

Moms who breastfeed also enjoy a quicker recovery after childbirth and are more likely to return to their pre-pregnancy weight than women who don't breastfeed, according to the USBC.

Dr. Hartwigsen says that while most women are physically able to breastfeed their babies, not everyone does so for various reasons. “We don't want to make a mom feel guilty for not breastfeeding,

## BREASTFEEDING SUPPORT AT CENTEGRA

Centegra Health System wants to support you in your decision to breastfeed your baby. That's why Centegra's lactation services include classes, support groups and a help line—all staffed by international board-certified lactation consultants.

### Breastfeeding Basics.

Centegra's introductory breastfeeding class will teach you the how-tos of breastfeeding before your baby is born. Classes are offered once a month at Centegra Hospital – McHenry and Centegra Hospital – Woodstock. Support partners, including grandparents, are also welcome. Call **877-CENTEGRA (877-236-8347)** to register.

**Support group.** Share your breastfeeding experiences with other moms in this friendly breastfeeding support group led by a lactation consultant. For more information, call **877-CENTEGRA (877-236-8347)** for dates and times.

**Breastfeeding Warmline.** Got a question? The Breastfeeding Warmline is a free telephone support line. Call **815-759-4440** Monday through Friday from 9am to 4:30pm.

but we urge moms to at least give it a try. We recommend that you work with a lactation specialist and do the best you can.” ♦



To sign up for a breastfeeding class, **CALL 877-CENTEGRA (877-236-8347)**.



# Q&A

Ask a doctor

## Choosing an OB/GYN



Carlos Mendez, MD

Part of taking care of your health is choosing a good doctor. You want a physician who treats you with respect and is qualified to meet your needs.

This may be especially true for women looking for an obstetrician/gynecologist (OB/GYN)—a doctor who specializes in women's healthcare. Carlos Mendez, MD, OB/GYN with Centegra Primary Care, answers questions about his practice.

**Q** What is your background and training?

**A** I was born in Cuba. I speak both English and Spanish—and I like having patients of different cultural backgrounds. I completed my residency at John H. Stroger, Jr. Hospital of Cook County in Chicago.

**Q** What are the rewards and challenges of your practice?

**A** As a gynecologist, I am proud that I am able to meet health needs that are specific to women. As an obstetrician, I enjoy the delivery of every child. I feel privileged to witness



the joy each baby brings to its family. The biggest challenge, on the other hand, is telling a patient about a poor prognosis. I strive to support these patients with empathy and sound advice.

**Q** Some women may consider an OB/GYN appointment awkward, especially with a male doctor. How do you help patients feel comfortable?

**A** I ask myself how I would want a doctor to treat my female friends and family. The answer is to treat all patients with the utmost respect. Communication is the most important part of that relationship. I try never to let patients leave with unanswered questions.



To find your perfect doctor, **VISIT** [centegra.org](http://centegra.org) or **CALL** 877-CENTEGRA (877-236-8347).

## ONE READER ASKS...

**Q** What's the easiest way to pay my Centegra hospital bill?

**A** Centegra has a new online payment option. This user-friendly option is quick, easy and completely secure. Simply choose "Online Bill Pay" at [centegra.org](http://centegra.org). Then scroll down and click on "Pay Your Bill Today" to begin the step-by-step process. 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 you have any questions, please call the Centegra Health System Business Office at 815-338-2544.

## DO YOU HAVE A QUESTION?

Let us know at [centegra.org/askadoc](http://centegra.org/askadoc). An expert at Centegra may answer it in a future issue of *HealthToday*.



# MAY-JULY 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](http://centegra.org/calendar).

Visit us at   
[centegra.org/calendar](http://centegra.org/calendar)  
for more community events.

## Location key

**CHBFC-CL** = Centegra Health Bridge Fitness Center – Crystal Lake  
**CHBFC-H** = Centegra Health Bridge Fitness Center – Huntley  
**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

### Skin Cancer Screening

- Friday, May 1; Wednesday, May 13; Saturday, May 16, 9am to 12pm, CSCC, free
  - Wednesday, May 20, 4 to 6pm, CSCC, free
  - Tuesday, May 26, 10am to 4pm, CHCH, free
- Call **877-CENTEGRA (877-236-8347)**.

### More! For your health and safety

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

## SAVE THE DATE!



**Mad Hatters**  
May 6, 10am  
Holiday Inn  
Reserve your seat  
today by calling  
**815-363-1354**.

- **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

### Healthy Cooking Workshop: Grilling

- Education session: Monday, May 18, free
  - Interactive cooking session: Thursday, May 21, 6:30 to 7:45pm, CHBFC-CL, \$109
- Join registered dietitian Julie Meeker to learn how to choose healthy foods for your next barbecue and how to reduce the cancer-causing compounds grilling creates. In the second session, make three barbecue items to take home. Call **815-444-2900**.

### Group Grocery Shopping Tour

Wednesday, May 20, 5 to 6pm, Meijer, 400 S. Randall, Algonquin, free

During this in-depth tour with our registered dietitian, learn how to find and evaluate products to ensure that you are bringing home foods that will enhance your health and well-being. Call **815-444-2900**.

### Shapedown

A fun weight-management program for children and teens. Family-oriented sessions include a registered dietitian, exercise specialist and behavioral specialist. Registration deadline for both sessions is June 5.

- **Children 6 to 13:** Mondays, June 8–Aug. 10, 5:30 to 7:30pm, CHM, Classrooms A, B, C and D
- Free orientation May 18 at 5:30pm. Call **815-759-4171** to register.
- **Teens 14 to 19:** Wednesday nights, June 10–Aug. 12, CHBFC-H
- Call **847-802-7018** for an appointment.

### Children's Swim Lessons

June 14–Aug. 8, CHBFC-CL, CHBFC-H

Our team of experienced Red Cross water safety and lifeguard-certified instructors will teach your child to swim using drills and games. Children will also learn about water safety. Group, private and semi-private

lessons available. Registration begins May 26. Call **815-444-2900**.

### Tennis Lessons

#### CHBFC-H

Our four indoor tennis courts and array of classes, drills and leagues mean there's something for everyone! From the beginner to the pro, our tennis menu offers programs to build skills at any level and age. For details, call Kurt Kopp, tennis manager, at **847-802-7014**.

### Boot Camp

May 4–June 26

- Tuesdays, Thursdays and Saturdays, 6 to 7am
  - Mondays, Wednesdays and Fridays, 6 to 7pm
- CHBFC-H, \$249

Be ready to work your buns off in this advanced training and cardiovascular workout not for the faint of heart. 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:

- **Arthritis Water Exercise:** Improve your strength, endurance and range of motion during group sessions in a comfortable, supportive environment.
- **BOSU Body Blast:** Challenge yourself with a combination of core and balance training.
- **Cellulite Reduction:** An intense strength-training and cardiovascular workout.
- **Family Yoga:** Strength, flexibility and relaxation class for parents and kids ages 6 to 13.
- **Low-Back Water Exercise:** Learn correct posture and strengthen and stretch the muscles responsible for stabilizing the spine.
- **Pilates EXO Chair:** A unique and fun way to help your stability, balance and body control.
- **Pilates Reformer Class:** A full-body program designed to restore muscular balance.
- **Tai Chi (108 Steps):** Meditative movement to help release your energy, heal the body and slow aging.
- **Water Tai Chi:** A relaxing way to improve your range of motion, flexibility and balance without oversteering your joints. **Try out a free session on May 27!**

## CHILDBIRTH AND INFANT CARE

### Breastfeeding Basics

First Thursdays, 7 to 9:30pm, CHW, \$20

The one-time class teaches expecting mothers about breastfeeding. Discussion includes infant and maternal health benefits, bonding, and positioning. Call **877-CENTEGRA (877-236-8347)**.

### Baby Care Basics

Thursdays, May 21, July 16, 6 to 9pm, CHW, \$25  
Call **877-CENTEGRA (877-236-8347)**.

### Hoping for a Baby in Your Future

Tuesday, May 12, 6:30 to 7:30pm, CHW, free  
Get general information about preparing your body for pregnancy, reducing environmental concerns, and addressing social and financial issues, as well as choosing a physician and hospital. Taught by a clinical nurse specialist in obstetrics with a visit from a obstetrician. Call **877-CENTEGRA (877-236-8347)**.

### Prenatal Yoga

Wednesdays, May 20–June 24; July 8–Aug. 12, 5 to 6pm, CHBFC-CL, \$70

Interested in a little “me” time? Come to this class designed just for you and enjoy gentle stretching and a centering and calming workout. Leave feeling balanced and better able to handle the stresses of life and pregnancy. Call **815-444-2900**.

### Postnatal Yoga for Mom and Baby

• Fridays, May 15–June 19, 10:30 to 11:30am  
• Wednesdays, July 8–Aug. 12, 5 to 6pm  
CHBFC-H, \$60

Join us for a time to heal, reduce stress, relax, improve posture and connect with other new mothers, all while bonding with your baby in a safe environment. Appropriate for moms with physician’s approval and infants up to 4 months old. Call **877-CENTEGRA (877-236-8347)**.

### Very Important Sibling Class

5 to 6pm, CHM, CHW, \$5  
For children 3 to 10 years old who are welcoming a new baby. 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**.

- **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.

## WEIGHT MANAGEMENT

### Bridge to Weight Loss

• Mondays and Tuesdays, May 5–June 30, CHBFC-CL  
• Wednesdays and Thursdays, May 6–June 25, CHBFC-H  
6:30 to 7:30pm, \$249  
Our experts have a proven system to help you lose weight and keep it off through nutrition, exercise and behavior modification. Call **815-444-2900**.

### Centegra Weight-Loss Surgery Center Information Session

CHW, free  
A monthly information session for people interested in our surgical weight-loss procedures. Call **815-206-3411**.

## CANCER SUPPORT

### Look Good...Feel Better

Wednesday, May 20, 1 to 3pm, 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**.

### Hat’s Off Cancer Support Group

Second Tuesdays, 6:30 to 8:15pm, CSCC, free  
Support for women and men who have been diagnosed with cancer. Call **815-759-4461**.

## SUPPORT GROUPS

For a complete list of support groups at Centegra, go to [centegra.org/calendar](http://centegra.org/calendar).

### Living With Grief

Thursdays, June 4–July 9, 7 to 9pm, CSCC, free  
A six-week grief support program for adults. Registration required. Call **815-759-4459**.

### Caregivers Support Group

Third Thursdays, May 21, June 18, July 16, 10 to 11am, CSCC, free  
For adults providing care for a loved one. Registration required. Call **815-759-4459**.

## SEMINARS

### Feed Your Soul Series

• Thursday, May. 21, 5:30 to 7pm  
• Tuesday, June 9, 5:45 to 6:45pm  
CHBFC-CL, \$20  
Monthly workshops focus on mind/body connections. Call **815-444-2900**.

## MARK YOUR CALENDAR!

### Centegra’s Community Day

Centegra Health Campus – Huntley  
Saturday, July 18, free

## PHYSICIAN LECTURES

- **Pushing the Issue of High Blood Pressure**  
Makaramullah Syed, MD; Tuesday, May 5, 7 to 8pm, CHBFC-H
- **Take Your Next Best Step: Common Foot and Ankle Problems**  
Matthew Samuelson, MD; Thursday, May 7, 6:30 to 7:30pm, CHBFC-H
- **The Truth About Osteoporosis**  
Shiva Gupta, MD; Wednesday, May 20, 6:30 to 7:30pm, CHBFC-CL
- **Don’t Shoulder the Pain! Shoulder Problems and Rotator Cuff Tears**  
Roland Izquierdo, MD; Thursday, May 28, 6:30 to 7:30pm, CHBFC-CL

Call **877-CENTEGRA (877-236-8347)** to register today! Space is limited. Light refreshments will be served.

### The Power of Flowers:

#### National Cancer Survivors Day

Sunday, June 14, 2 to 4:30pm, CSCC, free  
Join acclaimed floral designer Betty Thomas-Stork as three of her colleagues create beautiful arrangements on stage. Each will be different and will be raffled off. Every participant has a chance to win! Sponsored by Centegra Health System and McHenry County College to honor all cancer survivors, families and friends. Call **877-CENTEGRA (877-236-8347)**.

## Win a free massage!

Ready to relax? Mail in this coupon or send us an e-mail for a chance to win a one-hour massage at the Bridge Spa.

Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_

Massage Giveaway, 385 Millennium Drive, Crystal Lake, IL 60012

[centegra.org/massage](http://centegra.org/massage)

One entry per person. Offer expires 9/30/09.



For more events, visit [centegra.org/calendar](http://centegra.org/calendar).

## 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](http://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.

Copyright © 2009 Coffey Communications, Inc. CUM23309c  
C9620155



Centegra Health System  
4309 W. Medical Center Drive  
McHenry, IL 60050

Nonprofit Org.  
U.S. Postage

**PAID**

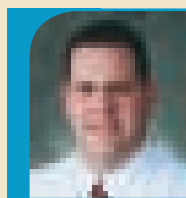
St. Cloud, MN  
Permit No. 2260

Version 1

## WELCOME, **NEW CENTEGRA PHYSICIANS**



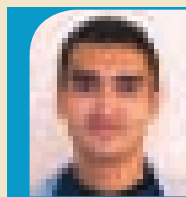
**Harpreet S. Basran, MD**  
ORTHOPAEDIC  
SURGERY  
McHenry County  
Orthopaedics, SC  
**Crystal Lake**



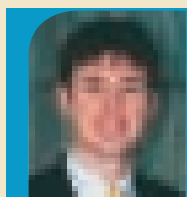
**Carl N. Graf, III, MD**  
ORTHOPAEDICS,  
SPINE SURGERY  
Illinois Spine Institute, SC  
**Crystal Lake**



**Sam Biafora, MD**  
ORTHOPAEDIC HAND  
AND RECONSTRUCTIVE  
SURGERY  
McHenry County  
Orthopaedics, SC  
**Crystal Lake**



**Randhirji P. Odedra, MD**  
EMERGENCY MEDICINE  
EmCare  
**McHenry**



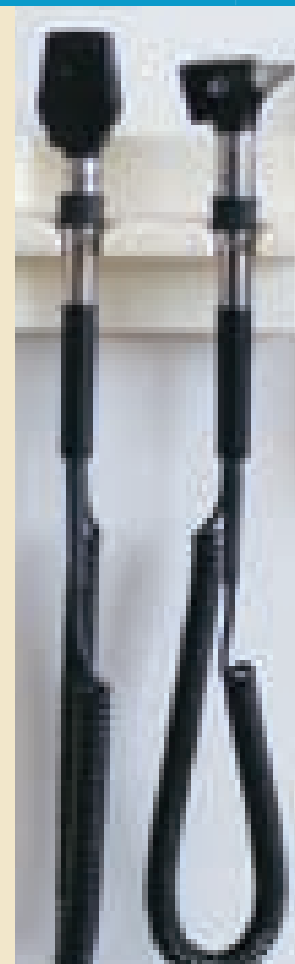
**Andrew J. Engel, MD**  
PAIN MANAGEMENT  
Illinois Pain Institute  
**McHenry**



**Deepak Mitra, MD**  
INTERNAL MEDICINE  
**McHenry**



Do you have questions about an upcoming hospital visit? We've got answers!  
**CALL 877-CENTEGRA (877-236-8347) or VISIT [centegra.org](http://centegra.org).**



**Centegra Behavioral Health Services**  
**800-765-9999**

Call for urgent mental health assessments.

**McHenry County Crisis Services**  
**800-892-8900, [mchenry-crisis.org](http://mchenry-crisis.org)**

Call for a referral or immediate assistance.

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

Call 24 hours a day.

