

HealthToday

OCT-DEC 2009

 **Centegra** Health System

WELL BEYOND EXPECTATIONSM



P2

STRONG TO THE CORE Pilates is great for people of all ages

P6

MEMORY PROBLEMS? Keep your mind sharp as you age

P7

BREAST SCREENING Finding cancer early is key to treatment

message *to our*
community



With the first days of autumn, we know we're approaching the holidays, a season of lists—for holiday gifts and for New Year's resolutions, to name a few.

There's another end-of-year list we all should pay attention to—health screenings. The policy year for many insurance plans ends on December 31. If you've met your deductible or are close

to it, you may be able to save money by having your screenings and other important care before then.

Expense isn't the only reason to get tested now. Health screenings can detect illness early, when treatment may be most effective. Turn to page 4 to read about how screening for diabetes made a difference for State Representative Mike Tryon. See page 7 for a story about how a mammogram enabled a local woman to start early treatment for breast cancer.

Health screenings are just one way we at Centegra Health System are working to keep you well. When you join the Centegra Health Bridge Fitness Center, you can use the swimming pool, tennis courts and other resources to help you establish healthy lifestyle habits that can prevent illness. On page 6 you can learn steps that can help keep your mind and memory sharp as you age.

With the upcoming holidays, one healthy choice can be particularly difficult—maintaining a healthy weight. On page 8 you'll find tips about how to keep those holiday meals from expanding your waistline.

It's all part of our effort to help you stay as healthy as possible—during the holidays and all year.

Sincerely yours,

Michael S. Eesley
President and CEO

Click for Flexibility

JOE, A 12-YEAR-OLD, needs to start training for soccer. Linda, a young mother, is trying to get in shape for the holidays. Maria, 50, wants to strengthen and protect her bones and joints as she ages.

All three people could benefit from Pilates, a conditioning routine that almost anyone can do, says Kathy Kozak, Group Fitness Manager for Centegra Health Bridge Fitness Center.

Something for everyone

"Pilates is important to all walks of life—young and old, athletes and nonathletes," Kozak says. Pilates involves a series of exercises that focus on your torso or "core," including abs, back, shoulders and pelvis. These exercises are usually done on a mat, and sometimes special equipment is used.

Pilates helps:

- Promote core stability
- Improve posture
- Increase joint flexibility
- Build lean muscles

Rather than focusing on a specific body part, Pilates works the entire body at once.

Experience the difference

According to Kozak, since Centegra Health Bridge Fitness Center began offering Pilates classes, people have been feeling the benefits.

"We've had seniors gain the strength to catch themselves from falling and young athletes who have found that class helped them cross-train and improve side-to-side mobility," she says.

Both the Huntley and Crystal Lake facilities offer daily Pilates classes, and you don't have to be a member to attend. They also offer services like massage and child care during your class for an additional fee. ♦



Try our **NEW** online scheduling, and set up your very own customized program! Find out more at www.healthbridgefitness.com.





Well-traveled doctor looks forward to calling Centegra home



Jawaad Khokhar, MD

WHEN JAWAAD S. KHOKHAR, MD, begins his job as Centegra Health System's newest endocrinologist in November, it will bring his travels full circle.

Born in Illinois 32 years ago, Dr. Khokhar has lived in the Netherlands Antilles and traveled to Pakistan and Europe. He met the woman who would become his wife while on a trip to Australia.

However, it was a year of living in Oak Park while completing clinical rotations in 2003 that cemented his desire to someday return and make Illinois his home.

"I have such fond memories of that time in Illinois," Dr. Khokhar says. "I fell in love with the area."

He's set to begin his clinical practice at Centegra Primary Care on November 9, and he's looking forward to talking with patients about better health through lifestyle changes.

"Take Type 2 diabetes, for example," Dr. Khokhar says. "It's a multifactor problem that is contributed to and made worse by being overweight. By aggressively treating obesity, you may secondarily improve blood sugars, blood pressure and cholesterol numbers, all of which are goals of diabetes management."

Dr. Khokhar likes to spend time talking with patients and their families. He's also intrigued by small but complex medical issues, such as thyroid problems. One of the reasons he chose to specialize in endocrinology—which focuses on hormones and glands—was that it offered both those opportunities.

Dr. Khokhar, his wife and two daughters will be coming to McHenry County from Columbia, SC. ♦

Say 'yes' to lending a helping hand!

BECAUSE OF THE current economy, the annual fundraising gala hosted by the Auxiliary to Centegra Hospital – McHenry will not take place in 2009. Instead, a "No Gala Gala" will allow those wishing to support the auxiliary's fundraising efforts to still make a contribution. ♦

Please send contributions to:

**4201 Medical Center Drive
McHenry, IL 60050**

Don't forget your flu shot!

CENTEGRA AND THE Centers for Disease Control and Prevention recommend getting the seasonal flu shot every year—between September and mid-November—before the flu season begins (usually December to April). The flu shot takes one to two weeks to become effective and offers the best protection against the flu.

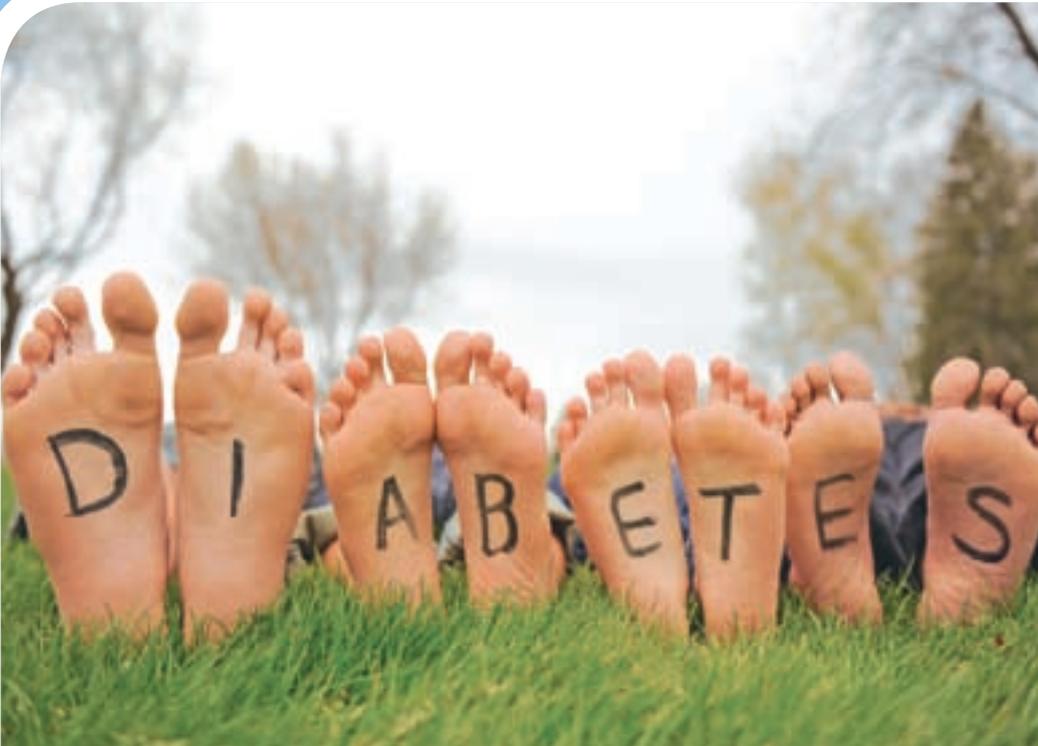
The seasonal and H1N1 vaccines are now available at a variety of Centegra Health System locations. Walk in today at either one of our immediate care centers and get your seasonal flu shot for only \$25.

Centegra Immediate Care – Crystal Lake
360 Station Drive
Crystal Lake, IL

Centegra Immediate Care – Huntley
10350 Haligus Road
Huntley, IL

Visit centegra.org for complete information about the H1N1 vaccine. ♦





State Representative Mike Tryon

Living with diabetes



Mike Tryon

MIKE TRYON has accomplished a lot as an Illinois State Representative.

One goal he particularly wants to reach is educating the people of his state about diabetes.

Tryon was diagnosed with pre-diabetes when he was 48. Even though he has a family history of diabetes, he soon learned that lifestyle plays a major role in preventing or delaying the disease.

His doctor, Marile Monje, MD, an internist with Centegra Health System, told him diet and exercise could help control his blood sugar levels and delay the onset of diabetes. Tryon dove into his new way of life. He started exercising, changed his diet and kept track of his blood sugar levels. He found that the high-fat, high-carbohydrate foods he had

always eaten, such as pizza, were making his blood sugar levels soar.

“I maintained pretty good control of my blood sugar levels with diet and exercise for five years,” says Tryon, who was eventually diagnosed with diabetes in January. “I was very unhappy when I had to go on medication. However, there are genetic factors that have to be considered.”

CHANGES FOR THE BETTER

As a busy legislator representing McHenry County, it's not always easy to eat healthy foods and to exercise. Tryon has learned to make adjustments for the sake of his health. For instance, he keeps snacks of almonds and fruit in his briefcase. When he attends banquets, where high-fat meals and rich desserts are the norm, Tryon fills his plate with veggies.

“I spend a lot of time learning about

different ways to prepare food,” Tryon says.

Tryon also works exercise into his busy life. “Exercise has tremendous impact on my blood sugar levels,” says Tryon, who tries to log 5,000 to 10,000 steps on his pedometer every day. “I feel better and have more energy when I exercise. I also feel more disciplined in my treatment goals.”

GETTING THE WORD OUT

According to the Centers for Disease Control and Prevention, diabetes is the sixth leading cause of death by disease in the U.S.

“Illinois has one of the higher rates of diabetes per capita in the country,” Tryon says. “I am working with some other legislators who also have diabetes to put together a diabetes caucus. We want to do some educational outreach in our communities.”

Tryon uses the Centegra Diabetes Center as an example of the kind of support people living with diabetes and pre-diabetes need. The center is dedicated to helping patients improve their overall health.

“I like that Centegra has a center that is committed just to diabetes,” he says. “When you get diagnosed with diabetes, it really helps to have support from people who know how to tackle the disease.”

Tryon's advice to others is to get screened for diabetes and to make the necessary lifestyle changes if you are told you have pre-diabetes. “I believe you have to take diet seriously,” he says. “Some people live to eat. When you have diabetes you have to eat to live. That's the main difference. If you can stay disciplined about exercise and diet, you can delay treatment for a long, long time.” ♦

Join Mike Tryon at the free Centegra Diabetes Fair!
NOVEMBER 6
9AM TO NOON
 Centegra Health Bridge Fitness Center – Huntley



TO VOLUNTEER your time, call Centegra Volunteer Services at **815-334-3187** (Woodstock) or **815-759-4203** (McHenry).

A baby's first breath gives life to a half-century of service

IN 1960, Aastri Cunat was beginning a joyful—and very scary—adventure: the birth of her third child.

The pregnancy had become threatened by a blood incompatibility called Rh disease. This condition causes the mother's blood and the baby's blood to fight against each other. The baby's blood cells are attacked, and in some cases, destroyed. The baby can be stillborn or, if born alive, may face anemia, brain damage, heart failure and possibly death.

On Easter Sunday that year, doctors at Centegra Hospital – McHenry induced Cunat's labor. Her beautiful baby girl was born.

"I had two doctors there waiting," Cunat recalls. "One took her right from delivery to get the treatment she needed. She survived. I was so grateful for everything they did for that wonderful little girl. That afternoon, I gave both of those doctors a promise. I told them that I'd give the rest of my time—as long as I am able—to help that hospital."

Cunat was already a member of the hospital auxiliary. Later, she became part of the hospital's staff, serving as a nurse's aide for a decade while staying connected to the auxiliary. After retirement she volunteered, usually helping to transport

patients around the hospital for x-rays, rehabilitation, lab tests and other appointments.

"I've watched the hospital evolve from a small, community hospital into a sophisticated, state-of-the-art medical center," Cunat says. "My life is more fulfilled and satisfied because I've been able to be a part of that progress."

FOUR WAYS TO HELP

Like Cunat, many patients and families look for ways to express their thanks for the compassionate, high-quality care they receive at Centegra Health System. Through the Centegra Health System Foundation, grateful patients have four ways to help.

- **Volunteer**—Share your time and talent to make a difference in the lives of others.
- **Make a donation in your name**—Donate whatever amount you are comfortable with to help Centegra continue to offer quality healthcare for greater McHenry County.
- **Acknowledge your gratitude for others**—A great way to say thank you is to make a donation in honor of your healthcare provider, in memory of a loved one or in honor of a special occasion.

- **Tell your story**—Share with us how Centegra's exceptional care and support helped you or your loved ones.

Cunat and her husband, Dean, have donated to Centegra Health System over the years for both general needs and specific projects. "When a special friend or loved one passes away, we like to make a donation to the Auxiliary Foundation's scholarship fund in their name," she says. "It's a way to acknowledge them and help others, too."

THE COMMITMENT CONTINUES

Today, at 79, Cunat continues to give back to Centegra Health System, volunteering every week at The Pink Door, Centegra Hospital – McHenry's thrift store.

"I can't push wheelchairs and gurneys anymore," she says. "But I want to stay true to that promise I made years ago."

MAKING A DIFFERENCE

To make a donation or if you are a grateful patient and would like to share your story, contact the Centegra Health System Foundation by calling **815-788-5870** or by sending an e-mail to foundation@centegra.com. ♦



TALK to your doctor about ways you can help improve your memory.

Memory and the aging mind

YOU MAY RECALL hearing that crossword puzzles can help maintain memory. Too bad you've forgotten where you put your crossword puzzle book!

Fear not. Misplacing things, forgetting the new neighbor's name or missing an occasional appointment are signs of normal memory challenges that come with age. The aging brain has a harder time learning, remembering and planning.

At the same time, aging brains actually make some gains. Vocabulary and other forms of verbal knowledge can improve with age. New nerve cells continue to develop in certain areas of the brain. The pathways in the brain also learn new routes to maintain optimal function.

PAYING ATTENTION TO MEMORY

While some memory loss is normal with aging, certain memory problems can be signs of a more serious issue. People with serious memory problems may:

- Repeat the same questions again and again
- Get lost in familiar places
- Be unable to follow directions
- Get confused about people, places and time
- Stop taking care of themselves

It may be difficult for people to see these changes in themselves, so it's important that family and friends take notice. If you see older friends or relatives you have not seen for some time and observe changes, encourage them to call their doctor for an appointment.

A doctor can help determine the cause of memory loss and, in some cases, resolve the problem. Memory loss may be reversible if it is caused by:

- Medication side effects and reactions
- Depression, stress or anxiety
- Dehydration
- Vitamin or mineral deficiencies
- Minor head injuries

- Thyroid, kidney or liver disorders

Permanent memory loss may be associated with stroke or damage to the blood vessels in the brain. Of course, the disease that most commonly causes serious memory impairment is Alzheimer disease (AD). Recent estimates show that as many as 2.4 to 4.5 million Americans have AD.

STEPS YOU CAN TAKE

Rex Nzeribe, MBBS, MD, and other experts recommend several ways to keep your memory and mind sharp. You might:

- Sign up for a class or take up a new hobby
- Play cards and games
- Volunteer at local schools or other community organizations
- Spend as much time as you can with friends and family
- Make use of memory tools like to-do lists and planning calendars

The following tips can help with memory, as well as your general health:

- Get a lot of rest
- Eat well
- Keep cholesterol and blood pressure under control

Recent studies have linked exercise to better brain function. Other studies have shown that some cognitive training programs might help older adults with mild memory problems. Researchers are testing several mental and physical exercises to see if they can slow some age-related cognitive decline.

If you are concerned about memory problems, contact your doctor or the Centegra Geriatric Center for Wellness in Aging located in Woodstock at the Centegra Primary Care Building near Centegra Hospital – Woodstock. ♦



For a referral to a specialist in geriatric medicine, **CALL 877-CENTEGRA (877-236-8347)**.

Breast cancer

Early detection— the best protection

LAST FALL, Kelly Cappello, a McHenry mother of three, received a diagnosis no woman wants: breast cancer.

Still, the 50-year-old is counting her blessings. “My cancer was caught at stage 1 by a routine mammogram. I expect to survive this disease,” she says.

Her prognosis is excellent, largely because of the powerful benefits of early detection and the subsequent treatment she received at the Centegra Sage Cancer Center at Centegra Hospital – McHenry.

Her yearly mammogram detected her tumor when it was still too tiny for even the most experienced doctor to feel and before it had spread to her lymph nodes. That gave her a crucial head start on treatment—an advantage no woman should let slip by, she says.

“You can’t control whether or not you’ll develop breast cancer,” she says. “You do have control over when a tumor is diagnosed.”

Lynn Griesmaier, RN, MS, Centegra’s Breast Health Navigator, emphatically agrees. “No one should have to find her own breast cancer,” says Griesmaier, whose role at Centegra is to provide emotional support and information to any woman facing a possible or actual diagnosis of breast cancer.

Even so, too many women skip mammograms and eventually find their cancerous tumors themselves. “Some bypass mammograms because of busy schedules, others because of concerns about cost or comfort,” Griesmaier says.

Should this describe you, consider the following:

- Typically a mammogram takes only about 20 minutes. “That’s a very small

investment of time to protect your health,” Griesmaier says.

- Mammograms can be scheduled at four different Centegra locations in McHenry County during the weekdays and on evenings and Saturdays. To schedule an appointment, call **815-334-5566**.
- All mammograms at Centegra are performed with MammoPad™, a special cushion that significantly reduces the discomfort women may feel during imaging.
- Many health insurance companies pay for mammograms as a wellness benefit. If you don’t have health insurance, you may be eligible for the Illinois Breast and Cervical Cancer Program, which covers the cost of mammograms at Centegra Health System. Call the McHenry County Health Department at **815-334-0232** for eligibility information.

PASS IT ON

If you still need a nudge to schedule a mammogram, be aware that this October is the 25th anniversary of National Breast Cancer Awareness Month. Centegra is marking the milestone by giving away hundreds of pink bracelets to women who have a mammogram in October.

Don’t keep your bracelet if you’re handed one. “Pass it on to a woman you care about, as a reminder to her that early detection saves lives,” Griesmaier urges. ♦



Need a prescription for your next mammogram?
CALL 815-338-6600.



MAMMO MONDAYS

In celebration of Breast Cancer Awareness Month, Centegra Health System is sponsoring various community-wide Mammo Monday events. Bring your mother, daughters, sisters and friends and take control of your breast and bone health.

Make Mammo Monday the healthiest day of your life by registering for a:

- Screening mammogram
- Bone density screening
- Complimentary on-site bra fitting by an expert fitter

Light snacks and fun activities will be provided. Just bring in your physician’s order and prior films, if available. No physician order? We’ll help you get one.

All insurances will be billed. Uninsured women may be eligible for a no-cost mammogram through the Illinois Breast and Cervical Cancer Program. Contact the McHenry County Health Department at **815-334-0232** for eligibility information.

- **October 12, 8am to 7pm,**
Centegra Health Center – Huntley
- **November 9, 8am to 7pm,**
Centegra Hospital – Woodstock
- **November 16, 8am to 5pm,**
Crystal Lake Medical Arts
- **December 14, 8am to 7pm,**
Centegra Hospital – McHenry

Appointments required. Please call **815-334-5566** to register.

Enjoy the holidays without the weight gain

THE HOLIDAY SEASON is still a calendar page or two away, but it's not too soon to start thinking about how you want to look and feel once the celebrations are over.

Holiday weight gain may seem inevitable with all those family gatherings, workplace events and other food- and drink-laden social engagements. With a little planning, however, you can avoid packing on unwanted holiday pounds.

Registered Dietitian Julie Meeker, MS, RD, LDN, of Centegra Health System, offers some ideas:

- Don't starve yourself before a holiday meal or party. You'll only show up hungry and eat too much. Keep your hunger in check with a few small meals throughout the day.
- Enjoy seasonal flavors without all the calories. Try light eggnog and sugar-free spiced cider and hot cocoa.
- Use a smaller plate at parties and meals. It will seem like you're eating more than you are.
- Mingle away from the party appetizers. You'll avoid mindless eating and temptation.
- When hosting a party, serve healthy food such as nuts, fruit kabobs, veggies with low-fat dip, whole-wheat crackers and low-fat cheese, or baked pita chips with hummus.
- Lighten homemade recipes by substituting half the butter or oil with healthy fat replacers,

such as pumpkin, applesauce or light yogurt.

- Remain active. Sneak exercise into your day by taking the stairs instead of the elevator, doing housework at a fast pace or shoveling snow.

"Do not lose sight of your health goals," Meeker says. "Remember that the holidays are a time to enjoy your family and friends and not an excuse to gain weight." ♦

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.

Copyright © 2009 Coffey Communications, Inc. CUM23976c C9620156

Version 2



REGISTER for the free lecture *Eating Tips for the Holiday Season*.
November 17, 5 to 6pm
Centegra Health Bridge Fitness Center – Crystal Lake
Call **877-CENTEGRA (877-236-8347)**.

WELCOME, NEW CENTEGRA PHYSICIANS



Robert Brizzolara, MD
INTERNAL MEDICINE
Fox Valley Internal Medicine
Crystal Lake



Michael Sherrow, MD
GENERAL SURGERY
Surgical Associates of Fox Valley
Crystal Lake



Jyothi Gogineni, MD
ENDOCRINOLOGY
Centegra Primary Care
Crystal Lake



Archana Shrivastara, MD
NEUROLOGY
McHenry



Jawaad Khokhar, MD
ENDOCRINOLOGY
Centegra Primary Care
Crystal Lake



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.