

HealthToday

OCT-DEC 2009

 **Centegra** Health System

WELL BEYOND EXPECTATIONSM



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

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KEEPING BABIES HEALTHY
A small gift can save little lives

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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 finding and treating gestational diabetes can help avoid complications for both baby and mother. 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. Stroke is a good example, and the story on page 6 explains how such healthy habits can help prevent it.

With the upcoming holidays, one healthy choice can be particularly difficult—maintaining a healthy weight. On page 8 you'll find tips to avoid adding pounds this holiday season.

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. Easley
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.

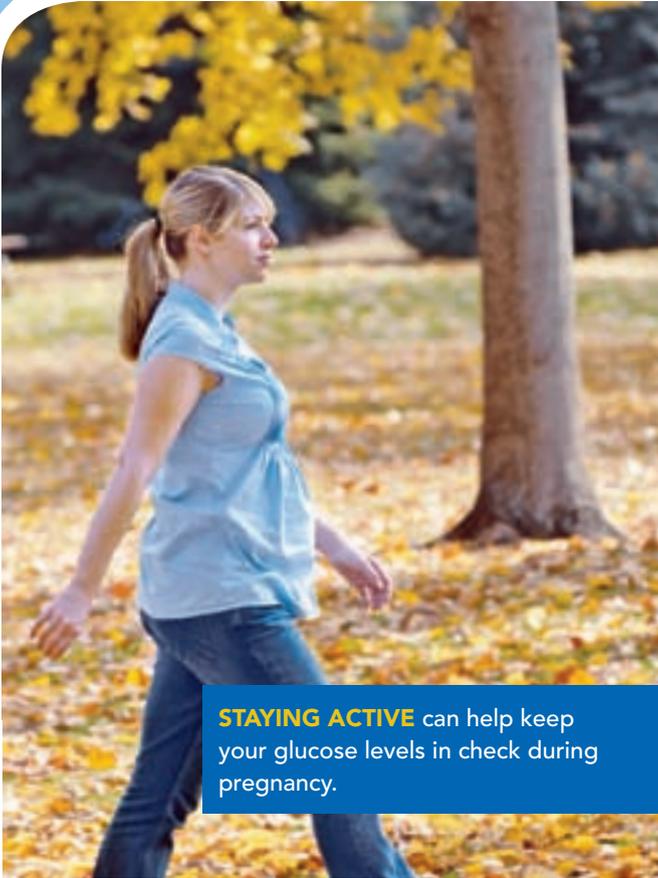
The seasonal and H1N1 vaccines are now available at a variety of Centegra Health System locations. Walk in today at either one of our immediate care centers and get your seasonal flu shot for only \$25.

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. ♦





STAYING ACTIVE can help keep your glucose levels in check during pregnancy.

Gestational diabetes and your baby

PREGNANCY IS an exciting time, though even healthy women can have complications. One problem that can develop during an otherwise healthy pregnancy is gestational diabetes.

This type of diabetes develops in pregnant women who have never been diagnosed with diabetes and goes away after they deliver their baby. It can occur around the 24th week of pregnancy.

“At this time during the pregnancy, the placenta secretes a hormone called human placental lactogen that causes insulin resistance,” says Alissa Erogbogbo, MD, an

obstetrician/gynecologist on staff at Centegra Health System. Without enough insulin, the body can’t change glucose into energy and the glucose builds up in the bloodstream.

“If left untreated, gestational diabetes can cause serious risks to the fetus, including excessive fetal growth, increased amniotic fluid and neonatal complications,” Dr. Erogbogbo says. “On rare occasions, it can also cause prematurity or fetal death.”

One of the most common problems associated with gestational diabetes is that the baby grows very large. This happens because the fetus converts the extra glucose from the mother into fat deposits. A large baby increases the likelihood of the mother having a cesarean section.

Another common complication for the baby is hypoglycemia, or low blood glucose. High glucose levels from the mother cause the fetus to make more insulin to get rid of the excess glucose. After the delivery, the baby no longer has the glucose from the mother. The high insulin levels result in hypoglycemia. The baby may need to be given glucose intravenously right after delivery.

Gestational diabetes is hard on the mother’s health, too. It increases the risk for pre-eclampsia (high blood pressure during the pregnancy), urinary tract infections and miscarriage.

GETTING SCREENED

Talk to your doctor about your risk factors at your first prenatal visit. Your doctor will do a glucose screening at 24 to 28 weeks. If you are at high risk for developing gestational diabetes, your doctor may also test your blood glucose levels at your first prenatal visit.

Risk factors for gestational diabetes include:

- Obesity
- A family history of diabetes
- Having given birth to a very large baby or a child with a birth defect
- Having had a stillbirth
- Having too much amniotic fluid
- Being older than 25

“Usually women can’t prevent gestational diabetes, though having a healthy lifestyle prior to pregnancy aids in the ability to handle the increase in glucose load that occurs during this time,” Dr. Erogbogbo says.



Alissa Erogbogbo, MD

“Most healthy women are able to handle it.”

TARGETED TREATMENT

If you are diagnosed with gestational diabetes, your doctor will prescribe a treatment plan to control your blood glucose levels. By keeping your levels within normal range, you’ll help avoid health problems for both you and your baby.

Treatment for gestational diabetes may include:

- Following a meal plan. Your doctor may suggest limiting sweets and eating three small meals and one to three snacks every day.
- Getting physical activity. Walking or swimming will help you reach your blood glucose goals.
- Giving yourself insulin. You may need extra insulin to help reach your target blood glucose levels.

Gestational diabetes is a serious condition. By taking care of yourself you can help your baby get the best start in life. ♦



Are you expecting? **CALL 877-CENTEGRA** to sign up for our childbirth education classes.

A foundation gift saves tiny lives

THEY ARE Centegra Health System's smallest patients, some weighing just a few pounds. Many are vulnerable and fragile, fighting for a chance at life.

Their fight is strengthened by seven new, high-tech neonatal monitors funded through donations to Centegra Health System Foundation.

Neonatal monitors track a baby's temperature, heart rate, blood pressure, breathing and blood oxygenation levels—the most objective signs of physical health that doctors and nurses always need to know in order to care for patients of any age, says Frank Serrecchia, DO, FAAP, neonatologist (a specialist in the care of newborns) on staff at Centegra Health System.

The monitors enable doctors and nurses to record the babies' vital statistics over time and keep track of them remotely from many locations in the nursery.

"They're state-of-the art, the best available," says Susan Wucka, Clinical Manager of the Family Birth Center at Centegra Hospital – Woodstock. "They give us information that helps us plan our care."

Each year, about 100 babies need the extra support provided by Centegra's special care nursery, Wucka says. Some spend just a few hours there; others stay for weeks or months.

"We all want the babies to eat, to grow bigger, to grow stronger," Wucka says. "While they're here, they're close to home. Mom and Dad can be by their sides. There's an expert medical staff dedicated to that ultimate goal of sending the babies home. These monitors help us give these babies the best care possible."



SUPPORT IN MANY FORMS

Upgrading equipment is just one of the ways the Centegra Health System Foundation works to meet the growing needs of the communities we serve. The foundation has raised money for advanced medical imaging diagnostic technology, advanced cancer treatment systems, the emergency medical helicopter Flight for Life and many other programs, including:

- Conditioning equipment for rehabilitation services
- Free or reduced-fee cancer screenings
- Charity care programs
- Community health education programs
- **Centegra Wellness on the Move** Mobile Health Unit

HOW YOU CAN HELP

Gifts of any size and shape—small or large, stocks, cash or real estate, one-time or ongoing—will go directly to support Centegra Health System. Donors can direct their donation to go to a particular facility or program,

or to Centegra's area of greatest need.

Many people donate to the foundation to acknowledge their gratitude for a special person—maybe a doctor whose care made a difference to their family, or in memory of someone who touched their heart.

The donations are used everywhere at Centegra, from computers in medical resource libraries and rolling videogame fun carts for kids to critical-care equipment, such as the neonatal monitors that help babies and families through tough times.

Are you able to help? Your donation makes a difference in the lives of thousands of patients who count on Centegra Health System for their healthcare. ♦



To make a donation, **CALL** the Centegra Health System Foundation at **815-788-5870** or **E-MAIL** foundation@centegra.com.



Stroke can strike at any age: Know the signs of brain attack

VICTOR PORTIES didn't believe he was having a stroke.

He thought his sudden slurred speech and numb arm were just a product of too much stress and overwork. He went to lie down and wait for the symptoms to pass.

When his friend insisted on calling 911, he actually got angry. "I thought he was overreacting," Porties says.

The paramedics arrived and immediately took Porties to the Emergency Department, where doctors confirmed that he was, indeed, having a stroke. He was told that if he had arrived an hour later, he might not have survived.

Given the seriousness of the situation, why was Porties so reluctant to believe he was having a stroke? Largely because, at age 47, he simply felt he was too young.

AGE IS ONLY ONE FACTOR

"Many younger people assume they are too young to have a stroke," says Barb Wasilk, program supervisor at the Centegra Neurotrauma Day Treatment Center. "They think strokes only happen to people in their 70s or 80s."

In many cases, younger people don't recognize stroke symptoms, says Mary Ann Wille, RN, Case Manager at the center, which provides rehabilitation services to stroke patients. "Others will ignore the symptoms, thinking it is something they can shake off," she adds.

Being under 50 does not safeguard you from stroke. A recent survey by the Centers for Disease Control and Prevention revealed that about 850,000 Americans between the ages of 18 and 44 have a history of stroke.

In the last 12 months, the Centegra Neurotrauma Day Treatment Center has treated stroke patients as young as 15. Fully one-quarter of its patients during the last year were under the age of 50.

KNOW YOUR RISK FACTORS

While growing older does increase your risk for stroke, your risk is higher at any age if you have:

- High blood pressure
- Diabetes
- Heart disease
- High cholesterol

Cigarette smoking, alcohol abuse and obesity also increase your risk for stroke.

Preventing stroke means controlling as many of these risk factors as possible. Wasilk and Wille recommend seeing your doctor for regular checkups. Have your blood pressure and cholesterol checked at least annually, watch your diet, get plenty of exercise and find ways to reduce stress.

If you do have high blood pressure or diabetes, stick with your treatment plan.

RECOGNIZE THE SIGNS

It's also important to recognize the symptoms of stroke. These may include sudden:

- Weakness or numbness on one side of the body
- Problems with movement
- Slurred speech, confusion or difficulty understanding
- Dizziness or problems with balance or coordination
- Severe headache with no known cause

Stroke symptoms occur when the blood supply to the brain is interrupted—much like a heart attack is caused by a lack of blood supply to the heart. This is why stroke is also referred to as a brain attack. If you or someone you know begins experiencing these symptoms, call 911 right away. Brain cells begin to die after just a few minutes without blood or oxygen, and when brain cells die, brain function is lost. Early detection and treatment may lessen the effects of a stroke.

THE ROAD TO RECOVERY

Porties now sees that he had many risk factors for stroke and was not properly caring for his health. He has found that acknowledging his health situation is part of his recovery.

Now he is changing his eating habits, giving up smoking and listening to his therapists at the center. Although he knows that he is at high risk for another stroke, he focuses on prevention and makes improvements every day. ♦

THE HELP YOU NEED

If you have experienced a stroke, the program at the Centegra Neurotrauma Day Treatment Center is designed to provide comprehensive rehabilitation services for people with brain injuries, stroke or neurological impairments. To learn more about the Centegra Neurotrauma Day Treatment Center, call **815-356-2700**.

Breast cancer

Early detection— the best protection

IF YOU'RE A WOMAN who is overdue for a mammogram, Karrie B. has potentially lifesaving advice for you: "Don't gamble with your health," she says. "Schedule a mammogram today."

Karrie speaks with urgency, and with reason. Not quite a year ago, the Spring Grove mother of two was told she had breast cancer. "No woman wants to hear those words," she says.

Still, the 48-year-old is counting her blessings. "My cancer was caught by a routine mammogram at a very treatable stage. I expect to live a long, healthy life," Karrie 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. Unlike some women, she had a crucial head start on treatment. That's an advantage no woman should let slip by, she says.

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 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. 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.

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Version 1



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.