

HealthToday

APRIL-JUNE 2010

 **Centegra** Health System

WELL BEYOND EXPECTATIONSM



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RUN FOR THE HEART Sign up for the 2010 Roadrunners 5K

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WALK OUT ON FOOT PAIN
Arthritis doesn't have to stop you

P6

SKIN CANCER Early protection is your best defense

message *to our*
community



With the last of the snow melting, I always look forward to stepping outside and shaking off winter's hold. It's a time of planning new summer activities and planting the seeds for a healthier you.

At Centegra Health System we are focused on providing the resources and facilities for you to pick up

a new hobby or begin a new exercise plan. At Centegra Health Bridge Fitness Centers, in both Crystal Lake and Huntley, a wide variety of exercise options are available for a heart-healthy summer. Are you interested in a summer run? The Centegra Health Bridge Fitness Center in Huntley is hosting its annual Centegra Health Bridge Fitness Center Roadrunners 5K on June 27.

Before jumping into a new program, it is important to understand how to protect your body, inside and out. Turn to page 8 to learn about the differences between over-the-counter medications such as nonsteroidal anti-inflammatory drugs and acetaminophen. This issue also shares the story of Kara Williams and how a skin screening at Centegra's "Road to Healthy Skin Tour" led to the potentially lifesaving early detection of skin cancer. (See page 6.)

At Centegra, we are committed to providing our community with programs and facilities to enjoy the upcoming warmer months. We look forward to growing together into a healthier community.

Sincerely yours,

Michael S. Eesley
President and CEO

CLEAR PICTURE, CLEAR DIAGNOSIS

State-of-the-art imaging technology

JEFFREY FURCH gets right to the point when he talks about the new 128-slice computed tomography (CT) scanner at Centegra Health Center – Huntley.

"It probably saved my life," says Furch, a 60-year-old Wadsworth insurance claims adjustor.

With a family history of heart disease and other risk factors, Furch decided to undergo testing at Centegra Health Center – Huntley. Images taken by the CT scanner showed that he had a blocked artery and was at high risk for having a heart attack.

"I would have never known without the test at Centegra," Furch says. "I had no symptoms, no chest pain, nothing."

The 128-slice CT scanner is one of several high-tech imaging tools used by healthcare professionals on the Huntley campus, which opened in 2008.

"It's a highly sophisticated imaging system that is much faster and more accurate than preceding generations of scanners," says Spiro Gerolimos, MD, Medical Director of Imaging for Centegra Health System. "We can take pictures of the human body that are incredibly detailed."

The CT scanner is used to detect blocked or damaged arteries that can lead to heart attacks or strokes. It can also be used in diagnosing other serious diseases, such as cancer.

"Not only can we get great, fast images, but we can do so with less radiation," says John Heinrich, Centegra Health System's Director of Medical Imaging. "It's a tool that is basically changing the course of medicine. And we have one right in our own neighborhood." ♦



LEARN more about the high-tech imaging equipment available at Centegra Health Center – Huntley. Visit centegra.org or **CALL 877-CENTEGRA (877-236-8347)**.



Fun for runners, funds for cardiac care

CENTEGRA HEALTH CAMPUS – HUNTLEY will proudly host the 2010 Centegra Health Bridge Fitness Center Roadrunners 5K on Sunday, June 27. This fun fitness event is for all ages, so bring the kids and grandkids and get the whole family involved.

Race day will begin at 7:30am, with participants walking or running the 3.1-mile course. There will be prizes for winners in several categories. Kids' events start at 9am and include a Diaper Derby and a 50-yard dash. The one-mile run for all ages will begin at 9:45am.

This year's event will raise awareness about cardiac health and spotlight the role of fitness in fending off heart disease. Funds from registration fees and corporate sponsorships will benefit Centegra Health System's Cardiac Care Fund.

"Large numbers of people in our community have heart disease," says Lois Kuhn, Executive Director of Fitness and Wellness at Centegra Health System. "At Centegra we have comprehensive facilities for treating heart problems. We also want to play a part in promoting healthier lifestyles and preventing those problems."

Kuhn herself will participate in the race. As a runner, she's happy to be part of an event that's raising money for healthcare. She likes the feeling of improving her own health while contributing to the health of others. Approximately 300 people are expected to attend. ♦

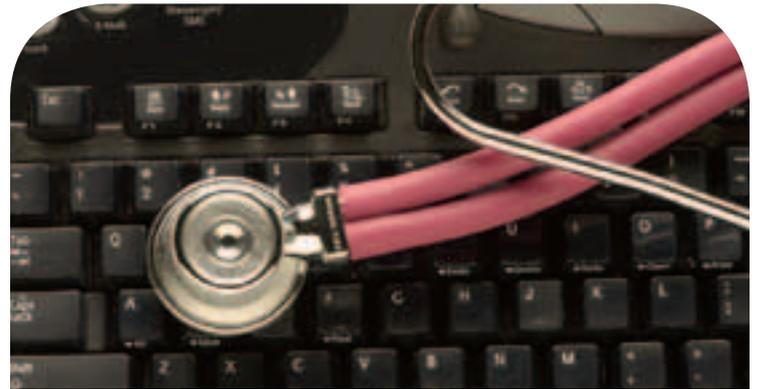
SUNDAY, JUNE 27

Centegra Health Bridge Fitness Center – Huntley

- 7:30am: 5K
- 9am: Diaper Derby (held on the gym floor; ages 0 to 12 months)
- 9:30am: Kids 50-yard dash (ages 2 to 10)
- 9:45am: One-mile run (all ages)

FEES:	Before June 24	June 24 and after
5K race	\$30	\$35
Diaper Derby	\$5	\$7
Kids 50-yard dash	\$5	\$7
One-mile run	\$20	\$25

Register at signmeupsports.com or in person at Centegra Health Bridge Fitness Center – Crystal Lake or Huntley.



Building a track toward wellness



Sanjay Gandhi, MD

AT HOME, Sanjay Gandhi, MD, a urogynecologist, can be found helping his two children set up the tracks for their toy trains.

"My children and I work together to build the train-set tracks. Each day, they have a unique adventure and new train challenges to overcome," Dr. Gandhi says.

"Even though this is pretend for my children and me, the process of understanding and appreciating each challenge and laying the foundation for a designated outcome is no different than my personal practicing approach."

Dr. Gandhi specializes in the care of women who have pelvic floor dysfunction. Problems and symptoms include incontinence, overactive bladder, and pelvic (or bladder) pain.

"Our diagnosis and treatment incorporates an appreciation and understanding of the whole person. It involves an understanding of the patient beyond the science," he says. "Bringing personal, empathic care to each patient, we can most effectively lay the tracks toward the best treatment and outcomes. It is world-class care, right in our community."

Dr. Gandhi completed his residency in obstetrics and gynecology at Prentice Women's Hospital at Northwestern University Medical School, Chicago. He is board-certified in obstetrics and gynecology. ♦



Dr. Gandhi is now accepting patients at Centegra Primary Care – Woodstock. To schedule an appointment with Dr. Gandhi, **CALL 847-234-1100**.

Take steps to control foot pain



THE foot is one of the most complex parts of the body. It is made up of 26 bones, 33 joints, and more than 100 tendons, muscles and ligaments. Feet bear several hundred tons of pressure on an average day. When your feet are feeling fine, you probably don't give them a lot of thought. When you have foot pain—such as that caused by arthritis—it can have a serious impact on your everyday life and mobility.

Fortunately, there is a range of treatments available to help you stay active and pain-free, says Alan Numbers, DPM, a podiatrist with Centegra Health System.

ARTHRITIS IN THE FEET

Arthritis, or joint pain, comes in many forms. Although it has no cure, there are many options for managing pain, and the earlier treatment begins, the better.

Two kinds of arthritis commonly affect the feet, Dr. Numbers says: osteoarthritis and rheumatoid arthritis.

Osteoarthritis is a condition that results from normal wear and tear on joints. Over time, the cartilage that protects the ends of bones deteriorates and the bones rub against each other, causing inflammation, stiffness and swelling. Osteoarthritis may also develop after a serious foot or ankle injury, such as a fracture or sprain.

“Osteoarthritis is something most people experience somewhere in their body at some time in their lives,” Dr. Numbers says. “It’s most common in people over 50.”

Rheumatoid arthritis is a more debilitating form of arthritis. It affects the entire body. Rheumatoid arthritis is an inflammatory disease that causes a person’s immune system to attack and destroy cartilage. It typically develops between the ages of 30 and 50.

GETTING RELIEF

Treatment for arthritis depends on the type, location and severity. Options include:

Medication. Pain relievers, such as acetaminophen, aspirin or ibuprofen (a nonsteroidal anti-inflammatory medication), can help reduce pain and inflammation. If these do not adequately control pain, your doctor may suggest a prescription pain medication, such as a corticosteroid. (Turn to page 8 to read about the advantages and risks of over-the-counter pain medications.)

Supplements such as glucosamine and chondroitin may help reduce pain for some people, but they don’t work for everyone, Dr. Numbers says.

Heat or cold. Taking a warm bath, sitting in a hot tub or placing a heating pad on the joint may help relieve pain. Cold therapies, such as an ice pack, may

help reduce swelling. Ask your doctor if these treatments are appropriate for you before using them.

Exercise. “With osteoarthritis, you can reduce pain and stiffness by keeping a good range of motion in joints,” Dr. Numbers says. You’ll want to avoid high-impact exercises, yet walking, swimming and yoga may help you maintain range of motion and relieve pain caused by inactivity.

Good equipment. “A lot of people do well with orthotic shoes or shoes with additional cushioning,” Dr. Numbers says. Assistive devices, such as a cane or crutches, may also help.

Immobilization. Your doctor may advise using a temporary splint or brace to help a joint rest so that inflammation can go down.

Weight loss. Extra weight can put stress on joints. Losing weight can help slow the progression of arthritis.

Alternative therapies. Treatments such as massage, acupuncture or transcutaneous electrical nerve stimulation (TENS) may help relieve pain.

Surgery. If more conservative treatment fails, your doctor may suggest surgery to repair or replace a joint with severe arthritis.

CENTEGRA IS HERE FOR YOU

If you have arthritis or other pain, your doctor can help you find relief and get back to your regular activities. Specialists at Centegra Health System, including orthopaedic surgeons, rheumatologists and podiatrists, can address pain in the feet, knees, hips, shoulders and other joints. ♦

Additional source: The American Academy of Orthopaedic Surgeons



Check out our Arthritis Water Exercise program at Centegra Health Bridge Fitness Centers. Find more information in the Calendar included or **CALL 815-444-2900.**

Circle of giving

Local farmer experiences the gift of giving back

TOM HALAT, owner of Tom's Farm Market & Greenhouses, has spent more than his fair share of time at Centegra Immediate Care – Huntley, which, conveniently, is located next door to his home. What with various illnesses, an accident with a corn planter and a tractor mishap, Halat has made about a dozen patient visits since the facility opened. Over the years, however, Halat has become more than a patient. He has become a part of the Centegra family.

It began in 2006, when Halat sold part of his farm to Centegra Health System for Centegra Health Center – Huntley. At that time, Halat and his wife, Cheryl, began meeting the people of Centegra and found themselves impressed with the leadership and vision they encountered.

Halat's relationship with Centegra Health System deepened when, shortly after the land sale, Cheryl Halat was diagnosed with ovarian cancer. Centegra Health System proved to be a dedicated neighbor during this difficult time.

"I felt like they were so good to me," Halat says. "My wife's illness reminded me that health and healthcare are always important issues. There is always a need."

These experiences have led to a deep friendship and appreciation between Halat and Centegra. Halat wanted to give back to his community and Centegra, so he became a donor to the Centegra Health System Foundation with a generous financial contribution to enhance local healthcare services. Centegra, wishing to embrace



GIVING BACK Tom Halat wanted to give back to his community and Centegra, so he became a donor to the Centegra Health System Foundation.

roots so vital in our community, named the road leading into the Huntley facility *Cheryl Halat Memorial Drive*.

"I think of myself as a community-minded person," Halat says. "And I discovered that Centegra was a very family-oriented, community-minded organization."

In addition, since Centegra Health Center – Huntley opened, Halat and his family have experienced first-hand

the positive effects of having quality healthcare close to home. His daughters exercise regularly at the Centegra Health Bridge Fitness Center and take Halat's grandchildren to Centegra Immediate Care – Huntley for convenient care.

"I tell everyone that once they experience Centegra, they will become supporters, too," he says. "I really feel that Centegra is my other family now." ♦



JOIN Tom Halat and many of your neighbors in helping to grow quality healthcare in our community. **CALL 815-788-5870** or e-mail foundation@centegra.com to learn more about how you can help.

Protecting your skin

Your best defense against skin cancer

AS A CHILD, Kara Williams spent many hours enjoying the summer sun with her family in their swimming pool. She recalls having three bad sunburns when she was younger.

As a young adult and a theater and performing arts graduate, Williams spent 10 years performing at regional theaters all over the United States. “I spent so much time on the road and performing, I didn’t get a lot of sun exposure during those years,” Williams says. Unfortunately, the sun exposure she experienced in her childhood was enough to cause a problem.

THE VALUE OF EARLY DETECTION

Williams now works as the Outreach Development Coordinator for Wellness Place Cancer Education and Support Center in Palatine. During a meeting last year, she had an encounter that couldn’t have been more timely.

Through her work, Williams connected with the Centegra Sage Cancer Center at Centegra Hospital – McHenry and met Kay Preshlock, the Community Outreach Coordinator in Oncology at Centegra Health System.

“I remember Kay just kept looking over in my direction,” Williams says, recalling a meeting in May 2009. “She told me I really should have two spots—on my nose and cheek—looked at.” The spots had been on her face for a few years.

“I didn’t think the spots were anything. They weren’t particularly noticeable,” Williams says. Even so, the spot on her cheek would become irritated after sun exposure, often burning, peeling and sometimes bleeding. The small spot on her nose was less noticeable and appeared to Williams to be just irritated skin.

However, Preshlock urged Williams

to attend Centegra’s skin cancer screening at the “Road to Healthy Skin Tour” last May.

“I thought it wouldn’t hurt to go. I thought for sure the doctor would dismiss my spots as just irritated skin or something that comes with getting older,” Williams recalls. At the screening, however, Vikram Khanna, MD, a dermatologist on staff at Centegra Health System, recommended she see a dermatologist immediately.

“The urgency the doctor displayed really surprised me,” Williams says. She made her appointment to meet with a dermatologist the following month.

In June, Williams was diagnosed with basal cell and squamous cell carcinoma and the dermatologist quickly removed the cancerous skin. The diagnosis came as a shock, Williams says. “But I feel extremely fortunate. I ignored the warning signs and I was lucky the cancerous cells were caught early.”

KNOW THE SIGNS

There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma. Each of these skin cancers can look different, making it important to know the early warning signs.

Look for skin changes of any kind. Check for sores on your skin that do not heal or for spots that are easily irritated by the sun. Do not ignore a suspicious spot simply because it does not hurt. Skin cancers may be painless, but they are dangerous. Watch your moles for changes in shape and color, because these irregular skin spots are more



COVER UP Regularly protecting your skin now, for instance avoiding sun exposure and sunburns, will pay dividends later.

prone to skin cancers.

While prevention is your best defense, serious skin damage may have occurred years ago.

“Looking back, I know I had three bad sunburns, but I didn’t see the effects of the burns until later in life,” Williams recalls. Centegra Health System has a number of skin cancer screenings throughout the year that will help you identify areas of concern. ♦



CALL 877-CENTEGRA (877-236-8347) to schedule an appointment or learn more about the upcoming skin cancer screening.

New surgeon brings delicate art to heart surgery

WORKING at Centegra Health System means something of a homecoming for Fernando Lamounier, MD, though he hails from Brazil and moved to Illinois from Colorado.



Fernando Lamounier, MD

Dr. Lamounier was living in Elmhurst four years ago when he completed his cardiothoracic surgery residency at Loyola University Chicago. Now, after spending a few years out west, he has returned.

“I’m coming back to work with the people I trained with who now work at Centegra,” he says.

FILLING A SPECIAL NICHE

Centegra Health System had a need for a particular type of heart surgeon. People who had previously worked with Dr. Lamounier knew he would be the perfect fit.

“One of my specialties is mitral valve repair,” he explains.

The mitral valve controls blood flow to the left side of the heart. Blood flows from the lungs to the heart’s left atrium. At the start of each heartbeat, the mitral valve opens so that this newly oxygenated blood can flow into the left ventricle—the heart’s main pumping chamber. Once the ventricle fills with blood, the valve’s flaps—or cusps—close. This keeps blood from leaking backward into the lungs during the heartbeat’s next phase, when the ventricle pumps its contents out into the body.

Problems can arise when the mitral valve becomes narrow and constricted, forcing the heart to work harder, or if one of the cusps weakens and flops down—a condition called mitral valve

prolapse, or floppy valve.

Sometimes a broken mitral valve can’t be repaired and must be replaced with a new one, which may be mechanical or made from animal or human tissue. Dr. Lamounier says he can usually find a way to fix the original.

“I can repair the floppy valves in about ninety-five percent of cases,” he says.

FROM INFLOW TO OUTFLOW

Another specialty of Dr. Lamounier’s is treatment of the heart’s aortic valve.

The aortic valve is the outflow mechanism for the left side of the heart. When the left ventricle is ready to pump out its supply of blood, the aortic valve’s three cusps open. Once the ventricle is empty, the valve closes. This prevents blood from leaking back into the heart.

The aortic valve fails more often than the mitral valve, says Dr. Lamounier.

“The most common reason is aortic stenosis, when the valve becomes constricted by calcium deposits,” he says. “It can happen with age.”

Another reason the aortic valve might fail is if it has only two cusps instead of three.

“Up to two percent of the population is born with a bicuspid aortic valve,” Dr. Lamounier says.

Surgery is usually scheduled only when the defect is severe or causes health problems, which can occur anywhere from young adulthood to old age.

OPEN HEART WITH MINIMAL INVASION

Whether a valve is repaired or replaced, the surgery is always an open heart procedure.

However, Dr. Lamounier says, it can

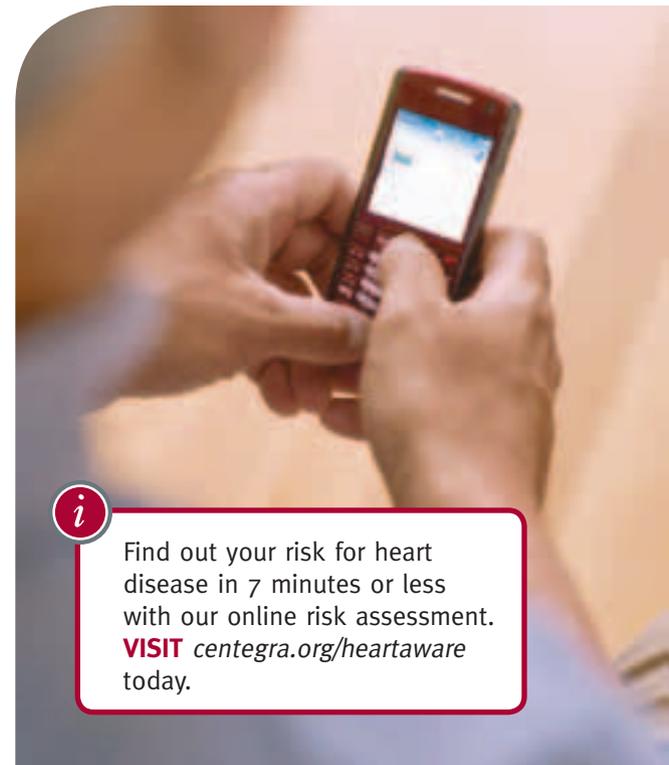
often be done using minimally-invasive techniques—which he will be offering at Centegra Health System in the near future. Minimally-invasive procedures mean smaller incisions, less blood loss and a faster recovery than conventional surgery.

“Heart surgery is both art and science,” Dr. Lamounier says. “The science is in the many different techniques that have been proven effective. The art lies in figuring out which one will work for any one patient.”

Dr. Lamounier—as a member of Cardiac Surgery Associates—will be offering all types of cardiac and thoracic surgery.

Dr. Lamounier brings his wife, Adriana, and their 20-month-old son, Leandro, to McHenry County. ♦

Additional source: The Society of Thoracic Surgeons



Find out your risk for heart disease in 7 minutes or less with our online risk assessment. **VISIT** centegra.org/heartaware today.

Over-the-counter pain relief: Know your choices

WHEN you have occasional aches and pains, relief is often as near as your supermarket shelves.

Over-the-counter (OTC) medications can help soothe a variety of problems that cause mild to moderate pain, including headaches, toothaches, arthritis, and muscle aches caused by colds and sports injuries, says Joseph Emmons, MD, of Centegra Primary Care – Woodstock.

There are two main types of OTC pain and fever medications:

Nonsteroidal anti-inflammatory drugs (NSAIDs), which work by blocking prostaglandins, substances that contribute to inflammation and pain. Ibuprofen, in particular, tends to provide quick pain relief, Dr. Emmons says.

Acetaminophen also blocks pain and reduces fever but may have limited effects on inflammation.

Both NSAIDs and acetaminophen are

available in generic forms and marketed under various brands. Generics are generally equivalent to name brands, Dr. Emmons says.

To take medications safely, be sure to follow these steps:

- Check with your doctor if you take OTC pain relievers regularly or if you take other prescription medications or have health problems.
- Read the label to choose the drug that best treats your symptoms.
- Follow the label directions and take the correct dose.
- Read the active ingredients list for each medication you take. Many cough, cold and sinus medications contain the same active ingredient found in OTC pain relievers. If you take both Tylenol and a cold remedy that contains acetaminophen, you could take an unsafe dose of acetaminophen without realizing it. ♦

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.

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Version 2

OTC ACTIVE INGREDIENT	NAME BRAND
Ibuprofen	Advil, Motrin
Ketoprofen	Orudis KT
Naproxen	Aleve
Aspirin	Bayer, St. Joseph's
Acetaminophen	Tylenol, Anacin aspirin-free, Pamprin

WELCOME, NEW CENTEGRA PHYSICIANS



Kimberly Chaney, MD
RADIOLOGY
McHenry Radiologists
McHenry/Woodstock



Fernando Lamounier, MD
CARDIOTHORACIC SURGERY
Cardiac Surgery Associates
McHenry



Rebecca Parker, MD
EMERGENCY MEDICINE
EmCare
McHenry/Woodstock



Ginny Kamboj, MD
ONCOLOGY/
HEMATOLOGY
McHenry



Patrick McEaney, DPM
PODIATRY
Cary Grove Foot & Ankle Center
Cary



Shingo Yano, MD
PAIN MANAGEMENT
Illinois Pain Institute
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.