

# HealthToday

JAN-MARCH 2010

 **Centegra** Health System

WELL BEYOND EXPECTATION<sup>SM</sup>



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**COLON CANCER** Have you had the test that could save your life?

message *to our*  
community



A new year gives us the opportunity to reflect on the past and design plans for the future. At Centegra Health System, we're proud of our accomplishments in 2009 and are eyeing even greater goals in the year to come.

In August, Centegra was acknowledged as one of 50 Top-Ranked Health Systems by Thomson Reuters' Top

Hospital Study. Then, in September, Centegra was named as one of *Modern Healthcare's* "Best Places to Work in Healthcare," a designation that will help us continue to retain and attract high-quality Associates.

I always appreciate how the new year offers the symbolic chance to let go of old patterns and make healthy lifestyle changes. You, too, may be resolving to adopt some new healthy habits.

You may be inspired by Virginia Maks' efforts to achieve a healthy weight (see page 4). Her journey ultimately brought her to Centegra Health System's Weight-Loss Surgery Center, which was named a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery (ASMBS).

In addition, you may also be interested in attending the Centegra Health Strong Woman event (this page) to learn about steps you can take to live a healthy lifestyle.

We look forward to being a part of your healthy new year.

Sincerely yours,

Michael S. Eesley  
President and CEO

## Health Strong: A community event for women

**MAKE YOUR RESERVATIONS** now for the Fourth Annual Centegra Health Strong Woman event, set for Thursday, February 18.

Adult women of all ages are invited to visit the Crystal Lake Holiday Inn from 9am to 2pm to learn more about their health and the health of their community. The lineup includes speakers, demonstrations and educational booths, which will offer:

- A presentation from Fernando Lamounier, MD, FACC, FACS, a new cardiac surgeon on staff at Centegra Health System, on the newest techniques for heart surgery.
- Free bone health and blood pressure testing, as well as diabetes screenings.
- Vascular screenings for \$129.
- Information about Centegra Health System's wide array of services and centers of excellence.
- News about current and future plans for community care.

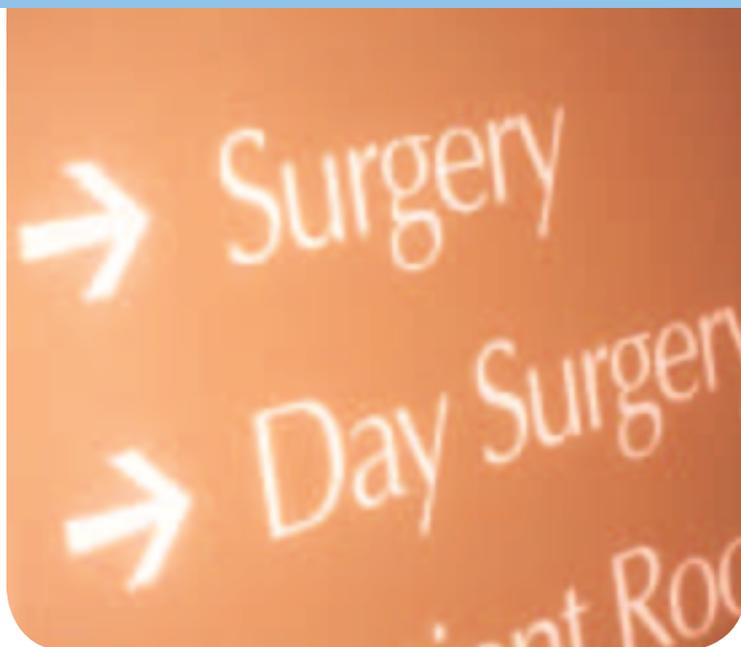
The \$10 admission includes a nutritious and delicious lunch, free giveaways and raffle prizes.

Seating is limited, and you must make your reservation by February 16. ♦



Women are invited to learn more about their health and the health of their community. Seating is limited! **CALL 877-CENTEGRA (877-236-8347)** or **VISIT [centegra.org/healthstrong](http://centegra.org/healthstrong)** to make your reservation.





## Laparoscopic surgeries using single incision

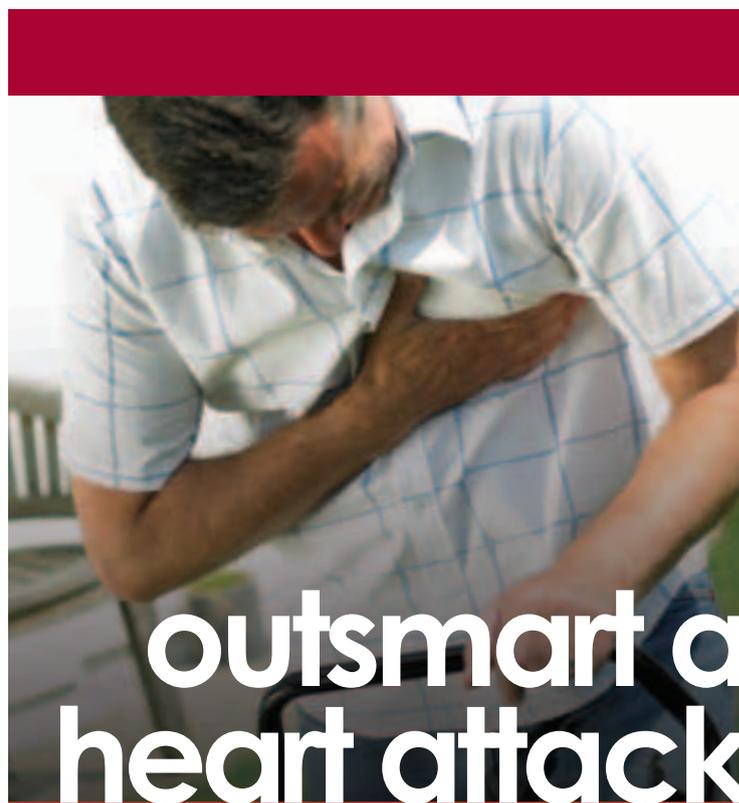
Gallbladder removal through belly button potentially leaves no visible scar

**CENTEGRA HEALTH SYSTEM** has successfully completed its first surgeries using single incision. The gallbladder removal has been performed for the treatment of gallbladder disease, and was the first of its kind to be completed at both Centegra Hospital – McHenry and Centegra Hospital – Woodstock within days of each other.

According to Amir J. Heydari, MD, FACS, one of the surgeons who has performed the procedure at both Centegra campuses, his patients were home within four hours after surgery. One of the major advantages of the single incision procedure is that it utilizes only one access point, through the patient's belly button, ultimately resulting in the potential for no visible scar. By comparison, traditional laparoscopic gallbladder surgery involves four ½-inch or smaller incisions that may leave scars.

Dr. Heydari cautions that not all patients are candidates for single incision surgery. He says each patient should be evaluated by his or her own surgeon. ♦

 For a physician referral, **CALL 877-CENTEGRA (877-236-8347)**.



## outsmart a heart attack

### Is Your Heart At Risk?

Find out in seven minutes with HeartAware™ the free online heart assessment. It's easy, fast and could save your life.

[www.centegra.org/heartaware](http://www.centegra.org/heartaware)

The fact is, one in three Americans die from heart disease each year. And most never see it coming or have any symptoms. Don't wait for a heart attack to devastate your life. Learn your risk - we can help.

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WELL BEYOND EXPECTATION<sup>SM</sup>



**BETTER HEALTH** Virginia Maks is looking forward to getting on with life after she has weight-loss surgery.

# Confident in her care

McHenry woman picks Centegra for weight-loss surgery

**V**IRGINIA MAKs has been a real estate agent for 15 years. She loves matching buyers to sellers and sellers to buyers. Although times have been tough lately, she's still drawn by the challenge and thrill of helping people as they open new doors in their lives.

It's hard work for her, however—in and out of cars, walking around uneven yards, climbing stairs.

"Sometimes, I'm standing with a client in front of a house," Maks says, "and I say, 'So, how did you like the house?' The whole time we're talking, I'm looking for a place to sit down."

Maks has multiple medical conditions and a complicated medical history. After decades of battling weight, diabetes, heart disease, high cholesterol, bad knees and a bad back, she's ready for relief. She's decided to have bariatric surgery at the Centegra Weight-Loss Surgery Center. "I'm on insulin shots and take 19 pills a day," says Maks, 67. "I don't really mind taking the medicine, but my health is suffering because of my weight. Losing 120 pounds would really help most of my health conditions."

## DECIDING ON CENTEGRA

Maks began researching weight-loss surgery more than two years ago. At one point, she'd scheduled surgery. Then a heart problem that required surgery delayed her decision for more than a year. By then, her insurance had changed and she had to start over at another weight-loss surgery center.

"I just didn't connect well with that center," she says. "I'm a pretty good patient, and generally I like my doctors. I've had lots of procedures and operations through the years, and I've always taken a positive approach. I just wasn't comfortable there."

Then the insurance issue was resolved and Centegra earned the Bariatric Surgery Center of Excellence designation from the American Society of Metabolic and Bariatric Surgery. "When I heard I had the option to go back to Centegra," she says, "I was thrilled."

"I just have confidence in Dr. Heydari (Amir J. Heydari, MD, FACS, surgeon at the Centegra Weight-Loss Surgery

—Continued on page 5



To join a free, monthly informational session about bariatric weight-loss surgery, **CALL 877-CENTEGRA (877-236-8347).**

## WEAR A HAT FOR WOMEN'S HEALTH

Mark your calendars! It's time once again for Centegra Hospital – Woodstock's annual Mad Hatters Luncheon. Wear a hat and invite your friends to be a part of the most amazing display of women working together to make a difference in the health of our community!

The event, sponsored by the Auxiliary of Centegra Hospital – Woodstock, is held each year to raise money for women's services at Centegra Health System.

This year's luncheon is slated for Wednesday, May 5, at the Crystal Lake Holiday Inn.

The Mad Hatters Luncheon is a great time for friends to get together and a wonderful place to make new acquaintances. Each woman is encouraged to wear a hat and outfit that best exemplifies her personality. Prizes will be awarded for the best hats.

Money raised at the luncheon is used to expand access to women's services in the community. In addition to the luncheon, the event also includes silent and live auctions and raffle prizes.

The Auxiliary of Centegra Hospital – Woodstock is a volunteer organization that provides support and helps raise funds for hospital programs.

Be sure to get your tickets early because the

luncheon sells out every year. Tickets for this year's Mad Hatters Luncheon are \$50 per person and \$500 for a table of 10. ♦



For more information or to order tickets, **CALL** Colleen Delahunty at **815-363-1354.**



# McHenry County ambulances equipped with life-saving equipment

**H**ARRIET FORD knows how quickly life can change because of a heart attack. Her father had his first heart attack at 41, when Harriet was only 7 months old.

“Because of my dad’s heart condition, I grew up with an oxygen tank in our home,” Ford says. “Fortunately, my dad lived a long, full life, but every aspect of our family life was affected by heart disease. I wish we’d had the research and medical advances of today. My father’s life and that of our entire family would have been dramatically different.”

Because of her early experience with heart disease, Ford is a regular contributor to the Cardiac Unit through the Cardiac Care Fund of Centegra Health System Foundation. She hopes to make a difference in the lives of others affected by heart disease.

Her donations, along with those of many other Foundation contributors, have helped fund a program to equip most McHenry County ambulances with electrocardiogram (ECG) ambulance transmitters.

An ECG is a portable machine that is used to see if someone is having a heart attack. It is a quick and easy test that measures the electrical activity of the heart. In the past, paramedics performed the test in the field, but the results couldn’t be read until they got to the hospital. The ECG ambulance transmitters send the results

immediately from the field to the destination hospital via cell phones.

“These transmitters make it possible for the results to be read by a cardiologist before the patient gets to the hospital,” says Jeff Lesniak, EMS educator at Woodstock Fire/Rescue District.

If the results show that the patient is having a heart attack, the doctor can call in a cardiac catheterization team and treatment can start as soon as the patient arrives.

“Having the transmitters in the ambulances cuts down the time before treatment can start—anywhere from 15 to 60 minutes is saved,” Lesniak says. “Time saved is heart muscle saved if someone is having a heart attack.”

## IMPACTING LIVES THROUGH YOUR DONATIONS

You never know when someone you love may need the lifesaving help of equipment such as an ECG ambulance transmitter. Ford says this is why even small donations are important. “I believe it is important to give back to the community at whatever level you are able,” she says. “However small my donation may be, I see it as an opportunity to make a difference.”

She chooses to donate her time and money to Centegra Health System because Centegra is involved in the community and works hard to educate

people about heart disease. “Centegra is a large organization, but it has maintained a sense of a neighborhood facility that belongs to the community,” says Ford.

The Cardiac Care Fund is one area of need a donor can contribute to through the Centegra Health System Foundation. The Foundation exists to advance the quality of healthcare in the community. There are many ways to become involved in the Foundation. For more information, call **815-788-5870**. ♦



## Confident in her care

—Continued from page 4

Center),” she says. “Every time I’ve gone to Centegra, the entire staff has been supportive and wonderful and compassionate. I know it’s the right place for me.”

Centegra takes a team approach to

weight-loss surgery. Nurses, psychotherapists, exercise physiologists and dietitians are all involved to help patients before, during and after surgery.

## LOOKING AHEAD

Maks says the staff at Centegra prepares people well for the lifelong changes that must follow surgery.

“I’m absolutely committed to doing what I need to do,” Maks says. “It also helps to know I’ve got support at Centegra when I need it.

“What I’m looking forward to most is feeling better. I’m hoping to cut the number of medications I take in half,” she says. “It’s time to just get on with living.” ♦



# Huntley campus passes one-year mark

**W**HEN CENTEGRA'S healthcare campus in Huntley opened at Algonquin and Haligus roads in 2008, it didn't take long to confirm that the Centegra Health Center facility is needed in this fast-growing community. In fact, the first patient walked through the doors just moments after the 8am opening.

The healthcare campus was built in response to rapid growth in southern McHenry County with one focused goal in mind: Bring high-quality health and wellness services where they are needed in the greater Huntley area. The campus does just that—providing a full range of medical and wellness services as well as several physicians from which to choose. In the first year alone, more than 8,000 people were treated at Centegra Immediate Care, and that's just one part of the campus.

"The Huntley campus is driven by the community," says Bob Turngren, MD, Vice President of Centegra Primary Care. "Centegra has made an investment in the community."

## MANY OPTIONS, ONE LOCATION

Maybe you need a checkup from a family doctor or a specialist to treat your arthritis. Perhaps you need a mammogram or someone to care for a minor illness when your regular doctor is out. You won't travel far to find services such as these and many more.

Today, the Centegra Health Center building and a second Centegra Health Bridge Fitness Center occupy 40 acres of the campus' 111-acre parcel. Here, you'll find physician offices and a wide range of comprehensive medical services and wellness programs. In the health center building, you'll find:

**Centegra Immediate Care.** Open every day, the walk-in facility has an expert staff of physicians, registered nurses and nurse practitioners ready to handle minor emergencies and illnesses—those that aren't life-threatening yet need quick attention. You might need this kind of care when your doctor is out, after hours or if you don't yet have a primary care physician. A variety of conditions can be treated without long wait times in this 12-room facility, including ear infections, fevers, scrapes, sprains and fractures.

**The latest technology.** A medical imaging center and outpatient laboratory services for blood work provide convenient follow-up care and advanced diagnostic capabilities. Imaging technology includes magnetic resonance imaging (MRI) equipment and a new 128-slice computed tomography (CT) scanner—one of the first in the county and one of only a handful in the United States.

Other medical imaging services include:

- Digital mammography
- Bone density
- Ultrasound
- X-rays
- MRI

"You're getting quality care at a state-of-the-art facility just a few miles from home," Dr. Turngren says.

**Quality physicians.** Looking for a family doctor? How about a specialist? Offices at Centegra Health Center – Huntley house friendly physicians who

## You're getting quality care and wellness opportunities at state-of-the-art facilities just a few miles from home.

can meet a wide variety of healthcare needs. Centegra Primary Care physicians and independent doctors specialize in such areas as:

- Internal medicine
- Obstetrics and gynecology
- Endocrinology
- Pediatrics

**Wellness services.** A new Centegra Health Bridge Fitness Center (the first is located in Crystal Lake) brings a host of fitness, wellness and therapeutic opportunities closer to home. Features of the 120,000-square-foot facility include:

- Four indoor tennis courts
- Indoor track and fitness floor
- An indoor aquatics center and outdoor pool with a water slide and lazy river
- Pilates studio
- Massage and steam sauna rooms

## PREPARED FOR TOMORROW'S NEEDS

With the Huntley campus, Centegra delivered on a commitment to the community. Centegra is also ready to respond to future growth with additional land set aside around the developed portions of the campus.

"We're here to meet the community's needs and exceed expectations as the leading healthcare provider in McHenry County," Dr. Turngren says. ♦



Have questions about hours or services at the Huntley campus? **CALL 877-CENTEGRA (877-236-8347)** or **VISIT [centegra.org](http://centegra.org)**.



listened to my body and gone in sooner.”

### CANCER SCREENING

Pait's is a rare case. Usually, colorectal cancer occurs later in life. That's why doctors recommend people without symptoms or unusual risk factors get their first screening colonoscopy at age 50. People with a family history of the disease or a personal history of bowel problems should be tested sooner.

For Pait, her symptoms were the first sign of trouble. In light of her diagnosis however, her parents and siblings have all had—and passed—cancer screening tests.

She also expects her teenage boys to be tested much earlier than usual.

### WHY COLONOSCOPY

A screening colonoscopy is a potent weapon against colorectal cancer. It's not just that it can spot cancer early, when treatment is most effective. “It can actually prevent colon cancer,” says Deepak Khurana, MD, a

gastroenterologist on staff at Centegra Health System.

That's because many people who develop the disease first have polyps, benign growths inside the colon. In time, polyps can become malignant. Removing them early, which can be done during a colonoscopy, prevents that from happening.

### MISCONCEPTIONS

For all its benefits, myths about the test have convinced some people to avoid it.

“People think it's a horrible test and it's horribly painful,” says Dr. Khurana. However, with modern sedation techniques, most people sleep through the entire procedure.

“I would say 98% of the people feel absolutely nothing,” he says.

Others are put off by the required pre-test colon cleansing. These fears are largely unfounded.

“It's not something you'd do for fun,” says Dr. Khurana. “It's not the end of the world, either.”

Pait concurs: “Benefits far outweigh inconveniences,” she says. “The test is no big deal.”

Looking back, Pait says that learning she had cancer was shocking; however, she adds that her treatment at Centegra Health System was excellent. She especially compliments the hospital staff.

“They are very special, caring people,” she says. “They took good care of me, especially at such a scary time.” ♦

# DON'T hesitate: Colonoscopy could save your life

FOR THE LONGEST TIME, Tina Pait tried to ignore the pain and rectal bleeding she experienced. She found it embarrassing, and at age 38, she figured it was probably something uncomfortable but minor, like hemorrhoids.

Finally, she talked to her doctor, who recommended a colonoscopy, a test that involves inserting a long, flexible, lighted tube into the rectum to look for colon problems.

The results were startling: Stage 4 rectal cancer. It had spread to her liver.

“The whirlwind began after that,” she says. Radiation and chemotherapy. Surgery. More chemo. More surgery.

Altogether, treatments lasted about a year. Another year later, she had another colonoscopy and no cancer was found. More tests are planned in the future to make sure the disease doesn't return.

“I'm feeling much better now,” says Pait. “Looking back, I wish I had



## GET A TEST KIT

The fecal occult blood test (FOBT) can find hidden blood in the stool—which may indicate cancer. Though it is not recommended as a stand-alone test for early detection of colon cancer, it can be used in the years between colonoscopies.

In March, Centegra will offer free FOBT kits as part of a colon cancer awareness campaign. Check the calendar for details.

# Centegra website has a new look

CHECK OUT the new look of *centegra.org*. We've redesigned Centegra Health System's website—and we think you're going to like what you see.

"The new website is easier to use and offers exciting new interactive features," says Aaron Holbrook, Webmaster of Centegra Health System.

In addition to paying your bills online at *centegra.org*, you can also preregister if your physician requests a test or procedure that has to be performed at the hospital. A service representative will call you within 48 business hours to complete your registration.

The improved site also allows for easy navigation to information about hospital services, programs and events.

## USER-FRIENDLY RESEARCH LIBRARY

Want to find the most up-to-date health information? The research library at *centegra.org* still has a wealth of information for you and your family. It's now presented in a more user-friendly format. With a click of your mouse, you can learn about adult and pediatric diseases, as well as tests and medical procedures. This link also has interactive health quizzes and a virtual body atlas to help you and your family become more informed about various health topics.

## VIEW PATIENT STORIES

Something new you'll find at *centegra.org* are the videos and multimedia library. Watch videos on subjects ranging from how bariatric surgery at Centegra Health System changed one patient's life to another patient's successful experience with

## 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.

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Version 2

prostate cancer treatment.

The new website is yet another way Centegra Health System makes it easier for you to manage your health. Visit *centegra.org* and check it out today! ♦

## WELCOME, NEW CENTEGRA PHYSICIANS



**Felipe Barrios, MD**  
NEONATOLOGY  
Wellcare Neonatologists  
**McHenry**



**Robert Goldman, DO**  
RHEUMATOLOGY  
**Woodstock**



**Albi Qeli, MD**  
ORTHOPAEDICS  
Northern Illinois  
Orthopaedics and  
Rehabilitation  
**McHenry**



**Hsin-Yi Chang, MD**  
GENERAL SURGERY  
Advanced Surgical Care  
of Northern Illinois, Ltd.  
**Crystal Lake**



**Lata Gupta, MD**  
OBSTETRICS/  
GYNECOLOGY  
**Woodstock**



**Justin Gent, MD**  
ORTHOPAEDICS  
McHenry County  
Orthopaedics  
**Crystal Lake**



**Ted Hughes, DMD**  
ORAL &  
MAXILLOFACIAL  
SURGERY  
Lake Geneva Oral Surgery  
**Crystal Lake**



**Justin Wittkopf, MD**  
OTOLARYNGOLOGY/  
OTOLOGY-  
NEUROLOGY  
Affiliated Ear, Nose & Throat  
**Woodstock**



To find the Centegra physician who's right for you, VISIT [centegra.org](http://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](http://mchenry-crisis.org)

Call for a referral or immediate assistance.

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

Call 24 hours a day.