

HealthToday

JAN-MARCH 2010

CentegraHealthSystem

WELL BEYOND EXPECTATIONSM



P3

HEART ATTACK Find out in seven minutes if you are at risk

P6

SPORTS PARTY? Put health into play with these tips

P7

MORE THAN POUNDS Lose the weight, keep a healthy lifestyle

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.

Estelle Zanotti's story (see page 7) might inspire you to find ways to begin or maintain an effective weight loss plan—even during the cold winter months.

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. ♦

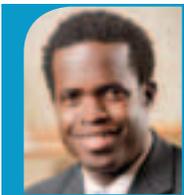


Women are invited to learn more about their health and the health of their community. Seating is limited! **CALL 877-CENTEGRA (877-236-8347)** or **VISIT centegra.org/healthstrong** to make your reservation.





For a special delivery, see Dudley Brown, Jr., MD



Dudley Brown, Jr., MD

WHEN DUDLEY BROWN, JR., moved to Illinois from Florida for his medical residency, he wasn't sure he could stick it out. He had never lived outside of tropical climates, and the thought of a Chicago winter wasn't appealing to the Jamaica native.

That was 10 years ago. While he never has become a fan of the cold or snow, the board-certified obstetrician/gynecologist (OB/GYN), who practices at Centegra Primary Care – Woodstock, has made a home for himself in Crystal Lake. Active as a volunteer with Big Brothers/Big Sisters and at the Family Health Partnership Clinic, he's come to enjoy the community and the change of seasons.

Dr. Brown knew early in life he wanted to work in medicine. The field of obstetrics and gynecology was not his initial choice, however, that changed when he delivered his first baby during medical school.

"The whole process was just amazing," he recalls. From that day forward, he knew what he wanted in his career.

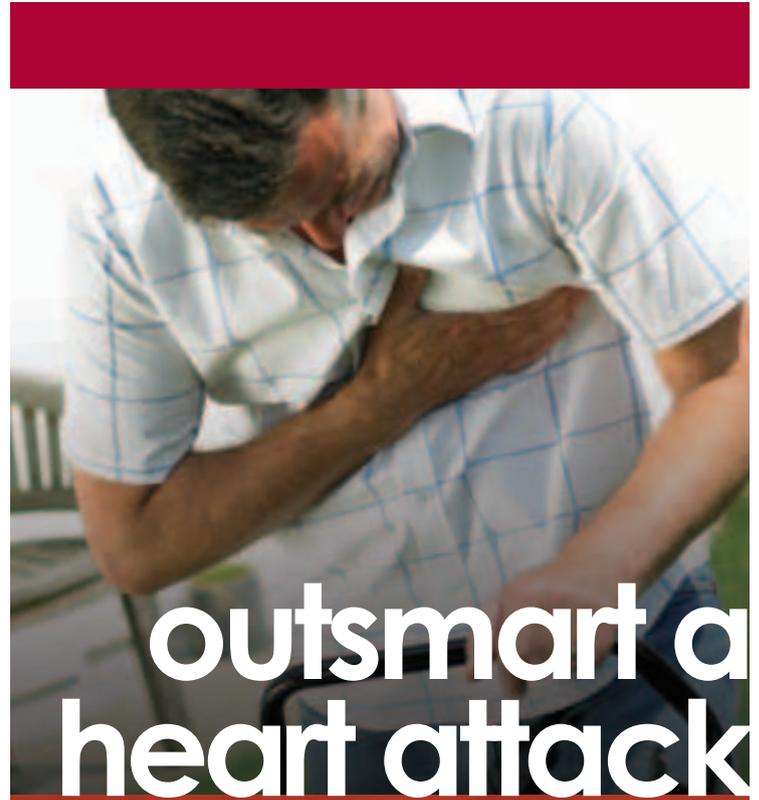
Dr. Brown makes a special effort to treat his patients the way he'd want his wife, mother or sister treated. "I understand the significance of what patients entrust in my hands when they come to me for care," he says.

He enjoys building relationships with his patients and being a part of the special days when their children are born. So much so, in fact, that the weather doesn't even bother him now when he's called out in 20-below temperatures. Bringing a new life into the world makes it all worthwhile.

"Delivering a baby is one of the few times in medicine when you get instant gratification, and I enjoy that," he says. ♦



For an appointment with Dr. Brown, **CALL 815-338-6600.**



outsmart a heart attack

Is Your Heart At Risk?

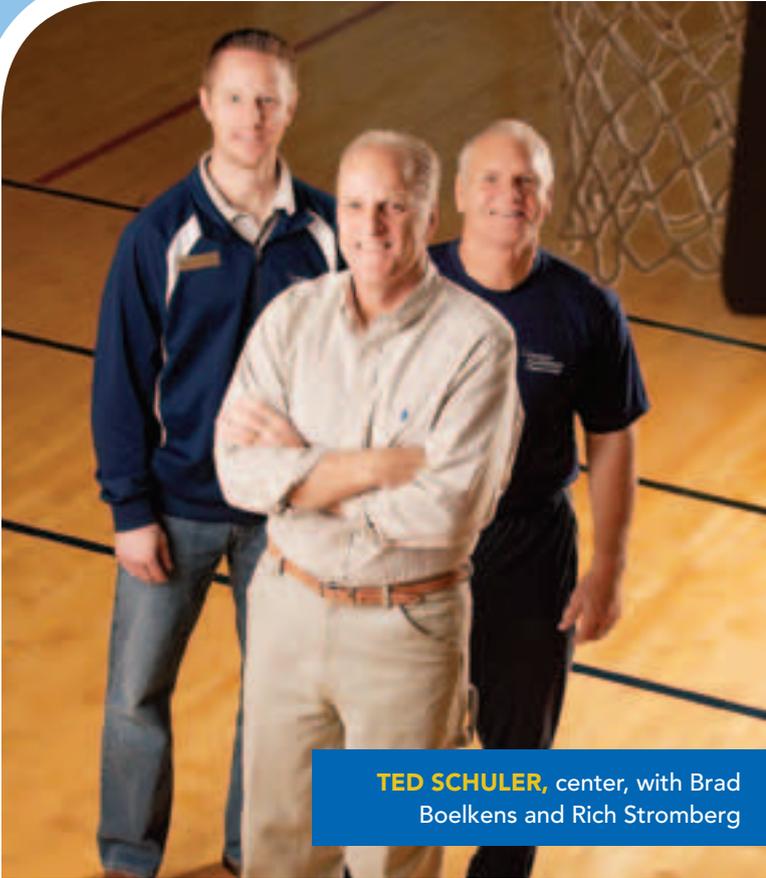
Find out in seven minutes with HeartAware™ the free online heart assessment. It's easy, fast and could save your life.

www.centegra.org/heartaware

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.

 **Centegra**
HealthSystem

WELL BEYOND EXPECTATIONSM



TED SCHULER, center, with Brad Boelkens and Rich Stromberg

Heart attack at fitness center is eye-opening

55-year-old receives CPR at Centegra Health Bridge Fitness Center

TED SCHULER, 55, of Crystal Lake, had just finished his second game of basketball with his buddies at Centegra Health Bridge Fitness Center – Crystal Lake when he became light-headed.

That’s the last thing he remembers before being put on a stretcher for a ride to Centegra Hospital – McHenry. When Schuler lost consciousness, some friends made sure his airway was cleared; others alerted the appropriate staff at the fitness center and guided

weekly basketball routine.

“I have to thank all the Centegra medical personnel, all the incredible nurses, and the wonderful paramedics who got me there,” Schuler says. “Through it all, I witnessed the very best of people—from the reaction of everyone at Health Bridge to the outpouring of love from everyone I know. The next time you go to Centegra Health Bridge Fitness Center, realize this: You walk among heroes.” ♦

the ambulance to the door.

“That is when the miracle happened,” Schuler says. “Two Health Bridge Associates, Brad Boelkens and Rich Stromberg, reached out to help and began performing CPR, and along with Michelle Roig, MD, a CHBFC member who is trained in using automatic external defibrillators (AED) and happened to be on-site, ended up bringing me back to life using the AED twice.”

At Centegra Hospital – McHenry, Schuler’s angiogram revealed blockage in three arteries. The next day, he had a successful triple bypass performed by James Gramm, MD, a thoracic cardiovascular surgeon on staff at Centegra Health System. Schuler was home in less than a week and is easing back into his twice-

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**.

A heartfelt gift

The generosity of former patients helps others heal

JOE EISELE is all heart—good thing that heart is working well these days. Eisele, a retired sheriff's detective, experienced a heart attack in August 2007. After angioplasty, Eisele restored and strengthened his heart health by enrolling in the Centegra Cardiac Rehabilitation program.

The program helped Eisele return to his normal routines, which include walking and cross-country skiing. For most people, recovering their own health would be enough. For Eisele, another step was necessary.

"I felt lucky that I had been able to get into the cardiac rehabilitation program and was able to pay for it," Eisele says. "It made such a difference in my recovery and getting back to my life. I started wondering about people in my situation who needed the program but could not afford it."

When Eisele learned about the Cardiac Rehab Scholarship Fund, which provides scholarships so that everyone who needs the program can participate, he made a donation.

CONTINUING A TRADITION OF GIVING

Eisele is not the first Centegra Health System heart patient to support the Centegra Cardiac Rehabilitation program. After Jim Frasor lost his wife, Carla, to a cardiac event, he began the Carla Frasor Memorial Ride, Glide & Stride event. The event raises funds for the Cardiac Rehab Scholarship Fund. Renamed the Jim and Carla Frasor Memorial Ride, Glide & Stride after Jim's death, the event continues with the support of Jay and Jason Frasor, Carla and Jim's sons.

Like Eisele, Frasor was committed to making the Centegra Cardiac Rehabilitation program available to

everyone who needed it, regardless of his or her ability to pay. Over the years, the scholarship fund has touched hundreds of lives.

BENEFITS OF CARDIAC REHAB

Why is it so important to support cardiac rehabilitation? Deneen Ochab, Manager of Cardiac and Pulmonary Rehabilitation at Centegra and Manager of the scholarship process, explains.

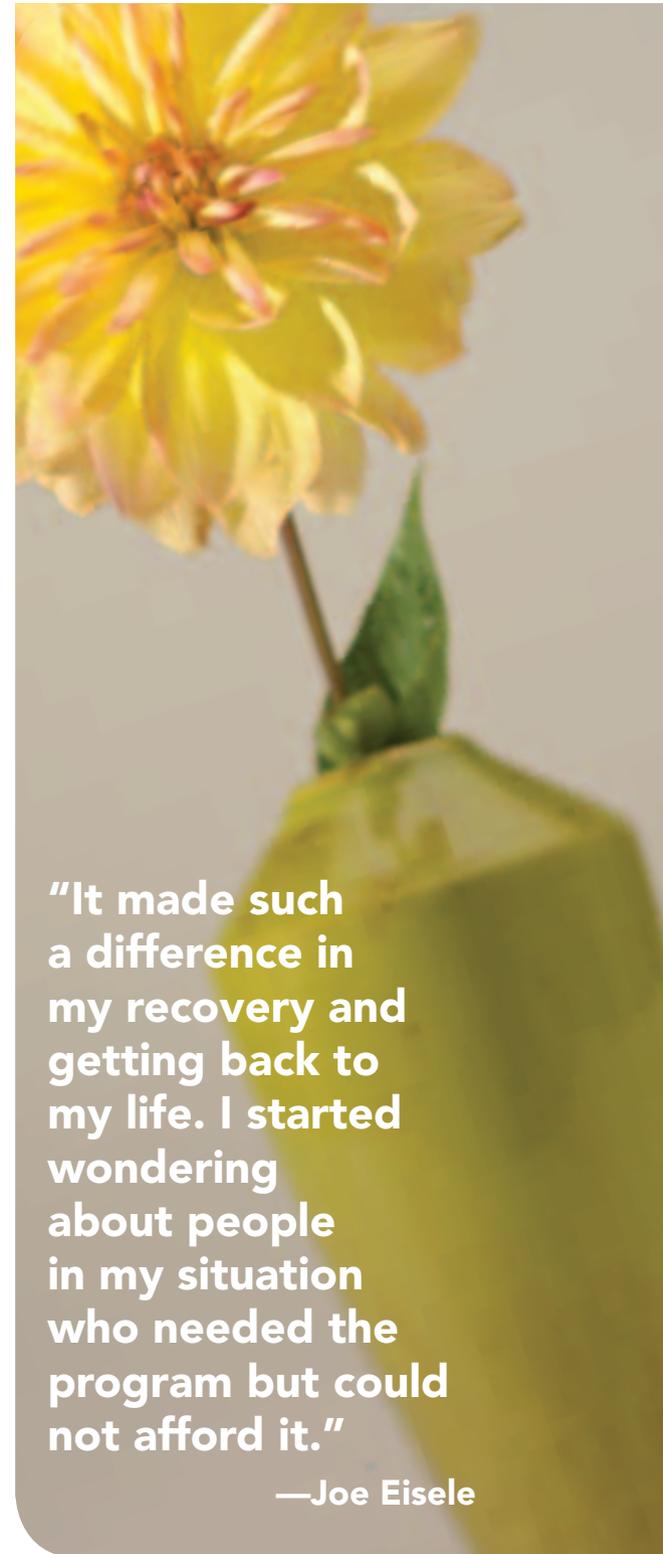
"Cardiac rehabilitation improves quality of life, but it also plays an important role in reducing and delaying additional cardiac problems," Ochab says. The rehabilitation program focuses on preventing future heart attacks and also works to help patients stay independent and active. That includes staying socially active. "People have fun and make friends, both of which are proven to help healing and health," Ochab says.

The cardiac rehabilitation team manages each patient's program, offering support—but also medical oversight. This can be crucial for people with heart problems, Eisele recalls firsthand.

"One day I was exercising and suddenly my blood pressure went way up. One of the staff was right there to check on me and had a doctor look me over," Eisele says. Shortly after, he was able to continue on with the program.

Eisele is feeling pretty good these days—about his heart health and his decision to donate to the Scholarship Fund. "It just felt good," he says.

The Cardiac Rehab Scholarship Fund is one area of need a donor can contribute to through Centegra Health System Foundation. The Foundation exists to advance the quality of healthcare in the community. There



"It made such a difference in my recovery and getting back to my life. I started wondering about people in my situation who needed the program but could not afford it."

—Joe Eisele

are many ways to become involved in the Foundation.

 For more information, call **815-788-5870**. ♦

Score big with a healthy sports party



WHEN FRIENDS and family come over to watch the big game, they may be just as interested in the food spread as the point spread. Popular sports party nosh includes pizza, hot wings, chips and dips.

“Unfortunately, all these foods are high in calories, saturated fat and salt,” says Meg Duellman, MS, LDN, Registered Dietitian for Centegra Health Bridge Fitness Center. “Too much of this type of fare can lead to health and weight problems.”

So how can you host a great sports party without playing host to unhealthy habits? Make your own versions of party foods, Duellman says. She offers these suggestions:

- Bake personal mini-pizzas. Spread a whole-grain tortilla with pizza sauce, top with mozzarella cheese, turkey pepperoni and your choice of vegetables, and bake at 350 degrees for 8 to 10 minutes until cheese bubbles and the crust is crispy.
- Swap wings for chicken fingers. Purchase or bake your own breaded skinless chicken breasts (most of the fat is in the skin). Coat with hot sauce and use a light ranch dressing for dip.
- Dish up a healthy bean dip. Layer your choice of guacamole, light sour cream, black beans, fresh chopped tomatoes, chopped green onions and low-fat sharp cheddar cheese. Serve with unsalted, baked chips.

Duellman also advises that you:

- Place food away from the television to stop people from eating without thinking about it.
- Offer small plates—people will eat less.
- Serve plenty of non-alcoholic beverages, including water. Alcohol has lots of calories and causes blood sugar to drop, which leads to hunger.

Whether it’s a sports party or another event, you can make healthier choices when you host. ♦



For information about nutrition and fitness classes, **VISIT** centegra.org/calendar.

PLAY IT SAFE WITH SPORTS INJURIES

AT CENTEGRA IMMEDIATE CARE

In a perfect world, we could all play our favorite sports without any risk of a sprain, strain or other injury. Here in the real world, however, injuries do happen, and often at an inconvenient time—for example, when it’s nearly impossible to get a last-minute appointment with your doctor.

That’s why it’s so important to be aware of the two Immediate Care Centers that are part of Centegra Health System—one located in Crystal Lake and the other in Huntley. Both are open 365 days a year and have evening hours on weekdays.

“Each center is staffed by physicians and nurses with excellent backgrounds in immediate care medicine,” says Larry Wellendorf, MD, Medical Director of Centegra Immediate Care.

That makes these walk-in clinics ideal places to seek treatment for sports injuries—such as a simple fracture or a sprained wrist—that need medical attention but aren’t serious enough for a trip to the Emergency Department.

IF YOU’RE HURT . . .

Never try to play through the pain of a sports injury, Dr. Wellendorf cautions. “You could cause more harm.”

Call a doctor or use Centegra Immediate Care if:

- The injury causes severe pain, swelling or numbness
- You can’t put any weight on the area
- An old injury hurts or aches
- A joint doesn’t feel normal or stable

Of course, serious injuries—such as a fracture that breaks through the skin or a head injury that causes a loss of consciousness—need treatment at an Emergency Department, Dr. Wellendorf cautions. Centegra Health System also includes two Emergency Departments, one at Centegra Hospital – McHenry and the other at Centegra Hospital – Woodstock.



Centegra Immediate Care Crystal Lake

360 Station Drive

Huntley

10350 Haligus Road

Hours: Monday through Friday,
8am to 8pm
Saturday, Sunday and holidays,
8am to 5pm

MORE than pounds

Centegra's Bridge to Weight Loss program teaches healthy habits that last



ESTELLE ZANOTTI doesn't measure success by the numbers on her bathroom scale. What's important to her is sticking to lifestyle habits that will help her stay healthy and manage her weight over the long term.

If she happens to drop a dress size or two along the way, that's just an added bonus.

"That's something I'd like to do," she laughs, "drop one or two clothing sizes. I'm not quite there yet, but I'm still working on it. In the meantime, I'm doing good things for my heart. I'm doing good things for my cholesterol. Those are more important."

Zanotti, 47, says she's tried to lose weight before. Unlike those attempts, however, her new plan is working. She credits Centegra's Bridge to Weight Loss program for her success. The program was launched in 2006 and, to date, has helped participants lose a collective 512 pounds.

An advanced care nurse, Zanotti took part in the eight-week program last January and was impressed by its multi-level approach. "It really looks at all the different factors involved in your weight and helps you see how they're all connected," she says.

Bridge to Weight Loss is offered at Centegra's Crystal Lake and Huntley Health Bridge Fitness Centers and features three components:

Behavior. Participants meet with a wellness coach to learn about behavioral and emotional factors that play a role in how we eat. "We talked about how sometimes stress or frustration or other feelings can lead people to overeat," Zanotti says. "We learned how to recognize those triggers in ourselves and work on different ways to cope with them." Part of that effort involved keeping a journal to help track emotional triggers and eating.

Nutrition. Class members meet with

a registered dietitian to learn more about good food choices. "We talked about portion control and the food pyramid and how to develop meal plans and grocery lists," Zanotti says. "It's all really helpful, practical information."

Fitness. Participants work with a personal trainer to develop fitness routines they can stick to, Zanotti says.

It's been nearly a year since she completed the program, and Zanotti says she's been able to stick to all the new lifestyle habits she's learned.

She continues to work out this winter at the Centegra Health Bridge Fitness Center in Huntley, taking step aerobics and strength-training classes. She also stays in touch with her classmates from the Bridge to Weight Loss class. "It's great," she says. "We all support one another and keep each other going."

Zanotti says she would recommend the class to anyone interested in making lasting changes to help manage weight. ♦



YOU CAN DO IT!

If you're interested in getting or staying in shape this winter, new sessions of Bridge to Weight Loss begin January 12 at Centegra's Health Bridge Fitness Center in Huntley and January 13 in Crystal Lake. The sessions run for 8 weeks and cost \$75 for Health Bridge members and \$100 for the community. Classes run from 6:30 to 7:30pm, but meet in different facilities on different days. Check the health calendar for details. You don't have to be a member to participate!

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 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

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. 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.