

HealthToday

OCT-DEC 2010

 **Centegra** Health System

WELL BEYOND EXPECTATIONSM



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WALK OUT ON DIABETES
Healthy habits for life

message *to our*
community



As September draws to a close, we are quickly approaching National Breast Cancer Awareness Month.

While a breast cancer diagnosis can be a frightening experience, it is one that today comes with much hope. On page 4, read about the importance of breast cancer awareness and early detection.

Additionally, you're invited to tour the newly opened Centegra Gavers

Breast Center, attend our Mammo Monday events, focusing on breast and bone health screenings, and participate in various upcoming community cancer walks.

The Centegra Health System Foundation's fundraising efforts, with the aid of community support, are helping to bring the da Vinci Surgical System to McHenry County. In the hands of skilled surgeons at Centegra Health System, this robotic precision tool holds many benefits for the community, including an even greater level of local care for heart valve procedures, prostate surgery and more. Turn to page 5 to learn more about robotic surgery and how you can help Centegra Health System fulfill its mission of increasing state-of-the-art technology and care close to home.

In this issue, you will also find information to help answer questions about Medicare and landmark healthcare reform.

Finally, as summer slips from view, we're looking ahead to the holiday season. If there are young children on your gift list, see the story at right for helpful pointers for choosing safe toys.

You'll find all of this and more in this issue of *Health Today*. Enjoy the season. We are here if you need us.

Sincerely yours,

Michael S. Eesley
Chief Executive Officer

Holiday shopping

Safe toy guidelines for grandparents

GRANDPARENTS EVERYWHERE will soon join holiday crowds, searching shelves for just the right gifts for beloved grandchildren. Keep safety at the top of the shopping list, the U.S. Consumer Product Safety Commission and Safe Kids USA advise, offering these tips for choosing safe toys this season:

Think large. Small parts can become choking hazards. Any toy or part with a diameter of 1.75 inches or less isn't safe for babies or children under 3.

Check for sturdy construction. Be sure eyes, buttons and other decorations are securely fastened. Beware of toys made from thin plastic, which breaks easily and can leave behind dangerous small parts and sharp edges.

Beware of cords and strings. Any plaything with cords, strings or straps longer than 7 inches is a strangulation hazard for babies and children.

Ponder plug-ins. Electric toys with heating elements are for children ages 8 and older only.

Remember safety gear. Include helmets, elbow pads, kneepads and other safety gear with gifts such as bikes and skateboards. Ask parents to enforce wearing them, too.

Beware of toys that fly or shoot projectiles. They can cause injuries, especially to the eyes.

Protect the ears. Loud toys and noisemakers can impair hearing.

Beware of toxins. Crayons, paints and art supplies should be marked "ASTM D4236." This means they've been reviewed by a toxicologist and labeled with the appropriate cautions.

Finally, read the labels. Warning labels give important information about potential hazards and how to use a toy. Respect the age limit listed: It's there for a reason, no matter the gift-giving season. ♦



The Centegra Weight-Loss Surgery Center

Offering a comprehensive approach to weight loss

JENNIFER KOCZWARA, 29, and her mother, Betty, 60, both of Crystal Lake, underwent bariatric gastric bypass surgery at Centegra Hospital – Woodstock in April. Both had a body mass index of about 58, which put them in a class of patients considered morbidly obese.

Three months after their surgeries, Betty had lost 82 pounds, and Jennifer had lost 58. Follow their weight-loss journey in an occasional series in the *Northwest Herald* throughout the year. Future reports will track their progress and examine the challenges they face along the way.

The Centegra Weight-Loss Surgery Center, located in the Centegra Health Center – Huntley, offers a multidisciplinary approach to significant weight loss when all other attempts at weight loss have failed. This is a comprehensive approach to the whole person that combines surgery with behavior-based counseling, exercise and nutritional counseling to achieve the most effective results possible. ♦



For patient testimonials with before-and-after photos and more information about the center, **CALL 847-802-7230** or **VISIT centegra.org/weightlosssurgery.htm**.



Follow us on Twitter

Centegra tweets Immediate Care wait times

WE UNDERSTAND that in medical emergencies you don't have time to waste. To help you determine where to go to get the care you need as fast as possible, Centegra Health System has started using Twitter.

Centegra Health System's wait times for the Immediate Care centers in Crystal Lake and Huntley are now available on Twitter and on our website, posted by our Associates throughout the day as wait times fluctuate.

You may wonder what wait time means. Our wait times are our door-to-treatment time, measured from when a patient checks in at Immediate Care to the time a healthcare provider begins treatment. The times posted on Twitter are updated every hour. ♦



FIND us on Twitter @chswaittimes or online at centegra.org.

Or **LIKE** us on Facebook. Search for "Centegra Health System."

twitter



NOW OPEN!

Centegra Gavers Breast Center provides multidisciplinary, coordinated care for all your screening and follow-up diagnostic breast health needs. For more information, visit centegra.org/breastcenter.



Breast cancer screening Setting fear aside

Women may come up with many reasons not to get mammograms—time, money, work. However, fear about the procedure or what it might show doesn't need to be among them.

OVERCOME ANXIETY

What do women fear? Radiologist Elissa Brebach, MD, Director of Mammography for Centegra Health System, has a few ideas:

Pain. Mammograms can be slightly uncomfortable for a few seconds. However, Centegra Health System has done much to make the procedure as painless as possible, including using specialized digital mammography equipment and cushions that make mammograms more comfortable.

Radiation. According to the American Cancer Society (ACS), screening mammograms emit about the same amount of radiation that people encounter in their everyday surroundings over a three-month period.

Results. "The five-year survival rate is nearly one hundred percent if breast cancer is found at stage I [very early]," Dr. Brebach says. "It's just so treatable at that stage."

If needed, the Centegra Sage Cancer Center provides a team of highly specialized oncology professionals and advanced cancer treatment close to home.

WHEN TO BE SCREENED

Confused about when to start screening? You're not alone. "Women are confused about which guidelines to follow," says Terrence J. Bugno, MD, a Radiation Oncologist with Centegra Health System. Different medical groups have given conflicting advice.

However, the ACS recommends most women have annual mammograms starting at age 40 and some women also be screened with MRI. Talk with your doctor about your history and whether you might need extra tests at a younger age.

"Regular breast self-exams, physician checkup and comparing mammograms over years are important," Dr. Bugno says. "Most mammograms are normal. Any abnormality has to be appropriately evaluated, but that doesn't necessarily mean it's cancer."

Screening digital mammograms are available at several Centegra Health System locations, including the Centegra Gavers Breast Center, the hub for the

OCTOBER EVENTS

Mammo Mondays: Offered in multiple locations every Monday in October. Call **815-334-5566** to schedule your appointment.

October 5: Network of Strength breast cancer support group, 7 to 8:30pm. First meeting in new Centegra Gavers Breast Center in Crystal Lake.

October 20: Breast Imaging, Screening and Diagnostics. Dr. Elissa Brebach helps women become more knowledgeable and comfortable about their annual screenings. CHBFC – Huntley, 6:30 to 7:30pm. Call **877-CENTEGRA** to register

October 24: Annual CARE 4 Breast Cancer 5K Run/Walk, sponsored by the Family Health Partnership Clinic. Call **815-334-8987, ext. 23**, to learn more.

breast health program. The center provides a full continuum of screening, follow-up diagnostics, individualized care, education, and social and emotional support in a coordinated, centralized and convenient location.

For women with abnormal mammogram results, this means reduced time from diagnosis to treatment and seamless collaboration among the multidisciplinary team of on-site medical specialists, referring physicians, surgeons, oncologists or any subspecialists needed.

FINDING PEACE OF MIND

October is National Breast Cancer Awareness Month, which makes it a good time to schedule a mammogram. Your health is top priority, so don't let anxiety keep you from taking care of yourself. Call **815-334-5566** to schedule your mammogram today! ♦

You can help bring in the best: The da Vinci surgical system

Partner with the Foundation to make a vision a reality

SURGERIES ON the human heart dramatically demonstrate the progress of modern medicine. Now a revolutionary system takes certain heart surgeries one step further.

The da Vinci Surgical System provides new capabilities to cardiac and other surgeons. For this reason, the Centegra Health System Foundation is working to bring the da Vinci system to McHenry County.

HOW IT WORKS

Surgery with da Vinci technology is minimally-invasive, using small dime-size incisions instead of one large one. However, da Vinci takes minimally-invasive surgery to the next level.

According to Fernando Lamounier, MD, a cardiothoracic surgeon on staff at Centegra Health System, da Vinci's advanced technology puts it in a class by itself. Dr. Lamounier has been specially trained to use the da Vinci system and regularly operates inside the human heart.

"With da Vinci, we would have enhanced 3-D, high-definition images of the surgical field and greater dexterity than with regular instruments," Dr. Lamounier says.

That dexterity comes from the robotic technology that translates very fine movements of the human hand, wrist and fingers to the instruments. In fact, da Vinci instruments can operate through openings narrower than the width of the human finger, and its camera offers the ability to see from angles not accessible to the naked eye.

For the surgeon, da Vinci means being able to work through tiny incisions while seeing the surgical site and performing fine tissue manipulation as though it were an open procedure. It's a technique that lets physicians push past the limitations of traditional surgery.

For the patient, the da Vinci system has a more personal significance. If you have mitral valve disease, surgeons can repair the valve without opening your sternum. If you need coronary bypass surgery, it can mean you don't need to go on a heart-lung machine.

Patients who need gastric bypass, gallstone surgery, prostate removal, or surgery for stomach, pancreatic and other cancers can also benefit from this remarkable system. The list continues to grow as the technology evolves.

According to Dr. Lamounier, there are many benefits to patients who have undergone surgeries performed with the assistance of the da Vinci system. They are less likely to develop an infection

or to need a blood transfusion. They also have less pain and are able to go home from the hospital days earlier. It helps them get back to their lives and families.

YOU CAN HELP MAKE IT HAPPEN

With all these advantages, the da Vinci system can make a difference in the lives of many local patients and their families. It will be a resource to the entire community and can benefit the lives of patients needing many different types of surgery, including cardiac, urologic, women's health and general surgery.

This system, however, is not yet in place at Centegra Health System, and we need your help to get it here—the start-up costs for the da Vinci system are approximately \$2 million.

Once you know what da Vinci can do for you, your family and your neighbors, you can understand the importance of helping the Centegra Health System Foundation bring this lifesaving tool to our community. You have the opportunity to make this possible and improve health care in the area. ♦



To find out how you can help, **E-MAIL** foundation@centegra.com or **CALL** the Foundation at **815-788-5870**. You can also **VISIT** centegra.com/foundation.



BETTER RECOVERY The da Vinci Surgical System has revolutionized minimally-invasive surgery.



HIGHLIGHTING HEALTHCARE REFORM

Changes ahead:
The Patient Protection
and Affordable Care Act

DO YOU FEEL like you've heard a lot about healthcare reform, yet still don't know what it means for you? Well, you're not alone.

Even the experts are still puzzling through this sweeping piece of legislation. No one can predict exactly how it will all work—or how healthcare will change.

So for the moment, focus on one important aspect of local healthcare that will stay the same: Centegra Health System's commitment to the health and wellness of the community.

"Everything we do at Centegra Health System is based on our mission to provide high-quality healthcare services while using our resources innovatively and responsibly," says Michael Eesley, CEO of Centegra Health System.

READY FOR THE FUTURE

Centegra Health System has been on this journey for years, enhancing patient and wellness services to proactively prepare for healthcare reform.

"As healthcare reform moves forward, Centegra Health System will continue to do all we can to provide high-quality, affordable healthcare to our patients," Eesley says.

For example, we will sustain a focus on quality measures and cost efficiency. At the same time, we are consistently looking at innovative strategies to:

- Create new ways to deliver care

- Build new partnerships
- Adopt new technologies

THE FUTURE IS NOW

Centegra Health System has already put into place one new piece of technology: electronic health records (EHRs).

The government has mandated that every medical provider use EHRs by 2014. Centegra Health System has put these into place in our hospitals. Now we are going a step further to help all our affiliated physicians. We have created the Centegra Physician Network, which gives doctors access to:

- Electronic health records. These records help doctors make the most informed healthcare choices for each person.
- Electronic practice management systems. This tool helps improve quality and efficiency by streamlining administrative practices.

CHANGES TO MEDICARE

EHRs are just one of the new technologies and practices Centegra Health System will adopt in the coming years in association with healthcare reform.

Many provisions of reform will continue to come into play over the next several years. However, some parts of

reform have already taken effect.

What you may be seeing now are modifications to Medicare. According to the Centers for Medicare and Medicaid Services, existing basic benefits will not change. However, some things will be new in 2011, according to the House Committees on Ways and Means, Energy and Commerce, and Education and Labor:

- Drug makers will begin to provide a fifty percent discount on brand-name prescriptions filled in the Medicare Part D coverage gap. The government will begin to underwrite generic prescriptions filled in the gap.
- Cost-sharing will be eliminated for certain preventive care, and the deductible will be waived for colorectal cancer screening.
- Health risk assessments and prevention plans will be made available to all patients.
- Incentives will be offered for completing behavior modification programs.
- Medicare Advantage plan holders may see their costs decrease as these plans shift to be more in line with traditional Medicare.

So what about 2012 and the following years? Centegra Health System will continue to stay on top of the changes happening in healthcare—and help you stay up-to-date. ♦

Finding balance and achieving a healthy lifestyle

WAYNE GUILBEAU'S family history of diabetes increases his risk for the disease. So when his doctor told him he needed to lose weight to reduce his risk for diabetes, he decided to find a fitness club and work out regularly.

What he found was Centegra Health Bridge Fitness Center – Huntley, close to his Algonquin home, with equipment and classes both he and his wife, Debbie, could enjoy. Soon after, Wayne and Debbie joined Bridge to Weight Loss, a program that uses a personal trainer, a registered dietitian and a wellness coach to promote a well-balanced, healthy lifestyle.

GOOD RESOLUTIONS

Wayne set a goal of improving his overall lifestyle and has lost 35 pounds. When Debbie joined to support Wayne, she wasn't worried about her weight. She needed only to lower her cholesterol and blood pressure. However, she knows health is an issue for everyone.

"We learned it's not just the number on the scale but overall nutrition that's important," Debbie says. "Our dietitian [at Bridge to Weight Loss] has made our new diet a way of life."

Bridge to Weight Loss and active involvement at Centegra Health Bridge Fitness Center have gotten Wayne out of the diabetes risk zone and significantly lowered Debbie's blood pressure and cholesterol levels. As the holidays approach, Wayne and Debbie will remain dedicated to their new lifestyle.

Jyothi Gogineni, MD, endocrinologist at the Centegra Diabetes Center, reminds all her patients—those who have diabetes and those who don't—that balance is crucial to any lifestyle change.

"I tell my patients to focus on small changes in one meal, using portions and moderation," Dr. Gogineni says. "It is important to eat regular meals and balance diet and exercise as we approach the holidays."

Taking one fewer cookie off the dessert table is one simple way to make a difference in overall calorie intake. Dr. Gogineni also suggests increasing activity if you eat more over the holidays.

"Any activity counts and improves the way insulin works in the body, which decreases the risk for diabetes," Dr. Gogineni says. "Early morning

activity for fifteen minutes is a great way to start the day."

KEEPING ON TOP OF IT

Sixty minutes of daily exercise is ideal, but smaller units of time spread throughout the day are equally effective. Dr. Gogineni also suggests using a pedometer to keep track of your activity and setting a goal of taking 10,000 steps daily.

Just remember, maintaining a healthy diet during the holidays does not mean giving up what you love. It means being aware of what you eat and staying active with activities you enjoy. ♦



JOIN us at Centegra Health Bridge Fitness Center – Huntley for a Diabetes Fair on November 5, from 9am to noon. Attend this free event and learn about the latest advances in diabetes management and treatment.



PREVENTIVE STEPS Wayne and Debbie Guilbeau have found a new way of life through the Bridge to Weight Loss program.

A simple test can save a life

CRYSTAL LAKE resident Sandy Woody loves attending the Centegra Health Strong Women's Event every February. She appreciates that it gives women the tools to become more informed about their health and take proactive steps toward a healthier lifestyle.

The event features motivational speakers and offers heart-healthy recipes and health screenings, including HeartAware.

This free, seven-minute heart risk assessment is fast and convenient. It asks questions about family history, cholesterol, blood pressure, diabetes and lifestyle to assess your risk for heart disease. You can see your personalized risk factor profile and receive additional facts and tips. You can even access the assessment online from the comfort of your own home.

Every participant has the option to schedule a consultation with a certified cardiac clinician at Centegra Health System. However, people whose results show a higher risk for heart disease will be called personally to schedule a free



Sandy Woody

consultation.

Woody decided to take the online HeartAware assessment. As an alumni nurse at Centegra Hospital – McHenry, Woody has always been aware of changes in her health; however,

this assessment brought to her attention some things even she was unaware of.

“As we get older, it becomes easier to ignore the little changes that begin to occur,” Woody says. When her profile revealed she had a higher-than-normal risk, she received a call from a certified cardiac clinician. She scheduled a free follow-up consultation and met with two cardiac nurses at the Centegra Heart Center, who encouraged her and suggested specific steps to improve her lifestyle.

Woody has made these changes. She now uses special socks to increase circulation in her legs and has improved

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.

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Version 2

her diet and exercise program.

“The experience has given me the tools to be more proactive with my own healthcare,” Woody says. ♦



FIND OUT your risk today! Take the free online HeartAware Risk Assessment at centegra.org/heartaware. If you are at risk, your follow-up consultation is free.

WELCOME, NEW CENTEGRA PHYSICIANS



Shahid Ali, MD
RADIOLOGY
McHenry Radiologist
and Imaging Associates
McHenry



Apiwat Ford, DO
EMERGENCY
MEDICINE
EmCare
McHenry



Steven McCarthy, MD
INTERNAL MEDICINE
Centegra Primary Care
Algonquin



Barbara Amsler, MD
INTERNAL MEDICINE
Centegra Primary Care
Algonquin



Roger Lundquist, MD
GENERAL SURGERY
Centegra Wound and
Hyperbaric Center
Huntley



Nichole Roberts, MD
INTERNAL MEDICINE
Centegra Primary Care
Algonquin

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.