

HealthToday

OCT-DEC 2010

 **Centegra** Health System

WELL BEYOND EXPECTATIONSM



P4

MAMMOGRAPHY AND MORE
Breast Center opens!

P6

HEALTHCARE REFORM What
it means for you—and Centegra

P7

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, will help 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. For example, the technology would help provide an even greater level of local care in gynecologic surgery, cardiac procedures and more. Turn to page 5 to learn how you can help Centegra Health System fulfill its mission of increasing state-of-the-art technology and care close to home.

Also in this issue, you can read about minimally-invasive back surgery at Centegra Health System and learn more about what changes to expect after landmark healthcare reform.

Finally, as summer slips from view, we're already looking ahead to the holiday season. The story at right has practical pointers to help you select safe and fun toys for your children.

You can read about these topics 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

Safe toys, happy kids

Tips for the holidays

SOON ENOUGH, the wish list for holiday toys will start. No matter what type of gift you prefer to give a child—cuddly, creative, constructive, educational—safety should come first.

The U.S. Consumer Product Safety Commission and Safe Kids USA offer these tips for selecting toys this season:

Be careful of small parts. Babies and toddlers love to put things in their mouths, so look out for buttons, eyes, small balls and other parts that could become choking hazards. Anything with a diameter of 1.75 inches or less isn't safe for the under-3 crowd.

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

Watch out for projectiles and flying toys. They can cause injuries, especially to the eyes.

Avoid loud toys. Cap guns and other noisy playthings 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.

Include safety gear. If you buy bikes, skates or skateboards, give appropriate helmets and safety gear, too. Enforce rules for using them.

Think carefully about electric toys. Plug-in toys with heating elements are for children ages 8 and older only. Toys such as wood-burning kits are best for children 12 and older.

Finally, read the labels. Age limits and warnings printed on the package should be respected. ♦



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

Find us on Facebook

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

FOR A VARIETY of gynecologic conditions, surgery is the most effective treatment. Now a revolutionary system takes these surgeries to the next level.

The da Vinci Surgical System brings new capabilities to surgeons. For this reason, the Centegra Health System Foundation is working to bring the 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 offers even more than previous minimally-invasive surgeries.

According to Lata Gupta, MD, a gynecologist on staff at Centegra Health System who has special training with the da Vinci system and will train other physicians to use it, da Vinci's advanced technology puts it in a class by itself.

"It provides enhanced 3-D, high-definition images of the surgical field and greater dexterity than regular instruments," Dr. Gupta 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 a human finger, and its camera offers the ability to see from angles not accessible to the naked eye.

For the surgeon, the da Vinci system 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," Dr. Gupta says.

For the patient, the da Vinci system has a more personal significance. If you're a woman with fibroids, it means a better chance of preserving your uterus so you can have children later. It may also be the most effective, least invasive method for hysterectomy and other gynecologic surgeries.

Women who have these procedures with da Vinci have less pain, less scarring, less risk for infection and a shorter hospital stay than with other types of surgery, Dr. Gupta says. They are able to go home days earlier. In short, da Vinci helps them get back to their daily lives more quickly.

That's also true for other surgeries available with da Vinci, including cardiac, cancer and weight-loss surgeries—and the list continues to grow as the technology improves.

YOU CAN HELP MAKE IT HAPPEN

The da Vinci Surgical System has been used in hundreds of thousands of surgeries worldwide, and it can make a difference in the lives of many patients and their families. 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.

The da Vinci system will be a benefit to the entire community. It can be used to help patients needing cardiac, urologic, women's health and general surgery. Be a part of helping to bring this state-of-the-art technology to our community. ♦



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 be using 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 help doctors make the most informed healthcare choices for each person.
- Electronic practice management systems. These help improve quality and efficiency by streamlining administrative practices.

CHANGES FOR 2011

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

Many provisions of reform will continue to come into play over the next several years. Yet you will see some changes in 2011:

- Some insurance plans will cover preventive services with little or no cost to patients.
- Health insurers will have to spend eighty to eighty-five percent of premiums on benefit, or refund customers.
- Training programs for primary care, nursing and public health workers will expand.
- W-2 forms will list the value of employer-provided health coverage.
- For people with health savings accounts, there will be new rules related to nonprescription over-the-counter medicine and nonmedical withdrawals.
- Chain restaurants and vending machines will display the nutrition content of each item sold.
- Small businesses that establish wellness programs will gain access to grants.
- Employees of some small businesses will be able to set aside pretax earnings for medical expenses.

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.

Treatments for disk herniation

YOU NORMALLY enjoy an active lifestyle. Lately, however, back and radiating leg pain has put you on the couch. It's possible you could have a herniated disk. If that's the case, Centegra Health System can help get you back on your feet.

"There are several treatments available that can help eliminate the pain and get you back to normal," says Carl Graf, MD, FAAOS, a board-certified orthopaedic spinal surgeon on staff at Centegra Health System.

Your spine is made up of connected bones called vertebrae. Disks are made of strong connective tissue that links the vertebrae and provides a cushion between them.

As we age, the water content in the center of the disk can decrease, and it doesn't cushion the spine as it once did.

"With a disk herniation, a portion of the disk is pushed out and applies pressure on nerves in your spine," Dr. Graf says. "This can be painful and debilitating."

Symptoms of a herniated disk can include low-back or neck pain

that radiates into your legs or arms, weakness, numbness, and tingling.

Disk injury can be due to age-related degeneration, sports- or work-related injuries, accidents or improper lifting.

SURGERY OR NO?

Most herniated disk injuries can be treated without surgery. Rest, medication, therapy, exercise and epidural steroid injections are all effective treatments. Your doctor can tell you which is best for you.

If these treatments fail to relieve your symptoms, you may need surgery.

At Centegra Health System, Dr. Graf uses the latest technology to perform minimally-invasive spinal surgery to remove the pressure from the nerve(s).

"The minimally-invasive lumbar microdiscectomy is a form of spine surgery that involves a much smaller incision, about the size of a penny," Dr. Graf says. "It's performed with special instruments under a high-powered microscope and done on an outpatient basis. This surgery is very successful in

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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helping to eliminate back and radiating pain and get patients back to their normal lives quickly." ♦



To learn more about disk problems and available treatments or for a referral to a spine specialist, **CALL 877-CENTEGRA (877-236-8347)**.

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
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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.