

### We give the very best to our patients and it makes all the difference.

That difference means if you or your loved one is experiencing a heart attack be assured that our patients are receiving America's Best care. More of our patients will be back to enjoying life even after the most serious heart conditions.

Giving our best is what distinguishes St. Catherine Hospital. Our hospital offers a level of performance and a culture of excellence that places us among America's 100 Best for Cardiac Care by Healthgrades<sup>®</sup>. It means better outcomes, few complications and a better experience for our patients.

This award recognizes our hospital for superior outcomes in mortality and complications like heart bypass, valve surgeries, treatment of heart attack and heart failure and life-saving coronary interventions.

These results highlight the work and coordination across departments like ICU/IMCU patient care management and the screening and treatment by our Emergency Department.



Now, our patients are certain that our long standing record for surperb cardiac care is among the nation's best.

To learn more, visit www.comhs.org, follow us on Twitter @CHSHospitals or friend us on Facebook at CHSHospitals.



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**Divine Intervention** A new minimally invasive device protects the heart of a father of three without disrupting his active lifestyle.

The Great American **Family Tuneup** Could your clan use a health check?

Call in the **Family** Good Morning America host Robin Roberts has a lot to be grateful forincluding one very special sister.

Eat, Play, Love How to help your partner (and you) stay healthy, happy and strong: a guide to fast food; 10 steps to a happier heart; and getting him to screenings with a smile.

**Senior Strong** Do you have an elderly parent who should be building muscle strength? This at-home workout is just the ticket.

**Girl Talk** Even if your teenager would never go to you for health advice, we'll tell you what's on her mind.

10 Takeaways for Your Family Your Rx cheat sheet.

**Safe Travels** Specially trained team ensures same quality care during transport between our hospitals.

Move It, Move It! The Parkinson's exercise group focuses on improving and maintaining the mobility of individuals with the disease.

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### **Rest Assured**

Specialists at our accredited sleep centers offer diagnostic services that help get to the bottom of what causes sleep deprivation.



### COMMUNITY MESSAGE

# **CARING FOR** THE WHOLE FAMILY

### Providing healthcare that makes a difference for families

The hospitals of Community Healthcare System strive to treat all our patients like family—with a complete approach to health that includes prevention education, the use of advanced technologies, promotion of healthier lifestyles and research for disease.

When 26-year-old De'lanio Blackman of Hammond found his heart condition could prevent him from working, or playing with his children, he turned to the expert care of heart rhythm specialist Raghuram Dasari, MD. Read more about the new technology (page 4) that is allowing this young father to continue to live his life to the fullest.



No matter your age, a lack of sleep can ruin the quality of your life and disrupt your family's routine. Find out how a sleep evaluation at one of our accredited Sleep Centers (page 6) can help you get back on track to health.

A fully equipped intensive care level ambulance staffed by our skilled team of professionals provides nonstop monitoring and vital life support for some of our sickest patients from babies to critically ill adults (page 33). The transport assures families that their loved ones will receive the right care at the right time no matter where they are in our hospital system.

An advanced scope procedure available at **St. Catherine Hospital** brings state-of-the-art technology closer to home for diagnosing conditions and cancers of the digestive tract, keeping families together during recovery (page 34).

Newer, minimally invasive treatment options offered by the experienced team at Vein Care Services of St. Mary Medical Center are helping varicose vein patients get back in the swing of everyday activities sooner (page 36).

Highland resident Ann Pramuk trusted in the care of neurosurgeon Mohammed Shukairy, MD, and the team at Community Hospital to restore her eyesight and quality of life (page 38).

When you have been diagnosed with Parkinson's disease, it is very important to stay moving and keep active in order to maintain optimal function. The Parkinson's exercise group at Fitness Pointe is designed to help patients continue to move as normally as possible (page 40).

We invite you to take advantage of our programs and services to help you and your loved ones obtain vibrant, lasting health.

John Gorski Chief Operating Officer Community Healthcare System

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### www.comhs.org

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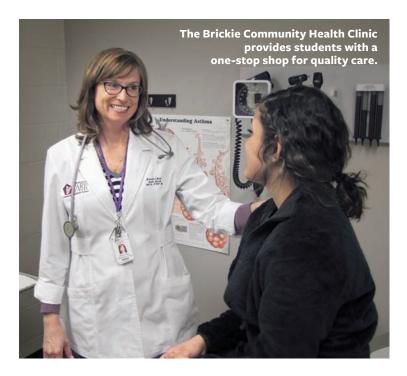
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### COMMUNITY BRIEFS



# UPDATE ON BRICKIE CLINIC

Located at Hobart High School, the Brickie Community Health Clinic is open to all School City of Hobart students and employees. Parents and employees must preregister with the clinic, which offers basic primary care services: school or sports physicals, vaccinations, flu shots and basic lab services (including urinalysis, glucose, rapid strep and blood draws), as well as health education and health-risk assessments. The clinic is staffed with a certified family nurse practitioner and a medical assistant. Both are part of the hospital's affiliated physician network, Community Care Network Inc.

"The Brickie Community Health Clinic not only provides easy access to needed health services; it allows us to provide education, preventive medicine and prompt attention to medical needs when they first appear—before they develop into more serious conditions," says Janice Ryba, hospital CEO. "It also provides another forum to address some of the identified community health needs such as obesity and diabetes, and barriers to practicing healthy lifestyles."

# HESSVILLE OFFERS FAMILY CARE

St. Catherine Hospital's Hessville Family Care Center is located in the heart of the Hammond neighborhood. Community Care Network healthcare professionals, the same trusted, experienced doctors and staff from our hospital, offer physicals, required immunizations, sports physicals and more. They have the advantage of a variety of diagnostic services available under one roof, including laboratory, general cardiology testing and X-ray technology; so parents and their kids seeking answers can often get what they need in just one visit.

The Hessville Family Care Center is at 3432 169th St. in Hammond. The center is open from 8:30 a.m. to 5 p.m. Monday, Wednesday and Friday, and 8:30 a.m. to 6 p.m. Tuesday and Thursday. Call 219-392-7227 for diagnostic scheduling and 219-844-9060 for immediate care.

## WELLNESS: IT'S ELEMENTARY

Fifth-grade students from Hammond's Morton Elementary School will know their ABCs, jumping jacks and green vegetables after completing the Community Hospital Fitness Pointe® Take 5 for Life program this fall. Take 5 for Life is an interactive fitness and nutrition program offered to local schoolchildren. The curriculum is aligned with the State of Indiana Standards for Health and Physical Education and has five components: eat/drink healthy; be active; manage your mind (no drugs/alcohol/tobacco); be well rested; and feel good about yourself.

Take 5 is made possible through a grant from ArcelorMittal. This year Fitbit® Flex technology will be used to track approximate mileage, steps and calories burned.

"Our goal is to pilot Take 5, using Fitbit technology, then expand into other Hammond schools," says Foo Samis-Smith, program facilitator.

Find out more at www.takefiveforlife.com.



Family, faith and a small device under his arm keep De'lanio Blackman going. New technology, called a subcutaneous implanted cardioverter defibrillator (S-ICD), is serving as a much needed safety net for the heart of this 26-year-old father of three, one that allows him to continue his active lifestyle.

Electrophysiologist Raghuram
Dasari, MD, heart rhythm specialist on staff at the hospitals of
Community Healthcare System, was
first in Northwest Indiana to perform
the defibrillator implant with an ICD
that does not require leads in the
heart. This advanced technology is
a less invasive option with fewer lifestyle restrictions for patients, like
Blackman, who are at risk for sudden
cardiac arrest and death.

Blackman found he had a condition called hypertrophic cardiomyopathy,

or HCM, that put him at risk for an irregular heartbeat. HCM is a condition in which the heart muscle becomes thick. The thickening can make it harder for blood to leave the heart, forcing the heart to work harder to pump blood. It also can make it harder for the heart to relax and fill with blood. The first symptom of HCM among many young patients is sudden collapse and possible death. This can be caused by abnormal heart rhythms or from the blockage of blood from the heart to the rest of the body.

"There may not necessarily be any advanced warning before I had an episode," Blackman says. "The defibrillator—the S-ICD—could save my life."

# The First Signs of **TROUBLE**

Blackman first found out something was wrong with his heart about two years ago, when he was only 24 years old. He was at work using a jeeper machine when 220 volts of electricity shocked him. After he was rushed to the nearest medical center, he had an EKG that looked as though he was having a stroke or mild heart attack. He recovered but continued to have mild chest pain on and off during the next two years for which he remained under the care of a cardiologist.

After switching jobs and starting work for Lear Corp. in Hammond last December, the chest pain started up again. On Dec. 16, Blackman passed out on the floor at work and was rushed to Community Hospital in Munster.

In the Emergency department, cardiologist Mohan Kesani, MD, gave him an EKG and a stress test. He recommended Blackman see heart arrhythmia specialist Raghuram Dasari, MD, who practices at Community, and also at St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart.

"I was told that I had a thickening of heart muscle, and Dr. Dasari recommended I get a defibrillator as a safety net," Blackman says. "I appreciated that this particular defibrillator is less invasive—placed on the outside of the chest wall just under my arm. With a regular defibrillator, I wouldn't be able to do any work overhead—no lifting. This would especially be an issue because I also want to be able to pick up my children who are 3, 2 and 1 years old."

### Finding HELP

Community Healthcare System's Electrophysiology Labs and Clinics offer the most advanced equipment designed to diagnose and treat abnormal heart rhythms. The labs are staffed with dedicated registered nurses, radiology

technicians, cardiology and data technicians who provide specialized care for patients with heart rhythm-related health conditions.

The S-ICD's main component—the pulse generator—is tucked away, barely noticeable under the patient's arm.

Once implanted, the S-ICD System does not limit range of motion, and most patients are able to resume normal daily activities—driving, traveling, exercise—within 10 to 14 days after the procedure.

"I am young and had a lot of worries about this procedure," Blackman says. "Dr. Dasari gave me options and let me pick the one that was best for me. I've grown comfortable with his care and appreciate how helpful his whole team is. Staff made sure I understood what a defibrillator was and how it works. I would recommend him to anyone who is experiencing irregular heartbeats or sudden death symptoms. I come from a family with a religious background and have faith in God that things will be all right. I think that God sent me Dr. Dasari as his tool—he is my divine intervention." ■



Electrophysiologist Ragurham Dasari, MD, demonstrates the placement of the new minimally invasive defibrillator just underneath the skin of the arm.



# HOW IT WORKS

Boston Scientific's S-ICD™
System is the world's first defibrillator that does not connect to the heart with wires. The device delivers its lifesaving jolt without actually touching the heart. Instead, a lead runs beneath the skin from the device to just above the breastbone and uses a subcutaneous electrode to analyze heart rhythm—to sense, identify, then convert an irregular rhythm back to a normal beat.

"It is a good option for younger patients and those who need only a lifesaving shock when their heart goes into ventricular tachyarrhythmia mode," says Raghuram Dasari, MD. "If someone is in their 20s, 30s or 40s and needs an implantable defibrillator, they could have it for 30, 40 or 50 years. The lead can fail and then it becomes a bigger concern. With the S-ICD, if anything does go wrong with the device after years and years, it can easily be removed since there is no lead attached to the heart."

### **CALL**

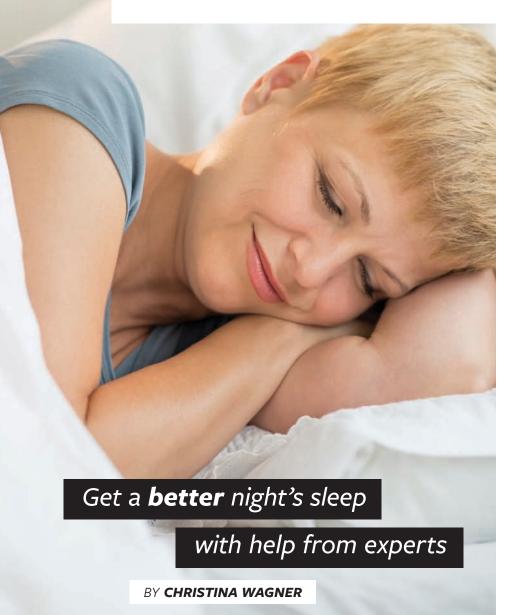


# Find a Physician

For an electrophysiologist on staff at the EP Labs of the hospitals of Community Healthcare System, call our free physician referral line at 219-836-3477 or toll-free 866-836-3477.

# PHOTO BY THINKSTOC

# RESI ASSUred



n The Tell-Tale Heart, Edgar Allan Poe wrote about a man who was driven insane by the incessant toll of a heartbeat. Poe's epic short story captures the same kind of misery that torments some of us every night in bed while our spouse snores loudly and we struggle to sleep. Your partner's heavy breathing may be hurting him just as much as it is irritating you.

Lack of sleep can account for loss of energy during the day and overall poor productivity. Anything less than seven hours a night can lead to heart problems, hypertension, obesity, diabetes or reduced libido, according to the National Heart, Lung and Blood Institute.

"There is also a negative impact on road safety with increased incidents of fatal crashes related to sleep deprivation," explains David Rozenfeld, MD, neurologist and board-certified sleep specialist. "Through proper evaluation, we can identify conditions leading to lack of sleep."

At Community Healthcare System, specialists at the accredited sleep centers offer sleep diagnostic services to help individuals sort out the causes of sleep deprivation and recommend treatment options.

One of the most common disorders is known as obstructive sleep apnea, a condition that is characterized by repetitive episodes of airflow obstruction into the Anything less than **SEVEN HOURS** a night can lead to heart problems, hypertension, obesity, diabetes or reduced libido, according to the National Heart, Lung and Blood Institute.

lungs. Sleep apnea is a life-altering disorder that reduces blood oxygen levels and strains the heart. It is linked to high blood pressure, irregular heartbeats and increased risk of heart attacks and strokes. Snoring and snorting sounds during sleep are the most common indicators of obstructive sleep apnea.

Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart have all been awarded accreditation by the American Academy of Sleep Medicine (AASM), the national governing body of sleep medicine. The AASM accreditation confirms the competence of the staff, medical direction, patient care, and overall efficiency and appearance of the center. All of the center's evaluating physicians are either board-certified or boardeligible in sleep medicine and include sleep specialists David Rozenfeld, MD, Community Hospital; Asaad Jandali, MD, St. Catherine Hospital; and Fadi Layous, MD, St. Mary Medical Center.

These sleep specialists and their staff recognize the importance of getting sufficient, quality sleep, and the harmful effects sleep deprivation has on an individual's overall health.

### What to Expect

The evaluation process is as easy as 1-2-sleep!

**STEP 1:** Discuss your symptoms with your doctor, and complete a sleep disorder questionnaire to determine whether a sleep study is right for you.

**STEP 2:** Make an appointment to have a polysomnogram (PSG) done at your convenience.

**STEP 3:** Sleep! Upon arrival, a technician will explain the procedure and perhaps play a short DVD about sleep



The CPAP machine helps people with sleep apnea get better rest.

apnea. Then, relax and enjoy a peaceful, homelike environment as you catch some shut-eve.

After testing, your study is sent for interpretation and diagnosis, explains Marcia Alpuche, regional supervisor, Sleep Diagnostic Services.

"Depending on the outcome, your physician may prescribe an oral medication, a continuous positive airway pressure (CPAP) machine to assist with breathing while you sleep, or a combination of the two," she says.

"I remember a young man who came in with cardiac arrhythmias. He started using the CPAP and they completely stopped," recalls Alpuche. "I talked with him on the phone a month or so later, and you could just tell that he had more energy. It was in his voice. I think that's probably what I love most about my job. It's very rewarding to talk to patients after their treatment, and you can just hear they're more energized. You just know they're feeling so much better."

CALL



### **Trouble Sleeping? Schedule an Evaluation**

For more information or to schedule a sleep evaluation, please call one of our sleep centers: Community Hospital at **219-934-2873**, St. Catherine Hospital at **219-392-7666**, St. Mary Medical Center at **219-947-6790**, or visit us online at **www.comhs.org**.

### > ASK THE EXPERT



# YOUR QUESTIONS, ANSWERED

Ear, nose and throat specialist Jack Patel, DO, offers up info

Otolaryngology is the medical specialty that focuses on conditions affecting the ears, nose, throat, sinuses, oral cavity and larynx. An otolaryngologist can treat a variety of disorders from swimmer's ear to tonsillitis and chronic sinus infections to head, neck and throat cancers.

# What are the most common reasons people need to see an ENT specialist?

People are referred to an ENT who are experiencing chronic problems such as ear infections, sinusitis, congenital inner or outer ear disorders, tinnitus, allergies or disorders of the voice box, throat and oral cavities.

# What's new in minimally invasive techniques to help sinusitis sufferers?

Balloon sinuplasty is a breakthrough procedure used by ENT physicians to treat chronic sinusitis patients. Sinusitis affects 37 million people each year, making it a common health condition that has a direct impact on quality of life. Chronic sinusitis causes mucous membranes of the nose, sinuses and throat to become inflamed causing swelling, pain and pressure buildup. Reoccurring sinus conditions can be painful and life altering.

With balloon sinuplasty, ENT doctors open inflamed sinuses in the same way that heart surgeons open blocked

Ear, Nose and Throat Specialist Jack Patel, DO



arteries during balloon angioplasty. The procedure is less invasive than traditional sinus surgery, and efficient at relieving symptoms of chronic sinusitis.

Balloon sinuplasty allows patients to return to normal activities quickly. Unlike conventional sinus surgery, it does not include removal of bone or tissue from the nose. This procedure is sometimes offered in the physician's office under local anesthesia.

# Tell us about the new designated Allergy Center in your office.

Because we live in the Midwest, many of us are prone to seasonal allergies. At St. Catherine Hospital, we have a new service that treats all types of allergies. If a patient has signs and symptoms of allergies, we help them determine their triggers. The Allergy Center offers individualized testing and treatment options.

### **APPOINTMENTS**



# Schedule an Appointment with Dr. Patel

Jack Patel, MD, is accepting new patients. His office is located at 4320 Fir St., Suite 410, East Chicago. To make an appointment, call **219-392-7665**.



# THE GREAT AMERICAN **FAMILY TUNEUP**

Which of the following situations is most likely to occur?

- A Your spouse makes a colonoscopy appointment and marks it on the calendar with a happy face.
- **B** Your elderly father goes shopping for yoga pants.
- C Your teenager comes in from a party, sits next to you on the sofa and says, "Let's talk!"
- Your dog learns Portuguese.

If you answered "D," you're in good company. But while husbands who love screenings, elderly parents who embrace exercise, and teens eager to share their social lives may not be commonplace, there's no reason to give up on your family's well-being.

The articles in this special section are full of practical tips and hands-on advice to help your family get healthy and happy.



When **ROBIN ROBERTS** faced a serious health scare-for a second time-the prognosis was difficult. Leaning on family and friends for strength, support and a lifesaving procedure, she vowed to beat it.

And she has. BY LESLIE PEPPER

n anniversary is special. But when Robin Roberts blew out the single candle on a red velvet cake in late summer 2013, the celebration was particularly joyful.

The year before, the Good Morning America anchor had been diagnosed with myelodysplastic syndrome (MDS), a rare blood disease she developed as a result of chemotherapy treatments for breast cancer in 2008. MDS is a condition in which bone marrow is not populated with sufficient healthy blood cells. Shortly after her diagnosis, Roberts left her anchor chair to begin treatment, which included a bone marrow transplant.

The cake marked the one-year anniversary of that lifesaving procedure.

### It Takes a **Family**

As she wrote in her GMA blog: "Unlike my first

birthday—which of course I don't remember—this time around I know I will never forget all the people who have reached out to me over the past year. Your words of encouragement, smiling faces, and prayers have carried me through the toughest times. I know that I would not have made it to this milestone without you."

Roberts, now 53, got more than just smiles from those around her. It was her older sister, Sally-Ann, who donated bone marrow for the transplant. Roberts was extremely lucky. Bone marrow donors are scarce, particularly for African-American women.

Nowadays, Sally-Ann and Robin share more than a great smile.





# **BONE MARROW DONATION**

Each year nearly 20,000 people could benefit from a potentially lifesaving bone marrow transplant. If you're thinking about donating, here's what to expect.

- During the procedure, called bone marrow harvest, doctors use a special needle to withdraw the liquid marrow from both sides of the back of the pelvic bone.
- You'll be under anesthesia and won't be aware of the procedure, which usually takes an hour or two.
- ▶ The incisions are so small, you won't need stitches.
- ▶ Afterward, you'll go to the recovery room to be monitored. Most donors go home the same day or the next morning.
- ► Although you may have soreness or bruising in the hip and lower back, most donors return to their regular schedule within a few days.

Roberts also received plenty of support from her Good Morning America family. She announced her illness onair, colleagues by her side and a box of Kleenex Velcroed to the couch. Her fellow anchors not only rallied around her when she revealed her diagnosis but also supported her when she was off the air. When Roberts took a leave of absence, ABC News said there would be no ongoing replacement. Instead, Barbara Walters, Diane Sawyer, Katie Couric and Kelly Ripa offered to tag-team.

"We have so many people who love Robin so much that everyone is willing to come and join us for a bit," said Good Morning America executive producer Tom Cibrowski.

### **Build Your Team**

When you've been given a life-threatening diagnosis, support from friends and family is important. "People dealing with serious illnesses are better able to manage the emotional impact when receiving little kindnesses from family and friends, and peers who have dealt with similar issues," says William Penzer, PhD, author of How to Cope Better When Someone You Love Has Cancer.

"There is pretty solid evidence that companionship ... improve[s] survival rates for patients with many types

of illness," adds Elizabeth Chabner Thompson, MD, founder of BFFL Co. ("Best Friends for Life"), which designs products to help patients recover from breast and prostate cancer surgeries, among other procedures.

But it's not always easy to get the right support. If you're the family caretaker, it is difficult to ask for help or accept the attention being focused on you. A few lessons from Roberts:

When you need it, reach out **for help**—even if it feels awkward. As Sally-Ann Roberts told Parade, "I was really surprised at how difficult it was for her to be the one in need." Robin was used to being the caretaker in her family. "I'm always the mother hen and I always want to take charge," she has said. But the Roberts family relished the opportunity to give something back.

Chabner Thompson recommends asking specifically for things you need. "If you leave it up to [others], you'll have five lasagnas and no milk in the refrigerator."

Spread the wealth. If you feel bad about putting the burden on one person, ask several people to help. One friend can drive you to appointments, another can pick up your medication, a cousin can just sit and watch television with you when you're too tired to do anything else. There's also a role for email friends, whether they're former work colleagues or people you know primarily through Facebook. They may be the perfect ear for times when you need to talk (or type) things through.

**Spread the word.** Anyone diagnosed with a serious illness will do a lot of research on the topic. Don't hesitate to share your findings with your family and friends. They may dig even deeper.

When Roberts told her good friends Sawyer and *GMA* medical correspondent Richard Besser, MD, about her diagnosis, the trio began calling specialists. "We were like a little tiger team, the three of us," Besser told *Parade*. "People wondered, why is Diane in Rich's office with the door closed?" Besser and Roberts interviewed doctors together; he checked out the medical angle while she sought an emotional comfort level.

**Avoid emotional vampires.** Even well-intentioned friends may head down the wrong path while trying to be supportive. It grates when someone compares his or her medical situation to yours. It's up to you to step in and say, "I know diabetes has been difficult for you, but today I'd really appreciate it if we could focus on me." If that's not possible, it's OK to step away.

CALL



# Healing Inside and Out

The Cancer Resource Centre, 926 Ridge Road, Munster, is a support program of the Community Cancer Research Foundation. Call **219-836-3349** for information.

# Surround yourself with people with whom you can be genuine.

When you're unhappy, disappointed, angry or confused about your disease, you should be free to express your feelings. "Don't be afraid to let people know that you're tired or anxious or in pain," Chabner Thompson says. "If you're grumpy, they won't blame you, they'll blame the illness."

For Roberts, making it through her ordeal has left her with nothing but gratitude toward her siblings, her friends, her medical team and her fans.

Last year, a fan tweeted this question to Robin: "What comforted you most?"
Robin tweeted back, "Faith, family and friends." ■

### A NEARBY ESCAPE

The June Hawk-Franklin **Garden of Meditation and** Healing is part of the therapeutic environment of the **Cancer Resource Centre in** Munster. A tranquil retreat, the outdoor space has been designed to help cancer patients and their loved ones manage stress, relax and regain control of their health and their lives. The meditation and healing garden promotes the healing of mind, body and spirit by offering a contemplation area among shady oaks and graceful birch trees. Dual waterfalls empty into a serene pond. A brick path winds past the white pine, hemlock, willow, fragrant hydrangeas and medicinal plants. Cancer patients can tap into all their senses and experience the healing qualities of nature. Inside the centre you'll find a variety of educational programs, support services and alternative therapies, all offered free of charge to patients with cancer and their loved ones.

# FRIENDS IN NEED

What do you say to a friend who's seriously ill? How can you make a relative's recovery easier? Here are seven tips for bringing comfort—and even joy—to the people you love.

### ▶ PREP FOR THE WORST

She may look very different, but don't express shock or go on about her appearance. Give her a hug and say, "It's great to see you."

PRUDENT Instead of saying, "You'll be just fine," which

implies you're dismissing your friend's fears, acknowledge the situation. "I know this must be hard for you."

FIAY FLEXIBLE If your friend has to cancel a visit, don't make her feel guilty. Expect the unexpected when a friend is going through treatment.

**BRANCH OUT** Every conversation doesn't have to center on illness. Ask about your friend's golf game or whether she saw the latest episode of *Downton Abbey*. People going through treatment need to take a break from it every once in a while.

**SHARE** Sure, your mother or step-cousin Lulu may have had cancer. But everyone's experience is different, and

even the most well-intentioned

anecdotes can make the

► RESIST THE URGE TO

other person question her own choices.

CAN'T REFUSE Instead of asking how you can help, tell her what you'll do. "I'll take Maddy to dance class today" or "I'm dropping off a frozen casserole tonight." Don't give her the opportunity to say no.

► JUST DO IT! Don't let the idea of perfection stop you. Whatever you do—whether emailing a kitten video or making dinner—will be appreciated.







# FAST FOOD FOR DATE NIGHT

A juicy Big Mac with fries. Nachos Supreme. 3 Cheese Stuffed Crust Pizza. Yep, those menu items are right up his alley. You know, man food.

But while it may make him happy at dinnertime, fast food sure isn't doing his waistline any favors. And if he has a chronic illness like diabetes or heart disease, it's causing even more harm. That's because a lot of fast-food options are loaded with calories, fat, salt and sugar.

### **LIGHTEN** Up

The good news, says Jim White, a registered dietitian nutritionist and an Academy of Nutrition and Dietetics spokesman, is that most fast-food restaurants offer more healthy options than ever before. For example, many have light menus with items under 500 calories. Some chains are using healthier cooking oils, and others are going beyond french fries for sides by also offering whole fruits and vegetables.

Perhaps most important, large chain restaurants are required to publish their nutritional information. This way, you can make an informed decision about what you're putting in your mouth.

"If it's not visible, ask the place to see the nutrition facts," White says.

### Do All the **NUMBERS**

When you're looking at nutritional values, a lot of numbers matter, White says.

"Pay attention to the big picture—not just the calories," he says. "Look at protein, fat and cholesterol. ... And sugar is one of the big things that people need to watch. I always advise looking for less than 10 grams of sugar unless it's fruit or dairy."

Fast food in particular, he says, is laden with fat. If you concentrate on foods with 5 grams of fat or less (and preferably less than 3 grams of saturated fat), you may cut out a lot of menu items, but you'll eat a healthier dinner.

While most of us could stand to cut back on salt, it's especially important for people who have high blood pressure, White says. Whether you eat at a sit-down restaurant or visit the drive-thru, sodium counts probably will be high, which is one reason dining out should be the exception rather than the rule. When you are out, focus on foods that have less sodium (such as whole fruits and vegetables), and don't add salt to your meal.

### Suss Out That SALAD

As you're cruising out for a quick dinner, don't fall into the trap of assuming a salad is the healthiest option.

"Some of these salads can be over 1,000 calories," White says. Extra, and avoidable, calories and fat lurk in add-ons like cheese, bacon bits and croutons. Creamy salad dressings can also pack a caloric punch.

LOOK FOR FOODS WITH







SODIUM

LOOK FOR WHOLE **VEGETABLES** AND FRUITS, AND LEAVE THE SALTSHAKER ON THE TABLE

White recommends oil and vinegar or a vegetable-based salad dressing, such as one that uses avocado as its base, instead of fatty dressings like ranch or blue cheese.

Another way to up the nutritional value of your fast-food picks, White says, is to choose whole-grain breads over white bread (there's more fiber and vitamins) or sweet potatoes over white potatoes.

### **FAST-FOOD** Faves

When you're deciding where to snag that Friday evening meal, consider establishments offering healthy choices that also satisfy that fast-food urge.

Chipotle lets you choose grilled chicken, beans and brown rice for your meal (skip the sour cream and cheese!).

Chick-fil-A offers grilled chicken options in wraps, salads and sandwiches.

Subway (which recently removed a controversial chemical from its bread) has several sandwiches with under 6 grams of fat, and you can add all the vegetable toppings that can fit.

"Nothing is better than eating a fresh meal made at home," White says. "But people are busy and have to stop at these places from time to time."

Fast food might not be ideal, but it's a part of life.

## **FORMULA** FOR WEIGHT LOSS

For some, the battle for a healthier body can be brutal. Counting calories and reducing fat intake can be a source of frustration for dieters. The experts at Community Hospital in Munster and St. Mary Medical Center in Hobart understand that the key to successful weight loss involves maintaining a balance between the two.

With the Healthy 4 Life program, patients are educated through a variety of seminars, meal planning programs and weight management support groups. Patients learn healthy ways to shop and find an exercise plan that fits their lifestyle. If the fight is beyond your control, the bariatric professionals of **Community Healthcare** System are here to discuss other options.

WEBSITE



### **Put an End to Your Weight Battle**

To learn more about Healthy 4 Life's teams at Community Hospital in Munster and St. Mary Medical Center in Hobart, and how they can help, call 866-224-2059 or visit www.healthy4lifecenter.org.



**PLANT A PETUNIA.** According to Nieca Goldberg, MD, a spokeswoman for the American Heart Association's Go Red campaign, "Gardening is considered a moderate aerobic activity. Raking leaves is even considered a more vigorous activity." Riding on a lawn mower? Not so much.

**PHONE A FRIEND.** Friendships and social support can help reduce stress and improve heart health. Having someone to talk to is great; even better is having someone join you for a healthy meal or a sweat session. Health-conscious friends can be great motivators.

**VEG OUT.** On your plate, that is. To simplify healthy eating, Goldberg says, always start your meal by filling half your plate with fresh vegetables. This helps you load up on vitamins and nutrients as well as heart-healthy (and cancer-fighting) antioxidants.

SHAKE UP YOUR DRESSING. Goldberg, author of The Women's Healthy Heart Program, says she always makes her own salad dressing, using olive oil, vinegar, Dijon mustard and pepper. It's a great way to add flavor without too many fatty calories.

**HUG HARLEY.** Owning a pet, especially a dog, helps your heart stay healthy for several reasons. A dog can motivate you to be more active and take walks; snuggling a pet can help lower stress; and the likelihood of high blood pressure, high cholesterol and obesity all tend to be lower in pet owners.

CALL



### **Monitor Your BP**

Coronary artery disease is preventable. Community Healthcare System hospitals offer free blood pressure screenings at convenient outpatient center locations across Northwest Indiana. For times and dates of upcoming screenings, call 219-836-3477 or 866-836-3477.

**SIP A SYRAH.** The antioxidants in red wine have heart-health value, as long as you don't drink more than one glass of red wine daily for women and two for men. If you're not a drinker, this is not an incentive to start. "You could also drink grape juice," Goldberg says. "The [grape] skin has the antioxidant benefit."

PARE YOUR TO-DO LIST. This, according to Goldberg, is one simple way to reduce stress and improve your heart health. Cut out tasks that aren't essential or enjoyable.

**HIT THE SACK.** "The reason we're concerned about sleep," Goldberg says, "is that if you lack enough sleep, there is an increase in stress hormones, which is associated with higher blood pressure." Aim for seven to nine hours of shut-eye a night.

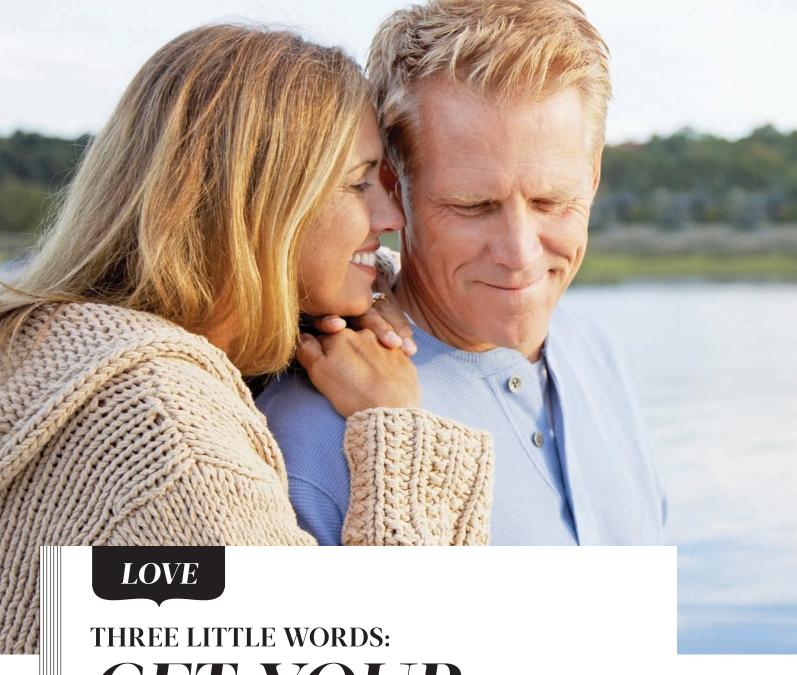
**UPGRADE YOUR GRAINS.** White flour and processed grains aren't doing your heart any favors. Look for whole grains instead, Goldberg says. "Quinoa is a better option than spaghetti," she advises. Quinoa, steel-cut oatmeal, whole-wheat pasta and brown rice are superior to white bread, pasta and rice.

# **ASSESS YOUR**

Think of your heart as a ticking clock. At any moment, it could crack the silence with the rattle of its alarm. Sometimes, we are unaware we have heart disease until it's too late. It takes a heart attack to wake us up and motivate us to start living a healthier lifestyle. If you have diabetes, high blood pressure or cholesterol levels, are obese, or have any type of heart problem, you are at risk for heart disease. **Community Hospital,** St. Catherine Hospital and St. Mary Medical Center are dedicated to stopping this trend before it starts by offering lowcost peripheral arterial disease (PAD) and free blood pressure screenings to detect heart disease before symptoms appear.

**CHOMP DARK CHOCO-**LATE. Though experts say more research is needed to confirm their true benefits, cocoa flavanols have been shown to help lower blood pressure and reduce the risk of heart disease. Look for chocolate with at least 65 percent cocoa and try to avoid processed milk chocolate candy, which is full of sugar and fat and is low on flavanols. "A small amount of dark chocolate is better than a lot of milk chocolate," Goldberg says.





# GET YOUR SCREENING

It's no secret that men are likelier than women to engage in risky behaviors. And one of the riskiest is skipping health screenings. In fact, a recent survey showed that three times more women than men had seen a doctor in the previous year. And that's not all: About a quarter of men said that if they had health concerns, they would wait as long as possible before seeing a doctor. Good thing that fella of yours has a partner.



ccording to Steven Jonas, MD, an expert in preventive medicine and co-author of *Help Your Man Get Healthy: An Essential Guide for Every Caring Woman*, the key to motivating your partner to improve his health, from eating better to scheduling appointments, is taking things one step at a time. "The goal is never perfection," he says. "We can never be perfect. We can always get better."

Jonas advises that you focus on providing support, and lay off the guilt. "Guilt trips on people do not work," he says. "They automatically set up negative interactions."

Instead, help your partner recognize the benefits of health screenings. For example, detecting disease early increases his chances of living a long, healthy life—and that means more time for family, friends, hobbies and work he enjoys. Here are three key screenings men need and simple things you can say to get your man into that waiting room.

### **Kick the Habit**

Smoking is one of the hardest habits to break. So it is natural to need a little extra support while quitting. The hospitals of Community Healthcare System offer the I Quit! Smoking Cessation classes to help you kick the habit for good. Call 219-836-3477 or 866-836-3477 to register.

### Blood Pressure

The American Heart Association recommends blood pressure tests at least every two years starting at age 20. If your partner is seeing his primary care physician every year or so, this measurement is a routine part of the exam.

# BENEFITS: High

blood pressure has no obvious outward signs, so testing is key. Left uncontrolled, it can lead to heart disease, heart attack, stroke, kidney damage and more.

### **GET HIM GOING:**

It's easy, painless and gives him a chance to show off his biceps.

### Cholesterol

It's recommended that people 20 and older have a cholesterol test at least every five years. If your man has high cholesterol or other risk factors for heart disease, his doctor may recommend more frequent testing. **BENEFITS:** Testing is essential because a

high cholesterol level, a major risk for heart disease, typically doesn't come with noticeable symptoms.

### **GET HIM GOING:**

Cholesterol testing is an efficiency expert's dream: The blood test takes little time and can screen for diabetes and other conditions as well. As long as everything checks out OK, he won't have to go back for a few years.

### Colonoscopy

This screening for colon cancer is recommended every 10 years starting at age 50. During the procedure, which takes 20 to 60 minutes, a small tube is inserted into the rectum. The tube contains a light and a camera, allowing the doctor to view the colon.

BENEFITS: A colonoscopy can find growths, called polyps, on your colon before they become cancer. The doctor can remove them during the procedure, saving you from cancer treatment down the road.

### **GET HIM GOING:**

Aside from the SAT, it's the test you'll take least frequently over a lifetime; done under sedation, you won't feel or remember a thing. You can schedule his-and-hers screenings for the same day if that makes your partner more at ease. If he's still opposed to a test, let him know that other screenings are available.

### **SMOKING CESSATION**

There are a lot of little steps you can make to help your heart health, but if you want to take a giant leap, quit smoking. Each puff of a cigarette contains harmful toxins that affect your most vital organs, increasing your susceptibility to illness and risk for heart and lung disease. For patients who want to kick the habit, the healthcare professionals of Community Healthcare System offer help and support with education, counseling and behavior modification. The smoking cessation program is held on Tuesdays at St. Mary Medical Center in Hobart. There is a \$50 class fee with a \$30 refund upon completion of the class.

Walking into a gym, which can be intimidating at any age, is doubly tough when you're older. But walking into your living room? Piece of cake. Try these easy exercises your bones will thank you. BY **JODI HELMER** 

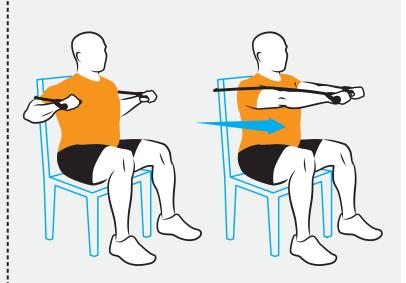
or longtime AARP members, the idea of starting a weight-lifting program might sound alarming. What if you fall? What if you hurt yourself? But, in fact, strength training can prevent both those situations. Lifting weights helps build muscle strength, prevent fractures, improve balance and maintain bone density while reducing symptoms of arthritis, diabetes, osteoporosis and depression.

Jacque Ratliff, an exercise physiologist and a spokeswoman for the American Council on Exercise, recognizes that the idea of hitting the weight room may intimidate some older adults. She suggests working with a personal trainer or joining group exercise classes for seniors that incorporate strength training. (Call your local Y, community center, or parks and recreation department to see what low- or no-cost classes are available.)

To build confidence and stamina before picking up the weights, Ratliff has created an in-home strengthtraining program incorporating four simple exercises that you can try twice a week to start. Ready? Let's go!







CHEST PRESS

This exercise helps firm the shoulders and chest, increasing upper-body strength that is essential for carrying groceries or picking up grandchildren. Working these muscles also helps in an emergency, like getting back up after a fall. You will need a lightweight resistance band, a stretchy elastic band that makes your muscles work harder. Individual resistance bands, available at sporting goods stores and online, are usually under \$10.

### WHAT YOU NEED: CHAIR, RESISTANCE BAND

- 1 Sit on a chair with a resistance band stretched across the back of the chair and one handle in each hand. (The band should be taut; adjust your grip as necessary.)
- 2 Hold the handles with palms facing downward and elbows flexed at 90 degrees.
- Exhale, straighten the arms and press both hands forward to meet each other in front of the chest.
- In a slow, controlled movement, return to the starting point.
- Do one to three sets of four to eight repetitions.

# 2 STEP-UPS

This move works the glutes, quadriceps, hamstrings and calves to help with balance, which makes navigating uneven surfaces easier. For additional support, use a handrail. If your home doesn't have a staircase, use a low, sturdy platform like an aerobic stepper.

### **WHAT YOU NEED: STAIRS**

- Stand at the bottom of a staircase and place your hands on your hips and your right foot on the first step (don't let the heels or toes hang off).
- Keeping your bent knee in line with your foot, push through the ball of your right foot, until you're standing squarely on the first step, legs next to each other.
- Repeat on the left side.
- **4** Do one to three sets of four to eight repetitions.



# 3 TRUNK ROTATIONS

This simple exercise works the oblique muscles (side abdominals) and trunk stabilizers, which improve posture and core strength and can help reduce chronic backache. To increase the intensity (and work your triceps), hold a 3- to 5-pound weight in each hand.

### **WHAT YOU NEED: CHAIR**

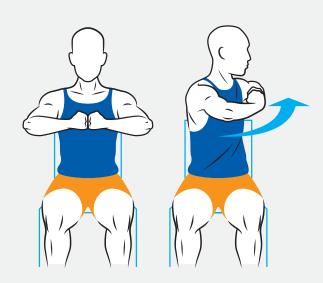
- In a seated position, with your back straight, bring your fists together in front of your chest, with arms at shoulder height and elbows pointed to each side.
- Rotate from your waist to the left side, pointing your left elbow toward the back
- of the room while keeping your knees facing forward.
- Return to starting position and rotate from your waist to the right side.
- 4 Do one to three sets of four to eight repetitions.



This move uses body weight to build muscles in the glutes (rear), quadriceps (front of thighs), hamstrings and calves while improving balance and core strength. If you have balance issues, keep one hand on the back of a chair.

### WHAT YOU NEED: NOTHING

- Stand with your feet shoulder-width apart, toes pointed outward slightly.
- 2 Hold your arms in front, slightly bent, to help with balance.
- While keeping your back straight and chest high, squat as if you were trying to sit on a chair placed a foot behind you.
- Once you've reached a comfortable level while keeping your heels on the ground, stand back up—keep your weight on your heels and don't lean forward.
- **⑤** Do one to three sets of four to eight repetitions. ■



## MISSION: MOTIVATION

The Centers for Disease Control and Prevention recommends older adults get at least 150 minutes of moderate activity each week, but for some, motivation and cost may be a challenge. Joining a group class can help. The Cardiac Rehabilitation department at St. Catherine Hospital is now a part of the national program SilverSneakers®, which helps older adults take greater control of their health by encouraging physical activity and offering social activity at no cost.

CALL



### **Get Moving!**

Join the nation's leading, fully funded Medicare exercise program. For more information about the SilverSneakers program at St. Catherine Hospital's Cardiac Rehabilitation Center, call **219-392-7086**.

We can't explain why last year's skinny jeans are suddenly lame, but when it comes to your teenage daughter's health concerns, here's some insight BY ALISSA M. EDWARDS

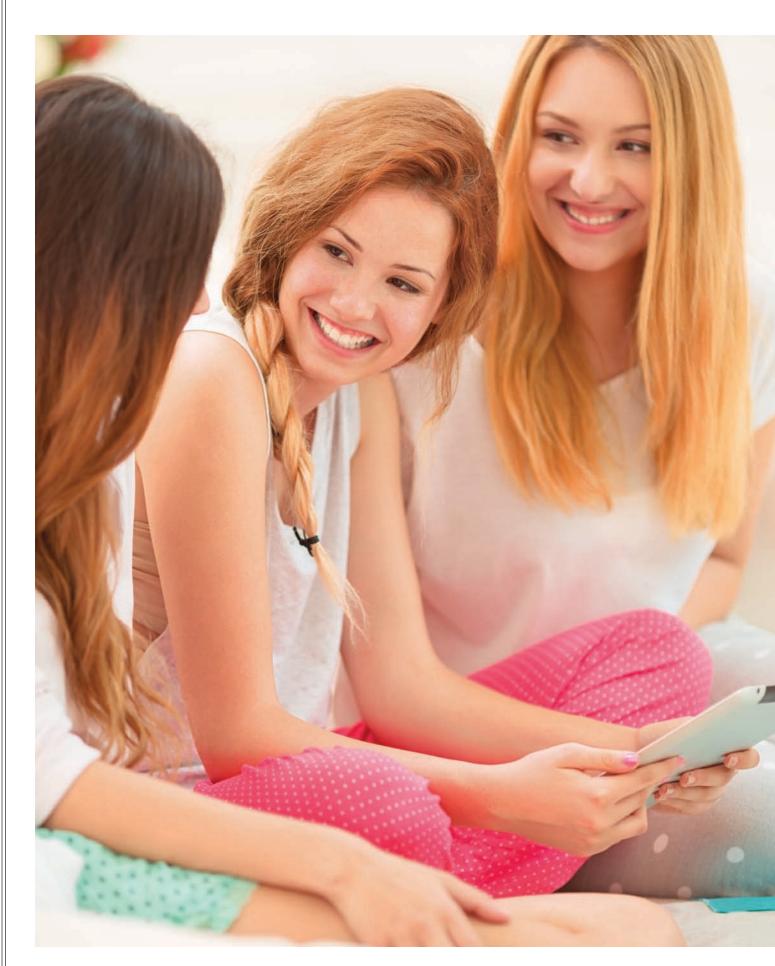
for being a girl. There are a million rules for being a girl. There are a million things you have to do to get through each day. High school has things that can trip you up, ruin you, people say one thing and mean another, and you have to know all the rules, you have to know what you can and can't do."

In *The Unwritten Rule*, Elizabeth Scott captures the angst of high school. In addition to dealing with the pressure of grades and sports and the confusion of a digital social scene, teenage girls also cope with the hormonal ups and downs of a changing body.

"Many teenagers don't feel comfortable talking to their parents about some of the more embarrassing aspects of being a teen, like puberty, sexuality and bullying," says Cara Natterson, MD, a pediatrician and the author of *The Care and Keeping of You 2: The Body Book for Older Girls*.

We gathered questions from a group of teenagers and asked Natterson for her advice. Read on to learn what questions the teen in your life might have, then use this article to start a conversation. >





topics that trouble teens the most.
Remember, you don't have to have all the answers. An open mind and the willingness to

These six questions

cover some of the

"My friend has lost a lot of weight. She steals her mom's diet pills and throws her lunch away at school. Should I say something to her? She seems to be a lot happier than when she was heavy."

—Jennifer, age 17

talk are your best tools.

"This is bigger than a friend giving another friend advice," Natterson says. "Your friend may be struggling with an eating disorder, and you don't have the expertise to help her in the way she really needs—and that's an extreme burden for you."

While some people who are anorexic report feeling a temporary high that results from having control over their body, eating disorders are ultimately accompanied by depression, fatigue and a host of health problems. In extreme cases, an eating disorder can lead to death. Natterson reaffirms, "This could be a serious medical issue, and it's really important to share your concerns with a trusted adult, like a parent [yours or hers], a guidance counselor or a teacher at school."

# GIVE YOUR BABY A GREAT START

When you find out you are pregnant, it is an exciting time with questions, choices to make and plans for your delivery. At the hospitals of Community Healthcare System, we have everything you need to make one of the most important days in your family's story a beautiful beginning. Private, homelike surroundings, advanced medical technology and our highly skilled, expert staff can deliver a birthing experience that is stressfree and unique.

Each hospital has its own beautifully appointed accommodations and specialized services—including the region's most advanced Neonatal Intensive Care Unit,

water birthing, certified nurse midwife options and certified lactation counselors—all designed to make your first days as a family a time you will forever treasure.

Education and preparation are important parts of parenting. Before, during and after your pregnancy, be sure to take advantage of free and low-cost classes and special programs. For example, free Childbirth Preparation Classes are available to adult moms, and teen expectant mothers ages 13–19. Our certified childbirth educators will help you navigate the stages of labor, delivery, postpartum and newborn care.

"Most of my friends have gotten their period, but I still haven't. And I still fit into a training bra. Is there something wrong with me?"—Sara, age 13

"Absolutely not! The average age for getting your period is 12 to 13, but it's completely normal to get it as early as 9 or as late as 16," Natterson says. "There's no 'normal' age to begin developing or to start your period. It's a really broad range.

"You're probably just a late bloomer; give it time. But if you are concerned because you feel like you are way behind your friends in terms of your development, ask your mother to make an appointment with your doctor."

**EVENT** 



### **Special Delivery**

Childbirth Preparation Classes are **FREE** to anyone delivering at a hospital in the Community Healthcare System. Fee is \$60/couple for all others. All classes require registration, preferably by the fourth month of pregnancy. Call **219-836-3477** or **866-836-3477**.

"I get pimples on my back and I'm embarrassed to wear anything that shows them, which is really tough in summer. I don't even want to go to the beach this year." -Megan, age 15

According to Natterson, "Acne can be embarrassing, but most teens have it someplace. Shower daily and wash the affected area with a gentle soap or cleanser." (Buy a brush with a long handle specifically meant for the job.) "Don't try to scratch them off, because when you pick, they can scar.

"If the pimples feel really out of control, talk to your pediatrician as well. He or she can suggest other treatments that can help, including prescription medications, creams and cleansers. And it helps to know that acne usually gets better with age."

"I don't go to parties because I don't drink, but I'm tired of missing out. What should I do?" -Kelly, age 17

At the risk of sounding like a parent, start by congratulating yourself on making a smart choice. "When it seems as though everyone around you is partaking, choosing to steer clear of alcohol isn't easy. But as a teenager, your brain is not fully developed. Adding alcohol to the mix can result in really poor judgments," Natterson says.

"That said, you can also attend parties and not drink. One smart tactic would be to offer to be the designated driver, which can help keep your friends safe, too."

"I have a friend who cuts herself. I don't want to get her in trouble, but I don't want her to hurt herself either. What should I do?" —Diana, age 15 "You may feel like you can handle this on your own, but you can't," Natterson says. "Whether you realize it or not, your friend is asking for help and needs you to do the right thing—and that means telling a parent [yours or hers] or a guidance counselor who can give her the help she really needs.

"She won't be in trouble for needing help, but she could be in serious trouble if she doesn't get the help she needs."

"Sometimes I smoke a cigarette when I go to a party. I just smoke one or two—I really don't like it. That can't hurt me, right?" - Kayla, age 14 "Even smoking a little is unhealthy, but the more serious problem is that cigarettes are addictive—once you start, it's very hard to kick the habit," Natterson says. Think of it this way: Nobody addicted to nicotine started by smoking an entire pack. "Respect your body and treat it well by choosing not to smoke—ever." ■

# **TEENS: THEN & NOW**

The challenges facing today's teens sure look different from those their parents coped with 30 years ago. Here, we compare common problems of the mid-1980s with those today.

### **PARTYING**

- → **BACK IN THE DAY:** Troublemaking teens raided their parents' liquor cabinet.
- → **NOW:** Today's risk-taking kids comb medicine cabinets for everything from antianxiety medications to prescription pain pills and bring them to "pharm parties."
- → WHAT TO DO: Besides talking with your teen about the danger of prescription drugs, lock medicines in a secure place. Keep a medicine inventory chart, and dispose of unused pills and liquids safely.

### **BULLYING**

- → BACK IN THE DAY: Hand-passed notes and being shoved into a locker were school-day hazards.
- → **NOW:** In addition to the face-to-face drama, bullying happens electronically through social media. It's estimated that more than half of adolescents and teens have been bullied online—yet only one in 10 will tell a parent, according to bullyingstatistics.org.
- → WHAT TO DO: Most kids won't ask you for help, but if you think something is wrong—for instance, your child keeps avoiding the bus or becomes upset when reading text messages—start a conversation.

### **PORNOGRAPHY**

- → BACK IN THE DAY: Exposure to sex was mostly limited to MTV videos and stolen copies of Playboy passed around on the bus.
- → **NOW:** Technology gives kids access to pornography like never before. Sexting—sending sexually explicit text messages and photographs—starts as early as middle school.
- → WHAT TO DO: Again, an honest conversation is your best weapon. Keep computers in family areas, monitor which sites your kids visit, and if your browser allows, set parental controls.



# THE QUICK LIST TAKEAWAYS FOR YOUR FAMILY

Nagging won't get your partner to the doctor. Promising to meet up for lunch afterward might.

Teens navigate a world that comes with eating disorders, selfcutting and drinking. Be aware and listen.

Family pets are good for your heart. Adopt If your mother has a straightback chair and a staircase, she can start building muscle.

> Have a friend who's sick? Stop by for coffee. Companionship helps in recovering

from serious illness.

Be strict about bedtime. Insufficient sleep increases stress hormones.

> A large fast-food cheeseburger and small fries contain three-quarters of the recommended daily calories for a moderately active adult woman and 135 percent of recommended daily saturated fat.

Think twice before hiring a gardener. Yard work such as raking leaves counts as exercise.



The perfect date-night dinner: tons of veggies, a glass of red wine and dark chocolate.

Tell your Type A spouse that a cholesterol test is the world's most efficient way to spend 10 minutes.



WANT MORE HEALTHY IDEAS? Check out our winter issue, focusing on food and nutrition.



to be transferred for additional specialty care have the advantage of a highly trained team of medical professionals at their side. The Adult and Neonatal Critical Care Transport team, a partnership between Community Healthcare System and Prompt Ambulance, is responsible for maintaining the same high level of inpatient treatment while out on the road.

The transport—a fully equipped intensive care level ambulance—enables the team to provide nonstop monitoring and vital life support for infants and adult patients with neurological, respiratory and cardiac conditions. Members

of the team on each transport are based on a patient's situation and may include a respiratory therapist, a physician, a nurse practitioner, a physician assistant and a nurse, all trained in specialty care medicine.

"The benefit to our critically ill patients is tremendous when we can ensure their safety while getting them the extra resources they need," says Donald P. Fesko, CEO. "With the team and the transport ambulance centrally located at Community Hospital in Munster and just a phone call away, it can reduce the response time when high-risk patients need to be transferred for additional care."

Initially the transport system was set in place to bring critically ill or premature newborns from Community Healthcare System sister hospitals—St. Mary Medical Center

in Hobart and St. Catherine Hospital in East Chicago—to Community Hospital's Neonatal Intensive Care Unit in Munster, or another children's hospital, if a baby needed surgical treatment at a medical center.

care level ambulance enables

**Community Healthcare System's** 

team to provide nonstop moni-

toring and vital life support for infants and adult patients with

neurological, respiratory and

cardiac conditions.

"With this team and equipment in place we wanted to extend this same critical service to our adult population who may need transport between hospitals to access different levels of care and services," says Ronda McKay, vice president of Patient Care Services and chief nursing officer.

"When you have very sick patients, seconds can be imperative," she says. "You have to immediately respond, and if you have to wait, then the patient can suffer. Here, we have one team coordinating care. It's a seamless way for our patients to receive care no matter where they are in our hospital system."

### WEBSITE



### Learn More About Our Great Care

Visit **www.comhs.org** for more information about the services we offer.

# Advanced **technology** helps detect cancers, keeps patients closer to home

Area residents no longer have to travel to Chicago or Indianapolis for advanced scope procedures used to diagnose the cause of abdominal pain or abnormal weight loss, and determine the stage of certain cancers.

St. Catherine Hospital is the first hospital in Lake County to use endoscopic ultrasound (EUS), a technology that provides detailed images of the digestive tract and surrounding areas. EUS generates information on whether a cancer has spread, helping to guide treatment decisions and plan for the surgical removal of tumors. Previously, patients in this area needed to be referred to hospitals in Chicago or Indianapolis for this procedure.

"When a loved one is sick, we understand how it can affect the entire family," says CEO Jo Ann Birdzell. "The stresses of disease are often unbearable. Add long travel trips to those stressors and it causes more anxiety. We are very pleased to bring this emerging technology to Northwest Indiana and the patients of Community Healthcare System."

"EUS is an important tool for the management of a variety of gastrointestinal (GI) conditions and now our patients many who are very sick—have access to these advances close to home."

### What Is EUS?

EUS is an outpatient procedure that combines endoscopy and ultrasound technologies to obtain images to stage cancers such as esophageal, gastric, rectal and pancreatic as well as diagnose diseases of internal organs; locate common bile duct stones; and evaluate masses in the submucosal lining of the GI tract.

"This new device provides enhanced images, allowing for improved diagnoses of suspicious tumors and hard-to-reach organs," says Praveen Nallapareddy, MD, a St. Catherine Hospital gastroenterologist with specialized EUS training. "We are very grateful to the administration for the continued support of providing such advanced technologies."

Endoscopy uses a flexible tube with a small camera attached to look inside the body. With EUS, the endoscope is equipped with a miniature ultrasound probe that is passed through the patient's digestive tract. The ultrasound produces sound waves to create visual images of the digestive tract extending beyond the inner surface lining.

"The GI tract can be difficult to explore, but with these innovative technologies, detailed images can be obtained," says Nallapareddy. "Precision is key in diagnosing and staging cancers especially in the areas of the esophagus, pancreas and lungs."

### How It Helps

There are several advantages to combining ultrasound and endoscopy technologies, according to Jerri Toth, RN, charge nurse of Endoscopy at St. Catherine Hospital. Conventional ultrasound is performed by placing an ultrasound endoscope against the skin to produce images of internal organs.



St. Catherine Hospital is the first hospital in Lake County to use endoscopic ultrasound (EUS), a technology that provides detailed images of the digestive tract and surrounding areas. Patients who previously had to travel a distance for the same technology now have access to this minimally invasive procedure close to home.

Using EUS, the transducer is endoscopically inserted into the body through the digestive tract.

"With EUS we are able to put the ultrasound transducer closer to the area of interest to obtain images with higher resolution and clarity," Toth says. "In conventional endoscopy, we can only see the innermost lining of the digestive tract or wall, but with EUS, we can view all the layers of the GI tract as well as surrounding tissue and organs."

Because EUS can be used to visualize other organs outside of the digestive tract, endoscopic ultrasound plays an important role in diagnosing diseases of the pancreas, bile duct, liver, spleen and gallbladder, says Nallapareddy. EUS can be used to obtain tissue samples and in the removal of cysts or aspiration of lymph nodes, making it an ideal,

minimally invasive alternative to exploratory surgery.

"EUS is a relatively new diagnostic tool and uses for this technology are still being developed," says Nallapareddy. "As this technology continues to evolve, we will be able to offer these advantages to our patients, providing less invasive and more accurate methods of detecting and treating diseases."

#### ABOUT EUS

**EUS helps with:** 

- Staging of cancers of the esophagus, stomach, pancreas and rectum.
- Evaluating chronic pancreatitis and other masses or cysts of the pancreas.
- Studying bile duct abnormalities, including stones in the bile duct or gallbladder, or bile duct, gallbladder or liver tumors.
- Studying the muscles of the lower rectum and anal canal in evaluating reasons for fecal incontinence.
- Studying "submucosal lesions" such as nodules or "bumps" that may be hiding in the intestinal wall covered by normal-appearing lining of intestinal tract.
- Staging of lung cancer.

CALL



#### **To Find Out More About EUS**

For more information about this new procedure, call the Endoscopy department at St. Catherine Hospital **219-392-7709**.

# Bringing life back to legs Services

With a lively personality and an energy that belies her age, 78-year-old Marylynn Allred always maintained an active lifestyle.

"I'm on the go quite a bit," she says. "I figured, if you're up and moving around, you stay young and forget your troubles."

But over the last year, Allred began to notice her legs getting tired, and her movements getting slower. As she walked, her right leg would begin to feel sluggish, and she would stop and rest until it felt better. In the evenings, she began elevating her legs to help relieve the restlessness she felt in them. Her legs were beginning to slow her down and change her way of life. But she dismissed it as just a part of getting old.

"I didn't think there was anything I could do about it," she says.

Fortunately for Allred, she had scheduled a general physical with Luis Barajas, MD, at the Willowcreek Health Center in

Portage. In addition to practicing family medicine, Barajas is a board-certified phlebologist with the American Board of Venous and Lymphatic Medicine. A phlebologist specializes in the diagnosis and treatment of venous disor-

ders, such as varicose veins, spider

CALL



#### **Make Those Veins Vanish!**

More than just a cosmetic problem, varicose veins can be painful and detrimental to your health. Call the Vein Care Services of St. Mary Medical Center and schedule a screening today at **219-764-7236**.

veins, hemorrhoids, and swelling due to lymphedema.

"When Marylynn discussed her symptoms and I saw her legs I could see she was having venous insufficiency issues," says Barajas. "We arranged to perform a venous mapping of her legs with ultrasound, to determine the extent of her condition."

#### Finding the Right Treatment

Barajas determined that Allred would benefit from a newer, minimally invasive treatment called RF ablation. RF ablation uses radiofrequency energy (instead of the traditional laser or surgery) to close off varicose veins by treating the underlying source. This low-risk procedure allows most patients to return to work or normal activities within 24 hours.

"Patients with venous insufficiency experience a pattern of backward flow of blood in their veins," explains Barajas. "Around 85 percent of these patients, like Marylynn, have problems with the superficial venous system that can result in night cramps, swelling and fatigue in their legs."

According to Barajas, about 15 percent of patients with venous disease have significant, deep vein issues that require the expertise of an interventional cardiologist, a radiologist or a surgeon to address their more complex needs.

As part of the Vein Care Services offered at St. Mary Medical Center, this advanced team of experts works together to address the entire spectrum of venous disease.

"There are some patients who have serious venous issues such as chronic clots, clotting disorders or life-threatening clots," adds Barajas. "We have the technology and medical team in place to diagnose and successfully treat these patients and help them manage their conditions in the future."

Usually, by the time a patient sees changes to their skin, vein disease is already present. While some may dismiss the changes as simply cosmetic, Barajas cautions that the condition only worsens as you get older.

"You don't have to live with varicose veins," he says. "The treatment is very low-risk, is very successful and is covered by most insurance carriers. Patients who seek treatment early could prevent potentially more serious conditions in the future."

#### VEIN CARE SERVICES

**VEIN MAPPING** – detailed ultrasound evaluation of deep and superficial leg vein systems

**RF ABLATION** – a newer, minimally invasive treatment that uses radiofrequency energy instead of laser or surgery to close off varicose veins

**ULTRASOUND-GUIDED SCLEROTHERAPY** – treatment that seals and shrinks superficial varicose veins, allowing healthier veins to pick up the blood flow

**ADVANCED VENOUS CARE** – advanced team of physician specialists who collaborate to treat complex venous issues



Phlebologist Luis Barajas, MD, talks with patient Marylynn Allred during a follow-up visit after her radiofrequency (RF) ablation procedure.

Family Medicine Practitioner and board-certified Phlebologist Luis Barajas, MD

"You don't have to live with varicose veins. The treatment is very low-risk, is very successful and is covered by most insurance carriers."

# Microsurgery restores sight, quality of life

Ann Pramuk and her husband, Richard, believe in living life to its fullest. The retired Highland couple enjoys showing their two Model A Fords at car shows and participating in folk dancing and activities with friends from the Croatian Center. When Ann had difficulty speaking and blurred vision in her right eye in May 2012, the Pramuks' busy lifestyle came to a crashing halt.

The year before, Ann had a MRI that revealed a brain tumor known as a meningioma. To find out what was different now, another MRI was taken and showed that the tumor had grown and was pressing on vital nerves in the right front side of the brain. The tumor needed to be removed or she would go blind. She was scared, but she knew it needed to be done so she agreed to have the surgery in August 2013.

A meningioma is the most common type of tumor that originates in the central nervous system. It is more likely to occur in women than in men. Most of the time, meningiomas cause no symptoms and require no immediate treatment.

But the growth of benign meningiomas can cause serious complications. In some cases, growth of the tumor can be fatal.

"It was a major surgery that gave me a second chance at life," says Pramuk. "I am even better than before and so glad to be out there again doing the things we love to do."

CALL



#### Call for a Referral

Anyone who has a tumor should be monitored by a neurosurgeon. Although a tumor may not grow over a period of time, it can suddenly start growing. To contact a neurosurgeon on staff at Community Hospital in Munster, call 219-836-3477 or 866-836-3477.

#### A Complex Case

Lead neurosurgeon Mohammad Shukairy, MD, says the delicate surgery took Community Hospital's specialized team seven hours under a microscope to remove the tumor that had grown to about 2 inches in size. Because the tumor was pressing on critical brain structures in the right frontal and temporal lobe of Pramuk's brain, it was causing impaired vision, slurred speech and lapses of speaking only in her native Croatian language—something she hadn't done since she was 5 years old.

"She was clearly going to lose her vision if we didn't do the surgery," Shukairy says. "She made a remarkable recovery and you would never guess that she had this major operation. We did what is called a skull-base approach. It offers the safest approach in that we removed the bone at the base of the skull to allow the best access to the tumor with the least amount of interference."

Risks involved with this intricate type of surgery include seizures, blood clots, confusion and stroke, Shukairy says.

"That's why this type of surgery needs to be done by a highly specialized team," Shukairy says. "We're fortunate to have the expertise of trained neurosurgeons and experienced nurses in our critical care Neuro Intensive Care Unit to take care of patients like Ann."

# OLO DANCIES STUDIO NO THE BEST OF

After surgery to remove a brain tumor, Highland resident Ann Pramuk, here with husband Richard, is back to all the

#### **Back on Her Feet**

activities she loves.

After the surgery, Pramuk's recovery continued to be constantly monitored by Community Hospital's experienced team of neurologists, clinical nurse specialists, registered nurses, therapists and rehabilitation professionals to help get Pramuk back to her daily activities as soon as possible.

"I had so many different doctors and nurses and therapists coming in from different departments, all who were very nice and provided good care," Pramuk says. "My eyesight is fine, balance got better, my walking improved. It wasn't long before I was dancing again."

#### MAKING THE GRADE

Community Hospital has been recognized by Healthgrades® as one of America's 50 Best Hospitals for seven consecutive years (2008-14), and, as a Distinguished Hospital for Clinical Excellence® for 2005-14. The hospital is a recipient of the Healthgrades Neurosciences and Neurosurgery Excellence Awards in 2013, and ranked by Healthgrades among the Top 5 percent in the nation for treatment of stroke and in the Top 10 percent for overall general surgery. Community Hospital is also a recipient of Healthgrades Women's Health Excellence Award, 2009-13.



Neurosurgeon Mohammad Shukairy, MD, points out the tumor that was pressing on a vital nerve and threatening patient Ann Pramuk's eyesight.



#### Parkinson's patients benefit from exercise by **ELISE SIMS**

hen it comes to Parkinson's disease (PD), Schererville residents Linda Keilman and Elizabeth Woodbury talk the talk and walk the walk. Both women, diagnosed with Parkinson's, are actively involved with the NWI Parkinson's Association and keep moving with the Parkinson's therapy group program at Community Hospital Fitness Pointe®.

"With each session, we improve over the previous one," says Woodbury. "I think that working out with others with the same challenges brings everyone together and makes it easier to exercise without feeling embarrassed if you can't do something in particular or make a mistake."

Research reveals that exercise is one thing that may slow down disease progression with symptoms that include slowness of movement; rigidity; tremor; difficulty walking; and balance problems. The Parkinson's Exercise Group Program focuses on improving the mobility of individuals with PD.

It's important to stay strong physically and mentally, says Keilman.

"Our brain no longer functions in the same way and it can be a challenge to do everyday tasks in terms of balance and strength," she says. "My walking and posture have improved through the exercise program at Fitness Pointe and I feel stronger. I encourage others with PD to keep moving."

#### The Importance of Exercise

"When you have been diagnosed with PD, it is very important to stay moving and keep active in order to maintain optimal function," says Jan Duncker, PT, DPT, MPA, OCS, CSCS, supervisor of Outpatient Physical Therapy at Fitness Pointe. "Early exercise intervention is

key. As therapists, we don't want people with PD to wait until they experience disability, impaired function or loss of balance from inactivity to seek out professional help."

"Our classes incorporate high-intensity movements, whole-body locomotion exercises, task-specific strengthening and postural training," says Priscilla Mulesa, PT, MS, GCS, CEEAA, class facilitator and geriatric clinical specialist.

"We start with an aerobic warm-up using the NuStep and continue with large amplitude exercises. These exaggerated movements help to get our patients away from symptoms of flexed posture and small steps that can go along with the diagnosis. Other exercises are designed to increase balance and core strength and improve functional movements to allow participants to move as normally as possible," Mulesa says. ■

# OUR THERAPISTS

Speech and physical therapists at St. Mary Medical Center and Community Hospital are certified in the Lee Silverman Voice Treatment® (LSVT) method, applying the most up-to-date evidencebased treatment plans for their patients. LSVT LOUD focuses on improving voice and speech function. LSVT BIG uses quick, large movements to help reverse symptoms in people with Parkinson's.

**CLASS** 



#### **Register Today!**

Classes are made possible through the generous support of the Northwest Indiana Parkinson's Association. The next session begins Aug. 19 and runs through Dec. 4. Call the Physical Therapy department at Fitness Pointe, 219-934-2840, for more information.





### TOP FITNESS TRENDS (ZUMBA? NOT SO MUCH)

A study from the American College of Sports Medicine indicates that the year's big trends in fitness are tried-and-true workouts that produce results. The top two:

HIGH-INTENSITY INTERVAL TRAINING. On a stationary bike, for example, that means alternating one minute of intense uphill pedaling with two minutes of easy cruising.

BODY-WEIGHT TRAINING. Pushups, squats, lunges and planks are four exercises that don't require a lick of equipment and can be done almost anywhere.

# AND TO DUSK WE SHALL RETURN

For many people in the U.S., the end of daylight saving time Nov. 2 means the start of a dark evening commute. Pedestrians and schoolchildren need to be extra vigilant: Stay on sidewalks, cross at traffic lights and don't text while walking.



In people older than 50, colon cancer rates have dropped 30 percent in the last decade, according to a recent report in the journal *CA*. While the decrease is attributed primarily to increased screenings, the same report finds that 30 percent of the population age 50 to 75 still hasn't been screened. If you're in the latter group, put down this magazine, pick up your phone, and call your doctor to discuss which test is right for you.

APP

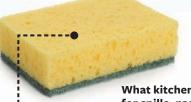


#### **Managing Meds**

Making life a little easier, RxmindMe is a prescription app (free in iTunes) that sends a nudge when it's time to take a pill and even prompts you to reorder.

# THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS



What kitchen sponges do for spills, nanosponges may do to battle toxins in blood.

#### **SPONGING UP THE STING**

Imagine (just briefly) being bitten by a poisonous snake. You receive a dose of a "nanosponge" vaccine, which absorbs the venom in your bloodstream and saves your life. A venom- and toxin-fighting nanosponge has produced results in mice, and may one day be used to neutralize bacterial infections such as MRSA and E. coli in humans, envision researchers at the University of California, San Diego. Just don't look for nanosponges next to a kitchen sink. The particles are smaller than a red blood cell.



#### **Pocket Eye Test**

The Vision Test app measures your vision acuity anytime, anyplace—fail a test and it's time to see your eye doctor. Free for iPhone and iPad.

# US.

Which pet is more likely to lower your risk for heart disease?

#### ANSWER: A DOG

Although cat and dog owners both have healthier reactions to stress than nonowners, people with dogs significantly increase their recreational walking and are better able to meet recommended levels of physical activity, the American Heart Association says in a scientific statement.



If you typically find yourself sporting a bigger belly after the holidays, start logging at least 80 minutes a week of aerobic exercise or resistance training. Even if you don't lose many pounds, you're likely to lose visceral fat, which lies in the abdominal cavity under your belly muscles and surrounds vital organs. The more belly fat you have, the greater your risk for developing type 2 diabetes and heart disease. Stick with that exercise level, and you'll keep from regaining belly fat up to a year later, a University of Alabama at Birmingham study suggests.



#### > TRUE OR FALSE

Antibacterial cleansers are your best weapon against flu.

**FALSE** Besides getting a flu shot and keeping your hands away from your face, becoming friendly with good old soap and water is the best way to stay healthy this season. There's no proof that antibacterial cleansers are more effective at preventing illness than washing with soap and water, the U.S. Food and Drug Administration says. And some research suggests that long-term exposure to certain active ingredients in antibacterial products (triclosan in liquid soaps and triclocarban in bar soaps) may cause bacterial resistance or hormonal effects.

# ALARMING



Food allergies among children younger than 18 increased 50% from 1997 to 2011.



The frequency with which someone in the U.S. goes to an emergency room because of a food allergy.



The number of foods that account for 90% of all reactions. They are milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish.

Sources: Centers for Disease Control and Prevention; Food Allergy Research & Education

#### TAKE IT TO HEART

What is the best way to avoid heart disease? Reducing risk factors that are under your control and determining your risk of developing the disease are the first steps. By taking ownership of your heart health, you can prevent heart disease or manage it better. The hospitals of Community Healthcare System—Community Hospital, St. Catherine Hospital and St. Mary Medical Center—regularly offer a Coronary Health Appraisal to help determine heart health. The appraisal includes a series of tests: blood pressure, a blood draw to measure total cholesterol, HDL, LDL and blood sugar levels, a waist circumference check and a questionnaire.

#### **EVENT**



#### Take the **First Step**

Find out your risk for developing heart disease with a reducedcost Coronary Health Appraisal. Call **219-836-**3477 or 866-836-3477 to register.

## THE TRUTH ABOUT **FLU SHOTS**

Do I need a new shot every year? Will it make me sick? Can I ask for the nasal spray instead? Get informed. Then get your flu shot. season, you likely have run across rumors about the influenza vaccine. Some raise eyebrows—others raise fears.

For insight, we went right to the source—the Centers for Disease Control and Prevention. Experts at the CDC track, collect, compile and analyze influenza activity year-round. Michael Jhung, MD, an influenza division spokesman, helps separate fact from fiction:

#### TRUE OR FALSE:

#### I already had the flu, so I'm protected against it for the rest of the year.

→ **FALSE.** "You may develop immunity against the strain that infected you," Jhung explains, "but that's no guarantee that you'll have immunity against other flu strains circulating." Also, keep in mind that the flu shot's immune protection declines over time. That's why an annual vaccination is needed to get the best protection.

#### TRUE OR FALSE:

#### Flu shots make you sick.

→ **FALSE.** Some people experience short-term side effects like stuffy nose, low-grade fever, aches or fatigue, but it may be your body beginning to build antibodies against the flu. Another possibility, Jhung says, is that you were already coming down with a cold or the flu when you got your shot—more likely if you waited well into the season to get vaccinated.

#### TRUE OR FALSE:

#### The flu can be deadly.

→ **TRUE.** Make no mistake, Jhung says, influenza can be a serious disease, particularly among the young, the old and people with chronic conditions such as asthma, heart disease or diabetes. It also can lead to serious complications or death, even among otherwise healthy children and adults. More than 200,000 people are hospitalized for flu-related concerns annually.

#### WEBSITE



#### **Four Locations**

With locations in Hessville, Schererville, St. John and Valparaiso, our care centers are close to home. Visit **www.comhs.org**.

#### TRUE OR FALSE:

#### Flu shots are a roll of the dice. There's no way the drug companies can predict whether a vaccine will work for everyone.

→ **FALSE.** Researchers track flu viruses around the globe year-round to determine the most effective combination of each vaccine for each coming flu season. "No one vaccine is right for everyone," Jhung says. "Discuss it with your doctor. Many factors play into the issue, including your age, gender and health [preexisting conditions]. The important thing, however, is to get your flu shot."

#### TRUE OR FALSE:

# I'm 52. I hate needles, but my doctor says I can't get the nasal mist vaccine because I'm too old.

→ TRUE. Some vaccines are intended for specific age and health risk groups. Trivalent (protecting against three viruses) and quadrivalent (protecting against four) nasal mists are currently approved only for those ages 2 through 49, Jhung explains. Ask your doctor about a new, less invasive "needle vaccine that only enters the skin, rather than the muscle." ■

# IMMEDIATE CARE YOU CAN COUNT ON

If you have a cough and a stuffed-up or runny nose, chances are you have a cold. Flu is felt more severely and can last two weeks, says Michael Jhung, MD, an influenza expert with the CDC. Typical symptoms are fever, body aches, exhaustion and a dry cough that is often intense. The most important thing to keep in mind is that "symptoms start one to four days after the virus enters the body," Jhung explains. "Healthy adults can infect others beginning one day before symptoms develop and up to five to seven days after becoming sick." Kids can pass it along for 10 days or more, he adds. Words to the wise: Keep washing your hands!



Why: 75 cents from each purchase goes to the Breast Cancer

Research Foundation Cancer Association

# PLANET PINK

Wearing a ribbon pin that supports breast cancer research is a fine gesture, but this October, why not step it up and splurge on rose-colored gear that makes a real statement?



Where: nestfragrances.com and department stores and specialty stores nationwide

What: A swoon-worthy rose-andsandalwood scent for romancing your home

Why: 10 percent of proceeds goes to the Breast Cancer Research Foundation

#### **SAGE GRACE FLY ROD \$495**

Where: sageflyfish.com and outdoor retailers nationwide

What: Responsive and comfortable-to-cast fishing gear in iridescent pink

Why: \$50 from each purchase goes to Casting for Recovery, a nonprofit organization "dedicated to giving women powerful tools to overcome the challenges of breast cancer"







## ESTÉE LAUDER LIMITED Edition evelyn lauder Dream compact PLEASURES SOLID

PERFUME \$50

Where: esteelauder.com and Estée Lauder retailers nationwide

What: Long-lasting fragrance in a peppy, portable case

Why: 100 percent of proceeds goes to the Breast Cancer Research Fund

## ASICS GT-1000 3 PR RUNNING SHOES \$100

Where: asicsamerica.com or fitness retailers nationwide

What: Sneaks with gel-cushioning, a sleek design and pink ribbon laces Why: \$2 from every pair sold goes to Right Action for Women, actress



## PURE MADNESS 9-PIECE TRUFFLE COLLECTION \$27

Where:

puremadnesschocolate.com What: Decadent layers of flavor enrobed in silky chocolate

Why: \$1 from every box of truffles purchased during October will go to the National **Breast Cancer Foundation** 



# CUISINART POWERSELECT 7-SPEED ELECTRONIC HAND

Cuisinar

MIXER \$60

Where: amazon.com and home retailers nationwide

What: A must-have kitchen

tool in baby pink

Why: Cuisinart donates

\$32,500 each year to the Breast Cancer Research Foundation

#### **HEALTHY BUYS**

#### AVON BREAST Cancer Crusade WATCH \$20

Where: avon.com or through Avon representatives

What: A sporty, stylish and durable timepiece with a pop of hot pink

Why: 100 percent of proceeds goes to the Avon Foundation Breast Cancer Crusade

Fergie, global ambassador for the Avon **Foundation for** Women, shows how to work a watch.



#### UNDER ARMOUR Women's Power in PINK RACE V-NECK \$30

Where: underarmour. com/powerinpink and fitness retailers nationwide What: A slim, athletic cut with a customizable message

Why: Under Armour contributes a minimum of \$500,000 each year to organizations that support breast health



#### TWEEZERMAN PRECISION IN PINK SLANT TWEEZER \$22

Where: tweezerman.com and Tweezerman retailers nationwide What: Superior tweezers in fresh pink with a bit of bling

Why: \$1 from each purchase goes to Susan G. Komen for the Cure and other

breast cancer charities



#### GAIAM PINK RIBBON II YOGA MAT \$22

Where: amazon.com

What: A pretty, portable, nonslip yoga

mat in berry pink

Why: \$1 from each purchase goes to the Breast Cancer Research Foundation

# SHE BY SO.CAP.USA PINK HAIR FOR HOPE PINK HAIR EXTENSIONS SID Where: Participating salons nationwide

thank you!

What: Give your do a pop of pink

Why: All proceeds are donated to

without the commitment

breast cancer charities

#### ERIN CONDREN PINK RIBBON Confetti folded Greeting CARD SET \$28

Where: erincondren.com What: A personalized and stylish way to keep in touch Why: 50 percent of purchase

price goes to The Hopeful Cure

philosophy: she is unforgettable mpoo, bath & show 480 ml/16 fl. oz. PHILOSOPHY SHOWER

shower

cure\*

#### FOR THE CURE SHAMPOO, BATH AND SHOWER GEL (16 OZ.) \$20

Where: philosophy.com and Philosophy retailers nationwide

What: Famous creamy bath goodies in a delicate, feminine scent

Why: All proceeds go to the Women's Cancer Research Fund

#### IN THE PINK

Women who put off breast screenings, are unsure how to perform a self-exam or believe the cost of a mammogram is too prohibitive can now take charge of their health. St. Catherine Hospital and St. Mary Medical Center have secured funding from the Indiana Breast Cancer Awareness Trust Inc. (IBCAT) to help provide free mammograms to women in need.

The mission of IBCAT is to increase awareness and improve access to breast cancer screening and diagnosis in Indiana. **IBCAT** receives its grant monies from the sale of breast cancer awareness specialty license plates. Through these sales, monies are available for grants deemed to best address the unmet screening needs of residents. State residents may purchase an Indiana Breast Cancer Awareness license plate by visiting their local Bureau of Motor Vehicles branch or the bureau's website, www.in.gov/bmv.

To find out if you qualify for a free digital mammogram, call 219-392-7346 (St. Catherine Hospital, East Chicago) or 219-947-6830 (St. Mary Medical Center, Hobart, or the Valparaiso Health Center).

#### WEBSITE



#### **Schedule Your Screenings**

To learn more about women's care at Community Hospital, St. Catherine Hospital and St. Mary Medical Center, visit www.comhs.org.



# FREAK OUT OR CHILL OUT?

Test your health symptom smarts with these five scenarios

If you've gone online to research symptoms like headaches, fatigue or stomach pains, you're not alone. A survey by the Pew Research Center found that 72 percent of Internet users have looked up health information online. You're probably part of another significant group, as well: consumers who have a hard time distinguishing whether symptoms are common health hitches or signs of serious medical conditions.

In this quiz, Wanda Filer, MD, a member of the board of directors for the American Academy of Family Physicians, highlights five common health conditions with similar symptoms and offers suggestions for how to react.

After a restless sleep, you struggled to get out of bed this morning and find it hard to stay awake during the a.m. meeting. During the afternoon commute, you dream about skipping dinner, crawling under the covers and calling it an early night.

IS IT: fatigue or hypersomnia?

**FATIGUE.** Fatigue is a feeling of exhaustion, common after a poor night of sleep, that disappears when you get enough rest. Hypersomnia is excessive daytime sleepiness and chronic prolonged nighttime sleeping (14 to 18 hours in a 24-hour period). To combat fatigue, follow a regular sleep schedule. If you're exhausted for more than two weeks, it's time to call the doctor.

You're eight months pregnant and experiencing **stomach cramps** that cause you to double over in pain. Your stomach feels hard as a rock.

IS IT: labor or gas?

**LABOR.** It can be hard to distinguish contractions from gas, according to Filer. Both can cause intense cramps and appear or disappear in waves. Contractions tend to cause pressure and hardening of the abdomen. If attempts to pass gas do not relieve the cramps, call your doctor or head to the hospital. "In this case, it's better to err on the side of caution," Filer notes.

You have red patches on your nose and cheeks that get worse after spending time in the sun. You avoided acne breakouts as a teen. Is it possible that, at age 50, your fair complexion is pimple-prone?

IS IT: acne or rosacea?

**ROSACEA.** Stress can cause both acne and rosacea flare-ups. But adult-onset acne tends to produce the same embarrassing pimples that plague teenagers. Rosacea, a chronic skin condition that usually affects adults older than 30, causes redness on the nose and cheeks. The cause isn't known. Book an appointment with a dermatologist to talk about treatment options.

At the supermarket, you **felt light-headed** in the cereal aisle. You felt better after sitting down for a few minutes and drinking a bottle of water.

IS IT: vertigo or dizziness?

bizziness. Vertigo tends to cause the sensation that the room is spinning. Dizziness causes a feeling of lightheadedness. Vertigo is often genetic or related to medical issues like ear infections. Dehydration and anemia are common causes of dizziness. If you feel better after a small meal or a bottle of water, dizziness was the most likely cause of your lightheadedness. Regardless of the cause, Filer notes, "if you lose consciousness, see a doctor immediately."

**APP** 



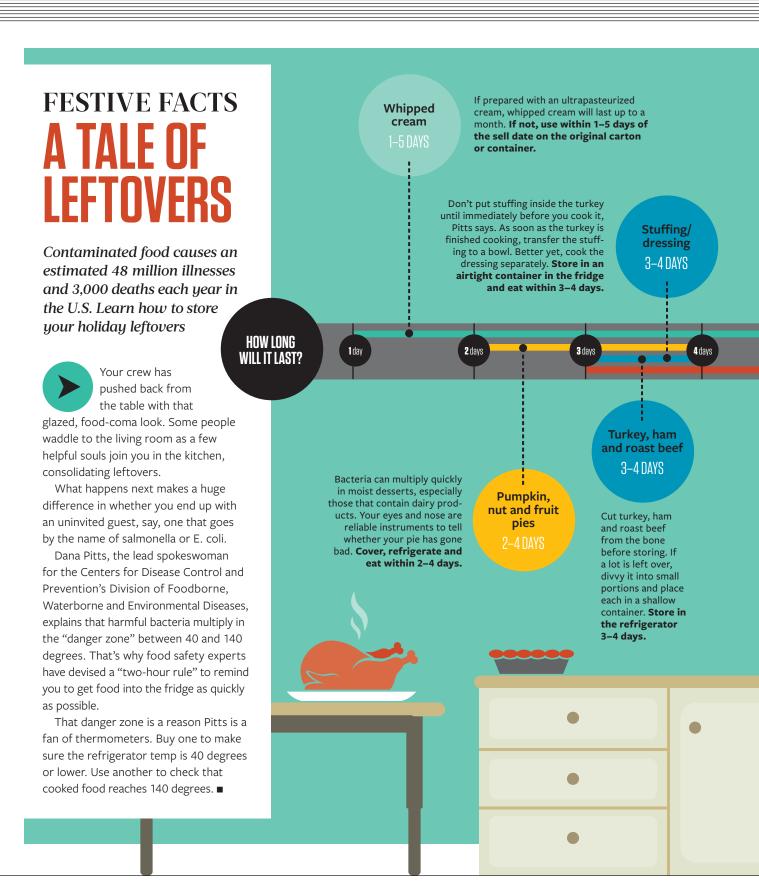
## **Get Health Help** on Your Phone

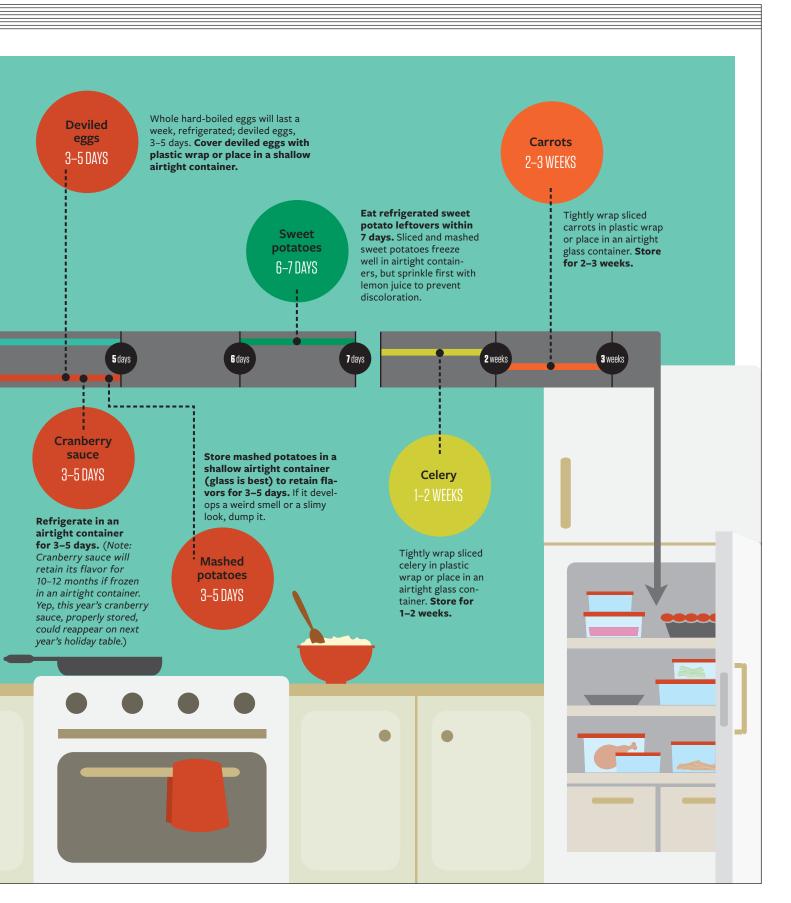
Download the iTriage app to find answers to questions about common symptoms, and the locations of nearby medical facilities. The free app also includes average wait times for local emergency rooms and urgent care services and phone numbers for health hotlines.

After raking leaves all afternoon, your lower back is throbbing. The spasms are intense, but sitting in certain positions provides some relief.

IS IT: sciatica or a pulled muscle?

A PULLED MUSCLE. Both sciatica and pulled (or strained) muscles can cause intense back pain. But pain that is tied to a specific activity and can be relieved, at least temporarily, by finding a comfortable position is more likely to be muscle-related. Sciatica, pain caused by a pinched nerve, tends to start around the buttock and extend through the leg. Filer recommends over-the-counter pain medication and ice or heat to treat pulled muscles and sciatica. Both take time to heal; if the pain persists for more than several weeks, call your doctor.





## **3 WAYS TO COOK BUTTERNUT SQUASH**

No need to research a recipe for every dish; sometimes all it takes is basic know-how. These three preparations for butternut squash are quick, healthy and hard to resist.

What's not to love about a vegetable that combines the words "butter" and "nut"? Particularly when it's packed with antiinflammatory nutrients found in vitamin A (a cup of cooked squash has nearly 500 percent of the recommended daily allowance), as well as fiber, potassium and magnesium. It's also figure-friendly: One cup has only 63 calories and zero fat. And unlike the days of yore, when prepping one of these babies involved serious knife work, you can find cubed bags of the saffron-colored goodness in many produce sections and freezer cases. Experiment with these three basic preparations all season:



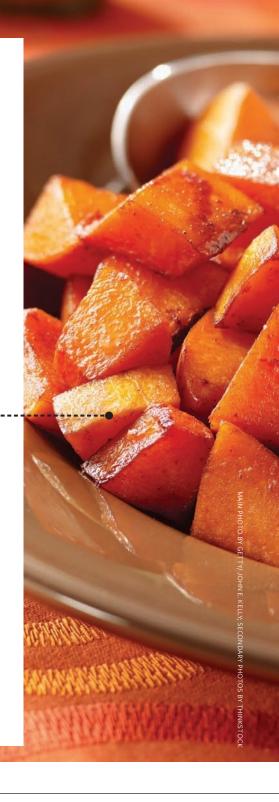
**PURÉE IT:** Sauté cubes of butternut squash in olive oil with diced onions—and maybe a chopped apple—for a nutty-sweet flavor. Add chicken stock and simmer, then use an immersion blender to turn it into soup.



ROAST IT: ■ This may be the easiest vegetable dish ever. Toss cubes with olive oil, sprinkle with salt and pepper, and bake on a cookie sheet at 400 degrees for 30 to 40 minutes, or until the edges are caramelized.



MASH IT: Follow the "roast it" directions but remove from oven before the edges brown. Pour the cubes into a bowl with a bit of orange juice and use a hand mixer to whip into a mashed potato consistency. ■





#### SQUASH SOS

#### I CAN'T FIND CUBED BUTTERNUT. HELP!

If your market doesn't carry cubed butternut squash, here's a prep tip: Using a large knife, cut it in half through the "waist," then cut a piece off the top and bottom so it stands flat on a cutting board. Use a sharp knife to shave off the rind. Then cut it in half vertically and scoop out seeds with a spoon.

#### **HOW LONG WILL IT LAST?**

When stored properly—out of direct light and temperature extremes—a butternut squash can last in the pantry for up to three months.

#### WHAT DO I DO WITH THE SEEDS?

Don't trash them! Wash the seeds and toss with a little salt. Place them on a cookie sheet and roast them in an oven on low (275 degrees) for 20 minutes. You've got a snack packed with protein and heart-healthy fat.

APP



#### **Find a Farm**

Search for local farmers markets and get fresh harvest updates from the free Farmstand app, available through iTunes.

#### IT'S BACK-TO-SCHOOL TIME.

# **READY FOR A LITTLE MATH?**



Children 5 to 12 years old need 10 to 11 hours of sleep every night.

Teens who stay up later than 11:30 on school nights tend to have lower grade-point averages and to be more vulnerable to emotional problems than teens with earlier bedtimes.

If children ride a bike to school, make sure they wear a helmet. A helmet reduces the risk of head injury by up to 85%.

olds drink soft drinks daily.

A 12-ounce soft drink contains about 10 teaspoons of sugar and 150 calories. Drinking a can of soda daily increases a child's risk of obesity by 60%.

56% of 8-year-

The safest transportation for going to school and back home? A school bus. During school travel hours, 58% percent of student fatalities occur when kids drive themselves, 23% when an adult is driving, and 1% on a school bus.

Backpacks should never weigh more than 20% of your child's body weight.

Sources: National Sleep Foundation; UC Berkeley Teen Sleep Study; American Academy of Pediatrics; Journal of Child Nutrition & Management; USDA; CDC; U.S. Department of Transportation

#### **CALL**



#### **Free Directory Assistance**

Our free physician referral service is available—in both English and Spanish—8:30 a.m. to 5 p.m., Monday through Friday. Call **219-836-3477** or toll-free 866-836-3477, or visit www.comhs.org.

#### A HEALTHY START TO THE **SCHOOL YEAR**

60

Getting the kids ready to go back to school has moms and dads making lists and checking them twice. Community Healthcare System can help you and your family get back on schedule for school by taking care of all of your healthcare needs. Our Community Care Network pediatricians, with offices throughout Northwest Indiana, are available to provide your family with medical attention for any condition from A to Z.

Community Care Network physicians are affiliated with the hospitals of the Community Healthcare System: Community Hospital in

Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart. These physicians, nurse practitioners, physician assistants and other allied health professionals will link you to the expertise and support you need to help your family get off to a healthy start to the school year. Our associates bring to you the same high quality care you have come to expect from the hospitals of Community Healthcare System. Whether your child needs to get up to date on immunizations or needs a school physical, our caring staff is here to help.



We give the very best to our patients and it makes all the difference.

That difference means more of our patients are out of the hospital and back on their feet after receiving a new hip or knee; or spine surgery that will erase pain and have patients feeling new again.

Giving our best is what distinguishes St. Mary Medical Center above the rest. Our hospital offers a level of performance and a culture of excellence that named us among America's 100 Best by Healthgrades. It means better outcomes, fewer complications and a better healthcare experience for our patients.

The only hospital in Chicago and Northwest Indiana named among America's 100 Best for Orthopedic Surgery.



Our best is also the nation's best.

To learn more, visit www.comhs.org, follow us on Twitter @CHSHospitals or friend us on Facebook at CHSHospitals.











Announcing the newly built Family Birthing Center at Community Hospital!

Each pregnancy is different. To truly be prepared for everything, we have a team of specialists who are ready with the experience to handle anything confidently and compassionately. That is exactly how we became one of the leading facilities in NW Indiana for maternal and newborn care – delivering more babies each year than any other hospital in our local area. Our in-house specialists are available 24/7 and our modern facility is newly built with comfort and safety in mind for one purpose – to be ready for everything you and your baby need.



www.comhs.org/community

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