

# VIM & VIGOR

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 Community Healthcare System®

COMMUNITY HOSPITAL  
ST. CATHERINE HOSPITAL  
ST. MARY MEDICAL CENTER  
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## A Healthy Mind

**A look at mental health and its  
impact on your overall well-being**

**+** **David Beckham** became  
a soccer superstar in spite of  
obsessive-compulsive disorder

WHAT'S YOUR  
NUMBER?

**Helping  
Patients  
Find  
Balance**

A HEALTH CAREER  
UNDER THE  
MICROSCOPE





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## SPOTLIGHT ON: St. Catherine Hospital

At the renovated Family Birthing Center, the focus remains on a homelike atmosphere and quality care.



# HEALING THE WHOLE PERSON



The death of Robin Williams has reminded us all how people with anxiety and depression silently suffer. At the hospitals of Community Healthcare System, you and your loved ones will find the right resources, empathetic staff and individualized treatment for mental and physical conditions. We work together through the complexities of today's health issues to meet each patient's needs until he or she is made whole again.

The Behavioral Health team at St. Catherine Hospital helps to first heal and then integrate each individual back into family life, the workplace and the community. In addition to inpatient care, we offer therapy, counseling and support on an outpatient basis at our Centers for Mental Wellness.

We are also using a newly integrated program—the Intensive Outpatient Program (IOP)—which is a primary treatment program for those who don't need constant medical observation. IOP helps patients continue their recovery on a part-time, yet intensive schedule designed to accommodate work and family life. You can read more about this program on **page 6**.

When it comes to treating the body, we understand how pain or loss of function in joints can drastically impact your quality of life. Find out how our orthopedic care team at Community Hospital is combining a different approach with focused expertise to provide a customized experience and help patients return to the activities they love sooner (**page 50**).

St. Mary Medical Center's physicians and staff are offering a new level of expertise for minimally invasive heart surgery closer to home with a procedure that previously was only available in university hospital settings. Read more about how they are mending broken hearts on **page 54**.

Whether you or a loved one needs healing of the mind, body or spirit, we want you to know that the hospitals of Community Healthcare System are here for you.

John Gorski  
Chief Operating Officer  
Community Healthcare System



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If you prefer not to receive our magazine or other health and wellness information from Community Healthcare System, please call us at 219-836-4582 or write to Community Healthcare System, 905 Ridge Road, Munster, IN 46321.

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**McMURRY/TMG**





**1** Hammond resident and new mom **Jillian Narducy** participated in the umbilical cord and blood program at Community Hospital after delivering twin daughters, Abriella and Gabriella Gonzalez.



**2** Paint the Town Pink, a monthlong, citywide event, raises awareness for breast cancer treatment.



**3** Last fall, physical therapist **Ashley Klakoski** led warm-up exercises before the “Taltree 10” 10K race.

## BETTER TOGETHER

*Residents join forces to increase hope, spread education and promote healthy activity*

### 1 Gift of Life

New moms are delivering hope at the Family Birthing Center of Community Hospital. Nurses are offering new moms the opportunity to donate their babies’ umbilical cord blood and placenta to research and transplantation. The non-embryonic stem cells can improve the quality of life for people affected by different cancers, multiple sclerosis, sickle cell anemia, Hodgkin’s lymphoma, Crohn’s disease, lupus, Parkinson’s disease, spinal cord injuries and eye injuries.

“Cord blood donation is completely safe for both the mom and baby,” said Labor & Delivery Nurse Manager Teresa Meece, RN, BS, RNC. “Blood is collected from the umbilical cord—not the baby—immediately after birth. If the donation meets the criteria, it is matched with a patient in need.”

### 2 Neighbors Helping Neighbors

Every year, to help residents lead healthier lives, St. Catherine Hospital staff perform more than 15,000 community screenings, participate in nearly 300 health fairs and events, and offer free educational opportunities.

To raise awareness for heart health in February, the city of East Chicago partners with St. Catherine Hospital and “Goes Red.” Each May, the City of Whiting “Paints the Town Pink” with fundraisers to raise awareness of breast cancer.

St. Catherine Hospital also partners with organizations such as MOTTEP (Minority Organ Tissue Transplant Education Program) and Healthy East Chicago, Inc. to spread the word about the importance of other health initiatives.

### 3 Keeping Kids Active

St. Mary Medical Center and Taltree Arboretum are getting kids up, out and walking to promote wellness and combat childhood obesity. The incentive program, funded by an \$18,000 grant, is designed to keep kids active long after their Taltree field trip.

Nearly one-third of kids, 5 years old and under, have a body weight greater than 85 percent of their peers, according to the Indiana statistics. Without early intervention, these children are at greater risk of health issues later in life.

During April and May, students visiting Taltree will receive packets with educational and fitness materials, an awards bracelet and a punch pass. For every mile logged in activity at Taltree, a student will receive an award bead. The goal is to reach 1,000 students. ■



# WHAT'S YOUR NUMBER?

*Today's medical technology is helping doctors diagnose heart disease earlier. Here's why it should matter to you* **BY ELISE SIMS**

**K**eeping your blood pressure and cholesterol in check can keep your heart healthy, so it's important to know your numbers. Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart offer a coronary health appraisal to help determine your risk for heart disease and other related medical conditions. This simple screening test gives you and your doctor an opportunity to head off potential health issues.

Each \$30 coronary health appraisal includes screenings for cholesterol (a lipid panel with total cholesterol; HDL, or high density lipoprotein; LDL, or

low-density lipoprotein; and triglycerides); hemoglobin A1C; blood pressure; and BMI, or body mass index; as well as a heart health profile and a metabolic syndrome assessment.



## **Cholesterol Numbers**

A key indicator in heart health is cholesterol.

"Cholesterol is a fatty substance in the blood," explains Community Hospital Wellness Screening Coordinator Erica Hein, MS, CES. "We do need a certain amount of cholesterol to build healthy cells and make hormones and vitamin D; however, too much cholesterol in the bloodstream can lead to fatty deposits.





**Screening Coordinator Erica Hein, MS, CES, takes Christina Wagner's blood pressure as part of the coronary health appraisal.**

These fatty deposits can disrupt blood flow to the heart, brain, legs or other parts of the body. As a result, a heart attack or stroke could occur.”

Total cholesterol should be less than 200, according to Hein. HDL, or the “good cholesterol,” should be more than 40 for men and more than 50 for women. LDL, or the “bad cholesterol,” should be less than 130 for most people, but less than 100 for people who have had heart disease, a stroke or diabetes.



### Blood Pressure

In a blood pressure reading, the top number is the systolic blood pressure and the bottom number is the diastolic blood pressure. Systolic pressure is the amount of force exerted upon the artery walls when the heart squeezes and blood is pumped out to the rest of the body. Diastolic pressure occurs when the heart is relaxed and filling with blood for the next contraction.

“A normal blood pressure reading is less than 120 systolic and less than 80 diastolic,” says Melissa Conover, RN, quality care navigator – cardiology, St. Mary Medical Center. “High blood pressure can affect your body, increasing your risk of stroke, TIAs (transient

ischemic attack) or aneurysm, heart attack, kidney failure, heart failure, or may lead to blindness or cause difficulty with memory and understanding.”



### A1C

The A1C test result reflects a person's average blood sugar level over the past two to three months and is used to diagnose diabetes. An A1C of less than 5.6 percent is normal; between 5.7 and 6.4 percent indicates prediabetes; and 6.5 percent indicates diabetes. Keeping the A1C at a safe level prevents or slows some diabetes complications such as blindness, kidney disease and nerve damage.



### Metabolic Syndrome

Metabolic syndrome is a cluster of conditions—increased blood pressure, a high blood sugar level, excess body fat around the waist, elevated triglycerides and reduced level of good cholesterol—that occur together, increasing risk of heart disease, stroke and diabetes. A person with three out of the five risk factors is considered to have metabolic syndrome.

Metabolic syndrome is primarily caused by obesity and inactivity.

“Metabolic syndrome is linked to a condition called insulin resistance,” says Carol Budgin, NP, clinical nurse specialist, St. Catherine Hospital. “Normally, your digestive system breaks down the foods you eat into sugar (glucose). Insulin is a hormone made by your pancreas that helps sugar enter your cells to be used as fuel. In people with insulin resistance, cells don't respond normally to insulin, and glucose can't enter the cells as easily. As a result, glucose levels in your blood rise despite your body's attempt to control the glucose, by churning out more and more insulin. This can eventually lead to diabetes when your body is unable to make enough insulin to keep the blood glucose within the normal range.”



### Body Mass Index

Body mass index, or BMI, is a measure of body fat based on height and weight to assess whether a person is at a healthy weight. A high BMI, starting at 30, indicates obesity. Obesity can raise your risk of developing heart disease, type 2 diabetes, sleep apnea, gallstones and certain types of cancer. ■

CALL



## Find Out Your Numbers

Community Healthcare System hospitals offer the \$30 coronary health appraisal at several convenient locations. Call **219-836-3477** or **1-866-836-3477** for dates, times and fasting requirements.



# HELPING PATIENTS **FIND** BALANCE

*Behavioral Health team heals minds,  
bodies and spirits* BY **ANGELA MOORE**

**W**hen Dan's\* family member suggested he check into the Mood Disorder Unit at St. Catherine Hospital, he was angry, frustrated and confused. "I thought I was doing everything right, working hard, providing for my family, but to be honest, I was always arguing with someone," says the father of seven. "I had to take a deep breath and figure out what was really going on with me. I work and live for my family and didn't want to be away from them, but I knew something had to change—and it was me. I received the support I needed from deeply compassionate, highly trained professionals who helped me gain a new perspective and start living life again."



## **A Place to Heal**

Everyday stresses of life can lead to feelings of unbalance. Worries of the future, finances and health can be overwhelming for some people. Behavioral Health Services of Community Healthcare System offers a full array of services for those who are looking for guidance.







**St. Catherine's Behavioral Medicine staff (left); Behavioral Health Medical Director Joseph Fanelli, MD (right), discuss program changes and scheduling with Patricia Brucer, RN, on the Mood Disorder Unit.**

A recent \$2 million expansion of the hospital's Behavioral Health program provides two progressive healing environments for mental health: one for intensive treatment and one for patients with mood disorders. St. Catherine Hospital's team of physicians, therapists, nurses and support staff works to heal the mind, body and spirit of patients with mental health conditions, ranging from major depressive disorder to bipolar disorder.

An intensive outpatient program includes group therapy and counseling.



## Treating the Whole Body

"Each patient who comes to St. Catherine is seeking alleviation of significant challenges to their ways of thinking, feeling and behaving," says Scot West, RN, nurse manager. "We focus on the development of a unique treatment approach that suits individual needs."

In the Mood Disorder Unit, staff recognizes that patients can benefit from interactive therapies. By incorporating yoga, tai chi, spirituality groups and support groups focusing on depression, anxiety and impulse control, patients can work toward the goals of mood stabilization, improved coping skills, psycho-education, self-care and relapse prevention.

"It's a holistic treatment approach that has our patients leaving our units thinking, feeling and behaving in new ways that promote overall health and wholeness," West says.



## A New Hope

The new Intensive Outpatient Program (IOP) is a short-term program designed specifically for adults who are experiencing acute emotional difficulties, but who do not require (or no longer require) the intensity of inpatient psychiatric care.

According to Jake Messing, director of Behavioral Health Services, the new program helps provide tools for a healthy transition.

"The IOP bridges the gap between Inpatient and Outpatient Adult Behavioral Health Services. Some of the benefits of the IOP help minimize the patient's stay through an extension of our services. This is a great step down to the next level of care," Messing says.

### IOP offers:

- ▶ A comprehensive psychiatric evaluation
- ▶ Up to 12 hours of therapy per week
- ▶ Wellness activities
- ▶ Guidance to change unhealthy thoughts and behaviors
- ▶ Coping strategies
- ▶ Medication management
- ▶ Individual psychosocial assessments
- ▶ Other therapies as needed
- ▶ All group therapy supervised by a licensed clinician
- ▶ Individual and family sessions scheduled as needed

Medical Director of Behavioral Health Services Joseph Fanelli, MD, feels the new addition is exactly what was needed.

"With the addition of this service line we are able to broaden the services we provide and further improve and

optimize our patient care," Fanelli says. "This new addition will allow us to serve our patients with a great mixture of traditional to alternative therapeutic modalities."



## Continuing the Journey

The inclusion of family is a very important aspect of the program, Fanelli says.

"Education is an important aspect of our care with the goals of helping patients and their families understand their illness, fully participate in treatment and develop positive coping techniques," he says.

Once a patient is ready to continue treatment on a less intensive outpatient basis, the Centers for Mental Wellness offer counseling and support at two convenient locations: in East Chicago inside the hospital at 4321 Fir St., 1st floor, and in Schererville at 6625 W. Lincoln Highway (SW of US 30 and Harvest Drive). ■

*\*Name changed for patient's privacy.*

CALL

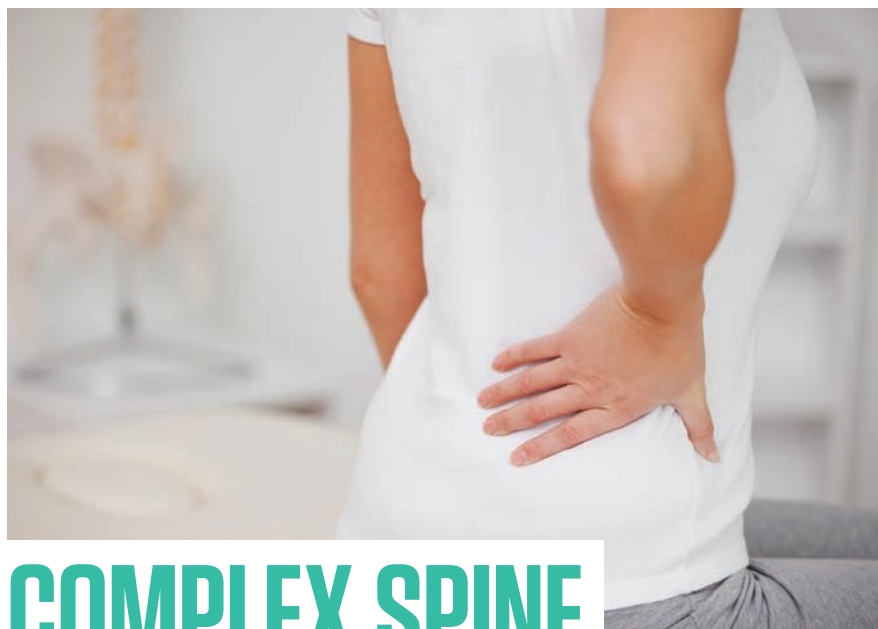


## Pick Up the Phone

For more information or to make an appointment, call  
**219-392-7025.**



**Ankit Mehta, MD**



# COMPLEX SPINE AND SPINAL ONCOLOGY

*Neurosurgeon Ankit Mehta, MD, takes on the most common questions*

Spinal oncology is the study of tumors in or around the spine or spinal cord. As part of the central nervous system, the spinal cord starts at the base of the brain and is supported down the back through vertebrae. Tumors that occur in the spine are either primary (originate in the spine) or secondary (metastatic—spread from another location).

## **Q** What are some of the newest advancements for patients with spine disease or tumors?

Neurosurgery, specifically spinal surgery, has grown leaps and bounds over the past few decades. Improvements in minimally invasive methods of surgery, spinal instrumentation and advancements in spinal radiosurgery

are all contributing to more effective treatment options and improved quality of life for patients.

## **Q** What are the treatment options for patients with spine tumors?

The courses of treatments are dependent on the nature and extent of a patient's primary disease. Options include conventional radiation therapy, percutaneous intervention such as kyphoplasty or surgery to remove the tumor, which may include radiation and chemotherapy. Stereotactic radiosurgery or focused radiation therapy has an increasing role in most brain and spinal column cancers. This type of treatment is performed using a machine called a linear accelerator, or LINAC. The newest

TrueBeam™ LINAC technology, like the one at St. Mary Medical Center, delivers treatments much faster and more comfortably than other advanced radiation machines.

## **Q** What is your philosophy of care?

As a neurosurgeon, I enjoy making a direct impact on my patients' lives through both knowledge and technical skill. It truly is my passion. ■

CALL



## **Spine Solution**

Ankit Mehta, MD, completed his fellowship training in complex spine and spinal oncology at Johns Hopkins University. He is on staff at St. Mary Medical Center and a faculty member at the Department of Neurosurgery, University of Illinois, Chicago. For an appointment, call **219-947-6960**.



# The Mental Health Issue

Mental illness affects nearly one in five American adults.

## MENTAL ILLNESS: MORE COMMON THAN YOU THINK



You likely know someone who has a disease like breast cancer or diabetes. What may be surprising is that you also probably have a friend, co-worker or neighbor who suffers from a mental illness. Rank the health conditions below from most to least prevalent, then take a look at the statistics to the right.

- ▶ **Breast cancer**
- ▶ **Depression**
- ▶ **Lung cancer**
- ▶ **Anxiety disorders**
- ▶ **Diabetes**
- ▶ **Obsessive-compulsive disorder**

- 1 40 million American adults are affected by **anxiety disorders**.
- 2 More than 29 million Americans have **diabetes**.
- 3 **Depression** is a struggle for more than 20 million Americans.
- 4 Nearly 3 million Americans are being treated or have completed treatment for **breast cancer**.
- 5 **Obsessive-compulsive disorder** affects more than 2 million American adults.
- 6 Nearly 400,000 Americans are living with **lung cancer**.

Mental illness surrounds us, but social stigma and a lack of awareness can make it seem invisible—and prevent those who need help from seeking it. **Read on to better understand depression, anxiety and other conditions, and learn what you can do to support loved ones who are struggling.** ➔

# BENDING PERCEPTIONS

*Soccer star David Beckham achieved international success in spite of obsessive-compulsive disorder* **BY ALISSA M. EDWARDS**

**F**ew would argue that international soccer superstar David Beckham has led a charmed life. In addition to a sensational 21-year soccer career (he retired in 2013), his iconic good looks have earned him a modeling career and endorsements from companies like Adidas, Samsung and H&M to the tune of \$44 million in 2012 alone.

And he's been equally successful in his personal life. "Becks" has been married to former Spice Girl Victoria "Posh" Adams since 1999. Together, the couple, who have three sons and a daughter, enjoy a level of worldwide celebrity usually reserved for royalty.

But while his life in front of the cameras may seem perfect, Beckham in 2006 revealed that behind the scenes, he struggles with obsessive-compulsive

disorder (OCD). OCD is a mental illness characterized by obsessions—intrusive and distressing thoughts—or compulsions to perform repetitive or ritualized behaviors.

"I'm just very obsessive with certain things, everything has to be in order," Beckham told *Esquire* in 2013. "[I] walk into a hotel room and before I can get settled I have to unpack, everything has to be perfect: the magazines the right way, the drawers the right way ... it's tiring. But it's more tiring if it's not done the right way."

## No Laughing Matter

Over the years, even those closest to Beckham have treated his disorder as fodder for pranks and jokes. His former Manchester United teammates would strategically rearrange things in his hotel room to upset him.

Beckham's wife also has teased him about his compulsive organizing, which includes keeping a separate refrigerator for drinks and storing them front-facing and in pairs.

"[If] there's an extra can, I'll take it out and hide it in another cupboard," Beckham said on the British talk show *Friday Night with Jonathan Ross* in 2010.







## 7 THINGS YOU (PROBABLY) DON'T KNOW ABOUT DAVID BECKHAM

**1 Before his retirement, he was the highest-earning soccer player in the world.** He earned \$50.6 million in 2012 from his salary, bonuses and endorsement deals, according to *Forbes*.

**2 There's a movie named after him.** *Bend It Like Beckham* (2003) refers to his famous ability to kick the ball in a way that seems to bend it around his opponents.

**3 Fame doesn't run in the family.** His mother was a hairdresser; his father, an appliance repairman.

**4 He's totally taken.** Beckham celebrated his 15-year anniversary with former Spice Girl Victoria "Posh" Adams in July 2014. They met in 1997 after a charity soccer match.

**5 He's a UNICEF Goodwill Ambassador.** He has worked for UNICEF's Sport for Development program since 2005.

**6 He's got great legs.** So great, in fact, that he insured them for about \$195 million in 2006. The policy reportedly covered his legs, feet, toes and good looks.

**7 He has 32 tattoos,** including his wife's and four children's names. "I don't regret any of them," he told CNN in 2013. "They all have a meaning."

"Victoria will go in and just tweak it a little bit ... to annoy me."

Rebecca Woolis, a family therapist and the author of *When Someone You Love Has a Mental Illness*, says that what may seem like good-natured fun can be damaging. "When you're struggling with symptoms, it makes life even more difficult," she says, "and may discourage some people from seeking treatment."

### The Stigma of Mental Illness

More than 43 million Americans experienced a mental illness in 2012, according to the National Institute of Mental Health (NIMH). Yet only 39 percent are receiving proper treatment, studies suggest. Beckham hasn't been forthcoming about whether he's sought professional help.

Lloyd I. Sederer, MD, a psychiatrist and the author of *The Family Guide to Mental Health Care*, says myths can make people hesitate to seek treatment. "They may see their illness as something to be ashamed of and they don't want to be judged," he says.

But by learning the truth, you can make it easier for people struggling with mental illness to seek treatment. Here, our experts debunk five common myths.

MYTH  
#1

### Mental illness doesn't affect anyone I know.

About one in five Americans suffers from a mental illness, according to the NIMH. "It's likely that you know someone who is affected; you just may not know that they have a mental illness," Sederer says.

Keep in mind this number encompasses the entire spectrum of mental illnesses. The incidence of serious mental illness—defined by NIMH as causing "serious functional impairment which substantially interferes with or limits one or more major life activities"—affects about one in 25 people.

## **MYTH #2** Mental illnesses happen to people who are weak or flawed in character.

“The premise that people are to blame for their mental illness stems from the false idea that these are not real illnesses,” Sederer says. “You would never say that a person with diabetes or cancer was weak, selfish or at fault for their disease.”

Experts believe that several factors cause mental illnesses. “Genetic predisposition, illnesses, injuries and brain chemistry appear to play a primary role, but environmental exposure to toxins or trauma, such as physical or emotional abuse, can also be catalysts,” Sederer explains.

“Mental illness isn’t something you can will away,” Woolis adds. “To suggest that a stronger individual could overcome it is hurtful and incorrect.”

## **MYTH #3** Individuals with severe mental illnesses can’t hold a job or have successful relationships.

“With proper treatment, many people are able to function very well, both in their families and careers,” Woolis says.

Job placement and support programs have helped many individuals with mental illnesses find and succeed at work.

“It’s often assumed that people with mental illnesses are fated to be failures at life, but that is patently false,” Sederer says. “Unfortunately, since most people don’t broadcast their illness, it can be hard to see how many of them are leading full lives of contribution.”

## **MYTH #4** People with mental illnesses are violent and dangerous.

While individuals with bipolar disorder and schizophrenia are slightly more likely

to exhibit violent behavior, recent studies found that most people with mental illness were no more likely to commit violent acts than others.

## **MYTH #5** There’s nothing you can do to help someone with a mental illness.

“Individuals who have loving, supportive families who are educated about their mental illness are more likely to seek treatment, and function at higher levels and have a better quality of life than those who don’t,” Woolis says.

Sometimes a kind word and a little compassion—such as asking someone whether he or she is OK—are all it takes to nudge someone to seek treatment.

“It seems like such a simple thing,” Sederer says, “but asking that question can be like CPR for someone struggling with a mental illness.” ■

# WHOLE MEDICINE

The usual source of care for nearly three-quarters of people with depression is a primary care physician. It’s estimated that at any given time, 5 to 9 percent of patients in a primary care practice will have symptoms of depression. Only half of those cases will be detected. One reason for under-diagnosis is that patients typically present with physical complaints, such as pain or fatigue, which become the focus of the office visit. This is also the case when patients suffering from depression are being treated for other co-occurring illnesses. Medical conditions such as diabetes, heart disease, arthritis, stroke, Parkinson’s disease, cancer and multiple sclerosis can trigger depression, and in turn aggravate it by heightening pain and sapping energy.

To provide additional care, Community Healthcare System offers inpatient and outpatient Behavioral Health Services to help manage severely ill patients and help with follow up treatment.

“Our team brings together techniques from the medical, behavioral and social sciences to provide treatment for a wide range of health conditions,” says Joseph Fanelli, MD, medical director. “We help our patients get the care and support they need to cope with the stresses of life.”

CALL



### Back in Balance

Behavioral Health Services’ inpatient program is located at St. Catherine Hospital. Counseling and outpatient therapy are available at the Centers for Mental Wellness in Schererville and East Chicago. To find out more, call 219-392-7025.



# A HEALTHY MIND



*The mind is a powerful thing, and that's not all in your head. We take a look at mental health today—and its impact on your total well-being* BY **STEPHANIE R. CONNER**



Highs and lows are part of life, but persistent and exaggerated feelings might warrant help.

# DECODING THE MIND

➔ *Determining when stress and sadness are normal feelings and when help is needed*

Life is full of highs and lows. The death of a loved one can cause profound sadness. An overfilled calendar can lead to stress. And who's not afraid of spiders?

Sadness, stress and fear are part of life. But when those feelings become more than you can bear, it may be time to reach out for help. Here's how to recognize the difference.

**"My grandfather died last week, and I'm very sad."**

## **LIKELY DIAGNOSIS:**

Understandable sadness.

**WHEN TO SEEK HELP:** When sadness is accompanied by additional factors that interfere with everyday living.



"Sadness is part of the human condition," says Harry Croft, MD, a psychiatrist and distinguished fellow of the American Psychiatric Association. "But clinical depression is an illness—a disorder with certain signs and symptoms that is far more impairing."

Clinical depression gets in the way of a person's ability to function or enjoy life.

"Normal, everyday ups and downs go away by themselves. They don't typically need intervention," adds Shoshana Bennett, PhD, a clinical psychologist and the author of *Children of the Depressed*. "We throw around the term 'depression' in a cavalier fashion in our everyday



speak, and it gets people confused. ... This isn't about being a little down."

The National Institute of Mental Health reports that more than 20 million Americans have depression, a condition affected by genetic, environmental, psychological or biochemical causes.

"It's not due to a weakness of will or character flaw," Croft says. "There are actual changes in the way the brain functions."

Symptoms of depression include persistent sadness, difficulty sleeping, changes in appetite, feeling worthless, loss of interest in once-enjoyed activities and thoughts of death or suicide.

**"I'm stressed about a big work presentation. I barely slept last night."**

**LIKELY DIAGNOSIS:** Normal stress.

**WHEN TO SEEK HELP:** If stress is constant or you worry excessively for no reason.



Have you felt stressed in the past week? Of course. But if your stress is persistent and exaggerated, it could be anxiety.

"Let's say you are running late for work. That's a stressful moment for anybody," says Tamar Chansky, PhD, a clinical psychologist and the author of *Freeing Yourself from Anxiety*. But someone with anxiety might say his whole day is ruined as a result.

Anxiety, Chansky says, is "taking that moment and changing the narrative about what's going on."

People with anxiety lack the perspective that the stress will pass, Bennett notes. They may even opt out of activities because they worry something bad could happen.

Physical symptoms like feeling sick to your stomach, muscle tension and high blood pressure can also accompany anxiety. "People can wake up feeling this way—maybe even without a stressor," Chansky says.

**"I hate heights and refuse to get too close to the edge of a cliff."**

**LIKELY DIAGNOSIS:** Fear of heights.

**WHEN TO SEEK HELP:** If that fear prevents you from performing normal activities.



Jumping at a spider or getting uncomfortable in a packed elevator is understandable. But when fear hinders a person's ability to function, it becomes a phobia.

Some common phobias include flying, heights and public speaking. A type of anxiety disorder, a phobia can cause a person to go to great lengths to avoid the situation they fear. For example, people with acrophobia—a fear of heights—may refuse to attend a meeting on an upper floor of an office building.

## Help Is Available

For most people, a combination of talk therapy, medication and lifestyle changes makes a big difference. If you're uncertain where to turn, start by consulting your primary care physician, who can help connect you with the resources you need.

"Never, ever feel you need to suffer in silence," Bennett says. "There is great help out there, and you deserve to be happy. ... Keep searching until you find what works for you." ■

## BABY BLUES

The birth of a baby can trigger a jumble of powerful emotions, from excitement and joy to fear and anxiety. But it can also result in something you might not expect—depression.

If the baby blues don't go away within two or three weeks, it's important to talk to your doctor. Postpartum depression can be a complication of giving birth. While postpartum depression may appear to be only baby blues at first, the signs and symptoms are more intense and last longer, eventually interfering with your ability to care for your baby and handle other daily tasks. Symptoms may include: loss of appetite, overwhelming fatigue, lack of joy in life, withdrawal from friends and family, and thoughts of harming yourself or your baby.

Treatment for postpartum depression should be sought immediately. Prompt treatment from Community Healthcare System's Centers for Mental Wellness can help you or a loved one manage symptoms and enjoy your new addition.

### APPOINTMENTS



## Beat the Baby Blues

The Centers for Mental Wellness are now accepting postpartum depression patients at two convenient locations for outpatient counseling and support: Schererville (6225 W. Lincoln Highway) and East Chicago (4321 Fir St., hospital 1st floor, Elm Street Entrance). Call **219-392-7025**.



# FAMOUSLY DEPRESSED

➔ *Depression knows no bounds—just ask these celebrities who have publicly battled the disease*

It's hard to imagine that people who seem to have everything—beauty, brains, talent, money—might also suffer from depression.

But world leaders (Abraham Lincoln, Winston Churchill), writers (J.K. Rowling, Mark Twain) and performers (Sheryl Crow, Jon Hamm) alike have struggled with the disorder. Depression can affect all people, regardless of their success.

"It's not just a response to a sad situation," says Harry Croft, MD, a psychiatrist and co-author of *I Always Sit with My Back to the Wall*, a book about post-traumatic stress disorder. "It's a disorder with signs and symptoms and changes in the brain that affect a person's ability to function in their day-to-day lives."

"The good news is that with proper treatment, people can get better," Croft says.

These three celebrities are just a few of those who have undergone treatment to battle their depression.

## **BROOKE SHIELDS**

Brooke Shields, known for her Calvin Klein modeling work and for acting roles in *The Blue Lagoon* and *Suddenly Susan*, was one of the first celebrities to speak publicly about postpartum depression.

After a difficult childbirth experience in 2003, Shields felt herself sliding into a dark period. She cried. She was angry. She was unable to bond with her baby. And she considered suicide.

"I had no desire to even pretend to care about her. And it absolutely



terrified me,” she told Oprah Winfrey after publishing her 2005 memoir, *Down Came the Rain*, about her struggles with postpartum depression.

After speaking with her doctor and taking medications, she began to see change and wanted to be around her baby.

And, in 2006, when she had her second child, Shields enjoyed a completely different postpartum experience—happy and depression-free.

## SHERYL CROW

The Grammy Award-winning singer knows that depression is a part of who she is. “At its worst,” she said in a 2008 interview, “there was a six-month period in my 20s when I couldn’t dress, days when I couldn’t leave the house.”

She found therapy and medications beneficial. “But depression is a chemical thing that some people go through,” she said. “It’s always been part of my life.”

Today, Crow finds ways to keep her life in balance. After a public split from cyclist Lance Armstrong in 2006, followed by a breast cancer diagnosis just weeks later, Crow saw an opportunity to refocus on herself.

“I think one of the reasons I got ill is that I ran my business and everything

else in my life with the concept that everybody had to be happy, and everybody’s needs came before mine,” she told *Prevention* in 2011. “I really learned my lesson. ... Just the act of saying no is showing yourself respect.”

## JON HAMM

*Mad Men*’s leading man said he struggled greatly when his father died. Hamm was 20 at the time.

“I was ... unmoored by that,” he told the British newspaper *The Observer*. “I was in bad shape.”

He found help with medication as well as therapy, of which he said: “It gives you another perspective when you are so lost in your own spiral.”

Hamm also said work helped him recover. “I knew I had to get back in school and back in some kind of structured environment and ... continue.” ■

# RELIEVE STRESS WITH YOGA

During stressful times, breathing becomes shallow, causing feelings of shortness of breath. You can combat the stress response and feel more relaxed by taking several deep breaths. Deep breathing expands the diaphragm, lowers cortisol and blood pressure levels, and slows the heartbeat.

Yoga classes available at St. Mary Medical Center’s Valparaiso Health Center and Community Hospital Fitness Pointe® show how meditation, breathing and relaxation techniques help reduce stress and even eliminate repetitive stress. Relaxation training is a step-by-step process of relaxing each of the body’s muscles, counteracting the body’s natural tendency to increase muscle tension. Meditation training is the conscious effort to reduce the mind’s continuous thoughts and to focus on a single point of reference. Focusing on a yoga pose can help take your mind off stressful situations.

CLASS



## Just Breathe!

Try yoga classes at Community Hospital Fitness Pointe™ or the Valparaiso Health Center of St. Mary Medical Center to help relieve your stress. Call **219-924-5348** (Munster) or **219-286-3700** (Valparaiso) for dates, times and fees.



# A MENTAL HEALTH HISTORY

➔ *Our understanding of mental illness is a relatively recent development*

The more experts learn about mental illness, the more effectively conditions like depression and anxiety disorders can be treated. While we can continue to improve, take a look at how far treatment has come.



## 1600s–1700s

In 1600s Europe, mentally ill people were often isolated. Those who were considered insane were sometimes kept in dungeons. By the late 1700s, reforms started to take place, allowing patients to have access to sunlight and fresh air.

## 1930s

Some patients with serious mental illnesses were treated with a lobotomy, a surgery that removed sections of the brain. This decade also saw the beginning of electroshock therapy—using an electric current to induce convulsions—to treat depression and schizophrenia.



## Late 1800s

Reporter Nellie Bly went undercover as an inmate in an asylum to expose the cruel treatment of the mentally ill. Thanks to her work, state mental hospitals received funding to improve conditions.

## 1840s

When Dorothea Dix investigated treatment of mentally ill patients in Massachusetts, she found widespread abuse in unregulated facilities. Over the next 40 years, she fought to establish 32 state hospitals for the mentally ill.



## 1950s

Antipsychotic drugs were introduced. As a group, they're known as "tricyclics" because of their three-ring chemical structure. While effective at treating depression, they are of little use in cases of schizophrenia.



## Late 1980s and 1990s

The U.S. Food and Drug Administration approved Prozac, the first selective serotonin reuptake inhibitor (SSRI). Zoloft and Paxil, also SSRIs, were introduced several years later. The medications are now widely used to treat depression, obsessive-compulsive disorder and other conditions.



## 2013

President Barack Obama announced the BRAIN (Brain Research through Advancing Innovative Neurotechnologies) Initiative, a \$100 million scientific endeavor to better understand the brain and find new ways to treat a wide range of brain-related disorders.



### APPOINTMENTS



## Get Help Today

Centers for Mental Wellness can help with two locations for outpatient counseling and support: Schererville (6225 W. Lincoln Highway) and East Chicago (4321 Fir St., hospital 1st floor). Call **219-392-7025**.

# MENTAL HEALTH HISTORY

Although the history of mental health treatment has had some dark moments, there's cause for optimism. Research has generated improved medication and a better understanding of the benefits of psychotherapy. Yet, many people worry about the stigma associated with mental health disorders. The hospitals of Community Healthcare System are working to improve programs and resources, and change views toward mental illness.

Through our inpatient Behavioral Medicine program at St. Catherine Hospital, we offer a combination of high quality psychiatric and mood-specific treatment programs including treatment for anxiety disorders, attention deficit hyperactivity disorder, bipolar disorder, eating disorders, postpartum depression and posttraumatic stress disorder. Consultation and evaluation services are available in English and Spanish.

"Our team works together to meet the needs of the entire person with care that ranges from general counseling to state-of-the-art innovations," says Medical Director of Behavioral Health Services Joseph Fanelli, MD.

Intermediate and long-term outpatient care for patients in need of follow-up therapy is provided at the Centers for Mental Wellness.



# THE *Stroke* HANDBOOK

*A complete guide to  
understanding stroke risks,  
symptoms and what it takes  
for a successful recovery*

BY **CONNIE MIDEY**



STROKE IS STEALTHY AND FAST, and it plays no favorites. • Older people are its most common casualties, but stroke also strikes children, fit young adults and the middle-aged, totaling 795,000 incidences a year in the United States. • In its first minute alone, a stroke destroys 1.9 million brain cells, says neurologist and researcher Jeffrey L. Saver, MD. • Damage spreads by the minute and may affect parts of the brain that control memory, speech, movement, vision or behavior—attributes that define you.



## A Ticking Clock

In a study published in *Stroke: Journal of the American Heart Association*, Saver documented the urgency of modifying behaviors that contribute to stroke and seeking immediate treatment.

Findings confirm what Saver already knew but hoped would motivate the slow-to-act: “That time lost is brain lost,” he says.

Left untreated for even one hour, a stroke causes impairment to the brain equivalent to 3.6 years of normal aging, Saver says.

“Stroke is a highly treatable brain emergency now, but only if patients recognize the symptoms, call 911 and get to the hospital in an early enough time frame for doctors to be able to intervene,” he says.

His study focused on ischemic strokes, the most common type, accounting for 87 percent of all cases. For these clot-caused strokes, doctors have about a three-hour time window to

administer tPA (tissue plasminogen activator), a clot-busting drug.

Yet much can be done to avoid such an emergency, or to lessen its impact if it occurs despite your best efforts. If you’re among the more than half of Americans who don’t know they’re at risk, the first step is learning the common contributors to stroke and acting on those you can change.

## What You Can’t Change

These risks make you susceptible to stroke:

► **Your age.** Seventy-five percent of strokes occur in people older than 65.

► **Your gender.** Women have more strokes, some for reasons specific to their gender and some explained by their longer life span.

► **Your race.** African-Americans’ risk of death from stroke is greater than that of Caucasians, in part because of their higher rates of hypertension, diabetes and obesity.

► **Your family medical history.** If a grandparent, parent or sibling had a stroke, you may, too.

► **Your medical history.** If you have had a stroke, a transient ischemic attack (TIA) or a heart attack, stroke likelihood grows—by as much as tenfold after a TIA, which doctors call a warning stroke.

## What You Can Change

Risks, often overlapping, and steps to minimize them:



### HIGH BLOOD PRESSURE

**Try:** Ask your doctor about blood pressure medicine, a heart-healthy diet and exercise. Practice meditation, yoga or tai chi to manage stress. Hypertension is the leading contributor to strokes, making it worth your best effort.



### SMOKING

**Try:** Many health organizations offer nicotine replacement therapy and smoking-cessation programs. Contact your state’s “quitline” at 800-QUIT-NOW (800-784-8669) or get tips at [smokefree.gov](http://smokefree.gov).



### DIABETES

**Try:** Follow your doctor’s advice to prevent diabetes, or if you already have the disease, about tightly controlling your glucose levels and taking medicine if prescribed. Aim to manage your weight, blood pressure and cholesterol and to increase physical activity.



### ARTERY DISEASES, ATRIAL FIBRILLATION AND OTHER

### HEART DISORDERS

**Try:** Work to achieve a heart-healthy diet and increase



physical activity to 30 minutes a session. Adhere to your doctor's treatment plan if you're already dealing with heart disease.



#### POOR DIET

**Try:** Keep a food diary and cut 250

calories a day from your diet. Avoid cholesterol and saturated and trans fats. Limit salt, sugary foods and red meat. Adopt a Mediterranean-style diet or the DASH diet (Dietary Approaches to Stop Hypertension), with an emphasis on vegetables, fruits, fat-free or low-fat dairy products, olive oil, whole grains, fish, poultry, beans and nuts. Bonus: Such steps also help keep cholesterol and blood pressure levels in check.



#### INACTIVITY AND OBESITY

**Try:** Walk, take the

stairs, dance, garden, play with the kids or grandkids. Aim for at least 30 minutes at least five days a week of any activity you enjoy. Inactivity and obesity also elevate your risk for high blood pressure, high cholesterol, diabetes and heart disease.

### Spot the Symptoms

"Stroke is not a painful condition in most cases," says internist Joel Stein, MD, a specialist in rehabilitation of neurological

## STROKE BY THE NUMBERS



**795K**

Number of strokes per year in the U.S.

**80**

Percentage of strokes that could be prevented

**NO. 1**

Ranking of stroke in preventable causes of disability

**NO. 4**

Cause of death for Americans, resulting in 129,000 deaths annually

disorders and the author of *Stroke and the Family*.

"The symptoms often don't seem that alarming to people. They think, 'Hmm, my arm feels a little weak. Maybe I need a nap.' And they will literally lie down and wait to see if they feel better when they wake up," he says.

Waiting to seek treatment is the biggest mistake stroke patients make, Stein says, and it's a common one. About 44 percent of stroke patients don't arrive at the hospital until 4.5 hours after the onset of symptoms, according to an analysis by the Centers for Disease Control and Prevention.

The acronym FAST can help you remember the signs of a stroke in yourself or others.

**F Face drooping.** Does one side of the face droop or is it numb? Ask the person to smile.

**A Arm weakness.** Is one arm weak or numb? Ask the person to raise both arms.

**S Speech difficulty.** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, such as "The sky is blue."

**T Time to call 911** for a ride to the hospital if you observe or experience any of these signs, even if they go away. Check the time so you can tell doctors when the first symptoms appeared. ■

## STROKE, DEFINED

► **Stroke:** Occurs when blood flow to the brain is disrupted. Deprived of oxygen and other nutrients, brain cells begin to die and brain damage occurs, often affecting movement, speech, memory, vision or behavior.

► **Ischemic stroke:** Caused by a clot obstructing the flow of blood within a vessel that supplies blood to the brain. This is the most common type.

► **Hemorrhagic stroke:** Caused by a weakened blood vessel rupturing and bleeding into the surrounding brain.

► **Transient ischemic attack (TIA):** Caused by a temporary clot, it resembles a stroke but usually lasts less than five minutes. Sometimes dismissed as a "mini-stroke," it is more accurately a warning stroke that requires immediate medical attention.





# A CAREGIVER'S GUIDE TO STROKE

*For stroke survivors, a supportive partner can make the difference on the path to recovery*

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When brain scientist Jill Bolte Taylor was recovering from a severe hemorrhagic stroke at age 37, few people understood her needs. They spoke loudly and fast and expected quick responses to questions.

"They talked to me incessantly," she says today, "and what I needed was to sleep and preserve my energy."

On Day 3, her mother arrived from out of town and silently wrapped Taylor in her arms. She allowed her daughter to sleep and to take as long as needed to respond to questions. But over time she challenged Taylor's brain further with questions that required more than a simple "yes" or "no."

Taylor, the author of *My Stroke of Insight* and the presenter of the second-most-watched TED Talk, calls her mother

"a brilliant teacher" who knew exactly what her daughter needed.

Joel Stein, MD, an internist specializing in stroke rehabilitation and the author of *Stroke and the Family*, finds much to commend in Taylor's mother's approach. He often sees patients and their families focusing too much on limitations and not enough on possibilities.

"Scarring on the brain will never heal," he says, "but what the brain can do to a surprising degree is rewire itself, so undamaged parts of the brain take over some of the lost function."

"It's really important—and this goes for patients and their families—that they know life goes on after a stroke," he says.

For stroke survivors, caregivers are a vital source of support, information and inspiration. Here, Stein offers advice about the caregiver's role in recovery. ▶

► **APPOINT ONE FAMILY MEMBER OR FRIEND AS SPOKESPERSON.**

Having a primary contact and note-taker reduces disruptions and confusion, Stein says. The spokesperson, in daily contact with the doctor and the case manager, allows everyone to focus on her or his role in the patient's treatment and recovery.

► **EDUCATE YOURSELF.** You'll be a better caregiver if you learn about the effects of stroke and steps to recovery. Join a support group and gather information from hospitals and organizations such as the American Stroke Association and National Stroke Association.

► **ENCOURAGE THE STROKE SURVIVOR.** The simple act of holding the patient's hand helps. Celebrate accomplishments, no matter how small, as Taylor's mother did. Encourage your loved one to walk, socialize, engage in favorite activities and seek treatment for depression, if needed.

Social isolation is common, Stein says. "It's partly a mobility issue, partly being self-conscious. But there's a therapeutic value in staying socially engaged."

► **EXPECT RECOVERY TO TAKE TIME AND HARD WORK.** Doctors once told patients that improvements would stop after six months. Taylor's continued for eight years, and for some, recovery occurs over a lifetime. Physical, occupational and speech therapy may be part of the process, occurring in locations from an acute-care hospital to home care to outpatient settings.

► **TAKE CARE OF YOURSELF.** Physical and emotional exhaustion will limit your ability to help. Rest, eat healthy foods, exercise and see friends. Schedule helpers to give you a break. Keep a journal. ■

# WOMEN AND STROKE

A stroke can occur in both men and women, but women have a significantly higher chance of suffering a stroke than men. As women age, their odds are even greater. Risk factors like the use of birth control, hormone replacement therapy and developing conditions such as diabetes, atrial fibrillation or heart disease increase women's chances of having a stroke later in life.

Fortunately at the hospitals of Community Healthcare System—Community Hospital, St. Catherine Hospital and St. Mary Medical Center—women can take comfort in the fact that an elite team of stroke care experts is available to provide individualized care from the time symptoms occur, during admission and throughout the recovery process.

Community Healthcare System stroke care programs are certified by the Joint Commission.

Specialized stroke teams work together to quickly diagnose, develop and implement an individualized care plan for patients who suffer strokes or those at risk for a stroke.

Our stroke teams consist of specialists from several disciplines such as nursing, case management, pharmacy, therapy services and emergency medical services. They serve to maintain standardized, evidenced-based, acute stroke care and secondary stroke prevention for the best outcomes possible.

A stroke does not only damage the brain; its long-term effects can cause an eternity of physical and emotional anguish. It is imperative that a stroke is treated quickly to reduce the possibility of permanent debilitation. In the event of a stroke, every second counts, and when it matters most, patients can count on expert care at the hospitals of Community Healthcare System.

CALL



## Get Savvy About Stroke

The hospitals of Community Healthcare System offer stroke education for patients and caregivers on prevention and risks. For more information, call **219-836-3477**.







***BOOSTING  
THE***

***BRAIN***

*Supplements are said to fight dementia, improve memory and more. But can a pill really help your brain?* **BY COLLEEN RINGER**

**T**he supplement market is flooded with claims that we can save ourselves from Alzheimer's disease, depression and more if we just take the right vitamin or herb. Is it true?

The jury's out, says Paul Nussbaum, PhD, a clinical neuropsychologist and the author of a number of brain health books, including *Save Your Brain*. "We've learned that what we put in our bodies does have an impact on the brain in terms of energy, thought and emotion," he says.

That considered, it makes sense that studies show promise for supplements such as ginkgo biloba and omega-3s. There is also research, however, that paints a less rosy picture.

"A supplement isn't the be-all and end-all of a healthy mind," says Rita Singer, a registered dietitian and corporate wellness consultant. "We always recommend a healthy diet first. Then if you can't get the right amount of a certain nutrient, maybe turn to a supplement."

We take a closer look at three potential brain-boosting supplements and examine why they may hold promise.

## OMEGA-3s

**BRAIN POWER:**  
May treat depression,  
autism, bipolar disorder  
and more

### Omega-3s

**WHAT THEY ARE:** You've heard about these fatty acids in conjunction with heart health, but they are gaining traction in mental health, too. Some types of omega-3s are found in fish and shellfish; others, in vegetable oils. They are essential to the body, playing a role in brain development and function, but we can't produce them ourselves—we need to consume them.

**HOW THEY MIGHT WORK:** First, you need to know that your brain is 60 percent fat. "The fat insulates the nerve tracks and helps information move rapidly," Nussbaum says. "Omega-3s help to bathe the cells in the right fat that propels communication."

**WHAT THE RESEARCH SAYS:** Many studies have shown that eating omega-3-rich seafood is healthy. Omega-3s are being explored as a treatment option for people with depression, attention-deficit hyperactivity disorder, autism, bipolar disorder and schizophrenia. What can't be said for certain is whether the supplements actually work.

**WHAT ELSE TO KNOW:** Pregnant women are especially encouraged to get their omega-3s, which play a role in infant brain development. Doctors recommend a weekly intake of 8 ounces of seafood (excluding sushi and fish high in mercury, like swordfish). Because omega-3s increase blood flow, supplements are not recommended for people taking blood thinners or who have bleeding disorders.

## Ginkgo Biloba

**WHAT IT IS:** The ginkgo tree is one of the oldest around. While the seeds have been used in Chinese medicine for centuries, the leaves are used to make supplements. Some believe that ginkgo biloba can help boost memory and prevent Alzheimer's disease.

**HOW IT MIGHT WORK:** "Ginkgo is an herb that is believed to increase blood flow throughout the body and brain," Nussbaum says. "As such, the body is receiving increased oxygen and nutrients in the blood that spurs cellular function." Translation: More blood flow equals a boosted brain.

**WHAT THE RESEARCH SAYS:** While smaller studies have shown a glimmer of promise for the ability of ginkgo biloba to improve memory, a larger study by the National Institute on Aging found that it had no memory-boosting effects on adults 60-plus who took the supplement for six weeks. One clinical trial showed that people who took it daily for six years did not experience slowed cognitive decline.

**WHAT ELSE TO KNOW:** As with omega-3s, ginkgo supplements increase blood flow, so serious interactions (like hemorrhaging) are possible.

## PROBIOTICS

**BRAIN POWER:**  
May balance bacteria  
levels to improve  
brain function

## Probiotics

**WHAT THEY ARE:** Your body is full of bacteria. Some of it is bad, but some of it is good and necessary to keep you healthy. Probiotics, which you can obtain through supplements or foods like yogurt, are similar to the healthy bacteria found naturally in the body. The digestive system, in particular, needs the good microbes. An upset in the balance can lead to problems.

**HOW THEY MIGHT WORK:** If we're talking about mental health, why do we care what happens in the stomach? There appears to be a connection between the brain and the gut. "We're recognizing the truth to what Hippocrates said: 'All disease begins in the gut,'" Singer says. "Poor brain function can compromise gut health, and vice versa."

Probiotics can help maintain that delicate balance, which can be eroded by an unhealthy diet.

**WHAT THE RESEARCH SAYS:** Most larger studies are focused on whether probiotics can help digestive issues, such as irritable bowel syndrome. Smaller studies, however, show a link between probiotics and better brain function, indicating that the communication highway is flowing both ways—from brain to stomach and vice versa.

**WHAT ELSE TO KNOW:** Because probiotics are live bacteria, they can be risky for people with weakened immune systems. ■



CALL



## Memory Screening

Hartsfield Village Senior Living Community offers free dementia screenings. Appointments are required. Call **219-934-0750**, ext. 200.

## DIAGNOSING DEMENTIA

If you want to keep your brain sharp and agile, keep using it. Researchers from Albert Einstein College of Medicine found that seniors who participated in mind-stimulating leisure activities like reading, board games and cards had a lower risk of developing dementia. If your loved one seems more forgetful than usual, it may be time for a screening. Early detection and recognition of mild cognitive impairment is important to improving quality of life. Confidential memory screenings are offered several times throughout the year at Hartsfield Village in Munster. Results are discussed at the conclusion of the screening.



10

# MENTAL HEALTH TAKEAWAYS TO THINK ABOUT



**1** Probiotics may improve functioning of the digestive system—and the brain. Researchers are studying the effects of the supplements.

**2** You probably know someone with a mental illness, which affects one in five Americans.

**3** Success is no measure of mental health. Abraham Lincoln, J.K. Rowling and Sheryl Crow are a few of the many famous people who have suffered from depression.



**4** Depression involves changes in brain function, not emotions you can control.

**5** Everyone feels stressed sometimes. But if you wake up feeling that way, you might need to seek help for anxiety.

**6** Mental illnesses are treatable, yet only 39 percent of those who suffer from them are receiving proper treatment.



Mental illnesses like anxiety and obsessive-compulsive disorder are no laughing matter. Jokes can cause those who are suffering to feel shame and embarrassment, preventing them from seeking treatment.

**8** Up to 16 percent of women experience postpartum depression. If the baby blues last for more than a few weeks, talk to your doctor.

9

Recent decades have seen tremendous advances in mental health treatment. Lobotomies were common as recently as the 1940s.

10

Every minute counts when someone is experiencing a stroke. For the brain, one hour without treatment equals 3.6 years of normal aging.



SHERYL CROW PHOTO BY GETTY/LARRY MARANO; YOGURT PHOTO BY THINKSTOCK

➔ **WANT MORE HEALTHY IDEAS?** Check out our fall issue, focusing on making changes to your health.

# THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS



## BIG GULPS

Water does more than quench your thirst. It lubricates joints, rids waste and helps keep body temperature at an even keel.

Here are a few tips for splashing water into your diet this summer:

► **KEEP WATER CHILLED.**

Water tastes better when it's cold.

► **FILL UP ON "FREGGIES."**

Water-rich fruits and vegetables can help you stay hydrated. Try lettuce, citrus fruits, watermelon, celery and tomatoes.

► **BEAT THE "BLAHS."** If your palate craves flavor, infuse water with fruit. Cover sliced fruit with ice in a pitcher and add water to let flavors infuse overnight.

# THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

## ZZZs

Sleep patterns change with age, but the recommended amount of sleep does not. Throughout adulthood, people need about seven to nine hours of shut-eye every night, according to the National Institute on Aging.

Sleep deprivation can lead to a wide range of health problems including obesity, diabetes, depression, cardiovascular disease, substance abuse and physical inactivity. Lack of sleep decreases attentiveness, reaction time and is linked to increased risk of motor vehicle accidents.

Find out how a good night's rest can make all the difference by scheduling a sleep evaluation at one of Community Healthcare System's accredited Sleep Diagnostics Centers. For Community Hospital in Munster, call **219-934-2873**; for St. Catherine Hospital in East Chicago, call **219-392-7666**; or **219-947-6790** for St. Mary Medical Center in Hobart.

### APPOINTMENTS



#### Mole Check

Have a spot that needs checking? A Community Healthcare System physician can examine your skin for suspicious moles. Screenings are free. Call **219-769-6055** to register.

## SUGAR vs. ARTIFICIAL SWEETENERS

*Which is better for your health?*

### THERE'S NO SUGARCOATING THE TRUTH: ●-----

Neither sugar nor sweeteners really help our health. But which is the lesser of two evils?

**Artificial sweeteners** help limit calories and don't cause cavities. "This is a pro for artificial sweeteners. When you drink sugary soda and sweet tea or chew gum—that sugar just sits on your teeth," says Sarah Krieger, a registered dietitian and a spokeswoman for the Academy of Nutrition and Dietetics.

An academy paper on the topic also concludes that aspartame can help with weight loss and maintenance. On the downside, recent research suggests that artificial sweeteners disrupt healthy microbes in the gut, leading to higher blood sugar levels. The experiments mostly involved mice, and the study's leaders noted that no definitive conclusions could be drawn yet.

So while the sweet spot is limiting both sugar and sweeteners, the latter appears to be kinder to our waistlines and our teeth.

PHOTO BY GETTY/TETRA IMAGES





If you're experiencing menopause, you may want to go light on the coffee.

## BAD BREW

As if hot flashes, night sweats and funky moods aren't punishing enough, a recent study suggests that menopausal women might be wise to give up coffee and soda.

The study, published in the journal *Menopause*, found that caffeine intake appears to aggravate hot flashes and night sweats.

Other top tips for easing or coping with menopausal symptoms:

- ▶ Maintain a healthy weight and exercise regularly.
- ▶ Limit spicy foods and alcohol, and eliminate smoking.
- ▶ Try meditative techniques.
- ▶ Sleep with moisture-control bedding.
- ▶ Talk with your physician about hormone therapy and natural remedies, such as black cohosh or ginseng.

## ▶ TRUE OR FALSE

Car windows can allow sun damage to your skin.

**TRUE.** While sunburns are uncommon (most car windows block UVB rays, the cause of sunburns), UVA rays can penetrate glass and harm your skin.

Researchers at the St. Louis University School of Medicine found that more-frequent drivers were more likely to have skin cancer on the left side of their bodies and faces. In patients with malignant melanoma, 74 percent of tumors were on the left side compared with 26 percent on the right. Yet another reason to wear sunscreen every day.

## FIREWORKS FACTS



98%

The percentage of fireworks-related injuries that occur in settings other than public, professional displays

2,000

The temperature, in degrees Fahrenheit, that a sparkler can burn—making it as hot as a blowtorch

11.4K

The number of fireworks-related injuries in 2013, an increase of 31 percent from the previous year



## WHAT'S OLD IS NEW AGAIN

King Tut didn't have Pizza Hut, but he might have had clogged arteries.

By using CT scans on mummies, researchers have found evidence of atherosclerosis among ancient Egyptians and other groups from Peru, the Aleutian Islands and the American Southwest.

In fact, the researchers, whose study was published in the journal *Global Heart*, found that more than a third of 76 Egyptian mummies had clogged arteries, with similar percentages across the other ancient cultures.

And all this without fast food and desk jobs. So does this mean the modern-day man can trade the treadmill for TV? Not so fast.

Genes account for some of our heart disease risk, but environmental and lifestyle factors are also at play. To take care of your ticker, modern-day advice about eating right and exercising still holds true.



# THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS



## GET A LEG UP

Summer vacations often mean long plane rides or road trips. And sometimes, our bodies just won't stand for all that sitting.

In fact, travelers older than 40 who also have other risk factors—such as obesity, a recent surgery, or use of contraceptives or hormone replacement therapy—are at higher risk for travel-associated blood clots. A clot can be deadly if it travels to the lungs.

To protect yourself during a trip, move your legs frequently and exercise your calf muscles. Recognize symptoms such as swelling, pain and redness. If a clot is causing a blockage in the lungs, you may have difficulty breathing, an irregular heartbeat, chest pain and lightheadedness.



Another reason to take a dip this summer: Swimming benefits the body and mind.

## WORKOUTS THAT WORK: SWIMMING

People report enjoying water-based exercise more than workouts on land. But is swimming a good workout? You bet.

Swimming helps:

- ▶ **THE JOINTS.** Swimming improves joint use and decreases pain from osteoarthritis.
- ▶ **THE BONES.** A water-based exercise program can improve or maintain bone health, a study of postmenopausal women shows.
- ▶ **THE MIND.** In fibromyalgia patients, swimming has been shown to decrease anxiety.

WEBSITE



### Swimming on Dry Land

No access to water? No problem. Find swimming-inspired workouts that simulate water-based movements with stability balls and exercises. Visit [acefitness.org](http://acefitness.org) and search "Workout Library."



## WHAT ARE THE ODDS

of developing  
diabetes?



New estimates show that **two in five Americans will develop type 2 diabetes.** People who are overweight and inactive are more likely to get type 2 diabetes. In fact, doctors have coined the term “diabesity” to reflect the link between the diabetes and obesity epidemics.

## REFRIGERATOR RESCUE

When a storm knocks out the juice to your refrigerator, how long will the food keep?

Four hours for the fridge (and 48 hours for a *full* freezer) during a power outage is the rule of thumb, according to the U.S. Food and Drug Administration.

Remember these other tips:

- ▶ Keep the refrigerator door closed.
- ▶ Never taste food to determine its safety.
- ▶ Trash any meat, poultry, fish, eggs or leftovers that have been stored above 40 degrees for more than two hours.
- ▶ If a big storm is coming, freeze containers of water to help keep food cold in the freezer, group food together in the freezer, and have ice-filled coolers on standby.



## JARGON WATCH

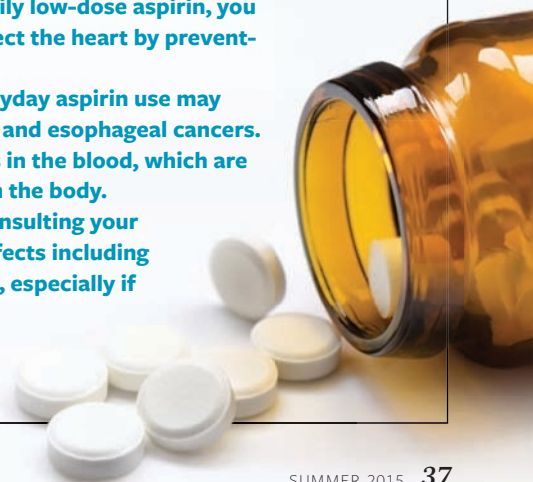
**COMORBIDITY** sounds so, well, *morbid*—like a horror flick co-starring Freddy and Jason. In reality, this term simply refers to two or more chronic diseases that occur together.

## ASPIRIN'S DOUBLE DUTY

If your doctor has recommended daily low-dose aspirin, you already know that aspirin may protect the heart by preventing the formation of blood clots.

A recent study suggests that everyday aspirin use may also protect against colon, stomach and esophageal cancers. Aspirin is known to reduce platelets in the blood, which are believed to distribute cancer cells in the body.

But don't pop the pills without consulting your doctor. Daily aspirin use has side effects including increased risk for stomach bleeding, especially if used in conjunction with alcohol.





We explain the facts  
about our germy,  
germy world.



## THE TRUTH ABOUT GERMS

-----  
*Can we avoid getting sick?  
Are all germs bad? The  
(sometimes icky) low-down*



You are covered in germs. That pen? Germy. The door-knob? Eww. Everything's covered in germs, tiny organisms we can't see that can (and will) make us sick. It's tempting to give in to this advice: Don't touch anything. That's not practical, of course. Best to brush up on your germ IQ instead.

### TRUE OR FALSE:

**Hand sanitizer is just as good as washing with soap and water.**

→ **FALSE (FOR THE MOST PART).**

"Good old-fashioned soap and water is better" as long as you're not a wimpy washer, says Stanley Maloy, PhD, a fellow of the American Society for Microbiology. "Sometimes when people wash, they do it for five seconds."

That's not good enough. What makes soap-and-water washing effective is that it's a mechanical process—you're actually rubbing germs off of your hands. So spend a little time on your scrub to make sure you're getting clean.

In the absence of soap and water, experts say an alcohol-based hand sanitizer is better than nothing.

PHOTO BY GETTY/MACEL TOPOROWICZ, NYC

## TRUE OR FALSE:

### You get more viruses in the winter.

→ **TRUE, MAYBE.** While it's a myth that you'll catch a cold if you forget your hat (sorry, Mom), it's true that viruses survive better in colder weather.

We help them spread because we spend more time inside together, sharing space. Indoor heat wicks moisture from our noses, making us more susceptible. "The circumstances are better to transmit the infection," says Philip M. Tierno, PhD, a microbiologist and the author of *The Secret Life of Germs*.

## TRUE OR FALSE:

### Germs and viruses thrive in people, not on objects.

→ **FALSE.** The viruses that cause colds and other illnesses can survive for hours on a doorknob or an elevator button.

"If somebody coughs into their hand and gets mucus on their hands, that protects the virus," Tierno explains.

That person touches an elevator button, which becomes the recipient of a rhinovirus (common cold) or coronavirus (respiratory illness). Then you come along and touch it.

According to the Centers for Disease Control and Prevention, influenza can live on hard surfaces—books, coffee pots, ATMs—from two to eight hours. And it takes chemical germicides that include chlorine, iodine or alcohol to wipe them out.

"It's very important to wash your hands—you've touched an awful lot. And you should not touch your eyes, mouth or nose," Tierno says. Those direct portals to your body are the way most viruses enter.

## TRUE OR FALSE:

### A dog's mouth is cleaner than his owner's.

→ **FALSE.** Of course, it depends on the person and the dog. But dogs are willing to eat gross things that humans are not, like feces.

That generally makes your pooch's mouth dirtier than yours, though Maloy offers a caveat: If someone has gum disease, his or her mouth might be harboring just as much problematic bacteria. Bottom line, though: No need to share mutt-to-mouth kisses.

## TRUE OR FALSE:

### All germs are bad.

→ **FALSE.** "They are really important. Without bacteria, we would be very, very sick," Maloy says.

Our bodies need exposure to germs and bacteria to build strong immune systems. In the absence of everyday germs, our bodies wouldn't be trained to fight when they need to. ■

## WEBSITE



### Quality at Hand

Visit [comhs.org](http://comhs.org) to learn more about the quality care and dedicated health professionals you'll find at Community Hospital in Munster, St. Catherine Hospital in East Chicago, and St. Mary Medical Center in Hobart.

## WASH UP!

Hand washing is an important way to prevent the spread of infection. The simple practice of staff washing their hands effectively is having a big impact on Community Healthcare System's efforts to reduce infections. Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart have trained their staffs in appropriate hand-washing techniques and have monitors in place to assure it's being done correctly to provide a safe environment for patients to receive care.

We can all benefit from the same proper hand-washing strategy to further prevent the spread of infection. Hands should be washed with soap and warm water. Rub hands together vigorously for at least 20 seconds (long enough to recite your A, B, Cs) and then dry them completely. If soap and water aren't available, use an alcohol-based hand cleanser. Always wash your hands thoroughly when they are visibly dirty, after using the restroom, before each meal and after you sneeze or cough.

# HOW TO STOP A HEADACHE

*Five steps to get your head back in the game*



Headaches always seem to strike at the worst possible moments—when you had a tough day at work, you're running late to pick up the kids and you need to get dinner on the table. They're like the dried icing on a bad cake that is your day. And almost all of us get them.

Nearly 90 percent of Americans get headaches from time to time, says Angela Golden, a family nurse practitioner and the immediate past president of the American Association of Nurse Practitioners. "The good news is that the vast majority are nothing to worry about."

Of course, that doesn't make you feel any better when your head is pounding. But these five steps can.



## **STEP 1:** **Take meds.**

This is the first step, because medication takes about 30 minutes to start working.

"Start medication early, before the headache gets too bad," says Jennifer L. Frost, MD, the medical director of the Health of the Public and Science division for the American Academy of Family Physicians. "Try acetaminophen or ibuprofen. You can even take them together [while noting the dosages] for really bad headaches."

But don't rely too heavily on painkillers, Golden says. "Some people actually get headaches from the overuse of certain medications, particularly those that contain caffeine."

## **STEP 2:** **Drink water.**

Dehydration is a common cause of headaches. And while drinking a glass of water won't relieve your current headache, it will help shorten its life span and stop other effects of dehydration, such as dizziness and constipation.

"It's not while you have your headache that you should start drinking water," Golden says. "You should be drinking it routinely."



## **STEP 3:** **Apply a cool compress.**

During a headache, blood vessels in your head dilate. Applying a cool compress to your forehead can help them contract, and therefore stop the throbbing.

There's also something to be said for applying heat.

"A hot compress on the neck and a cold compress on the forehead can do wonders," Golden says. "Something else to try is putting your feet in warm water, which redistributes blood from the head and stops the headache."



PHOTOS BY THINKSTOCK





#### STEP 4:

##### Lie down.

Rest in a cool, dark, quiet room.

“If you have any kind of light sensitivity—and it’s not just migraine headaches that cause light sensitivity—lying in a dark room can help,” Golden says.

If you’re able to nod off, all the better. Some headaches are brought on by sleep deprivation.

“If you don’t get good, restful sleep, that can very easily cause a headache,” Golden says.

#### STEP 5:

##### Breathe deeply.

The majority of headaches are tension headaches, and the most common cause is stress. So the key to ridding yourself of the pounding is reducing your stress.

Try a simple relaxation exercise, such as deep breathing. Take a deep breath in, hold for a count of four, release and hold for another count of four. Repeat as many times as necessary.



Most headaches resolve on their own and are nothing to worry about. Call your doctor if your headache worsens or does not improve with treatment.

“If you notice anything like weakness, nausea or slurred speech, or it’s the worst headache of your life, you should definitely see a physician right away,” Frost says. Don’t take any chances; call 911. ■

## PREVENT FUTURE HEADACHES

You now know how to stop a headache, but how can you prevent future ones? Community Care Network Family Medicine Physician Mark McMurtrey, MD, at St. Mary Medical Center’s Valparaiso Health Center offers these tips:

► **AVOID SMOKE.** Cigarette smoke is a top trigger. Don’t smoke, and avoid secondhand smoke as much as possible.

► **TRACK YOUR TRIGGERS.** Find out what sets you off by keeping a headache diary. Certain foods, medication, alcohol, fragrances, hunger and even hair accessories can trigger headaches. Once you learn your triggers, try to avoid them.

► **TAKE TIME EVERY DAY TO RELAX.** Annual vacations are great, but short daily breaks are what really make a difference. Put on your favorite song or just close your eyes and count to 10 a few times throughout the day.

WEBSITE



### Immediate Care

Medical attention for illness or injuries that are not life-threatening is available through the immediate care services of Community Healthcare System with outpatient centers in Hammond, St. John, Schererville and Valparaiso. Visit [comhs.org](http://comhs.org) for more information.

**Did you apply sunscreen?  
Good! Do it again in a  
couple of hours.**



## FREAK OUT OR CHILL OUT?

*Test your health knowledge with these  
five summer situations*



Summer is a time for taking it easy. But warm-weather activities can leave you vulnerable to unique ailments, and it's especially hard to chill out when you're freaking out about your health. We asked Jack Chou, MD, a member of the board of directors at the American Academy of Family Physicians, to help us navigate some of the most common seasonal health concerns. Summertime sadness? No way. More like summertime radness.

PHOTO BY GETTY/GLOBAL STOCK

**Q** After a day at the beach, your skin is red, itchy and blistering. You applied sunblock before heading outside and spent time under an umbrella, so what gives?

**IS IT:** A sunburn or solar urticaria?

**SUNBURN.** The signs of solar urticaria (an allergy to the sun) can be similar to a sunburn, but you'd notice them immediately upon sun exposure, Chou says. "While a sunburn can result in blistering of the skin, an allergic reaction would look more like a rash—raised, itchy bumps that appear when you're out in the sun." Vigilance is key when it comes to preventing sunburns. Remember to reapply sunscreen every couple of hours and spend as much time in the shade as possible.

**Q** You go off the beaten path for a relaxing walk in the woods, only to spend the evening scratching your calf, where you now have a line of itchy, red welts.

**IS IT:** Bug bites or poison ivy?

**POISON IVY.** Poison ivy (also known as poison oak) is caused by an allergic reaction to the resin of the plant, so the welts tend to appear in a linear pattern. "Chances are, if you have that one line of resin on your skin, you have it on your clothes too, so be sure to wash anything you were wearing in hot, soapy water, or you'll just spread the problem," Chou says.

**Q** After months of planning, saving and daydreaming, you finally get to take that tropical vacation but end up spending the first three days in the bathroom instead of on the beach.

**IS IT:** Norovirus or food poisoning?

**NOROVIRUS.** More commonly known as the stomach flu, norovirus is an extremely contagious virus that can cause quick-onset diarrhea and vomiting that lasts about three days, Chou says. It's more common while traveling because you tend to come in contact with more people (and their germs). "Food poisoning has similar symptoms but is shorter in duration," Chou says. "To avoid both, always practice proper hand-washing as well as food safety practices."

**Q** You've set out on a high-elevation mountain hike, but halfway up, you begin to feel dizzy, tired and as if you can't catch your breath, even when you take a break.

**IS IT:** Altitude sickness or being out of shape?

**ALTITUDE SICKNESS.** "The best way to tell if you're dealing with altitude sickness is to sit down for a few minutes,"

Chou says. "If you still feel like you can't catch your breath, it's probably the altitude." Other telltale signs include headaches, anxiety and nausea. "The only way to feel better is to head down toward sea level," he says. To avoid altitude sickness, acclimate to the higher elevation for a day or two before exercising, and stay well hydrated.

**Q** The midday temps are creeping up into the 90s, but you decide to go for a lunchtime run anyway. While pounding the pavement, you begin to feel thirsty, weak and dizzy, and you're sweating like a madman.

**IS IT:** Heatstroke or dehydration?

**DEHYDRATION.** When you first notice these symptoms of dehydration, it's time to head home. "Heat exhaustion is really another layer on top of dehydration, so if you notice the first, you need to take action to avoid the next," Chou says. Try to get out of the heat, or at least into some shade, and drink plenty of fluids. And next time, think of taking a morning run. ■

WEBSITE



## Stay Safe This Summer

The National Safety Council has a variety of tips to help you and your family have a safe and fun summer. Visit [bit.ly/1vZJsGQ](http://bit.ly/1vZJsGQ) for tips about water safety, fireworks and more.



# SIZING UP MIS



With minimally invasive surgery, incisions that used to span several inches are now as small as a dime. The techniques have revolutionized dozens of surgeries, reducing scars and hospital stays by as much as half and leading to a faster, less painful recovery.

More than 20 million Americans have had minimally invasive surgery (MIS), which involves using miniature tools and cameras. Although MIS is not suitable for all patients, here's a look at what it can offer to many people.

## 1 Spine surgery

**What it is:** Procedures include discectomy (removal of the damaged portion of a herniated disk) and lumbar fusion, which involves the fusing of painful vertebrae to relieve back conditions.

**MIS benefits:** "Open" surgery involves moving muscles to see the spine, which can result in pain and tissue damage. With MIS, the surgeon uses X-ray images and a microscope to maneuver a tool that serves as a passageway to the spinal column.



WEBSITE



## A Sooner Surgical Recovery

The Society of American Gastrointestinal and Endoscopic Surgeons offers a website for patients considering minimally invasive surgery. For information about procedures including bariatric surgery, hernia repair, gallbladder removal and more, visit [getwellsooner.org](http://getwellsooner.org).

## 2 Heart bypass surgery

**What it is:** Used when a coronary artery is blocked, the surgery creates a new path for blood and oxygen to reach the heart.

**MIS benefits:** In traditional coronary bypass surgery, the heart is stopped while a heart-lung machine keeps blood circulating during surgery. The heart keeps beating during the minimally invasive procedure, which allows for less pain, bleeding and potential for infection.

## 3 Radical prostatectomy

**What it is:** The prostate gland and surrounding tissues are removed to treat prostate cancer.

**MIS benefits:** With the minimally invasive approach, patients experience fewer complications and less need for a blood transfusion during surgery.

## 4 Total hip replacement

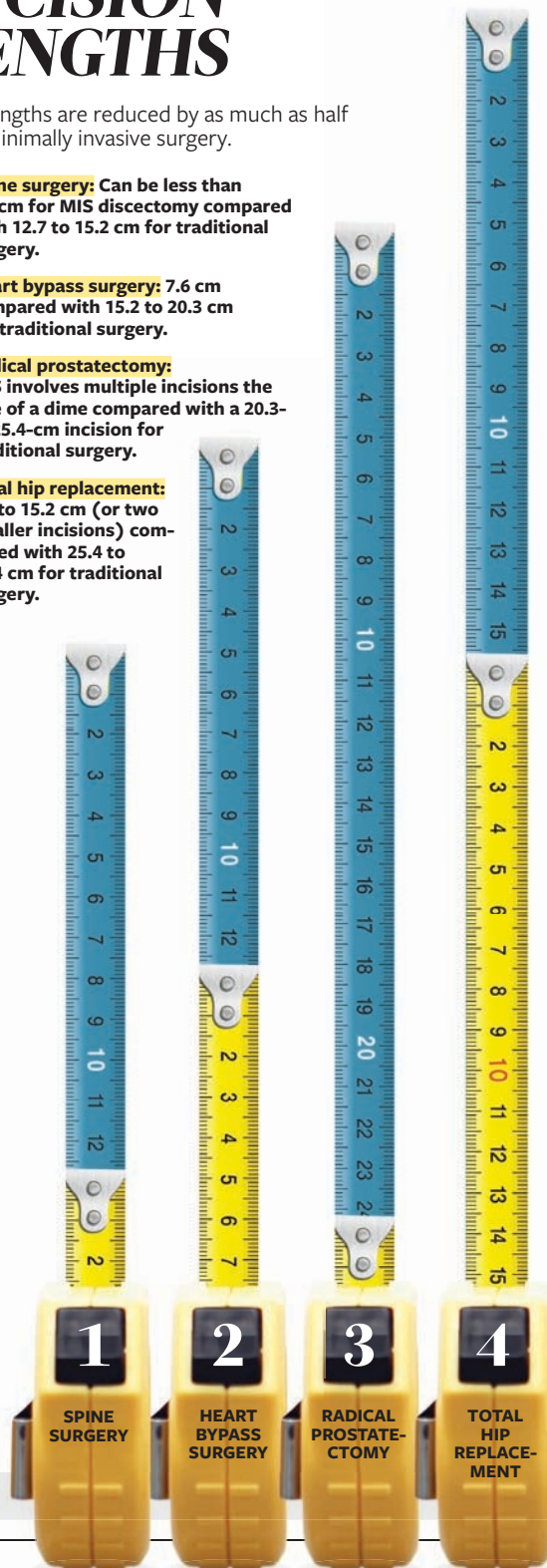
**What it is:** The hip joint is replaced with an implant to improve mobility and relieve pain.

**MIS benefits:** Fewer muscles are cut when the damaged bone is removed, leading to less pain and a faster recovery. ■

## INCISION LENGTHS

Scar lengths are reduced by as much as half with minimally invasive surgery.

- 1 Spine surgery:** Can be less than 2.5 cm for MIS discectomy compared with 12.7 to 15.2 cm for traditional surgery.
- 2 Heart bypass surgery:** 7.6 cm compared with 15.2 to 20.3 cm for traditional surgery.
- 3 Radical prostatectomy:** MIS involves multiple incisions the size of a dime compared with a 20.3- to 25.4-cm incision for traditional surgery.
- 4 Total hip replacement:** 7.6 to 15.2 cm (or two smaller incisions) compared with 25.4 to 30.4 cm for traditional surgery.



## DAYS IN THE HOSPITAL

For most surgeries, minimally invasive procedures reduce the time spent recovering in a hospital.

**SPINE SURGERY (LUMBAR FUSION):** 2–3 vs. 5–7 days



**HEART BYPASS SURGERY:** 3 vs. 5–6 days



**RADICAL PROSTATECTOMY:** 2 vs. 3 days



**TOTAL HIP REPLACEMENT:** 1–4 days either way



## THREE WAYS TO PREPARE **TOMATOES**

*With these suggestions for serving tomatoes, you'll never be stumped on what to do with a bumper crop of summer beauties*



You could say the lush, lovely tomato has a bit of an identity crisis: Though it acts like a vegetable in soups and salads, botanists say its seed-filled interior makes it undoubtedly a fruit. What's not debatable is the tomato's numerous health benefits.

"Tomatoes are rich in vitamins A and C as well as potassium and the antioxidant lycopene, which is thought to lower your risk of prostate, lung and stomach cancers," says registered dietitian Alissa Rumsey, a spokeswoman for the Academy of Nutrition and Dietetics.

At the supermarket, be sure to get the freshest tomatoes possible by avoiding ones with crispy vines and stems, pale pink coloring or bruising. Then give a squeeze—the fruit should be firm or yield to touch only slightly. Finally, do the stroke test: Run your finger along the skin and if it wrinkles, move on. Once you've stocked up, try these three tasty tomato preparations:



### **1** TURN THEM INTO **SALSA**

Jarred salsas are often loaded with sodium and other additives. Making your own from scratch is so easy that you'll never go back to the store-bought stuff. The basic technique: Roughly chop tomatoes and red onion and toss with salt, pepper, cilantro and lime juice. For a creamy, guacamole-like texture, stir in diced avocado.



### **2** ROAST THEM

Preheat the oven to 350 F and line a baking sheet with parchment paper. Place halved, seeded tomatoes cut side up on the sheet, drizzle with olive oil, and season with salt and pepper. Roast for about an hour or until slightly charred and tender. Freeze extra portions for soups, stews and pasta dishes.



### **3** QUICK-PICKLE THEM

This method works especially well for cherry tomatoes. First, you'll need a brine recipe, which entails boiling water, vinegar, sugar, salt and seasonings. While the brine cooks, fill a mason jar with tomatoes (poke holes in each to let liquid in) and top with fresh dill. After the brine cools, transfer it to the jar and refrigerate for at least 24 hours. ■

MAIN PHOTO BY GETTY/VICTORIA FRANKSTON; INSET PHOTOS BY THINKSTOCK







## TOMATO TYPES: *A BUYING GUIDE*

### GLOBE

Also called beefsteak or slicing tomatoes, these large, round red varieties can weigh as much as 2 pounds. Since they're sturdy and have a meaty texture, they work well in sandwiches.

### PLUM

Also known as Romas, these hearty types have the most flesh and the fewest seeds, so they'll make fresh pasta sauces thicken up beautifully.

### GRAPE

These sturdy little poppers are smaller versions of plum tomatoes and are a popular choice for salads. Because they have a fairly long shelf life, supermarkets tend to import them during the cooler months.

### CHERRY

Some shoppers confuse the similarly sized cherry and grape tomato. But the more delicate cherry tomatoes are usually sweeter with a more distinctive flavor. They're ideal for dishes in which you want the tomato to shine (like in a simple salad or on a crudit  platter).

APP



### Tomato Troubleshooter

With nearly 500 photos, Purdue University's Tomato Doctor app, available through iTunes and Google Play, helps gardeners figure out what's (literally) bugging their plants. You can search by plant part or suspected causes such as diseases, insects and environmental factors.

# HEARTBREAKING FIGURES

**1 in 3**

About 33% of American adults have high blood pressure, a major risk factor for heart disease.

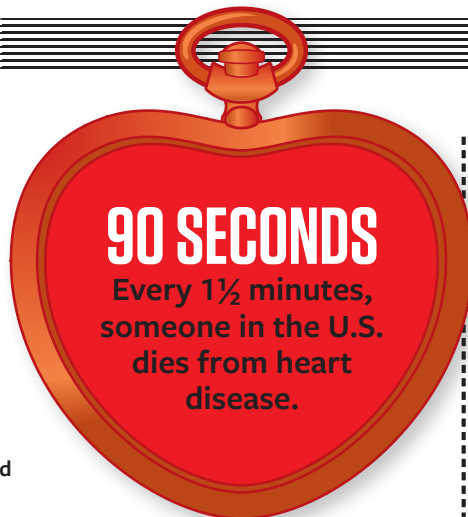
## RISK FACTORS



20% of deaths from heart disease in the U.S. are related to cigarette smoking.



A diet high in saturated fat is to blame for almost a third of coronary heart disease cases.



**90 SECONDS**

Every 1½ minutes, someone in the U.S. dies from heart disease.

**1/3**

More than one-third of Americans are obese, a top risk factor for heart disease. Additionally, a third of Americans are overweight but not obese.

**47%**

Nearly half of Americans have at least one of these three risk factors for cardiovascular disease: high blood pressure, high cholesterol or smoking.

**49%**

Nearly half of African-American women have some form of cardiovascular disease, as do 44% of African-American men.

**83.6 MILLION**

The number of Americans who have one or more types of heart disease.

Sources: American Heart Association, The Heart Foundation, Centers for Disease Control and Prevention, World Heart Federation, American College of Cardiology

## DON'T WAIT

A heart attack can present a variety of symptoms besides chest pain and shortness of breath. For women, that could mean nausea or vomiting, back or jaw pain, dizziness, lightheadedness, fainting or sudden fatigue. Although these warning signs may be subtle, a visit to the emergency room could mean the difference between life and death.

The hospitals of Community Healthcare System—Community Hospital, Munster; St. Catherine Hospital, East Chicago; and St. Mary Medical Center, Hobart—are accredited Chest Pain Centers through the Society of Chest Pain Centers and have specialists standing by 24 hours a day ready to respond from the earliest stages of a heart attack. Each center has a team of emergency medical service personnel,

cardiac specialists and hospital medical staff who work together to ensure heart attack patients are quickly stabilized and treated, resulting in minimized damage to the heart and allowing for a more successful recovery.

When someone with chest pain calls 911 for help, trained professionals are immediately dispatched to the patient, and upon arrival begin treatment that could be lifesaving. Medical care begins in the field through communication, support and direction from the physicians in the emergency department.

Don't ignore chest pain. If you have symptoms, call 911 immediately. Not all people will have the same symptoms, and the intensity will vary from person to person.

CLASS



## Take it to Heart

The hospitals of Community Healthcare System offer heart health education for patients to recognize the signs of a heart attack and learn how to decrease risk for heart disease. To register for classes, visit [comhs.org](http://comhs.org) or call 219-836-3477.

# A HEALTH CAREER UNDER THE MICROSCOPE



*Course in Medical Laboratory Science gives behind-the-scenes look at diagnosis* BY **ELISE SIMS**

**S**tudents Ryan Bartock of Crown Point and Steve Taylor of Chesterton weren't sure what they were going to do with their biology and biochemistry majors after graduation, until they heard about a new medical laboratory science career opportunity in the laboratories of the hospitals of Community Healthcare System.

The certification program includes 22 weeks of classroom instruction in clinical laboratory sciences, hands-on student laboratory activities and intensive 24 weeks on-the-job clinical training.

"I had a class on research as an undergraduate at Valparaiso University and found out that medical laboratory science would be a good fit with the direction I wanted to go," says Bartock.

"Medical lab science was something I never heard of before so I decided to look into it," Taylor says. "We're learning about microbiology, phlebotomy, central processing, chemistry, hematology and more with rotations in each area."

Medical laboratory scientists are highly trained, highly skilled professionals whose contribution to diagnosis and treatment of disease is invaluable. A career in medical laboratory science involves the testing of blood and body fluid specimens using complex chemistry analyzers to diagnose heart, liver disease or cancer; microscopic examination of blood cells for anemia or leukemia; identification of pathogenic organisms causing infection; immunological evaluations and

preparation of blood products for life-saving transfusions.

"Well-educated, seasoned lab technologists can expect an excellent job outlook," says John Gorski, chief operating officer for Community Healthcare System. "Because of the rate of groundbreaking medical advances, healthcare careers such as this are expected to increase by 14 percent over the next 10 years. Technologists will be needed to process more complex tests as the number of overall tests performed increases. We're taking a proactive approach to fill this need in the community."

The 11-month program is intended for baccalaureate graduates in sciences such as biological sciences, microbiology, molecular biology or preprofessional. ■



**Laboratory Administrator Susan Maio-Hillegonds and Supervisor Pravin Patel, MD, discuss microbiology and the detection of ticks, mites and other arthropods at St. Catherine Hospital with medical science students Amalie Pastoral, Steven Taylor, Ryan Bartock and Danielle Volk.**

EMAIL



## Apply Today

Interested in pursuing a career in medical laboratory science? Request an application packet by contacting Mary S. Wallace MS, MT (ASCP), program director, School of Medical Laboratory Science at [mwallace@comhs.org](mailto:mwallace@comhs.org), 219-392-7259.



# JOINT CARE: UP CLOSE & PERSONAL

*Imaging software provides custom fit*



Earl Goldberg had constant pain in the back of his leg. This was really a setback for the active 79-year-old Munster resident who exercises daily at Community Hospital Fitness Pointe™, played sports in high school and college, and still likes to keep up with his two grandsons.

“I was playing golf and as I turned to swing, I felt as though I had pulled a muscle,” he explains. “Eventually, I couldn’t move or go anywhere, and I knew then I was in trouble.”

He went to a pain doctor, and the X-ray showed his right hip joint was bone-on-bone.

Goldberg knew a bit about hip replacement because just five years ago, his wife, Harriet, had traditional hip replacement surgery. She had a large incision that ran the length of the side of her thigh, and her recovery was long. He wanted something different and heard that the orthopedic surgeons at Community Hospital were using a less-invasive technique. Goldberg scheduled an appointment with Gregory McComis, MD, an orthopedic surgeon at Community Hospital.

“Everyone was wonderful,” says Goldberg. “My care was excellent and I was up and walking just hours after surgery. Best of all, I have no more pain in my hip!”

## 1 A Perfect Fit

“We combine a less-invasive anterior approach with OrthoView™ software to help us achieve the best possible fit,” says McComis. “A perfect fit reduces the risk of complications such as limb length inequality—one leg shorter or longer than the other—or uneven wear as may happen when the two sides of a joint do not fit together properly. The program acts as a guide and creates a detailed plan from an X-ray that takes all the guesswork out of the joint replacement.”

All four parts of the hip replacement that Goldberg had—the stem, the ball, the metal cup and the cup liner—were custom fit in advance.

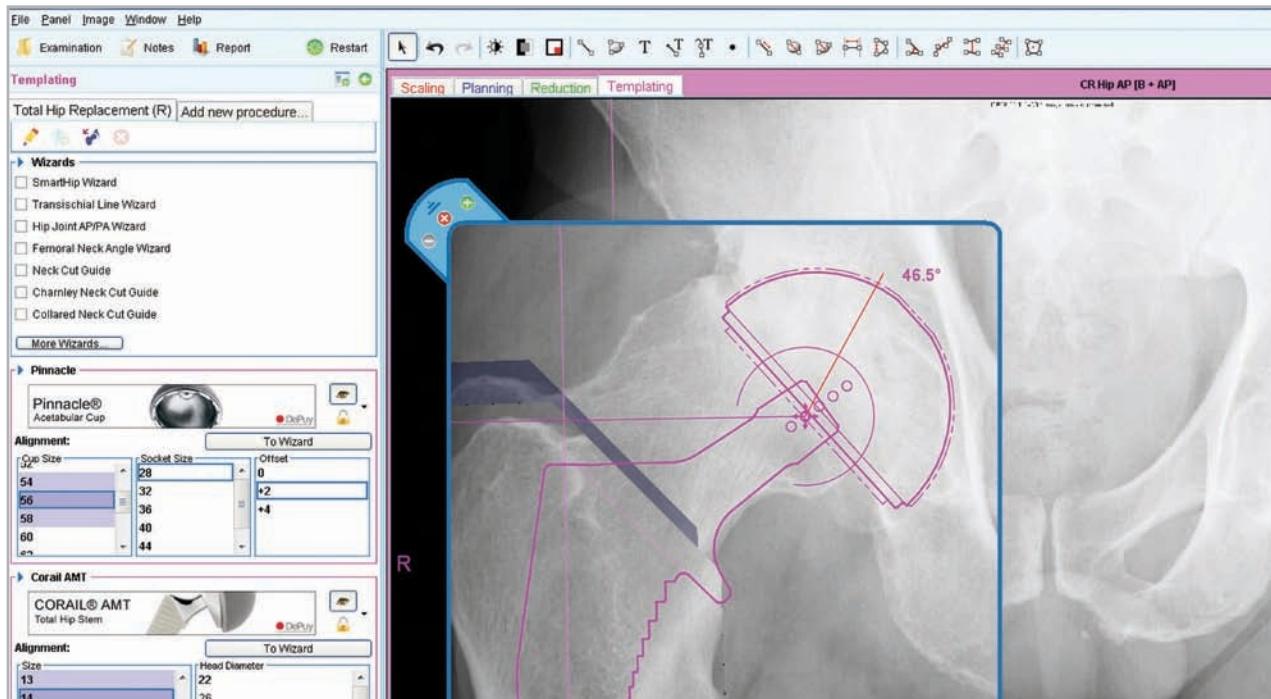
“OrthoView helps me measure the cup size the patient will get—depending on their age and other factors—as well as what kind of liner they will get,” McComis says. “The software also



**Earl Goldberg had a successful recovery after having anterior approach hip replacement surgery with OrthoView software.**

determines the size and shape of the stem, which comes in different angles and lengths. There are many variations and combinations of the cup, stem and ball, but with OrthoView, I know the exact size I need for each patient in advance.”

Before a joint procedure, an X-ray is taken and a small metal 1-centimeter ball is placed next to the patient’s hip.



**OrthoView software program generates a detailed plan from an X-ray and provides a custom-fit joint replacement for each patient.**

The ball is used as a weighted guide that helps the OrthoView program recalculate, scale and measure the size of the patient's skeleton.

"The metal ball is a reference point for the program," McComis said. "OrthoView scales the hip, then automatically recalculates the image and magnifies the area so I can look at the X-ray and choose the best size implant based on the template."

The X-ray is in real time so it can be done just a day or two before the surgery.

## 2 Speedy Recovery

During a traditional hip replacement surgery, the type that Harriet had, the surgeon makes an incision alongside the patient's leg to access the hip joint. To get to the joint, the surgeon has to cut through muscles and tissues in the leg. The natural ball of the

thighbone is removed and then reshaped to fit the new hip components.

With the anterior approach to hip replacement however, the surgeon makes a small vertical incision on the top of the leg and works between the muscles and tissues without detaching them from either the hip or thighbone. The anterior approach is a tissue-sparing alternative to traditional hip replacement with less pain, faster recovery and improved mobility because the muscle tissues are left alone. When combined with the OrthoView imaging template, any guesswork in shape, angle and resizing of the thighbone during the procedure is eliminated and the patient gets a custom-built joint.

This technique only takes about half the time of a traditional replacement and patient recovery is shorter, with less blood loss during the procedure, less risk for infection and fewer complications, said McComis. ■

GO TO ...

## There's More

Visit **comhs.org** for more information about the cutting-edge technology and minimally invasive procedures offered by Community Hospital in Munster.



# A BEAUTIFUL BEGINNING

*Built on Family*



**New mom Nicole Jackson** likes the cozy, soothing look and feel of the remodeled Family Birthing Center at St. Catherine Hospital. She had her first baby in 2012 in East Chicago and knew she would return for the birth of her second in 2014.



Comfort, privacy and expert care for mom and baby are found in every room of the newly remodeled Family Birthing Center at St. Catherine Hospital.

“Yes, of course, the ambience is beautiful—new flooring, new paint and photos—but it really is about the nurses and staff,” says Jackson of Gary. “They make you feel at home and at ease during a very stressful time. It’s something that you remember for a lifetime.”

The Family Birthing Center at St. Catherine Hospital recently underwent a complete remodel that includes 10 rooms in a beautiful setting. In addition to the homelike atmosphere, the unit features state-of-the-art birthing beds, an infant security system and a private, secure unit. The nurse’s station was remodeled with patient safety and well-being in mind.

For women giving birth at the hospital, family is allowed to be present during the childbirth process. A private waiting area with TV, restrooms and snacks is available, too.

“Providing the highest quality of care in a comfortable, soothing, caring environment is the top priority,” says Paula Swenson, RN, CNO and vice president of Patient Care Services. “The staff at St. Catherine Hospital is extraordinary. They truly are an extension of my family. We spend so much time together and



learn about details of each other's lives which helps us to work collaboratively."

A special feature of the Family Birthing Center is the focus on natural birthing processes and healthy outcomes for mom and baby.

"We are proud to offer mom choices including midwives, a variety of board-

*It really is about the nurses and staff," says Nicole Jackson of Gary. "They make you feel at home and at ease during a very stressful time. It's something that you remember for a lifetime."*

certified physicians and an entire team of experts to ensure healthy results," says Swenson. "In fact, we have the lowest cesarean-section rate in the area. This demonstrates that our dedicated staff takes time to make sure mom is educated about her choices."

## Family-Centered Care

Unit Director Tracy Sharp, RN, began as a nursing student in Labor & Delivery more than 14 years ago. She says the greatest reward is being out in the community and hearing the positive comments about patients' experiences.

"To hear that I made a positive influence in someone's life reassures me every day why I became a Labor & Delivery nurse," says Sharp. "I want everyone to be as comfortable as possible when they walk into our unit. The hospital can be a scary place for some

people and if they see someone who is being positive and welcoming, then that may help in their experience.

"We focus on a home-like atmosphere," says Sharp. "When you are here, we try to do our very best to make you feel as comfortable as possible. Having a baby is a life-changing event, and we strive to make that experience an unforgettable one."

## Healthy Outcomes

Family Birthing Center staff understands that most mothers are healthy and have good reason to anticipate an uncomplicated childbirth. Cesarean section is major surgery and increases the likelihood of many short- and longer-term adverse effects for mothers and babies. The staff focuses on natural birthing options, has a strong midwife presence and promotes breastfeeding practices.

"Attaining such low C-section rates throughout the area means a lot, and all credit needs to be given to the caring, compassionate staff at St. Catherine Hospital," says Kimberly Arthur, MD, an obstetrician. "The staff continually demonstrates a continued commitment to the patient no matter how long the birth experience may be. We as physicians are truly fortunate to work with such patient and dedicated staff members. They really walk step by step with new moms during delivery and after." ■



**St. Catherine Labor & Delivery staff (above) walk step by step with new moms before, during and after delivery by focusing on natural birthing options, promoting breast feeding practices and scoring some of the lowest C-section rates in the area.**

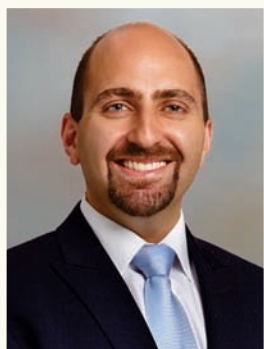
CALL



## Feel at Home

To learn more about the classes and programs and to schedule a tour as well as meet the staff at St. Catherine Hospital's Family Birthing Center, call **219-392-7900**.

# FIXING A HOLE IN THE HEART



*“Fortunately for Mr. Goldie, the repair was done within 30 minutes in our cardiac catheterization laboratory, under local anesthesia.”*

*Hussam Suradi, MD, FACC*

## *New **minimally invasive** approach to treating patients with heart defects*



After having survived both the Korean and Vietnam wars as an Army staff sergeant, 82-year-old George Goldie became frustrated when the congenital heart defect he’s lived with his whole life suddenly became a threat.

“I was good enough for the military and have lived my life with this hole in my heart,” says Goldie. “It took 82 years for it to become a problem.”

Goldie’s “problem” was a patent foramen ovale, or PFO, which is a hole between the two upper chambers of the heart that does not close as it normally should after birth. People with PFO don’t usually show any symptoms, and the condition is usually only discovered while undergoing tests for other conditions. In Goldie’s case, doctors would not allow him to undergo much-needed bowel surgery until the hole was repaired. The PFO placed him at high risk for serious complications, such as stroke during the surgery.

Fortunately for Goldie,

St. Mary Medical Center cardiologist Hussam Suradi, MD, FACC, is specially trained to perform a newer technique that allows patients to undergo minimally invasive heart surgery allowing greater patient comfort and without requiring general anesthesia.



### **A Cool Tool**

The technique uses a special cardiac imaging device called intracardiac echocardiography, or ICE, to close PFOs and other defects of the walls between the chambers of the heart known as atrial septal defects.

The use of ICE in performing these types of heart procedures has been emerging as a preferred treatment option in conjunction with or in place of other technologies, such as transesophageal echocardiography (TEE) or transthoracic echocardiography (TTE). Both TEE and TTE offer valuable screening and diagnostic capabilities, and the expert use of ICE offers additional treatment options for PFOs and other atrial septal defects.



**Cardiologist Hussam Suradi, MD, has a follow-up visit with George Goldie after Dr. Suradi repaired a hole in the 82-year-old's heart with the minimally-invasive device, ICE.**

CALL



## Expert Heart Care Close to Home

St. Mary Medical Center is on the leading edge of providing innovative and effective treatment of a variety of cardiovascular conditions. Our expert team of cardiologists and cardiothoracic surgeons deliver the highest quality care with positive outcomes and a superior patient experience. To find a cardiologist on staff, call **219-836-3477**.

“Unlike TEE, intracardiac echocardiograms can be performed using conscious sedation, sparing the patient the discomfort and risks of general anesthesia,” says Suradi, who is also an assistant professor at Rush University in Chicago. “They also produce better image resolution of the affected area, giving physicians an advantage in performing these procedures.”



### In and Out

As the only fellowship-trained structural cardiologist in Northwest Indiana, Suradi has extensive background and experience in atrial septal defect closure using the most advanced, less-invasive techniques. He explains

that the quality of ICE images may be superior to TEE because the imaging device is within the cardiac chambers enabling high-resolution, close-up visualization of structures. This is particularly useful in obtaining accurate evaluation of defects in the chamber walls, position and size of the defects and assessment of the repairs.

“In other words, we need to make sure that the hole can hold a ‘patch,’ ” says Suradi. “There has to be sufficient tissue around the edges of the defect to hold the closure implant in place. Once in position, heart tissue will grow over the implant, eventually becoming part of the heart wall.”

Most individuals with PFOs don’t show symptoms, such as with Goldie, or realize they have the defect unless they develop complications such as a stroke without an identifiable cause.

“Fortunately for Mr. Goldie, the repair was done within 30 minutes in our cardiac catheterization laboratory, under local anesthesia,” says Suradi. “The use of ICE makes this procedure highly tolerable and less painful for patients. Mr. Goldie went home the next day.”

“I have a lot of doctors, but I really get along with this guy,” adds Goldie. “He makes me feel comfortable. I’m feeling great!” ■



# ***PRESCRIPTION TO GO!***

**Room service:** *Just what the doctor ordered* BY ELISE SIMS

**Y**ou're finished with your hospital stay and anxious to get back home. The last thing you want to do is make a trip to your local pharmacy and wait to get your prescriptions filled. At the hospitals of Community Healthcare System, your medications can be ready for you when you're ready to leave.

"One of the biggest reasons for patient readmissions within 30 days is not having prescriptions filled and failing to take medicine according to the doctor's instructions," says Frank Bieda, retail manager of the Community Hospital outpatient pharmacy.

Clinical pharmacists at the hospitals and pharmacists in the retail stores took action to improve their processes, and now bring medications and prescription education to patients before they leave the hospital, says Beth Clements, director of Pharmacy, Community Hospital.

"We found that filling prescriptions before a patient leaves the hospital helps to reduce readmission," she

says. Patient satisfaction in the area of discharge instructions on the hospitals' surveys changed from 60 percent before the pilot program to 77.8 percent after it began.

In order to initiate the pilot program, the retail pharmacy needed to be equipped with advanced technology. The new technology, which interfaces with the pharmacy management system, enables staff to complete the prescription transaction at bedside.

**"We use a hand-held device to do the transaction at the bedside—it's quick, convenient, safe and secure—all of our technology is compliant with the Payment Card Industry Data Security Standard," Bieda says.**

"We can ensure that our patients go home with the correct medications and that they aren't taking any duplicate prescriptions, and answer any questions the patient might have before they go home," says Koula Tsahas, director of Pharmacy, St. Catherine Hospital.

St. Mary Medical Center is looking to implement the program at the Hobart campus as well, says Director

of Pharmacy, Michell Meyer. "It is another one of the many ways our hospital is helping patients make that successful transition from hospital to home." ■



**As part of the hospital concierge program, Pharmacy Tech Caroline Obermeyer explains the prescriptions that Robert Velligan will need when he goes home.**

# Building a higher standard of Excellence!



## *Opening soon!* New Surgical Pavilion & ICU

St. Mary Medical Center is building a higher standard of excellence in care with the construction of its new 113,000 square foot surgical pavilion and ICU. The \$40 million, four-story building will offer patients the most technologically advanced surgical facilities as well as modern, family-friendly accommodations for patients requiring the highest level of care. Watch for our grand opening!



**ST. MARY** Medical Center

1500 S. Lake Park Ave., Hobart, Indiana 46342

[www.comhs.org/stmary](http://www.comhs.org/stmary)

### **FIRST FLOOR:**

- 12 large surgical suites
- 4 minor procedure rooms
- Post Anesthesia Care Unit (PACU)
- Same day surgery
- Phase II Recovery Unit
- New Central Sterilization Department
- Surgical Family Lounge

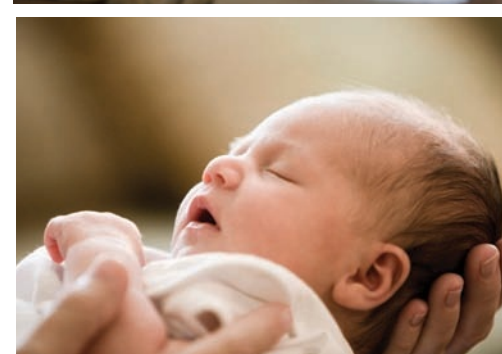
### **SECOND FLOOR:**

- 20 private ICU beds
- ICU Family Lounge
- Family-focused design, that seamlessly integrates technology and expertise with a comfortable, healing environment

### **THIRD AND FOURTH FLOORS:**

- Shelled-in for future patient needs





# Ready for everything you are & aren't expecting

## 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](http://www.comhs.org/community)

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