



FALL 2007

DESTINATIONS

always leading the way

Advanced Heart Procedures at Sherman Hospital

UNSIGHTLY VEINS?



HEALTHREACH CALENDAR



CAUSES OF JOINT PAIN

For a physician referral: 1-800-397-9000 or www.ShermanHealth.com

President's Message

In recent months, Sherman Health has made tremendous progress. On July 1, we officially part-

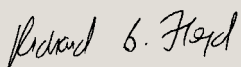


nered with Children's Memorial Hospital to provide patients at Sherman Hospital with specialized pediatric care. This same day, we launched the new www.ShermanHealth.com website to make it easier for you to locate health information, gain access to physician data and interact more with Sherman Health.

And that's not all. Construction of our replacement hospital at Randall and Big Timber continues full speed ahead. I encourage you to visit www.thefutureofsherman.com for construction updates, aerial photos of the construction site and to view our progress through a live web cam.

In January 2008, we will open a Sherman Family HealthCare facility in South Elgin on McDonald Road just west of Randall. Here, Sherman will provide much-needed healthcare for the community, including immediate care, physical therapy, and laboratory and medical imaging services.

As Sherman Health continues to grow, we renew our commitment to the community we have served for generations. This is an exciting time of growth for us, and we look forward to serving your healthcare needs for years to come.



Rick Floyd
President & CEO
Sherman Health

Minimally Invasive Mitral Valve Surgery

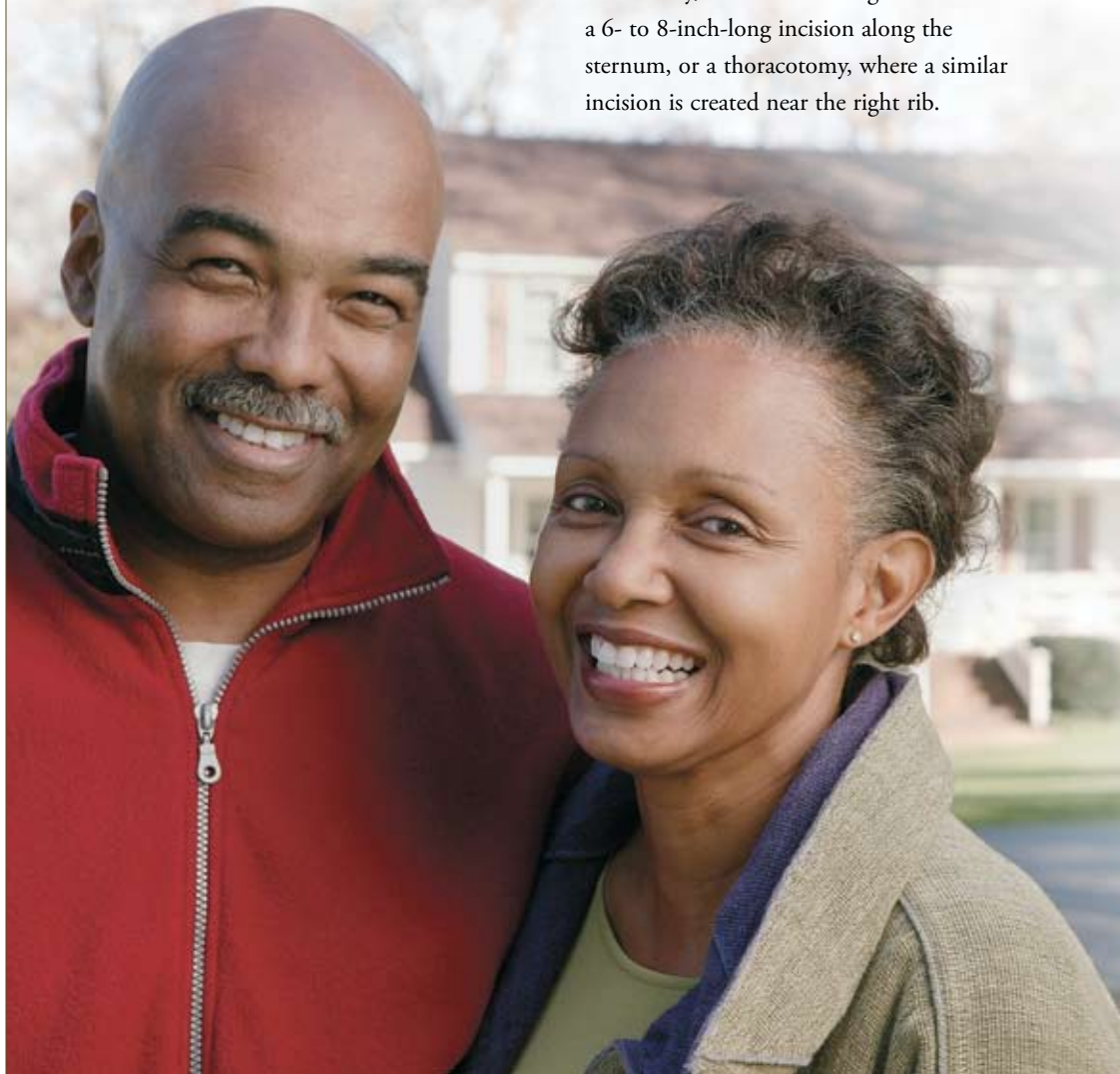
Sometimes surgery is the only way to get better. But no one wants to be left with a permanent, intrusive scar after they've healed.

Thanks to an innovative heart procedure available at Sherman Hospital, patients can stop worrying about scars—and focus on feeling better. Cardiac Surgeon Timothy James, MD, and the experienced anesthesia and nursing staff on the heart team now conduct minimally invasive mitral valve surgery, a procedure performed at no other hospital in the area.

"This is a revolutionary surgical procedure," states Dr. Ian Jones, Vice President of Clinical Performance at Sherman Health.

"In the past, patients were forced to live with a large scar that could not be hidden. With this new approach, that is no longer the case, and our patients are given a better quality of life, as well as a much quicker recovery from the surgery."

The mitral valve controls blood flow between the heart's left atrium and left ventricle. Over time, it often becomes floppy or damaged as a result of rheumatic heart disease. Commonly, this valve is replaced or repaired through a midline sternotomy, in which the surgeon makes a 6- to 8-inch-long incision along the sternum, or a thoracotomy, where a similar incision is created near the right rib.





A-Fib Treatment at Sherman

According to the American Heart Association, a condition called atrial fibrillation (A-Fib)—the most common “serious” heart rhythm abnormality affecting an estimated 2.2 million Americans—causes the heart to emit uncoordinated electrical impulses. In some cases, the heart contracts between 300 to 400 beats per minute.

“With A-Fib, the upper chambers of the heart do not pump and squeeze normally but appear to quiver,” says Esther Weiss, Clinical Nurse Specialist at Sherman Health.

A-Fib patients often experience palpitations, fatigue, breathlessness, dizziness and mild chest discomfort. Chances of having a stroke are five times higher for A-Fib patients and about 15 to 20% of all strokes occur in people with A-Fib.

Thanks to the catheter ablation procedure for A-Fib offered at Sherman, an increasing number of patients with A-Fib can now be cured.

During the procedure, catheters are used to burn or cauterize problematic areas in the left atrium. This eliminates irregular impulses in the heart and drastically reduces the number of hospital visits and medications for patients.

“Sherman was one of the first hospitals in the region to have equipment for this ablation,” says Weiss. “We are proud to be moving forward with technology that will greatly benefit our patients.”

During the minimally invasive procedure, Dr. James makes a 2-inch incision on the right side of the chest or just under the fold of the breast. No longer needing to put his hands inside the chest cavity, Dr. James inserts specialized instruments through the incision and opens the heart to access the valve.

As a result, patients experience slightly less pain, a decreased chance of infection and a shorter recovery time after surgery. For many, the greatest benefit is the barely noticeable scar.

“The main reasons patients become excited about this surgery are improved cosmetics, advantages in terms of recovery—including less bleeding—and reducing the risk of damaging previous heart work,” says Dr. James.

Performing heart surgery on a patient a second time is risky and lengthy because the surgeon must deal with scar tissue and could

ABOUT THE DOCTOR



Timothy James, MD
Sherman Hospital
Cardiac Surgeon

possibly damage the heart and grafts. Since the heart is approached from a different angle during the minimally invasive procedure, the scar tissue is avoided completely.

Although this technique yields several benefits and is most often preferred by patients, Dr. James adds that it is not used on complex cases that require a more hands-on approach.

“It is a great procedure, but it is important to remember that it is still a surgery and the patient will still be sore,” says Dr. James. “It is only done when it is the best option for the individual.” ■



HEALTHY HEART CT SCAN

For many, a heart attack is the first indication of heart disease. A Healthy Heart CT Scan can detect heart disease early on, when there’s time to take preventive measures. The scan takes only minutes and is completely painless. Call **847-429-8972** today to make an appointment at Sherman Hospital.

DO YOU HAVE A HEALTHY HEART?

Find out for sure with a Sherman Healthy Heart Check. Come in for a screening and a complete health-risk appraisal. Fasting and registration required. Call **800-397-9000** to register today!

Embarrassed by Unsightly Veins?



William Thatcher, MD
Sherman Hospital
Cardiac Surgeon

GET RID OF EMBARRASSING VEINS

Listen to Dr. William Thatcher discuss the safe and effective treatment options available for diseased veins. This FREE seminar will be held at the Centre of Elgin on **Thursday, October 11, 4 to 5 p.m.**

If you have noticeable veins in your legs, you're not alone. Varicose veins affect as many as 30% of Americans—and three times as many women as men.

“The main cause of varicose veins and spider veins—which are smaller and closer to the surface of the skin—is faulty valves in the veins,” says William Thatcher, MD, a Cardiac Surgeon with Sherman Health. “Instead of preventing blood from flowing backward, as they are supposed to, these valves leak and allow blood to collect in the vein. Factors like pregnancy, obesity, sun exposure, family history and hormones may play a role.”

GETTING VEINS TO VANISH

Spider and varicose veins usually aren't dangerous, although the latter can enlarge and cause medical problems, such as leg sores.

Some of the treatments to help reduce visible veins include:

- Sclerotherapy, in which a doctor uses a very small needle to inject veins with saline or another chemical to seal the veins shut
- Laser surgery, which uses strong, direct light to help fade spider veins
- Endovenous techniques, in which high energy is delivered via thin tubes in the veins, so they shrink and close
- Surgical ligation, or vein stripping, in which veins are removed from the leg
- Phlebectomy, in which small hooks are used to remove veins
- Endoscopic vein surgery, in which veins are removed through tiny incisions.

THINGS TO CONSIDER

“Some of these therapies require multiple treatments,” says Dr. Thatcher. “In addition, they are not without their risks, although serious side effects aren't common for most treatments.”

The short-term effects from treatments can include pain, bruising and numbness. There also is the risk that unsightly veins may recur. ■

Take a Stand Against Falls

More than one-third of adults age 65 and older will fall this year. Serious injuries include hip fractures and brain injuries. In fact, falls are the leading cause of injury-related death for people in this age group.

According to Jennifer Bloomer, Physical Therapist Assistant with Sherman Health, “Falls are not a normal part of aging. And they don't result from sheer clumsiness.”

Hazards around the home are a common cause of falls. Bloomer suggests the following to help keep you safe at home:

- Keep floors and stairs free of clutter.
- Install grab bars next to your toilet and in the shower.
- Put items you use often on shelves that are easy to reach.
- Make sure you have adequate lighting throughout your home.

Healthy habits also can lessen your risk. ■ Weight-bearing exercises, such as walking and climbing stairs, can help make you stronger—and less likely to fall. Exercises like tai chi can improve your balance.

- Get your eyesight checked yearly.
- Be aware of the side effects of medicines.
- Wear sturdy, rubber-soled shoes around the house instead of house slippers. ■

LEARN TO PREVENT FALLS

Join Jennifer Bloomer and Kris Schaefer from the Sherman Rehab Department when they discuss how to improve balance, strengthen muscles and prevent injuries from falling. This FREE seminar will be held at the Centre of Elgin on **Thursday, September 20, 1:30 to 2:30 p.m.**

POST AND SAVE

HEALTH REACH

HealthReach is a collection of programs provided by Sherman Health. To register for a class or to receive more information, please call **1-800-397-9000**, unless otherwise noted. You can also register online: www.ShermanHealth.com.

LOCATION KEY

- CENTRE** The Centre of Elgin
100 Symphony Way, Elgin
- DTPD** Dundee Township Park District, 665 Barrington Avenue, Carpentersville
- EPR** Elgin Parks and Recreation, 31 South Grove Avenue, Elgin
- LP** Lord's Park, 100 Oakwood Boulevard, Elgin
- SEPR** South Elgin Parks and Recreation, 10 North Water Street, Elgin
- SFHC-A** Sherman Family HealthCare—Algonquin, 600 South Randall Road, Algonquin
- SFHC-B** Sherman Family HealthCare—Bartlett, 1015 Norwood Lane, Bartlett
- SFHC-CL** Sherman Family HealthCare—Crystal Lake, 4900 South Route 31, Crystal Lake
- SFHC-E** Sherman Family HealthCare—Elgin, 2320 Royal Boulevard, Elgin
- SH** Sherman Hospital, 934 Center Street, Elgin
- SHRC** Sherman Health Resource Center, 1019 East Chicago Street, Elgin
- SPD-PP** Streamwood Park District—Park Place, 550 South Park Boulevard, Streamwood
- SS** Senior Services, 101 South Grove Street, Elgin
- SWC** Sherman West Court, 1950 Larkin Avenue, Elgin
- LTF** LifeTime Fitness, 451 Rolls Drive, Algonquin

HEALTHY LIVING

BLOOD PRESSURE SCREENINGS ♥

Prevent heart disease and other illnesses by keeping track of your blood pressure. **FREE!**

Every Wednesday, 9:30 to 10:30 a.m., SH

Last Friday of each month, 7:30 to 8:30 a.m., CENTRE

CPR, AED AND FIRST AID TRAINING

Learn rescue breathing, CPR and first aid care for cuts, burns, shock, sudden illnesses and much more. American Heart Association certification. Fee.

Monday, October 15 and 22, 6 to 10 p.m., CENTRE

Wednesday, December 12 and 19, 6 to 10 p.m., SFHC-CL

FIRST AID

This American Heart Association class teaches first aid for cuts, burns, shock, sudden illness and much more. Certification included. Fee.

Friday, October 5, 6 to 10 p.m., CENTRE

HEALTHCARE PROVIDER CPR CLASS

This American Heart Association class for healthcare professionals includes CPR for adults/children/infants, barrier devices, AED training and more. Certification included. Fee.

Thursday, September 6, 8:30 a.m. to 12:30 p.m., SFHC-CL

Monday, September 24, 6 to 10 p.m., CENTRE

Wednesday, October 3, noon to 4 p.m., CENTRE

Monday, October 29, 6 to 10 p.m., CENTRE

Wednesday, November 7, noon to 4 p.m., SFHC-AL

Monday, November 26, 6 to 10 p.m., CENTRE

Wednesday, December 5, noon to 4 p.m., SFHC-CL

Monday, December 17, 6 to 10 p.m., CENTRE

♥ The Regional Heart Center at Sherman Health has designated these listings as heart healthy.

HEARTSAVER CPR CLASS

This course teaches you how to perform CPR as well as rescue breathing and choking for adults, children and infants. American Heart Association certification is included. Fee.

Wednesday, September 12, 6 to 9 p.m., SFHC-CL

Friday, November 16, 6 to 9 p.m., SFHC-AL

PROSTATE CANCER SCREENINGS

Prostate cancer is the most common cancer among men with more than 180,000 new cases each year. Urologist James Griffin, MD, will be conducting prostate cancer screenings to help detect tumors at a more favorable stage and allow time for treatment. Appointments are required. Please call **800-397-9000** to schedule your appointment. \$20 Fee.

Monday, September 17, 4 to 7 p.m., CENTRE



HEALTH REACH

CALL 1-800-397-9000 OR LOG ON TO WWW.SHERMANHEALTH.COM TO REGISTER FOR PROGRAMS!



the strength required to speak at normal vocal loudness. Join Ksenija Mastilovic, speech and language pathologist, as she discusses this exciting treatment program.

Friday, October 5, 1 to 2 p.m., SFHC ALG

WHAT'S WRONG WITH THIS RELATIONSHIP?

This workshop will help identify the components of a healthy relationship, name the behaviors that are causing the problem and make a plan about what to do next.

Registration required. FREE.

Tuesday, October 23, 7 to 8 p.m., CENTRE

FLU SHOT CLINICS

Protect yourself against influenza, a highly contagious respiratory illness that is more than just coughing and a runny nose. \$20; free for individuals covered by Medicare Part B. No appointment necessary.

Thursday, October 25, noon to 3 p.m., SHRC

Saturday, October 27, 9 a.m. to noon (Drive-thru), SHRC

Thursday, November 1, 4 to 7 p.m., SFHC-CL

Friday, November 2, 10 a.m. to noon, SFHC-AL

Saturday, November 3, 10 a.m. to noon, SFHC-AL

Tuesday, November 6, 9 a.m. to noon, CENTRE

Thursday, November 8, 4 to 7 p.m., SFHC-CL

Friday, November 9, 4 to 7 p.m., CENTRE

Saturday, November 10, 9 a.m. to noon, SFHC-CL

HEALTHY HEART CHECKS ♥

September is Cholesterol Education month. Remember to get tested and raise your awareness of preventing and treating high cholesterol. A complete lipid profile, blood glucose test, body fat measurement, height and weight check and blood pressure screening will be done, as well as a complete Health Risk Appraisal. Fasting required. Registration required. Fee.

Friday, September 7, 7:30 to 9:30 a.m., CENTRE

Monday, October 8, 8 to 11 a.m., SHRC

Friday, November 2, 7:30 to 9:30 a.m., CENTRE

Monday, December 3, 8 to 11 a.m., SHRC

DIABETES PRODUCT FAIR

This FREE fair is designed for those with diabetes. Free kidney screenings sponsored by the National Kidney Foundation of Illinois, other screenings, educational information, various other booths and valuable prizes.

Tuesday, September 25, 2:30 to 6:30 p.m., SH (JGP rooms 1 to 6)

KEEP YOUR VOICE ALIVE

The Lee Silverman Voice Treatment (LSVT) is an effective treatment to improve speech and respiratory function in people with Parkinson's disease and other neurological disorders. LSVT is a one-hour-a-day, four-week course that helps people develop

BECOME A SHERMAN HEALTH VOLUNTEER

Sherman has a proud history of volunteers—and offers many different opportunities at the hospital and off-site facilities for those who wish to give their time to this worthy cause. Positions with or without patient contact available. For a complete list of volunteer opportunities or for more information, call **847-429-8720**.



KIDS' KORNER

BABYSITTER'S TRAINING

An American Red Cross certification course that teaches adolescents 11 to 15 years of age how to handle emergencies, select safe toys and games, feed and diaper an infant and more. Fee.

Saturday, September 15, 8:30 a.m. to 3:30 p.m., SFHC-CL

Saturday, November 10, 8:30 a.m. to 3:30 p.m., SFHC-AL

HALLOWEEN FAMILY FUN FAIR

This FREE event will include activities and attractions that emphasize overall health and well-being as well as fun for the entire family. Activities include ambulance, police car and fire engine tours; face painting; Kidcare Photo IDs; car seat safety checks; pediatric developmental screenings; safe toys booth; various health and safety information booths, games and contests. A costume contest for children ages 12 and younger will be held from 11:30 a.m. to 1:30 p.m. Parents must bring their child's immunization record. There is a fee for immunizations, payable only by cash or Public Aid cards.

Saturday, October 20, 10 a.m. to 2 p.m., CENTRE

IMMUNIZATION CLINICS

Sponsored by Sherman Hospital and Together We Can, McHenry County's healthier community initiative.

Immunization record required. Cost is \$10 per immunization. Please call **815-334-4536** to schedule an appointment.

Call for dates and times.

PRE-OP ADVENTURE

Join us for pediatric preoperative tours and get the chance to interact and go on tour with nurses in the Ambulatory Recovery Center, the Surgical Suite and the Recovery Room. Tours take place twice a month at Sherman Hospital and are open to kids and their parents, siblings or grandparents.

Call 847-429-2990 for dates and to schedule your interactive tour.



Cardiac Rehabilitation Lecture Series

Cardiac Rehabilitation plays an important part in the secondary prevention of coronary heart disease. The program places an emphasis on exercise training, education and counseling regarding risk reduction and lifestyle modification. Cardiac Rehabilitation encourages any patient, family member or friend to attend these weekly education topics provided FREE for all cardiovascular patients treated at Sherman Hospital and all members of the community.

If you are not a participant in Cardiopulmonary Rehabilitation, please call to register for class. If there is minimal enrollment, classes may be cancelled.

All educational lectures are presented by Sherman Hospital's Cardiopulmonary Rehabilitation Department and the Cardiovascular Services staff. Classes are located in the Cardiopulmonary Rehabilitation Department at Sherman Health Resource Center, 1019 East Chicago St., Elgin. For more information, call **847-429-6260**.

Lectures begin at 8 a.m., 10 a.m., 3 p.m. and 5 p.m.

SEPTEMBER

Risk Factors for Coronary Artery Disease

Wednesday, September 5

Stress Management

Wednesday, September 12

Women and Heart Disease

Wednesday, September 19

- Medications
- Over-the-Counter Supplements

Wednesday, September 26

OCTOBER

Nutrition I & II

Wednesday, October 3

8 and 10:30 a.m. ONLY

- Fitness Components, RPE
- Exercise Equipment Pulse Taking
- Exercise Prescription

Wednesday, October 10

Nutrition I & II

Wednesday, October 17

3 and 5 p.m. ONLY

- Stroke—Atrial Fib Awareness
- Warning Signs and Symptoms
- 911 Emergencies

Wednesday, October 24

NOVEMBER

Nutrition III & IV

Wednesday, November 7

8 and 10:30 a.m. ONLY

- Diagnostic Procedures
- Heart Anatomy and Physiology

Wednesday, November 14

Nutrition III & IV

Wednesday, November 21

3 and 5 p.m. ONLY

- Angina vs. MI
- Warning Signs and Symptoms
- 911 Emergencies

Wednesday, November 28

DECEMBER

Emotional Recovery + Mended Hearts

Wednesday, December 5

Medications

Wednesday, December 12

Stress Management

Wednesday, December 19

HEALTH REACH

CALL 1-800-397-9000 OR LOG ON TO WWW.SHERMANHEALTH.COM TO REGISTER FOR PROGRAMS!



FOR SENIORS

Call **1-800-397-9000** for information and to register for programs.

55 ALIVE DRIVING CLASS

Refine your driving skills with a representative from AARP. Develop safe defensive driving techniques. Must attend both classes to complete the course. Fee.

Saturdays, September 8 and 15, 9 a.m. to 1 p.m., SH

Saturdays, November 3 and 10, 9 a.m. to 1 p.m., SH

WHAT CAN YOU DO TO PREVENT FALLS?

Year after year the incidents of falls in older adults increase. Join Jennifer Bloomer and Kris Schaefer from the Sherman Rehab Department as they discuss how you can prevent injuries from falling and help improve your balance and strengthen your muscles. FREE!

Thursday, September 20, 1:30 to 2:30 p.m., CENTRE

HOW ENERGY EFFICIENT ARE YOU?

Did you know the typical Illinois family spends close to \$1,500 a year on home energy? Come hear Nancy Kane-Richards of Community Contacts LIHEAP speak about how making a few small changes can reduce your energy costs. Attendees will receive an Energy Efficiency Kit while supply lasts. FREE!

Wednesday, September 26, 10 to 11 a.m., CENTRE

DIABETES: NEW THERAPIES IN DIABETIC EYE CARE

Diabetic eye disease is the leading cause of blindness in America. This discussion explains new therapies that are now available to prevent diabetic damage to your eyes and how to repair the damage if it occurs. The presenter is Abe Kaplan, MD, of Ophthalmology Associates in Elgin. FREE!

Thursday, October 4, 2 to 3 p.m., CENTRE

VARICOSE VEINS: PAINFUL AND EMBARRASSING

Are you bothered by unsightly varicose or spider veins? Join William Thatcher, MD, Cardiac Surgeon with Sherman Health, as he speaks about modern procedures now being used. Learn about safe and effective treatment options that are now available for diseased veins. FREE!

Thursday, October 11, 4 to 5 p.m., CENTRE

HAPPENINGS ON THE COURT: "MUSIC OF THE PAST"

Do you like music? Come hear Les Pace and the Pacemakers as they take you down memory lane with music from the '30s, '40s, '50s and on. You can join in singing or dancing, whatever your pleasure. Fun. Food. Prizes. FREE!

Friday, October 19, 3 to 4:30 p.m., SWC

UNDERSTANDING MEDICARE A, B, C AND D

For those currently on Medicare and those approaching Medicare in the near future, join us for a review of Medicare plans A, B, C and D. Also open to family members and caregivers of seniors. Presented by The Centre of Elgin, ShermanCare of Sherman Hospital and Elgin Township TRIAD. Refreshments will be served. Call **847-741-2045** to register today. FREE!

Thursday, November 1, 9 to 11:30 a.m., CENTRE

SHERMAN WEST COURT: A HOME AWAY FROM HOME

Many of us would agree there is no place like home. Sometimes, though, you are not able to return home immediately after a hospitalization and you need intermediary care by medical professionals where rehabilitative services or skilled nursing care is offered as needed on a daily basis. Come hear Lynn Mershon, DO, talk about all the services offered by Sherman West Court including rehab and information on our Skilled Long-

Term Care facility. Also, we will have a presentation of the Lifeline Emergency Response System offered by Sherman Home Care. Refreshments will be served. FREE!

Wednesday, November 7, 3 to 4 p.m., CENTRE

PLANNING TO RETIRE?

So you're planning to retire. Do you know when you become eligible for Medicare benefits? Why do you need to have other insurance; doesn't Medicare pay for everything? What is the difference between Medicare Part B and Medicare Part D? Join Tom Turk, LUTC, as he helps you understand the benefits of Medicare and why it is necessary to have other insurance. FREE!

Wednesday, November 14, 10 to 11 a.m., CENTRE



EATING RIGHT AND LIGHT

To register for a class or make an individual appointment with a registered dietitian, call **1-800-397-9000**.

EATING THE MEDITERRANEAN WAY

Discover what a "Mediterranean-style" diet is and the health benefits it offers. Learn how to make Mediterranean choices at home or while eating out. FREE!

Wednesday, September 12, 6 to 7 p.m., CENTRE

Tuesday, October 2, 11 a.m. to noon, SH

Tuesday, November 6, 6 to 7 p.m., CENTRE

HEALTHY PARENTS, HEALTHY KIDS

A seminar targeted for parents of overweight children. Learn techniques to keep your kids healthy and tips for managing your child's weight. FREE!

Thursday, October 4, 6 to 7 p.m., SH

Tuesday, November 6, 6 to 7 p.m., SH



Support Groups

For appointments or information (English/Spanish), call 847-429-2136.

MENDED HEARTS SUPPORT GROUP ♥

Meets the third Thursday of every month at 7 p.m. in the Bike Room at Sherman Hospital. A different topic related to heart disease is discussed each month. FREE!

ADULT SUPPORT GROUP FOR DIABETES

Meets the first Thursday of each month, 7 to 8 p.m., CENTRE

SPANISH ADULT SUPPORT GROUP FOR DIABETES

Meets the last Saturday of each month, 10:30 a.m. to noon, CENTRE

INSULIN PUMP SUPPORT GROUP

Meets the first Wednesday of each month, 7 p.m., Barnes & Noble at Spring Hill Mall in Dundee

SHOCK ABSORBER GROUP

For patients with implanted defibrillators and their families. Meets the first Monday of even-numbered months, 6 to 8 p.m., SH

INDIVIDUAL OR FAMILY PASTORAL SUPPORT

English or Spanish

INDIVIDUAL OR FAMILY BEREAVEMENT SUPPORT

English or Spanish

ADVANCE DIRECTIVES

Individual assistance or group programs

COUNSELING AND SUPPORT FOR EMPLOYEES

For appointments or information (English/Spanish), call 847-429-2136.

HEALTH REACH

CALL 1-800-397-9000 OR LOG ON TO WWW.SHERMANHEALTH.COM TO REGISTER FOR PROGRAMS!

EATING OUT THE HEALTHY WAY

Bring menus from your favorite restaurants and a registered dietitian will help you decide which items to choose for a healthy eating experience outside your home. If you don't have menus, don't worry: menus will be provided for analysis and discussion. FREE!

Wednesday, October 10, 6 to 7 p.m., CENTRE

Tuesday, November 13, 11 a.m. to noon, SH

HEALTHY HOLIDAY EATING

Learn how to make smart choices and still enjoy the treats of the season! Practical tips, recipes and samples will be provided. FREE!

Tuesday, November 27, 6 to 7 p.m., SH

Wednesday, December 5, 6 to 7 p.m., CENTRE

Thursday, December 13, 11 a.m. to noon, SH

AQUATIC PROGRAMS

A physician's release is required prior to attending the first class.

JOINT SMART— ARTHRITIS WATER CLASS

This warm-water exercise class is designed for anyone diagnosed with arthritis. Fee.

Call for class dates and times.

AQUATIC EXERCISE FOR FIBROMYALGIA

Enjoy a supportive environment and the friendship of others with your condition in a warm therapeutic pool. Fee.

Call for class dates and times.

HEALTHY MOM, HEALTHY BABY

SHERMAN BIRTHING CENTER TOUR

Discover why more than 2,500 families choose our Birthing Center each year. Tour our Labor & Delivery Birthing Suites and our Level II Neonatal Intensive Care Unit. FREE!

Call for dates and times.

BREASTFEEDING CLASS

Helpful information for women who plan to breastfeed. Discussion includes positioning for nursing, common breastfeeding problems and their solutions. Fee.

Call for dates and times.

CESAREAN SECTION CLASS

Moms anticipating a cesarean section birth may attend one evening class with other expectant parents. Fee.

Call for dates and times.

CHILDBIRTH EXPRESS CLASS

One-day childbirth education class for couples who cannot attend the six-week education classes. Fee.

Call for dates and times.

CHILDBIRTH REFRESHER OR VBAC CLASS

A three-session class for couples with a previous vaginal or cesarean section delivery. Fee.

Call for dates and times.

CHILDBIRTH CLASSES

Prepare for a positive childbirth experience during this six-week course. Topics include labor/delivery, preterm labor, warning signs, pain management techniques, C-sections, breathing and relaxation. Also includes a lecture by a pediatrician, a lecture by a certified car seat technician and a tour. Fee.

Call for dates and times around your fourth month of pregnancy.

INFANT MASSAGE

This hands-on workshop is taught by an occupational therapist certified as an infant massage parent instructor. Fee.

Call for dates and times.

NEWBORN CARE

Learn how to care for your newborn from head to toe in this one-night, in-depth class. Pregnant couples, grandparents and parents are encouraged to enroll. Fee.

Call for dates and times.

SIBLING CLASS

This class helps children ages 4 to 10 prepare for a new baby in the family. Parents also attend. A tour of the Sherman Birthing Center is included, as well as a Big Brother or Big Sister T-shirt. Fee.

Call for dates and times.



Diabetes: A High-Fiber Diet Can Lower Your Risk

According to Joan Kanute, RD, MS, CNSD, Lead Clinical Dietician at Sherman Health, “Some carbohydrates may raise your blood sugar levels in a way that could increase your risk for diabetes.”

WHITE VS. WHOLE-GRAIN

Research shows that starchy carbohydrates, which are low in fiber, may increase the risk of diabetes in some people. For example, white bread, white rice and potatoes are linked to higher risk. That’s because the body digests these foods quickly, which raises blood sugar levels.

On the other hand, research shows that high-fiber foods, such as bran cereal, beans and whole-wheat bread, tend to keep blood sugar levels low. That may be because they are digested more slowly.

One study followed nearly 36,000 older women for six years to see who developed diabetes. The women who didn’t get the disease were more likely to have diets loaded with whole grains and fiber.

HOW TO FIBER UP

Here are some tips to add more fiber to your diet:

- Buy breads with at least 2 to 3 grams of fiber per serving and cereals with at least 4 grams of fiber per serving.

- Choose brown rice over white rice.
- Select pastas made from whole grains.
- Snack on popcorn and whole-grain crackers.
- Substitute brown rice or oatmeal for some of the meat in tacos or meat loaf.
- Put beans in soups, pastas and salads.

“Keep in mind that if you add too much fiber to your diet at once, you may develop gas and stomach problems,” says Kanute. “So make these changes slowly and drink plenty of water.” ■

LOOKING FOR MORE HEALTHY EATING TIPS?

Look under “Eating Right and Light” on the HealthReach calendar pages for information about our upcoming cooking and nutrition classes.



Help! My Child Is a Junk-Food Junkie!

At least 15% of American kids ages 6 to 19 are overweight, three times as many as in 1980. Another alarming statistic: On any given day, more than 30% of kids in the U.S. eat fast food. Could a steady diet of junk food have triggered the spike in childhood obesity? A lot of researchers sure think so.

The following tips may help manage your children’s weight:

- Replace unhealthy sugary, fat or fizzy treats with healthier choices.
- Offer drinks such as chilled vegetable or fruit juice, mineral water or low-fat or skim milk in place of soda pop.
- Start your child’s day with a healthy breakfast. In one study, school-aged children who ate oatmeal or whole-grain bread for breakfast ate less at lunch than those who breakfasted on cornflakes or white bread.
- Provide snacks that have some nutritional punch. For crunch, offer raw veggies and fruit, unbuttered popcorn, rice cakes or whole-grain crackers. For fun, freeze grapes or banana pieces. For a more substantial snack, serve a hard-boiled egg, cereal, a bran muffin or a handful of nuts.

KEEP YOUR KIDS HEALTHY

Join us for a FREE seminar on cooking techniques along with tips for managing your child’s weight. This seminar will be held at Sherman Hospital on **Thursday, October 4, 6 to 7 p.m., and Tuesday, November 6, 6 to 7 p.m.** Call **800-397-9000** to sign up!



DIABETES PRODUCT FAIR



Attend this FREE fair designed for those with diabetes on **Tuesday, September 25, 2:30 to 6:30 p.m.**, at Sherman Hospital. Take advantage of screenings, including kidney screenings sponsored by the National Kidney Foundation of Illinois, educational information, valuable prizes and more.

Fall into Fitness with These Exercise Tips

Autumn usually brings a welcome cooldown from summer weather—and beautiful scenery to boot. And that makes fall a great time to begin an exercise program. Why wait for New Year's when the weather is likely to be less inspiring? Make a new-you exercise resolution right now.

For Your Good Health

Regular exercise is one of the most powerful tools you have to reduce your health risks. Staying active can help prevent and control high cholesterol, high blood pressure and diabetes. It also can help strengthen bones and joints, and may help protect you against cancer. And it helps shed unwanted pounds to maintain a healthy weight.

An active lifestyle also offers mental health benefits. You may have more energy and a better disposition, feel less stressed and get better sleep.

Tips for Autumn Activities

The best exercises are activities you enjoy—and will keep doing. Aim for 30 minutes, most days of the week.

These ideas can help you get started:

- **Walk everywhere.** Just a 10-minute walk after every meal adds up to 30 minutes a day. Walk the dog, walk with a friend, walk to the store from the farthest parking place in the lot.
- **Get out and garden.** Rake leaves, prune your plants, cover everything with mulch, trim the hedges and pick up trash from the yard. It all counts as exercise.
- **Put the “work” into your workout.** Wash the windows, wash and wax the car, sweep the sidewalks. When the work's done, run around with your kids—or the neighbors' kids—in the yard or at the park. Showing kids that exercise is fun is one of the best gifts you can give them.



Joint Pain: What Could Be Wrong?

Maybe it's a sharp pain in your left knee when you walk down the stairs. Or maybe it's your shoulder that aches after carrying the groceries. While the occasional twinge is probably not a worry, joint pain that lingers or is severe could be a sign of a serious problem.

DETERMINING THE CAUSE

“Pain is the body's alarm system,” explains Arnold Herbstman, MD, an Orthopedic Surgeon with Sherman Health. “It's a signal that something is wrong. But with joint pain, it's often difficult to determine the cause. Sometimes it's obvious—like when you strain your ankle playing basketball. Other times, joint pain develops for no obvious reason.”

Dr. Herbstman cites these additional causes of joint pain:

- Sprains or tears to surrounding ligaments, dislocated joints and other injuries.
- Fluid that accumulates around a joint.
- Bursitis, an inflammation of the fluid-filled sacs that ease friction between tendons and bones—often caused by overuse or injury. Bursitis typically affects shoulders, elbows or knees.
- Arthritis, a group of more than 100 different diseases. Osteoarthritis and rheumatoid arthritis are two of the most common forms. Both are more likely to strike women.
 - *Osteoarthritis* typically occurs in middle age when the cartilage that protects joints becomes worn or deteriorates because of

ABOUT THE DOCTOR



Arnold Herbstman, MD
Sherman Hospital
Orthopedic Surgeon

injury, overuse or disease. The spine, knees, hips, thumbs and big toes are commonly affected. Pain usually worsens when sufferers use the affected joint.

■ *Rheumatoid arthritis* usually strikes between the ages of 25 and 50. It may be caused by a viral infection or an overactive immune system. The wrists and knuckles are most commonly affected, but other joints also may hurt. Sufferers usually feel stiff and achy when they get up in the morning. Joints are inflamed and warm to the touch.

■ A variety of other illnesses, including fibromyalgia, lupus, congenital bone disease, hepatitis, Lyme disease, thyroid disorders and diabetes.

■ Certain medications, such as steroids. ■

EASING THE PAIN OF ARTHRITIC JOINTS

One of the best prescriptions for arthritis, the most common cause of joint pain, is exercise. Many people with arthritis begin with easy range-of-motion exercises that help maintain normal joint movement and relieve stiffness. Adding aerobic, strength-training and stretching activities can increase flexibility, muscle strength and endurance.

Parents Are Key to Safe Teenaged Drivers

The American Academy of Pediatrics (AAP) recently updated its policy regarding teen drivers. Citing numerous studies that show teenagers to be some of the most dangerous drivers on the road, the AAP stresses the important role parents play in keeping their teenagers safe behind the wheel.

WHY SO DANGEROUS?

Sixteen-year-olds—the youngest of 12 million teen drivers—are almost nine times more likely to crash than the average driver. In addition, motor vehicle crashes are the number-one cause of death among 16- to 20-year-olds.

According to Cathy Olson, RN, BSN, Trauma Nurse Coordinator at Sherman Hospital, “The first step to changing these frightening statistics is to understand why teenagers are such dangerous drivers. A lot of research points to sheer inexperience as the main reason, with failure to use safety belts and distractions also playing a role.

“Most teenagers granted a driver’s license simply have not had enough exposure to the complex situations that more experienced

drivers have encountered,” adds Olson.

“As a result, younger drivers often use bad judgment and react inappropriately.”

PROTECTING TEEN DRIVERS

To help protect teen drivers—and everyone else on the road—the AAP encourages parents to do the following:

- Serve as positive role models behind the wheel. Always demonstrate safe driving habits and buckle up. Parents with poor driving

records are more likely to have teenagers who are involved in crashes.

- Be strict and enforce rules and punishments. Risky driving behaviors, traffic tickets and crashes are less common among teenagers whose parents control access to the vehicle and set strict limits.

- Write and sign a parent-teenager driving contract. This type of contract is a great way to ensure everyone understands expectations and rules. ■

A Safety Checklist for Kids’ Backpacks



According to Ruby Olson, PT, MS, Physical Therapist at Sherman Rehab at Lifetime Fitness, “Carrying heavy backpacks can lead to back pain, muscle fatigue and soreness, and other problems.” Here’s how to help lighten your kids’ bags:

- Pack it smartly. Experts advise not letting children carry more than 15% of their body weight in their backpacks. And put the heaviest items closest to your child’s back.

- Buy a pack with a waist strap—and make sure your children use it for heavy loads.

- Tell your kids to bend with both knees when picking up a heavy pack.

- Make sure the straps of the backpack are wide and padded for comfort.

- Tell your kids it’s important to carry the backpack evenly. A recent study concluded that carrying a pack on only one shoulder boosts the risk of back pain in adolescents. ■

Six Steps to Reduce Your Risk for Breast Cancer

Every year, thousands of women are diagnosed with breast cancer. By following smart lifestyle strategies, some might be able to lower their risk of this disease.



Breast cancer is one of the most common types of cancer among American women. And, unfortunately, some risks for this disease cannot be changed.

“You’re more likely to develop it as you get older. In fact, most breast cancers strike women older than age 50. Those whose mothers, sisters or daughters have had breast cancer also face a higher risk,” says C. Yeshwant, MD, an Oncologist with Sherman Health. “Ethnicity also plays a role. Breast cancer develops more often in Caucasian women than in African-American, Hispanic or Asian women.”

But, as Dr. Yeshwant points out, there are some risk factors that you may be able to change:

- 1 Scale back.** Obese women are more apt to get breast cancer.
- 2 Stay on the move.** Studies indicate there’s a lower rate of breast cancer in women who exercise.
- 3 Don’t tip your glass too often.** Having two to five alcoholic drinks a day makes a woman almost one and a half times more likely to get breast cancer.
- 4 Clear the smoke away.** In a recent study of more than 16,000 women, the rate of breast cancer among current smokers was about 30% higher than in nonsmokers. The women who had once smoked but quit did *not* have a higher breast cancer risk.
- 5 Think pink.** Women who ate well-done meat, such as beef, had higher rates of breast cancer than those who ate rare or medium-cooked meat.
- 6 Cut the fat.** Limiting fat in your diet, especially saturated fat, may curb your risk.

“When breast cancer does strike, it’s very important to catch it in its early stages, when it’s most treatable,” says Dr. Yeshwant. “To do this, be sure to get a mammogram, or breast X-ray, every one to two years. And ask your doctor how often you should have a clinical breast exam.” ■



HAD YOUR MAMMOGRAM THIS YEAR?

If not, now’s the time. When it comes to the fight against breast cancer, early detection is key. Call **847-429-8972** today to schedule an appointment at Sherman Hospital.

Do You Have a **Thyroid Imbalance?**

Just below your Adam’s apple is a butterfly-shaped gland called the thyroid that controls a wide variety of body functions.

Hypothyroidism—an underactive thyroid—is the most common thyroid disorder. A person with hypothyroidism might notice:

- Fatigue
- Forgetfulness
- Mood swings
- Weight gain
- A hoarse voice
- Trouble swallowing

- An inability to tolerate cold.

On the other hand, a thyroid can become overactive. A person with hyperthyroidism might experience:

- Irritability or nervousness
- Muscle weakness
- Irregular menstrual periods
- Weight loss
- Trouble sleeping
- An enlarged thyroid—goiter.

People might not even be aware they have a thyroid problem, due to a lack of symptoms.

Women are more likely than men to have a thyroid imbalance, especially as they age.

WHY TREATMENT?

Untreated thyroid disease can boost cholesterol levels, interfere with fertility, lead to osteoporosis—and even death from circulatory and cardiovascular disease.

A simple blood test can determine whether a person’s thyroid is over- or underactive, and medication usually can cor-

rect it. Doctors may recommend thyroid screening for:

- Pregnant women at their first prenatal visit
- New mothers with postpartum depression
- Children with unusual growth patterns or behavior changes
- Women who take hormone replacement therapy and still have persistent menopause symptoms
- Older people with fatigue or depression. ■

Dodge Common Sports Injuries

Popular recreational sports result in more than 1 million adult injuries each year, according to the Centers for Disease Control and Prevention. And women are more likely to be injured than men. Possible reasons for this include structural differences in their knee bones, ligaments and muscle anatomy; fluctuating estrogen and hormone levels; and differences in bone density.

“It’s important to play it safe while playing sports,” says Vincent Cannestra, MD, an Orthopedic Surgeon with Sherman Health. In addition to stretching beforehand, Dr. Cannestra offers the following tips to help keep you safe during your favorite activities:

RUNNING

- Wear well-fitting running shoes. Replace shoes every 500 miles to avoid leg, knee and foot injuries.
- Alternate hard training days with easier days.
- Never run through pain, a signal that something is wrong. Call your doctor if pain lingers for a week after resting.
- In warm weather, run in the early morning or evening, and run indoors when pollution levels are high.

ABOUT THE DOCTOR



Vincent Cannestra, MD
Sherman Hospital
Orthopedic Surgeon

HAVE A SPORTS INJURY?

The earlier you treat an injury, the quicker it will heal. The Sherman Family HealthCare Immediate Care Center in Algonquin now has a dedicated physical therapist available on weekdays to assess your

sports-related injuries.

Mike Duchaj is licensed in physical therapy and athletic training and has more than 20 years experience in sports medicine. He can treat, evaluate, give home-care programs and

offer recommendations for more physical therapy if it’s needed.

The Algonquin facility is located at 600 S. Randall Road and is open 24 hours. Call **800-397-9000** for more information.

- Plan to drink 10 to 15 ounces of water about 10 minutes before you run and every 20 to 30 minutes along the way.
- Build up a long-distance running program slowly and gradually.

SWIMMING

- Always swim with a partner.
- Never dive into shallow or murky water. Each year, such dives disable about 1,000 people with head, neck or spinal cord injuries.
- Because water conducts electricity, keep out of the water during storms/lightning.
- Don’t mix alcohol with water sports. Experts estimate that alcohol contributes to as many as 30% of drowning deaths.

SOCCER

- Protect your lower legs with shin guards.
- Choose shoes with molded cleats or ribbed soles. Reserve screw-in cleats for situations when you need traction, such as playing on a wet field with high grass.
- Make sure the goal is padded and secured to prevent head injuries.
- Use nonabsorbent balls on wet fields. Leather balls get heavy when wet, posing a higher injury risk.

SQUASH OR RACQUETBALL

- Don’t play if you have a history of heart problems.
- Wear cotton clothing, not a rubberized sweat suit.
- Be sure to wear protective eyewear certified by ASTM International. ■



HPV Vaccine: What Parents Should Know

Nearly half a million women in the world are diagnosed with cervical cancer each year. But your daughter doesn’t have to be one of them.

A new vaccine is now available that targets human papillomavirus (HPV). Different strains of HPV cause about 70% of all cervical cancer cases. It’s also responsible for about 90% of genital warts.

The HPV vaccine is given as a series of three shots over six months. Experts strongly recommend it for all girls ages 11 to 12. Why so young? Because HPV is spread through sexual contact, it’s important that your daughter receive the immunization before she becomes sexually active.

If your daughter is older than age 12 and hasn’t received a vaccination, it’s recommended that she have a catch-up vaccine *before* turning 18.

If you have questions about the HPV vaccine, talk with your daughter’s doctor. Together, you can decide if it’s right for her.



Halloween Family Fun Fair

Saturday, October 20,
10 a.m. to 2 p.m.,
Centre of Elgin



This FREE event will include activities and attractions that emphasize overall health and well-being, as well as fun for the entire family.

In addition to various health and safety information booths, activities include ambulance, police car and fire engine tours; face painting, Kidcare photo IDs; car seat safety checks; pediatric developmental screenings; games and contests.

Costume contest for children ages 12 and younger:
11:30 a.m. to 1:30 p.m.

Parents must bring their child's immunization record. There is a fee for immunizations, which is only payable with cash or Public Aid cards.

This Fall, Fight the Flu

The flu, or influenza—a highly contagious respiratory illness that is more than just coughing and a runny nose—strikes 20 to 26% of all Americans during the fall. An annual vaccination is the most effective way to protect yourself. October and November are the optimal months for a vaccination; however, even December or January isn't too late to get a flu shot.

WHEN THE FLU LAYS YOU LOW

Comfort yourself with these measures:


- Drink a lot of fluids, such as water, juice and soup. Avoid alcohol and caffeine.
- Get plenty of rest.
- Use a humidifier to clear a stuffy nose.
- Gargle with salt water to relieve a sore throat.

Flu Shot Clinics

Protect yourself! \$20; free for individuals covered by Medicare Part B. No appointment necessary.

- Thursday, October 25, noon to 3 p.m., Resource Center
- Saturday, October 27, 9 a.m. to noon (Drive-thru), Resource Center
- Thursday, November 1, 4 to 7 p.m., SFHC-CL
- Friday, November 2, 10 a.m. to noon, SFHC-AL
- Saturday, November 3, 10 a.m. to noon, SFHC-AL
- Tuesday, November 6, 9 a.m. to noon, CENTRE
- Thursday, November 8, 4 to 7 p.m., SFHC-CL
- Friday, November 9, 4 to 7 p.m., CENTRE
- Saturday, November 10, 9 a.m. to noon, SFHC-CL

(See the "Location Key" on the HealthReach calendar pages.)

 Sherman Health
Sherman Health Systems
934 Center Street
Elgin, Illinois 60120

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