

HEALTHY

for

LIFE

SUMMER 2016



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 **OSF**
ST. JOSEPH
MEDICAL CENTER

WELCOME, NEW PROVIDERS



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PromptCare*



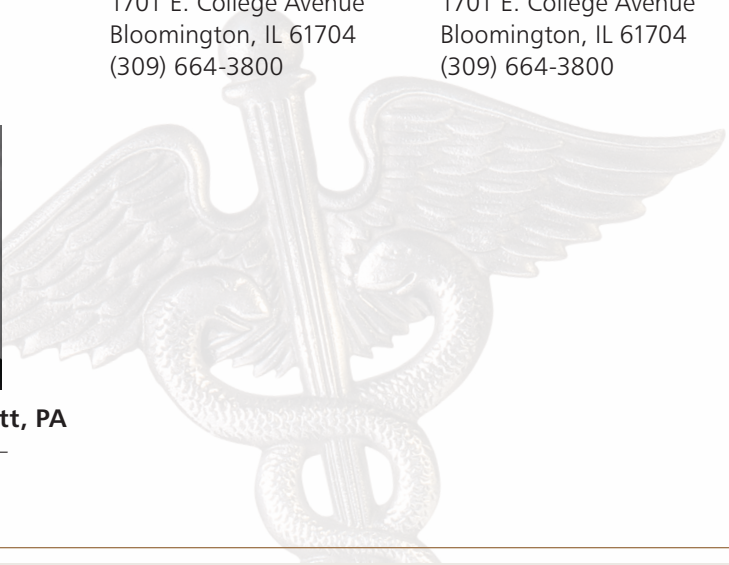
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Healthy for Life is a health and wellness magazine published by OSF St. Joseph Medical Center. We hope you find the information to be helpful. Please let us know any topics you'd like to see in an upcoming issue.

WELCOME to HEALTHY FOR LIFE!

TELL US YOUR STORY

If you've had an exceptional experience at OSF St. Joseph Medical Center, we would love to hear from you. To share your story, email Lisa Robbins at lisa.m.robbins@osfhealthcare.org or post a short story on our Facebook page at [Facebook.com/osfstjoseph](https://www.facebook.com/osfstjoseph).

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www.osfstjoseph.org

INCREASING THE FIGHT AGAINST BREAST CANCER

INVENIA™ AUTOMATED BREAST ULTRASOUND (ABUS)

WHAT IS BREAST DENSITY?

Breast density is determined by the ratio of fat to breast tissue. Breasts with more tissue than fat are denser than those with more fat. The density can make it harder for mammograms to recognize potential lumps or masses.

Ultrasound, when combined with mammography, can increase the accuracy and detection of breast cancer in dense breasts by 35.7 percent, which is double the detection rate when only using mammography.

About 40 percent of women
have dense breast tissue.

And for these women –
mammograms alone may not be
enough to find breast cancer.

WHY IT'S IMPORTANT TO KNOW

It's important to know if your breasts are composed of more breast tissue than fat, because masses or lumps are harder to identify in denser breasts. This is due to both breast tissue and masses appearing white on a mammogram, so a suspicious lump may be masked by the dense breast tissue.

It is also important to know, because dense breast tissue is linked with an increased risk of developing breast cancer. Research shows that women with extremely dense breast tissue have a significantly greater risk of developing breast cancer than women who do not have dense breast tissue.

WHY INVENIA ABUS?

Unlike 2D or 3D mammography, which uses radiation, ABUS screening uses sound waves to create 3D pictures of the breast tissue. Invenia ABUS is the only FDA-approved system for breast cancer screening when used in combination with mammography in women who have dense breast tissue.

The exam takes approximately 15 minutes and provides your doctor with clear 3D ultrasound images. Radiologists can look through hundreds of breast tissue image "slices," looking at layers of dense tissue to find breast cancers which may have been missed on a mammogram. This is different than routine ultrasound of the breasts since the images from ABUS allow you to see in projections that routine ultrasound cannot, which results in the ability of physicians to detect more breast cancers and fewer false negatives (findings due to images which are not cancer).



OSF St. Joseph
Medical Center is
the only hospital in the area to
offer this advanced screening
technology. Automated breast
ultrasound is located at the
Mammography Department at
OSF Medical Group – College
Avenue Imaging Services. Talk to
your doctor to see if you should
have an ABUS screening along
with your next mammogram.

COORDINATED CARDIAC CARE



Mark Kuster –

EXPERIENCE THE **DIFFERENCE**

Mark Kuster has survived two heart attacks. Both heart attacks happened on a Sunday, and even though he moved during the 18-year gap between the attacks, both of the medical centers he went to are called St. Joseph. While these are coincidental similarities, the heart attacks themselves felt very different. That might be a surprise to some people, but no two heart attacks are the same. Even in the same person.



They treat you like family – they care, and they understand.



Mark spent more than 32 years as a teacher in Joliet, Illinois. He worked tirelessly to teach his students and build after-school programs, such as FFA and The Student Horticulture Association. His first heart attack happened in 1997 – 21 years into his teaching career. The chest pain was hard to describe, but luckily his wife recognized the signs. “It felt like there was electric energy radiating across my chest, like all the air sacks in the top third of my lungs were exploding at the same time,” Mark said. “I was so uncomfortable, I became anxious and paced the floor.”

Heart attacks happen when blood flow to a part of the heart is suddenly cut off, because the artery going to that area gets



blocked. In most cases, this is due to the sudden formation of a blood clot. Time is of the essence, and the goal is to restore blood flow as quickly as possible. This is usually done by an interventional cardiologist (a heart doctor specially trained to open up heart blockages). A stent is placed to open up the artery and improve blood flow. The longer the artery remains closed, the more damage occurs to the heart – which can become permanent.

When Mark arrived at Presence St. Joseph Medical Center in Joliet, an interventional cardiologist removed the clot from the blocked artery and placed four stents in his right coronary artery.

Once Mark was released from the hospital, he regularly participated in a cardiac rehabilitation program. “Life after a heart attack can bring phases of anxiety and depression,” Mark said. “You can become restless or worry about the

future, and it can get you down. But the support of a rehab program is a big help.” He continued to have regular visits with his cardiologist, and worked to develop a healthier lifestyle.

A decade later, Mark and his family moved to Pontiac, and he retired from teaching at Joliet Junior College shortly thereafter. The slower pace of retirement and the lack of a busy commute relieved quite a bit of stress in his life. “It helped take away the anxiety and demands of a full-time job and commute,” Mark said.

His second heart attack happened in May of 2015. “It felt different from my first heart attack,” Mark said. “And so I wasn’t sure what was wrong, but I knew I felt terrible. Luckily, my wife convinced me to go to the emergency department, just in case.”

The nurses at OSF Saint James – John W. Albrecht Medical Center in Pontiac confirmed the diagnosis of a heart attack, and Mark was rushed by ambulance to OSF St. Joseph Medical Center in Bloomington.

“Everyone at both hospitals was very professional and immediately on top of the situation,” Mark said. The seamless communication between OSF Saint James and OSF St. Joseph helped Mark receive the best care as quickly as possible. “I felt like I was taken care of,” he said.

The stents previously placed in Mark’s heart had clotted, causing his heart attack. That can happen in rare circumstances. Dr. Patrick Murphy, the on-call cardiologist, removed the clot from the blocked stents and placed two more stents.

After staying the night, Mark was visited by his regular cardiologist, Dr. Yogesh Agarwal, and Dr. Murphy. They further explained the procedure, and the next steps for care. “The doctors and staff members treated me very well,” Mark said. “They were very professional, organized, and very concerned.”



Because of the smooth communication between the OSF St. Joseph and OSF Saint James staff, Mark has been able to complete his cardiac rehab program close to home in Pontiac. “OSF Saint James has the best professionalism anyone could ask for,” Mark said. “The concern and monitoring by the staff was exceptional.”

Mark was relieved to have such an excellent cardiac team in his hometown. It was a time saver for him to not have to drive the commute from Pontiac to Bloomington for every session, which also made it easier to fit into his schedule. “You get to know people in your area,” Mark said. “It’s a very comfortable feeling, which makes it easy to go back for the cardiac rehabilitation. The staff, and their willingness to basically be part of your family, is really important.”

The cardiac rehab staff provides the information and support needed to help their patients learn how to live a better life after heart surgery. They regularly provide educational sessions and handouts full of helpful information about eating a heart-healthy diet, how to read food labels, what kind of exercise to do and how long, etc. “They treat you like family,” he said. “They care, and they understand.”

Now, close to a year later, Mark continues to work toward maintaining a healthy lifestyle. He can often be found participating in cruise nights in Pontiac with his 1970 Chevelle SS 396.

KNOW THE SIGNS AND SYMPTOMS OF A HEART ATTACK:

- Chest pain, pressure, or a strange feeling
- Sweating
- Shortness of breath
- Nausea or vomiting
- Pain, pressure, or a strong feeling in the back, neck, jaw, upper belly, or in one or both arms or shoulders
- Fast or irregular heartbeat
- Lightheadedness or sudden weaknesses

Improve your heart health by:

- Eating a heart-healthy diet full of fish, fruits, beans, high-fiber grains, olive oil
- Regularly exercising
- Controlling cholesterol and blood pressure levels
- Managing diabetes
- Lowering stress levels
- Quitting smoking

If you think you’re having a heart attack, call 9-1-1. Don’t drive yourself or have someone else drive you to the hospital. First responders immediately begin diagnosing and utilizing life saving techniques – before you even get to the hospital. Ambulances also communicate with hospitals about your condition, so the care team is ready for your arrival. This saves crucial time in a life-threatening situation. Visit osfstjoseph.org/911 for more details.



WELLNESS FOR ALL

Health and fitness goals are different for everyone. For some, these goals are about being able to keep up with their kid. For others it is about running a 5k. And for some it's about fitting comfortably in their clothes. No matter what "healthy" and "wellness" look like to you, the Center for Healthy Lifestyles at OSF St. Joseph Medical Center can help.

MEDICAL FITNESS

OSF St. Joseph partnered with Four Seasons Health Club in the spring of 2015 to offer medical fitness for our OSF HealthCare patients who are age 65 years or older at a discounted rate. The Fit Together program helps patients build healthier lifestyles, improve overall health and well-being, and increase fitness levels through regular physical activity. Members also enjoy the social interactions and fitness group camaraderie.

When an OSF patient joins the Fit Together program, they will receive:

- Introductory goal setting consultation
- Personalized exercise program working with an exercise physiologist
- Special invitations to wellness screenings and education sessions
- Peace of mind knowing their physician or provider is part of this team
- Ongoing motivation from and communication between the exercise physiologist and OSF provider
- Access to Four Seasons I and II for all exercise equipment, pool, and special programs

»»» Listen to what two of our OSF patients and Fit Together members said about the program, and how it has affected their health:

“The exercises are carefully and uniquely designed to improve the lives of us seniors. We see that our balance is significantly and noticeably improved. Our overall strength has improved. We’ve made new friends and are more likely to consistently attend sessions because of the peer pressure to support each other and our trainer. Jill cares about each one of us and knows the strengths, weaknesses, and abilities of each of the participants. She regularly urges us to listen to our bodies and refrain from any exercise that is too difficult or might be harmful because of a physical limitation or previous medical procedure.”
– Kurt and Martha Gummerman

For more information or to start the Fit Together program, please contact your OSF primary care provider. They will complete a form that allows you to participate. If you don’t have an OSF provider but need one, please call 1 (888) 6ASK-OSF (888-627-5673). Once you have the completed form from your provider, call Four Seasons Health Club at (309) 661-8611 and ask for Jill Usiak. She’ll invite you to your first consultation to get you started.

CORPORATE WELLNESS

Healthy employees are vital to the success of your business. The Center for Healthy Lifestyles is committed to working with our business community to offer quality health services and programs. Our professional staff of physicians, nurses, exercise physiologists, dietitians and health educators will educate your employees through preventive health programs and screening services. These services can be offered at your workplace or at the Center for Healthy Lifestyles.



Health Seminars:

- Customized wellness retreats
- 8 week cholesterol management program
- 8 week weight management program
- Exercise and nutrition education
- 6 week diabetes class
- 3 week stress management program

Health Screenings with Education:

- Blood pressure screenings
- Cholesterol blood tests
- Health risk assessment

Business Presentations:

- CPR
- Diabetes
- Ergonomics
- Exercise
- Family health
- Foot health
- Heart disease
- Joint disorders
- Men’s health
- Mental health
- Nutrition
- Sleep disorders
- Smoking cessation
- Stroke
- Weight management
- Women’s health

We will customize our services to support your wellness strategies, and help you make an impact on your employees’ health and well-being. For any questions, or to discuss a wellness partnership, please call Erin Kennedy at (309) 661-5153.



COMMUNITY OUTREACH

The Center for Healthy Lifestyles provides all of the above opportunities to our community and more. You spoke and we listened. After countless evaluation forms, you have provided us with class ideas that you want to participate in. Some of the classes we now offer from your suggestions are:

- Cooking classes for kids and adults – performed in our demonstration kitchen
- Fitness classes for beginners
- Health and wellness education programs
- Personal Training – one-on-one sessions or small group sessions
- CPR classes
- Health fairs and special events
- Dinner programs with our physicians

Take a look at our quarterly Center for Healthy Lifestyles brochure to see all the classes we offer. If you have any questions or want to register for a class, please call Tracy at (309) 661-5151.

“The Center for Healthy Lifestyles offers tools and resources for both prevention and chronic disease management. No matter where we go to teach our classes, we recognize the importance of having a healthy community. The education and resources we provide can help improve the health and well-being of all community members,” said Erin Kennedy, manager of the Center for Healthy Lifestyles.

For more information or questions about what the Center for Healthy Lifestyles offers or how to become involved, please contact Erin Kennedy at (309) 661-5153.

ALLERGY Q&A WITH DR. KOCUR



What are allergies and what causes them?

Allergy symptoms that affect the nose in the spring time are due to airborne pollen and mold, and are commonly referred to as hay fever.

A person becomes allergic to something when his or her immune system overreacts to an allergen and produces immunoglobulin (IgE) antibodies. When we skin test patients, we are trying to detect the presence of those IgE antibodies.

What are common symptoms?

Classic symptoms of hay fever include nasal congestion or stuffiness; sneezing; running nose; itching of the nose, mouth, or ears; and itchy, watery, red eyes.

Airborne allergies can also trigger asthma in the lower airway. About half of those with asthma also have hay fever symptoms. Typical symptoms of asthma are a cough that is worse at night or after exertion, chest tightness, and shortness of breath or wheezing.

Eczema, which is a dry, itchy skin condition, can also act up in the spring from airborne allergies.

How are allergies tested for and diagnosed?

The most important part is actually the person's history. That forms the strongest guide and foundation for a diagnosis. Some of the questions we ask are: What time of year are your symptoms? Are they worse outside or inside? What seems to trigger your symptoms? What makes your symptoms better?

After discussing the person's history, we will perform skin tests for confirmation. Skin tests are generally done on the arms, though we will use the back for young children. Testing is done without needles and is relatively painless; it will feel like a pinch. Results are obtained in 10 to 15 minutes.

Are airborne allergies just in the spring time?

In the early spring of central Illinois, hay fever is caused by pollen from trees. This generally occurs from March until May, depending on how quickly the weather warms up. Grass pollen begins in May, and is usually done by early June. In the fall, weeds are in the air from August until early October. Mold is in the air year round, but is worse in the fall.

Can someone develop allergies?

Sensitivity to airborne pollen generally starts after age 2 and before age 20. Though it can start at any age.

What allergies are most common in Bloomington-Normal?

There is a lot of weed pollen in the fall due to the large amount of non-residential land. Additionally, with all the farming, there is a lot of mold spore production in the fall.

What are red flags that someone might have allergies and should go see a doctor?

Patients whose medicine is not working to relieve their symptoms are good candidates. Those whose quality of life is affected by not being able to go outside or miss school or work days should consult with their physician.

How can someone best manage their symptoms?


It depends on what the person is allergic to and how they would like to handle their allergies. They have several choices.

1. Patients should try to avoid their allergens. For outdoor allergens, it is advised to keep the windows closed during allergy season, run the air conditioner, and change the furnace filter as directed.
2. Those affected with seasonal allergies can also take medication to help ease their symptoms. Antihistamines are non-sedating and effective for milder cases. Singulair also seems to be as effective as antihistamines, and is commonly used as an add-on medication. Nasal corticosteroids are most effective and utilized for more difficult cases. While many options are over the counter, it is good practice to first speak with your doctor before taking extra medication.
3. Immunotherapy is commonly known as allergy shots. It is the only known way to reduce how allergic a patient is. It has been shown to prevent the progression to asthma in children. Typically, allergy shots are given for three to five years at a frequency of once a month after the maintenance dose is reached.

What are common misconceptions about allergies?

That everybody is allergic to something. Actually about 20 to 30 percent of the population has hay fever. A significant number of patients have nasal symptoms due to non-allergic reasons such as weather changes, temperature changes, cold air, or from irritants like cigarette smoke, perfume, paint fumes, etc.

Another misconception is the myth that if a patient were to eat local honey, it will treat their allergies. The reason being that the pollen bees transport it in their honey. The bees do carry pollen, but it is the pollen that is too heavy to be spread by the wind and therefore falls to the ground quickly, not contacting humans. Humans become allergic to the pollen that is wind-carried such as from trees, grasses and weeds.



Request an appointment with Dr. Kocur by calling (309) 664-3800.

THIRD TIME'S A CHARM

Michelle Ortiz had a lot of “firsts” with her third child, because the birthing center at OSF St. Joseph Medical Center places a high priority on keeping the mom and baby together as much as possible.

After two cesarean section deliveries resulting in infections from the local hospital near her home in Savoy, Illinois, Michelle decided to go somewhere new for her third pregnancy. She began searching the web for hospital safety scores and saw that OSF St. Joseph had straight A's.

“I decided to switch hospitals because of the safety scores, but I loved the experience so much because of everything else,” Michelle said.



A New Experience

Michelle toured the birthing center a few weeks before her scheduled C-section. "It was a good environment from the get-go," she said. "It felt calm and welcoming." She was impressed with how nice and large the rooms are, but the most noticeable difference about the birthing center at OSF St. Joseph is the proximity of the operating and recovery rooms to the patient rooms. "Everything was right there," Michelle said. "It was nice you weren't shuffled all over the place."

The best part of her delivery involved the unique care given to her by the anesthesiologist. Michelle struggled with anesthesia during her previous two C-section deliveries, and this time the anesthesiologist made a special effort to understand her medical history. "He was the best thing about the C-section," she said. "My safety was well-attended to, as every 't' was crossed and 'i' was dotted. I felt so cared for."

Precious Moments

The operation itself was less than two minutes, and Michelle was immediately allowed to hold her baby. With the previous two deliveries, the nurses only put the baby up to Michelle's face so she could have a brief glimpse before whisking Michelle and the baby into separate rooms. "It was an amazing experience to be able to hold my son right after he was born," Michelle said.

Not only did she get to immediately hold her baby for the first time, she also saw his first bath. "I've never been able to see the bath before," Michelle said. "I have pictures my mom took of my other kids' baths, but I was actually able to be there and watch this time. And it was a great experience for my husband to be able to help. It was his first time being able to do that."

Seeing the bath also helped Michelle and her husband, Robert, remember tips and best practices since their last child was born. "It was really helpful to be there for the first bath, because they talked you through what to do, in case you didn't remember," Michelle said.

A Caring and Knowledgeable Team

"Every little thing was so helpful, and nothing was too small for the staff to look into or give you advice. Everyone was caring and very knowledgeable every step of the way," Michelle said.

When her baby initially lost weight after birth, the nurses suggested skin-to-skin breastfeeding. Her son quickly started feeding better and gaining back weight. "The birthing center is a really unique environment," Michelle said. "You can tell the nurses love their jobs. And I felt loved, I really did. They hugged me when I left, and I kind of wish I was back in the hospital."

"Even my kids knew the nurses' names and asked if we would see them when we stopped by later to pick up something we had left," she said. Once, when Michelle couldn't find her lip balm, a nurse went and got her some. And another day, when she needed some water, the custodian noticed and brought her some. "They were all willing to help with every little thing, no matter what it was," she said.

"If I have another baby, I'm definitely going to OSF St. Joseph."

Schedule your tour of the OSF St. Joseph Medical Center birthing center by calling (309) 665-4703. Check out our birthing classes at osfstjoseph.org.

Visit osfstjoseph.org/quality to learn more about the patient safety results for OSF St. Joseph Medical Center.

WRITTEN WITH CARE

At the beginning of this year, OSF St. Joseph Medical Center installed new white boards in every inpatient room. The previous boards were blank for nurses and patients to write on, but now they are full of helpful information. This has improved the ability for the boards to help increase communication and understanding between the patient and care team.

Here are a few of the things you would learn from our new patient boards:



AS THE PATIENT

One important addition is the “M in the box.” In this box, nurses write in a prescription taken by the patient. The nurses routinely talk about the new medication, what it does and its side effects, until the patient can teach this information back to the nurse. Once this is done, the medication is erased from the box. This ensures a comfortable understanding, and allows the patient time to properly learn about the new medication.

There is a spot titled “your pain plan” where patients can rate their pain with a scale and pictures. This helps the patient and nurse keep track of any potential discomfort. There is also a spot to write in when the next dosage is available, and what medication will be used.

Other information such as daily goals, diet, and a discharge plan and date allow the patient to be fully included in goal setting and progress.



AS FAMILY OR FRIENDS

If the patient is removed from his or her room for any reason, there is a place on the care board to explain the absence. This allows the family and friends to not wonder or worry where their loved one is.

There is also a section for any questions or comments raised by the patient’s visitors.

The primary resource person to take care of the patient upon returning home can write his or her name down. The nurses and doctors can then take extra measure to make sure the resource person learns all the information needed to be well-informed and capable of taking care of his or her loved one upon discharge.



AS THE NURSE OR PHYSICIAN

The care board also helps the nurses and physicians. They can keep track of the patient’s pain level with the scales, and learn the patient’s preferred name. There is a spot devoted to what is important to

the patient – not just important about their hospital stay, but their hobbies, pets, dislikes, etc. It is a way for the nurses to start building a good relationship with their patient, and vice versa.

Funded by donors through the OSF St. Joseph Foundation.

GIVING GRATITUDE TO GUARDIAN ANGELS

It is not always easy for a patient to express appreciation for their caregivers when laid up in a hospital bed, focused on pain relief or who is handling their work projects in their absence. The “attitude of gratitude” often hits a patient after they’re back home, and reflecting on the care they received. To capture that gratitude, the OSF Foundation recently rolled out the Grateful Patient program. It thanks patients for choosing OSF St. Joseph Medical Center, and provides an opportunity for them to thank the caregivers who served as their “Guardian Angels” during their hospital stay.

The Guardian Angel cards come back with terrific stories, from caregivers who helped calm nerves before a surgery to a physician’s assistant who detected cancer from a test she ordered. “I credit her with saving my life,” one former patient said.

It’s wonderful to see the smiles on the faces of the hardworking individuals at OSF St. Joseph who know they made a difference in the lives of their patients. Their amazing work was validated and appreciated, and that gives the entire staff a boost to continue delivering the quality of care so central to the Mission of OSF HealthCare.

Is there a caregiver you would like to recognize? Please contact Kimberly Weeks at (309) 665-4902 or Kimberly.k.weeks@osfhealthcare.org.

TREE OF LIGHTS DONATIONS INFUSION CENTER CHAIRS

Every year the OSF St. Joseph Auxiliary holds a Tree of Lights fundraiser. These donated funds are always used for special projects at OSF St. Joseph Medical Center. This year, the Tree of Lights campaign raised approximately \$3,500. The money helped buy five new recliners for the Infusion Clinic.

Since patients have to stay in the chairs during their visits, it’s important to provide them with the most comfortable chairs possible. After receiving feedback from some of the infusion patients, an electric recliner chair was chosen.

“Some of our patients visit us so frequently, they become like extended family,” said Jeremy Carby, supervisor at the Infusion Clinic. “We are overjoyed to be able to give them the comfort and stability they deserve. I am positive the new recliners will enhance our patient experience.”

“I think I can speak for all of the Infusion Clinic staff when I say we are so grateful to all of the participants who helped make the Tree of Lights fundraiser a success this past holiday season,” Jeremy said.



May is STROKE MONTH

Are you prepared? Know the warning signs of stroke.



F ACE:

Ask the person to smile or show teeth.

Normal: both sides of the face move equally.

Abnormal: one side of the face droops.



A RM:

Ask the person to close eyes and raise both arms with palms pointing up.

Normal: arms remain in air with palms up.

Abnormal: one arm drifts down or to the side.



S PEECH:

Ask the person to repeat a simple sentence.

Normal: the phrase is repeated clearly and correctly.

Abnormal: the words are slurred or not repeated correctly.



T IME:

Trouble with any **one** of these tasks – Call 911

immediately and determine the time symptoms began.

Are you at risk for stroke? Take our free stroke risk assessment at www.ini.org/stroke.

Mark your calendar for the
OSF ST. JOSEPH

Scramble



OSF[®]
ST. JOSEPH
FOUNDATION

Wednesday, June 8, 2016

The Den at Fox Creek | Bloomington, IL

Proceeds will be used to purchase equipment to help improve communication among staff members.

Thanks to your support, our award-winning hospital continues to develop creative ways to serve with the greatest care and love.

Visit osfstjosephfoundation.org for more information.

