

THIS IS HEALTH CARE

FALL 2015

**ACID REFLUX
OR GERD: DO YOU
KNOW THE DIFFERENCE?**

**OSF VIRTUAL
CLINIC OFFERS
24/7 CARE**

**FAMILY MEDICINE
PRACTITIONER OR
INTERNAL MEDICINE
PHYSICIAN?**



alltogetherbetter

OSF
ST. MARY
MEDICAL CENTER

JOIN US FOR BUSHELS FOR CARE

FALL 2015

- 3 Acid Reflux or GERD: Do You Know the Difference?
- 4 The Nutritious, Delicious Way to Go Red
- 5 Should You Have An Imaging Test to Diagnose Your Headaches?
- 6 Virtual Clinic Offers Illinois Residents 24/7 Care
- 8 How Doctors Diagnose Irritable Bowel Syndrome
- 9 Family Medicine Practitioner or Internal Medicine Physician?
- 10 Take the Month-Long Meatless Monday Challenge
- 12 Bushels for Care



facebook.com/OSFStMary
twitter.com/OSFStMary
youtube.com/OSFStMary

News: osfhealthcare.org/news

MEET THE EXPERT

Cassidy Long, DO, is a family medicine doctor at the OSF Medical Group at OSF St. Mary Medical Center.

Dr. Long received his degree at Des Moines University, Des Moines, Iowa, and completed his residency in family medicine at Broadlawns Medical Center in Des Moines, Iowa. He is board certified by the American Board of Family Medicine.

Dr. Long's personal interests include sports, being outdoors, the guitar, reading and cooking.

To schedule an appointment, call 309-343-5114.



ASK THE DOCTOR

Q *It's cold and flu season again. How do I protect my kids while they're in school?*

A While there's no protection against every germ at school, there are ways to reduce the risks. Remind your children to wash their hands often. Place travel-size hand sanitizer in their backpacks. Postpone play dates with sick kids. And consider getting your child a flu shot.

The Centers for Disease Control and Prevention recommends yearly flu shots for all children ages 6 months and older. It's best to have your child vaccinated as soon as the shot is available, ideally by October. For little ones, ask your doctor about the nasal spray flu vaccine.

Q *Life is getting stressful and I feel like none of my friends or family understand. Is there another outlet I can look for?*

A Cancer, chronic fatigue syndrome and postpartum depression are widely different problems. But they do share at least one thing in common. Women with these conditions and many others have turned to support groups.

Joining a support group may help you get past negative feelings, ease anxiety and improve your quality of life. A group also can help you stick to better behaviors, such as healthier eating. Groups can be a good source of ideas, too. For example, a parenting support group can offer helpful tips if you're a new mom.

Not everyone's comfortable in a support group. If you're thinking about trying one, choose one that:

- Has a facilitator who makes you feel at ease.
- Includes a mix of newcomers and people who have been dealing with the issue for some time.
- Puts members in touch with other resources.

Acid Reflux or GERD: Do You Know the Difference?

It's easy to confuse acid reflux and gastroesophageal reflux disease (GERD). They are both common conditions that often cause heartburn, a burning feeling in the chest and a sour taste in the back of the throat or mouth. But although they are similar, there's one big difference. While acid reflux doesn't require treatment, you will want to see your doctor if you think you have GERD.

THE ABCS OF ACID REFLUX

Acid reflux is also called gastroesophageal reflux, or GERD. It happens when the contents of the stomach move back into the esophagus, the tube that leads from the mouth to the stomach. The most common symptom is heartburn.

You can help control acid reflux with the following tips:

- Don't eat for about two to three hours before bedtime.
- Don't eat too much in one sitting.
- Lose weight if you are overweight.
- Skip foods and drinks that can cause acid reflux. These include alcohol, coffee, chocolate, greasy or spicy foods, peppermint and tomato products.
- Stop smoking.
- Try using antacids like Alka-

Seltzer, Mylanta and Rolaids. If you have acid reflux more than twice a week for a couple of weeks, you could have GERD.

WHEN IT'S GERD

GERD is a more serious type of acid reflux. It occurs when the valve between the esophagus and the stomach is weak or does not work correctly. There are some factors that can increase your risk:

- Being overweight
- Pregnancy
- Smoking or inhaling second-hand smoke
- Taking certain medicines, such as antidepressants, antihistamines, asthma medication, pain relievers and sedatives

SYMPTOMS OF GERD

The most common symptom of GERD is heartburn. But some people with GERD never have heartburn. GERD can also cause:

- Asthma
- Bad breath or tooth decay
- Chronic dry cough
- Hoarseness or a sore throat
- Nausea
- Pain in the chest or upper abdomen
- Pain with swallowing or trouble swallowing
- Recurring pneumonia
- Vomiting



If you think you may have GERD, see your doctor. If left untreated, GERD can lead to serious complications, such as inflammation in the esophagus, narrowing of the esophagus and respiratory problems.

THE NUTRITIOUS, DELICIOUS WAY TO GO RED

Have you heard of the American Heart Association's Go Red for Women campaign? Each February, women around the country put on red dresses to promote heart disease awareness. But there's no reason to stop with your wardrobe. Dress up your plate with red-hued foods every day. Read on to discover the heart disease-fighting effects and other health benefits of many red foods.

TOMATOES

A natural pigment called lycopene lends tomatoes their rosy hue. Lycopene gives you potential protection against cancer and heart disease. Don't think you only need to eat them fresh off the vine: Your body actually more easily absorbs lycopene from processed tomato products, such as paste and sauce.

Go red by: Chopping tomatoes into salsa; stuffing them into omelets; making your own sauce with low-sodium canned tomatoes, tomato paste, onions, garlic and spices

CRANBERRIES

Compounds called proanthocyanidins in these tiny, tart fruit clear bacteria from your bladder. Research shows this process may reduce your risk for urinary tract infections. Cranberries also boast another compound, resveratrol, which has been found to reduce blood pressure.

Go red by: Tossing dried cranberries in your salad;

spreading cranberry sauce on sandwiches; drinking 100-percent cranberry juice

CHERRIES

All cherries contain compounds called antioxidants that zap stress-inducing free radicals. But tart cherries deliver even more than their sweet counterparts. Some people who eat them feel less pain from arthritis, gout and after exercising. Cherries consumed before bed may also help improve sleep. That's thanks to high levels of the drowse-inducing hormone melatonin.

Go red by: Drinking tart cherry juice; baking dried tart cherries into cookies and muffins; stirring frozen cherries into oatmeal as it cooks

RED BELL PEPPER

A single bright pepper contains your entire daily dose of vitamins A and C, nutrients that strengthen your immune system. This means better protection from infection and

faster wound healing.

Go red by: Slicing raw peppers and serving in a pita with hummus; roasting and adding to sandwiches

CHILI PEPPERS

These spicy kickers contain capsaicin, a compound that may improve digestion. They also offer a good dose of vitamins A and C.

Go red by: Sprinkling dried chilies and a twist of lime on Mexican dishes; chopping fresh jalapeños into salsa

STRAWBERRIES

These berries pack more than 150 percent of your required immune-boosting vitamin C for the day. At 50 calories per eight medium berries, they serve as a guilt-free dessert.

Go red by: Blending frozen strawberries (make sure there's no added sugar) into smoothies; serving them on sandwiches with peanut butter; topping a salad with a touch of their sweetness

Find healthy recipe inspiration by visiting www.osfhealthcare.org/st-mary and clicking on "Health & Wellness" and "Healthy Recipes."



PREVENTION IS KEY FOR MIGRAINES

A migraine is one of the most intense types of headaches. You can try to manage migraines by preventing them from happening. Experts recommend keeping a record to determine what triggers your attacks, and then avoiding those triggers as much as possible. Common triggers include:

- **CERTAIN FOODS** — including red wine, beer, chocolate and aged cheeses
- **STRESS**
- **STRONG ODORS**
- Too much or too little **SLEEP**
- **SMOKING**

Should You Have An Imaging Test to Diagnose Your Headaches?

If you suffer from frequent or severe headaches and are interested in finding a cause and cure for your pain, you may wonder whether you should have an imaging test, such as a computed tomography (CT) scan or a magnetic resonance imaging (MRI) test. Understanding when such tests would be useful can help you make a decision.

DIAGNOSTIC TOOLS

Most of the time, your doctor can identify the kind of headaches you are having, why you are having them and what will provide relief by physically examining you and having you describe your pain. Bringing a headache diary to your appointment listing when and how often you have headaches can also help your physician provide an accurate diagnosis and treatment.

AVAILABLE IMAGING TESTS

In most cases, CT scans and MRIs are not needed to diagnose a headache, unless it is unusually severe. If your doctor believes your headaches could have a serious underlying cause, he or she may suggest you have one of the following imaging tests:

- **CT scan.** A CT scan uses X-rays to make pictures of the brain. Your doctor may suggest

you have one if he or she suspects your headache is caused by a brain tumor or bleeding in your brain.

- **MRI.** These scans are more likely than CT scans to show abnormalities in the brain that cause headaches. MRIs use powerful magnets and computers instead of X-rays to create images. MRIs are used to diagnose bleeding aneurysms and tumors.

Your doctor may also suggest you have an imaging test done if you:

- Suddenly have the worst headache of your life or a sudden change in your headache pattern
- Have a seizure with a headache
- Have a headache after a recent head injury
- Have a headache along with confusion, weakness, numbness and lack of coordination

LET'S TALK

Good medical care begins with good communication, stresses the National Headache Foundation.

Let us help. Give us a call at **309-344-3161** to make an appointment.

Virtual Clinic Offers Illinois Resid

When illness strikes, your greatest obstacle can be getting to a doctor's office. Waiting for an appointment, rearranging schedules and finding childcare can all hit you when you're already down.

Now you can get care in the comfort of your home. **OSF OnCall** is a virtual urgent care clinic that treats minor illnesses in adults and children. We are there for you 24 hours a day, seven days a week with no appointment necessary. All Illinois residents are eligible. Providers — consisting of board-certified family medicine doctors and nurse practitioners based in Seattle — consult with patients through a webcam or over the phone.

The virtual clinic treats common medical conditions including colds and flu, allergies and asthma, burns, back pain, infections, sprains, rash, and bites and stings. The clinic does not offer lab work or chest X-rays. Doctors must be able to visualize a condition through a camera to confirm diagnosis. There may be limitations, such as with strep throat.

HOW DOES A VIRTUAL VISIT WORK?

You can access OSF OnCall by visiting www.osfhealthcare.org/on-call. After describing your health problem and providing demographic information, you then choose how you want to speak to a provider, whether it's Skype, FaceTime (on iPhone, iPad or Mac), video chat or telephone. A provider typically will call you within 30 minutes. A photo and biography of each provider is on the website.

If you can't access the website, call 844-673-1673 and a patient representative can assist you. You may be asked to take a photo of a sore throat, rash, etc. to aid in diagnosis. Our representative will send you a link to upload the photo through email and a provider will call once they have viewed it.

"OSF OnCall is a way for patients with minor conditions to speak with a physician and get a diagnosis and treatment," says Sarah Metzger, RN, BSN, teleservices coordinator at OSF HealthCare. Providers write prescriptions when appropriate, too.

The virtual clinic does not see patients with chest pain or severe respiratory issues. If you have a condition that can't be treated, the service will refer you to a nearby medical facility and you will not be charged for your virtual visit.

CONVENIENCE AND AFFORDABILITY

Too often, medical issues happen during work, after business hours or on weekends. People either delay care or go to urgent care or the Emergency Department. "The hope is to make care more convenient so patients don't have to wait for an appointment with a doctor or access these other forms of care," says Metzger.

A virtual clinic is especially valuable to parents with young children. "You don't have to pack your kids up to accompany you to the doctor and potentially expose them to illness and more," says Metzger.

Each visit is \$35. There are no hidden fees or added charges.

A CASE IN POINT

Courtney Pilat, RN, BSN, MSHI, teleservices coordinator at OSF HealthCare, recently used the virtual clinic for a neck problem. "I woke up with really bad neck pain," she says. "I could only turn my head in one direction." She called her regular doctor who asked her

ents 24/7 Care

to come in, but she couldn't drive. So she called OSF OnCall.

Within 30 minutes, a doctor examined her using FaceTime. "She asked about my medical/surgical history, past and current medications, what activities preceded the pain, and what I'd done to relieve it," Pilat says. "She then watched me move my head and neck in different ways and ruled out more serious conditions, like meningitis."

Pilat soon had a prescription for a muscle relaxant and a list of at-home treatments. She also received an after-visit summary via email. OSF OnCall will also send a visit summary to your primary care doctor if requested.

Virtual visits don't replace a relationship with a primary care provider. If you don't have a regular doctor, our service can help you find one. Due to federal regulatory restrictions, OSF OnCall can't provide care to people covered under government-sponsored insurance such as Medicare, Medicare Advantage, Medicaid or Tricare.

"We're really excited to offer this service to Illinois residents," says Metzger. "If you're new to the area and don't have a health system yet, we encourage you to use OSF OnCall."



TRUST THE EXPERTS

For more information, visit
www.osfhealthcare.org/on-call
or call 844-673-1673.



How Doctors Diagnose Irritable Bowel Syndrome

Research estimates that about 10 to 15 percent of U.S. adults have irritable bowel syndrome, or IBS. But only 5 to 7 percent have received a diagnosis. If your symptoms include pain in your abdomen and changes in your bowel movements, you may be among those who must cope with this condition.

Seeing your doctor is the first step to diagnosis — and treatment to relieve your complaints. Here's what you can expect at your appointment.

TAKING YOUR HEALTH HISTORY

First your doctor will ask you questions about your symptoms, as well as your medical past. Come prepared to discuss how you're feeling, when you first noticed these signs and whether you experienced a stressful life event recently. Your doctor may also want to know your family history of digestive disorders, as well as any recent infections or prescriptions you've had yourself. He or she may diagnose you with IBS if:

- Pain or discomfort strikes you in the abdomen at least three times a month — and has done so for three months
- You have had symptoms for more than six months
- Your pain or discomfort improves after a bowel movement, changes how often you go or alters how your stool appears

PERFORMING A PHYSICAL EXAM

Next your doctor will examine

your body for signs of IBS or other gastrointestinal disorders. He or she will check to see if your abdomen appears distended, or stretched out, and listen to how it sounds through a stethoscope.

ORDERING OTHER LAB TESTS

No single lab test results in an IBS diagnosis. Your doctor may use clinical tests to rule out other causes for your symptoms. For instance, you might undergo:

- X-ray images of your large intestine
- A stool test, which checks for blood or parasites
- Blood tests for celiac disease
- Flexible sigmoidoscopy or colonoscopy. These tests allow doctors to peer inside your lower gastrointestinal tract.

Once you receive an IBS diagnosis, you and your doctor can work together on the best way to manage your condition.

WE'RE THE SPECIALISTS

To make an appointment with one of our gastrointestinal specialists, visit www.osfhealthcare.org/st-mary.

Family Medicine Practitioner or Internal Medicine Physician?

When you're ill, you have a choice of what kind of doctor to see. And unless you need a specialist, such as for a heart condition, your choice will typically be between a family medicine doctor or an internist.

Learn more about the differences and similarities between these two providers to help you make informed choices.

Q. Who do family medicine doctors treat?

Family medicine specialists focus on healthcare for men and women of every age — from newborns to seniors. Because of this, they are the only medical specialists trained to treat most medical conditions.

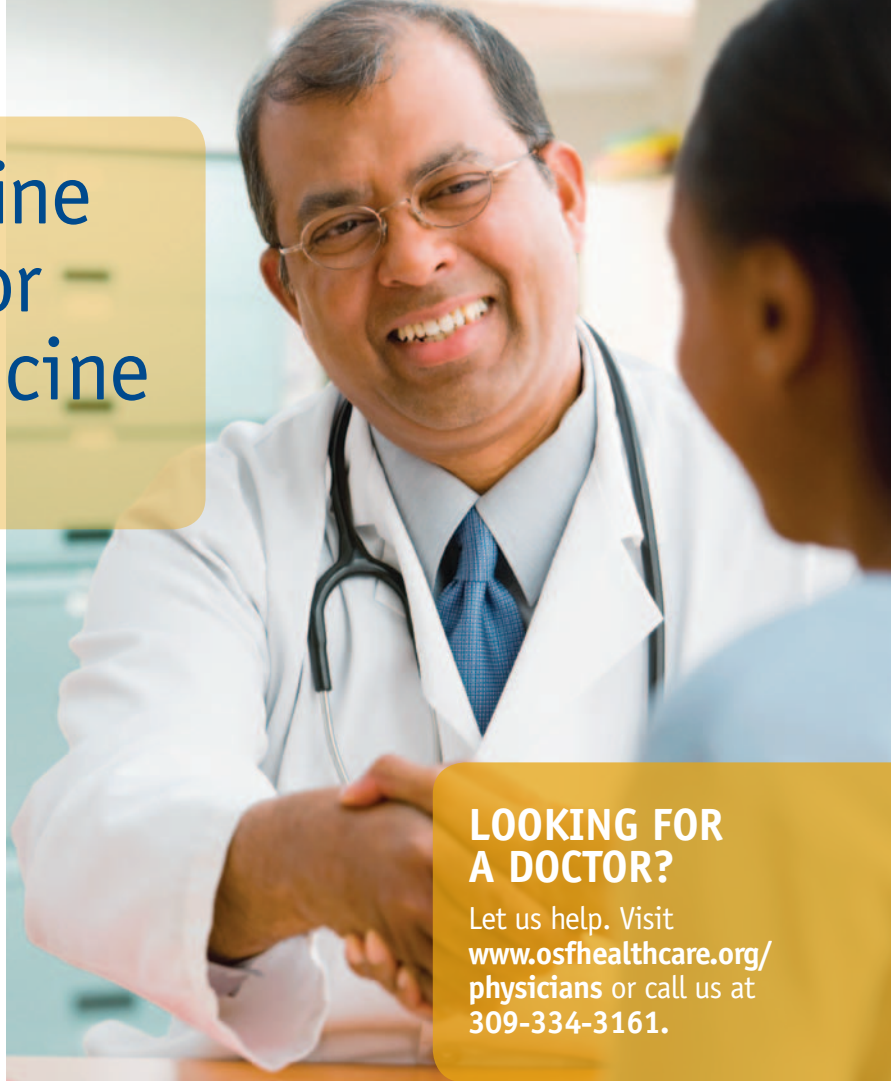
Family medicine specialists are trained in pediatrics, obstetrics and gynecology, emergency medicine, ophthalmology, radiology, orthopedics, otolaryngology (ear, nose and throat conditions), and urology.

Family physicians diagnose, treat and manage most chronic illnesses in addition to providing preventive healthcare, including checkups, immunizations, screening tests and

counseling on how to maintain a healthy lifestyle.

Q. What is the focus of internal medicine physicians?

Internists, or internal medicine physicians, provide health care for adults only. They are trained extensively in a variety of subspecialties, such as in acute and chronic care, mental healthcare (including substance abuse), malfunction of the nervous system and reproductive organs, and general women's healthcare and gynecology, but not maternity care. Internal medicine physicians can also address disease prevention with patients.



LOOKING FOR A DOCTOR?

Let us help. Visit www.osfhealthcare.org/physicians or call us at 309-334-3161.

Q. When should you choose one over the other?

This can depend on your gender and age. For example, if you are a woman of childbearing age, you can get ongoing care from a family doctor before, during and after a pregnancy.

Likewise, if you have children, you can receive care for yourself and your kids from a family doctor, but not an internist.

Your decision may also be influenced by your healthcare plan. For example, your health insurance company's in-network doctors may include a family doctor you are interested in, but not the internist you'd like to see or vice versa.

Take the Month-Long Meatless Monday Challenge

This New Year, skip the sweeping resolutions. Instead, aim to start each week with a single small change. Take the Meatless Monday Challenge for a taste of what a plant-based diet can do for your health.

Cutting back on meat by just 15 percent — about one day a week — results in measurable benefits, health experts say. Replacing animal products with nutritious plant foods may reduce your risk of Type 2 diabetes, heart disease and even some cancers. Plus, it can help you keep your weight in check.

Ready to start? Here's your week-by-week guide to making the Meatless Monday Challenge work for you.

WEEK 1: RECRUIT A GROUP.

Making changes is easier — and a lot more fun — with a crew. Recruit your family to help choose, prepare and share a Meatless Monday dinner. And consider asking friends or co-workers to plan a veg-friendly lunch potluck.

Meals to try: Yogurt parfaits with your choice of fruit and nuts for breakfast; salad bar stocked with vegetables, beans, tofu and nuts for lunch; pizza with veggie toppings (hold the pepperoni) for dinner

WEEK 2: UPGRADE A FAMILY FAVORITE.

Win over meatless skeptics by transforming beloved meat-based recipes into vegetable-rich dishes. Just take out the meat and replace it with more vegetables or a plant protein source, such as soy, legumes or lentils.

Meals to try: Soy-based sausage for breakfast; veggie burger on a whole-grain bun for lunch; pasta primavera with marinara for dinner

WEEK 3: TRY SOMETHING NEW.

Now that you're in the groove, consider branching out. Try a meat substitute you've never

tasted — such as tempeh (chewy, cultured soybeans) or seitan (wheat gluten). Or pick up a new-to-you vegetable, such as cabbage-like bok choy or jicama, a crisp and slightly sweet root.

Meals to try: Scrambled tofu for breakfast; falafel with whole-grain pita and vegetables for lunch; tacos stuffed with tempeh for dinner

VEGETARIAN ENTRÉES

Whether you're a full-time vegetarian or simply enjoy a meatless meal now and then, look for recipes that are full of flavor and low in fat.

Because strict vegetarian meals don't contain animal foods, they're cholesterol-free. While meatless recipes tend to be low in total fat, saturated fat and calories, this isn't always the case. Be sure to check nutrition details per serving.

The Tico Stuffed Peppers contain a mere 5 grams of fat per serving. The Vegetarian Chili is even lower in fat — just 1 gram per serving.

WEEK 4: REWARD YOURSELF WITH A MEAL OUT.

Take your meat-free skills out of the kitchen. With planning and preparation, it's possible to eat a healthy, vegetarian meal in a restaurant. Ethnic cuisines — including Japanese, Thai and Indian — often offer a variety of meatless options. Wherever you go, check out the menu beforehand. And ask the staff about the ingredients if you're unsure.

Meals to try: Whole wheat crepes for breakfast; minestrone, an Italian soup with kidney beans and tomatoes, for lunch; an Indian dish with lentils and curried vegetables for dinner

TICO STUFFED PEPPERS

- 4 large square bell peppers — red, yellow or green
- 1 tbsp. olive oil
- 1 large clove garlic, minced
- 2 tbsp. minced onion
- 2 dried red chilies
- $\frac{1}{2}$ cup diced tomatoes, peeled and seeded
- 1 15.5-oz. can black beans, drained and rinsed
- 2 cups cooked brown rice
- $\frac{1}{2}$ cup water

Preheat oven to 375 F. Wash peppers and cut off tops a quarter-inch to half-inch down. Remove seeds; set tops aside. Put peppers in a baking dish. Heat oil in a skillet. Sauté garlic and onion with dried red chilies until onion is soft, about 5 minutes. Add tomatoes, beans and brown rice. Mix thoroughly. Spoon mixture into prepared peppers and put tops back on. Add half cup of water to pan. Cover and bake until peppers are soft, about 45 minutes to an hour. Makes four servings.



THIS IS HEALTH CARE

CARRIE BERNETT
MARKETING/PUBLIC RELATIONS COORDINATOR
OSF ST. MARY MEDICAL CENTER

This Is Health Care is a quarterly publication of OSF St. Mary Medical Center. To be removed from our mailing list, please call 309-655-2856.
© 2015

10336M

OSF HealthCare
OSF St. Mary Medical Center
800 N. Glen Oak Avenue
Peoria, IL 61603

Nonprofit Org.
U.S. Postage
PAID
Peoria, Illinois
Permit No. 381



HELP SAVE LIVES — Join Us for Bushels for Care

WHAT IS BUSHELS FOR CARE?

The Bushels for Care program allows the agricultural community to donate the bushels they harvest as a charitable donation. The local farming community can donate as many bushels of unsold grain to the program as they choose — from one to dozens.

Bushels can include those yet to be harvested or grain already in storage. Farmers can deduct the expenses used to grow the donated grain from their taxes. As a result, the medical center benefits from 100 percent of the value of the grain donation, without any additional expense to the farmers.

WHO DOES BUSHELS FOR CARE HELP?

Proceeds from the Bushels for Care program will be used to support OSF St. Mary Medical Center.

INTERESTED IN GIVING A GIFT TO BUSHELS FOR CARE?

Call OSF St. Mary Foundation at 309-344-3161 ext. 4450.



LET'S GET SOCIAL Stay up-to-date on the latest news! osfhealthcare.org/news
facebook.com/OSFStMary twitter.com/OSFStMary youtube.com/OSFStMary