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Caring for
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**DETECTING
LUNG
CANCER**



Navigate the
Healthcare
Marketplace

TECHNOLOGY
BRINGS
HOPE TO
PARKINSON'S
PATIENTS
page 54



Bold *and* Beautiful

ANGELINA JOLIE'S preemptive surgery started a national conversation about genetic screening. What would you do?

Like Mother, Like Daughter



She walks like you, talks like you—wants to be you.

Give her a positive example to emulate, and you'll set her up for a lifetime of good health.

Living with **VIGOR**



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SPECIAL

A Tale of Three Hearts

Northwest Indiana residents are finding that no matter when you're diagnosed with heart disease, you can still get your life back on track.

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Creating Healthier Communities

Learn more about the initiatives that can help you improve your health



John Gorski

Today, hospitals are shifting their focus from illness to wellness, looking at how we can keep our communities healthy. The hospitals of Community Healthcare System participated in the Health Needs Assessment (found online at www.chscommunity.healthforecast.net) to better determine the needs of area residents. In this issue you'll read about examples of some of the initiatives our hospitals' staffs are using to keep your wellness at the forefront of care.

Our Healthy 4 Life program is making a difference for obese residents by offering access to comprehensive medical and surgical weight loss services that add up to long-term success (page 4). We offer this life-changing support at two convenient locations: Community Hospital in Munster and St. Mary Medical Center in Hobart.

Ranking among the nation's top killers, heart disease remains a priority. Community Healthcare System hospital teams—doctors, nurses and support staff of the hospitals' emergency services, inpatient care and cardiac rehabilitation phase I, II and III—are rallying against it by offering advanced treatments, education, support and encouragement. Survivors share their new life-experiences beginning on page 6.

Mental illness knows no boundaries (about one in four individuals is affected), making it another health priority. St. Catherine Hospital in East Chicago has undergone a \$2 million internal expansion of the Neurobehavioral Medicine program to provide round-the-clock care in a nurturing environment. With the right treatment, patients like B.D. (page 50) are moving forward and getting their lives back on track.

Lung cancer is one of the deadliest forms of cancer for both men and women but has an 88 percent survival rate at 10 years when diagnosed at stage one. Thanks to new minimally invasive technologies available at St. Mary Medical Center and Community Hospital, patients waiting to hear whether they have cancerous lesions will have answers sooner and without surgery (page 52).

In addition to working to improve community wellness through programs and procedures at our hospitals and outpatient facilities, we also can help you obtain health insurance. Enrollment in a variety of new plans available through the Affordable Care Act continues through March 31, 2014. Our specially trained, licensed navigators are available in person to guide you through the Indiana Healthcare Marketplace (page 56).

We'll continue to focus on healing the minds, bodies and spirits of the residents in our neighborhoods for a healthier future.

John Gorski
Chief Operating Officer
Community Healthcare System



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McMURRY/TMG

Charting a New Course

Opening lines of communication with MyChart



<https://mychart.comhs.org/MyChart/>
Help Line: 219-226-2313

Electronic medical records are providing new ways for patients to stay connected to their healthcare information and providers. Community Care Network physicians and the hospitals of Community Healthcare System offer MyChart, a free, easy and secure way for patients to use the Internet to view medical information and communicate with their healthcare team.

Snezana Zubic, MD, an internist on the staff at St. Mary Medical Center, says she has successfully used MyChart with many of her patients. She says her patients use MyChart for everything from asking for her advice to checking their blood results to looking over her comments and interpretations.

“My patients are pretty technologically and computer savvy and want to have the ability to access their charts,” Zubic says. “They want to be able to communicate. Most of them appreciate it across the generations. It gives my patients comfort knowing that I am accessible.”

“Patients really like the after-visit summary,” says Nancy Hoehn, office manager for Community Care Network family practitioner John Hoehn, DO. “Our patients usually come in with more than one concern. If they haven’t remembered everything that was discussed during their visit, the details will be on the summary and they can follow up with an email question. They say, ‘Hey, I forgot this while I was there,’” she explains. “MyChart is a nice feature that’s increasing communication between patients and the doctor’s office.”

MyChart Features

- Review current health issues, medications, immunizations and allergies
- View lab/imaging test results
- Renew prescriptions
- View your medical history
- Communicate with your care team
- Request and schedule appointments
- Access information for family members
- View and pay bill online

ONLINE

Ready to Get Started?

Take advantage of the tools available through MyChart by setting up your account. To begin, visit

www.mychart.comhs.org/mychart.



A Fresh Start

BY MARY FETSCH

Jeannine Wolfe of Michigan City knew she had health issues. Her type 1 diabetes was out of control; she had hypertension, chronic headaches, a high cholesterol level, sleep apnea, a fatty liver, and foot pain caused by plantar fasciitis. And she was only 29 years old.

“During this time, I saw more doctors than I can remember,” she says, “including three different endocrinologists, four neurologists, three sleep specialists, a gastroenterologist, a podiatrist and numerous other health professionals like dietitians and physical therapists. Each one had a different opinion regarding my health conditions, but most of them just ordered more tests.”

Wolfe went through a series of MRIs, CT scans and blood work and a multitude of prescriptions assigned to help her health conditions. She had an insulin pump to help control her diabetes. Even at a high rate of 300 units administered

More than just weight loss, Healthy 4 Life’s multidisciplinary approach targets long-term health and wellness

through her pump each day, she was still unable to successfully manage her glucose levels and required Symlin injections before meals to control her blood sugar. She was prescribed three pills to control her blood pressure, two pills to lower her cholesterol level, antiseizure medication for her headaches, a pill for rosacea on her skin, a pill for acid reflux, and a variety of vitamins, calcium and folic acid. She wore special orthotic shoes and was prescribed a brace to wear at night for foot pain, and a CPAP machine to treat sleep apnea.

Through it all, Wolfe always thought she was doing everything to improve her health. “Instead, I felt my health was spiraling out of control,” she says.

As with millions of Americans, Wolfe’s health issues were tied to her weight. At 240 pounds, she had a body mass index of 43, which placed her in the category of morbidly obese. And while she was seeing a variety of health professionals, none of them could effectively guide her through treating her obesity disease.

OBESITY AS A DISEASE

“Like heart disease, arthritis or diabetes, obesity is a complex condition that often requires an interdisciplinary approach to treatment,” says Omar Shamsi, MD, a medical weight loss specialist who is fellowship-trained in obesity medicine and nutrition support at Healthy 4 Life at Community Hospital in Munster and St. Mary Medical Center in Hobart. Board-certified in internal medicine, Shamsi is often the first physician to see patients who enter the program.

“When patients come to see me, they’ve tried everything else under the sun to lose weight,” says Shamsi. “My job is to help them understand what their individual health issues are and what we can do together to get them healthy. I’m here to educate and motivate them and make them realize that, with the right treatment plan, their dreams of being healthy and active are truly within reach.”



Nearly 100 pounds lighter, Jeannine Wolfe now enjoys working out.

CALL

Put an End to Your Battle with Weight

To learn more about the Healthy 4 Life team and how it can help you, call **866-224-2059** or visit www.healthy4lifecenter.org.



-Motivation-
Is what gets you started.
Habit is what keeps you going.



Jeannine Wolfe,
before and after



Community Healthcare System's Healthy 4 Life team includes (from left): Holly Raimondi, PA-C; Omar Shamsi, MD, bariatric medicine specialist; Kathryn Lipari, RD, dietitian; Debi Pillarella, MEd; Laurie Edwards, RN, CBN; Michelle Stanley; Anna Farmer, FNP-BC; Lisa Almaraz, RN, CBN; Lorri Field, RN; Jose Madrigal, MS, ATC, exercise physiologist; Paul Stanish, MD, FACS; Hung Dang, DO; and Betsy Mavrelis, LCSW. Not pictured: Gina Charles, MD, exercise physiologist.

While the team at Healthy 4 Life, which includes board-certified bariatric surgeons Paul Stanish, MD, and Hung Dang, DO, has always advocated the idea of treating obesity as a disease, it was only recently that the American Medical Association (AMA) officially defined it as such. The AMA's decision could have a positive impact on public health regulations and insurance coverage and may ultimately reduce the stigma associated with being overweight.

"Recognition of obesity as a disease acknowledges the complex interplay of forces that contribute to the development of the condition," says Stanish. "Any explanation of obesity has to include the role of biology, environment and behavior, based on scientific evidence and not just anecdotal testimony. It's not just a matter of eating less and moving more. Effective weight loss and management involves a comprehensive approach involving a range of short- and long-term strategies."

A NEW APPROACH

Summoning the courage to try something different for treating her health issues, Wolfe decided to attend a free seminar presented by Stanish and the Healthy 4 Life team to explore which options might be available to her.

"I felt scared and nervous and I had a lot of questions because I wasn't sure weight loss surgery was right for me," she says. "But I also felt a sense of hope and excitement that I had not felt in a very long time." Over the next several months, Wolfe saw Shamsi for supervised medical weight loss.

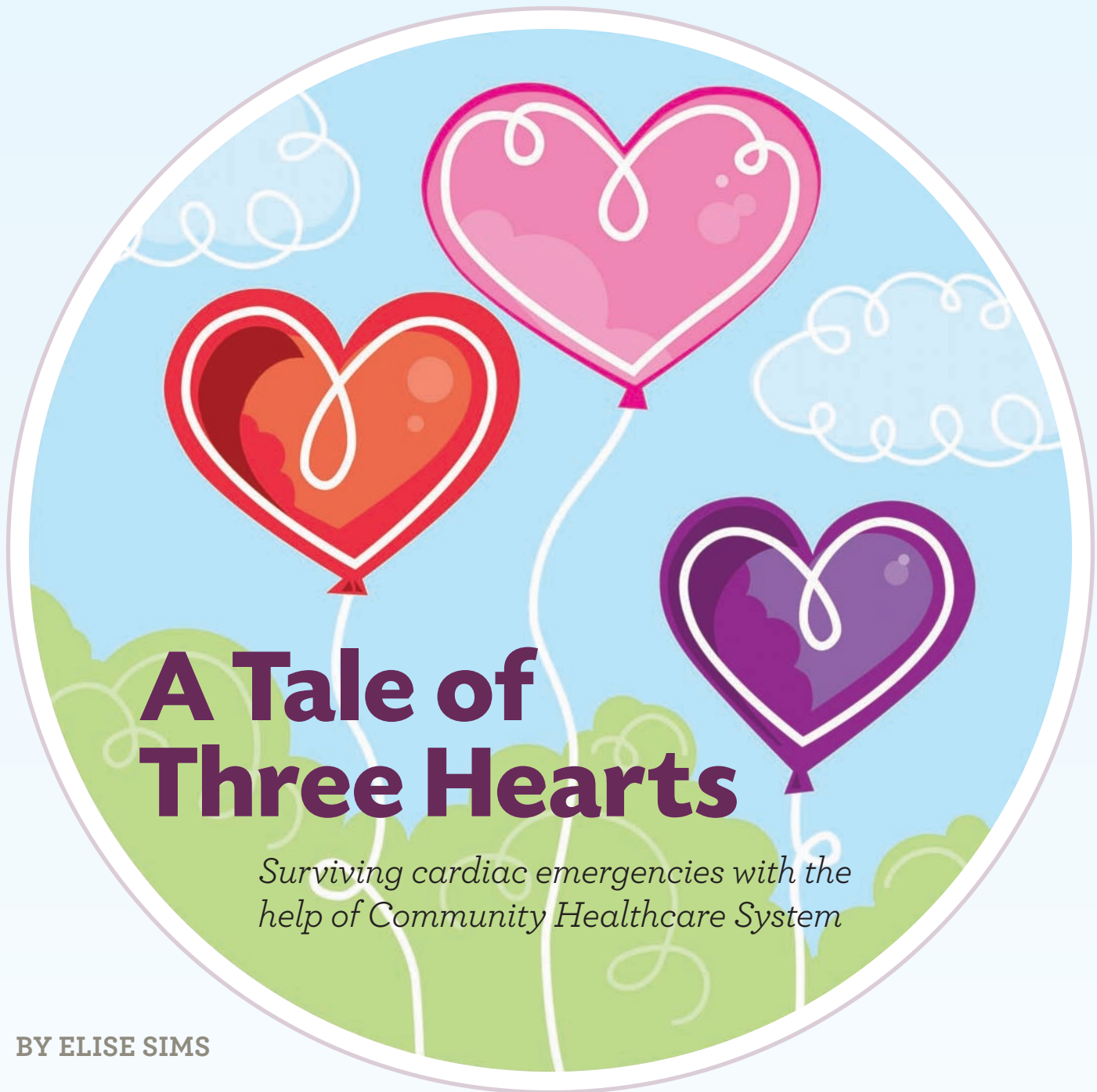
"During this time, I got to know the entire staff at Healthy 4 Life and began to realize how incredible they are," says Wolfe. "Not only did they provide endless encouragement and answers to all my questions; they made sure I was educated and ready medically, mentally and emotionally to have long-term success with my weight and health issues."

Wolfe decided to have laparoscopic gastric bypass in July 2011. And while she considers it to be the first step in her weight loss journey, it was also the first step to her getting her life back.

"I think it's a common misunderstanding that everyone who undergoes bariatric surgery does it to look better or use it as a quick fix to losing weight," adds Wolfe. "That is not why I did it. I did it to feel better and change the course of my life. Through it all, I always had the support of my new family at Healthy 4 Life."

Now, at the age of 32 and 90 pounds lighter, Wolfe has transitioned to a healthier, happier person. "I enjoy kick-boxing, Rollerblading, swimming and even running," she says. More important, her BMI is 26, and her diabetes is manageable and under control. She no longer suffers from hypertension, a high cholesterol level, sleep apnea or the other half-dozen medical conditions she was battling.

"I no longer have to spend my life in doctors' offices," she says. "I don't need a CPAP machine at night, and I've traded in my orthotic shoes for high heels! I now spend my free time being active and enjoying life. From this point forward, I will never let weight compromise my health. I want to live my life to its fullest!" ●



A Tale of Three Hearts

Surviving cardiac emergencies with the help of Community Healthcare System

BY ELISE SIMS

Jesse Guzman, Mary Jo Hopkins and Margarita “Margie” Gomez are champions. All three Northwest Indiana residents are waging a war on the No. 1 killer in the U.S.—heart disease—and have taken the lead. They credit their winning ways to their respective Community Healthcare System hospital teams: the doctors, nurses and support staff of the hospitals’ emergency services, inpatient care and cardiac rehabilitation phase I, II and III.

ILLUSTRATION BY THINKSTOCK



Sarah Colias, RN, Cardiac Rehabilitation III and IV, presents Jesse Guzman with his diploma. Guzman graduated from cardiac rehabilitation, changed his diet, works out and keeps his stress levels down.



JESSE'S STORY

"In 2012, when I was just 44 years old, I came into the ED with pain in my chest and my doctor, S.J. Chan, MD, at Community Hospital, found 85 percent blockage," Guzman says. "After angioplasty and a stent, I went home a new man. In September of 2013, I ran three 5K events and came within the Top 10 of my age division in each race.

"Getting to a healthier lifestyle didn't happen overnight," the Hammond resident says. "I had a lot of help along the way. I graduated from cardiac rehab I, II and III. I changed my diet, watched what I ate, worked out and kept my stress levels down.

"I'm grateful to the nurses who took care of me and encouraged me. I'm especially grateful to the late Larry Vassar of Mended Hearts, a support group made up of men and women survivors who have experienced first-hand similar heart conditions," he says. "The chapter's mission is to instill hope, and after talking with Larry, I knew what I needed to do to get my heart back on track. I also learned whatever age you are, you can get your life back."



MARY JO'S STORY

At 75, Hobart resident Hopkins continues her battle against heart disease. Since 2003, she has had three open-heart procedures, eight angioplasties and seven stents.

"My team is great—Dr. Ibrahim G. Zabaneh, my family practitioner; Dr. Jack Ziegler, my cardiologist; and Dr. Bradford Blakeman, my cardiothoracic surgeon—and all of the nurses. God has other work for me. Otherwise I wouldn't be here today," Hopkins says.

"I have a family history of heart disease and stroke; my dad died at 75 of a heart attack, my mother and my sister had strokes, and two brothers have heart disease," she explains. "I'm not married and I don't have any children. The nurses and doctors who take care of me at St. Mary Medical Center are my family.

"I go to cardiac rehab three days a week and if I don't go, my body misses it. You need to take your medications, change your diet and work-out at least three times per week. You've got to make up your own mind that you have to do it for your heart," she says.



Mary Jo Hopkins



MARGIE'S STORY:

"When I was just 25 years old, I had 'weird' chest discomfort after eating spicy foods," recalls Gomez, a Merrillville resident. She almost dismissed it as acid reflux, but because she works for cardiologist Pastor Llobet, MD, she knew she needed to go to the nearest ED to have it checked out.

"I ended up with a pacemaker, and it has changed my life," says the former semiprofessional boxer.

"I won't be able to ever box again, which was my life's dream," she says. "But more importantly, I got a second

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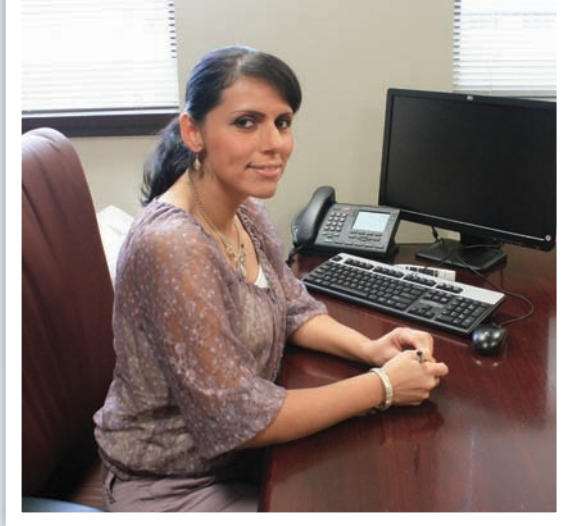
CALL

Schedule a Free Screening

The hospitals of Community Healthcare System offer free blood pressure screenings and low-cost cholesterol screenings at various locations.

Call **219-836-3477** or **866-836-3477** for details.





Heart patient Margie Gomez makes a difference in the lives of patients coming into the office where she works by telling them her survival story and offering encouragement.

CONTINUED FROM PAGE 7

chance and I'm here for my three children. I also have a chance to make a difference in the lives of patients coming into Dr. Llobet and Dr. Abbas' office where I work. We've had a number of patients coming into the office afraid of a pacemaker or blockage or stents, but I tell them my story and they think, 'She is young and she got through it; then I can, too.'

"After my procedure, I discovered the beta blockers prescribed were very expensive," Gomez says. "But my doctors and the pharmacists at the retail outpatient pharmacy at St. Catherine Hospital were able to find assistance for me, which was a big relief to my pocketbook."

Know Your Numbers

Keeping your blood pressure and cholesterol levels in check can keep your heart healthy. The numbers below provide an idea of what normal ranges are, and what is best for your body. If your numbers are higher than these, talk to your doctor about exercise, nutrition and other tools you can use to reach the recommended levels—and find out how often to have your numbers checked.

BLOOD PRESSURE

Optimal Less than 120/80
Normal Less than 130/85

CHOLESTEROL (mg/dL)

Total

Optimal Less than 200
Normal Less than 220

HDL

Optimal More than 60
Normal Men: 40 to 50
Women: 50 to 60

LDL

Optimal Less than 100
Normal 100 to 129

HELP FOR HEARTS

Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart are working to improve the odds for patients like Guzman, Hopkins and Gomez through early identification and treatment of heart attacks and strokes along with prevention of future cardiovascular events. Fighting heart disease is a priority in Northwest Indiana based on the findings of the Community Health Needs Assessment data, which can be found online at www.chsstmary.healthforecast.net.

Cardiac patients at Community Healthcare System have direct access to a variety of cardiac services, including 24/7 full-service cardiac catheterization labs for balloon angioplasty, stents, atherectomy and thrombolysis procedures; noninvasive diagnostic testing such as cardiac ultrasound, treadmill stress testing and nuclear images of the heart; cardiac rehabilitation (inpatient and outpatient); pulmonary rehabilitation; and participation in national cardiovascular clinical research trials.

"The hospitals of Community Healthcare System offer many advanced surgical procedures and minimally invasive options to treat heart conditions," says cardiologist Ramon Llobet, MD.

"One or more techniques can be used depending on the individual patient's condition," Llobet says. "We often use balloon angioplasty in which the tip of a catheter is inflated inside the artery to open up the vessel and restore blood flow. A stent, a small wire mesh tube, is expanded inside the vessel to keep the walls open. In Ms. Gomez's case, she needed a pacemaker to regulate the rhythm of her heart. Before, during and after a procedure, we're here to support you, offer individualized treatment and provide the best of care. Changing your lifestyle may be a challenge, but it is essential."

"Heart disease is on the rise and we have answered the call to offer an advanced level of care to our patients in our communities," says Jack Ziegler, MD, Hopkins' cardiologist and medical director of the Accredited Chest Pain Center at St. Mary Medical Center. "Odds of surviving a heart attack are better today than ever before, and so are your chances of returning to a full and active life. But avoiding a repeat cardiac event is largely up to the hard work and dedication of our patients." ●



A photograph showing the lower half of a person walking on a sandy beach. The person is wearing a knee-length dress with a leopard print and colorful floral patterns. They are also wearing light-colored, strappy high-heeled sandals. The background is a soft-focus view of the ocean and sky.

Step by Step

Walking for 30 minutes a day can help reduce your risk for heart disease and diabetes. What are you waiting for?

Living with **VIGOR**

OCCUPATIONAL Hazard



BY ALLISON THOMAS



ds

Do bus drivers or lab technicians have healthier hearts? Discover which jobs are easiest—and toughest—on your ticker, and how to keep pumped, on the job and off

Salary, benefits, hours, commute. These are important considerations when deciding whether to accept a new job. Another—and one most of us don't think about—is how a career will affect your heart. Studies show that your job can significantly affect your blood pressure and overall cardiac health.

So, what makes for a heart-healthy job? To a great extent, how you feel about your position, says Nieca Goldberg, MD, a spokeswoman for the American Heart Association.

“Generally people who are happy in their job, who feel like they're in a supportive work environment and have control over their work situation are less likely to have high blood pressure and heart problems,” she says.

That said, certain professions have been found to be easier on your heart overall while others ... not so much. Here's a look at which jobs are considered healthiest for your heart, which aren't and what you can do to keep your heart in peak shape no matter what your 9 to 5 may bring. >



Heart-Healthy OCCUPATIONS



MEDICAL LAB TECHNICIAN

Why it's tops for your ticker: While there's no such thing as a perfect career, job search portal CareerCast.com named medical lab technicians to its Best Jobs of 2013, a list that focuses on jobs with "High pay, low stress, a robust hiring outlook, a healthy work environment and minimal physical exertion." Lab technicians work largely out of the public eye in a productive environment, performing routine testing related to disease diagnosis, treatment and prevention.

Borrow these benefits: Jobs entailing regular interaction with the public can certainly be more stressful than those that take place in a closed environment, but there's an upside, says Peter L. Schnall, MD, director of the Center for Social Epidemiology, a nonprofit foundation that studies the connection between environmental and occupational stress and cardiovascular disease. "Working with the public can also be stimulating, and many may actually find it more rewarding." That said, if you find you need a break from all that stimulation, why not sign up for a lunchtime yoga class? It's a great way to grab a few minutes of quiet and—even better than being a lab technician—offers physical benefits like increased flexibility as well as stress relief that can also be good for cardiovascular health.

PHOTOGRAPHY BY THINKSTOCK

PERSONAL TRAINER

Why it's tops for your ticker: When you have a job that essentially requires you to be physically fit as you help clients reach their own fitness goals, you know you're in a heart-healthy work situation.

"They may not get much physical activity while they're training and directing you, but personal trainers are working out regularly as part of their jobs," Schnall says. "If the physical demand levels of any job are too high, it

can be hard on your heart. But a reasonable amount of activity is certainly good for you."

Borrow these benefits: You don't have to work in a gym to keep your heart in shape. But you may want to consider employing the services of a trainer to help you keep up with your own fitness. Split the fee with a couple of friends or co-workers and enjoy the benefits of small-group training: increased motivation and accountability at a reduced cost.





FLORIST

Why it's tops for your ticker:

It's easy to see why Monster.com included this job as one of its top 10 Healthy Professions. Besides creating beautiful bouquets and arrangements, florists also enjoy the health benefits of being close to nature. In fact, a 2010 study found that spending time around plants produced lower levels of the stress hormone cortisol, and a reduced pulse rate and blood pressure reading.

Borrow these benefits: If your pollen allergies would make it impossible to switch careers and become a florist, never fear. You can take regular walks through your local park or nature preserve at lunch, or add an (allergy-friendly) plant or two to your work environment and enjoy the calming benefits.



Show Your Heart Who's Boss

If your level of job stress has you worried about your health, take comfort in knowing that by controlling lifestyle habits you may reduce your heart disease risks. A recent study found that taking control of smoking, alcohol intake, physical inactivity and obesity can help reduce the effects of workplace strain on your heart. By improving these habits, you may be able to turn heart health around.

Community Healthcare System hospitals have a way to determine your risk for heart disease and other related conditions. Community Hospital, St. Catherine Hospital and St. Mary Medical Center

offer coronary health appraisals at various locations. Each screening includes cholesterol (total HDL, LDL and triglycerides), hemoglobin A1C (for diabetes), metabolic syndrome, blood pressure, body mass index and a heart health profile.

CALL

Test Your Ticker

Determine your risk for heart disease with a Coronary Health Appraisal at Community Healthcare System for just \$30. A 10- to 12-hour fast is required. Call

219-836-3477 or **866-836-3477**.





Heart-Taxing OCCUPATIONS



BUS DRIVER

Why it's tough on your ticker: According to Schnall, bus drivers tend to have the worst high blood pressure levels of any occupation, and it's not hard to see why. Besides being sedentary, driving a bus requires your full attention at all times. If focus lapses for even a moment, the consequences could be catastrophic. Schnall refers to this type of work as *threat-avoidant vigilant*.

"Many jobs require varying degrees of this type of attentiveness, but some of them are just off the charts in terms of this experience," he says. "Airplane pilots and air traffic controllers also fall into this category."

Make it healthier: Besides taking your scheduled breaks and vacation days, finding ways to relax during your downtime is crucial to maintaining your overall health and protecting your heart. Get out and enjoy nature, listen to music or work on a creative project at home that you enjoy. Schnall also recommends exercise.

"Physical activity may reduce stress to some extent if you work out on a regular basis," he says.





SHIFT WORKER

Why it's tough on your ticker: Whether you're a security guard or a power plant employee, working night or rotating shifts can be hard on your body. In recent years, we've learned that not getting enough sleep not only leaves you tired but can affect your eating habits and weight as well. And working rotating night shifts long term has even been linked to an increased risk for diabetes in women.


Make it healthier: After you've rested up, it's important to find some way to get physical activity, Goldberg says. "If you work in a job where it's possible to take the stairs instead of the elevator, that's one way to get some physical activity while you're at work," she says. "Walk to work if you can, get off the bus at an earlier stop and walk, or park farther from the building if you drive."

Goldberg also emphasizes the importance of sleep hygiene. "No caffeine or alcohol before bedtime, keep your room dark with no TV in bed, and stay off your smartphone, tablet or computer and just rest," she says.

ASSEMBLY LINE WORKER

Why it's tough on your ticker: The pressure of working on an assembly line often causes job strain, a term that describes jobs with high levels of demand and little personal control. "There's high pressure; you have to speed things up. The belt controls you; you don't control the belt," Goldberg says. Multiple studies on job strain

Desk Jockey Detox



When your boss hits you with a 9 a.m. deadline or a client threatens to pull his account, remember to breathe. Peter L. Schnall, MD, director of the Center for Social Epidemiology, says deep breathing is a fundamental relaxation technique that's beneficial in temporarily managing stress. Try it for five minutes.

- 1 Take a slow, deep breath and let your stomach push out as your lungs fill with air.
- 2 Hold your breath for a count of six.
- 3 Exhale slowly to a count of six to eight as your stomach deflates.

offer convincing proof that working in a high-demand/low-control environment is a risk factor for heart disease.

Make it healthier: If your occupation produces high job strain, take a break when you're able, Goldberg says. "Relax and do deep breathing exercises," she says. At the end of the day, try to leave anxiety behind in the workplace. Don't take it home. ●



THE NEW RULES OF

Play

Keeping your kids safe while keeping your head

Parents worry. We can't help it. Our antennas are on high alert when it comes to common hazards like swimming pools and busy intersections. And we expend a lot of anxiety weighing the dangers of safe zones, too.

But before you go into full helicopter parent mode and encase your child in Bubble Wrap, know that there are ways to help your little ones stay safe and have fun at the same time.

Read on to learn more about the potential dangers of five playtime activities, how to make them as safe as possible and just how much parental guidance is required for each one.

 BY ELLEN RANTA OLSON

BICYCLING

HOVER FACTOR: 

Many kids get their first taste of freedom when they learn how to ride a bike. But before your youngsters pedal off into the sunset, make sure they know how to stay safe.

"Bike safety always starts with wearing a helmet," says Barbara Huggett, director of research and development for the National Child Safety Council. Make sure the helmet fits correctly: It should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps should always be buckled, but not too tightly. Huggett recommends a helmet with reflective strips to increase visibility.

"And if riding at dusk, dawn or after dark, use lights. Don't assume cars can see you," she says.


It's also important to gauge your child's skill level in determining where he can ride. According to Safe Kids Worldwide, it can be hard for kids to judge the speed and distance of cars until about age 10, so limit riding to sidewalks, parks or bike paths. No matter where they ride, teach your children to stay alert and watch for cars and trucks.





HOVER SCALE

 No hovering required.

 Don't fly too far.

 Helicopter parents, start your engines!



SWIMMING

HOVER FACTOR: 

Swimsuit? Check. Goggles? Check. Floaties? Check. You've got the family geared up for a day of fun in the sun, but before you dive in, be sure you know basic water safety.

"When on, in or near water, an adult must be actively supervising the kids at all times," Huggett says. "Any water—even kiddie pools—can be dangerous, and you can't rely on things like arm floaties to save a life. This holds true even after kids learn how to swim. They still need to be closely watched in the water."

Whether it's a backyard pool or a nearby lake, teach kids to never swim alone. Insist that they only go in the water when an adult is available to supervise. When taking part in boating or other water sports, be sure everyone is wearing the appropriate flotation device—and that it fits properly.

"Even if you know how to swim, if a wave knocks you out, you'll need something to keep you afloat," Huggett says. And, parents, give yourself a little peace of mind and learn CPR. If something bad does happen, knowing how to administer CPR might mean saving a life.

PLAYING TEAM SPORTS

HOVER FACTOR: 

Joining a sports team offers multiple social, emotional and physical benefits for kids. It also gives parents reassurance, knowing that another responsible adult (the coach) is keeping an eye on things. But organized sports aren't without risks. Each year, 2.6 million children receive medical treatment for sports injuries. Keep your kids in the game by helping them prevent injuries.

Before the season starts, make sure your child gets a physical exam by a doctor. Many leagues require this, but even if yours doesn't, it is still a good idea to rule out potential medical conditions.

Teach your little athletes the importance of staying hydrated. They should take a water bottle to practice and to games; help them remember to hydrate before and after activity, not just during. And make sure enough time is allotted to the activity-appropriate warm up and cool down.

And no matter what the sport, you need to impose an off-season. Huggett says, "Kids should get 10 consecutive weeks of rest from any one sport every year."

JUMPING ON A TRAMPOLINE

HOVER FACTOR: 

Few things have more of an allure for kids than the oversized trampoline. Jumping, flipping, flying—you can't beat it. But as the saying goes, it's all fun and games until someone gets hurt, and on trampolines, kids get hurt far too often.

The Consumer Product Safety Commission estimates that 98,000 trampoline-related injuries occurred in 2009, the most recent year for which statistics are available, resulting in 3,100 hospitalizations.

"Trampolines are certainly dangerous," Huggett says. "And the risk only increases when their use isn't properly supervised by an adult."

So how can parents make it safer for kids to get their jump on?

"Don't allow multiple children on the trampoline at once. Kids may want to jump together, but it really makes it more dangerous. And only use trampolines that are enclosed by a safety net. Otherwise, the risk for falling on the ground is just too high," Huggett says.

SKATEBOARDING

HOVER FACTOR: 

There aren't many activities with a higher cool quotient than skateboarding. But along with the increased balance, agility and coordination this sport provides comes a risk for injury. More than 82,000 people are treated in emergency rooms for skateboard-related injuries each year. Parents can take preventive steps to ensure their kids roll safely.

Every skater should wear a helmet, no matter what. Pads on elbows and knees are also a good idea, and mouth guards will help protect those pearly whites in case of a tumble. When heading out to ride, kids should stay on a smooth, dry surface in a well-lit area far from traffic.

"If an area has a 'no skating' sign posted, obey it," Huggett advises. "It's probably for your own safety."

Teach your kids to check their boards for problems before each use. If any cracks or broken parts are found, hold off on riding until after repairs. And while most kids want to imagine themselves as the next Tony Hawk, make sure they know how to fall correctly, because even the most skilled skaters take a spill from time to time.

"They should know how to minimize the impact of a fall by crouching down as they lose balance to reduce the distance to the surface," Huggett says. ●

Head to the Experts

If there is injury to the head or neck that temporarily interferes with the way the brain works, a concussion may have occurred. Seeking medical care as soon as possible is important to make a full recovery and decrease the chance of developing long-term complications.

The Concussion Clinic at Community Hospital in Munster has a medical team of experts experienced in evaluating and treating concussions to help patients resume normal activities.

"Many times concussions are fairly mild, but without proper medical treatment, the symptoms and effects can become a serious lingering issue," says Mohammad S. Shukairy, MD, a neurosurgeon at the Concussion Clinic.

CALL

Take a Timeout

Get smart about head safety. Head injuries should always be taken seriously. If you have a head or neck injury, don't wait—call the experts at Community Hospital's Concussion Clinic at

219-836-4461.



Shopping for Two

The Pregnant Girl's Guide to Groceries

*Keep yourself—
and your baby—
strong and healthy
with these smart
food choices*

BY STEPHANIE THURROTT

Navigating the grocery aisles is tough enough when you're eating for one. Add a baby bump and the decisions get more complicated. Use this handy guide to remember which foods belong in your shopping cart—and which should stay on the store shelves.

Have a Lot

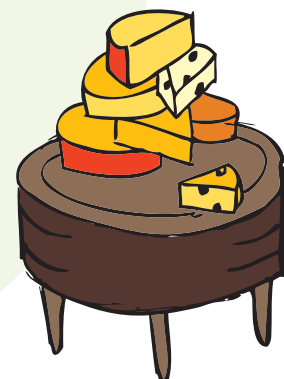
Pour on the produce.

Fruits and vegetables are great choices. Select a wide variety in a range of colors for the biggest nutrient punch. Just make sure you wash everything well to reduce the risk of toxoplasmosis (an infection that can harm the baby) and pesticide contamination.

Pull a Popeye. Spinach and other iron-rich foods are great choices for you and your baby. Iron is key in building

hemoglobin in your blood, and you circulate up to 50 percent more blood when you're pregnant.

Say cheese. Hard, pasteurized cheeses and other dairy products are good sources of calcium and vitamin D, nutrients that help build your baby's bones and keep yours strong, too. But steer clear of soft cheeses. They can contain germs called listeria, which are particularly dangerous to unborn babies.

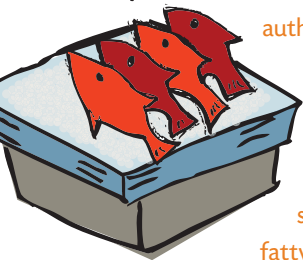




Have a Little

Take care with carbs.

If you're queasy, go ahead and have those crackers. "I personally think women should eat whatever is going to make them feel OK, but it's not something to do long term. Once the queasiness starts to go away, introduce more nutritious foods," says Laura Riley, MD, an obstetrician-gynecologist and the author of *You & Your Baby: Pregnancy*.



Have one fish, two fish.

Experts recommend up to 12 ounces of fish a week, since fish is packed with omega-3 fatty acids. Choose shrimp, salmon, pollock, sardines, catfish and light tuna, and avoid varieties that are high in mercury such as shark, swordfish, tilefish and king mackerel.



Steer Clear

Avoid alcohol. "We don't know the threshold above which alcohol is safe, and it probably varies from fetus to fetus," says Bonnie Dattel, MD, who chaired the editorial board for the American Congress of Obstetricians and

Gynecologists' book *Your Pregnancy and Childbirth: Month by Month*. "But if you had a glass of Champagne before you knew you were pregnant, don't panic."



Nibble on nuts. Nuts provide protein and other nutrients, but are high in calories (83 calories in 12 almonds). If you're at a healthy weight to begin with, an extra 300 calories a day in the second trimester and 450 a day in the third are enough to nourish your baby and you. Exceed those numbers and you'll likely gain more than the recommended 25 to 35 pounds—extra weight that can be hard to drop.

Curb the coffee. Keep your caffeine intake from coffee, tea, chocolate and other sources below 200 milligrams a day. Herbal teas are generally fine, but some types may be risky; get your doctor's opinion.

Shun the sushi. Raw fish could be contaminated with parasites.

Hold the hot dogs. If you must have hot dogs, heat them to 160 degrees to kill potential bacteria.



Exercising for Two

Community Hospital Fitness Pointe® in Munster offers a variety of personal training and group exercise options. Group exercise classes for pregnant women include such activities as pool classes, yoga, step classes and work on the treadmill.

Moms-to-be who are runners should get in the pool, suggests Patty Grill, pre- and postnatal fitness specialist. Women can run in the deep end and use Hydro-Fit cuffs on the ankles to add intensity to the workout.

"It mimics the same exercise as running without the impact on your joints," Grill explains.

When you are expecting, but before you start any program, talk to your doctor about your pregnancy fitness

routine. He or she knows your medical history and can steer you toward the best choices for you.

ONLINE



Keep It Moving

Community Hospital Fitness Pointe® offers a number of pre- and postnatal exercise classes for members as well as nonmembers. Call **219-924-5348** or visit www.comhs.org/community/fitness_pointe.asp.



Back TO Basics

*A timeline for managing
that ache in your back*

● BY COLLEEN RINGER

Raise your hand if you've ever had a backache. Your hand is up, isn't it? That's probably because back pain is almost as universal as the common cold.

"About 80 percent of adults will experience back pain during their lifetime," says Warner Pinchback, MD, a spokesman for the American Academy of Orthopaedic Surgeons. "It causes an extreme amount of lost work hours, too."

In fact, it's one of the most frequently cited reasons for taking a sick day.

Don't want to have to devote your time off to back pain? We hear you. Our timeline walks you through the potential progression of back pain and offers tips on squashing those aches sooner rather than later.

DAY

1

WELCOME TO OUCH-VILLE

Uh-oh. You overdid it in the garden, in your exercise class, picking up your toddler ... fill in the blank. And there's a stabbing, aching, throbbing sensation in your back. The good news is that the most common cause of a backache is overactivity (a pulled muscle), which means the pain should go away with time and a little TLC.

"Apply ice and rest a day," Pinchback says. "You can also try sleeping in a fetal-type position with your knees pulled up to your chest to stretch the muscles."

Also consider wearing a back brace, which you can get at most drugstores, suggests David Hanscom, MD, a board-certified orthopedic surgeon and the author of *Back in Control: A Spine Surgeon's Roadmap Out of Chronic Pain*. "It can help you get through the day by unloading pressure from the spine," he says.

Work It Out

The best way to beat back pain? Prevent it from happening in the first place, which means exercising regularly and combining stretching exercises with core-strengthening and cardio workouts. Need a little guidance? These three DVDs—all available at amazon.com and other retailers—offer a push-and-play way to get your back (and the rest of your body) in shape.

EXHALE: CORE FUSION BARRE BASICS FOR BEGINNERS

This reinvention of the ballet classes you took as a kid focuses on improving flexibility and posture and increasing core strength. There are seven 10-minute workouts, so you can target every muscle group without getting bored.

BELLY BLASTING WALK

Don't let the title fool you: This routine incorporates

moves that will strengthen your entire core, including your abs, back and glutes. Plus, the moves are simple—no confusing choreography here.

YOGA TO THE RESCUE FOR PAIN-FREE BACK, NECK AND SHOULDERS

Yoga instructor Desirée Rumbaugh leads you through a 30-minute flowing sequence designed to ease your aches and pains. And the 30-minute tutorial shows how to perform the moves safely.

DAY

2

GET OFF THE COUCH

When back pain strikes, you shouldn't get too comfy on the couch. Being sedentary can make things worse. "It used to be that people would go to bed for a week with back pain," Hanscom says. "But we don't recommend that anymore. The key is to keep moving and minimize bending."

Go for a walk, and try some light stretching (see box, next page) to keep your muscles from getting stiff and the pain from intensifying. If the twinge is still strong, try an over-the-counter pain reliever, such as aspirin or ibuprofen.

DAY
PICK UP THE PHONE

14

Still hurting after a couple of weeks? It's time to make an appointment with your physician.

"If the pain is 80 percent the same intensity as when it started, then it's time to see the doctor," Hanscom says. "Back pain is just a symptom. There are many things that can cause it."

But don't panic. Even if the pain has lasted this long, it's still probably just a strain. And in that case, treatment options can include prescription medication, starting an exercise or physical therapy program, or both, Pinchback says.

"If that doesn't work, then more investigative studies, such as an MRI or a CT scan, will be needed to determine where the pain is coming from," he adds.

If you're experiencing leg pain with your backache, it could be a sign of a herniated disk. If you notice numbness in your arms or legs, it could be a sign of spinal stenosis (a narrowing of the spinal canal) or it might be a side effect of arthritis, which can damage the spine.

Just keep in mind that time can heal most (back) wounds. "Because the back is complex, sometimes treatment options have to be delayed to give things time to respond," Pinchback says.

CALL

Put Back Pain Behind You

To find a physician at Community Healthcare System who specializes in minimally invasive spine surgery, call our free physician referral line at **219-836-3477** or **866-836-3477**.



Get Back to Wellness

When suffering with back pain, your whole body seems to hurt, and it can make everyday activities such as getting out of bed or walking unbearable. Until recently, people with back pain had fewer options than are available today.

Advanced technologies in spine care are offered close to home at the hospitals of Community Healthcare System: Community Hospital in Munster and St. Mary Medical Center in Hobart.

One of the most significant

advances in spinal surgery is minimally invasive surgery (MIS). The underlying principle of MIS is that by limiting the surgical incision there is less tissue injury, shorter surgical time and, therefore, less postsurgery pain and a faster recovery.

A variety of treatment options can be performed minimally invasively such as artificial disk replacement, various types of vertebra fusion procedures and percutaneous screw procedure, which provides fusion without disrupting the muscle.

EASY BACK STRETCHES



HAMSTRING STRETCH Lie on your back, one foot on floor with knee slightly bent. Raise the other leg toward the opposite shoulder, using a towel to gently increase the stretch.



COBRA STRETCH Lie facedown, keep hands by shoulders, and gently raise your torso a few inches.

DAY
DEVELOP A LONG-TERM PLAN

90

You've entered chronic back pain territory. Chronic back pain is defined as lasting more than three months and often has a neurological component, but that doesn't mean you're facing a lifetime of pain.

"There's always something you can do to improve your back pain status," Pinchback says. "As orthopedic surgeons, we are interested in the quality of life and making sure patients are comfortable so they can get back to a normal functioning state."

Your doctor may suggest making permanent lifestyle changes—from the way you sleep to the way you eat—or, in rare cases, having surgery. And contrary to popular belief, exercise can help relieve persistent pain, so don't be surprised if it's part of your treatment plan.

"Strengthening your core, back and leg muscles will often eliminate the need for surgery altogether," Pinchback says. "But even when you don't have back pain, you need to exercise on a regular basis to stay strong." ●



BURN, BABY, BURN...



... Your metabolism, that is. Try one, a few or all of these **17 WAYS** to rev up your body's engine

It's the rate at which your body turns food into fuel, and it plays a huge role in your ability to lose weight. A number of factors are at play, including gender, age and genetics. And while you can't change those, there's plenty you can do. Here are 17 ways to boost your metabolism and torch more calories every day.

BY JENNIFER DAACK WOOLSON



1 START SMART

Eat breakfast within 30 to 60 minutes of waking up. Not only do breakfast skippers have more trouble losing weight, but they also miss the chance to kick-start their metabolism for the day as their bodies change over from food-storage to food-burning mode.

“Eating breakfast is your best opportunity to maximize what your body is already doing,” explains Haylie Pomroy, the author of *The Fast Metabolism Diet*.

2 EAT FREQUENTLY

“Processing food has a thermic effect,” explains Jennifer McDaniel, a registered dietitian and an Academy of Nutrition and Dietetics spokeswoman. “When you eat, your metabolism goes up to digest, absorb and process that food.”

That’s not to say you should binge just to benefit from the burn, but frequent meals and snacks will keep your blood sugar more stable so your hunger doesn’t get out of control.

3 GO GREEN

There are no magic bullets to increase your metabolism, but drinking green tea is about as close as you can get. Studies have found that drinking several cups per day or taking green tea extract can help fire up your metabolism for a short time after you drink it. Tea’s combination of caffeine, flavonoids and the antioxidant catechin can help your body burn fat.



4 WET YOUR WHISTLE

Studies have found that those who drink more water—particularly cold water—show a 30 percent increase in their metabolism rate for about 30 to 40 minutes afterward. McDaniel adds that drinking water also helps you feel more full, meaning you likely won’t mistake thirst for hunger.

5 FORGO FAKES

Food additives, including artificial colors, sweeteners and fat substitutes, are stressful to your body, particularly your liver. To optimize that organ’s essential role in metabolism, get back to nature. Eat real foods, not processed ones—and eat organic whenever possible, Pomroy says. She recommends micronutrient-rich powerhouses like kale, kiwi, quinoa, avocado and pink grapefruit.

6 BRING THE HEAT

Foods that contain capsaicin, such as jalapeño, cayenne and chili peppers, have been shown to raise your metabolic rate for about 30 minutes after you eat them, McDaniel says.

7 SAY NO-NO TO THE YO-YO

Steady exercise and sensible eating are more effective for weight-loss efforts than repeated extreme low-calorie diets that cause your weight to drastically fluctuate and slow down your metabolism.

8 GET INTENSE

To really rev up your burn rate, Jessica Matthews, an exercise physiologist and a spokeswoman for the American Council on Exercise, recommends high-intensity interval training, which alternates periods of intense exercise and rest during a single workout session. One study published in *Medicine & Science in Sports & Exercise* found that a 45-minute session of high-intensity exercise can raise your resting metabolic rate 37 percent for up to 14 hours. Now *that’s* a nice return!

9 MOVE A MUSCLE

Strength or resistance training can make a dramatic difference to your metabolism. “Resistance training builds lean muscle mass, which is more metabolically active than fat,” Matthews says. “By changing your body composition, your body will burn more calories—even while at rest.”

10 STAND, STROLL OR STRETCH YOUR WAY THROUGH THE DAY

Every little bit of physical activity helps. The more you move, the more your body composition moves to a higher muscle-to-fat ratio. Give your metabolism a boost by doing jumping jacks during commercials, walking while you talk on the phone, or setting an alarm on your computer to stand and do a quick stretch every 30 minutes.

11 ADD SOME FAT

Seems wrong, right? But our bodies actually have a good kind of fat called brown fat that burns calories! Where can you get some of that? “Chronic exercise is what helps convert white fat to brown fat by releasing a hormone called irisin,” McDaniel says.



12 **PREP FOR STRESS**

Equip your body to handle life's stressors and you'll reduce your adrenal gland's production of the hormone cortisol, which can mess with your metabolism. Get a massage, practice yoga or try deep breathing exercises to calm your mind and help your body cope with stress.

13 **LOVE YOUR LIVER**

"Your liver is responsible for more than 600 metabolic functions," Pomroy says. Take good care of it by limiting the toxins it has to filter, including alcohol, drugs, pesticides and cigarette smoke.

14 **KEEP COOL**

McDaniel says that exercising (or even just sitting) in the cold can raise your metabolic rate slightly since your body uses more energy to keep warm.

15 **CHECK YOUR MEDS**

Certain prescription medications for depression can lower your metabolism, Matthews cautions. And if you're struggling with weight gain, ask your physician to check your thyroid. If it's not producing the right levels of hormones, a prescription medication could help regulate your metabolism.



CALL

Rev It Up

Resting metabolic rate tests are offered to Fitness Pointe® members for \$49 and non-members for \$69. The test must be completed within 30 days from purchase date. Call **219-924-5348** to make an appointment.

16 **LOWER YOUR LEVELS**

Conditions like diabetes, high cholesterol and high blood pressure can throw your hormones out of balance and tax the organs that help manage metabolism. Work with your doctor to get chronic conditions under control.

17 **GET SERIOUS ABOUT SLEEP**

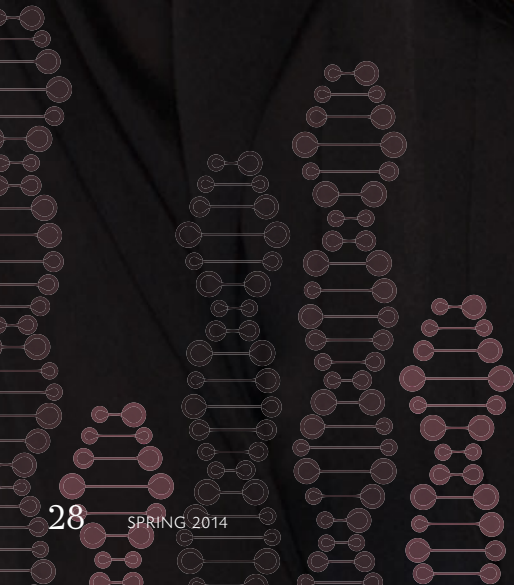
Sleep deprivation can lead to a jump in cortisol production, plus increased ghrelin and lowered leptin—hello, munchies! McDaniel recommends a snoozing sweet spot of six and a half to eight hours a night to keep your metabolism from getting sluggish. ●



What's Your Number?

Take the guesswork out of calorie counting and workout scheduling. A simple, noninvasive test can tell you how many calories your body burns in one day while at rest. The resting metabolic rate (RMR) test is available at Community Hospital Fitness Pointe® in Munster. Your RMR is the building block for a personalized action plan of diet and exercise. It's important to know, since 70 percent of calorie burning happens while the body is at rest.

Taking this test is easy. As you rest in a reclining chair, a padded clamp is placed on your nose to ensure that all the air you are breathing is coming in and out of your mouth. You need to breathe into a tube for 12 minutes while relaxing as the machine calculates your RMR. Since it takes oxygen to burn energy, the amount of oxygen your body uses in 12 minutes tells how much energy, or calories, you are burning. A fitness professional will explain the results and provide recommendations for achieving your goals based upon how your body burns calories.



71

BY ALISSA M.
EDWARDS

THE

Standard

*Angelina Jolie
has beauty, brains
and bravura,
on- and off-screen*



ANGELINA JOLIE WAS BORN WITH STAR POWER IN HER DNA. After all, she's the daughter of Hollywood actress and producer Marcheline Bertrand and Oscar-winning actor Jon Voight.

But enviable good looks and box office-busting acting chops weren't all she inherited. Jolie, 38, also inherited a mutation of the BRCA1 gene, which dramatically increases the risk of developing breast and ovarian cancers.

Her decision to seek genetic testing in January 2013—and undergo a double mastectomy a few months later—captured the attention of the public and media. Her decision was a personal one, but the actress, mother and human rights activist chose to go public to help other women understand their options.

ABOUT ANGELINA

Jolie first turned heads in the mid-1990s in several small films like *Hackers* (1995) and *Foxfire* (1996) before earning a Golden Globe and an Emmy nomination for her breakout role in HBO's *Gia*, in which she played a drug-abusing model, when she was 23.

Since then, the bombshell brunette has continued to shine on the silver screen. From her Golden Globe, Screen Actors Guild and Academy award-winning performance as a woman in a mental institution in *Girl, Interrupted* (1999) to her Academy Award nomination for her performance as a mother fighting to find her lost child in *Changeling* (2008) to her spell-binding role as suspected sleeper agent in *Salt* (2010), there's a common thread in the boundary-breaking roles Jolie chooses and the actress herself.

Off-screen, her work is equally impressive. She's a human rights activist, a special envoy for the Office of the United Nations High Commissioner for Refugees and a philanthropist through her organization, The Maddox Jolie-Pitt Foundation, which aims to eradicate extreme rural poverty, protect natural resources and conserve wildlife.

FAMILY FIRST

But what Jolie lives for isn't acting awards or accolades for her charity work—it's her family. Engaged since April 2012 to Brad Pitt, her partner of more than eight years, the couple has an impressive brood of six—three adopted (Maddox, 12, Pax, 10, and Zahara, 9) and three natural (Shiloh, 7, and twins Knox and Vivienne, 5).

"We built a family," Jolie told *Marie Claire* in a January 2012 interview. "[Brad] is not just the love of my life, he is my family."

It was her love and commitment to her family—and to being with them for as long as possible—that propelled her to undergo genetic testing and ultimately a double mastectomy in April 2013. Here, our experts discuss her bold decision and explain how genetic testing works, who should be tested, what the test could reveal and what your options are if you test positive.

Q WHAT IS GENETIC TESTING, AND WHAT DOES IT REVEAL?

"Genetic testing is the process of screening blood or cheek cells for alterations in genes that can lead to health risks," explains Barbara Biesecker, PhD, a spokeswoman for the National Institutes of Health National Human Genome Research Institute.

It can be used to screen for diseases that could be passed on to children, to screen embryos for disease, to determine appropriate treatment options and even to make a concrete diagnosis in someone experiencing symptoms.

Jolie was tested for mutations on the BRCA1 and BRCA2 genes, which are known tumor suppressors.

"All of us carry these genes, but when there's an abnormality in one of them, it significantly elevates our risk for breast and ovarian cancer," Biesecker says. "It's estimated that 1 in 500 women carries these mutated genes."

Jolie, it turned out, is one of them. >



9 THINGS You (Probably) Don't Know About Angelina

1 ANGELINA ISN'T HER REAL NAME.

She was originally named Angelica. Her father began calling her Angelina when she was about a year old.

2 SHE HAD A CLOSE CASTING CALL.

She was considered for the role of Kelly Kapowski on *Saved by the Bell*.

3 SHE'S A JET-SETTER.

Since 2001, Jolie has visited nearly 30 countries as a Goodwill Ambassador and a special envoy for the United Nations High Commissioner for Refugees.

4 SHE'S A PILOT.

Jolie holds a private pilot certificate for single-engine, land-based aircraft.

5 SHE'S A NATURAL BLONDE.

Her mother dyed her hair brown when she was 5, and she "decided to keep it that way."

6 SHE DIDN'T ALWAYS WANT TO BE AN ACTRESS.

Her childhood dream was to be a funeral director.

7 SHE HAS A CELEBRITY BESTIE.

The actress regularly spends time with singer Gwen Stefani.

8 SHE LOVES REPTILES.

Jolie has owned several, including two snakes.

9 She does her own stunts (sometimes).

She suffered cuts and minor burns while filming 2001's *Lara Croft: Tomb Raider*.

Your Family Tree May Hold the Key

Community Healthcare System's High-Risk Breast Clinic is helping women understand and manage the risk for developing breast cancer. Although most breast cancers occur in women who do not have a strong family history, about 10 percent are traced to a genetic predisposition for the disease. Patients with a significant family history of breast cancer have a risk of carrying a specific genetic mutation and may benefit from a more specific method of estimating breast cancer probability called BRACAnalysis®, available at the clinic through the medical geneticist.

"Genetic testing may help some women learn whether or not they have an increased likelihood of developing breast cancer or whether inherited factors have contributed to their own or a family member's cancer," says Janice Zunich, MD, a medical geneticist on staff at the High-Risk Breast Clinic.

Other services include clinical breast exams by a certified nurse practitioner, breast self-exams education and breast cancer risk, screening tests, a personalized surveillance plan and prevention strategies.

CALL

Are You at Risk?

The High-Risk Breast Clinic at Community Hospital's Women's Diagnostic Center in Munster may be able to help. A physician order is necessary for referral. For more information, call **219-934-8869**.



"I carry a 'faulty' gene, BRCA1, which sharply increases my risk of developing breast cancer and ovarian cancer," she wrote in her *New York Times* op-ed, "My Medical Choice." "My doctors estimated that I had an 87 percent risk of breast cancer and a 50 percent risk of ovarian cancer."

Q WHO SHOULD BE TESTED FOR BRCA1 AND BRCA2 MUTATIONS?

Women who have been diagnosed with early onset (premenopause) breast or ovarian cancer and those with multiple blood relatives who have had breast or ovarian cancer should be tested, Biesecker says. Jolie's mother died of ovarian cancer at age 56 in 2007, and her aunt died of breast cancer at age 61 in 2013, making Jolie a prime candidate for testing.

For women determined to be high risk by their healthcare provider, the test is considered preventive care and is covered under the Affordable Care Act—which means no out-of-pocket cost. For those who aren't high risk or aren't insured, the cost had been as high as \$3,000—a point Jolie lamented in her article.

"Thankfully, that cost has come down since the Supreme Court ruled that a gene can't be patented," Biesecker says.

It is estimated that about 5 to 10 percent of all cancers are hereditary. A genetic counselor or a primary care physician can help you look at your family history and determine whether you should be tested.

Q WHAT ARE THE BENEFITS OF GETTING TESTED?

Undergoing genetic testing can be an emotional roller coaster, especially while you wait for results, but it's worth it, says Ora K. Gordon, MD, a cancer geneticist and the co-author of *Positive Results: Making the Best Decisions When You're at High Risk for Breast or Ovarian Cancer*. "If you already perceive yourself to be high risk, confirmation can provide a sense of empowerment to change."

If your results are negative, you may want to consider further testing. "BRCA1 and BRCA2 are not the only hereditary genes that can increase breast cancer risk," Gordon says.

Genetic testing is also available for hereditary colon and related cancers, as well as other rare cancer syndromes, Biesecker adds.

Since many of these cancers can be prevented, treated or circumvented if found early, testing

positive allows you to seek out earlier, more frequent screenings, make lifestyle changes to reduce your risk or take more proactive measures—as Jolie did.

"Almost universally, people are glad they know, whatever their results," Gordon adds.

Q IF I TEST POSITIVE, WHAT ARE MY OPTIONS?

Some women opt for more regular and careful screening for early detection, "which may also include taking medications like tamoxifen and birth control pills to reduce their risk of breast and ovarian cancer by as much as 50 percent," Gordon says.

Others, like Jolie, choose to undergo surgery to remove the ovaries or breast tissue before cancer has a chance to develop. "Removing the ovaries can cut your risk of breast cancer in half and nearly eliminate your risk of ovarian cancer," Biesecker says.

"I decided to ... minimize the risk as much I could," the actress wrote in her *New York Times* editorial. "I made a decision to have a preventive double mastectomy."

Jolie also plans to have her ovaries removed in the future, she told *People* magazine.

"Preventive surgery is easier for women like Angelina who have found a partner and started a family already," Gordon says. "Having a strong support system is hugely beneficial."

"I am fortunate to have a partner, Brad Pitt, who is so loving and supportive," Jolie wrote in her editorial. "We knew this was the right thing to do for our family."

FEARLESS AND FABULOUS

Though she may have Hollywood magic in her bloodline, Jolie's dynamite combination of beauty, brains, strength and heart has earned her millions of fans.

With her breast reconstruction complete and two new movies—*Maleficent* to be released later this year and *Salt 2*, due out in 2015—Jolie is looking forward to a healthy future with her family. And she's proud of her decision to take that future into her own hands.

"Life comes with many challenges," reads her *New York Times* editorial. "The ones that should not scare us are the ones we can take on and take control of." ●



BY
STEPHANIE
PATERIK

Rock Your Health

4 WAYS MUSIC
CAN MAKE
YOU AND YOUR
DOCTOR A STAR

PHOTOGRAPHY BY THINKSTOCK

Movies like to portray hospitals as painfully quiet places, where focused nurses hand scalpels to unblinking surgeons, and nobody breathes a word. ▶ But in reality, medical centers are bursting with noise—beeping heart monitors, humming equipment, chatter and music. Yes, music. From Brahms to Billy Idol, from Tibetan bowls to African drums, music fills operating theaters and doctors' offices, and plays a larger role in our care than we may realize. ▶ Research shows that a familiar tune can steady a surgeon's hand, help a patient heal and unite everyone on your medical team. So the next time you face a health challenge, grab your earbuds, open a playlist and consider these four ways a song could enhance your life.

TRACK 1

"Under My Skin"

▶▶ When lead surgeons walk into an operating room, one of the first orders of business is selecting a soundtrack for the surgery. It could be a Beethoven concerto or a Beastie Boys concert—whatever helps them focus, says Matthew L. Bush, MD, an ear, nose and throat surgeon and the author of a recent study on music in operating rooms.

"I've been in a wide variety of operating room theaters and have heard every type of music under the sun," Bush says. "The reality is physicians are people too, and just as diverse as real people's tastes are, that's just the same for surgeons and operating staff as well. That might be surprising for some."

Surgeons say they listen to music to boost concentration, tame anxiety and stay alert. And a landmark 1994 study revealed this surprising fact: Surgeons performed better




when they listened to Pachelbel's Canon, the soothing wedding song, than with no music at all. But a surgeon's favorite music was best.

There are exceptions. Loud rock 'n' roll can hamper communication in the OR, according to a study that Bush wrote last year. He urges team members to discuss music preferences before surgery so everyone can focus and patients get the best care. He lets the nurses choose songs for surgery and gets the anesthetists' blessing.

"It allows people to relax and provides a lovely day together. It allows us to provide high-quality care for patients as a team."

TRACK 2

"Peaceful Easy Feeling"

 Doctors aren't the only ones who listen to music in the operating room—patients can, too. Christy Brewer, a nurse anesthetist and the author of the thesis *Attitudes on the Use of Music During Anesthesia Administration*, says she turns up patients' favorite tracks before administering anesthesia.

"I had a patient the other day who listened to Garibaldi," she says, referring to the Italian composer and organist. "It made him feel really good. He got to pick something, and he loved it."


Music relaxes people in unfamiliar situations, she explains in her thesis. The proof is on their faces and heart monitors.

"One of the benefits of playing music is patient comfort—it's something familiar to them when they enter the room. It gives them a sense of control," Brewer explains. "They're a little less anxious. Their heart rate and vital signs are a little bit better."

She has a soft spot for bluegrass and woodwinds, but in her book, patients get top billing.

TRACK 3

"Haven't Got Time for the Pain"

 Concentration and relaxation are great, but can music help us handle pain? Mounting evidence suggests the answer is yes.

Snap on some headphones and listen to soothing music while being put to sleep before surgery, for instance, and


you might need less anesthetic, according to research published in *Frontiers in Psychology* in 2011. What's more, you may recover faster and need fewer pain and anxiety medications.

Music gives us such dramatic results because it can change us at a physiological level. It actually calms the activity of neurons in the brain, as scientists discovered in 2008.

Not bad for something that is relatively inexpensive and doesn't cause harmful side effects. (Except for albums by David Hasselhoff. We can't vouch for those.)

TRACK 4

"Keep on Keepin' On"

 Listening to music—and playing musical instruments—is a prescription for long-term health, much like eating vegetables and jogging, says Mitchell Gaynor, MD, an oncologist and the author of *The Healing Power of Sound: Recovery From Life-Threatening Illness Using Sound, Voice and Music*.

Gaynor once pledged allegiance to traditional cancer treatments only: chemotherapy, radiation and bone marrow transplants. Then, a patient gave him a round metal musical instrument played with a wooden mallet.

"I was just fortunate enough to take care of a Tibetan monk who gave me a Tibetan singing bowl," he says. "It's made with layers of metal, and it sounds like all of these church bells because each will vibrate at a different frequency."

"I was struck by the amount of peace and harmony I felt when I heard that and started using it with patients. I started seeing really remarkable results, seeing people get over fear and sleep better."

Now it's not unusual to hear the melodic hum of singing bowls or the rhythmic beat of African drums in Gaynor's private practice. He has even composed CDs that trigger healthy brain waves and leads meditation and music workshops for cancer patients.

He has heard music in burn units and pediatric emergency rooms. And he says dozens of studies suggest it helps treat pain syndromes, insomnia, overeating, stress, traumatic brain injuries and autism.

"We're living in a very stressful world right now, and this is a way of retuning yourself," Gaynor adds. "Sound is really the most fundamental way of bringing wellness and healing into your life." ●



Sound of Music

Just the thought of an MRI scan can be enough to fill anyone with feelings of anxiety. To help you or your child relax, technicians at Community Healthcare System offer a selection of music. "We can customize music for any age group," says Missy Mikolajczyk, supervisor of MR-CT-Ultrasound at Community Hospital.

"We offer our patients reassurance and a calming environment with not only a choice of music but also news and sports," Roberto Gonzalez, supervisor of imaging diagnostics at St. Catherine Hospital.

"Music offers the benefits of relaxation when patients are in an unfamiliar situation," says Pete Dyba, supervisor of imaging services at St. Mary Medical Center.

CALL

Need an MRI?

Imaging services may be scheduled through Central Scheduling at Community Hospital:

219-836-4599;

St. Catherine Hospital:

219-392-7227; or

St. Mary Medical Center:

219-947-6436.





BY AMANDA KIPPERT

BREAKING UP WITH

S



PHOTOGRAPH BY CORBIS/OCEAN

ALL

*It's America's favorite seasoning.
Here's why to shake it off*

The rules of dinner party etiquette decree that adding salt to your food before tasting it is an insult to the cook. Why? You're assuming the dish needs it, suggesting it lacks seasoning. As my husband reaches for the saltshaker at dinner each night, I remind him of this. » “But we're not at a dinner party,” he insists. » “Every night is a party,” I respond. » Whether you're a stickler for etiquette or not, breaking off that relationship with your saltshaker can earn you more than points with the chef. It can potentially save your life. » A diet too high in salt—as 90 percent of Americans' diets are, according to the Centers for Disease Control and Prevention—is one of the main culprits of high blood pressure. And high blood pressure can lead to heart disease and stroke, two guests unwelcome at any dinner party.

SALT IS HARMFUL BECAUSE IT HOLDS ON TO WATER,

*increasing
blood volume
and making
your heart
work harder.*



DROWNING IN SALT

U.S. Dietary Guidelines recommend we limit our salt intake to 2,300 milligrams a day, max. And for certain groups at higher risk of heart disease—those older than 50, blacks, or individuals with chronic kidney disease, high blood pressure or diabetes—1,500 mg a day is more than enough.

Unfortunately, says Kim Larson, a registered dietitian and a spokeswoman for the Academy of Nutrition and Dietetics, most of us are soaring right past those guidelines, blissfully unaware that we're taking in an average of 3,400 mg of sodium a day.

"It's easy to see why," Larson says. "More than 70 percent of our salt comes from processed, packaged foods."

These American staples of speedy lunch-grabbing and dinner-making may be our No. 1 enemy in the fight against heart disease. But that doesn't mean our saltshaker gets a full reprieve.

"I think it would be a great idea to take the saltshaker off the table," Larson says. "That's probably the number-two way in which we increase the salt in our diet."

THE UPSIDE OF SALT

Salt isn't all bad. In fact, we *need* salt in our bodies. It's a vital mineral our body cannot manufacture itself, so we rely on food to provide it. Salt maintains the fluid balance in the body, Larson explains, assisting with nerve impulse transmission and muscle contraction.

Salt's chloride ions help regulate blood volume, blood pressure and the pH of body fluids. Too little salt in the body can lead to the potentially fatal, but rare, condition called hyponatremia, which is most often found in athletes, such as marathon runners, who take in too much water and overdilute the sodium content in the body.

"Sodium attracts and holds on to water," Larson says. "So, people who take in too much salt retain water, their blood volume increases and the heart works harder."

WHERE'S IT COMING FROM?

We don't necessarily need to add salt to anything, since salt naturally occurs in a lot of the foods we eat. Most unprocessed fish and meat contains less than 120 mg of sodium per serving, meaning the U.S. Food and Drug Administration classifies them as low-sodium foods.

For instance, 3 ounces of unprocessed salmon or cod contains between 56 mg and 89 mg of sodium. Shellfish has some of the highest naturally occurring salt content. Raw scallops contain 333 mg of sodium in 3 ounces.

Whole-grain foods are on the low side. One cup of cooked brown rice has just 10 mg of sodium, and one cup of air-popped popcorn has 1 mg of sodium. (Beware of movie theater popcorn, which not only has plenty of salt but also might be smothered in fatty butter.)

Some fresh fruits and vegetables contain sodium and some do not. Carrots, for instance, will give you 76 mg of sodium per cup while an apple has just 1 mg. One cup of cooked Swiss chard has 313 mg of sodium, while a cup of cucumbers contains 2 mg. But beware of canned veggies: A cup of cooked fresh spinach has 126 mg of sodium versus 746 mg in a cup of canned spinach.

*You might be
surprised where
your salt is coming
from. Watch that
Swiss chard—but
**FEEL FREE TO
INDULGE IN
AIR-POPPED
POPCORN.***



The quickest way to reduce your salt intake, starting this minute:
TAKE THE SALTSHAKER OFF THE TABLE.



PHOTOGRAPHY BY GETTY/GROVE PASHLEY

ALT SEASONINGS

With heart disease as the leading cause of death in the U.S., the Department of Health and Human Services launched the Million Hearts initiative in 2011, calling for the prevention of 1 million heart attacks during the next five years. It asked Americans to reduce their sodium intake by 20 percent as one of the benchmarks to success.

Larson says there are three easy ways to cut down on your daily salt intake:

1. Don't add extra salt to foods. "There are a lot of wonderful salt-less seasonings out there now," Larson says. "I really like to recommend herbs, spices and flavored

vinegars." In addition to table salt, try to avoid soy sauce as well. (One tablespoon can contain as much as 1,000 mg of sodium.)

2. Cook at home as often as possible. "Restaurants typically load their foods with salt," she says.

3. Use fresh ingredients. "Eliminate packaged, processed and frozen food items," Larson says. Choose fresh vegetables over canned, make pasta sauces from scratch instead of buying jarred and mix the microwaveable meals. Learning how to cook may be the best thing you can do for your heart. ●

Keep It Low

High blood pressure is a serious illness and often called a "silent killer" because many people who have it don't know it. Over time, people who do not get treated for high blood pressure can get very sick with kidney failure, stroke, blindness or heart attack, or can even die.

In the United States, 71 percent of adults with hypertension don't have their blood pressure under control. When you can't control your blood pressure by adopting healthier habits such as limiting salt, increasing exercise and quitting smoking, then it's time for medication.

There are lifesaving medicines people can take every day to help control their high blood pressure. Talk with your doctor about which medications are right for you. The best regimen is one that's tailored to your needs and is based on your medical history, coexisting diseases, preferences about how and when to take medications, and your concerns about side effects.

Don't have a doctor to help get your blood pressure under control? Call our free referral line at **219-836-3477**.

ONLINE

Come In for a Free Blood Pressure Reading

Free blood pressure screenings are available at various locations throughout Community Healthcare System. For more information about upcoming screenings, call **219-836-3477** or visit **www.comhs.org**.



Disgusting!

(OR NOT?)

WHY SOME GROSS HABITS ARE ACTUALLY GOOD FOR YOU

I have a son who burps, bites his nails and says he's allergic to the shower. And he has lots of company. A number of children (and adults) have these inclinations. But as it turns out, some of these socially unacceptable habits have redeeming health benefits.

So, even if Miss Manners might not approve, go ahead and be gross. But not in front of me, please.

● BY BARRIE GILLIES

BITING YOUR NAILS

THE UPSIDE: The germs you ingest through nail bits and grits may boost your immune system.

HOW IT WORKS: The young immune system is strengthened when exposed to everyday germs, and what better microbial meet-and-greet than the grime-harboring space beneath our nails?

"Ninety percent of your cellular makeup is germs, not human cells," says microbiologist Philip Tierno, PhD, the author of *The Secret Life of Germs*. "In fact, their presence keeps the immune system strong."

As a child grows, his immune system needs to come into contact with microorganisms to develop.

"Exposure to germs teaches the immune system to distinguish between harmless and harmful bacteria. Too little exposure can lead to an immune system that doesn't know how to regulate itself, which in turn can lead to autoimmune disorders such as allergies. It's possible that biting your nails would expose a person to beneficial germs that, in turn, would boost his or her immune response."

CAVEAT: According to Tierno, most microorganisms are harmless, but some can make us sick, so don't dismiss good personal and household hygiene. Be sensible about cleanliness: Make sure everyone in the family washes their hands with soap and water (for at least 20 seconds) after being in crowded public areas, after using the bathroom, and before eating or preparing food.





KISSING YOUR DOG ON THE MOUTH

THE UPSIDE: “There’s pretty good evidence that children in families with pets have a tendency to have fewer allergies,” says Mary Ruebush, PhD, author of *Why Dirt Is Good*.

HOW IT WORKS: Kids are going to kiss and be playfully licked all over by their pets. And all that smooching is good.

“Dogs and cats have a variety of worm parasites, and exposure to those germs helps train a child’s immune system to take care of them,” Ruebush says. “If your immune system doesn’t get exposed to animal parasites, it may respond against harmless things like dander and pollen. That’s when you get allergies.”

CAVEAT: Of course, genetics plays a role in allergies as well. If you come from a family with a lot of allergies, there’s a good chance your kids will develop a reaction to animals or other allergens. But, in general, children are likely to benefit in countless ways from the affection and microbes of pets.

SPITTING WHILE WORKING OUT

THE UPSIDE: Getting rid of excess saliva may help you breathe more comfortably when exercising vigorously.

HOW IT WORKS: When working out at a high intensity, you might feel like spitting more than you normally would.

“Saliva production is regulated by the autonomic nervous system, and the sympathetic branch of that, which is active during exercise, stimulates a thicker saliva that is rich in mucus,” says Stephen Hawkins, PhD, a spokesman for the American College of Sports Medicine. “Most people are mouth breathers during exercise because of the volume of air required, so the feeling of this thicker saliva stimulates spitting.”

And the only way to get rid of the uncomfortable glob is to spit it out.

CAVEAT: While spitting discreetly during your morning jog wouldn’t raise a neighborly eyebrow, hawking up phlegm in public is taboo. So, keep a pack of tissues on hand if you’re a regular spitter.

NOT SHOWERING

THE UPSIDE: Showering too much, especially in hot water, can strip your skin of its natural oils. So feel free to take a break from daily dousing as a way of pampering your bod. Bonus: The time saved is a boon to stressed multitaskers. Treat yourself to a few extra minutes of day-dreaming over your morning cup of joe.

HOW IT WORKS: “Washing your body every other day preserves your skin’s barrier layer,” says Michele Green, MD, a spokeswoman for the American Academy of Dermatology. “This is especially important in winter when the air is drier and you need your body’s natural lubricants.”

CAVEAT: Don’t take this as a license to skip soaping up after you’ve hit the gym for a sweatfest, joined your kids for mud wrestling or hung out with sniffly strangers during flu season. Those are germs you should wash down the drain without delay.

BURPING

THE UPSIDE: Burping is one way for the body to relieve stomach discomfort.

HOW IT WORKS: “Gas in the esophagus and stomach is mostly swallowed air from ‘gulping down’ food, chewing gum or drinking sodas,” says Rajeev Jain, MD, a spokesman for the American Gastroenterological Association. “When the gas pressure reaches a critical point, an involuntary reflex occurs to expel the gas.”

CAVEAT: If you do a lot of burping you may bring up acid from the stomach, which will irritate the esophagus. And excessive burping may be a symptom of acid reflux, a condition that will require a change of diet or over-the-counter antacids. Talk to your doctor about how much is too much.

SUCKING ON YOUR BABY’S PACIFIER

THE UPSIDE: The germs you share with your baby may help her avoid allergies later in life.

HOW IT WORKS: When your baby drops her pacifier and you “clean” it with your saliva, you transfer the normal flora from your mouth into your baby’s, Ruebush says. “These are good germs that [can] keep her healthy.”

CAVEAT: Of course, you don’t want to suck on her binky if you have a raging cold. And always protect your newborn from strangers or relatives who are sick. Her immune system can’t yet handle all the disease-causing viruses and bacteria. But as her defenses develop, she’ll do just fine. ●

Care on the Go

Exposure to everyday germs usually doesn’t affect our health, but it’s still important to take precautions, like thoroughly washing hands to fight the spread of illness and infection. When you do get sick, there is a simple solution if you need care close to home and the doctor’s office has closed for the evening or weekend. Medical attention for illness that is not life threatening is available through the immediate care services of Community Hospital Outpatient centers in St. John and Schererville, St. Catherine Hessville Family Care Center in Hammond and St. Mary Medical Center’s Valparaiso Health Center. Our centers accept patients on a walk-in basis. No appointments are necessary.

CALL

Close to Home Healthcare

For Community Hospital Outpatient immediate care in St. John, call **219-365-1177**, or in Schererville, call **219-322-5723**; for St. Catherine’s Family Care Center in Hammond, call **219-844-9060**; for St. Mary Medical Center’s Valparaiso Health Center, call **219-286-3707**.



VIRTUAL HEALTH



Your Family Portrait

Heart disease, cancer and diabetes can run in families. That's why knowing your family history is important.

Yet, a recent survey found that only one-third of Americans have tried to collect and record their family's health history.

The U.S. surgeon general's "My Family Health Portrait" can make this effort fun and easy. The online tool helps users organize, update and save information—even creating a graph representing health concerns that may be generational.

Access the tool at familyhistory.hhs.gov.

A Tangled Web

The Internet has opened up a virtual world of health information, tools and advice. Patients and caregivers, however, must also navigate a minefield of medical misinformation.

For example, a group of neurologists reviewed the most frequently watched YouTube videos about movement disorders, only to find that the people in the videos did not even have movement disorders.

Their conclusion, published in a letter to the editor in the *New England Journal of Medicine*, is that patients suffering from neurological disorders could end up confused about treatment options.

This quick checklist from the U.S. Food and Drug Administration can help you evaluate online health content.

- Can you easily see who sponsors the site?
- Is the sponsor a government agency, a medical school or other reliable health-related organization?
- Is there contact information?
- Can you tell when the content was written?
- Is your privacy protected?
- Does the site make claims that seem too good to be true? Does it promise miraculous cures?

When in doubt, talk to your doctor about any health concerns. He or she is your best resource for diagnostic options or treatments that apply to your specific health needs.



Supplement Savvy

The majority of adults in the U.S. take one or more dietary supplements at least daily. Keeping them straight—especially if you take prescription medications—is essential.

The My Dietary Supplements (MyDS) mobile app can help.

The app offers an easy way to track the vitamins, minerals, herbs and enzymes you're taking. Users can access the latest medical information on each supplement or email their supplement list to their healthcare provider.

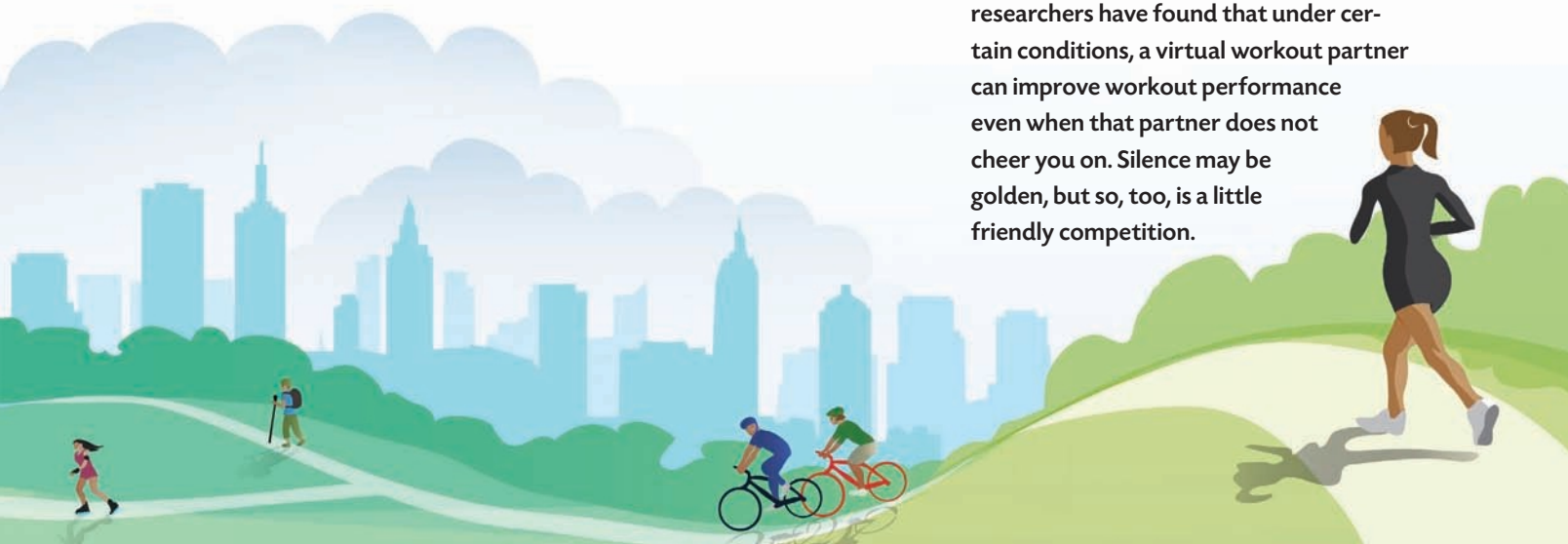
MyDS, created by the National Institutes of Health Office of Dietary Supplements, is free and can be downloaded at myds.nih.gov.

Get Moving

If you need help making it into your running shoes and out the door, pick up your GPS-enabled smartphone and download the free Endomondo app. It focuses on the social aspects of fitness, which might be the motivation you need.

For example, the app allows users to race against a friend's time, track your bike ride so friends can follow your workout, and jump into a challenge to compete against a whole group. People can even send pep talk messages that play as you train. It's like having a tiny coach in your ear.

You say that, like Iron Man, you work alone? Consider this: Kansas State University researchers have found that under certain conditions, a virtual workout partner can improve workout performance even when that partner does not cheer you on. Silence may be golden, but so, too, is a little friendly competition.



CALL

Act FAST

To remember the signs of stroke, act FAST:

- FACE drooping
- ARM weakness
- SPEECH difficulty
- TIME to call 911.

For more about the Primary Stroke Centers of Community Healthcare System, visit www.comhs.org.



What's Your Stroke IQ?

When it comes to a stroke, every second counts. If someone you love experienced a stroke, would you spot the signs? Would you know what to do?

Recognizing the signs and symptoms and taking action as soon as they appear can mean the difference between life and death. Early treatment of stroke can significantly limit damage to the brain and the potential for complications.

"Identifying the signs early helps individuals and family members take action quickly ... even before they get to the hospital," says Mark Simaga, MD, medical director of the Stroke Center at St. Mary Medical Center.

"The next crucial step is to go to a hospital that is certified as a Primary Stroke Center where patients will receive the highest quality care as quickly as possible."

The hospitals of Community Healthcare System—Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart—have all earned the Gold Seal of Approval from the Joint Commission for Primary Stroke Centers. Each hospital takes a multi-disciplinary approach to stroke management, covering everything from stroke prevention and diagnosis to acute care and rehabilitation.

Changing the Change



This isn't your mother's menopause. Relief from symptoms is closer than ever. Talk to your doctor about your options.

vime[®]
vigor

Let's Be Social

Connect with us and stay up to date on important health news

BY ELISE SIMS

Join the hospitals of Community Healthcare System on our Facebook and Twitter pages, where we provide patients and employees with health information and stories taking place around Community Hospital, St. Catherine Hospital and St. Mary Medical Center.

Twitter is the real-time social media site that delivers breaking news in 140 characters or fewer. Facebook is an online social networking service where users can create a personal profile and exchange messages, photos and information links with friends. On both, you can find Community Healthcare System offering you quick and easy ways to communicate while on the go.

With these social media outlets, we keep you informed of the latest news about our physicians and services and share uplifting patient stories, along with photos, videos and more. You'll have the most up-to-date information about what's going on in and around Community Healthcare System online, anytime.

By keeping in touch in this way, you also can find valuable resources and important health information that can be used on a daily basis.



If you're having a hard time sticking to your health goals, for example, consider linking up with like-minded friends and organizations on Facebook or followers on Twitter. According to two studies published last year in the *Journal of Medical Internet Research*, people with health concerns who used online programs were more likely to be successful if those programs gave the users confidence in their ability to make healthy changes.

By connecting on social media with people who have similar interests and who communicate on the same level, the studies concluded that users are more likely to stick with the program and change their habits for the better. ●

SOCIAL

Where to Find Us

On Twitter: **@CHShospitals** or on

Facebook: **www.facebook.com/CHShospitals**.

You can also visit **www.comhs.org** and click on the links at the top of our home page.



Healing Mind, Body, Spirit

BY ANGELA MOORE

Recently, I was a patient in the neurobehavioral health unit of St. Catherine Hospital. I wish to express my sincere gratitude and appreciation to all of you—Dr. Fanelli, the nurses, the assistants, group leaders and everyone else who prepared meals and catered to my every need—for your concern, understanding, patience and caring throughout my stay. It was the smallest gestures of compassion that made the biggest impact. Although the last place I wanted to be was away from my family and friends, my days with you greatly helped me gain control of myself and away from the stressors that accelerated my disorder. I could not imagine being treated any better than I was by the staff at St. Catherine. All of you truly possess the hearts and souls required for a career such as yours. Thank you. —B.D.”

St. Catherine’s legacy of treating people with dignity, respect and compassionate care has touched many lives in the past 85 years, including patient B.D. (full name withheld for patient privacy), who wrote this letter after a recent stay.

Extraordinary care and healing will continue with the completion of the Neurobehavioral Medicine unit’s \$2 million renovation.

The care philosophy at the Neurobehavioral Medicine unit is built on compassion

At a recent blessing of the newly remodeled unit, Monsignor Joseph Semancik talked about the reconstruction and the healing that have gone on in this hospital for several decades.

“This is a beautiful new upgrade for this unit,” Semancik told the group of board members and staff. “The semiprivate rooms and new construction offer a soothing, healing environment, but it truly is the people who provide the care that makes it what it is—a true place of healing. Over the years, I have referred many people here and all have commented about the compassionate care.”

Therapies and programs are designed around each patient’s individual diagnosis, says Neurobehavioral Medicine Nurse Manager Scot West, RN.

“From yoga, tai chi and spirituality groups to specific groups focusing on depression, anxiety and impulse control disorders, the goals of mood stabilization, improved coping strategies and the development of a healthier lifestyle and relapse prevention are specifically tailored for each person,” West says.

A VILLAGE OF CARE

Behind the ongoing success of offering a safe environment with well-rounded, individualized care for this portion of the population are the healthcare professionals of St. Catherine Hospital in East Chicago. The staff includes psychiatrists, internal medicine physicians, psychologists, social workers, psychiatric nurses, recreational therapists, occupation therapists, mental health workers and chaplains.

“Many of our Neurobehavioral Medicine staff have been here for many years and some are new, but all of us share a passion for extraordinary psychiatric treatment and care,” West says. “The way a patient walks onto our units cannot be compared to how they are when they are able to leave our units ... thinking, feeling and behaving in a new way that promotes overall health and wholeness.”

Recreational therapist Ann Bobos directs group therapy and incorporates a variety of therapies.



St. Catherine Hospital Board Member Monsignor Joseph Semancik blesses the newly remodeled Neurobehavioral Medicine unit during a recent board meeting. Several board members as well as staff were in attendance.



St. Catherine's Inpatient Neurobehavioral Medicine staff includes (standing, from left): Robert Crowe, RN; Willie Morgan, MHW; Ileana Ramos, RN; Sharon Booker, MHW; Michael Brown, RN; Scot West, RN; Willie Hurson, MHW (kneeling, from left): Maylee Chavarria-Iruegas, MHW; Jaime Rivas, MHW; Melissa Evers, RN; Patricia Bruicer, RN; and Ameer Elsalaymeh, MHW.

“We do group work that includes things such as activities on the Wii to journaling, reading activities, art and other projects to help patients transition back home,” she says.

● EDUCATION FOR BETTER HEALTH

Full hospital care is available on two inpatient treatment units with a total of 23 beds to provide for those who need close medical supervision. A treatment day consists of individual and group psychotherapy, medication management, family support sessions, recreational therapy and spiritual care. All services are available in English and Spanish.

“Education is an important aspect of our care with the goals of helping patients and their families understand their illness, fully participate in treatment and develop positive coping techniques,” says medical director of the Neurobehavioral Medicine program Joseph Fanelli, MD.

“Our team brings together knowledge and techniques from the medical, behavioral and social sciences to provide treatment for a wide range of health conditions,” says Fanelli. “We work together to meet the needs of the entire person with care that ranges from general counseling to cutting edge, state-of-the-art innovations.”

“In addition to the expansion project at the hospital, we've expanded Neurobehavioral Medicine services on the outpatient side with a facility in Schererville, our Center for Mental Wellness,” says Craig Bolda, chief operating officer. “With this latest project, St. Catherine Hospital is able to continue to provide quality convenient care and help our patients get the care and support they need to cope with the stresses of life.”



CALL

A Place to Turn

Need help for mental illness? The Outpatient Centers for Mental Wellness are located conveniently in Schererville and East Chicago.

Schererville:

6625 W. Lincoln Highway
Southwest corner of U.S. 30 and Harvest Drive

East Chicago:

St. Catherine Hospital – third floor
4321 Fir St.

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

Our inpatient facility patients are prepared for the outside world with a continuum of care. They can continue on their healing journey through the outpatient center in Schererville, according to West.

“There is a need to grow this area of medicine, and St. Catherine Hospital—known for its rich history, commitment to innovative technology and excellence in patient care—is making that investment,” says West.

The Schererville facility, located at 6625 W. Lincoln Highway on U.S. 30 and Harvest Drive, offers individual, group and family psychotherapy among other treatments. ●

How We Help

St. Catherine Hospital's Neurobehavioral Medicine program serves adults with:

- Anxiety disorders
- Attention deficit hyperactivity disorder
- Eating disorders
- Full cognitive (thinking and problem-solving) assessment
- Memory and attention examinations
- Neuropsychological testing
- Postpartum neurobehavioral disorders/parenting issues
- Post-traumatic stress disorder
- Psychological testing
- Mood disorders
- Treatment-resistant psychiatric disorders

We offer all of our consultation and evaluation services in both English and Spanish.

Internal Navigator

BY MARY FETSCH



Pulmonologist Gaurav Kumar, MD

New technologies help with early detection of lung cancer

When physicians found a small lesion on the lungs of 58-year-old Walter Horton a few years ago, the small size and difficult-to-reach location warranted a watch-and-wait course of action. They decided to hold off on performing a biopsy. Not all

lesions are cancerous, and at the time, the available technologies were invasive and carried their own set of risks.

“As a longtime smoker, Mr. Horton worried about the presence of the nodule,” says Gaurav Kumar, MD, a pulmonologist on staff at St. Mary Medical Center. “But it was located at the periphery of his lungs—out of reach of a traditional bronchoscopy. And needle biopsy and surgery are considered very invasive options for a lesion of that size and location.”

Today, thanks to new minimally invasive technologies available at St. Mary Medical Center, patients waiting to hear whether they have cancerous lesions will have answers sooner and without surgery. New electromagnetic navigation technology, called SPiNDrive®, safely guides surgeons and pulmonologists through the airways to reach and examine lesions deep in the lungs.



Thanks to new technology at St. Mary Medical Center, Walter Horton found out his lesion was benign, finally alleviating the anxiety he felt for years.

EASIER SCREENINGS

Until now, when a lesion was found in the lung through screening, surgeons only had one of three means of obtaining a biopsy: bronchoscopy, needle biopsy through the chest, or surgery.

Of those options, bronchoscopy provides the lowest risk for complications such as bleeding or a punctured lung, and allows for reduced radiation exposure. It involves using a scope with a camera, allowing the pulmonologist to see directly into the airways and conduct biopsies. However, small lesions deeper in the lung tissue are difficult to biopsy by bronchoscopy and the test can be inconclusive, producing a diagnosis for only about 14 percent of those lesions (within the outer two-thirds of the chest) that are smaller than 2 centimeters in diameter.

“The SPiNDrive computer-assisted procedure helps generate a 3-D road map of a patient’s body, allowing us to navigate to lesions—even those located

in the delicate areas of the lungs,” adds Kumar. “This technology allows us to make the earliest detection of cancerous lesions. Our goal is to eliminate the need for ‘watchful waiting’ and the accompanying stress associated with not knowing.”

● HOW IT WORKS

SPiNDrive technology is a state-of-the-art system that uses electromagnetic navigation, similar to a vehicle’s onboard GPS system. The SPiNDrive works with a CT image of the patient’s lung to automatically create a route or road map for the pulmonologist through the lung’s natural airways that lead to the lesion. With special instrumentation that shows the lungs in real time (and automatically compensates for breathing), the surgeon is better able to biopsy hard-to-reach lesions and place markers for planned treatment, if necessary, at the same time.

After performing the procedure, Horton’s lesion was found to be noncancerous, and the anxiety he felt all those years was finally alleviated.

Lung cancer is one of the deadliest forms of cancer for both men and women, but has an 88 percent survival rate at 10 years when diagnosed at stage one. St. Mary Medical Center and Community Hospital are among the first hospitals in Northern Indiana to use advanced technologies to not only screen for lung cancer but to more efficiently access and biopsy suspicious lesions deep in the lungs as well.

“St. Mary Medical Center has taken the lead to provide a complete suite of minimally invasive services when it comes to lung cancer screening and diagnosis,” says Janice Ryba, CEO of St. Mary Medical Center. “The hospitals of Community Healthcare System consistently set the standards of offering new technologies and approaches in treatment that positively affect quality and outcomes for our patients.”

SPiNDrive is typically performed in an outpatient setting. In many cases, patients who are identified as having a lesion on a lung are not surgical candidates. The SPiNDrive system reduces the need for patients to further undergo needle biopsy or surgical biopsy because surgeons can now safely navigate, sample and prepare to treat a suspicious lesion in one procedure without invasive surgery.

● WHEN LYMPH NODES ARE SUSPICIOUS

Complementing the minimally invasive diagnostic capability of SPiNDrive is endobronchial ultrasound (EBUS) technology. EBUS is used to obtain tissue or

Early Detection Is Key

Education is the first step toward early detection. Understanding cancer, its causes and what lifestyle changes can be made to minimize exposure to cancer is the first and most powerful step to avoiding possible cancers. However, if cancer is discovered, early detection of the disease greatly enhances patient survival rates.

Detecting lung cancer in its earliest stages is relatively quick and easy with the use of low-dose CT scans of the chest.

St. Mary Medical Center offers \$98 low-dose CT lung cancer screenings for high-risk individuals.

Individuals may qualify for a low-dose CT lung screening if they meet the high-risk criteria:

- You are between 55 and 74 years old.
- You are a smoker or have quit within the past 15 years.
- You have smoked at least a pack of cigarettes a day for 30+ years.

fluid samples from lungs and surrounding lymph nodes to diagnose and stage lung cancer, detect infections and identify other inflammatory lung diseases.

“Endobronchial ultrasound-guided needle biopsies are minimally invasive procedures that not only allow us access to more lymph nodes in the lungs; we can perform our diagnostic and staging procedures within about an hour and without general anesthesia,” Kumar says.

“This procedure also produces highly defined 3-D images, allowing us to more easily view previously difficult to reach areas to access smaller lymph nodes for biopsy.”

With both EBUS and SPiNDrive technologies, patients with lung disease or suspicious lesions can get the answers they need sooner and with the least invasive options available. ●

CALL

Are You a Candidate?

To find out if you qualify for the lung screenings or to make an appointment, call toll free at

800-809-9828.



Implanting HOPE

Parkinson's and tremor patients regain control with deep brain stimulation

BY ELISE SIMS

For 38 years, Frank Maver Jr. of Highland made a living with his hands. So when the retired Inland Steel machinist found he couldn't hold a fork in one hand and cut with the other or bring food up to his mouth, he knew he needed help.

He turned to neurologist Ender Akan, MD, on staff at Community Hospital and St. Catherine Hospital, who confirmed a diagnosis of Parkinson's disease and prescribed medications.

"I was baffled by the news," Maver says. "I don't have a family history of Parkinson's and these issues had never affected me before. I was a machinist in a machine shop making small parts to help keep the steel mill running and I worked with my hands to achieve precision to within 1/10,000th of an inch."

Parkinson's disease is a degenerative disorder of the nervous system. Early in the disease, symptoms are mostly movement-related, such as resting tremor, rigidity and slowness of movement. The disease is more common in older adults, with most cases being diagnosed in people older than 50. There is no cure, but early diagnosis and symptom management can optimize patient success.

Despite Maver being on medications for close to five years, as time went on, his symptoms got worse and made everyday living a battle.

"I wasn't able to drive anymore," he says. "I could not control the gas pedal or brake fast enough to drive because of stiffness in my legs. Bending down to tie my shoes was impossible. I was exhausted, had trouble getting in and out of my favorite chair."



Neurosurgeon Wayerl Kaakaji, MD



Movement disorders fellowship-trained neurologist Andrea DeLeo, DO, MSE

Akan asked Maver to visit his partner Andrea DeLeo, DO, MSE, a movement disorders fellowship-trained neurologist who specializes in deep brain stimulation (DBS) and its programming in conjunction with neurosurgeon Wayerl Kaakaji, MD.

BACK IN CONTROL

"They were sure they could improve my quality of life with a minimally invasive procedure called deep brain stimulation," Maver says. "It was amazing, a miracle. Out of this world. They took good care of me."

"The most rewarding part of being partnered in the DBS program offered at Community Hospital is seeing the smile on my patient's face once the initial programming is completed and observing their overwhelming satisfaction that they have finally achieved that moment of glory in their battle to regain their lives, despite their disease," DeLeo says.

"Deep brain stimulation has given us an enormously advantageous tool in our armamentarium of treatments of dystonia, essential tremor and motor fluctuations seen in Parkinson's disease, which include disabling rigidity and tremor," DeLeo says. "Following the procedure, Mr. Maver's rigidity improved notably—by about 75 percent—and his resting tremor was reduced by approximately 60 percent. Prior to surgery he had stiffness in his legs, difficulty getting in and out of a chair and stiffness with movement. He no longer experiences these symptoms and has benefited from a decrease in medication as well."

The Movement Disorder/DBS program at Community Hospital offers treatment options that extend beyond medication management for neurological movement disorders such as Parkinson's disease, essential tremor and dystonia.

● HOW DBS WORKS

DBS applies a constant low-level electrical stimulation to a small region of the brain through implanted electrodes connected to an implanted battery, Kaakaji says. It is used to control abnormal movements in Parkinson's disease and essential tremor patients. Treatment of Parkinson's disease, as in Maver's case, targets nuclei in the brain such as the globus pallidus or the subthalamic nucleus, he explains.

The deep brain implant consists of two parts: an electrical lead (or wire) that is implanted into the brain and a pulse generator (similar to a pacemaker) that is implanted under the skin below the collarbone.

Placement of the wire in the brain requires sophisticated computerized planning. "We ask the patient to get an MRI and CT scan of the brain. We feed those images into our navigational computer," Kaakaji says. "Then we do some calculations and map the target areas of the brain. The computer provides direction to guide the wire to the exact spot—actually less than 10 millimeters in size."

The wire is implanted by the neurosurgeon while the patient is awake. This enables the patient to report any sensory changes during the procedure. Once the wire is placed in the correct position, the surgeon

looks for signs of improved symptoms and makes sure there are no side effects. The pulse generator is later implanted in the chest wall under general anesthesia.

A movement disorders/DBS-trained neurologist completes postoperative DBS programming typically one month after implantation to "turn on" the device. Subsequent DBS interrogation is conducted on an ongoing three-month basis over the next year to maximize the effects of the implanted electrode impulse. Should the patient experience side effects, the programming can be adjusted in the physician's office as often as necessary to achieve the best clinical outcome.

"Many Parkinson's patients are stuck inside a body that doesn't know what to do ... [they] can't move well enough and it derails their life," Kaakaji says.

"All too frequently, patients are unaware of their treatment options or they are afraid to pursue those options," DeLeo says. "It takes courage to look into the mirror when one experiences the potentially disabling effects of these diseases. When medical management is no longer of clinical benefit, one should take the next step forward and consult with a movement disorder/DBS-trained subspecialized neurologist and neurosurgeon." ●



After the deep brain stimulation procedure for movement disorders, Highland resident Frank Maver Jr. returns to see neurologist Andrea DeLeo, DO, who adjusts the settings on his implant device to maximize results and diminish tremors and rigidity. Now, he is able to do all the things he used to struggle with because of his symptoms related to Parkinson's disease.

ONLINE

Find the Right Specialist

For a free listing of the neurologists and neurosurgeons on staff at the hospitals of Community Healthcare System, visit

www.comhs.org or call 219-836-3477.





A New Frontier

Navigators take the mystery out of the healthcare marketplace

BY ELISE SIMS

Health insurance for all is finally becoming a reality with the Health Insurance Marketplace, made possible by the Patient Protection and Affordable Care Act. At the hospitals of Community Healthcare System, certified navigators are helping consumers find their way through these new options.

This specially trained staff is able to meet and provide in-person assistance to help area residents find a plan that meets their needs and budget.

In the Health Insurance Marketplace, consumers can go to one place to find health plans that cover a comprehensive set of benefits, and they cannot be denied coverage based on pre-existing conditions. All health plans offered through the marketplace cover costs associated with physician visits, hospital stays and prescriptions.

To obtain insurance coverage through these new plans, you must enroll by March 31, 2014. Many people, based on their income and family size, will



CALL

Get Your Questions Answered

To guide consumers through applying and enrolling, Community Healthcare System has 16 licensed, certified Indiana Health Navigators.

Call **219-934-8888** or **800-210-9776** for an appointment to meet with a navigator at Community Hospital, St. Catherine Hospital or St. Mary Medical Center. Assistance is also available in Spanish.

qualify for financial assistance in paying the costs of these new insurance plans.

“We know there are a lot of questions and concerns about these new programs and we want to be a resource to people in our community,” says Karen Schneider, regional director of patient financial services of the Community Healthcare System. “In addition to exploring options through the new Health Insurance Marketplace program, we can also look at coverage that may be available through other programs such as Medicaid, the Children’s Health Insurance Program or the state of Indiana’s HIP program.”

In addition to enrolling through navigators, consumers can complete this process online at www.healthcare.gov (www.cuidadodesalud.gov) or by calling a government representative at **800-318-2596**. They are available 24 hours a day and able to assist in 150 languages.

If your employer is not offering insurance in 2014, the marketplace can provide you with new options. Under the Affordable Care Act, you may need to pay a penalty beginning in 2014 if you don’t have health insurance.

More information on the Health Insurance Marketplace is available by visiting the website of Community Healthcare System: www.comhs.org/health-insurance-marketplace.asp. ●



Patient Financial Services Supervisor Yvette Hernandez is one of 16 licensed, certified navigators at Community Healthcare System who are trained to help patients understand the new law and sign up for the coverage option that meets their needs.

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Get in. Get out. Get on your way.

Four Immediate Care locations serving Northwest Indiana.

Getting expert care for minor illnesses, bumps and bruises is now more convenient than ever. Just walk in...our doctors will see you with no appointment on evening and weekends. With the support of on-site diagnostics such as lab, Xray, CT and MRI, you can often be on your way with one visit!

In addition to Immediate Care, these centers offer physician practices and outpatient diagnostic testing. We send our diagnostic test results to your doctor and make them available to you 24/7 through our free online MyChart Service. Just another way we are bringing the expertise of our hospitals to you.



Community Healthcare System®

Community Care Network provides physician practices and immediate care services at these outpatient centers.

Community Hospital Outpatient Center, Schererville

7651 Harvest Drive, Schererville
Immediate Care Hours:
M-F 8 am – 8 pm
Sat 8 am – 4:30 pm
Immediate Care: 219-322-5723
Scheduling Outpatient Tests: 219-836-4599

Community Hospital Outpatient Centre, St. John

9660 Wicker Ave., St. John
Immediate Care Hours:
M-Sat 7 am – Midnight
Sun 9 am – 5 pm
Immediate Care: 219-365-1177
Scheduling Outpatient Tests: 219-836-4599

Hessville Family Care Center of St. Catherine Hospital

3432 - 169th Street, Hammond
Immediate Care Hours:
M-F 8 am – 6 pm
Immediate Care: 219-844-9060
Scheduling Outpatient Tests: 219-392-7227

Valparaiso Health Center of St. Mary Medical Center

3800 St. Mary Drive, Valparaiso
Immediate Care Hours:
M-Sun: 8 am – 8 pm
Immediate Care: 219-286-3707
Scheduling Outpatient Tests: 219-947-6436

 Community Healthcare System® www.comhs.org		
Community Hospital Munster, Indiana	St. Catherine Hospital East Chicago, Indiana	St. Mary Medical Center Hobart, Indiana

Twitter: @CHSHospitals
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Web: comhs.org