

# VIM & VIGOR

WINTER 2014 • \$2.95

## Food for Thought

**53** delicious ways to make  
mealtimes happy and healthy

**PLUS Sanjay Gupta**  
on why food really is  
the best medicine

HIGH-TECH  
HEALING

**Mending  
Broken  
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DEALING WITH  
DEPRESSION

 Community Healthcare System®

COMMUNITY HOSPITAL  
ST. CATHERINE HOSPITAL  
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➔ **When MERS Knocked on Our Door.** See page 6 for details.



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*Community Healthcare System®*

**COMMUNITY Hospital**

901 MacArthur Blvd., Munster, Indiana 46321

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## Transforming Hospital Trays

Patients have a new personalized room service that offers a variety of nutritious and delicious meal-time selections.

# RECIPE FOR QUALITY

*Treating the patient in mind, body and spirit*



To deliver true quality care, we believe you need to have the right ingredients for the right patient at the right time. It's much more than addressing symptoms; it's about treating the entire person, mind, body and spirit.

Our nursing staff is at the front line of that kind of care, dedicated to providing you and your family with the same personalized attention they give their own family members. Our team's outstanding role models have helped to establish Community Healthcare System as a leader in patient safety, satisfaction and quality care (page 3).

When MERS knocked on the door of **Community Hospital**, we were ready. Using universal and standard precautions and advanced tracking technologies, we not only successfully treated the patient, but also protected our employees and the community at large from exposure (page 6).

**St. Mary Medical Center** offers patients the highest quality of care with robotic surgeries that provide smaller incisions and quicker recovery times. Based on a track record of exemplary performance, the hospital has earned both a designation as a Center of Excellence in Minimally Invasive Gynecology and as a Bariatric Center of Excellence (page 34).

At **St. Catherine Hospital**, the focus remains on quality and patient safety (page 38). Staff have set priorities of better patient outcomes through increased communication, education and training, and creating a work environment in which quality and safety can thrive. It is a win-win situation when hospitals follow proven best practices; our patients receive higher quality care and see better outcomes.

John Gorski  
Chief Operating Officer  
Community Healthcare System



# VIM & VIGOR

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**McMURRY/TMG**

# IN GOOD HANDS

*During National Nurses Week, the hospitals of Community Healthcare System highlight and celebrate the nurses/caregivers who strive to make a difference in the lives of our patients each and every day.*



**Community Hospital CEO Don Fesko (left) and Chief Nursing Officer Ronda McKay (right) congratulate Marissa Hernandez, patient care technician in Mother/Baby, and Daniella Webb, registered nurse on IMCU West (center, right), for their excellence awards for 2014.**

## Positive Thinking in Munster

At Community Hospital, Daniella Webb, registered nurse on IMCU West, received the 2014 Nursing Excellence Award. Marissa Hernandez, patient care technician on the Mother/Baby floor, is the Caregiver Excellence Award recipient.

Webb's co-workers say, "She treats all patients like family, always there with a smile and an encouraging word. ... One time she took a terminally ill patient in a wheelchair outside the front lobby so he could feel the breeze on his face. ... Another time she was at lunch and saw an elderly man struggle with his tray. She was first at his side to help."

Hernandez has worked at the hospital for nine years. Co-workers say, "She stays positive, never complains and always offers to help others."

## Pillars of Compassion in Hobart

St. Mary Medical Center's Pillar Awards recognize nurses who go above and beyond for their patients in the categories of service, quality, people, finance and growth:

- ▶ Nursing Pillar Award—Service: Michael Gozo, RN, ICU
- ▶ Nursing Pillar Award—Quality: Deborah Creech, RN, Surgery
- ▶ Nursing Pillar Award—People: Kristen Watts, RN, 6 West
- ▶ Nursing Pillar Award—Finance: Scott Baker, RN, 6 West
- ▶ Nursing Pillar Award—Growth: Amanda Lewis, RN, IMCU

A superstar also is chosen representing excellence in all categories. St. Mary Medical Center's Superstar Award goes to Lynelle Sibich, RN, 2 Med/Tele. Co-workers say Sibich, a 28-year veteran nurse, is an asset to the unit, the hospital and the profession of nursing, shining in all pillar areas.



**Celebrating St. Mary Medical Center Pillar Awards (from left) are Tammie Jones, vice president, chief nursing officer; Mia Wolf, RN, director of Surgical Services; Deborah Creech, RN, Surgery (Quality); Kristen Watts, RN, 6 West (People); Amanda Lewis, RN, IMCU (Growth); Shannon Favia, Manager, 6 West; Lynelle Sibich, RN, 2 Med-Tele (Superstar); Michael Gozo, RN, ICU (Service); Rebecca Little, RN, manager, ICU; and Janice Ryba, CEO. Not pictured: Scott Baker, RN, 6 West (Finance).**



**St. Catherine's Nursing Excellence Award winner is Lisa Luna, RN, 5 West, pictured (left) with Paula Swenson, RN, MS, vice president Patient Care Services, and Diane Barrett, RN, nurse manager, 5 West.**

## Excellence in East Chicago

St. Catherine Hospital's choice for the Excellence in Nursing Award for 2014 is Lisa Luna, RN, charge nurse on 5 West. Fellow nurses nominated Luna based on characteristics of nursing excellence: leadership, dignity and compassionate care.

According to those who nominated Luna, her commitment to her patients is outstanding. Whether it's talking about a favorite TV show or going to the same place for vacation, she finds a common interest to form a friendship and put patients at ease. "We have patients who come back into the hospital to visit her." She goes out of her way to help anyone in need from contributing clothing to a co-worker's family to advocating for patients to help speed their recovery. ■

# Transforming Hospital Trays

Personalized menus offer more **CHOICES** BY ELISE SIMS



What's for dinner? At the hospitals of the Community Healthcare System, patients answer this question themselves through a new program designed to offer more choices.

All three hospitals—Community Hospital, St. Catherine Hospital and St. Mary Medical Center—have adopted a new approach to hospital food, not only expanding the options of what patients can eat but also giving them the flexibility to eat on their own timetable. The program recognizes that

hospital food is an essential part of patient care. Good food can encourage patients to eat well, giving them the nutrients they need to recover from surgery or illness.

“We provide that special human ‘TLC’ touch and enhance the patient meal experience with customized ordering and engaging more staff in

**Dietitian Nancy Craft, RD, Hospitality and Nutrition Services clinical manager, displays the screen on the iPad where she enters patients’ mealtime selections and checks to make sure choices are compatible with their doctor’s prescribed diet.**

the process,” explains Dan Jaehn, director, Hospitality and Nutrition Services, Community Hospital. “With this program, Hospitality and Nutrition Services staff also have flexible meal ordering options to help maintain greater satisfaction while meeting the diet, allergy and nutritional needs of all our patients.”

## On the Menu

When first admitted to the hospital, each patient receives a trifold menu with

seven days of meals—breakfast, lunch, dinner as well as alternative selections—that remain with the patient for the entire length of stay. A hospitality ambassador visits each patient daily and brings an iPad for ordering. Hospitality staff will enter the patient’s order on the iPad for dinner that evening and then breakfast and lunch the following day. Information regarding all of the patient’s selections is saved in the patient’s file in real time.

Patients receive specific menu choices ranging from the regular menu to a calorie-controlled or heart-healthy diet based upon their doctor’s recommendation and prescription. Patients with allergies or food intolerances are accommodated as well.

The computer software for the iPad is user-friendly and displays nutritional values and calorie counts for individual meals and daily goals. Each course is automatically calculated as it is entered into the system, with the calories, carbohydrates, fat and protein amounts visible to Hospitality and Nutrition staff.

“When the patient’s daily nutritional goals cannot be attained through their first choices from the featured menu items, we have a variety of alternative selections that our hospitality ambassador can suggest,” says Nancy Craft, RD, Hospitality and Nutrition Services clinical manager. “We also use the alternative selections in case a patient doesn’t care for a particular entrée or side and would like a substitution.”

### Tailored to You

“One-on-one personalized interaction with our patients during meal selection enables us to explain their diet, offer an opportunity for education in choices and answer the patient’s questions in person,” says Bobbi Homola, RD, Hospitality and Nutrition Services regional clinical manager, St. Catherine Hospital and St. Mary Medical Center.

## VENDING MACHINE MAKEOVER

Visitors to Community Hospital, St. Catherine Hospital and St. Mary Medical Center will find healthy options in Community Healthcare System’s vending machines.

“We are seeing a conscientious shift to healthier products in our customer purchasing habits,” says Dan Jaehn, director of Hospitality and Nutrition Services, Community Healthcare System.

The healthcare system worked with its dietitians to format a nutritious plan for the machines consistent with dietary guidelines, he says.

“Fresh products such as vegetable crudités, yogurt parfaits, fruit cups, hummus, antioxidant trail mixes, low-fat smoothies and low-calorie artisan sandwiches on wheat are offered in our cold food machines,” Jaehn says. “Our snack machines provide an 80 percent healthy, 20 percent not-as-healthy blend of products, which is part of our ‘Good for You and Nutritious Too’ vending strategy.”

“We also can easily discuss the menu with the patient at their convenience, after they get back to their room from testing or therapy,” says Homola. “We work together as a team with the assistance of our nursing staff in communicating that the patient is back in their room and ready to order.”

In case the Hospitality and Nutrition Services staff is unable to obtain a patient’s meal selection prior to the meal being served, they will make arrangements to prepare a meal especially for that individual. ■



Hospitality and Nutrition Services Representative Darrell Trammel visits with East Chicago resident Debra Denney to take her meal order and checks to make sure her selections meet her specific diet, allergy and nutritional needs.

WEBSITE



### Learn More About Us Online

For more information about the quality programs and services provided by the hospitals of Community Healthcare System (Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart), visit our website at [www.comhs.org](http://www.comhs.org).

# MERS IN THE U.S.

*Community Hospital  
staff at ground zero*

BY **ELISE SIMS**

**W**ith a fever of 104, a cough and shortness of breath, the sickly visitor arrived in the Emergency Department of Community Hospital in Munster. Healthcare staff quickly and efficiently checked him in and began asking questions. No one knew it yet, but the hospital's newest patient had brought a silent and potentially deadly virus with him.

The patient, a male healthcare worker, had traveled from Riyadh, Saudi Arabia to Northwest Indiana to visit family. His symptoms were associated with a deadly virus never seen before in the



The first case of MERS virus in the United States was diagnosed at Community Hospital. A press conference with local, state and government officials was held to discuss treatment, public safety and protection issues. Speaking on the panel (left to right) are Daniel Feikin, MD, medical epidemiologist, Centers for Disease Control and Prevention (CDC), William VanNess II, MD, Indiana State Health Commissioner; Moderator David Daigle, associate director for communication, CDC; Mike Pence, Indiana State Governor; Don Fesko, CEO, Community Hospital and Alan Kumar, MD, chief medical information officer, Community Healthcare System.



*“This virus was successfully contained due to the efforts of a collaborative team approach with national agencies to contain the spread of this disease and **PROTECT OUR COMMUNITY.**”*



United States known as Middle East Respiratory Syndrome (Corona Virus) or MERS-CoV.

### “MERS Picked the Wrong Hospital”

At Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart, patients who come into the Emergency Department with symptoms of respiratory illness are put into a private triage room to prevent infectious disease from spreading. Standard and universal precautions including gloves, mask and safety goggles are used by staff to help isolate germs.

“While assessing the patient, we gathered information that indicated a high risk for contagious disease,” says infectious disease specialist Minal Kapoor,

MD, who interviewed the patient and asked about his recent activities, including his travel history.

“A swift diagnosis and precautionary measures taken undoubtedly greatly helped reduce the risk of this potentially serious virus spreading,” says State Health Commissioner William VanNess II, MD. “It appears that MERS picked the wrong hospital, the wrong state and the wrong country to try to get a foothold.”

Physicians took blood samples from the patient and sent them to the Indiana State Department of Health for a specialized test called a polymerase chain reaction (PCR) test. The health department in turn, sent the samples on to CDC headquarters in Atlanta.

When the CDC confirmed the patient was positive for MERS, about 50 staff members had come in contact with the patient before he was in complete isolation, says CEO Don Fesko. The employees were taken off duty, sent home for the duration of the incubation period and tested, later revealing that none of the workers had contracted the virus.

### Avoiding an Epidemic

“Having the first case of MERS in the U.S. was a frightening situation and educating our employees, physicians, patients and the public of what we knew about the virus was critical,” says Fesko. “This virus was successfully contained

due to the efforts of a collaborative team approach with national agencies to contain the spread of this disease and protect our community.”

In September of 2012, the World Health Organization (WHO) issued a global alert after a Qatari man was diagnosed with a new respiratory disease, similar to the Severe Acute Respiratory Syndrome (SARS) virus that had killed nearly 800 people to date worldwide. Since that time, WHO has registered more than 250 confirmed cases of the MERS virus across the Middle East and Europe. Ninety-three of those cases resulted in death—equaling a death rate of more than 40 percent.

Since symptoms of MERS are known to take up to 14 days to appear, those individuals who had any contact with the patient—healthcare workers and his family members—were closely monitored for any signs or symptoms of the virus. Hospital employees were allowed to return to work once the incubation period was over and they confirmed negative laboratory results.

“All staff members were grateful for the support and daily monitoring provided to them during this unique time,” says Fesko. “Many of them said it helped alleviate their fears knowing that someone was monitoring their health and they were able to quickly get their questions answered.” ■

WEBSITE



### A Proven Track Record

Learn more about the quality care and the extraordinary health professionals you will find at the hospitals of Community Healthcare System by visiting [www.comhs.org](http://www.comhs.org).



# EYE ON TECHNOLOGY

*Electronics help staff minimize spread of infection*

When a patient at Community Hospital in Munster tested positive for MERS, a combination of best practices and advanced tracking technologies helped to ensure that the potentially deadly virus did not spread to other patients, healthcare employees or the community.

These technologies, which are also in use at St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart, enabled the hospital to quickly identify everyone who had come into contact with the patient so they could be placed in isolation and their health closely monitored.

“The three hospitals have Real-Time Locating Systems that are linked to radiofrequency ID tracer tags worn by every healthcare worker—nurses, techs, nurses’ aides,” says Alan Kumar, MD, chief medical information officer. This system tracks where healthcare workers are on the floor; what room they enter; when they enter; and how long they are in contact with the patient. It’s linked to a call light system, so as soon as a healthcare worker enters a room, it turns off automatically.



**Infection control coordinator Marlene Madrigal shows signs on the door of a private room detailing both contact and airborne precautions to prevent infectious disease from spreading. Gloves, mask and safety goggles are donned by staff entering the “ante-room” to help isolate germs.**



**Nurse Debbie Kolosh, RN, leaves a room designated for a patient under isolation precautions and steps into the “ante-room.” The tracer tag she is wearing alerts the tracking system that she has left the room.**

“In this case, the Real-Time Locating System became a valuable source to obtain data, in detail, of the exact time every healthcare worker spent with the patient down to the second,” Kumar says.

“Besides the tracer tags, we also used isolation precautions in a room with negative pressure airflow that has a second smaller room just outside the front door,” Kumar explains.

Air from the negative pressure room goes through special filters and is sent out of the building separately, he says. It keeps the air from the room of an infectious patient separate from anyone else in the building. The smaller “ante-room” provides a separate area that someone can enter before opening the patient’s door and not combine the air from the outside

room with the patient’s room. One door is opened at a time using an airlock system. That air is also filtered and gives the healthcare staff a chance to put on protective gear—gown, gloves and goggles—that is necessary before entering.

Besides the tracer tag system and negative pressure airflow room, electronic medical records (EMR) were used to determine who assisted the infected patient, Kumar says. Every staff member interaction with a patient, from nurses to radiology techs to social workers, is logged in to the EMR, he says.

The hospitals also have video surveillance cameras, installed as additional security for visitors and staff, to review and ensure they did not miss anyone potentially at risk for infection. ■

# The Food Issue

## AMERICA'S WAR ON WEIGHT: A BRIEF TIMELINE

**1918**

In her book *Diet and Health, with Key to the Calories*, Lulu Hunt Peters, MD, writes, "If there is anything comparable to the joy of taking in your clothes, I have not experienced it."



**1940**

The lemonade-and-laxative Master Cleanse diet is introduced.

**1957**

Charlie W. Shedd's *Pray Your Weight Away* becomes a best-seller.



**1975**

The Cookie Diet is invented by Sanford Siegal, MD.

**1990s**

The cabbage soup diet—a hit from the 1950s—makes a comeback, as it has every decade since its debut.



**2004**

Kraft introduces the 100-calorie Oreo snack pack.

**We've been fighting fat for generations, but with two out of three Americans either overweight or obese, we're clearly losing the war. So how about a different approach? Instead of thinking about food as the enemy, why not consider it a friend?**

**Read on to learn how the food you put on your fork won't just affect your pant size. It might just save your life. ➔**

# The Ultimate MEDICINE

**SANJAY GUPTA, MD**, reports on five reasons food is the best medicine BY **STEPHANIE PATERIK**

**S**anjay Gupta heard a clock tick. Four months from his 40th birthday, he knew it was time to get serious about his health.

The first-generation Indian-American had some advantages. A voracious intellect got him into medical school at 18, and a charismatic personality landed him a job as an Emmy-winning medical correspondent for CNN and CBS. He practices and teaches neurosurgery, and reports on major world news, spanning 9/11, Hurricane Katrina, the Iraq war and the 2010 Haiti earthquake.

But on some level, Gupta was just a regular guy facing a milestone birthday. (After all, when he first started reporting, he related in *Guideposts*, he stumbled over his words, looked into the wrong camera and wore the same suit every day.)

He launched the “Four Months to Fitness” initiative, blogging about his health journey. And he continues to research the best ways to boost your body—and your life span.

His No. 1 discovery? Food is the ultimate medicine.

“I’m a great believer in exercise, but I think that if you can get control of your diet, everything else will come,” Gupta, now 45, told *Best Self Atlanta* magazine. “I think diet is probably the most important thing.”

Gupta shares five ways to heal yourself with the best prescription of all: food.

“We are eating too much food, and the food we are eating is not good—at least nutritionally.”

It’s hard to get a grip on the diet du jour. Should you go vegetarian or vegan, cookie or juice, Hollywood or South Beach?

Gupta advises to start simply: Whatever you are eating, eat less of it.

While researching his book *Chasing Life*, Gupta found that Americans have grown ravenous. According to the latest U.S. Department of Agriculture figures, we consumed 459 more calories a day in 2010 than in 1970, for an average daily intake of 2,109 calories. And fruit and vegetables accounted for a smaller share of our intake.

“It’s a funny thing, but as human beings we simply eat way too much food. We eat twice as much food as we need calorie-wise,” Gupta told *Best Self Atlanta*. “I really enjoy food and am not going to give certain things up, and that’s fine, I just eat less of them.”

Gupta recommends removing one-third of the food on your plate. Also,

learn from Japan's Okinawa Islands, where residents are more likely to reach age 100 than anywhere else in the world.

Emphasizing vegetables, whole grains, fruits, legumes and fish, Okinawans eat 500 fewer calories a day than Americans do, and they have a tradition called *hara hachi bu*, which means pushing back from the table before you are full.

"I love this phrase and have been known to whisper it out loud when eating out with my wife," Gupta says in his book.

**“No question, eating a Mediterranean-inspired diet rich in good fats, fresh fruits, and vegetables can have a total-body benefit.”**

Once you master portion control, it's time to consider *what* you eat. Gupta says a Mediterranean diet is better for your heart than a low-fat diet.

That means stocking up on fish, fruit, vegetables, nuts and olive oil—even a little wine.

"Eating the Mediterranean way sounds pretty great," Gupta wrote in an article for *Everyday Health*.

Consider a recent study of people with a high risk for heart disease. Participants enjoyed seven glasses of wine and three servings of fatty fish (like salmon) weekly; and four tablespoons of olive oil, five servings of fruit, three servings of vegetables and a handful of nuts daily.

This diet reduced the incidence of heart attack, stroke and death. Plus, omega-3 fatty acids in the diet also might help boost brain health and prevent cancer, *Everyday Health* reports.

Ronesh Sinha, MD, the author of *The South Asian Health Solution*, suggests tailoring a Mediterranean diet to your tastes. If you like rice, make cauliflower rice to amp your vegetable servings.





## 10 THINGS YOU (AND THE REST OF US) DON'T KNOW ABOUT SANJAY GUPTA

- 1 Gupta's parents moved to Michigan from India to be engineers for Ford Motor Co. "My mother was the first female engineer ever hired by Ford, a fact that is presented with great pride in the Indian and engineering communities," Gupta wrote in a *Guideposts* essay.
- 2 He's a bookworm. He spent long hours in the library as a kid, reading books on everything from science fiction to neurosurgery.
- 3 Gupta was inspired to become a doctor as a teenager when his grandfather was hospitalized for a stroke.
- 4 From 1997–98, Gupta wrote speeches for Hillary Clinton as a White House Fellow.
- 5 Gupta literally bumped into CNN's CEO in an airport while traveling to a job interview with Grady Memorial Hospital in Atlanta. He got two job offers that shaped his career.
- 6 He still practices neurosurgery and teaches at Emory University in addition to working as a journalist for CNN and CBS.
- 7 He has performed emergency brain surgery in disaster zones, helping save the lives of a young boy in Iraq and a girl in Haiti.
- 8 Turning 40 inspired him to become a part-time vegetarian. He doesn't cook meat at home, but he indulges when he dines out.
- 9 When dining out, Gupta says in his book *Chasing Life*, he pushes away from the table when he feels 80 percent full.
- 10 Gupta enjoys gardening with his wife, Rebecca, and three daughters, Sage, Sky and Soleil.

“I've got a secret to share: With what we know right now, we could see the last heart attack in America.”

Gupta spent more than a year researching heart disease in the U.S. It's the No. 1 killer of men and women, and 1 million heart attacks happen every year—one every 30 seconds.

“If you haven't had a heart attack yourself, you likely know someone who has,” he said in his CNN documentary *The Last Heart Attack*. “I'm a pretty typical guy in his early 40s with a family history of heart disease. So I decided to go on a mission to never have a heart attack.”

Gupta's report focused on the plant-based diet that helped President Bill Clinton regain health after quadruple bypass surgery in 2004 and a stent operation in 2010.

“No more meat, no more eggs, no more dairy, almost no oil,” Gupta says while describing the strict anti-heart-attack diet. “The mantra is eat nothing that has a mother or a face.”

Catherine Shanahan, MD, the author of *Deep Nutrition and Food Rules*, doesn't prescribe the plant-based diet but agrees that “when we get sick, it's not truly random, and there is an underlying order to our health.

“One of the reasons there is an interest (in the plant-based diet) is we all have a sense there is a bigger picture. ... When we get sick, our genes didn't get something they were expecting one too many times. Our genes run every single cell, and it's very important to satisfy them,” she says.

“It may sound like a cliché, but [breakfast] really is the most important meal of the day.”

“Breakfast delivers the fuel that your body needs to get going; and studies, especially on children, have shown that a healthy morning meal improves concentration and problem-solving ability,” Gupta wrote for *Everyday Health* last year.

To make a healthy morning meal, start by limiting sugar content.

Sinha, who prescribes healthy recipes instead of blood pressure medication in his practice, explains that even whole grains turn into sugar and fat in our bodies when we don't exercise enough. Many of his patients are passionate about health, shop at a natural-and-organic-foods grocer and yet have grain-heavy diets.

He challenges them to trade oatmeal for eggs—with the yolks, which are high in beta carotene—for one month.

“Oh my gosh, it is so helpful! I'm into making very simple changes because you don't want to overwhelm people,” he says. “They are more satiated, and they aren't getting screaming hunger pains like they do with a bowl of cereal.”

“I have three young children. We stay away from a lot of processed foods because they may be introducing contaminants into our children's bodies.”

If you're concerned about chemicals in the modern diet, Gupta sympathizes.

“We are surrounded by more chemicals now than ever before. Up to 200 chemicals are in the blood of babies before they're even born,” he told the National Institutes of Health publication *MedlinePlus* in 2011.

He said the long-term National Children's Study, which will follow tens of thousands of children from birth through age 21 and be the largest-ever study of children's health in the U.S., could shed light on the relationship between chemicals and diseases such as asthma, autism and obesity.

In the meantime, he practices caution, buying organic milk for his kids.

“Here's what I believe, maybe more so as a father than a doctor. Children have an innate tendency to be healthy and do the right things for their bodies. For example, my children have healthy eating habits. They actually like healthy food, because it's what we've always given them,” he told *MedlinePlus*.

“Part of that for us is that we have a little garden in our backyard where we grow vegetables. The kids know they come out of the ground and recognize their value because they help grow them. And they love tomatoes, for example. I'm always struck that when their friends come over, I can tell by their questions that they may not realize that food comes out of the ground.” ■

CALL



### Control Is Key

Learn to control blood sugar with diabetes management classes from the hospitals of Community Healthcare System. For information, call Community Hospital, **219-836-7714**; St. Catherine Hospital, **219-392-7786**; or St. Mary Medical Center, **219-947-6234**.

## BALANCE THAT DIET

For people with diabetes, good health begins in the blood. The body's inability to convert sugar, starches and other foods into energy means a healthy diet is the key to controlling blood sugar levels. In observance of American Diabetes Month in November, the American Diabetes Association recommends adapting a diet that contains the right amounts of vegetables, protein, fruits and whole grains.

Diabetes self-management education is offered through St. Catherine Hospital in East Chicago and Community Hospital in Munster. These classes have been recognized by the American Diabetes Association for quality self-management education. Participants learn to follow a special diet, plan basic meals, participate in simple exercise programs and monitor glucose levels. St. Mary Medical Center in Hobart offers diabetes management classes as well with diabetic diet and meal planning and glucose monitoring.

# THE BIG STORY



PHOTO BY SUPERSTOCK/TETRA IMAGES



# FOOD FOR *Thought*



Diet doesn't have to be a four-letter word. Instead of looking at the food on your plate as the enemy, think of it as your partner in good health, helping you get better, stronger and happier every day. We've got some delicious strategies to share. *BY ALYSSA SHAFFER*

## FOOD FIXES

Keeping nutritious snacks at home helps your partner stay healthy during pregnancy, too.



# DIET SABOTAGE!



*How to outsmart five barriers to weight loss*

Despite your best efforts to eat right and exercise, life seems to get in the way. Here are five situations that typically lead to weight gain—and ways to triumph over them.

## NUTRITION COACH

To help you put together a healthy meal plan and achieve goals for weight loss, cholesterol or diabetes management or any other nutritional needs, the hospitals of Community Healthcare System offer dietary evaluation and nutrition counseling. A registered dietitian can help you build the perfect diet.

“We can help provide the highest level of nutrition counseling and will personally tailor a diet to each individual, taking into account medical history, food likes/dislikes/allergies and lifestyle,” says dietitian Terri Sakelaris, MS, RDN, CDE.

### SABOTEUR:

#### You quit smoking

The good news is that you’ve taken a quantum leap when it comes to bettering your health. The not-so-good news is that smoking speeds up your metabolism, says Nicole Nichols, a fitness trainer and health coach for the healthy living website sparkpeople.com.

#### → PLAN OF ATTACK: TWEAK YOUR

**HABITS** “It could just mean having one less snack, or having water instead of juice or mustard instead of mayo,” Nichols says. Keep your mouth busy with sugar-free gum or mints. Slip in some extra exercise—instead of a smoking break, take a walking break. It quickly adds up: An extra 500 steps four times a day equals about 1 mile and burns about 100 calories.

### SABOTEUR:

#### Your partner is pregnant

She may be eating for two, but why are you packing on the pounds? “Often, couples who are expecting find themselves eating out more, or just having poorer food choices around the house,” notes Jennifer McDaniel, a registered dietitian and a spokeswoman for the Academy of Nutrition and Dietetics. A British survey found that spouses gained up to 14 pounds when their wives were pregnant.

#### → PLAN OF ATTACK: TAKE THE

**LEAD** Keep healthy choices at home, including fresh fruits and vegetables as well as lighter versions of treats like ice cream. And stay active. “Think of this as an opportunity to hang out with friends [before the baby arrives] by going for a run or playing ball,” McDaniel adds.

### SABOTEUR:

#### You move to the suburbs

Trading a city apartment for a place in the burbs usually means your transportation shifts from two feet to four wheels. One study published in the *American Journal of Health Promotion* found that people who

lived in population-dense cities walked about 80 more minutes a month and weighed an average of six pounds less compared with those who lived in more sprawling areas.

#### → PLAN OF ATTACK: GET STRATE-

**GIC** With a little planning, you can increase your activity levels. Invest in a pedometer and set a goal of 10,000 steps a day. Park in one part of town and walk to your errands. Head to a walking trail at lunch. “I’ll often find myself going up and downstairs for the littlest things, just so I can add on a few more steps,” McDaniel says.

### SABOTEUR:

#### You’re going through menopause

Hormones rage. Stress rises. Energy plummets. It’s a time of change. Pamela Peeke, MD, the author of *The Hunger Fix*, notes, “Your body is weaning itself off estrogen and progesterone, and you may be facing challenges in your career or relationships.” Many women start storing fat around the middle. “If you had an hourglass shape your entire life, you may start to notice your body looks more like a shot glass,” she says.

#### → PLAN OF ATTACK: MOVE AND

**LIFT** “Step things up and add movement throughout your day,” Peeke says. That includes strength training. Your body starts to lose muscle mass as you move into your 40s and 50s, which can slow your metabolism. It doesn’t mean upending your entire life. “Strength training two or three days a week can help keep your engine stoked,” she says.

### SABOTEUR:

#### You can’t sleep

One recent study found that subjects who had five hours of sleep a night ate far more than those who slept nine hours; after two weeks they’d gained an average of two pounds. “When you’re not getting enough sleep, you’re not only more likely to raid the fridge; you’re also going to make poor nutrition choices,” says Bonnie Taub-Dix, a registered dietitian and author of *Read It Before You Eat It*.

#### → PLAN OF ATTACK: UNPLUG

Aim to hit the sack a few minutes earlier each night, and limit the use of electronics in the hour before bedtime. Tablets and computers emit a blue light that may suppress the sleep-inducing hormone melatonin. Keep your bedroom cool, dark and quiet. And stop staring at the clock. Turn it around and roll over. ■

CALL



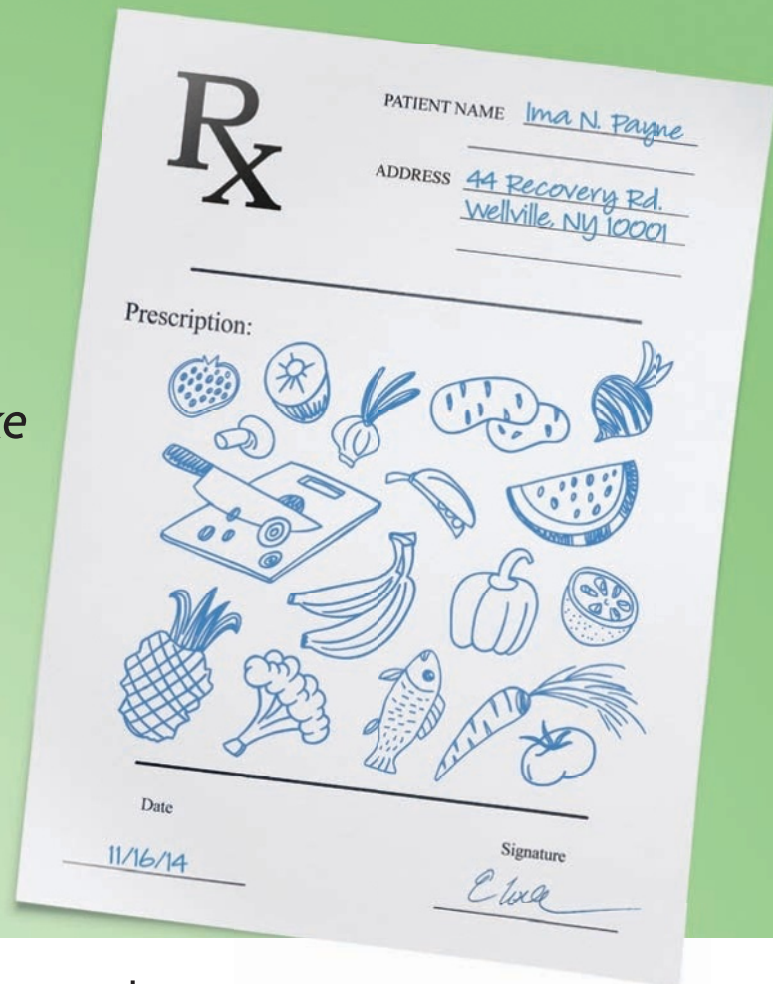
### Custom Care

Let a Community Healthcare System dietitian/nutritionist help you with a meal plan. Call **219-934-2858** (Munster); **219-392-7060** (East Chicago); or **219-947-6063** (Hobart) for info. Physician referral required.

# RX: FOOD

➔ **Can what you eat make you healthy again?**

**G**ood nutrition is important for everyone, but when you have a chronic condition like diabetes or heart disease, your diet dramatically affects your well-being. “Every day, you have a choice,” notes registered dietitian Janet Brill, PhD, a nutrition and fitness expert and the author of *Blood Pressure Down* and *Prevent a Second Heart Attack*. “The foods you eat can either make you more unhealthy, or they can work for you—it’s up to you.”



## DIABETES

### NUTRITION RX: CONTROL CALORIES AND CARBS

No two people with diabetes are exactly alike, but the general goal is to keep calories in check by modifying portion sizes (smaller servings of starches and meats; larger ones of vegetables) and limiting total carbs to no more than 45 to 60 grams per lunch and dinner.

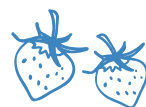
“The key is to make sure you’re following a nutrient-rich plan that can help you manage a healthy weight,” notes registered dietitian Jackie Newgent, the author of *The All-Natural Diabetes Cookbook*.

#### BREAKFAST:

- ▶ Scrambled egg whites tossed with black beans, salsa, avocado and cilantro
- ▶ Low-fat cottage cheese with fresh peaches

#### LUNCH:

- ▶ Whole-grain pita half stuffed with hummus and sliced cucumbers, tomatoes and scallions
- ▶ Cup of fresh berries with handful of pistachios



#### SNACK:

- ▶ Bell pepper strips with bean dip

#### DINNER:

- ▶ Green salad with red onion, balsamic vinegar and olive oil
- ▶ Rotisserie chicken breast without skin
- ▶ Roasted asparagus
- ▶ Steamed brown rice sprinkled with lemon juice and pine nuts

#### SNACK:

- ▶ Fat-free Greek yogurt with sprinkle of granola and pinch of cinnamon

## HEART DISEASE

### NUTRITION RX: GO MEDITERRANEAN

Want to combat heart disease? Try eating like the Greeks. Research overwhelmingly supports the heart-healthy benefits of a Mediterranean diet, rich in fresh produce, beans, whole grains, nuts, olive oil, fish, yogurt and poultry. (And maybe a glass of wine with dinner.)

#### BREAKFAST:

- ▶ Steel-cut oatmeal made with soy milk, sprinkled with flaxseeds and dried cranberries
- ▶ Fresh mango with lime

#### SNACK:

- ▶ Fat-free Greek yogurt with walnuts and dried figs

#### LUNCH:

- ▶ Fresh veggies and hummus in a whole-wheat pita pocket sandwich

#### SNACK:

- ▶ Apple

#### DINNER:

- ▶ Steamed halibut with vegetables cooked in olive oil
- ▶ Roasted beets with lemon olive oil vinaigrette
- ▶ Curried whole-wheat couscous
- ▶ Green tea
- ▶ Glass of red wine (optional)



## HIGH BLOOD PRESSURE

### **NUTRITION RX: KEEP SODIUM LOW AND POTASSIUM HIGH**

People with high blood pressure know to limit their sodium intake to 1,500 to 2,300 milligrams a day. But according to Marla Heller, a registered dietitian and the author of *The DASH Diet*, “The key is also a diet that is rich in fruits and vegetables, along with low-fat and nonfat dairy products, beans, nuts and seeds.” Those foods, along with minimizing fats, sweets and added sugars, have been shown to help lower blood pressure.

#### **BREAKFAST:**

- ▶ Orange juice
- ▶ High-fiber cereal with fat-free milk, fresh raspberries or strawberries
- ▶ Cinnamon-raisin English muffin with low-fat cream cheese

#### **LUNCH:**

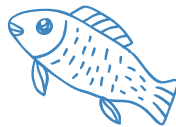
- ▶ Turkey and reduced-fat Swiss cheese on whole-wheat bread with cranberry sauce and romaine lettuce
- ▶ Tomato and cucumber slices
- ▶ Coleslaw
- ▶ Apple

#### **SNACK:**

- ▶ Nectarine
- ▶ Handful of almonds

#### **DINNER:**

- ▶ Italian bread dipped in olive oil
- ▶ Grilled salmon
- ▶ Roasted new petite red potatoes, green beans dusted with crushed hazelnuts, hearts of romaine with grape tomatoes and olive oil vinaigrette
- ▶ Berry sundae (strawberries, blueberries and blackberries on low-fat vanilla frozen yogurt)



## HIGH CHOLESTEROL

### **NUTRITION RX: LOAD UP ON SOLUBLE FIBERS; LIMIT FAT AND DIETARY CHOLESTEROL**

Most patients with high cholesterol readings are put on medication like statins, but dietary choices also play a role in lowering “bad” (LDL) cholesterol and minimizing risk of heart disease, Brill says. “Certain foods have been shown to attack LDL in different ways, and when they are combined, they can create a dramatic effect.” Must-have foods include oatmeal, almonds, flaxseeds, beans, apples, soy, garlic, and plant-based butter spreads containing phytosterols.

#### **BREAKFAST:**

- ▶ Oatmeal made with soy milk, sprinkled with flaxseeds and dried cranberries
- ▶ Kiwi slices

#### **SNACK:**

- ▶ Banana
- ▶ Handful of almonds



#### **LUNCH:**

- ▶ Veggie burger with grilled onions, lettuce, tomato, pickle and mustard

#### **SNACK:**

- ▶ Apple
- ▶ Soy-milk smoothie

#### **DINNER:**

- ▶ Vegetable soup
- ▶ Grilled fish topped with tropical salsa
- ▶ Roasted asparagus
- ▶ Lentil pilaf
- ▶ Green tea ■

## STAYING HEART HEALTHY

If you are a smoker, have diabetes, or high blood pressure or cholesterol levels, you may be at risk for heart disease. The best way to prevent heart disease is by maintaining an active lifestyle and eating heart-healthy foods. However, staying motivated and committed to a healthy routine can be a struggle sometimes. Cardiac rehabilitation services of Community Hospital, St. Catherine Hospital and St. Mary Medical Center offer heart health, peripheral artery disease (PAD) and blood pressure screenings as well as meal planning, exercise, education and support to patients living with cardiovascular disease. The cardiac rehabilitation programs at the hospitals of Community Healthcare System are dedicated to helping you stay healthy and getting you back on track to good health.

CALL



### Healing for Hearts

If you are at risk for heart disease, the hospitals of Community Healthcare System offer guidance through cardiac rehabilitation services, screenings and support groups. For more information, call **219-934-2830** in Munster, **219-392-7086** in East Chicago or **219-947-6085** in Hobart.

# HONEY, I SHRUNK THE KIDS

➔ *At-home strategies can help develop a lifetime of healthy eating*

**I**t's hardly news that millions of American kids are fat. Childhood obesity has more than doubled in the past 30 years, and more than one-third of children are overweight or obese. But that doesn't mean it's time to throw in the towel.

"When you establish a base of healthy habits at home, you're setting a critical tone for your family," says Sally Kuzemchak, a registered dietitian and the author of *Cooking Light Dinnertime Survival Guide*. "No matter what your children may be exposed to outside of your family, they'll still circle back to what's familiar to them." Start with this five-step plan.

**STEP 1 BE GOOD ROLE MODELS.** "Your kids watch everything you do, so even from a very young age, it's crucial to model good habits," Kuzemchak says. "If you want everyone eating veggies every night, then the whole family needs to be dining on them." Keep plenty of fruit around and reach for it before sweet or salty snacks. Shelve sugary drinks like juice or soda. And eat dinner together. "Kids who have family meals tend to eat healthier diets and

to have higher self-esteem," adds registered dietitian Melinda Johnson, a spokeswoman for the Academy of Nutrition and Dietetics.

**STEP 2 READ BEFORE YOU BUY.** Being aware of artificial ingredients and added sugar is crucial to making healthy choices, so read labels carefully. "It's important to know what's inside the foods you buy," says registered dietitian nutritionist Ruth Frechman, a spokeswoman for the Academy of Nutrition and Dietetics and the author of *The Food Is My Friend Diet*. "Comparing your choices at the supermarket or grocery will help you make the most informed decisions."

**STEP 3 TURN SNACKS INTO HEALTHY EATS.** Too often, snack time becomes an excuse to bring out the chips or cookies. "Think of 'food' rather than 'treat' when it comes to serving snacks," Johnson says. "A good rule of thumb is to aim for two food groups, such as a fruit and a dairy or a bread and a protein." It doesn't have to be complicated. Try serving an apple with string cheese, cereal with milk, or peanut butter on toast.



**STEP 4 MAKE FAMILY TIME ACTIVE.** Kids don't have to participate in organized sports to stay active. Instead, create playtime at home. Have your little one stand on a towel and pull her around the house as she "wakeboards." Call out the name of an animal (bear, lizard, gorilla) and have your kids crawl like that creature toward a finish line. "Give kids a chance to make up their own challenges—it inspires confidence, leadership and excitement—and fitness is a great side effect," adds Wendy Siskin, a youth fitness specialist with the nonprofit group Wellness in the Schools.

PHOTO BY GETTY/NEUSTOCKIMAGES



## FORMULA FOR HEALTHIER EATING

Teaching your children about healthy eating habits starts at home. However, good nutrition can be a source of frustration if you continually struggle with counting calories and can't maintain a healthy weight. Experts at Community Hospital in Munster and St. Mary Medical Center in Hobart understand that the key to a successful diet plan involves maintaining a balance between counting calories and reducing fat intake.

Professionals at the Healthy 4 Life program stress education through a variety of nutrition seminars, meal planning programs and weight management support groups.

Individuals also learn ways to shop and find an exercise plan that fits their lifestyle. If you want to get back on track to better health and be the best you can be for your children, the bariatric professionals of Community Healthcare System are available for guidance and to provide consultation about other treatment options.

### STEP 5 LET THEM EAT JUNK (OCCASIONALLY).

There's nothing more tempting than the treat you can never have. So don't ban goodies altogether. "Trying to get too controlling can backfire, leading to kids sneaking what they consider forbidden foods once they get a chance," Johnson says. Acknowledge that there is a time and a place for the sweet or salty stuff, but set limits so they know it's the exception, not the norm. ■

WEBSITE



### Healthy 4 Life

To learn more about Healthy 4 Life at Community Hospital in Munster and St. Mary Medical Center in Hobart, call **866-224-2059** or visit **[www.healthy4life.center.org](http://www.healthy4life.center.org)**.





# GUT CHECK

*A crash course on digestive distresses*

BY **ELLEN RANTA OLSON** • ILLUSTRATION BY **JUDE BUFFUM**

**U**nderappreciated and overworked, the digestive system gets no love. • While it's not pretty, it sure takes care of business. From the minute you take a bite, the system works hard to process the food, get you the nutrients you need and eliminate the waste. • For many people, though, digestive distress is a common problem. If you're suffering from tummy troubles, you're not alone. About 51 million Americans see a doctor for digestive diseases each year, according to the Centers for Disease Control and Prevention. Ready to put down that bottle of Pepto for good? Read on to learn about the most common alimentary ailments and how you can ease the pain.



### The Culprit: Reflux

**SPOT THE SIGNS:** Acid reflux is better known as heartburn, and that name could not be more accurate—your chest feels as if it's on fire. Reflux is characterized by a burning, stinging sensation rising from your stomach and chest to your throat, a sour taste in your mouth and episodes of coughing, says Jay Kummerle, MD, of the American Gastroenterological Association. If these symptoms are chronic, you may have gastroesophageal reflux disease, or GERD. A faulty valve causes reflux. When the controller between the esophagus and the stomach doesn't work properly, stomach acid leaks upward, causing that burning sensation.

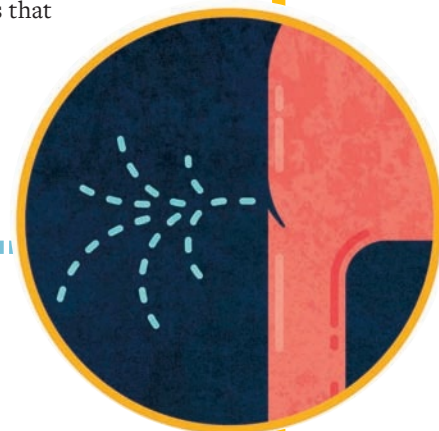
**FIND A FIX:** "For simple heartburn without nausea present, medications are likely to help," Kummerle says. Try antacids like Zantac or Pepcid AC. You may also want to avoid certain foods, like spicy or greasy dishes. For more severe or persistent cases, Kummerle recommends having a thorough medical evaluation as step one. X-rays may be needed to get a better grasp of what's going on.

### The Culprit: Ulcers

**SPOT THE SIGNS:** "Ulcers come in two flavors: peptic and gastric," Kummerle says. Peptic ulcers are holes or breaks in the lining of the small intestine, and gastric ulcers are holes in the stomach lining. They don't always cause symptoms, but the most common sign of an ulcer is a gnawing or burning pain in the abdomen between the breast bone and the navel that tends to pop up between meals and in the early morning. You also might experience nausea and vomiting.

In the past, it was believed that lifestyle and diet were the main contributors to ulcers, but research now shows that infections cause up to 90 percent of ulcers, Kummerle says. "But medications like aspirin and NSAIDs can contribute, so it may be best to avoid those," he adds.

**FIND A FIX:** Medications are the first line of defense in treating an ulcer. "If you think you may have an ulcer, don't try to treat it yourself by just changing your diet or lifestyle," Kummerle cautions. If the cause is bacterial, antibiotics can do the trick; for recurrent, severe cases that don't respond to protein-pump inhibitor drugs (such as Prilosec), surgery may be in order.





## The Culprit: Irritable Bowel Syndrome (IBS)

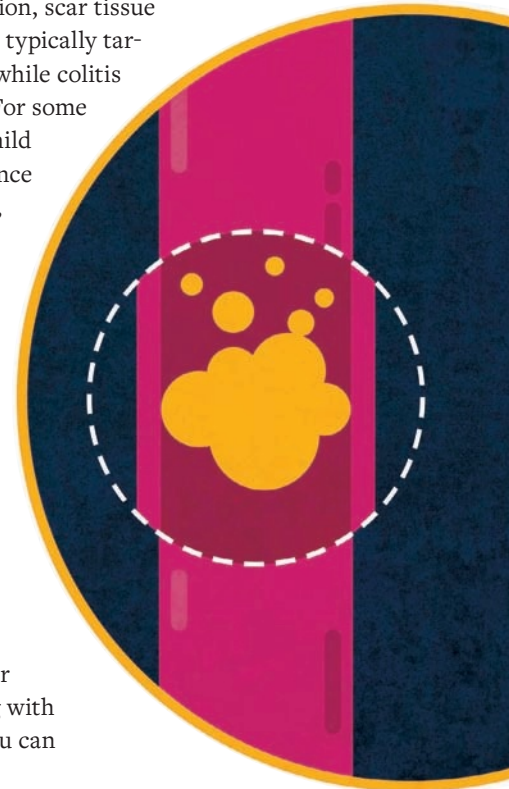
**SPOT THE SIGNS:** If you can accurately describe your symptoms as “everything but the kitchen sink,” it might be IBS. The symptoms can include alternating constipation and diarrhea, gas, bloating, cramping and feeling as if you can’t quite clear things out. “Unfortunately, we don’t know exactly what causes it,” Kuemmerle says, “but it is often believed that stress is to blame.” Essentially, something makes the intestinal muscles go haywire—either contracting too quickly or not quickly enough—and causes a bevy of unpleasanties.

**FIND A FIX:** “Nothing is one-size-fits-all when it comes to IBS,” Kuemmerle says. “Depending on the situation, we can add fiber to a diet or look at making dietary changes.” He recommends keeping a log to track foods that seem to bring on an attack. Since the real culprit may be stress, treating the source of the problem with therapy, meditation and acupuncture may help.

## The Culprit: Crohn’s Disease and Colitis

**SPOT THE SIGNS:** Both Crohn’s and colitis are autoimmune inflammatory bowel diseases, meaning the immune system turns on itself, resulting in chronic inflammation, scar tissue buildup, and blockage. Crohn’s typically targets the intestines and bowel, while colitis affects the colon and rectum. For some people, Crohn’s flare-ups are mild and infrequent; others experience excruciating cramps, vomiting, bloating, bloody diarrhea, loss of appetite, weight loss and fatigue. Colitis symptoms can run the same gamut but are less severe.

**FIND A FIX:** “Unfortunately, there is no cure for either Crohn’s or colitis, but patients can manage symptoms with medication and lifestyle changes,” Kuemmerle says. He suggests giving up smoking (for more reasons than one!), upping your fluid intake and experimenting with different foods to see which you can tolerate better.



CALL



## Find a Physician

To find a gastroenterologist on staff at the hospitals of Community Healthcare System, call our physician referral line at **866-836-3477**. Find out more about GERD and the TIF procedure by visiting our website at [www.comhs.org](http://www.comhs.org).

## RELIEF FOR GERD

Chronic GERD sufferers who no longer respond to medications may finally find relief without surgery through an innovative procedure called EsophyX TIF (transoral incisionless fundoplication). The TIF procedure allows physicians to reconstruct and repair the junction and valve between the esophagus and stomach using a device that enters through the mouth and down the throat. “This anatomical solution offers an effective, long-term result for many chronic GERD patients,” says gastroenterologist Peter Mavrelis, MD, who performs the procedure at St. Mary Medical Center. “It can dramatically improve their quality of life.”



## The Culprit: **Celiac Disease and Gluten Sensitivity**

**SPOT THE SIGNS:** Many people report feeling better when they eliminate gluten, a protein in wheat, barley and rye, from their diet. But that doesn't mean that they had celiac disease to begin with. "There are actually two components in wheat that people can have a problem with," Kuemmerle says. People with celiac disease have an allergic reaction to gluten, which triggers inflammation in the small intestine. When someone with celiac disease consumes even a small amount of gluten, the immune system attacks the lining of the intestine, which can lead to malnutrition.

"For people with what seems to be a gluten sensitivity, the inflammation is temporary. Once the gluten is removed from the body, the inflammation and discomfort go away," Kuemmerle says. "And for some people, it may not even be the gluten that is causing the discomfort. It could be other carbohydrate components."

**FIND A FIX:** The first step for treating celiac disease or a gluten sensitivity is a simple blood test to find out which you have. "We can test for celiac but not for sensitivity," he says. From there, you'll need to adjust your diet. The only way to manage celiac disease is to avoid gluten. If you think you're sensitive to gluten, try eliminating it from your diet and tracking how you feel. ■

# DESTINATION: DIGESTION

## *A road map to the great unknown within your body*

**1** The digestive process starts in your **MOUTH** as soon as you take a bite. While you chew, your stomach gears up for what's to come, and saliva is produced to help the food begin to break down.

► **DID YOU KNOW?** Your body produces about 6 cups of saliva per day. Without it, you wouldn't be able to taste, swallow or form words.

**2** Think of the **THROAT** as the great interstate for your food. Not much to see along the way, but an effective means of transportation, as it carries the food to your esophagus.

**3** The **ESOPHAGUS** is a muscular tube that extends from your pharynx to your stomach; it uses contractions to deliver food to the stomach.

► **DID YOU KNOW?** Your esophagus has a built-in security system. Just before the stomach, there is a high-pressure zone that works to keep food from coming back up into the esophagus.

**4** The **STOMACH** is the most well-known actor in the digestive crew for good reason. Working like the best appliance in your kitchen, the stomach mixes and grinds food, turning it into a liquid or paste.

► **DID YOU KNOW?** No blade needed for this powerful blender—the stomach uses acid and enzymes to break down food.

**5** After the food is morphed into a liquid or paste, it travels into the **SMALL INTESTINE**, where the breaking-down continues with help from enzymes from the pancreas, bile from the liver and contractions that keep the food moving and mixing.

► **DID YOU KNOW?** Laid out, the small intestine would be about 20 feet long.

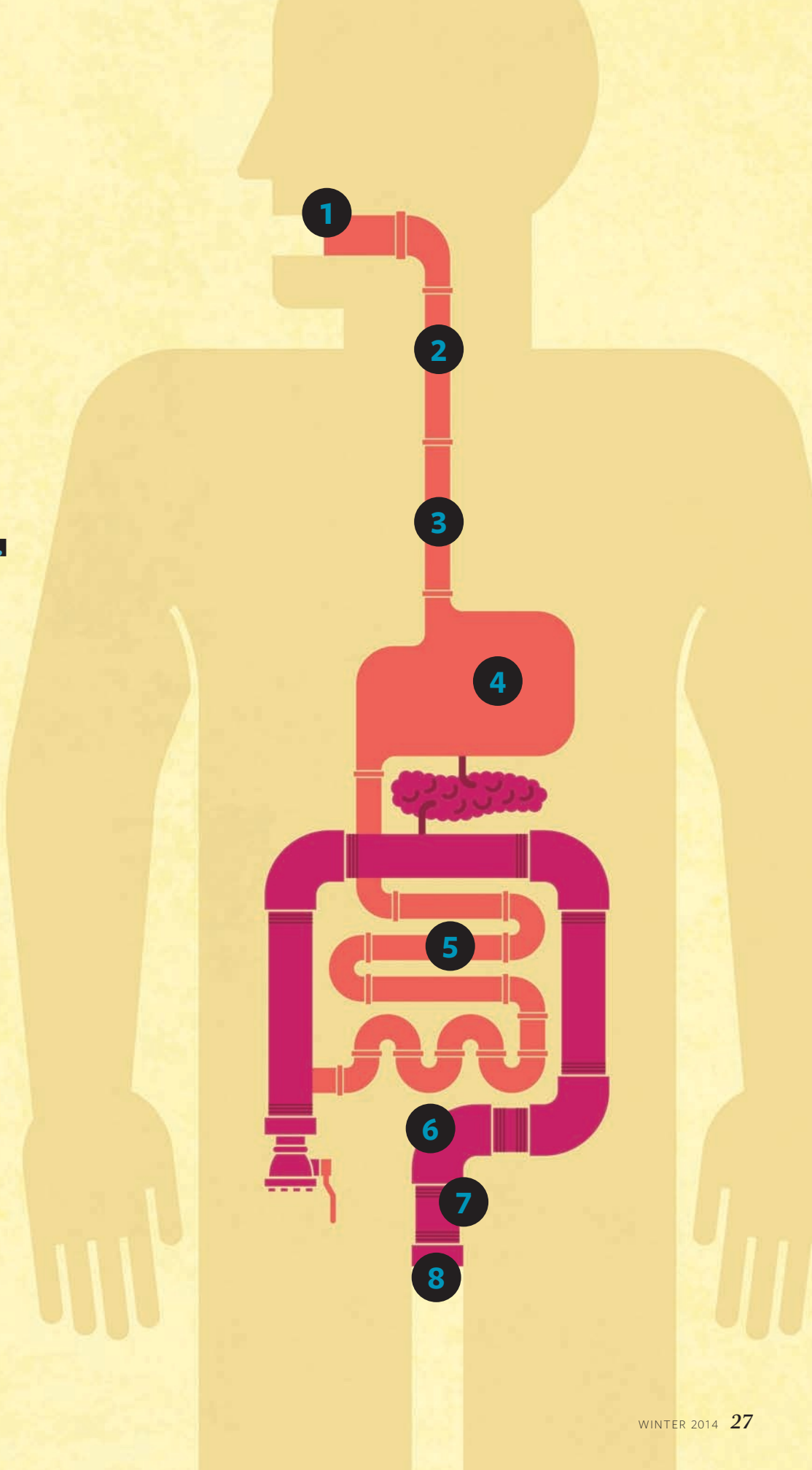
**6** The next pit stop is the **COLON**, a 6-foot-long portion of the large intestine. Waste from the digestive process passes through the colon as a liquid until the water is removed and it ultimately becomes a solid.

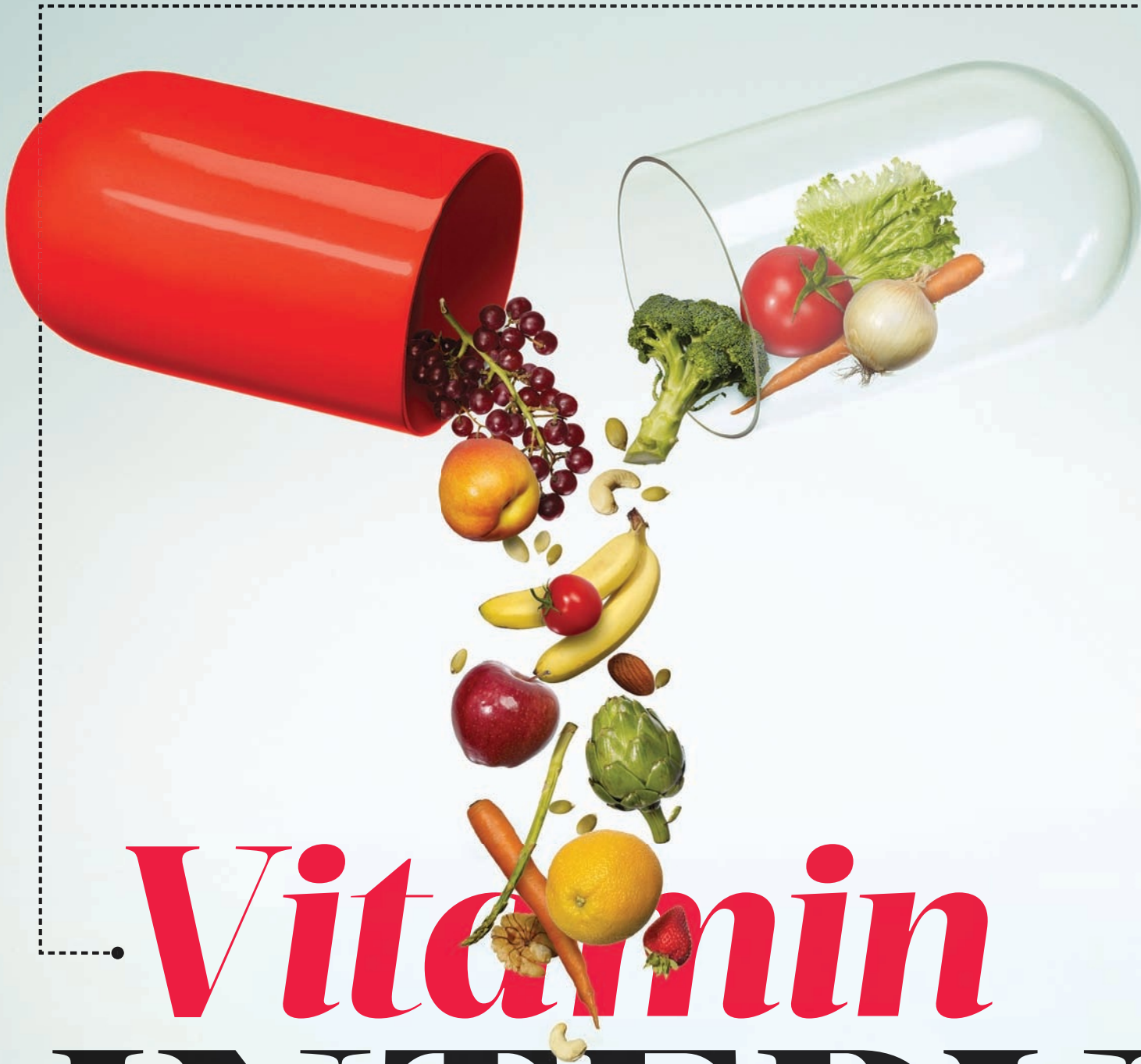
► **DID YOU KNOW?** It typically takes about 36 hours for waste to travel through the colon to the rectum.

**7** The **RECTUM** just might be the smartest part of the digestive system. A 6-inch-long chamber that connects the colon to the anus, it communicates with the brain to decide whether the waste can be expelled yet.

► **DID YOU KNOW?** The rectum has sensors that alert the brain when anything is in the region (gas or stool) and the brain decides whether it is time to “go” or not.

**8** The final stop for your digested food—before it hits the plumbing—is the **ANUS**. The lining of the upper anus detects the contents and lets you know whether it is gas, liquid or solid. You can thank two sphincters for providing control: The internal sphincter keeps you from going to the bathroom when you’re asleep, and the external sphincter allows you to hold it until you find a restroom.





# *Vitamin*

# INTERV

## The five supplements you (probably) shouldn't be taking BY COLLEEN RINGER

Taking vitamins is a no-brainer, right? Our body needs nutrients, so why not swallow a few pills to make sure it gets them all? It's a strategy that almost half of American adults buy into. But is it the best approach?

"There's a presumption that vitamins will always be good for you," says Virginia A. Moyer, MD, former chair of the U.S. Preventive Services Task Force (USPSTF). "But just like everything else, moderation is best. Some vitamins are essential, so you need to get enough, but not too much ... your body can't handle an overload."

So where do you turn for the fundamentals? Not down the supplement aisle, experts say. "Food is first," says Jim White, a registered dietitian nutritionist and a spokesman for the Academy of Nutrition and Dietetics.

And believe it or not, most of us are getting the necessary nutrients from what we eat, Moyer says.

I know what you're thinking: I don't like spinach, so how can that be?

"When I eat my breakfast cereal in the morning, I'm getting a lot of added vitamins," she points out. Think of your orange juice, fortified with calcium and vitamin D. Or bread that has added iron.

Of course, there are folks such as vegetarians, vegans and people with underlying health conditions who have to pay extra attention to ensure they get enough nutrients.

But if you're a healthy adult with a varied diet, you might not need to take supplements. Here are five to reconsider keeping in your medicine cabinet.

# ENTION



## 1 Multivitamin

Most of us think of this pill as our insurance. Whatever we didn't get enough of today—vitamin K, potassium, iron—we'll get from our multivitamin.

"Someone might say, 'Well, I won't eat this food group and just take a multivitamin,'" White says. "That's not the direction to go."

In the Iowa Women's Health Study, a 25-year investigation of 38,772 older women, researchers found that taking multivitamins was actually associated with a slightly increased risk of death. On top of that, in February 2014, the USPSTF stated that there was not enough evidence to prove that taking multivitamins helps prevent cancer or heart disease.

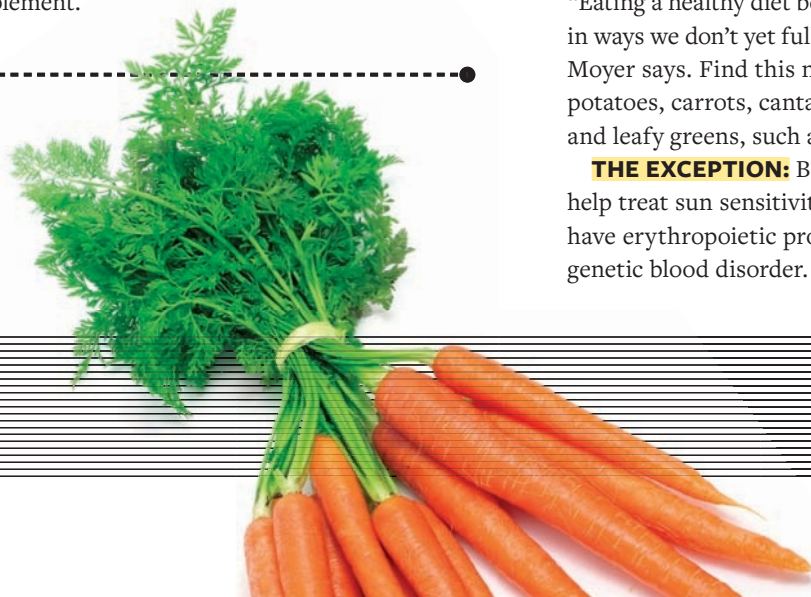
**THE EXCEPTION:** Women who are pregnant or who may become pregnant need folic acid to prevent neural tube birth defects, and many choose to get it through a multivitamin. Also, athletes and people on a very low-calorie diet might also need to take this daily supplement.

## 2 Beta Carotene

"Lots and lots of studies—observational studies that look at what people eat—suggested beta carotene should be beneficial," Moyer says. But the USPSTF discovered that taking this supplement may increase lung cancer risk in those most likely to develop the disease, such as smokers.

The antioxidant, found in fruits and vegetables, is still connected to cancer prevention—but the key is to eat it. "Eating a healthy diet benefits ourselves in ways we don't yet fully understand," Moyer says. Find this nutrient in sweet potatoes, carrots, cantaloupe, apricots and leafy greens, such as kale.

**THE EXCEPTION:** Beta carotene can help treat sun sensitivity in people who have erythropoietic protoporphyria, a genetic blood disorder.







### 3 Vitamin E

The USPSTF gives this supplement a firm thumbs down in prevention of heart disease or cancer. What's more, one study showed that taking vitamin E increased prostate cancer risk in men.

However, eating foods high in vitamin E, such as nuts, vegetable oil and fortified cereals, may help protect your eyesight by lowering your risk for developing age-related macular degeneration by 20 percent.

**THE EXCEPTION:** Vitamin E deficiency, which can cause nerve and muscle damage and weaken the immune system, is sometimes seen in people with Crohn's disease or cystic fibrosis. Supplementation may be necessary in some cases.

### 4&5

### Calcium and Vitamin D

Because vitamin D helps your body absorb calcium, these two nutrients work hand in hand to strengthen your skeleton. Being deficient in one or both could mean having brittle bones, so it's no surprise that these supplements are practically flying off the shelf. But hold that thought.

Gulping down these tablets on a daily basis doesn't, in fact, appear to reduce fractures, Moyer says. She notes, however, that vitamin D holds a related value, although science hasn't revealed why: For those at risk, it can lower the odds of falling in the first place.

**THE EXCEPTION:** Older adults at risk for falls should strongly consider taking vitamin D. ■

## SMART SUPPLEMENTS

Which vitamins are best for you? Should you take a multivitamin for women, men, seniors or children? Do you need to take supplements at all? The answer is that there is no single vitamin regimen that will work for everyone, but "smart" supplementation may be the first step to achieving your optimal health.

"Vitamins are a tool that, when taken appropriately, can help your body function better," says family physician Karin Patterson, DO, who also practices integrative medicine at St. Mary Medical Center. "Every individual has different needs which may be influenced by disease processes, food sensitivities, hormonal imbalances and other lifestyle aspects. The key is to work with your physician to determine what, if any, supplementation will be most effective for you."

Patterson suggests natural foods are usually the best sources of vitamins. "But if we can't get it naturally, supplements can give our bodies the support they need to function optimally and stay healthy."

CALL




### Achieving Balance

St. Mary Medical Center's Integrative Medicine program offers vitamin/supplement needs and nutritional analysis. For information on these and other nutrition or dietetic services, call **219-836-3477**.

# 10

## THE QUICK LIST TAKEAWAYS TO CHEW ON



**1** Rethinking after-school snacks can go a long way toward helping your kids stay at a healthy weight.

**2** The right foods (English muffins! Low-fat frozen yogurt!) can help you take charge of a chronic disease—no cod liver oil required.

**3** Moving throughout the day is the best strategy for combatting diet saboteurs like menopause and the suburbs.

**4** A handful of almonds and dried berries might be the perfect midafternoon pickup.



**5** Most of us don't need to supplement our diets with vitamins, even if we don't have kale with every meal.

**6** Infections, not lifestyle or diet, cause about 90 percent of ulcers.

**7** The 6 cups of saliva produced by your body each day make it possible for you to taste, speak and swallow.

**8** People who are sensitive to gluten become uncomfortable; people who are allergic to gluten can become malnourished.

**9** Vitamin D may not reduce fractures, but it might reduce your risk of falling in the first place.

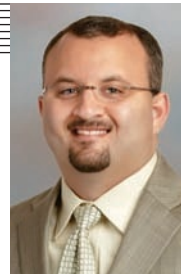
**10**

While breakfast really is the most important meal of the day, cereal isn't your smartest choice. Try eggs instead.



PHOTOS BY THINKSTOCK

➔ **WANT MORE HEALTHY IDEAS?** Check out our spring issue, focusing on surprises in senior health.



**Anas Safadi, MD**

## CARDIAC QUESTIONS

*We checked in with cardiologist Anas Safadi, MD, to get answers to your most common questions*



Heart disease is the leading cause of death in the United States, and nearly half of Americans have one of the

three main risk factors for heart disease: high blood pressure, high LDL cholesterol and smoking. Finding the right cardiologist to fit your needs is one of the most important medical decisions you can make and can greatly affect your quality of life.

### **Q** What are the most common reasons people need to see a cardiologist?

Northwest Indiana has a high percentage of patients with risk factors for heart disease. Some early symptoms include shortness of breath, chest pain, leg pain and swelling. However, many patients (particularly elderly and women) can present with atypical symptoms including fatigue, unexplained weakness, jaw pain or back pain, which all may be cardiac related.

### **Q** What are some of the newest advancements in cardiology that you offer patients?

There are many new procedures we are offering patients, encompassing the entire spectrum of cardiovascular disease. We are placing minimally invasive coronary artery stents to treat vessels that previously could be repaired only through major bypass surgery. We are now treating pulmonary embolism patients when indicated, with less invasive catheters (EKOS) to dissolve

lung clots immediately. We also are performing venous ablations for leaky veins. Lastly, we are performing local clot removal on patients with deep vein thrombosis and stenting compressed veins, often the triggers for these clots.

### **Q** What's new at your practice, Advanced Cardiovascular Care, PC?

We recently expanded to include a cardiologist, Dr. Hussam Suradi, who has advanced training in structural cardiology. Structural cardiology a subspecialty of cardiovascular medicine that focuses on cardiac defects that are often congenital (birth defects), but may also include heart valve and vessel abnormalities that develop through other disease processes. With the addition of Dr. Suradi, we now have office locations in Valparaiso, Hobart and Winfield.

### **Q** What advice can you offer patients?

It may sound cliché, but an ounce of prevention is worth a pound of cure. Patients should see their doctors early and often, follow the advice and be proactive about their health. ■

CALL



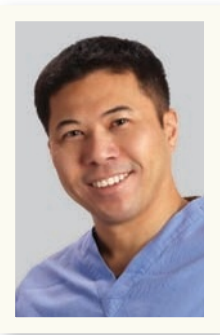
### **Help for Your Heart**

Anas Safadi, MD, is board-certified in six specialties: cardiovascular disease, interventional cardiology, nuclear cardiology, echocardiology, endovascular medicine and internal medicine. He is accepting new patients. To make an appointment, call **219-947-6017**.

# Surgical Excellence



**Douglas Dedelow, DO, Ob-Gyn, FACOOG**



**Hung Dang, DO, general and bariatric surgery**

*The human **expertise** that powers robotic technologies*

With a click and “shrug” of its three mechanical “elbows,” the da Vinci robot springs to life in preparation of its next surgical mission.

In the room above the operating table is an array of high-definition displays that will convey the inner workings of the robotic procedure as it takes place. Members of the highly qualified surgical team perform their individual tasks with confidence and efficiency, prepping the patient and getting everything in place for another successful operation.

Surgeon Hung Dang, DO, makes the first and only incision on the patient—a small, 2-centimeter opening in the belly button. Using a special attachment to one of the da Vinci arms, Dang will perform the entire cholecystectomy, or gallbladder removal, through that single incision.

During this single-site gallbladder removal, Dang is seated at the console where his eyes and hands inherit the robot’s enhanced vision and precision movements. Operating room staff are

able to see on the monitors what Dang sees in the console in front of him and are able to assist at the patient’s side when necessary. His voice is picked up by a microphone and amplified throughout the room.

Later, Dang reported on his follow-up visit with his patient.

“You can’t even tell she had surgery,” says Dang. “There is no visible scar, and she is feeling great.”

## **The Latest and Greatest**

With the newest technologies, such as Single-Site™ instrumentation,

St. Mary Medical Center’s da Vinci Si Surgical System enables surgeons to perform even the most complex and delicate procedures through a very small incision with unmatched precision. In addition to gallbladder removal, robotic surgery is being used for other laparoscopic procedures involving the bowel, colon and stomach. It is also effectively utilized for delicate prostate surgeries and select gynecologic surgeries.

Douglas Dedelow, DO, FACOOG, uses the da Vinci robot for enhanced maneuverability of the surgical tools, including the Single-Site system. He finds the robot advantageous for several minimally invasive gynecologic surgeries.

“The robot allows for precise, real-time, multi-ranged movements and manipulation that is not possible with traditional laparoscopic instruments,” Dedelow says. “It allows me to gain access to a very small space with little disruption of surrounding organs and tissue. Patients experience less postoperative pain, faster recovery and virtually no scarring with this procedure.”

During a da Vinci procedure, the surgeon sits at a console viewing 3-D, high-definition images while using the controls below the display to manipulate

WEBSITE



## **Find Out More**

Visit us online for more information. Go to  
[www.comhs.org/stmary](http://www.comhs.org/stmary).



**St. Mary Medical Center offers advanced technologies, such as the da Vinci surgical robot, and medical expertise as part of the hospital's accredited surgical programs.**

the robotic arms equipped with surgical instruments. The robotic system interprets and converts the surgeon's hand, wrist and finger movements into precise, real-time movements of the surgical instruments inside the patient.

"Our robotic surgical system further strengthens the outstanding surgical services offered at St. Mary Medical Center," says CEO Janice Ryba. "As a Center of Excellence in both bariatric and minimally invasive gynecologic surgeries, the hospital offers our patients the highest level of care available for some of the most complex procedures." ■

## CENTERS OF EXCELLENCE IN SURGICAL PROCEDURES

St. Mary Medical Center's surgery programs have been recognized as meeting the highest standards and performance. Healthgrades® recently named the hospital's orthopedic surgery program as among America's 100 Best.

The hospital's Healthy 4 Life bariatric surgery program has earned accreditation as a Center of Excellence by the Bariatric Surgery Center Network Accreditation Program of the American College of Surgeons. This designation means the hospital and its staff members have demonstrated the capacity and resources to provide high-volume, bariatric surgical care, and can manage the most challenging and complex patients.

St. Mary Medical Center also earned accreditation as a Center of Excellence

for Minimally Invasive Gynecology. As one of only three designated centers in Indiana, the hospital and its staff demonstrate the commitment and ability to consistently deliver the highest level of minimally invasive gynecologic care possible.

"We are proud of these designations that establish us as a Center of Excellence and recognize the hard work and commitment our team has made to provide quality, compassionate care to our patients," says Janice Ryba, CEO, St. Mary Medical Center. "Our Center of Excellence designations represent the strong commitment our medical staff and hospital have made to continually develop the best technologies, expertise and a safe environment to all of our patients."

# Mending Hearts

*A new technique to **heal** the brokenhearted*



Olivia Browder had no symptoms, no pain and no idea she was walking around with a serious heart condition.

A devout patron of her church, 76-year-old Browder enjoys spending

her days reading Mary Louise Clark novels and socializing with church friends. Everything seemed fine until one day in 2009 when a routine checkup revealed that the main artery in her body had weakened, leaving her at risk for a life-threatening rupture.

Browder was diagnosed with a thoracic aortic aneurysm (TAA), which affects about 15,000 people in the U.S. each year. Only about 20 to 30 percent of patients who get to a hospital with a rupture survive.

## **A Ticking Time Bomb**

“These patients are like silently ticking time bombs wrapped in pretty gift boxes,” says J. Michael Tucheck, DO, a Community Hospital cardiothoracic surgeon who has helped to pioneer less invasive treatments for TAA. “On the outside, they seem normal, but the aneurysm could rupture at any moment.”

The largest artery in the body, the aorta carries blood from the heart to other parts of the body. The part of the aorta that runs through the chest is called the thoracic aorta, and when it reaches the abdomen, it is called the





**Schererville resident Olivia Browder is back to her favorite activities after Cardiothoracic Surgeon J. Michael Tucheck, DO, performed a minimally invasive procedure to repair an aneurysm in her heart.**

abdominal aorta. As the aorta weakens, it expands and bulges. These aneurysms, which can also occur in the abdominal aorta (AAA), can rupture causing severe internal bleeding and become life threatening.

“The doctor told me I had an aneurysm in my heart,” Browder recalls. “I never had any pain. At first, I was fearful ... but then I accepted it.”

Given the serious nature of a TAA or an AAA, patients are watched very carefully as the risk of a dissection or rupture increases with the size of the aneurysm. Although blood pressure medicines can slow the growth of an aneurysm, eventually most will need to be repaired because an aneurysm will not disappear or reduce size on its own, according to Tucheck.

“I had CT scans every six months since the diagnosis,” Browder says. “It was very small at the time.” Inevitably, it grew. “I couldn’t just put it off.”

### Lessening the Risk

In May 2014, Browder met with Tucheck.

Since 2003, Tucheck has been chief implanter and director of several clinical research studies for the use of stent grafts. Today, he is one of the nation’s top surgeons currently conducting thoracic endovascular aortic repair (TEVAR), a new noninvasive procedure that uses a thin tube called a catheter to place a stent graft inside the aneurysm to prevent it from rupturing.

A stent graft is a tube made of fabric supported by metal mesh called a stent. The conventional method of placing a

stent graft involves a complex, open surgery in which this tube is sewn into place to create new passage for blood to flow through the weakened aorta. With the new TEVAR procedure, the stent graft is placed directly into the thoracic aortic artery with only a few incisions required for the catheter used to guide the stent graft in place. This new method is less invasive, and provides for a quicker recovery and improved survival rates.

“One of the biggest risks patients face after surgery is paralysis because we are dealing with a very fragile area of the body,” Tucheck says. “With stent repair, this risk is only about 1–4 percent versus 3–20 percent with open surgery.”

Just five weeks after her procedure, Browder feels like herself again.

“My life has been on hold,” she says. “But now I see things differently. I no longer take things for granted. I really feel good about this whole experience. This is the best hospital, and the doctor is very good at what he does.” ■

WEBSITE

## Find Us Online

Visit [www.comhs.org/  
community](http://www.comhs.org/community) to learn more about heart health at Community Hospital.

# Keep It CLEAN

*Patient care focuses on  
quality and safety*

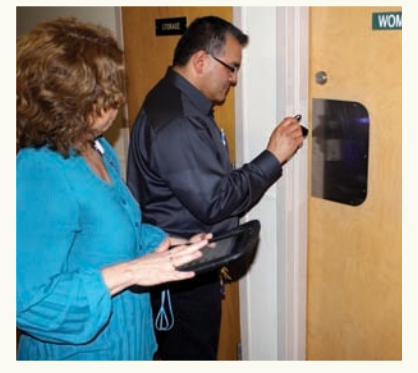


How does a mobile tablet, a fluorescent marker and a UV flashlight help keep patients healthy?

Just ask Jo Marie Seabrook, RN, infection prevention, and Miguel Valtierra, director of Environmental Services, at St. Catherine Hospital. The two departments joined forces to pilot a program to ensure that St. Catherine Hospital was doing its best to provide a safe and clean environment for patients.


Working with studies from the U.S. Centers for Disease Control, the Infection Control and Prevention

Committee has been able to make great strides in keeping patients healthy. The process involves utilizing a spreadsheet available from the CDC and having supervisors marking designated high-touch surfaces with a fluorescent marker. After cleaning, the supervisor checks surfaces with a UV flashlight and tabulates data and tracking to identify trends.



**St. Catherine Infection Control Nurse Jo Seabrook and Miguel Valtierra, director of Environmental Services, use a CDC software program with an ultraviolet light and a computer tablet to check for germs and provide a safe, clean environment for patients and visitors to the hospital.**

“We used the information to train and educate staff and use tablets to collect data,” says Seabrook. “We are pleased to report that our infection control data has shown a decrease in the number of healthcare onset *C. difficile* (multi-drug resistant infection) cases over the past year.”

WEBSITE 

**Learn More  
About Our  
Extraordinary  
Care**

Visit [www.comhs.org/stcatherine](http://www.comhs.org/stcatherine) for more information.



**St. Catherine Hospital's patient and family advisory council includes former patients and their family members (back, from left): Cheryl Mikuly, Annie Broaders, Martin Fisher, Larry McClelland, Dianna Fritz (front seated, from left) Rose Matalik, Sylvia McClelland, Paula Swenson, RN, MS, vice president, Patient Care Services, and Barb Foust, RN.**



# NATIONAL AWARDS BASED ON QUALITY AND PATIENT SAFETY

## ▶ ANTHEM BLUE CROSS BLUE SHIELD ASSOCIATION

Blue Distinction Center for Cardiac Care

## ▶ ST. CATHERINE HOSPITAL EARNS AN “A” FROM LEAPFROG GROUP

(an independent industry watchdog)

## ▶ STROKE CENTER OF EXCELLENCE

The Stroke Center of Excellence at St. Catherine Hospital earned the Gold Seal of Approval™ from The Joint Commission for Primary Stroke Centers

## ▶ CHEST PAIN CENTER

The Society of Chest Pain Centers granted full accreditation to the Chest Pain Center at St. Catherine Hospital

## ▶ TOP PERFORMER ON KEY QUALITY MEASURES

St. Catherine Hospital has been recognized by The Joint Commission as a Top Performer on Key Quality Measures, representing the top 33 percent of all Joint Commission accredited hospitals.

Valtierra says the environmental services staff was eager to participate in the infection-reducing program.

“The staff was actively involved in the design and implementation of the program and very supportive in the educational interventions,” he says. “While many of these individuals have an excellent understanding of the basic policies and procedures involved in terminal room cleaning, they have benefited from the focused program.”

## History of Quality

This collaborative effort is just one example of how the hospital has worked to improve the safety and quality of care for 86 years.

Since 1928, St. Catherine Hospital has used such innovations to provide quality and safe care to the patients it serves. Other recent innovative programs the hospital has been working on include forming a patient advisory council that involves improving processes from patient input to simply doing what it takes to earn nationally recognized awards for quality.

The hospital is focused on continually working to improve patient outcomes, according to Cindy Bejasa, RN, director of Performance Improvement.

“Delivering the right care at the right time in the right setting is the core mission of the hospital,” says Bejasa. “St. Catherine Hospital is committed to helping staff improve the quality of care they deliver every day. We do so by providing information, education, training and support to staff to create a work environment in which quality and safety can thrive.”

## RECENT HEALTHGRADES® RECOGNITIONS

St. Catherine Hospital was recognized by Healthgrades as one of America’s 100 Best Hospitals for cardiac care in 2014.

Other recognitions from Healthgrades include:

- ▶ Ranked Among the Top 5 Percent in the Nation for Overall Cardiac Services in 2014
- ▶ Ranked Among the Top 5 Percent in the Nation for Cardiology Services in 2014
- ▶ Five-Star Recipient for Coronary Interventional Procedures in 2014
- ▶ Five-Star Recipient for Treatment of Heart Failure for 12 Years in a Row (2003–2014)
- ▶ Five-Star Recipient for Treatment of Chronic Obstructive Pulmonary Disease for 12 Years in a Row (2003–2014)
- ▶ Healthgrades Emergency Medicine Excellence Award in 2012
- ▶ Ranked Among the Top 5 Percent in the Nation for Emergency Medicine in 2012
- ▶ Five-Star Recipient for Emergency Medicine in 2012

## Using Patient Feedback to Improve Quality

There are many other ways in which quality and safety programs are formed in the hospital. The Patient and Family Advisory Council is one such vehicle for collaboration and improvements. The council, the first of its kind in Northwest Indiana, was established in January 2013. The group meets with hospital administration to promote communication about patient and family

experiences and to make improvements when necessary.

“Taking the time to really listen to our patients’ experiences helps us to better understand how we can meet their needs,” says Paula Swenson, RN, MS, chief nursing officer and vice president of Patient Care Services. “Refining and simplifying complex healthcare-related instructions is one of the many ways the council has helped us make tremendous strides in improving patient care.” ■



The Schererville office of the Centers for Mental Wellness is located at 6625 W. Lincoln Highway (southwest corner of U.S. 30 and Harvest Drive).

# A WORLD OF DIFFERENCE

Outpatient treatment can help the healing process *BY ANGELA MOORE*

When Evelyn's\* husband decided to leave her after 20 years of marriage, her entire world was turned upside down. She was a stay-at-home mom, had no education beyond high school and no job skills outside of the home. She was severely depressed and had no idea how to move on.

A friend referred Evelyn to St. Catherine Hospital's outpatient Center for Mental Wellness, where she began rebuilding her life.

"The physicians and staff helped me work through this crisis in my life," Evelyn says. "I was able to regain the confidence I needed to help get a job and begin to take care of my family again. This treatment, through the outpatient setting, has been a blessing for us."

Depression and other mental illnesses are more common than we realize. In fact, about one in four people has a mental illness. But with the right treatment, patients can move forward and improve their lives.

Investing in helping this portion of the population are the dedicated healthcare

professionals of St. Catherine Hospital in East Chicago. Bilingual Behavioral Health Services are available at both the inpatient and outpatient levels. The qualified staff includes psychiatrists, internal medicine physicians, psychologists, social workers, psychiatric nurses, recreational therapists, occupation therapists, mental health workers and chaplains.

"We bring together knowledge and techniques from the medical, behavioral and social sciences to provide treatment for a wide range of health conditions," says Joseph Fanelli, MD, medical director of Behavioral Health Services. "Our team works to meet the needs of the entire person with care that ranges from general counseling to cutting-edge, state-of-the-art innovations."

St. Catherine Hospital's Centers for Mental Wellness serve patients with anxiety disorders, attention deficit hyperactivity disorder, autism and developmental disabilities, eating disorders, postpartum depressive disorders, post-traumatic stress disorder, mood disorders and more.

## WHERE TO FIND US

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

Locations for outpatient Centers for Mental Wellness:

- ▶ Schererville: 6625 W. Lincoln Highway  
Southwest corner of U.S. 30 and Harvest Drive
- ▶ East Chicago: St. Catherine Hospital,  
1st Floor  
Elm Street Entrance

To better meet the needs of residents in the southern portion of Lake County, St. Catherine Hospital has added a second location for the outpatient Centers for Mental Wellness in Schererville.

"With this additional location, we are able to provide quality convenient care to the greater community," Fanelli says. ■

*\*Patient's name changed for privacy.*

CALL



### A Place to Turn

For more information about the Centers for Mental Wellness or to make an appointment, call **219-392-7025**.

# THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

Healthy changes made earlier in life pay off in the later years.

## DIABETES + DEMENTIA

In addition to damage to your eyes, kidneys, nerves and heart, type 2 diabetes has been linked to dementia. A study in the journal *Neurology* found that people who developed type 2 diabetes between 40 and 64 had brains that were nearly 3 percent smaller than their nondiabetic counterparts. They were also twice as likely to have problems with thinking or memory. A late-life diabetes diagnosis, meanwhile, had less effect on the brain. In other words, the earlier you make healthy changes, the better. If you're at high risk, a modest weight loss of 5 to 7 percent can reduce the chances you'll develop type 2 diabetes by 58 percent.

## MISTLETOE MENACE

While poinsettias get a bad rap for being poisonous (nibbling on the leaves can mildly upset your stomach), another holiday plant really can give the kiss of death.

Mistletoe poisoning, which occurs when someone eats part of the mistletoe plant or drinks tea created from the plant or berries, can trigger blurred vision, serious stomach upset or even heart weakness. It warrants immediate medical attention. Call 911 or the National Poison Control Center at **800-222-1222**. So, while a little eggnog and snog under the mistletoe might sound tempting, take precautions by hanging the mistletoe high out of the reach of kids and pets.

WEBSITE



### 'Tis the Season to Stress Less

Make this holiday season different—get a handle on your stress. Visit [heart.org](http://heart.org) and search “Fight Stress with Healthy Habits” for 10 actions to take right now (laugh, already!).

# THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

## GOT THE HOLIDAY BLUES?

St. Catherine Hospital offers both inpatient and outpatient counseling and support to help individuals suffering from depression. State-of-the-art inpatient care is offered on two floors, one for intensive treatment and a Mood Disorder unit.

“Our team works together to meet the needs of the entire person,” says Behavioral Health Medical Director Joseph Fanelli, MD.

Once the patient is ready to continue treatment on an outpatient basis, they have ongoing support from the Centers for Mental Wellness.

GO TO ...



### Path to Healing

The Centers for Mental Wellness:  
6625 W. Lincoln Highway,  
Schererville  
St. Catherine Hospital,  
4321 Fir St., East Chicago.  
Appointments: **219-392-7025**.



## COTTAGE CHEESE vs. BBQ POTATO CHIPS

*Which food item has more salt?*

**ANSWER: COTTAGE CHEESE**

A serving of potato chips has less than half the sodium of a serving of 1 percent fat cottage cheese. This unlikely comparison underscores the importance of reading food labels. Nine out of 10 Americans consume too much sodium, and it lurks in places we don't expect.



COTTAGE CHEESE PHOTO BY GETTY/JAROMILAJA, CHIP PHOTO BY THINKSTOCK



## SPOIL YOUR SKIN

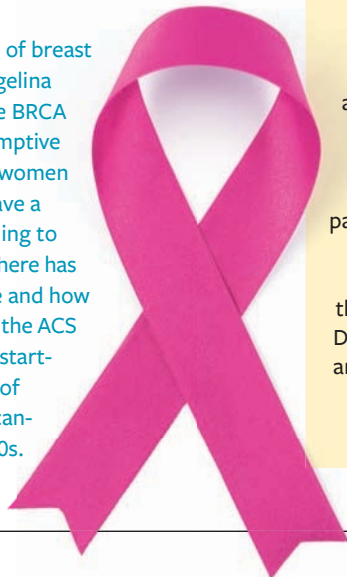
Winter conditions can wreak havoc on your skin. Try these simple tips:

- ▶ Take five- to 10-minute showers with warm, not hot, water.
- ▶ Use an ointment or a cream (rather than lotion) and apply it immediately after showering.
- ▶ Use gentle, unscented skin-care products.

## ▶ TRUE OR FALSE

You don't have to worry about breast cancer if you don't have a family history.

**FALSE** Only about 5 to 10 percent of breast cancers are hereditary. So, while Angelina Jolie produced plenty of buzz for the BRCA gene mutation when she chose preemptive mastectomy, the reality is that most women who develop breast cancer do not have a family history of the disease, according to the American Cancer Society. While there has been much debate about at what age and how often mammograms are appropriate, the ACS recommends annual mammography starting at age 40. The American College of Radiology reports that 1 in 6 breast cancer cases occurs in women in their 40s.



## PROBLEM PILLS



# 400%

Deaths from prescription painkiller overdoses among women have skyrocketed since 1999 by 400 percent.

# 18

About 18 women die every day of a prescription painkiller overdose in the U.S.

# 3

MINUTES

Every three minutes, a woman visits an emergency department because of prescription painkiller misuse or abuse, according to the Centers for Disease Control and Prevention.



## SNOW NO-NOS

Shoveling snow is backbreaking work. Literally. About 16,500 people were treated in 2009 for injuries suffered while shoveling, according to the U.S. Consumer Product Safety Commission. That's cold.

### Play it safe with these tips:

- Use a shovel comfortable for your build.
- Lift with your legs and keep your back straight.
- Don't throw snow—walk to where you want to dump it.

We hang some big mammogram misperceptions out to dry.



## THE TRUTH ABOUT: **MAMMOGRAMS**

*Do mammograms cause cancer? When should I get one? Do they hurt? Here's the scoop on breast cancer screenings*



No matter how many “40 is the new 20” articles you read, there’s one aspect of turning 40 you can’t ignore. And that’s your first mammogram.

Whether you’ve already started these lifesaving screenings or not, it’s likely that you’ve heard a lot about them—and have picked up some misinformation along the way. Read on to test your mammography smarts.

### TRUE OR FALSE:

**If I’m getting annual mammograms, I don’t need to worry about self-exams.**

→ **False.** “Although mammography is good, it’s far from perfect,” says Barbara Monsees, MD, chair of the American College of Radiology Breast Imaging Commission. “It doesn’t find *all* breast cancers. If a woman were to develop a lump, she should bring it to the attention of her physician.”

Experts say it’s less important to follow a specific set of instructions or techniques for a self-exam than to simply recognize what’s normal for you—and to be able to identify changes.

“There is absolutely good reason for women to examine themselves on a monthly basis,” Monsees says.

## SCREENING TIME

One in every eight women will be diagnosed with breast cancer. Regular mammograms are an important tool used in prevention and detection. At the Women's Diagnostic Centers of Community Healthcare System, we understand screening can be an anxious time. We provide digital mammography at all of our facilities and offer same-day appointments with same-day results. In addition, 3-D mammography is available at the Women's Diagnostic Centers in Hobart and Valparaiso. Risk assessments are performed with mammography at all sites, and patients are notified if they are at high risk and informed of additional screening and treatment options available based upon their risk. Women can rely on the support of our highly knowledgeable staff members, who are ready to listen and address any concerns.

### TRUE OR FALSE:

#### I should start my mammograms at 40.

→ **True (mostly).** "The evidence is clear that the most lives are saved from breast cancer if women begin annual mammograms at age 40," Monsees says. Although some guidelines suggest that women can wait until 50 to get screened, the American Cancer Society, the American College of Radiology and others are steadfast in recommending women start at 40.

"Women shouldn't confuse disagreement about guidelines with overall efficacy of screening," she adds. "There is a lot of discussion, but the preponderance of scientific evidence says that mammography saves lives and it saves the most lives when you start annual screening at age 40."

Women at higher-than-average risk, however, may need to be screened even earlier. This includes women with a strong family history of breast cancer and those who have tested positive for the breast cancer gene mutation, among other risk factors. Your doctor can help determine whether you're at high risk.

### TRUE OR FALSE:

#### Repeated annual mammograms can cause cancer.

→ **False.** "The simple answer is that it's a small theoretical risk that pales in comparison to the natural risk of getting breast cancer," Monsees says. The risk

stems from the fact that mammography uses radiation, and radiation is known to cause cancer.

"We don't want to dismiss that," says Marisa Weiss, MD, founder and president of breastcancer.org. "But with modern-day mammography, the radiation exposure is really tiny. ... It ends up being less exposure than a person who flies [across] the country is exposed to."

In the end, Weiss and Monsees agree: The benefits of mammography far outweigh the risk.

### TRUE OR FALSE:

#### If I have breast implants, I can't get a mammogram.

→ **False.** "If you've had breast augmentation, you still have breast tissue," Weiss says. "And you still need a mammogram."

A mammogram's X-rays can't go through implants, so some manipulation of the breast is necessary to capture the best images. Weiss recommends going to an imaging center that offers digital mammography.

Monsees adds that an experienced mammogram technician can be helpful in this situation.

CALL



### Same-Day Results

To schedule your mammogram with same-day results at the Women's Diagnostic Centers of Community Healthcare System located in Munster or St. John, call **219-836-4599**; for an appointment in East Chicago, call **219-392-7227**; or to schedule at the diagnostic centers in Hobart or Valparaiso, call **219-947-6436**.

### TRUE OR FALSE:

#### Mammograms hurt.

→ **False (mostly).** "The reality is that no one wants to get a mammogram," Weiss acknowledges. But while it might not be a pleasant experience you look forward to, it's only a little uncomfortable—not painful, she says.

Monsees describes the sensation as a pinch or squeeze. "And most of the time, any discomfort is mild and quick," Weiss adds. ■

# GIFTS FOR THE HEART

*This year, help the people you love tune up their ticker*

► What's on your holiday shopping list? A new HDTV for your spouse? A fragrance for Mom? We're guessing that a healthier heart probably didn't make the list—but maybe it should.

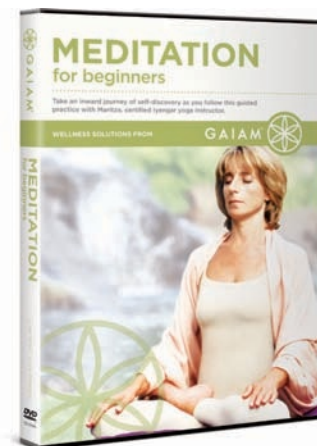
The holidays are a great excuse to help the people you love get a little healthier. The trick is to come up with gifts that are a delight to open, rather than items that suggest a cardiologist did the shopping. These presents should make them happy, inside and out. ■



## TEAVANA MATCHA JAPANESE GREEN TEA, \$35

**Where:** teavana.com and Teavana boutiques

**Why:** Brimming with heart-healthy antioxidants and polyphenols, drinking five cups of green tea a day is associated with a **reduced risk of cardiac death**. Finely ground matcha is supertea: Just one cup is equivalent to 10 cups of brewed green tea in nutritional value.



## GAIAM MEDITATION DVD GIFT SET, \$45

**Where:** gaiam.com

**Why:** A 2012 study found that people who meditated 20 minutes a day for five years were almost **half as likely to have a heart attack** than those who attended a health education class. This set of three different meditation “workouts” is a gentle introduction.

## VITAL CHOICE WILD-CAUGHT ALASKAN SILVER SALMON, \$72 (6 6-OUNCE PORTIONS)

**Where:** vitalchoice.com

**Why:** Mild and sustainably harvested, silver salmon is **high in omega-3s, vitamin D3 and astaxanthin**, a powerful carotenoid antioxidant. The American Heart Association recommends eating at least two 3.5-ounce portions of fatty fish a week.



## SENNHEISER OCX 6851 SPORTS HEADPHONES, \$80

**Where:** en-us.sennheiser.com

**Why:** Working out with music helps **motivate a person to push harder and longer**, research shows. These ultralightweight, sweat-resistant headphones will stay put during even the most vigorous workouts.



## BREVILLE JUICE FOUNTAIN COMPACT, \$100

**Where:** [breville.com](http://breville.com) and kitchenware retailers

**Why:** Juicing helps anyone drink up the vitamins, minerals and other nutrients from fruits and vegetables that can help prevent heart disease. This easy-to-use juicer is one of the best on the market.



## EVERLAST INTERVAL TRAINING TIMER, \$25

**Where:** [amazon.com](http://amazon.com) and sports retailers

**Why:** Sitting most of the workday may increase the risk of dying from a heart attack by 54 percent, a study found. Give your desk jockeys this interval timer to remind them to get up and move every 20 minutes.

## ORIGINS CALM TO YOUR SENSES LAVENDER AND VANILLA BODY SOUFFLE, \$31

**Where:** [origins.com](http://origins.com) and Origins stores

**Why:** People who get at least six to eight hours of sleep each night are less likely to experience cardiovascular problems than sleep-deprived folks. This cream features a soothing scent and olive, grapeseed and apricot kernel oils to send them off to the Land of Nod.



## ► HEALTHY BUYS

### BREAD ALONE BREAD OF THE MONTH CLUB MEMBERSHIP,

\$24 A MONTH IN NEW YORK STATE, \$38 IN OTHER STATES

**Where:** breadalone.com

**Why:** With two loaves of varieties like organic whole-wheat sourdough, organic mixed grain and whole-grain health bread shipped to their door each month, you'll turn recipients on to whole grains, which can help reduce cholesterol levels.



### MOONSTRUCK CHOCOLATE 9-PIECE DARK CHOCOLATE TRUFFLE COLLECTION, \$20

**Where:** moonstruckchocolate.com

**Why:** This box of gift-wrapped goodies provides a decadent break from a ho-hum day—plus heart-health benefits. Studies have found that eating a small amount of dark chocolate, rich in antioxidant flavonoids, a few times each week benefits the heart.



### FITBIT ZIP, \$60

**Where:** fitbit.com

**Why:** This cute clip-on tracks steps, distance and calories burned, motivating you to move more each day. The American Heart Association recommends aiming for 10,000 steps a day.

### FASTACHI HOSTESS HARVEST GIFT TIN, \$32

**Where:** fastachi.com

**Why:** A recent study linked nuts to a lowered risk of death from cancer and heart disease. This round tin contains nearly 2 pounds of roasted almonds, pistachios and cashews along with Fastachi's cranberry nut mix.





**STARBUCKS ART OF THE ROAST TOUR, \$85**

**Where:** starbucksstore.com

**Why:** A recent study found that moderate amounts of coffee—about two cups a day—may help improve blood vessel function and reduce the risk of heart failure. Your giftee will receive two unique blends of Starbucks coffee each month for three months.

**ORAL-B PROFESSIONAL CARE DEEP SWEEP 5000 ELECTRIC TOOTHBRUSH, \$124**

**Where:** amazon.com and mass-market retailers

**Why:** The Sweep 5000's deep-clean mode is touted as reducing gingivitis three times better than a manual toothbrush. Improved gum health may help slow the accumulation of plaque in neck arteries as well, a recent study suggests.



**THINK OUTSIDE THE BOX**

A heart-healthy gift doesn't have to come in a box. How about a fitness membership? Portage YMCA, in partnership with St. Mary Medical Center, offers exercise classes and healthy activities for families. A household membership is available for a one-time "joiner" fee and a monthly charge for the duration of the agreement.

Want to try some classes without purchasing a full membership? Community Hospital Fitness Pointe® offers the Class Pass program with 12 classes/\$90 featuring a variety of sessions. St. Catherine Hospital's free SilverSneakers program helps adults 65-plus take greater control of their health by encouraging physical activities and social events.

CALL



**Get a Jump Start**

To inquire about the Portage YMCA, call **219-762-YMCA (9622)**. For information about the Class Pass program at Community Hospital Fitness Pointe®, call **219-924-5348**. For dates and times of the SilverSneakers program, call **219-392-7086**.

**Have a fever with that abdominal pain? Go to the ER, pronto.**



## FREAK OUT OR CHILL OUT?

*Test your health smarts with these five scenarios*



When you're not feeling well, it's natural to imagine a worst-case scenario (raise your hand if you've ever worried you had a brain tumor). We have a better way to deal with aches, pains and chills: Let Daniel Spogen, MD, a member of the board of directors for the American Academy of Family Physicians, ease your mind. Take this quiz to learn the difference between five common conditions with similar symptoms.

**Q** Between opening credits and the final scene of the latest blockbuster, you developed a sore throat, a fever and chills. You're not sure whether you finally caught the cold that the kids brought home from school or are beginning a fling with the flu.

**IS IT:** A cold or the flu?

**THE FLU** Although cold and flu viruses both share similar symptoms—including sore throat, fever, chills and muscle aches—cold symptoms tend to build over time. You may have nasal congestion or a runny nose for a few days before a cough or a fever develops. “The flu has a sudden onset,” Spogen explains. “You can go from feeling fine one minute to feeling terrible the next.” If you have the flu, your doctor may prescribe antiviral medications like Tamiflu to provide symptom relief.

**Q** A severe stomachache has you doubled over in pain and feverish. Just touching your abdomen makes you wince.

**IS IT:** Appendicitis or constipation?

**APPENDICITIS** While both can cause severe abdominal pain, appendicitis and constipation aren't even slightly related: In appendicitis, the appendix becomes inflamed and fills with pus. It's a medical emergency. Constipation occurs when stool hardens or gets stuck in the digestive tract.

"In appendicitis, the pain is most severe in the lower right quadrant of the abdomen where the appendix is located," Spogen says. The pain typically causes a fever to develop. Constipation tends to cause more generalized stomach pain without a fever.

It can't hurt to try an over-the-counter stool softener to see whether a bowel movement will ease the pain. But for severe stomach pain, "go straight to the ER," Spogen says.

**Q** On the way to a job interview, your heart starts pounding and you feel lightheaded and short of breath. The worry that you could be having a heart attack makes your heart race even faster.

**IS IT:** A heart attack or anxiety?

**ANXIETY** Given that heart palpitations, shortness of breath, dizziness, sweating and nausea are common symptoms of heart attacks and anxiety, the two conditions are commonly confused. In fact, "a lot of patients go to the ER thinking they are having a heart attack when

[the symptoms] are actually caused by anxiety," Spogen says.

While heart attacks can strike at any time and usually include hallmark symptoms like tightness or pain in the chest, anxiety is often linked to a specific stressful event such as a job interview. If you are worried, call 911 or go to the emergency room. As Spogen notes, "There is no harm in seeing a doctor to be sure."

**Q** Your son was too caught up in the excitement of a snowball fight to put on a pair of gloves. Now he's inside and says he feels pins and needles in his fingers.

**IS IT:** Frostbite or frost nip?

**FROST NIP** Exposure to the cold decreases blood flow to extremities like the fingers and toes. Both frost nip and frostbite turn the skin red and cause numbness or a prickling sensation. If initial numbness is replaced by "pins and needles" or itching once your son's hands start to warm up, a case of frost nip, which is the first stage of frostbite, is likely to blame. "Frostbite occurs

when blood flow doesn't return to the affected area and it can cause serious tissue damage," Spogen explains. If you think he has frostbite, see a doctor right away.

**Q** At dinner with friends, you blew off your diet and ordered chocolate lava cake with whipped cream to celebrate surviving another week in your snake-pit of an office. Though chocolate is your go-to indulgence, the splurge makes you bloated and gassy.

**IS IT:** Irritable bowel syndrome (IBS) or food allergies?

**IBS** If specific foods like nuts, wheat or milk *always* trigger symptoms like diarrhea, gas or bloating, food allergies might be to blame. But while there is a connection between diet and irritable bowel syndrome, as Spogen explains, "in IBS, there is often a reaction to a number of different foods instead of specific trigger foods." Stress is also a trigger for IBS. Stress reduction, medication and a diet low in gas-causing foods like raw fruits and vegetables and carbonated beverages can keep symptoms under control. ■

WEBSITE



## Trivia Time, ER Edition

If you've ever wondered about the average time a patient spends in an emergency room, or which Americans most frequently rush to the ER, click on the blog at [paramedictorn.org](http://paramedictorn.org) and look for "20 Surprising Facts About Emergency Rooms."

# UNDER THE WEATHER

*Flu, falls and frostbite are winter's obvious health hazards. But when temperatures drop, risks rise for surprising health problems, too*



Why does winter exacerbate so many health concerns, from dehydration to heart attack? Blame the weather: When you're cold, blood vessels constrict to retain body heat, raising blood pressure. And blame those coughing co-workers: A compromised immune system makes you susceptible to other health issues.

Winter health also hinges on lifestyle choices, says David Fleming, MD, an internist and the president of the American College of Physicians. Tempting as it may sound, you can't eat mac and cheese and hibernate until spring. "The same rules apply in all of the seasons," he says. "It's just the challenge of staying in the routine and making it happen."

DOWNLOAD



## Enduring Extremes

For tips on keeping your family, home and car safe in a winter weather emergency, visit [cdc.gov/features/winterweather](http://cdc.gov/features/winterweather) and scroll to "Download a PDF file" to get the Extreme Cold Prevention Guide.



## HEART ATTACK

**THE PROBLEM:** Heart attacks are 53 percent more common in winter than summer—in all climates, not just snow-shoveling zones.

**THE CAUSE:** Cold weather narrows arteries, increasing the risk of heart attack.

**THE SOLUTION:** Maintain an exercise routine and limit the beef chili in favor of fruits, vegetables and whole grains.



## STROKE

**THE PROBLEM:** The lower the temp, the higher the risk: Every 5-degree temperature drop correlates with a 6 percent increase in stroke hospitalizations.

**THE CAUSE:** Narrowed blood vessels, more common in winter, can block blood flow to the brain, triggering a stroke.

**THE SOLUTION:** If you're at risk for stroke, stay indoors during extreme weather, and manage risk factors like high blood pressure, diet and smoking.



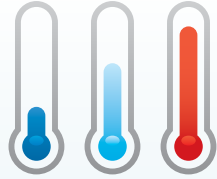
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## JOINT PAIN

**THE PROBLEM:** Up to two-thirds of arthritis sufferers say they experience more pain when the weather changes.

**THE CAUSE:** Research is conflicting, but one study links joint pain with lower temperatures and changing barometric pressure. Movement stimulates the production of joint fluid, so less exercise can mean stiffer joints.

**THE SOLUTION:** Stay active with low-impact exercise like swimming and protect your joints by building muscle.



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## DEHYDRATION

**THE PROBLEM:** Thirst, fatigue, headache—the symptoms of dehydration can occur just as easily in winter as on a hot summer day.

**THE CAUSE:** You're less likely to feel thirsty in winter, not only because you don't need to cool down but also because the cold inhibits your ability to sense thirst.

**THE SOLUTION:** Carry a bottle of water to ensure you drink at least eight 8-ounce glasses daily.



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## SEASONAL AFFECTIVE DISORDER

**THE PROBLEM:** Symptoms dismissed as the “winter blues” can be signs of seasonal affective disorder, a serious mental health issue marked by lasting sadness, low energy and trouble sleeping.

**THE CAUSE:** The shortened daylight hours of winter alter the body's biological clock, disrupting sleep patterns and the balance of brain chemicals.

**THE SOLUTION:** Talk to your doctor about options such as light therapy, which can be effective for 70 percent of patients, and medication.



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## SKIN CONDITIONS


**THE PROBLEM:** Cracked, itchy and irritated skin.

**THE CAUSE:** Low humidity. Add the impact of flu season, and winter is especially tough for people with psoriasis, an autoimmune disease.

**THE SOLUTION:** Use a humidifier and apply lotion immediately after bathing to trap in moisture. And as good as it feels on a cold day, a long, hot bath wreaks havoc on dry skin. ■

## 3 WAYS TO COOK BROCCOLI

*Can a vegetable have superpowers? Maybe not, but nutritionist Monica Reinagel, who runs the blog Nutrition Over Easy, explains why this mainstay of the cruciferous family may save the world.*

 Broccoli, which means “little arms” or “little shoots” in Italian, is on every nutritionist’s must-eat list. A relative of Brussels sprouts and cauliflower, it’s high in fiber, which is great if you want to lose weight or lower cholesterol numbers. Then there’s that laundry list of nutrients: calcium, folate and potassium, as well as vitamins A, B6, K and C, which helps the absorption of broccoli’s iron content. Although it’s commonly thought that overcooking broccoli will result in a loss of vitamins and minerals, Reinagel says not to stress. “Yes, you should minimize cooking time, but people obsess about what they call ‘protecting the nutrient profile.’ No matter what, there will be plenty of good stuff left.” Here are three of her favorite ways to prepare it:



**1 MICROWAVE IT** Chop crowns into medium-size florets and place in a microwave-safe dish with two to three tablespoons of water. Microwave on high, covered, for two minutes; then cook at 30-second intervals, checking and stirring until broccoli is a vibrant green and a fork slides in with minimal resistance. Drain and garnish with a bit of butter, lemon, salt and pepper.



**2 PURÉE IT INTO PESTO** Follow the microwave cooking instructions but don’t garnish. Put broccoli, grated Parmesan, garlic cloves, basil leaves and olive oil (adjust amounts to suit your preference) in a food processor fitted with the metal blade. Process until it reaches a smooth consistency. Serve over pasta or with crostini for dipping.



**3 SAUTÉ IT** Thoroughly wash and dry crowns. Chop into medium-size florets. Add oil to a skillet, set it over medium-high heat, add the florets and a pinch of salt. Using tongs, toss to coat with oil. Cook while tossing or stirring frequently, until the broccoli is bright green and tender. Garnish with grated Parmesan or red pepper flakes. ■



PHOTO BY SUPERSTOCK/ANGELIKA ANTIL/FI ONLINE





WEBSITE



## To Market, to Market

Missing summer's bounty? You can still get gorgeous produce during the colder months (Root veggies! Winter greens! Apples!). Go to the "Find Good Food" section of [farmaid.org](http://farmaid.org) to download a map of farmers markets that operate year-round.

## BROCCOLI BASICS

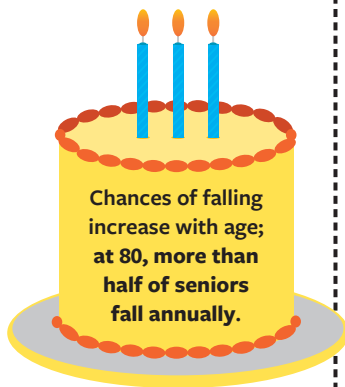
→ **HOW DO I CHOOSE IT?** A fresh head of broccoli has a firm crown and stem and tightly closed buds. It should be free of brown and yellow spots and have a uniform dark green color, which may even appear deep blue or purple.

→ **HOW LONG DOES IT LAST?** Fresh broccoli should keep in your crisper drawer for about a week.

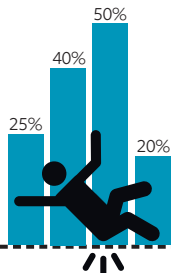
→ **IS BROCCOLINI JUST BABY BROCCOLI?** Nope. Although it has smaller florets and skinnier stems, broccolini is a cross between broccoli and *gai lan* (also called Chinese broccoli or Chinese kale). It's more tender than traditional broccoli and also has a sweeter, subtle flavor.

→ **CAN I EAT THE STEMS?** Yes, but be sure to cut the ends and remove the tough, outside layers with a vegetable peeler. Take off the dark green skin until you reach the lighter-colored flesh inside (it has the consistency of apple or jícama). Chop it into sticks or medallions and serve raw with dip. You can also pickle it for a fun snack that's even healthier than cucumbers.

# THE RISE OF FALLS



*In addition to age, four personal risk factors for falling are lack of exercise, poor diet, excessive alcohol use and smoking.*



About 25% of hip fracture patients will make a full recovery; 40% will require nursing home admission; 50% will be dependent upon a cane or a walker; and 20% will die within the year.

**1 YEAR:** The time it may take to recover from a fractured hip.

**90%**  
Falling causes more than 90% of hip fractures. Three-quarters of hip fractures occur in women.



**55%**

Participants who took a year-long tai chi class that focused on balance saw their risk of falling decrease by 55%.

*The Centers for Disease Control and Prevention recommends that older adults take these 6 steps to prevent falls:*

- ❶ Exercise regularly.
- ❷ Ask your doctor to review medications and identify those that cause dizziness.
- ❸ Have your vision checked annually.
- ❹ Eliminate household tripping hazards.
- ❺ Get adequate calcium and vitamin D.
- ❻ Be screened for osteoporosis.

Sources: National Council on Aging, American Academy of Orthopaedic Surgeons, National Safety Council

CALL



## Tech Support

Our therapists and audiologists use advanced technology, including videonystagmography, computerized dynamic posturography, inVision™, RealEyes™, Korebalance™, LiteGait® and Vis-Flex. To learn more, call **219-836-1600**.

## BALANCING ACT

With more than 90 million Americans experiencing dizziness or imbalance at some time in their lives, it is not surprising that falls are a leading cause of injury in older adults.

Dizziness and imbalance are associated with stroke/TIA, Parkinson's disease, multiple sclerosis, traumatic brain injury, post-concussion syndrome, cervical vertigo, peripheral (inner ear) or other conditions involving the inner ear and neurological system.

Therapy professionals at Community Healthcare System hospitals are graduates of accredited therapy programs and licensed by the state of Indiana. They will work with your primary care physician and healthcare team to determine the source of impairment, reduce symptoms, improve quality of life and help you to place your life back in balance.

Community Healthcare System physical/occupational

therapists and audiologists can help with comprehensive evaluation and treatment. Call Community Hospital, **219-836-4527**; Fitness Pointe®, Munster **219-836-5381**; St. Catherine Hospital, East Chicago, **219-392-7630**/ Outpatient **219-392-7400**; St. Mary Medical Center, Hobart **219-947-6580**; Portage **219-759-2753**; Valparaiso **219-286-3703**; Winfield **219-662-7013**.

# Building a higher standard of Excellence!



## Coming 2015! New Surgical Pavilion & ICU

St. Mary Medical Center is building a higher standard of excellence in care with the construction of its new 113,000 square foot surgical pavilion and ICU. The \$40 million, four-story building will offer patients the most technologically advanced surgical facilities as well as modern, family-friendly accommodations for patients requiring the highest level of care. Watch for our opening in summer 2015!



**ST. MARY** Medical Center

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

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

### FIRST FLOOR:

- 12 large surgical suites
- 4 minor procedure rooms
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- Same day surgery
- Phase II Recovery Unit
- New Central Sterilization Department
- Surgical Family Lounge

### SECOND FLOOR:

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

### THIRD AND FOURTH FLOORS:

- Shelled-in for future patient needs



# WE GIVE YOU OUR **BEST**

**We give the very best to our patients and *it makes all the difference.***

That difference means if you or your loved one is experiencing a heart attack be assured that our patients are receiving America's Best care. More of our patients will be back to enjoying life even after the most serious heart conditions.

Giving our best is what distinguishes St. Catherine Hospital. Our hospital offers a level of performance and a culture of excellence that places us among America's 100 Best for Cardiac Care by Healthgrades®. It means better outcomes, few complications and a better experience for our patients.

This award recognizes our hospital for superior outcomes in mortality and complications like heart bypass, valve surgeries, treatment of heart attack and heart failure and life-saving coronary interventions.

These results highlight the work and coordination across departments like ICU/IMCU patient care management and the screening and treatment by our Emergency Department.



**Now, our patients are certain that our long standing record for superb cardiac care is among the nation's best.**

To learn more, visit [www.comhs.org](http://www.comhs.org), follow us on Twitter @CHSHospitals or friend us on Facebook at CHSHospitals.



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