

VIM & VIGOR

FALL 2015 • \$2.95

 Community Healthcare System®

COMMUNITY HOSPITAL
ST. CATHERINE HOSPITAL
ST. MARY MEDICAL CENTER

www.comhs.org

Making a Change

83 tips that prove change
is easier than you think

PLUS Before motivating
others to get healthy, **Jillian
Michaels** helped herself

TECHNOLOGY BRINGS
HOPE AND CANCER
TREATMENTS CLOSER
TO HOME

**A faster, more
comfortable
MRI experience**

QUALITY HEALTHCARE IN
THE HEART OF WHITING





Mohammad S. Shukairy, MD
Neurosurgeon

Wayel Kaakaji, MD
Neurosurgeon

Marc Levin, MD
Neurosurgeon

Advanced Solutions, Lifesaving Care **Brain, Spine and Movement Disorder** **Treatment Close to Home**

The physicians at Community Spine and Neurosurgery Institute use their vast experience in neurosurgery to diagnose and treat disorders of the nervous system affecting the whole body. Neurosurgeons, Marc Levin, MD, Wayel Kaakaji, MD, and Mohammad S. Shukairy, MD, offer the most advanced surgical treatments along with a variety of non-surgical approaches to restore their patient's health and relieve their pain.

SPECIALTIES INCLUDE:

- Surgery for Conditions/Injury of the Brain
- Complex and Minimally Invasive Spine Surgery
- Deep Brain Stimulation for Movement Disorders
- Concussion Treatment

801 MacArthur Blvd.
Suite 405, Munster
219-836-5167



1600 S. Lake Park Ave.
Suite 1102, Hobart
219-942-6510

Contents

FALL 2015

THE BIG STORY

A healthier diet comes from mindful choices, not sacrifice.

PAGE 16



FEATURES

4 When Less Is More
Our Ob-Gyns discuss new, minimally invasive options for women facing a hysterectomy.

6 Journey to a Healthier Tomorrow
Three weight loss success stories and the programs that helped through the hospitals of Community Healthcare System.

9 A Change Would Do You Good
Need to improve your health? So do most of us.

10 Change Agent
Jillian Michaels wants you to make a change (and she won't even yell).



14 Making a Change
Changing your diet, exercise routine and lifestyle is easier than you might think.

22 Heartbreak High
You might recognize this cast of characters from your graduating class. But do you see the habits that affect heart health?

28 A Letter from Your Colon
Why get a colorectal cancer screening? Hear it from the colon itself.

50 SPOTLIGHT ON: St. Mary Medical Center
TrueBeam™ technology is bringing hope and cancer treatments closer to home.

52 SPOTLIGHT ON: Community Hospital
3T MRI creates a faster, more comfortable exam for patients.

Correction: Poison ivy and poison oak are similar but different plants. The "Freak Out or Chill Out?" article in the Summer 2015 issue misstated that they were the same.



You can't beat the benefits of beets.
PAGE 46

IN EVERY ISSUE

- 2 Community Message
- 3 Community Briefs
- 33 This Just In
- 38 The Truth About Skin
- 40 How To: Prep for Pregnancy
- 42 Quiz: Freak Out or Chill Out?
- 44 At a Glance: Risky Business
- 46 In the Market: Beets
- 48 Health by the Numbers: Seasonal Suffering
- 49 Ask the Expert
- 56 Follow the Leader: St. Catherine Hospital is featured in a new video on quality care and patient safety.

Do cookies have more calories than wine?
PAGE 34




54

SPOTLIGHT ON: St. Catherine Hospital
Bringing quality healthcare to the heart of Whiting.

TRANSFORMING YOUR HEALTHCARE EXPERIENCE

We continue to use forward-thinking concepts and advanced technologies to improve your life—and health

 The hospitals of Community Healthcare System have reached Stage 6 of the Electronic Medical Record Adoption ModelSM—meaning we're one step closer to using electronic medical records to manage your care. It's an accomplishment only achieved by about 20 percent of hospitals nationwide.

In using electronic medical records our goal is to reduce healthcare costs, help patients make more informed decisions and improve patient safety.

Some of the other ways we're working to improve your healthcare experience are noted in the pages of this issue of *Vim & Vigor*.

St. Mary Medical Center is transforming cancer patients' treatment experiences with the new TrueBeamTM advanced medical linear accelerator system (**page 50**). Not only is this advanced technology fast and precise, but it also can be adjusted to tailor therapies to each patient's needs.

Patients in need of an MRI will want to read about the new 3T Open Bore MRI at Community Hospital (**page 52**). Operating at twice the strength, speed and clarity of a traditional MRI, the exam is quicker and more comfortable.

St. Catherine Hospital is expanding quality outpatient services in the Whiting community (**page 54**). The new healthcare center includes a laboratory, a therapy gym, and exam rooms staffed by our Community Care Network physicians specializing in family practice, internal medicine, pediatrics and cardiology.

And finally, ongoing efforts for providing high quality patient care at St. Catherine Hospital have been recognized nationally (**page 56**).

Our work to transform your healthcare experience is not complete. We'll continue to use forward-thinking concepts and advanced technologies to make your life—and health—uniquely better.

John Gorski
Chief Operating Officer
Community Healthcare System



VIM & VIGOR

COMMUNITY HEALTHCARE SYSTEM

BOARD OF DIRECTORS

Frankie L. Fesko, chairman of the board; James J. Richards, secretary; David E. Wickland, treasurer; Steven Beering, MD; David Bochnowski; Joseph E. Costanza; Daniel Dumezich; William Hasse; Richard S. McCloughry; Michael Mellon; Joseph T. Morrow; Sister Kathleen Quinn; Monsignor Joseph Semancik; M. Nabil Shabeeb, MD; Donald Torrenza; Robert J. Welsh; Edward L. Williams, PhD; Joe Williamson; Jay Zandstra

EXECUTIVE STAFF

John Gorski, chief operating officer; Carole Bezat, senior vice president of administration; Mary Ann Shacklett, senior vice president of finance and CFO; Donald P. Fesko, OD, CEO, Community Hospital; Jo Ann Birdzell, CEO, St. Catherine Hospital; Craig Bolda, COO, St. Catherine Hospital; Janice Ryba, CEO, St. Mary Medical Center

REGIONAL EDITORS

My linda Cane, regional director, marketing and corporate communications
Elise Sims, public relations and publication specialist

PRODUCTION

EDITORIAL

EDITOR-IN-CHIEF: Amy Saunders

EDITORS: Erin Feeney, Meghan Krein, Matt Morgan, Tom Weede

COPY EDITOR: C.J. Hutchinson

DESIGN

CHIEF ART DIRECTOR: Tami Rodgers

ART DIRECTOR: Rod Karmenzind

PRODUCTION

SENIOR PRODUCTION MANAGER: Laura Marlowe

SPECIAL PROJECTS & PRICING MANAGER: Jenny Babich

IMAGING SPECIALISTS: Dane Nordine

PRODUCTION TECHNOLOGY SPECIALISTS: Julie Chan, Sonia Fitzgerald

CIRCULATION

SENIOR DIRECTOR, LOGISTICS: Tracey Lenz

POSTAL AFFAIRS & LOGISTICS MANAGER: Janet Bracco

CLIENT SERVICES

CHIEF CLIENT OFFICER: Beth Tomkiv

ACCOUNT MANAGERS: Mark Kats, Lauren Keeton, Gerry Kubek, Barbara Mohr, Katie Murphy

ADMINISTRATION

CHIEF EXECUTIVE OFFICER: Matthew J. Petersen

SVP, BUSINESS DEVELOPMENT - HEALTHCARE:

Gregg Radzely, 212-574-4380

EXECUTIVE ART DIRECTOR: Adele Mulford

VIM & VIGOR FOUNDER: J. Barry Johnson

CHAIRMAN EMERITUS: Preston V. McMurry Jr.



Community Healthcare System[®]

COMMUNITY HOSPITAL
ST. CATHERINE HOSPITAL
ST. MARY MEDICAL CENTER

www.comhs.org

Attention: Marketing, 901 MacArthur Blvd., Munster, IN 46321

If you prefer not to receive our magazine or other health and wellness information from Community Healthcare System, please call us at 219-836-4582 or write to Community Healthcare System, 905 Ridge Road, Munster, IN 46321.

Vim & VigorTM, Fall 2015, Volume 31, Number 3, is published quarterly by McMURRY/TMG, LLC, 1010 E. Missouri Ave., Phoenix, AZ 85014, 602-395-5850. Vim & VigorTM is published for the purpose of disseminating health-related information for the well-being of the general public and its subscribers. The information contained in Vim & VigorTM is not intended for the purpose of diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines. Vim & VigorTM does not accept advertising promoting the consumption of alcohol or tobacco. Copyright © 2015 by McMURRY/TMG, LLC. All rights reserved. Subscriptions in U.S.: \$4 for one year (4 issues). Single copies: \$2.95. For subscriptions, write: Circulation Manager, Vim & VigorTM, 1010 E. Missouri Ave., Phoenix, AZ 85014.



McMURRY/TMG



Walking with Well Walkers Club in Highland are (from left) Diane CB Ware, Susan Misner, Carol Kopenec and Tom Calligan.

BETTER TOGETHER

The hospitals of Community Healthcare System help community members lose weight through supportive programs



Hand-in-Hand Health

Making lifestyle changes can be a challenge. But the hospitals of Community Healthcare System can make the process a little easier with programs designed with you in mind.

Start small. If you're trying to lose weight, begin by reducing portion sizes, not depriving yourself of everything you enjoy. The experts at **Healthy 4 Life** can help you make small changes. And you can get even more support by attending Healthy 4 Life's Weight No More free support group, which

meets from 6 to 7 p.m. Mondays at St. Mary Medical Center in Hobart and Wednesdays at Community Hospital in Munster. Topics include: stop sabotaging your weight loss efforts; don't be fooled by food labels; plowing through plateaus; and holiday eating strategies. Call **219-836-3477** or toll-free **866-836-3477** for upcoming dates and locations.

Set reasonable goals. Aim for an achievable weight loss of about one pound per week. The **certified personal training staff at Community Hospital Fitness Pointe®** can help you achieve your health and fitness goals in a friendly

workout environment. Health coaching services are available. Call **219-924-5348** to start your personal training program today.

Make changes at the right time. **New Healthy Me** is the points-based incentive program that has been helping Community Healthcare System and other area businesses encourage employees to maintain healthier lifestyles. As employees participate in activities throughout the year, like exercising, losing weight and getting an annual physical, they accumulate points. Every 5,000 points accumulated translates into prizes, gift cards and more. Business owners interested in creating a healthier workforce with New Healthy Me can call **219-934-2861** to schedule a demonstration.

Involve family and friends. Tell your loved ones about your goals and ask for their help. Better yet, invite them to join a walking team with you. **Well Walkers Club** is one walking club for adults older than 18. Monthly meetings feature guest speakers discussing a variety of healthcare topics. Free pedometers are given to participants. The Walkers Club is offered at three locations: St. Catherine Hospital, 11 a.m. the first Wednesday of each month (**219-392-7104**); Wicker Park Social Center, 1 p.m. the first Tuesday of each month (**219-313-3934**); or Whiting Public Library meeting room, 1 p.m. the second Thursday of the month (**219-392-7135**). ■



WHEN LESS IS MORE

New options for women facing a hysterectomy

BY ELISE SIMS

Ob-Gyn Howard Marcus, MD, FACOG, was one of the first gynecologists in the country to use the da Vinci Surgical System for hysterectomy surgeries.

Women today have more choices than ever before—including, for many, the procedure their doctor will use in the event of a hysterectomy.

No matter how it's performed, a hysterectomy removes the uterus. Typically, it's done to treat conditions such as heavy bleeding or uterine fibroids (benign tumors). Cancer of the uterus, cervix or ovaries may also require a hysterectomy.

Traditional hysterectomies are performed through abdominal surgery or a vaginal procedure, which can be done only in cases where the uterus is small

and there is no cancer. But there is a better way.

Smaller Is Better

Today, most gynecologists use laparoscopic techniques involving three to five small incisions through which a viewing instrument (laparoscope) is inserted inside the abdomen to assist with surgery. The uterus is then removed through the vagina or the abdominal incisions.

"Each patient has to be individually evaluated and treated, based on the type of disease that is present with the uterus, tubes and ovaries," says Kimberly Arthur, MD, FACOG, Community Care Network Ob-Gyn on staff at St. Catherine Hospital in

East Chicago and Community Hospital in Munster. “The disease type will determine which approach we use to perform the hysterectomy. We may consider a vaginal hysterectomy or a robotic-assisted hysterectomy. All three procedures offer similar advantages for the patient.”

For example, there tends to be less bleeding with minimally invasive procedures, as well as less scar tissue. “The major benefit of minimally invasive surgery is the fast recovery time that allows patients to return to their normal activities in less than three weeks as compared to an abdominal hysterectomy that may require six weeks to fully recover,” Arthur says.

Robot-Assisted Surgeries

In 2006, Ob-Gyn Howard Marcus, MD, FACOG, was one of the first gynecologists in the country and the first on staff at Community Hospital to use the da Vinci® Surgical System to perform hysterectomies. There are several advantages to using the robot for hysterectomies, says Marcus.

“First, the da Vinci Surgical System provides the physician better visualization through highly defined 3-D images, compared to the traditional laparoscopy’s 2-D view,” Marcus explains. “It has allowed us to perform more technically difficult procedures in a minimally invasive fashion.”

Another advantage is in the robot’s full-range of motion that resembles human hands—only with pinpoint accuracy. “The instruments exactly mimic the motions of my hands and wrist, but can actually rotate to a greater degree, allowing more maneuverability than before,” he says.

Single Incision

In 2013, a single-incision procedure was introduced using the da Vinci Surgical System to perform hysterectomies. This single-site procedure is offered at both Community Hospital and

St. Mary Medical Center in Hobart.

“The latest advances in da Vinci robotics have provided advantages not only for surgeons but for patients as well,” says John Taylor, MD, Community Care Network Ob-Gyn on staff at Community Hospital.

“Our patients have less postoperative pain, decreased risk of infection, one tiny barely noticeable scar, a shorter hospital stay [many can be discharged home the same day of surgery] and quicker recovery,” he says.

“In the future, robotic platforms will afford surgeons the ability to introduce three-wristed instruments and a wristed camera down a single port for many surgeries with a very small incision,” says Taylor. “The end goal is to make available minimally invasive surgeries to the widest range of patients possible.”

Quality Care

“We offer many different approaches to hysterectomy as not every procedure is right for every patient,” says Douglas Dedelow, DO, FACOG, an Ob-Gyn on staff at St. Mary Medical Center. “With each advance, the emphasis has always been on what’s best for our patients and enhancing their care.”

Both St. Mary Medical Center and Dedelow have been recognized for delivering exceptional surgical care and continuously improving patient safety by the American Association of Gynecologic Laparoscopists’ Center of Excellence in Minimally Invasive Gynecology (COEMIG). The designation means the use of best practices, research, innovation and dialogue to advance less invasive techniques for the treatment of gynecologic conditions.

“Our COEMIG designation indicates that we’re all on the same page and perform minimally invasive techniques using a standardized approach, which makes us much safer in the operating room,” Dedelow says. “And we consistently provide that same high quality care, patient after patient.” ■



Ob-Gyn Douglas Dedelow, DO, has been recognized by COEMIG for delivering exceptional surgical care and continuously improving patient safety.

Douglas Dedelow, DO, FACOG



“The major benefit of minimally invasive surgery is the fast recovery time that allows patients to return to their normal activities sooner.”

Kimberly Arthur, MD, FACOG



“The end goal is to make available minimally invasive surgeries to the widest range of patients possible.”

John Taylor, MD

GO TO ...



Come See Us

For more information on women’s care and services offered by the hospitals of Community Healthcare System, visit www.comhs.org today.

Journey to a *Healthier* Tomorrow

*Transform your lifestyle with the help
of Community Healthcare System*

BY **ELISE SIMS**



**Kathleen Dominguez
before and after
New Healthy Me.**



Just like the contestants on TV's *The Biggest Loser*, Northwest Indiana residents are transforming their bodies and their lives by choosing healthier lifestyles—with the help of a support system. These success stories all began with the assistance and guidance of the physicians and healthcare professionals at the hospitals of Community Healthcare System. >



New Healthy Me

Portage resident Kathy Dominguez never had a problem with her blood sugar. But when the 64-year-old St. Mary Medical Center Health Information Management professional had her blood drawn at work with a free, New Healthy Me biomarker screening, her lab result showed otherwise.

Luckily, New Healthy Me experts at the hospitals of Community Healthcare System were able to assess Dominguez's overall health and alert her of her risk for heart disease.

The New Healthy Me points-based incentive program has proven to help not only Community Healthcare System employees maintain healthier lifestyles and lower healthcare expenses, but other businesses' employees as well.

As participating employees across Northwest Indiana complete wellness activities throughout the year, such as exercising, losing weight, getting an annual physical or participating in a team walking challenge, they accumulate points that translate into rewards. Every 5,000 points accumulated means prizes such as gift cards, prize drawings and money to offset healthcare premiums.

"I signed up for the insurance credit," says Dominguez. "I was surprised when they called to tell me I was prediabetic."

Test results indicated Dominguez was exhibiting telltale signs of prediabetes. Her A1C (average blood sugar) was high, she had high blood pressure and she was overweight. Left untreated, the combination could lead to heart disease or premature death.

The only way Dominguez could improve her health was to make permanent lifestyle changes. For the next three years, Dominguez worked hard to get her body healthy and beat the numbers. She watched her diet, exercised and took walks on her lunch breaks.

Her dedication was inspiring to co-workers, who along with Dominguez's

"We are about changing lives," says Andrea Newton, New Healthy Me wellness coordinator. "When our employees get healthier, so does our healthcare system."

family, served as her support system throughout her journey.

Dominguez lost 84 pounds.

"My cholesterol levels and blood pressure have also improved," she says. New Healthy Me helped Dominguez make her health a priority. Today, she is no longer prediabetic and her heart is healthier.

"We are about changing lives," says Andrea Newton, New Healthy Me wellness coordinator. "When our employees get healthier, so does our healthcare system."

Businesses interested in creating a healthier workforce can call New Healthy Me at 219-934-2861 to schedule a presentation.



Healthy 4 Life

Life would never be the same for Bruce Sanders after an industrial accident in 2009 left him severely injured. He weighed 409 pounds and was diabetic and bed-ridden. He had lost everything: his health, home, marriage and will to survive.

"I was in dire straits," Sanders says. "Thankfully, my family physician, Dr. Leonard Ostrowski, told me about Healthy 4 Life and made me an appointment with medical weight loss specialist Dr. Omar Shamsi. That appointment saved my life."



Healthy 4 Life has helped Bruce Sanders drop 219 pounds.





Carolyn Hailey participates in Well Walkers regularly, which has helped her lose 40 pounds.



Sanders lost 219 pounds with the help of the Healthy 4 Life weight loss team. The individualized care program of medical weight loss, bariatric surgery, lifetime wellness, fitness, and dietary and psychosocial counseling helps to ensure that every patient loses weight and keeps it off.

“It’s been phenomenal,” says Sanders. “I have confidence now and I’m a huge advocate for the program. They treat you like family and are there for you. They teach you everything you need to know. It’s like, wow, I get it!”

“At Healthy 4 Life, everyone on our staff is passionate about helping patients improve their health and empowering them to adopt a healthier lifestyle,” says Lorri Philbin, RN, BSN, director of bariatric services.

The highly skilled team at Healthy 4 Life has extensive experience with medical and surgical weight loss procedures. As part of their initial consultation, patients explore in detail the bariatric procedures and programs that will work best for them. All patients are required to attend classes to learn how to manage their diet in order to prevent difficulties and achieve long-term success.

To find out how you can be Healthy 4 Life, visit www.healthy4lifecenter.org or call 219-947-6122.



Well Walkers

Hammond resident Carolyn Hailey had always been active. But after retirement, she found it harder and harder to keep up with her 11 grandchildren and found her energy was zapped by midday.

And then, three years ago, while looking through the Take Care calendar, Hailey read about St. Catherine Hospital’s free Well Walkers Club.

The club features convenient locations in East Chicago, Highland and Whiting, and holds monthly meetings

“I have confidence now and I’m a huge advocate for the program. They treat you like family and are there for you,” says Bruce Sanders.

with healthcare professionals who speak on a wide range of topics. The walking club is for adults over age 18 and aims to cultivate an atmosphere for healthier lifestyles.

“We count our steps with our free pedometer and have a card to total it all up on a monthly basis,” explains Hailey. “I love it. You can walk by yourself or you can walk with other members of your group. It’s a fun way to share a healthy activity. I’ve already lost about 40 pounds—it’s really given me energy and motivation to continue.”

“You can see it and I can feel it,” she says, noting that her grandchildren will now have a hard time keeping up with *her*.

Well Walkers Club meets at the following locations:

▶ St. Catherine Hospital, 4321 Fir St., East Chicago, POB Conference Room, North Entrance, first Wednesday of each month at 11 a.m. Call 219-392-7104 for more information.

▶ Wicker Park Social Center, 2125 Ridge Road, Highland, first Tuesday of each month at 1 p.m. Call 219-313-3934 for more information.

▶ Whiting Public Library meeting room, 1735 Oliver St., Whiting, second Thursday of each month at 1 p.m. Call 219-392-7135 for more information. ■

The Change Issue

Your family shouldn't be so happy about Happy Meals.

A CHANGE WOULD DO YOU GOOD

*Need to improve your health?
So do most of us*

80%

of Americans eat fast food at least once a month.

72%

of Americans experience physical symptoms due to stress.

51%

of American adults don't exercise at least 2.5 hours per week.

44%

of American women and 40 percent of men age 65 and older have never had a colonoscopy.

41%

of Americans didn't keep their 2014 New Year's resolutions.

40%

of Americans don't get enough sleep.

Making a change may not be as daunting as you think. The small steps you take today become larger strides over time. Read on to learn how you can better your health through simple yet lasting changes. →

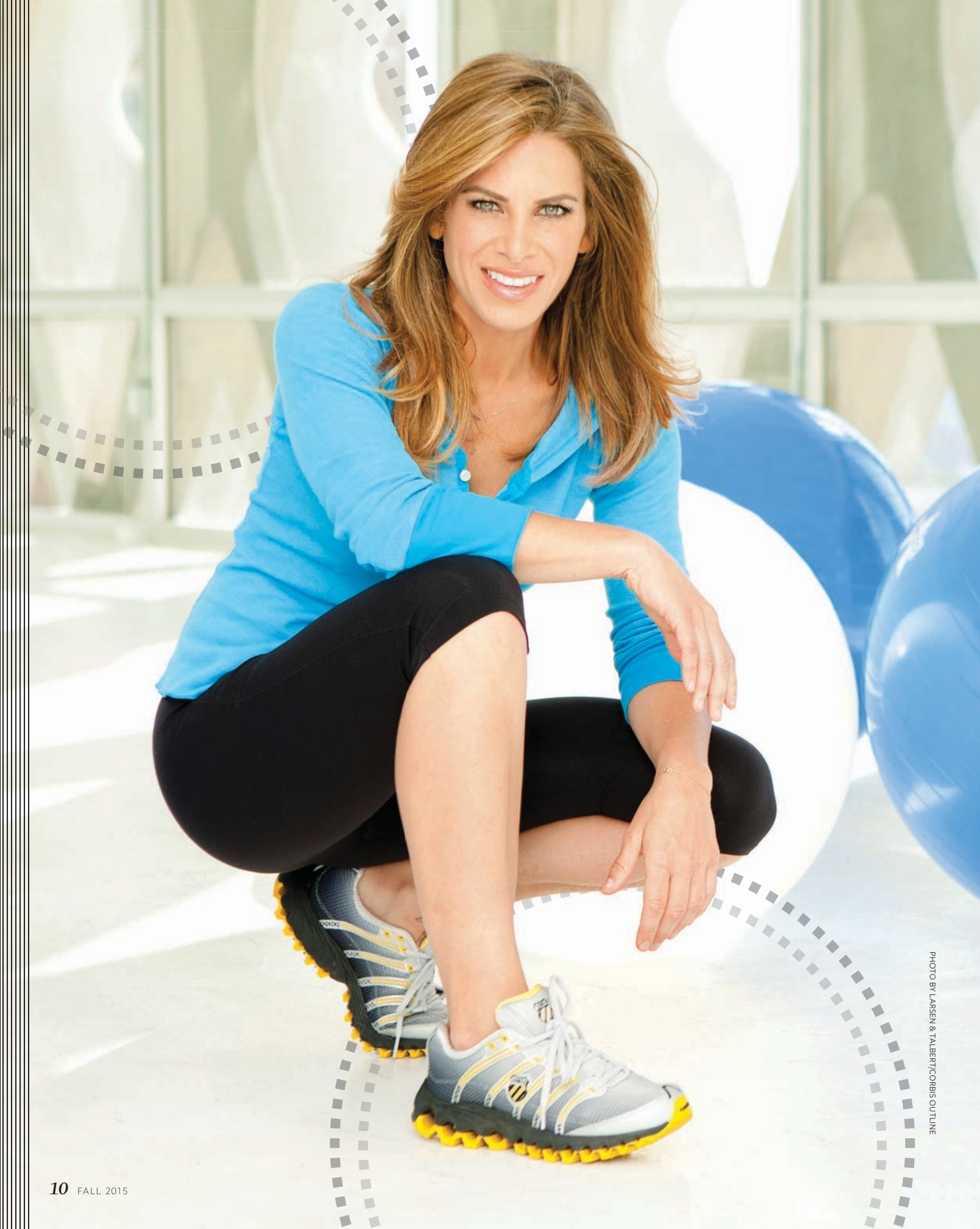


PHOTO BY LASSEN & TALBERT/CORBIS OUTLINE

CHANGING THE

**JILLIAN
MICHAELS**

wants
you to make
a change
(and she
won't even
yell)

BY KEVIN JOY



Most people know Jillian Michaels as a tough-talking, take-no-prisoners drill sergeant with a fiery tongue and zero tolerance for excuses or self-doubt.

Best known for her former role on reality-TV competition *The Biggest Loser*, in which the high-octane personal trainer pushed those at their worst to shape up and slim down, Michaels knows that adopting a lifestyle shift—be it dietary, mental or physical, or all three—is tough.

So, of course, she's tougher.

"The reality is, I'm not a sympathetic person," Michaels, 41, told Britain's *Daily Mail* last year. "I'm empathetic. I get it. It's hard."

But, she added, "I also know that you can do it."

Based on her work and experience, Michaels has offered guidelines to personal success—no matter what kind of change you want to achieve.

DREAM It

Large or small, all goals start with a vision. Too often, though, they're derailed by indifference—or worse, fear.

"Often, we don't try because then we can't fail," Michaels wrote in her 2011 book *Unlimited: A Three-Step Plan for Achieving Your Dreams*. "Every single person I have ever worked with feels this way."

Believe it or not, Michaels once did, too: Bullied and overweight as a teenager, she gained confidence, and shed those extra pounds, with martial arts. Yet she abandoned the pursuit after her emotions, still fragile from the past, got the best of her.

A handwritten letter from her teacher nudged the reluctant pupil back into the dojo, where, at 21, Michaels kicked her way to esteemed black-belt status—a triumph she considers her life's key turning point.

Fear often comes into play when attempting to make a change, says Laren Conklin, PhD, a researcher at Boston



**Jillian
Michaels
and daughter
Lukensia**

5 THINGS YOU (PROBABLY) DON'T KNOW ABOUT JILLIAN MICHAELS

- 1 She's a nice person.** Michaels swears her tough-girl persona is overblown: "I really don't have a mean bone in my body!" she told *Redbook* in 2010. In fact, concerns over her increasingly harsh portrayal on TV spurred Michaels to leave *The Biggest Loser* last year.
- 2 Like the rest of us, she has insecurities.** "I've never fully loved my booty," Michaels declared last year on *The Wendy Williams Show*. Deeper insecurities also lurk: "I feel helpless all the time, and it drives me to become powerful so I can make a difference," she told *Us Weekly* in 2010.
- 3 She advocates professional therapy.** A childhood plagued by anxiety and low self-esteem found Michaels enrolled in therapy at age 5. She's proud of receiving help—and, even with her very public motivational platform, continues to see a therapist for guidance.
- 4 She's a mother.** With partner Heidi Rhoades, Michaels became a mom—twice!—in the same week in 2012. After a pending adoption in Haiti was approved, Rhoades realized she was pregnant. Michaels swears that parenting has changed her DNA.
- 5 She won't watch herself.** Yoga, spinning, cardio: You name it, Michaels supports it. But there's one thing you won't find in her own regimen: Jillian Michaels DVDs. "I couldn't get through 15 minutes of it," *The New York Times* quoted her as saying in 2011.

University's Center for Anxiety and Related Disorders.

Still, "it's often worse before (taking action) than when you get into the situation," Conklin says. And, as Michaels would attest, there's simply no reason not to try.

PLAN It

If your personal goals are vague, achieving change is difficult, if not impossible, Michaels stresses.

Looking to lose weight? Instead of saying "I want to be thin," ask yourself why you've set that goal. Michaels, an advocate of lists and collage-style vision boards, suggests identifying a clear objective—to drop 10 pounds by summer to fit into a new swimsuit, for example, or to complete a half-marathon next year.

"Form an emotional connection with your goal," Michaels told *Fitness* magazine in 2011. "Then, when you choose between a bagel and egg whites for breakfast, you make the choice with your goal in mind."

Little things matter. In *Unlimited*, Michaels recalls an otherwise motivated *Biggest Loser* participant whose poor dental hygiene led to unexpected oral surgery. The absence cut into his workout time and sent the man packing after a subpar weigh-in.

"Every choice we make has a direct and dramatic impact on our lives," Michaels writes.

Goals (and actions) needn't be dramatic. Michaels notes that establishing a pattern of minor victories can spur sizable shifts—and, ultimately, redefine one's self-image.

Bob Deutsch, PhD, a cognitive anthropologist and the author of *The 5 Essentials: Using Your Inborn Resources to Create a Fulfilling Life*, likens the process to viewing a kaleidoscope.

"When you turn it just the smallest degree, the whole thing, the pattern, convulses into something different," Deutsch says. "That's also true with behavior."

WORK It

Michaels didn't become queen of an empire without the same sweat and toil she demands from clients and viewers of her popular DVD workouts.

She spent several years in her 20s working for a Hollywood talent agency before being unexpectedly fired. But the connections Michaels made there with A-list clients helped her launch a personal-training business, just the kind of fulfilling change she was looking for.

That venture, in turn, boosted her professional profile when auditioning for *The Biggest Loser*. She tried out for the NBC show after failing to win a spot on the VH1 reality program *Flab to Fab*. While that defeat at first left her humiliated, Michaels dusted herself off, refined her sales pitch and nailed the tryout for the role that made her a celebrity.

She advises others to follow a similar game plan: A bit of fake-it-till-you-make-it bravado combined with planning, practice and positivity.

"It's how you respond and move forward that matters," Michaels told *Good Housekeeping* last year. "If you don't take responsibility for your life, you disempower yourself from changing anything."

MAINTAIN It

From junk food and laziness to other people's toxic personalities, roadblocks lurk around every corner. Keep things that might derail momentum out of your orbit, Michaels urges—and figure out how you'll react when they arise.

That way, says Conklin, "you'll already have a plan for what to do."

If a storm disrupts your usual morning run, hit the gym at lunchtime instead. Going out for Mexican food? Don't allow the server to put down tempting tortilla chips, Michaels suggests.

If another person affects your well-being and the relationship can't be remedied, walk away. Michaels, long affected by a toxic childhood

POWER OF POSITIVE THINKING

Research shows that people with positive attitudes are far more successful in life, and having a proactive attitude is key, especially when trying to make a change.

Cognitive behavioral therapy is an evidence-based method of talk therapy that focuses on identifying, understanding and changing thinking and behavior patterns, explains Joseph Fanelli, MD, director of the Centers for Mental Wellness of the Community Healthcare System.

"For example, if someone thinks or believes that 'whatever I do, I'll fail,' they're likely to be depressed, negative and likely to fail," Fanelli says. "But if that person changes their thought or belief to 'if I work hard and do my best, I'll succeed,' that person will have more energy, work harder and be more likely to have success."

Cognitive behavioral therapy has a term for this: cognitive reframing. "If you engage in the same activities that positive, confident, optimistic people engage in, you will eventually become one of them and live your best life possible," Fanelli says. "Challenge those negative beliefs and replace them with reasonable positive beliefs and you will feel better and be more successful."

relationship with her father, chose to cut ties.

Meanwhile, bring those with a positive outlook closer, says Deusch, citing influencers that "you can see yourself in, even symbolically."

Study those who have reached benchmarks similar to your own ambitions—a friend or co-worker, perhaps, or even a celebrity (in a realistic sense, of course; Michaels wants people to achieve their *own* best mind and body—not Beyoncé's).

"I'll look at other people and I'll see where they were and what they've done, and I'll use it as a source of inspiration," Michaels, whose role models include her mother and Oprah Winfrey, told *Redbook* in 2010.

In the end, there's only one person who can make change happen: you.

"Accept your state of affairs, get out of denial, take responsibility and choose to make a change," Michaels writes in her 2013 book *Slim for Life*. "So get on it!" ■

CALL



Outpatient Help

The Centers for Mental Wellness offer counseling services and therapy on an outpatient basis with two convenient locations: 6625 W. Lincoln Highway in Schererville and 4321 Fir St. (inside St. Catherine Hospital) in East Chicago. Call **219-392-7025** for an appointment.

MAKING A CHANGE

➔ *The key to good health is simple: Eat well, exercise and take care of yourself, and you'll lower your risk for practically every health condition there is. Yet most of us struggle to make the adjustments we know we need. Read on to find out how change is easier than you might think.* **BY CONNIE MIDEY**



FOOD MAKEOVER

Find the healthiest foods around the perimeter of the grocery store.



PURE AND SIMPLE

➔ *It's not about sacrifice and suffering. A healthier diet comes from small, mindful choices*

We all know how we're supposed to eat, but even presidents struggle to follow that advice.

The White House physician who helped President Bill Clinton lose 27 pounds—this in the days before he became a vegan and grew slimmer still—knows that a simple approach yields sustainable results.

“You eat small, frequent meals and control portion size,” Connie Mariano, MD, the author of *The White House Doctor*, told the president. “You stay away from red meat and fat. And you keep moving. There’s no magic pill.”

“Simple” isn’t a synonym for “effortless,” not for a president with a doctor and chefs dedicated to his health, and not for you. Even baby steps require commitment.

But improving your diet doesn’t require great sacrifice, just consistent attention to the details. Consider this advice.

ALLOW FOR INDULGENCES.

Registered dietitian Elizabeth Somer, the author of *Eat Your Way to Happiness*, maintains that 75 percent of your diet should consist of “real foods” served as nature intended them: unprocessed and low in bad fats, sugar and sodium. That means there’s room for the foods you crave. Depriving yourself of everything you love sets you up for failure.

SHOP LIKE A EUROPEAN.

After a trip to Italy, Somer better recognized the role American supermarkets play in undermining good intentions. Italian grocery stores are small and carry primarily fruits, vegetables, pasta, cheese and meats. Americans can duplicate that experience here by concentrating on the produce aisle, dairy case and butcher’s counter—steering clear of the central aisles with snacks and processed foods.

DINE WITH COMPANIONS.

Meals with family and friends make you eat more slowly and boost your emotional health. At a restaurant, ask the server to set aside half of your entree for leftovers before it reaches the table—if you’re dining with good company, you won’t miss it, Mariano says.

CUT 100 CALORIES A DAY.

A year later, say goodbye to about 10 pounds.

BUILD A 1-2-3 BREAKFAST.

People who eat breakfast have lasting energy, lose weight and keep it off, Somer says. Include a whole grain, protein and at least one colorful fruit or vegetable—perhaps a whole-grain waffle with peanut butter and blueberries.

EAT LIKE OUR ANCESTORS.

“We evolved on diets where our ancestors ate pounds of produce, and now we balk at one serving,” Somer

EATING SMART

When it comes to making smarter food choices, focus on: education, planning, availability and visibility, advises Kate Fairbairn, certified nutrition specialist and weight loss coach for Community Hospital Fitness Pointe’s® Coached Weight Loss program.

“Being aware of your current options, health goals and the food substitutions you can make will help you make smarter choices,” Fairbairn says. “Choose whole foods like fruits, vegetables, whole grains and lean proteins that are generally lower in salt, fat, added sugar and calories, as well as higher in nutrients and provide hunger satiety.”

Planning involves stocking your pantry with go-to items for quick and healthy meals and snacks. Summer offers an excellent opportunity to eat fresh fruits, vegetables and lean proteins available at farmers markets and grocery stores. Freeze extras and save for the winter months.

Visibility means keeping your go-to foods at eye level in the refrigerator, pantry or bowl on your kitchen counter; not buried and out of sight.

“When food is available you’ll eat it—healthy or not,” she says. “Don’t bring in foods that you don’t want to consume on a regular basis. Instead, have them on occasion outside the home.”

says. Fill half your plate with colorful fruits and vegetables. Choose these for half of all snacks, too.

AVOID THE ALLURE OF SUGAR.

“If I were going to pick one thing that people need to watch, it would be sugar,” says Christiane Northrup, MD, the author of *Goddesses Never Age: The Secret Prescription for Radiance, Vitality and Wellbeing*. That advice pertains beyond sugary desserts and sodas. The body also converts simple carbohydrates such as white bread into sugar. Better choices include whole-wheat bread, beans and vegetables—the “good” carbs that are digested slowly, preventing spikes in blood sugar.

ENJOY THE EXPERIENCE OF A MEAL.

“When I make myself something for lunch, I make it warm,” Northrup says. “I add spices, listen to music and enjoy my food, and I’m not hungry afterward. When I just grab a bar or something, I’m still hungry. I haven’t fed myself.” ■

CLASS



Coached Weight Loss

Community Hospital Fitness Pointe’s Personal Training team can help you achieve your goals in a friendly workout environment. For more about the Coached Weight Loss program, call **219-934-2835, ext. 452.**

EXERCISE MAKEOVER

Exercise is fun
if your dog
(or a friend)
tags along.



PLAN OF ACTION

➔ *Tips for getting your
exercise routine moving
in the right direction*

The benefits of exercise are too great, the consequences of inactivity too dire to do nothing. Yet more than 23 percent of adults don't participate in any form of exercise outside of their jobs—not even walking, according to America's Health Rankings.


“Probably the worst (outcome of inactivity) is obesity, which ties in with everything else—heart disease, diabetes, possibly even things like dementia,” says Robert A. Stanton, MD, president of the American Orthopaedic Society for Sports Medicine.


The benefits of physical activity are equally clear as the consequences. They include not just stronger muscles and better balance and flexibility but also improved mood, blood pressure and cholesterol.


Stanton understands that finding time to take care of yourself is difficult. “But we only get one shot on this planet,” he says. “Besides, there are only two ways to lose weight—eat less or exercise more—and in my opinion, the latter is more enjoyable.”


You may find yourself in Stanton's camp if you exercise with this advice in mind.


PHOTO BY THINKSTOCK


 **MAKE IT FUN.** Turn on your favorite music and dance. Play tag with your kids or keep-away with your dog in the park. “The key is finding something you enjoy doing and that is not too stressful to start,” Stanton says. “Even a short walk in your neighborhood burns calories and lowers cholesterol.”

 **KEEP MOVING AT THE OFFICE.** “Even people who exercise regularly have increased risks if they have a job where they sit all day,” says Jeremy M. Burnham, MD, a spokesman for the American Academy of Orthopaedic Surgeons. Short walk breaks throughout the day can offset the damage.

 **MIX IT UP.** Burnham recommends at least 30 minutes of physical activity at least five days a week, split into 10-minute sessions if that better fits your schedule or beginner status. Incorporate aerobic activity, range-of-motion exercises and strength training.

 **INVEST IN NEW SHOES.** Cushioned, stable shoes won’t just make exercise easier. They will reinforce your commitment to your health, Burnham says.

 **THINK LIKE A BOY SCOUT.** Keep a backup pair of athletic shoes in your car or resistance bands in your suitcase, Stanton suggests. You’ll be prepared for a walk or workout wherever you find yourself.

 **SHAKE UP COUCH TIME.** Stand up and move around between chapters of the book you’re reading or during every TV commercial. Pace the room or pedal on a stationary bike while on the phone.


A WINNING FORMULA FOR LOSING WEIGHT


Healthy 4 Life’s individualized care program of medical weight loss, bariatric surgery, lifetime wellness, fitness, and dietary and psychosocial counseling is designed to help patients stay healthy, lose weight and keep it off.


“Each medical weight loss program involves varying levels of calorie control and supplementation based on the needs of the patient,” says Omar Shamsi, MD, internal medicine and medical weight loss specialist. “Patients are offered a complete series of educational sessions to learn more about nutrition, portion control, exercise, shopping, cooking, behavior adaptation and more.

Ongoing clinic visits and follow-up are a part of each plan and patient education helps to ensure that successful weight loss and lifelong weight management are achieved.”

Healthy 4 Life’s two board-certified bariatric surgeons, Paul Stanish, MD, FACS, and Hung Dang, DO, are internal medicine physicians who are fellowship-trained in obesity medicine and nutrition support. They work together with a multidisciplinary team of health professionals. Together, the team has a combined experience of helping nearly 5,000 patients through a variety of surgical and nonsurgical weight loss programs.

 **KEEP TRACK.** Set a goal, then note on a calendar or an electronic health tracker what you accomplish toward it. By six weeks, proof will be visible: You’re well on your way to creating a new habit, Burnham says.

 **DON’T TAKE THE EASY ROUTE.** Skip the elevator and take the stairs. Walk to a colleague’s desk instead of emailing. Park farther away from the store entrance. “When people were hunters and gatherers, they didn’t sit around waiting for their take-out order to be ready,” Stanton says.

 **MAKE A DATE.** Pick a time and place to meet a friend for a walk or bike ride. You won’t want to let each other down. Volunteer to walk your kids and the neighbor’s to school two mornings a week. ■

EVENT 

Become a Healthier You

Attend our free seminar Weight Loss Surgery—Is It Right for Me? to learn more. Classes are held monthly in Hobart, Valparaiso, Munster and St. John. Call toll-free **866-836-3477** for more information.

Your bed is for
sleeping, not for
watching TV and
checking email.



THE 3 S-WORDS

➔ *How to prevent sleep deprivation, smoking and stress from harming your health*

Your family demands your attention. Work worries keep you awake all night. So to deal with the stress, you light up a cigarette.

The often-intertwined behaviors of stress, tobacco use and poor sleep can rob you of quality of life, leave you vulnerable to illness, contribute to high blood pressure and more. But a few changes can lead to a healthier lifestyle.


Sleep


Sleep poorly, and you know your energy, mood and work performance will suffer.


But lack of quality sleep also is associated with health woes including diabetes, high blood pressure, depression and cardiovascular disease, says Nathaniel Watson, MD, president of the American Academy of Sleep Medicine.

“We know that about one-third of individuals sleep six hours or less on a regular basis,” he says. “And we know that’s not enough for most people to maintain physiological homeostasis,” a reference to the body’s ability to maintain equilibrium as external factors fluctuate.

In a world dominated by crowded schedules and electronic gadgets, it takes effort to get the seven to nine hours of sleep we need. Try these tips:

 **IGNORE THE CLOCK.** Worrying about the time, how little you’ve slept or how soon your alarm will ring “is not conducive to sleep,” Watson says.

 **ENHANCE YOUR SLEEP ENVIRONMENT.** “Sleep is something that happens when (the body is) provided the right circumstances,” he says. Preserve your bedroom for sleep, not for TV viewing or Internet browsing.

 **EMBRACE ROUTINE.** Having a rhythm to your life indicates to your body when sleep is imminent.


Smoking


Nineteen percent of adults smoke regularly, down from 29.5 percent in 1990, according to America's Health Rankings. That's the good news.


But in 2014, then-acting U.S. Surgeon General Boris Lushniak, MD, warned that today's smokers were at greater risk of developing lung cancer than were smokers 50 years ago. He attributed the increased risk to changes in the way cigarettes are made and the chemicals they contain.


Every year, more than 392,000 Americans die from tobacco-caused disease, including lung cancer and chronic obstructive pulmonary disease (COPD), making tobacco use the leading cause of preventable death, the American Lung Association says.

These tried-and-true tricks of successful quitters may help break your tobacco habit:

 **DOCUMENT YOUR COMMITMENT.** List reasons for wanting to quit, and pick a quit date. Two weeks in the future gives you time to prepare.

 **TALK WITH YOUR DOCTOR OR PHARMACIST.** Tobacco cessation products can help you reach your goal.

 **ELIMINATE TEMPTATIONS.** Rid your house, car and workspace of tobacco products. Clean your house and clothes to remove lingering tobacco smells.

 **VISIT YOUR DENTIST.** You won't want to stain those newly cleaned teeth.

 **DON'T TOUGH IT OUT ALONE.** Tell family and friends about your plan and invite them to smoke-free nights out.

A GOOD DAY, A GOOD NIGHT

A good night's sleep is crucial for optimal health. "More and more studies are highlighting the importance of at least seven to eight hours of sleep each night for both physical and mental health," says Jake Messing, program director of Behavioral Health Services at Community Healthcare System. The most common cause of sleep deprivation is a high level of stress, says Messing.

"Many people can experience difficulty sleeping the night before a job interview or a big test, but it's temporary and quickly goes away," he says. "When there is chronic stress, sleep difficulty can become much

more severe and long-lasting. Sleep deprivation can cause numerous mental disorders, such as depression, anxiety and mania. Conversely, many of these same mental disorders all have sleeplessness as one of the main symptoms."

Outpatient therapy or cognitive behavioral therapy is available at the Centers of Mental Wellness in East Chicago and Schererville.


Stress


Stress isn't always a villain. It plays a critical role in keeping us alert and safe. Too much, though, and our immune, digestive and reproductive systems suffer the consequences.

"Every measure of health is affected by stressful situations," says licensed psychotherapist Wendy Boorn, the author of *I Thought I'd Be Done by Now: Hope and Help for Mothers of Adult Children Searching for Peace*.

Stress compromises sleep, contributes to addictive behaviors like smoking and detracts from physical and mental well-being.


The body can absorb short periods of stress, Boorn says. But chronic stress requires coping strategies like these:


 **TAKE A MEDITATION BREAK.** Sit quietly for 10 minutes while focusing on your breath. "It helps you learn how to be self-contained, how to create a sense of calmness within yourself, even when there's a storm raging around you," Boorn says.

CALL 

Sleep Well

Having a psychiatric illness and a sleep disorder can be a vicious cycle. The Centers for Mental Wellness can help. Call **219-392-7025** to schedule an appointment.

 **LET IT GO.** Most circumstances are not inherently stressful. "People create their own stress by how they react to situations," Boorn says. "Traffic is a great example. I say (silently, to the offending driver), 'OK, have the road.'"

 **SET LIMITS.** You want to lose weight, exercise more, be a better person. But start with one small habit and practice it daily. "People try to do too much, too quickly and underestimate how difficult it can be," Boorn says. "Then they're stressed and disappointed in themselves, and they give up." ■



ILLUSTRATIONS BY ANDY WARD



HEART BREAK HIGH

You might recognize this cast of characters from your graduating class. But do you see the habits that affect heart health?

BY **STEPHANIE R. CONNER**

Every high school class has its cast of characters: the jocks, the cheerleaders, the partiers, the brainiacs.

Back then, youth may have protected us from some unhealthy habits. But because time is the great equalizer, every class reunion may reveal that a few more of your classmates have a diagnosis of the leading cause of death in the United States: heart disease. In fact, by the time they're 60, one in five men and one in 10 women will have coronary heart disease.

Nearly half of Americans have at least one of the three greatest risk factors: high blood pressure, high LDL cholesterol and smoking. And some of the earliest habits we form contribute to our risk.

If you think about your high school class, you can identify some of those bad habits. So read on, and if you see yourself, take note of steps you can take to graduate to a heart-healthier future.

CLASSMATE:

THE COOL GUY

Heartbreaking habit: Smoking

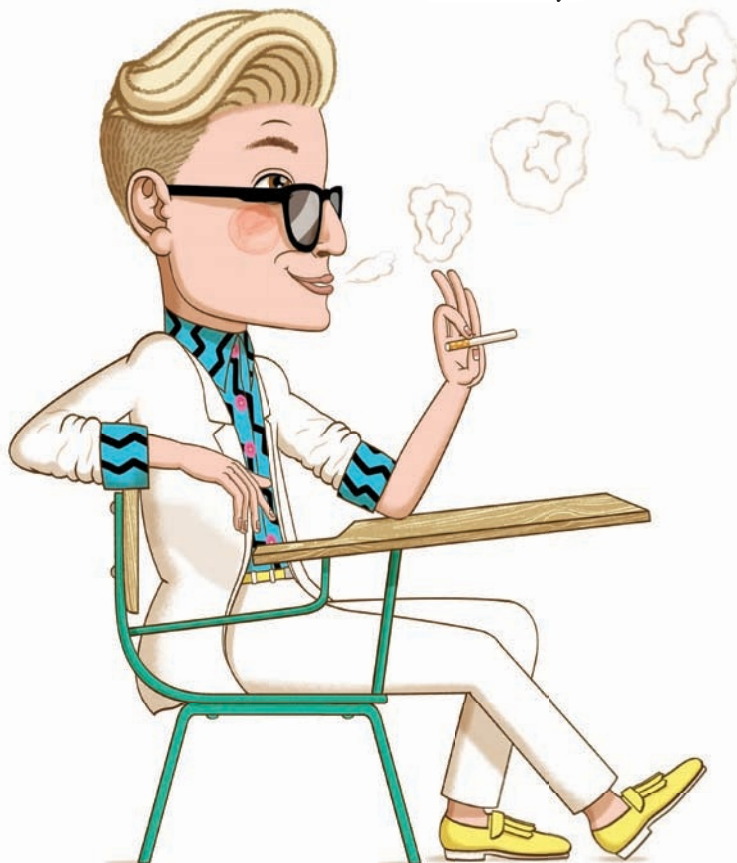
This guy was too cool for school, ditching class for a smoke in the parking lot.

If your classmate is still lighting up, he has a higher risk of heart disease and cancer today—and his skin probably hasn't aged well, either.

The chemicals in tobacco smoke affect the functioning of the heart and blood vessels. This damage drives up the risk for atherosclerosis, the process by which plaque accumulates and hardens in the arteries. Atherosclerosis leads to narrowed arteries and reduced blood flow.

Smoking affects other risk factors, as well. For example, it decreases exercise tolerance and increases blood pressure.

“Quitting smoking is the single best thing you can do (for your heart health),” says James Underberg, MD, an editorial board member for the *Journal of Clinical Lipidology*. If you have heart disease and you smoke, quitting smoking cuts your risk of heart attack and stroke by 50 percent. “It’s the single most modifiable risk factor with the biggest bang for the buck,” he says.



CLASSMATE:

THE OVERACHIEVER

Heartbreaking habit: Stress

You remember the perfectionist who got straight A's, served as class president and spent weekends traveling with the debate team. She's probably successful today, but her heart might need some TLC.

"When patients come into my office, I say, 'How are you doing?'" Underberg says. "The first sentence often has 'stress' in it.

"The impact on cardiovascular health is not insignificant," he continues. "Increased stress is related to increased risk of heart disease."

Researchers are working to better understand the link

between heart disease and stress, but they know that stress drives up blood pressure. Other lifestyle factors also come into play, Underberg notes.

"What do people do when they're under stress? They eat more. They smoke," he says. And these habits, as we know, put additional strain on the heart.

Talking to friends or seeking professional therapy works for some. Others might make changes in their lives, such as cutting back on hours at work or asking a spouse to pitch in more at home.

Here's some good news for the multitaskers among us: "One of the best ways to reduce stress is to exercise," Underberg says.

So whether you go for a walk or take some swings at a punching bag, your heart will thank you—for many reasons.

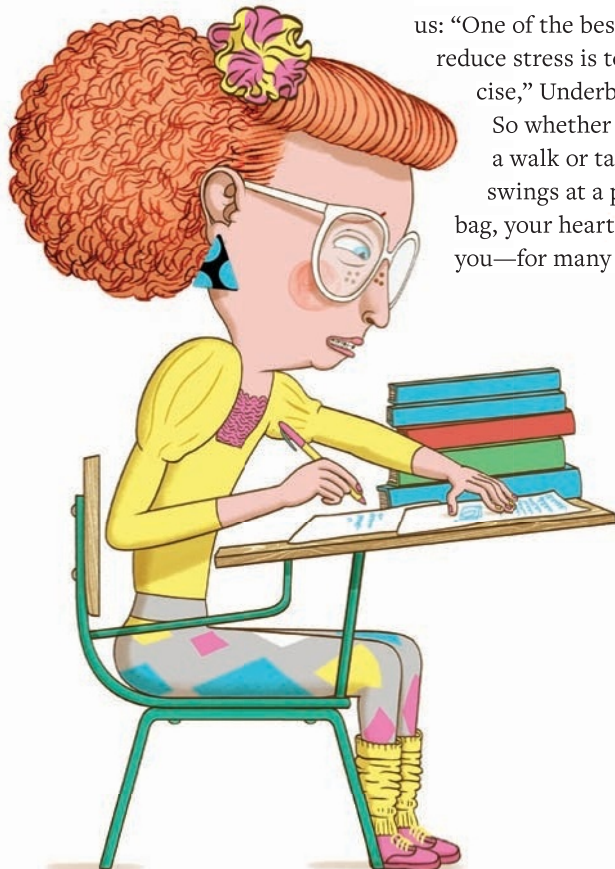
ARE YOU AT RISK?

Keeping your blood pressure and cholesterol in check can keep your heart healthy, so it's important to know your numbers. The hospitals of Community Healthcare System—Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart—offer a coronary health appraisal to help determine your risk for heart disease and other related medical conditions.

This simple screening test offers you and your doctor a glimpse into what the future holds when it comes to avoiding potential health issues before they start.

Each \$30 coronary health appraisal includes a cholesterol screening (a lipid panel with total, HDL-high density lipoprotein, LDL-low-density lipoprotein and triglycerides), a hemoglobin A1C screening, blood pressure, body mass index (BMI), Heart Health Profile and a metabolic syndrome assessment.

Fortunately, most risk factors of heart disease are preventable and can be improved through simple lifestyle changes like exercising, eating healthfully and not smoking. If you're still unsure of your risks, schedule a low-cost coronary health appraisal at the hospitals of Community Healthcare System.



EVENT



Get Heart Healthy

Community Healthcare System hospitals offer the \$30 coronary health appraisal at several convenient locations. Call **219-836-3477** or **866-836-3477** for dates, times and fasting requirements.

CLASSMATE:**THE PARTIER****Heartbreaking habit: Excessive drinking**

To be clear, any alcohol consumption before age 21 is considered excessive, but every high school has its partiers. The question is how drinking affects health long term.

First, the good news: Alcohol increases the good kind of cholesterol, HDL. “Alcohol has been shown in moderation to actually lower risk of heart disease,” says Rachel Johnson, a registered dietitian and a spokeswoman for the American Heart Association (AHA).

The moderation part is what’s tricky. That’s no more than one drink per day for women and no more than two per day for men. A “drink” is a 12-ounce beer, 5 ounces of wine, 8 ounces of malt liquor or a 1.5-ounce shot of 80-proof distilled spirits or liquor.

Excessive alcohol consumption can drive up blood pressure, and binge drinking can lead to heart problems, stroke and other serious health problems.

Even for moderate drinkers, alcoholic beverages come with another price. Every cocktail adds empty calories to the diet.

**CLASSMATE:****THE CHUBBY KID****Heartbreaking habits: Skipping gym class, overeating**

She might have joked about her weight, but make no mistake: Your friend who cut gym class and dined at the vending machine was seriously hurting her heart.

Those ingrained habits can be hard to change, but one of the best ways to help the heart, Johnson says, is to achieve and maintain a healthy weight.

“It lowers your risk of high blood pressure and of developing type 2 diabetes,” she says, “and it helps to maintain a healthy blood lipid profile.”

Where to start? Avoid sugary drinks, Johnson

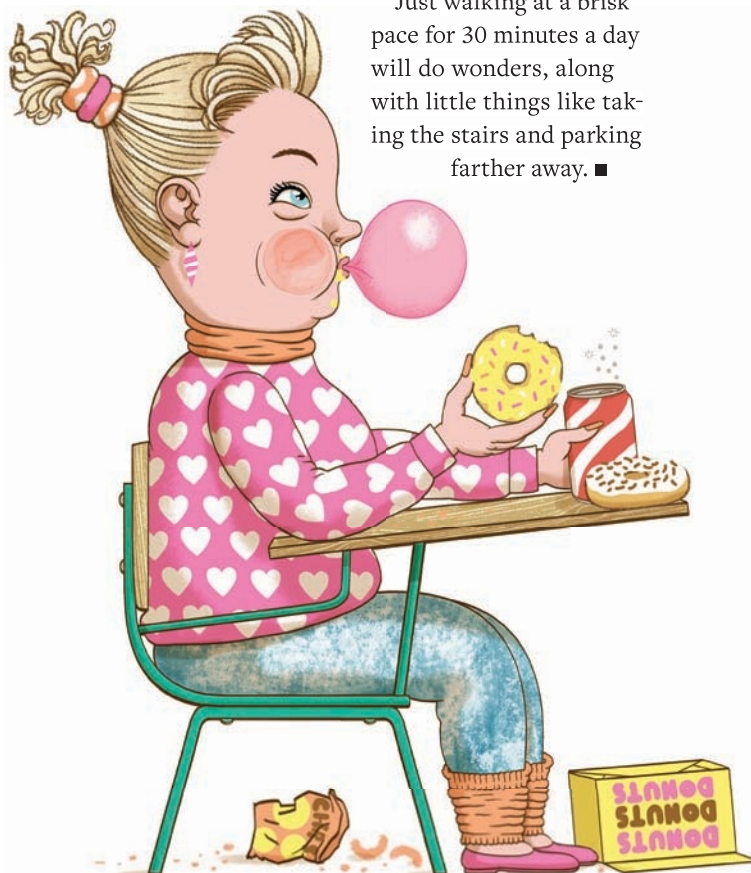
says. The sugar in sodas and most fruit juices adds a lot of calories—without the benefit of much nutrition.

Next, she says, eat plenty of vegetables and fruit, and watch portion sizes. Choose whole grains and lean meats, and eat fish (especially fatty fish like salmon) twice a week.

And don’t forget the other part of the weight-reduction equation: exercise. The key isn’t necessarily training for a marathon; it’s moving throughout the day.

“You may have heard that sitting is the new smoking,” Johnson adds.

Just walking at a brisk pace for 30 minutes a day will do wonders, along with little things like taking the stairs and parking farther away. ■



Heart Calculus

Does your heart health make the grade? Start with 100, adding or subtracting points as you check each true statement, then total the numbers to see how your heart scores.

I have a family history of heart disease. (-5)

You can't change your parents, but if you know you have an elevated risk for heart disease, you can pay closer attention to those things you can change.

I get my blood pressure checked at least every two years and my cholesterol tested at least every four to six years. (+10)

Without these important tests, you won't know whether you have two risk factors for heart disease: high blood pressure or high cholesterol.

I smoke. (-20)

If you smoke, your heart disease risk is two to four times that of a nonsmoker.

I fill half my plate with fruits and vegetables. (+10)

Following a nutritious diet will help you manage your weight, cholesterol and blood pressure.

I have high cholesterol. (-10)

With higher cholesterol numbers comes higher heart disease risk. Total cholesterol should be less than 180 mg/dL.

I have high blood pressure. (-15)

High blood pressure, which makes the heart work harder, is a serious risk factor. Blood pressure should be 120/80 mmHg or lower.

I exercise for at least 150 minutes each week. (+10)

Regular exercise—even just walking—is key to keeping the heart healthy. Exercise is also a great tool for relieving stress and lowering blood pressure.

I consume more than one (for women) or two (for men) alcoholic drinks per day. (-5)

Higher levels of alcohol consumption can raise blood pressure, which affects heart disease risk.

I'm overweight or obese. (-10, overweight; -20, obese)

If you're carrying excess weight, your risk for high blood pressure, high cholesterol and diabetes increases. Losing just 10 percent of your current weight can make a difference.

I have diabetes. (-15 if well-controlled; -25 if not)

If you have diabetes, your risk for heart disease or stroke is two to four times higher than for adults who don't have diabetes. And the risk increases even further when blood sugar levels are not well controlled.



YOUR GRADE

90 or higher: A. You're doing a good job of keeping risk factors at bay and managing your health. Keep it up!

80–89: B. You're managing your risk factors, but there's room for improvement.

70–79: C. You're getting by, but you're letting a few things slip. It's time to take a closer look at your risk factors and make some changes.

60–69: D. You're in dangerous territory. It's time to rethink several of your lifestyle habits.

59 and below. You're running a high risk for heart disease. Talk to your doctor today about your heart-health concerns.



A hand is shown on the left side of the frame, holding a teal envelope. The background is a solid teal color. The text is arranged in a large, bold, serif font. The words 'A LETTER' are in black on a teal rectangular background. The words 'FROM YOUR COLON' are in white on the teal background.

A LETTER
FROM
YOUR
COLON

Why get a colorectal cancer screening? Hear it from the colon itself

BY **ALLISON MANNING**

Dear Brain,

Are you there? It's me, your colon. You probably don't think about me much. Don't worry. I'm not offended. Nobody much notices me unless something goes wrong. I'm important, especially for our digestive system. I'm also known as the large bowel or large intestine. I'm the last place food goes before it goes, well, out. A lot can go wrong if you're not having me checked on a regular basis, especially now that you're getting, ahem, mature.

I know the thought of examining me can make our friend the heart pump pretty fast. Maybe our skin gets a little sweaty just thinking about the dreaded me-cancer screening.

The real thing to sweat is that every year colorectal cancer is diagnosed in 140,000 Americans—more than a third of whom will die from it. In fact, it's the second leading cause of cancer death for men and women. They'll die! Because of me! That hurts.

But you're also to blame, Brain, for not getting me screened. Some brains think that colorectal cancer can't be prevented, so why look for it at all? That's just not true.

"It's a highly preventable and curable disease," Stephanie Guiffre, director of prevention and research at the Colon Cancer Alliance, reminds me. Cancer down here starts out as a little tiny thing called a polyp. Found and removed early, it can stop cancer in me before it starts. Sad thing is, only four out of 10 people get a diagnosis at that stage.

Polyps don't just cause cancer. These cauliflower-like growths can kill you by causing diarrhea or bleeding from your rectum or by obstructing me, causing colon perforation and inflammation.

Have I persuaded you to get a screening yet? How about this—about 30 percent of middle-aged (that's you!) or elderly people have colonic polyps. And here's the thing: If you have polyps, you probably won't even realize it. Most people who have them show no symptoms. If anything, you'll experience rectal bleeding, iron deficiency anemia, or maybe diarrhea or constipation. But not always.

Let's GET TESTED

Don't wait for the screening until your doctor brings me up. In one study, Guiffre tells me, only four of 10 doctors recommended colon cancer screenings to their patients.

"They have a wealth of things they need to cover, and often, this falls by the wayside," she says.

When it comes to screenings, you have lots of options:

- The **fecal occult blood test (FOBT)** is one of the least invasive options. It's used to find blood in your stool that can't be seen with the naked eye. All you have to do is send samples to a lab. A kit is provided. Doctors recommend repeating this test every year.

- The test you probably know best is the **colonoscopy**, in which the inside of the rectum and the entire colon are examined using a long, lighted tube called a colonoscope. If you decide on the colonoscopy, you'll only have to think about me every 10 years after age 50.

- In the **flexible sigmoidoscopy**, your rectum and the lower part of me are checked with a sigmoidoscope, a lighted tube. During a **virtual colonoscopy**, X-rays and a computer are used to take two- or three-dimensional images of me and the rectum. Both tests only need to be done every five years.

- For a **double-contrast barium enema**, air and barium are pumped into your rectum, and a solution will show polyps or tumors on X-rays. You should repeat this test every five to 10 years.

That doesn't sound too bad, does it? Still, 44 percent of women and 40 percent of men 65 or older haven't had a colonoscopy or sigmoidoscopy, even though Medicare covers both procedures.

"The best test is the test that gets done," Guiffre says.

Getting Me READY

OK, getting ready for a screening isn't a beach vacation. For a colonoscopy, I need to be fully prepped. This means any solids need to be out of the stomach and bowels in time for the procedure. Our

doctor will recommend a clear liquid diet for at least 24 hours before the exam.

Avoid drinks that use red or purple dye. Instead, consume fat-free broth, strained fruit juice, water, plain coffee or tea, sports drinks and gelatin. You always wanted an excuse to eat Jell-O for days, right?

The evening before the colonoscopy, you will take a prescription laxative, usually a liquid, that cleanses the bowels. This is the most unpleasant part of the process, some people say. Invest in a good book and quality toilet paper. It's important to follow our doctor's prep instructions to ensure that the colonoscopy can be performed safely and successfully. If I'm not clean, our doctor might not be able to see polyps—and that's the whole point, remember?

Our BIG DAY

Good news: You won't remember much about the colonoscopy. Before the procedure, you'll be lightly sedated and maybe given pain medication to help you fully relax. They're strong drugs, so make sure to arrange a ride home.

A tube will then be inserted inside the anus, through the rectum and then through me, the colon. A camera on the scope will provide a picture to the doctor. I'm not bad-looking, if I do say so myself.

When the tube gets to the small intestine, the doctor will start to remove the device and take a second look on the way out. This whole process takes 15 minutes to an hour.

Any polyps that are found can be removed right then and there, and be sent to be biopsied for cancer cells. Any weird-looking tissues in me can be looked at, too.

You know, 90 percent of colorectal cancers are found in you people over 50. Start getting me checked then. The young'uns aren't off the hook, though. If there's a history of colon or rectal cancer in their families, getting screened at an earlier age isn't a bad idea.

I'll see you at our next screening. ■

FEAR FACTOR

Scared of colorectal cancer screenings? You're not alone.

"One of the main reasons that people put off this screening is due to feelings of discomfort about discussing that area of the body," says gastroenterologist Mark Fesenmyer, MD, Community Healthcare Partner on staff at St. Mary Medical Center.

Colon cancer is the second leading cause of cancer death in the United States. That's why it's so important to get screened starting at age 50.

Some people assume that without a family history of colorectal cancer they don't need to worry. But only 10 to 20 percent of those with colorectal cancer have relatives who had the disease. People with a confirmed family history however, should talk to their doctor about getting screened before age 50.

The best way to look for colon cancer is by having a colonoscopy. If you're nervous about the procedure, talk to your doctor about other options. Your doctor can help you choose a test that's right for you.

WEBSITE



Warning Signs

Talk with your doctor if you have blood in your stool, bowel issues or stomach pain. Visit www.comhs.org/physician for a referral.

10 SIMPLE CHANGES THAT IMPROVE YOUR HEALTH

1 If you can't control what's stressing you out—like a traffic jam—let it go. Your health will be better for it.

2 To reduce your risk of heart disease, watch the alcohol. Limit intake to no more than one drink a day for women and no more than two for men.



3

Hold the cheese on your sandwich: Cutting 100 calories daily for a year results in a 10-pound weight loss.

4 Identify a clear objective for a health goal, like losing weight to fit into a new dress. Once you form an emotional connection, you'll make decisions with that goal in mind.



5 Set a bowl of fruit on your kitchen counter, and stash unhealthy snacks in the back of the cupboard. Out of sight, out of mind.

6 After your 50th birthday, start scheduling colorectal cancer screenings. Colon cancer is the second leading cause of cancer death in men and women. It's highly curable if found early.

7 If you can't trust your willpower, ask your server to place half of your entree in a takeout box—before it reaches the table.

8 Preserve your bedroom for bedtime. You'll sleep better if you save watching TV and surfing the Internet for other rooms.

9 Add some action to your couch time. Move around during TV commercials or between chapters of a book.

10

Keep a pair of athletic shoes in your car so that you can squeeze an impromptu workout into your day.



PHOTOS BY THINKSTOCK

➔ **WANT MORE HEALTHY IDEAS?** Check out our winter issue, focusing on holiday health.

THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

GOT (TOO MUCH) MILK?

Sure, milk does the body good. But how much of a good thing is too much?

A recent study associates a high intake of milk with higher risk of heart disease and cancer. In fact, women who drank three or more glasses daily had twice the risk of heart disease and a 44 percent higher risk of cancer compared with women who drank less than one glass per day.

While the findings are from a single study and too preliminary to trigger a change in nutritional guidelines, further research into the role of milk sugars, such as lactose and galactose, may be on the horizon. Genetic differences may dictate who can and can't digest milk easily.

THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

BE HEART SMART

If you are a see-it-to-believe-it kind of person, here is an unfortunate truth: Not all medical conditions have obvious symptoms. Heart conditions like peripheral arterial disease (PAD) result from a combination of health factors and build slowly over time. When symptoms surface, it might be too late.

Community Healthcare System hospitals—Community Hospital, St. Catherine Hospital and St. Mary Medical Center—offer low-cost screenings to help identify signs of PAD and other vascular diseases before they affect the heart. Specialists treat these conditions early in order to prevent permanent damage. Don't wait until it's too late. Schedule your appointment today.

APPOINTMENTS



PAD Screening

Community Healthcare System offers \$10 screenings to determine your risk for PAD. Call Community Hospital at **219-934-2830**, St. Catherine Hospital at **219-836-3477** or St. Mary Medical Center at **219-947-6085** for dates and times.

WINE VS. COOKIES

Which has more calories? ●

ANSWER: WINE. Wine lovers are giddy about research extolling the heart-healthy implications of imbibing. But what about the toll that wine takes on our *waists*?

Calorie-conscious consumers, take note: A 5-ounce glass of merlot has 122 calories, compared with 78 calories in a chocolate chip cookie from a popular, store-bought brand.

Alcohol's empty calories can cause you to pack on the pounds. If you need to lose weight, think before you drink.



PHOTOS BY THINKSTOCK



GERM ALERT

Hand dryers might not be a good way to avoid bathroom germs, after all.

A study published in the *Journal of Hospital Infection* found that air-blown hand dryers spread more germs than paper towel dispensers. In fact, high-powered jet dryers created bacterial levels in the air that were 27 times higher than bacteria levels around paper towel dispensers. Ew.

▶ TRUE OR FALSE

E-cigarettes are a safe alternative to smoking.

FALSE. While researchers fast and furiously study the health effects of “vaping,” red flags are emerging.

For example, the U.S. Food and Drug Administration warns that e-cigarettes may contain toxic ingredients. (One FDA-studied sample contained diethylene glycol, a toxic chemical used in antifreeze.) Consumers have no way of knowing which harmful chemicals—and at what doses—they are inhaling.

Furthermore, the FDA warns that e-cigarettes can increase nicotine addiction among young people and encourage them to try real cigarettes. At press time, a study showed that 16 million kids in 10 states and the District of Columbia can legally buy e-cigarettes.



PHOTOS BY THINKSTOCK

MAMMOGRAM MOJO



33%

Mammography has helped cut breast cancer deaths by nearly a third since 1990.

67%

More women are getting mammograms. The screening rate has risen from 29 percent in 1987 to 67 percent in recent years.

100%

When breast cancer is detected at the earliest stages of 0 or 1, the five-year survival rate is 100 percent.

IS THE ‘FRESHMAN 15’ REAL?

The widely held belief that college students gain 15 pounds in their freshman year is an exaggeration, according to one study.

In tracking students at a private college in the northeastern United States, researchers found that while there was a modest average weight gain among freshmen (2.7 pounds), the legendary Freshman 15 was more myth than truth.

However, 2.7 pounds outpaces the general population’s weight gain nearly sixfold. Thus, freshman year does seem to be a critical juncture for weight management.



THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

SMOKING
AND DRINKING:

DOUBLE TROUBLE

It's often said that smoking and drinking go hand in hand—a problem for those seeking treatment for alcoholism.

A recent study examined data from more than 21,000 adults who sought treatment for alcohol abuse. Smokers had less success meeting alcohol-related goals than their nonsmoking counterparts. This effect was seen more sharply in women, according to study results published in the journal *Substance Use and Misuse*.



TOOL



Count the Cigs

Any idea how many cigarettes you smoked last year? The last 10 years? Visit cancer.org and search “Cigarette Calculator” to find out how the smokes pile up. You might exhale pretty sharply.


Say *namaste* for yoga, a great workout for body and mind.



WORKOUTS THAT WORK: YOGA

It's time to stop calling yoga a fad. With its combination of physical postures, breathing exercises and meditation, yoga has carved its way into our mind-body consciousness. Yoga helps:

- ▶ **THE BACK.** Recent studies show that carefully adapted yoga poses reduce pain and improve function for sufferers of chronic low-back pain.
- ▶ **THE HIPS.** The “tree pose,” for example, targets hip abductors and likely increases balance, according to a study of yoga in seniors.
- ▶ **THE HEART.** Research shows a link between yoga and reduced blood pressure.
- ▶ **THE HEAD.** A small number of studies suggest that yoga can be helpful in treating migraines.



WHAT ARE THE ODDS

of getting the flu this season?

If you're the gambling type, you won't like these odds. Seasonal flu severity varies so greatly from year to year that your odds of getting the flu range from

1 in 5



to 1 in 20.



Hedge your bet by scheduling a flu shot now. Flu season starts in the fall, peaking in January or February.



Teenagers think school should start later—and so do researchers.

WATCHING THE CLOCK

Do early start times for school clash with how teenagers tick?

The American Academy of Pediatrics thinks so. Last year, the academy issued a policy statement recommending that the school day start no earlier than 8:30 a.m. for middle and high school students.

Research suggests that a too-early school start contributes to chronic sleep deprivation among American adolescents.

While the reasons for teens' lack of sleep are numerous—including homework, jobs and

technology—barking at them to get to bed earlier may not help. That's because teenagers' natural sleep cycles cue them to fall asleep around 11 p.m. Therefore, getting the 8.5 to 9.5 hours of shut-eye recommended for adolescents becomes impossible if the first bell rings at 7:30 a.m.

How widespread is teen tiredness? A study released last year found that more than 90 percent of American high school students are chronically sleep-deprived. By 12th grade, the percentage soars to 95 percent.

JARGON WATCH

When a blood clot blocks blood flow to the heart, doctors call this **MYOCARDIAL INFARCTION**. Translation, please? The everyday term is heart attack.



There's more to preventing acne than washing your face.

THE TRUTH ABOUT SKIN

What's the difference between UVA and UVB rays? Can milk really soothe eczema? Learn fact from fiction to care for your body's largest organ

► Skin is the ultimate organ, not only because of its size. It's one of the most adaptive, vital organs we have, and most of us take it for granted. Show your skin some love by learning the truth about how to best care for it.

TRUE OR FALSE:

Dirt causes acne and blackheads.

→ **FALSE.** Blackheads may look like tiny buckets of dirt, but cleansing isn't the problem.

"It's not an issue of being dirty. With blackheads, the pores are actually filled with skin cells and skin oils," says Rachel Herschenfeld, MD, a fellow of the American Academy of Dermatology (AAD). "Just rubbing and scrubbing with soap won't do anything for blackheads or acne."

Instead, you need to use a product that will clear the pores of dead skin cells and oil. The AAD recommends products with benzoyl peroxide or salicylic acid. If you have dry skin, choose a cream or lotion. Oily skin? Look for a gel or solution.

If you don't find a fix with an over-the-counter product, talk to a dermatologist. Almost all cases of acne are treatable.

TRUE OR FALSE:

The majority of damage to the skin is done in childhood.

→ **FALSE.** It sounds rational. After all, kids are more likely than adults to be out playing in the sun. But this one is a myth. The Skin Cancer Foundation reports that about 23 percent of sun damage to the skin occurs by age 18, then 10 percent accumulates each decade thereafter.

In other words, there's still time to save your skin. Start applying sunscreen to exposed body parts every day to slow sun damage and reduce your risk for skin cancer.

TRUE OR FALSE:

Self-tanners are safe.

→ **THE JURY'S OUT.** Self-tanners don't have the same effect on your skin as the sun or a tanning bed, but that doesn't necessarily mean they are safe.

"There just aren't any long-term studies yet on self-tanners," Herschenfeld says. "They contain a lot of chemicals and free radicals. The best thing you can do for your skin is to simply embrace your natural color."

TRUE OR FALSE:

The higher the SPF, the better.

→ **TRUE, TO A POINT.** The sun protection factor, or SPF, of a sunscreen correlates to the amount of protection it offers. A sunscreen with SPF 2 blocks about 50 percent of the sun's UVB rays. SPF 15 blocks 93 percent, while SPF 30 blocks nearly 97 percent. A sunscreen with an SPF higher than 30 offers negligible additional protection and is therefore unnecessary.

But SPF isn't the only part of a sunscreen label you should pay attention to.

"What the SPF doesn't tell you is how much protection from UVA you're getting. UVA rays are the ones that come right through windows and clouds," Herschenfeld says. "Look for the term 'broad spectrum' or the ingredient zinc on the label. Those words indicate it also protects against UVA."

TRUE OR FALSE:

Bathing in milk soothes eczema.

→ **TRUE.** Milk has been found to reduce skin inflammation, like the kind associated with eczema. It can also be soothing as a compress on a sunburned area. But bathing in a tub of 2 percent isn't necessary, Herschenfeld says. Look for bath products that contain oatmeal or milk and are intended for such use. ■

WEBSITE



Made in the Shade

For dates, times and locations for free skin cancer screenings, visit www.comhs.org/physician.

MAP IT OUT!

Skin cancer is very treatable when detected early. One key is checking your skin regularly and telling your doctor about any new or changing spots.

"Patients should make a body map of themselves, noting all the shapes, colors and locations of moles and other markings," says Robert Ehresman, MD, Community Care Network family medicine physician on staff at St. Mary Medical Center. "That way, any changes can be more easily identified."

The hospitals of Community Healthcare System—Community Hospital, Munster; St. Catherine Hospital, East Chicago; and St. Mary Medical Center, Hobart—offer free skin-cancer screenings. Keep track of changes to your skin with a body map from the Skin Cancer Foundation and share the results with your doctor. Download it at skincancer.org/body-map today.



Having a baby should involve more than nine months of preparation.

HOW TO PREP FOR PREGNANCY

5 steps to help you get ready, mentally and physically, to have a baby



You say you want to have a baby? A crying, pooping, life-disrupting baby?

If you're still with us, then congratulations! While you may never be 100 percent ready for the challenges that a baby brings, you can make sure your body and your relationship are healthy, strong and ready for pregnancy.

Wanda D. Filer, MD, president-elect of the American Academy of Family Physicians, offers these prepregnancy tips to give you a healthy start to parenthood.

1 Talk about it.



“Start the conversation with your doctor early on to help you get as healthy as possible,” Filer says. Be honest with your physician about your habits—drinking, smoking, eating, exercise—and discuss medications you’re taking. “It’s also extremely important to talk to your partner about their health and your expectations,” Filer says. She recommends discussing everything from healthy food habits to discipline philosophies. “Many couples think they’re on the same page with everything until someone actually asks.”



2 Check the family tree.

Do you have underlying medical conditions like diabetes, seizures or thyroid disease? Are there genetic conditions in the family history? “If possible, it’s a good idea to sit down and map out who had what and look for patterns. Sometimes, that warrants genetic counseling and possible blood tests, but more often than not, it’s a typical health history,” Filer says.

3 Get off the pill.

It seems obvious, but if you’ve been on birth control, it can take a few months for your body to reset for pregnancy. Filer adds, “If you have an IUD, that will need to be removed by your doctor, and if you’ve been getting Depo-Provera shots, those will take even longer to get out of your system.”



4 Hit the vitamin store.

Although most nutrients come from the foods you eat, experts recommend taking a prenatal vitamin before you attempt to get pregnant. “Folic acid and iron are the primary things you want in a prenatal supplement,” Filer says. Because the first eight weeks of pregnancy are critical for the baby’s development, it’s important to start taking these before conception to ensure your system is well-stocked.

5 Make over your meals—

and other habits, too. If you drink alcohol or smoke, now’s the time to stop. “This is also a good time to evaluate your caffeine intake and ramp up the amount of fruits, veggies, fiber and water in your diet,” Filer says. If you are over- or underweight, talk to your doctor about the best way to reach a weight that’s healthy for you and the baby. Excess weight during pregnancy is associated with complications including high blood pressure, preeclampsia, preterm birth and gestational diabetes, while being underweight increases the risk of having a low-birth-weight baby. ■



EXERCISING FOR TWO

It’s true: You can never fully prepare for parenthood. But what you can do is give your baby the best possible start

by preparing your body. Prenatal exercise classes, offered at Community Hospital Fitness Pointe®, provide numerous benefits to expectant moms.

“Exercising during pregnancy can help increase your energy; improve your mood and posture; and promote

muscle tone, strength and endurance,” says Patty Grill, Fitness Pointe personal trainer with a specialty in prenatal and postpartum fitness. “Exercise also helps to relieve stress, tension and anxiety, helps you sleep better and helps with balance and self-image.”

If you have not been exercising prior to pregnancy, then you should begin slowly. Start with five to 10 minutes and gradually increase to 30 minutes a day—walking or on a bike—indoors or out.

CLASS



Baby on Board

For information about prenatal and postpartum exercise classes at Community Hospital Fitness Pointe®, call 219-924-5348, ext. 427.

What's bothering you in the bathroom? The answer can be tricky.



FREAK OUT OR CHILL OUT?

Put your stomach smarts to the test with these digestive dilemmas



We love to talk about eating. Just consider the popularity of cooking shows, diet blogs and Instagram shots of food. But we rarely discuss what happens after we swallow. Because that's when it gets gross, right?

But digestion is a critical part of your health—and a confusing one, too. Gastroenterologist Roshini Rajapaksa, MD, the author of *What the Yuck?! The Freaky and Fabulous Truth About Your Body*, encourages patients to get over their shyness when discussing digestive symptoms.

To get started, she'll help us decode stomach problems with similar symptoms.

Q You had to rush out of your presentation to book it to the bathroom. You've had a lot of these bouts of diarrhea lately, but sometimes **when you feel the urge to go, nothing happens.**

IS IT: Irritable bowel syndrome (IBS) or inflammatory bowel disease (IBD)?

IBD. Inflammatory bowel disease, which includes Crohn's disease and ulcerative colitis, shares some symptoms with irritable bowel syndrome, including diarrhea and stomach cramping. Unlike IBS, however, IBD can lead to more serious complications and even cancer. A good distinguishing symptom between the two, Rajapaksa says, is feeling a strong urge to go but only passing gas or a small stool. "That's actually a sign there's inflammation in the colon," she says. "It's that swelling that makes you feel like something needs to come out."

Q Lately, your meals never seem to agree with you. After you eat, you often feel a **burning pain in your chest and throat.**

IS IT: Gastroesophageal reflux disease (GERD) or an ulcer?

GERD. People often confuse GERD and ulcer symptoms, but there are key differences. Ulcer pain tends to be gnawing and doesn't travel toward the throat the way the effects of GERD do. GERD's acid can leave you with a sour taste in your mouth and a sore throat. "Generally speaking, ulcers you feel more when you're hungry; acid reflux you feel more after you've eaten," Rajapaksa explains.

Q **You can't go No. 2.** At all. It's been four days, and you're quite uncomfortable. You can pass gas, but that's about it.

IS IT: Constipation or an intestinal obstruction?

CONSTIPATION. The ability to pass gas indicates constipation, which can be relieved with fiber, stool softeners and exercise. An intestinal obstruction prevents even gas from getting through, and nausea, vomiting and a distended abdomen usually accompany the condition. An obstruction is very serious because of the risk of the bowel bursting, potentially causing a life-threatening infection, Rajapaksa says.

Q Your daughter is freaked out by her latest bathroom visit, when she noticed **bright red blood on the toilet paper.** She's frequently constipated, and now she's worried her "insides" are bleeding.

IS IT: An anal fissure or intestinal bleeding?

ANAL FISSURE. Your daughter can calm down. Bright red blood on the toilet paper, rather than dark or tarry blood mixed in with stool, usually has a benign cause. Anal fissures are tiny tears in or around the anus, typically

the result of straining to go. "Look at the bowel habits of your child and start with simple measures like more fiber and prune juice, things that will help them go more smoothly," Rajapaksa says. "Certainly, if it persists, it's a reason to go to the pediatrician."

Q It's your anniversary, and you celebrate with a delicious—and fatty—steak at your favorite restaurant. By bedtime, **you're battling diarrhea that's oily and foul-smelling.** Lately, you've felt sick after meals.

IS IT: Celiac disease or a pancreas problem?

A PANCREAS PROBLEM. Exocrine pancreatic insufficiency (EPI) is less known than celiac disease, but both cause digestive distress and nutritional deficiencies. With EPI, your pancreas does not produce the enzymes you need to digest food properly. The symptoms are especially bad after consuming fatty foods, whereas celiac disease sufferers feel the worst after eating gluten, Rajapaksa says. Whatever your symptoms, be patient and cooperate with your doctor's orders while you both determine what's wrong, she says. "When it comes to the GI tract, it's not often clear from day one." ■

PODCAST



Gut Talk

Want to learn more about abdominal pain, colon cancer and belching? Check out a podcast series from the American College of Gastroenterology by visiting patients.gi.org and clicking on "Video and Audio Podcasts."

RISKY BUSINESS

A head-to-toe look at how sitting at your desk can harm your health



When it comes to dangerous jobs, loggers, fishermen and pilots top the list. But your desk job could be harming your health, too.

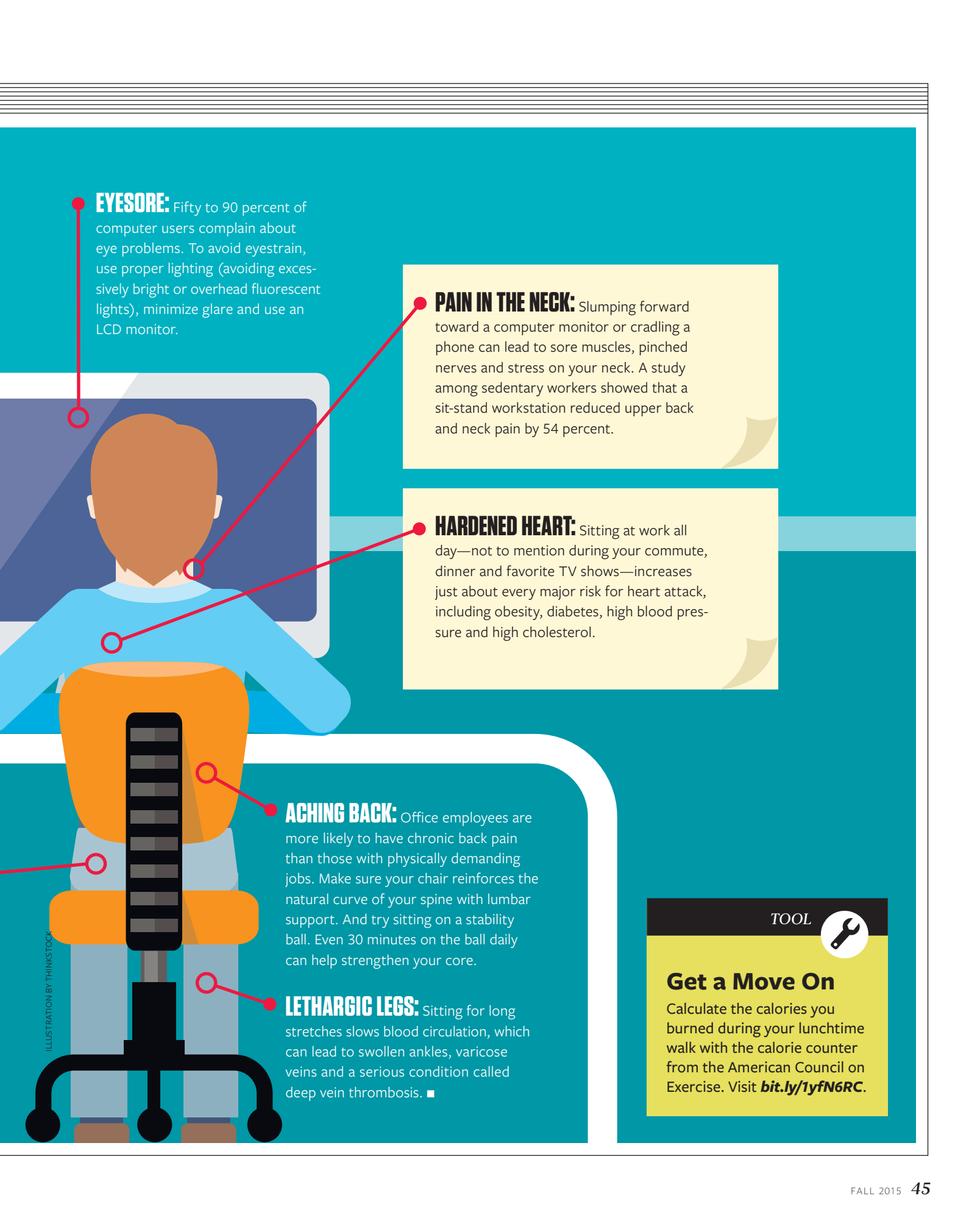
Sedentary jobs have soared 83 percent since 1950. And Americans now work an average of 47 hours a week. For most of us, that means sitting, sitting and more sitting.

Confront the constraints of your cubicle by standing when talking on the phone, scheduling “walking meetings” and setting an alarm every hour to remind you to stretch.

In the meantime, keep in mind these dangers of desk jobs.

MINIMIZED GLUTEUS:

Sitting all day weakens your body’s butt muscles, the glutes. This means the biggest muscle group in your body is no longer as good at doing what it does best—burning fat. And that means, well, a bigger butt.



EYESORE: Fifty to 90 percent of computer users complain about eye problems. To avoid eyestrain, use proper lighting (avoiding excessively bright or overhead fluorescent lights), minimize glare and use an LCD monitor.

PAIN IN THE NECK: Slumping forward toward a computer monitor or cradling a phone can lead to sore muscles, pinched nerves and stress on your neck. A study among sedentary workers showed that a sit-stand workstation reduced upper back and neck pain by 54 percent.

HARDENED HEART: Sitting at work all day—not to mention during your commute, dinner and favorite TV shows—increases just about every major risk for heart attack, including obesity, diabetes, high blood pressure and high cholesterol.

ACHING BACK: Office employees are more likely to have chronic back pain than those with physically demanding jobs. Make sure your chair reinforces the natural curve of your spine with lumbar support. And try sitting on a stability ball. Even 30 minutes on the ball daily can help strengthen your core.

LETHARGIC LEGS: Sitting for long stretches slows blood circulation, which can lead to swollen ankles, varicose veins and a serious condition called deep vein thrombosis. ■

TOOL



Get a Move On

Calculate the calories you burned during your lunchtime walk with the calorie counter from the American Council on Exercise. Visit bit.ly/1yfN6RC.

THREE WAYS TO **PREPARE BEETS**

For a sweet vegetable that contains antioxidants, potassium and many other nutrients, just beet it



With their vibrant color and concentric-patterned flesh, there's no denying that these root vegetables are stunning specimens. But an impressive array of nutrients and satisfying sweetness are the real reasons you shouldn't skip a beet.

"Beets are practically the most nutritious thing in the world," says registered dietitian Sara Haas, a spokeswoman for the Academy of Nutrition and Dietetics. Beets contain antioxidants, potassium, folate, vitamin C and many other nutrients.

If you're training for a 5K, consider adding beets to your diet: A study by researchers at St. Louis University showed that after eating baked beets, runners increased their speed by 3 percent, shaving 41 seconds off their race times.

And luckily, you can get your beet fix almost anytime. Though they tend to peak in spring and fall, these hearty veggies grow year-round in mild climates. Try these three ways to prepare them.

1 ROAST THEM

This is the best way to coax out beets' inherent sweetness. Slice off the green tops, leaving about a 1-inch stem. Wrap each beet in foil and bake at 400 F for about 50 minutes (until they can be easily pierced with a fork). Allow beets to cool, then remove skins with paper towels. Slice, then toss with balsamic vinaigrette and toasted walnuts.

2 ADD THEM TO SALAD

Follow the directions for roasting through the step in which skins are removed. Slice beets thinly and toss them with arugula (or another green), mandarin oranges, goat cheese and a homemade vinaigrette (try sherry vinegar, Dijon mustard, olive oil and honey). The key to a successful beet salad is the balance of sweet, sharp and sour flavors.

3 MAKE BEET CHIPS

Do your kids wrinkle their noses at beets? Try transforming them into something fun and familiar. The basic idea: Thinly slice beets to one-sixteenth of an inch thick using a mandoline and toss with olive oil. Cook them at 350 F for about 30 minutes on a baking sheet lined with parchment paper. After 20 minutes, watch carefully—chips are done when the edges start to dry and curl and the color lightens. ■

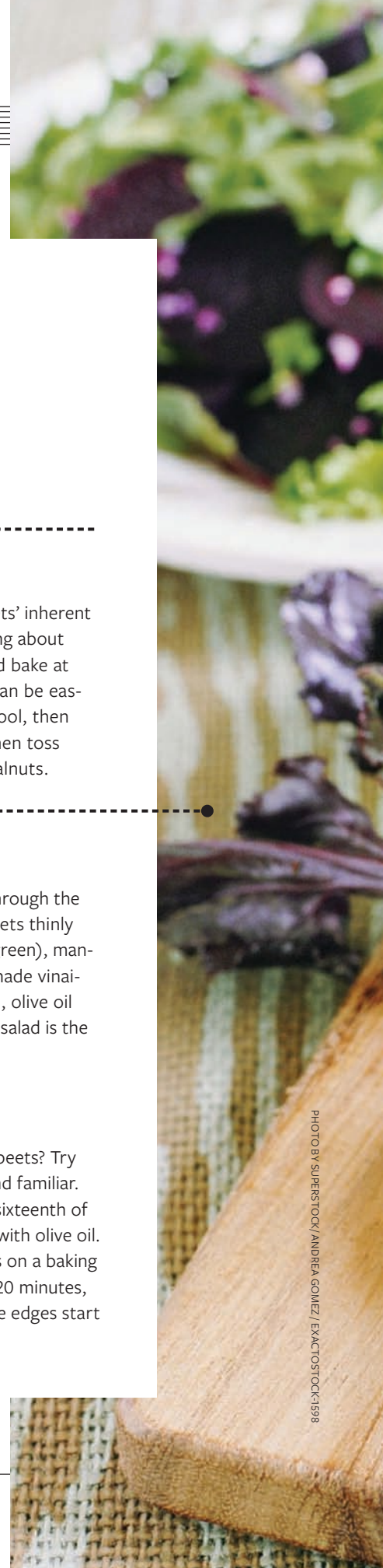


PHOTO BY SUPERSTOCK/ ANDREA GOMEZ / EXACTO STOCK-1598



BEET BASICS

Q I ate a huge helping of beets and now my urine is red. Yikes! Why does this happen?

This temporary condition, called beeturia, is caused by unmetabolized pigments found in beets that can turn both urine and stool red or pink. Its occurrence depends on factors such as the type of beet consumed and what else you've eaten, which will affect your stomach's acidity level.

Q How should I choose beets?

Look for vegetables that are firm (not soft) and free of dents and bruises. If the greens are attached, they should be crisp, sturdy and brightly colored.

Q Are frozen beets as healthy as fresh ones?

Most frozen vegetables are preserved at the peak of ripeness, so they have almost the same nutritional profile as their fresh counterparts. Packaged beets can be especially helpful if you're making something in a large quantity, like borscht (beet soup).

Q I've heard beets have a lot of sugar. Does that mean I shouldn't eat them?

Although beets score 64 of 100 on the glycemic index (a measure of how fast a food causes blood sugar to rise), you'd have to eat four cups of them on an empty stomach to see a significant spike. Mixing them with protein- and fiber-rich foods, such as salmon and broccoli, will help lower the glycemic effect.

VIDEO



Beets by Martha

In this video clip, Martha Stewart introduces types of beets and their health benefits and gives a quick lesson on how to can and pickle them. Visit bit.ly/1ARrHwG.

SEASONAL SUFFERING

90%

The flu hits seniors hard. During any given flu season, about 90 percent of flu-related deaths occur in adults 65 and older.



Up to one in five schoolchildren may carry the streptococcus bacteria (the cause of strep throat) without showing symptoms. Regardless, they can still spread the infection.



200+
More than 200 different viruses cause colds. Rhinovirus is the most common, accounting for 10 to 40 percent of colds.



5 to 7 DAYS

Beware of the co-worker who was out with a “24-hour bug.” Adults are contagious up to five to seven days after coming down with the flu.

100 MPH

Cover that sneeze: Traveling at 100 mph, a sneeze can reach others 5 feet away.

1 BILLION

No wonder colds are called “common”: Americans suffer more than 1 billion colds each year.

Sources: American Heart Association, Heart Foundation, Centers for Disease Control and Prevention, World Heart Federation, American College of Cardiology

'TIS THE SEASON

Ah, the coming season. We're not talking about the changing of colors or the crunching of leaves underfoot. We're talking about the sniffing, sneezing and wheezing—cold and flu season.

Getting sick is never convenient and always seems to happen when the doctor's office is closed. Medical attention for illnesses that are not life-threatening is available through immediate care services of Community Healthcare System:

• **Community Hospital Outpatient Centre in St. John**

- **Community Hospital Outpatient Center in Schererville**
- **St. Catherine Hospital's Hessville Family Care Center in Hammond**
- **Portage Health Center II of St. Mary Medical Center (coming soon)**
- **St. Mary Medical Center's Valparaiso Health Center**
- **Whiting Health Center of St. Catherine Hospital**

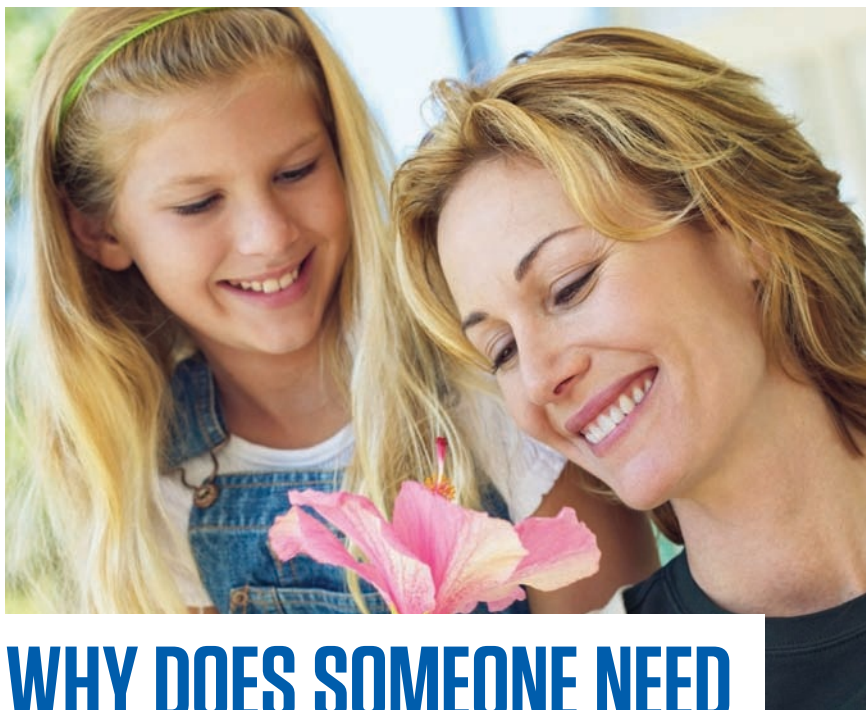
Our outpatient centers' immediate care staff accepts patients on a walk-in basis. No appointments are necessary.

WEBSITE

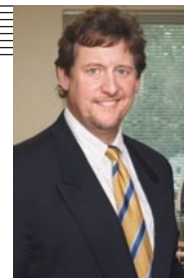


Quick Fix

For more information about the immediate care centers affiliated with the hospitals of the Community Healthcare System, please visit www.comhs.org.



**Joseph
Fanelli, MD
Psychiatrist**



WHY DOES SOMEONE NEED TO SEE A PSYCHIATRIST?

And other questions about mental illness, answered by psychiatrist Joseph Fanelli, MD



A psychiatrist is a physician who specializes in the diagnosis, treatment and prevention of mental health and emotional problems. With extensive medical training, a psychiatrist understands the body's functions and the complex relationship between emotional illness and physical illness.

Q What are the most common reasons people need to see a psychiatrist?

People see a psychiatrist for mental and emotional health issues ranging from severe and life-threatening disorders to relatively mild and self-limiting conditions. More than half of all Americans will experience a mental illness during

their lifetime: schizophrenia, mood or bipolar disorders, anxiety or depression. There are also issues related to alcohol and other substance abuse.

Q What are some of the newest advancements in psychiatry that you offer patients?

Psychiatrists are using a wider variety of treatments including various forms of psychotherapy, medications and hospitalization, according to the needs of each patient. Recent advances in the neurosciences, for example, the DSM-IV (Diagnostic and Statistical Manual of Mental Disorders), brain imaging and new pharmaceuticals have significantly improved diagnosis and treatment of mental conditions.

Q What's new at Behavioral Health Services?

In addition to our inpatient unit at St. Catherine Hospital in East Chicago, and our outpatient services in East Chicago and in Schererville, we are expanding with a new Intensive Outpatient Program (IOP) that's a four- to six-week training and therapy group program for adults on an outpatient basis. We are also adding an Older Adult Inpatient program for adults 55 and older—patients in this program are treated daily by a psychiatrist who specializes in geriatric psychiatry.

Q What advice can you offer patients and families?

The stigma of mental health still exists and sometimes the negativity is directed to families and caregivers as well. Many times patients are unaware of their treatment options or they are afraid to pursue options. It takes courage for the entire family to seek help. Together, we can make a difference in improving your and your family's quality of life. ■

APPOINTMENTS

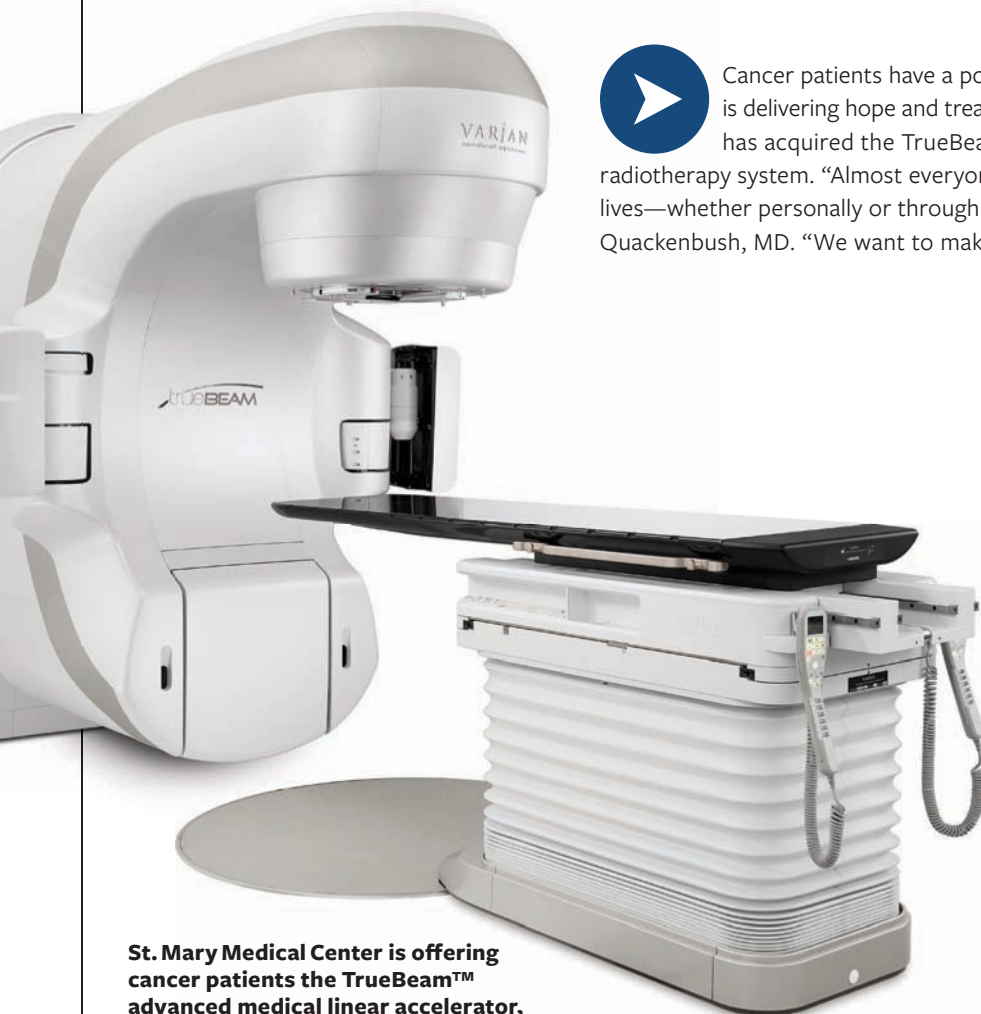


Need an Appointment?

Psychiatrist Joseph Fanelli, MD, is accepting new patients. Call **219-392-7025** to schedule an appointment.

Rays of Hope **FIGHT CANCER**

Powerful technology uses tranquil treatment



St. Mary Medical Center is offering cancer patients the TrueBeam™ advanced medical linear accelerator, or radiotherapy system. It delivers precise treatments that can be adjusted to provide many forms of external beam therapies.



Cancer patients have a powerful ally in the form of new technology that is delivering hope and treatments closer to home. St. Mary Medical Center has acquired the TrueBeam™ advanced medical linear accelerator, a radiotherapy system. “Almost everyone is touched by cancer at some point in their lives—whether personally or through a loved one,” says radiation oncologist Jeffrey Quackenbush, MD. “We want to make sure our patients don’t have to leave the

region to get the most up-to-date and best care possible. St. Mary Medical Center is the first facility to offer TrueBeam technology in Northwest Indiana and Southwest Michigan.”

The treatment system is fast and precise and can be adjusted to provide many forms of tracking and targeting

external beam therapies, allowing doctors to tailor treatments to each patient’s specific case.

In the past five years, there has been a vast evolution in radiation technology, says radiation oncologist Andrej Zajac, MD. “Better diagnostic tools are making it possible for us to see and treat tumors much earlier when they are still very small,” he says.



Jeffrey Quackenbush, MD

With more advanced technologies used to treat cancer, such as external



TrueBeam unlocks treatment options for patients who otherwise may not have been candidates for traditional radiotherapy.

beam therapies, intensity-modulated radiotherapy (IMRT), image-guided radiotherapy (IGRT) and stereotactic body radiation therapy, physicians are able to deliver a broader range of treatments to track and destroy tumors without harming surrounding healthy tissue. These therapies also account for patients as they breathe and, in turn, move, assessing the tumor in real time.

Better, Faster, Safer

“With TrueBeam, we can choose from advanced treatments including IGRT, IMRT, RapidArc® radiotherapy technology and Gated RapidArc,” says radiation oncologist Koppolu Sarma, MD. “Treatments that once took 20 minutes or more can be completed in less than two minutes once we have our patient in position. Faster delivery and precision also

allows for reduced chances of tumor motion during treatment, which helps protect nearby healthy tissue and critical organs, making it possible to use this treatment approach for tumors of the kidney, liver, lung and breast.

“TrueBeam, however, is different in that it allows for more potent radiation being delivered more accurately,” Sarma says. “Because so little radiation reaches

the healthy tissues, there are fewer complications and side effects from the treatments.”

Before and at any point during a treatment, the TrueBeam system can generate high-quality 3-D images of the tumor and surrounding anatomy, and this can be done 60 percent faster than was possible with previous generations of imaging technology. Images can be generated using 25 percent less X-ray dose. These images are used to fine-tune a patient’s position prior to and during the treatment process. The radiation beam is sculpted and shaped to match the three-dimensional shape of the tumor.

A Soothing Experience

In addition to faster treatments, TrueBeam’s enhanced communication technology enables the therapist operating the equipment to constantly interact with the patient, creating a virtual presence in the treatment room. Three closed-circuit television systems enable comprehensive monitoring of the patient and the system from outside the room. Additional enhanced features allow music to be played during treatment, helping to create a more soothing environment.

TrueBeam unlocks treatment options for

patients who otherwise may not have been candidates for traditional radiotherapy. It can also be a great alternative to surgery in the treatment of cancer, one example being prostate cancer.

“We have always been able to treat patients very effectively—that’s not the issue,” says Quackenbush. “TrueBeam just delivers the dose of radiation so quickly and precisely that patient comfort is dramatically improved as patients will only need to be still for less than two minutes. And that comfort cannot be understated when you are providing care to cancer patients.

“TrueBeam is a real game changer that will enable us to treat even the most challenging cases with unprecedented speed and precision,” he says. “With a broad spectrum of new capabilities, TrueBeam breaks the mold in just about every dimension.” ■



Koppolu Sarma, MD



Andrej Zajac, MD

WEBSITE 

Be Tech Savvy

For more information about the advanced technology and minimally invasive procedures offered by St. Mary Medical Center in Hobart, please visit www.comhs.org/stmary.

Picture Perfect



For patient comfort and convenience, Community Hospital in Munster has introduced advanced MRI technology to more efficiently diagnose brain, spine, musculoskeletal and soft tissue conditions. The Siemens Magnetom Skyra 3T Open Bore MRI operates at twice the strength, speed and clarity of a traditional MRI, shortening scan times. The result is a faster, more comfortable exam for patients.

An MRI might be ordered when diseases, cancers or tumors of internal organs are suspected, or to monitor how well the body is healing after a major surgery. MRI scans are particularly useful to view brain and spine deterioration, which becomes a greater concern with age.

MRI equipment uses a strong magnet and pulses of radio waves to take pictures inside the body, such as of the brain and spine as well as the soft tissues of joints and the interior structure of bones. These images are clearer and more detailed than X-rays and can help physicians detect and diagnose diseases in their earliest stages.

An Efficient, More Comfortable Experience

In the past, MRI exams have not always been comfortable or well tolerated by some patients because of the relatively small opening that can feel confining. For people who fear enclosed spaces or get anxious in a standard MRI, the

3T may be the solution because it has a much wider opening.

“This particular 3T MRI system offers an unprecedented combination of clinical excellence and patient satisfaction,” says Donald Fesko, CEO of Community Hospital. “Our physicians have the advantage of using the latest in imaging technology for the highest quality diagnostics.”

The 3T MRI images can provide better contrast between normal and diseased tissue than those produced by other imaging techniques. This sensitivity allows the 3T MRI to highlight fine variations in tissues deep within the body in less time than a traditional MRI scanner.

A Diagnosis—Fast

Imaging studies such as MRI are read by fellowship-trained radiologists who are on-site around the clock. Results are usually available to the ordering physician in less than one hour through the electronic health information system.

This assists physicians in diagnosing conditions more quickly and gives anxious patients the answers they need.

Our advanced imaging capabilities are backed by the subspecialty expertise of our radiologists who are board certified with fellowship training in:

- Abdominal imaging
- Body imaging
- Breast imaging
- Interventional radiology
- Musculoskeletal radiology
- Neuroradiology
- Nuclear medicine
- Vascular radiology

In addition to the 3T MRI technology, Community Hospital also offers MRI imaging technology at the Community Hospital Outpatient Centre in Schererville. There are two Open MRIs—one at the Community Hospital Outpatient Centre in St. John and another at the Community Diagnostic Center in Munster.

Community Hospital MRI centers combine quality and convenience to give you an exceptional patient experience. A physician order is required for MRI. For your convenience, an MRI may be scheduled through our Central Scheduling department by calling **219-836-4599**. ■



3T MRI operates at twice the strength, speed and clarity of a traditional MRI, resulting in a faster, more comfortable exam.

COMMUNITY HOSPITAL OFFERS MRI TECHNOLOGY AT SEVERAL LOCATIONS THROUGHOUT NORTHWEST INDIANA:

(Community Healthcare System hospitals offer additional locations)

3T MRI LOCATION

➔ **Community Hospital**
901 MacArthur Blvd.
Munster, Ind.

OPEN MRI LOCATIONS

➔ **Community Diagnostic Center**
10020 Donald S.
Powers Drive
Munster, Ind.

➔ **Community Hospital Outpatient Centre**
9660 Wicker Ave.
St. John, Ind.

TRADITIONAL MRI LOCATIONS

➔ **Community Hospital Outpatient Centre**
7651 Harvest Drive
Schererville, Ind.

➔ **Community Hospital**
901 MacArthur Blvd.
Munster, Ind.



Expanding to the Heart of **WHITING**

Bringing quality care closer to home



The City of Whiting is known for its parades and pierogies, but it will soon be known for something else: quality healthcare. St. Catherine Hospital is expanding outpatient services to meet the needs of the Whiting community. Care that the community has trusted for more than 85 years can now be found in a new convenient location, in downtown Whiting at 119th and New York Avenue, just across from the post office.

**St. Catherine Hospital
expands services with
Whiting Health Center**



With nearly 5,000 square feet, the facility is home to a full scope of medical services for the entire family.

With the development of the Whiting Health Center, St. Catherine Hospital is able to provide quality, convenient care and serve our patients in a most efficient manner, Bolda says.

With nearly 5,000 square feet, the facility is home to a full scope of medical services for the entire family.

St. Catherine Hospital Chief Executive Officer Jo Ann Birdzell says the hospital has had plans for development in Whiting for a while. “Timing is everything,” she says. “The City of Whiting has seen growth in recent times and we are very proud to expand our services to bring quality healthcare close to home for so many of our patients.”

The health center includes an out-patient laboratory for routine testing, a complete gym for physical therapy services and eight exam rooms. Board-certified Community Care Network physicians at the Whiting location include experts in family medicine, internal medicine, pediatrics and cardiology. And there are plans for future expansion.

offering health fairs, luncheons and hospitality. In 2011, St. Catherine Hospital helped spearhead the annual Paint the Town Pink event and for four years has helped raised more than \$40,000 toward cancer research.

“We have found the City of Whiting to be a very supportive community and we look forward to many outreach events and future involvement,” says Birdzell.

Internist Alfonso Blum, MD, has operated a practice in Whiting for more than seven years and says he looks forward to being able to offer even more services to his patients. “So many of my patients live in Whiting and I have found it to be a very warm and charming place to practice medicine,” says Blum.


Read more at www.comhs.org/stcatherine. ■

“St. Catherine Hospital is excited to expand services to the Whiting neighborhood,” says Craig Bolda, chief operating officer, St. Catherine Hospital. “We have been a longtime supporter of the City of Whiting. From decades of fundraising support including the symphony in the park events, local charity events, health fairs and numerous outreach activities, this new project complements all that has been done in the past and proves our commitment to Whiting’s future.”

History of Care in Whiting

For many years, St. Catherine Hospital has had a presence in Whiting with its support of the Whiting Well Walkers group, a free walking club for the community that holds monthly meetings featuring regular guest lectures, offers prizes and incentives, and builds an atmosphere for healthy lifestyles.

For decades, the hospital was the host to the retirees of the Standard Oil club,

CALL 

Find the One

Need a family doctor?
To make an appointment with one of the Community Care Network doctors at the Whiting Clinic, call **219-703-2550**.



Follow the LEADER

**St. Catherine Hospital is
chosen as a model for quality,
patient safety** BY ANGELA MOORE

St. Catherine Hospital physicians and staff have been asked to share lessons with other hospitals about how to deliver better, safer care. These examples are showcased in a new video released by the American Hospital Association and the Health Research Educational Trust and called, “High Performing Hospitals: Eliminating Harm and Improving Patient Care.”

The video aims to highlight the successes and lessons learned from high performing hospitals across the nation. Only 17 hospitals were invited to participate.

“Out of thousands of hospitals, St. Catherine Hospital’s ongoing efforts for providing high quality patient care have been recognized nationally,” says Jo Ann Birdzell, CEO, St. Catherine Hospital. “We consider these efforts a true team success and are very proud of our physicians and staff.”

Hospitals participating in the AHA/HRET Hospital Engagement Network, including St. Catherine Hospital, made a commitment to improve quality and safety of care on behalf of the patients and communities they serve. They were educated on how to calculate a total-harm rate by collecting, tracking and measuring adverse events, such

as pressure ulcers, surgical site infections or preventable readmissions, to better monitor the big picture of patient safety.

Improving Patient Care

A total patient harm rate combines all individual measures of harm that a hospital may be working on and allows the hospital to employ major strategies to improve patient care everywhere, every time, for every patient.

“Out of thousands of hospitals, St. Catherine Hospital’s ongoing efforts for providing high quality patient care have been recognized nationally.”

As a result of a number of in-house initiatives over the past four years, St. Catherine Hospital has had an 83 percent reduction in harm rates. Some of those projects include communication improvement plans, family education programs and inclusive team involvement.

“This is great progress, but we will not stop until that number is zero,” Birdzell says. “We are continually

striving for excellence in patient care, and when a harm incident occurs, we look at root cause analysis. We collect all of the data and work as a team to make improvements on a daily basis. It is part of our culture here.”

Commitment to the Community

Vice President of Patient Care Services and Chief Nursing Officer Paula Swenson, RN, MPA, along with the quality team led by Director of Performance Improvement and Quality Assurance Cynthia Bejasa, RN, are part of the hospital’s mentoring program for the State of Indiana.

“We believe in sharing best practices and providing evidence-based care,” says Swenson. “Being identified as a mentor hospital for quality care speaks volumes regarding how serious we are in providing patients with extraordinary quality care.”

St. Catherine Hospital Chief Operating Officer Craig Bolda credits education as a huge part of the hospital’s record of exceptional patient care.

“We focus on keeping patients engaged in their healthcare plan,” Bolda says. “St. Catherine Hospital is committed to the community’s needs and goes above and beyond in providing free educational series and outreach events.” ■



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, follow us on Twitter @CHSHospitals or friend us on Facebook at CHSHospitals.



ST. CATHERINE Hospital

4321 Fir Street, East Chicago, Indiana 46312



Faster,
smarter,
more powerful.

Everything a
cancer weapon should be.

trueBEAM

There is nothing easy or nice about cancer. It's a fight.

At St. Mary Medical Center, our doctors enter this battle using the Varian TrueBeam™ system for radiotherapy.

This innovative and non-invasive approach is a breakthrough technology that delivers hope as it precisely targets and destroys tumors.

Please visit www.comhs.org/TrueBeam to find out more.

trueBEAM

 Community Healthcare System®

ST. MARY Medical Center

Hobart, IN
www.comhs.org