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SPRING 2018

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Exercise for Life!
Tom Rich, Frank Gonzalez and Joe Ubben serve as proof that it is never too late to transform your body and live a healthier lifestyle.

MAKING FITNESS ROUTINE

We're helping community members improve their everyday health



Like Dwayne “The Rock” Johnson, the hospitals of Community Healthcare System are committed to health, fitness and physical activity. Community Hospital, St. Catherine Hospital and St. Mary Medical Center offer different ways to help you incorporate fitness into your everyday routine.

Want to live longer, feel better or experience less stress? Want to get a better night’s sleep? Exercise has many clear benefits. Just 30 minutes of moderate-intensity activity five days a week cuts your overall risk of mortality by 55 percent.

Research shows that exercise is safe and beneficial for most cancer patients and survivors. In fact, in most cases, it is important to keep exercising during cancer treatment. Cancer survivors, including Mia Pavkovich, are finding programs, support groups and classes to treat the body, mind and spirit at the Cancer Resource Centre in Munster (page 4).

Northwest Indiana residents Tom Rich, Frank Gonzalez and Joe Ubben serve as proof that it is never too late to transform your body and live a healthier lifestyle with the help of a support system. Their success stories begin on page 6.

Our healthcare professionals are using advanced technologies to help keep residents healthier. For years, Chicago resident Rose Bailey lived with a heart valve condition that made it difficult to move at a fast pace. A tiny pacemaker making its debut in Northwest Indiana at Community Hospital is making a big difference in heart patients’ activity levels (page 50).

St. Catherine Hospital is partnering with the Area Career Center to give students an “occupation” workout. The Health Career curriculum puts high school students on a course to success, one that provides well-paying careers and rewarding job opportunities (page 52).

Valparaiso resident Jo Toigo-Tudor broke her foot on a slippery wooden deck during a home improvement project. She has regained her normal active life after successful surgery and physical therapy at St. Mary Medical Center’s clinic in the Valparaiso Family YMCA (page 54).

When it comes to everyday health, whether you need smoking cessation classes, screenings and programs on managing blood pressure and lipids, nutrition counseling, fitness memberships or educational presentations, we have what you need. Visit our website, comhs.org.

Donald P. Fesko
President and Chief Executive Officer
Community Foundation of Northwest Indiana

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MANIFEST

► COMMUNITY BRIEFS



On behalf of the efforts of employees of the Community Foundation of Northwest Indiana, Inc. and Community Healthcare System, a check for \$90,965 was presented to the American Red Cross to help people affected by recent hurricanes. Accepting the check from St. Mary Medical Center CEO Janice Ryba (center) is Northwest Indiana chapter of American Red Cross Board of Directors member Karol Siwietz (third from left). Also pictured (left to right) are Dee Bedella, patient advocate, St. Mary Medical Center; Judy Smith, compensation and benefits analyst, St. Catherine Hospital; Susan Miller, director, Continuing Medical Education, Community Healthcare System; Teresa Pedroza, director, Mission Integration, Community Healthcare System and Jana Lacera, director, IRB/Bioethics, Community Healthcare System.

COMMUNITY HEALTHCARE SYSTEM REACHES OUT TO HURRICANE VICTIMS



Driven by their strong commitment to caring, employees at the hospitals of Community Healthcare System presented a check for \$90,965 to the American Red Cross for those affected by recent hurricanes.

The donation drive to help the victims of hurricanes in the United States and the Caribbean was led by two Community Healthcare System employee groups, Community Connects of Community Hospital and the Christian Awareness Committees of St. Catherine Hospital and St. Mary Medical Center. Community

Foundation of Northwest Indiana (CFNI), the parent company of the three hospitals, supported the contribution through a matching program.


“This very substantial donation is representative of the extreme compassion and giving spirit of the Community Healthcare System, its employees and medical staff,” says Donald P. Fesko, FACHE, president and chief executive officer, Community Healthcare System. “There are countless individuals within our organization who also worked individually and through other community groups to lend their support in the relief effort.”

GIVE



Help Us Help Others

To learn more about how you can support our mission to provide for the well-being of the community, either by volunteering or by making a monetary donation, visit us online at comhs.org/donate.



Morning yoga in the Cancer Resource Centre's June Hawk-Franklin Garden of Meditation and Healing with instructor Andy Wichlinski brings comfort to Mia Pavkovich, left with sunglasses, and other cancer survivors.

FITNESS IN MIND, BODY, SPIRIT

Cancer Resource Centre provides nonmedical therapies for holistic healing

BY **ELISE SIMS**



As a retired schoolteacher, Mia Pavkovich has lived by the notion that “the more we know, the more we understand and the better equipped we are to deal with issues in our lives.” After a diagnosis of breast cancer and subsequent lumpectomy and radiation therapy in March of 2014, she turned to the Cancer Resource Centre in Munster and found a wealth of knowledge.

Pavkovich, a Munster resident, says with the help of the Cancer Resource Centre, she learned that everything was going to be OK and that she would survive and regain her strength.

“Sessions on tai chi, qi gong and sound healing, and programs, support groups and classes treat my body, my mind and my spirit,” Pavkovich says. “I can do a lot more now than I could three years ago when I was diagnosed with breast cancer.”

“A weekly support group helped me realize that I would get better; that everything would be OK,” she says. “The library has clinical research and published studies and much of that information I have found to be more detailed than the internet. You meet people going through the same experience at the same time. They understand and they care.”

The Cancer Resource Centre is a support program of the Community Cancer Research Foundation and is open to everyone who needs help in coping with a cancer diagnosis. The therapeutic environment of the center promotes healing of the body, mind and spirit with complementary therapies, education and support services.

The center is just one of the resources offered by the hospitals of Community Healthcare System. Supported by their team of specialized, experienced medical professionals, the hospitals continue to work together to advance their knowledge of cancer and its treatment. Cancer programs at Community Hospital in Munster, St. Catherine Hospital in East Chicago and St. Mary Medical Center in Hobart are uniquely designed around the needs of patients and their families.

“We have been advancing cancer care in many ways in our healthcare community, including bringing the latest in technology, new surgical techniques and research to our area,” says M. Nabil Shabeeb, MD, founding board member and chairman of the Cancer Resource Centre Advisory Board.

“By bringing the Cancer Resource Centre to our area in 2003, we have been able to treat patients holistically by combining medical and nonmedical therapies including classes like yoga, qi gong, tai chi, etc.,” he says. “We are the only center in Northwest Indiana



Mia Pavkovich, far right, practices tai chi at the Cancer Resource Centre in Munster with instructor Mike Nanay.

to offer these services to better serve our patients. We have seen a dramatic difference in how patients like Mia and their family members are able to deal with their cancer diagnosis on a daily basis when they take advantage of these type of therapies.”

Research shows that maintaining a healthy weight, eating right and exercising regularly helps to not only prevent many forms of cancer, but may have a positive effect on survivorship after treatment is complete.

“These same benefits of exercise and maintaining an ideal body weight have recently been shown to have a positive effect on survival,” says Mary C. Shields, Community Cancer Research Foundation administrator. “In fact, the

foundation is currently participating in a research study (AO11401) for women newly diagnosed with breast cancer that will evaluate the effect of weight reduction on overall survival. This is one more way the medical professionals of Community Healthcare System work together to deliver the most advanced, well-rounded personalized care to each patient.”

Besides exercise and wellness classes, the center also provides a free lending library and sponsors a number of support groups led by professional counselors. Patients with cancer and their loved ones will find a tranquil retreat to help them manage their stress and regain control of their health, all under one convenient roof.

“One of the most powerful things that I have learned through my position as director of the Cancer Resource Centre is that everyone has a coping mechanism within them,” says Anthony Andello, director. “When we provide the right support, resources and guidance, those strengths will start to surface when they are needed most,” he says.

“Go to the Cancer Resource Centre,” advises Pavkovich. “Talk to patients and survivors and know you are not alone fighting the battle. They are the ones who hold me up; they feed my soul.” ■

WEBSITE



Complementary Medicine

The Cancer Resource Centre, located at 926 Ridge Road in Munster, complements the advanced cancer treatment options available through the three hospitals of Community Healthcare System. The center is open to everyone who needs help in coping with a cancer diagnosis. For more information, visit myccrf.com/about-us/cancer-resource-centre or call 219-836-3349.



Exercise for **LIFE!**

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

BY **ELISE SIMS**



Exercise has many clear benefits. Chief among them are improved physical health, stress relief and emotional well-being. If you're a senior, it may be difficult to start exercising if you've never been particularly active, if you have an existing health condition, such as diabetes, or if you have a health challenge like a joint replacement.

Northwest Indiana residents Tom Rich, Frank Gonzalez and Joe Ubben serve as proof that it is never too late to transform your body and live a healthier lifestyle with the help of a support system. Their success stories all begin with the assistance and guidance of the physicians and healthcare professionals at the hospitals of Community Healthcare System.

COMMUNITY HOSPITAL FITNESS POINTE®

A dinner date in April of 2014 was a turning point in Tom Rich's life.

"I had a sharp pain in my right shoulder," says Rich, who has a family history of heart disease. "The pain was so intense, I had to leave. By the time I got to the hospital, I couldn't move my right arm or leg. Luckily, I was not having a heart attack or a stroke, but my

blood pressure was sky-high and out of control.”

Cardiologist Shashidhar Divakaruni, MD, on staff at Community Hospital and St. Catherine Hospital, told the 63-year-old Rich that about 1 in every 3 people develop hypertension, and a lot of them don't even know it. That is why hypertension is called the “silent killer.” He told Rich he needed to turn his life and his health around.

Determined not to be another statistic, Rich signed up to be a member at Community Hospital Fitness Pointe®. The fitness center helps individuals achieve lifelong health and fitness through innovative, quality programs, technologically advanced equipment and highly credentialed staff.

Today, Rich remains committed to his new lifestyle. He goes to Fitness Pointe five days a week to walk, bike and use the StairMaster, and walks outside one day a week.

“People have to work together on a big lifestyle change such as this,” he says. “Dr. Divakaruni took very good care of me at the hospital. At Fitness Pointe I have made a lot of friends. I listen to the excellent staff, Nikki and Kathy. They

help in any way that they can. At home, my friend Paulette helped by changing my whole diet around, cutting salt, fats and sugar. My blood pressure is back to normal. I have reduced the number of medications I take on a daily basis. I am thankful for my circle of support.”

“My advice is don't wait for hypertension to sneak up on you,” Rich says. “You need to watch what you eat and try to live a healthy life.”

Community Hospital Fitness Pointe, located at 9950 Calumet Ave. in Munster, offers a variety of fitness programs and services guided by the expertise of our credentialed staff to support you from illness to wellness. Call 219-924-5348 or visit fitnesspointe.org.



WELL WALKERS CLUB

Whiting resident Frank Gonzalez was overweight most of his life. At 66 years old, he reached 245 pounds. Once he retired from LTV Steel, he realized he needed to take better care of his health, get moving and lose some weight.

“Your body is like your car; you have to give it a tuneup with exercise,” Gonzalez says. “I joined St. Catherine Hospital’s Well Walkers Club at the Whiting Community Center, which is now the YMCA. I watch my diet and walk every day of the week. It is a commitment. I watch what I eat and stay away from sweets and fast foods and drink a lot of water. I am now down to 165 pounds.”

“It didn’t take long,” he says. “I started walking half of a mile each day. I increased the distance and it took about four months to notice a drop in my weight. I bought a treadmill at home for times I can’t go out. I get my steps in no matter what.”



Fitness Pointe exercise program manager Nikki Sarkisian monitors Tom Rich's workout on the stationary bike.



Frank Gonzalez gets his daily exercise walking along the Lake Michigan beachfront with wife, Caroline.

“Today, my blood pressure is great, my cholesterol is perfect, all-around my health is fine, but I have to give exercise all the credit,” Gonzalez says. “People that I know and haven’t seen in a while don’t recognize me. They ask, ‘Is that you, Frank?’ I’m 73. They tell me I look 45.”

“I encourage my friends and family to walk for their health,” he says. “I tell them to get off the couch, turn your TV off and get up and go out and get some exercise. You need to exercise your lungs and your heart for life and Well Walkers is a good place to start. I go through a lot of shoes!”

Gonzalez says he especially likes the Community Healthcare System medical professionals who come in and talk about different topics, such as diabetes, each month.

Well Walkers is for adults over the age of 18. Receive a FREE pedometer with membership. Monthly meetings feature guest speakers discussing a wide range of healthcare topics. For more information, call 219-392-7104 (East Chicago), 219-313-3934 (Highland or 219-392-7135 (Whiting).

VALPARAISO YMCA

As past president of the Valparaiso Family YMCA board of directors and a Y member, Joe Ubben has had many opportunities to keep physically fit and active. Believing in maintaining a healthy lifestyle through proper diet, exercise and stress management, he helped to initiate the creation of the Health Engagement Partnership, a collaborative program between the Y and St. Mary Medical Center. He didn’t know at the time that this important community partnership would have a lasting impact on his own health.

“I had arthritis in my shoulder,” Ubben says. “It got to the point where I could barely lift my arm above my waist. I had to do something and am glad I did. I had a really great outcome.”

Ubben underwent a shoulder reverse-replacement at St. Mary Medical Center with Community Care Network orthopedic surgeon Michael Knesek, MD. After surgery, he continued rehabilitation with outpatient physical therapy at the Valparaiso Family YMCA.

Certified physical therapist Brian Hoener, DPT, says that Ubben came to him as a physically active individual who was determined to regain his healthy lifestyle.

“Joe’s recovery was pretty phenomenal, in looking at his functional range of motion and what he is able to do,” Hoener says. “He has great stability at the shoulder and good strength.”

Because of the type of procedure he had, Ubben says he did not experience much pain during his six-week physical therapy regimen.

Hoener emphasized that the goal of physical therapy is to reduce and eliminate pain, not to cause it. Key to any successful



physical therapy program, however, is the patient’s commitment to the program, he says.

“Physical therapy is a total educational process,” he says. “Therapists are constantly trying to educate you on your posture, your positioning and goal so that, like Joe, you can take control of your therapy and your recovery.”

St. Mary Medical Center’s Physical Therapy Clinic at the Valparaiso Family YMCA, 1201 Cumberland Crossing, can help verify insurance coverage and referral requirements. For more information, call 219-286-3890. ■



Joe Ubben practices physical therapy exercises under the guidance of therapist Brian Hoener at the Valparaiso Family YMCA.

The Goals Issue

You don't have to hang upside down to do something great.

GO FOR IT

▶ For most people, goals are small: Reduce stress, cook more vegetables, master a sun salutation. But it can be inspiring to look at some of humankind's major feats.

1875

Matthew Webb, 27, became the first person to swim the 21 miles across the English Channel (except, with the tide, he swam the equivalent of 39 miles). He finished in 21 hours and 45 minutes and drank brandy(!) on the way.

1953

Edmund Hillary and Tenzing Norgay became the first climbers to reach the peak of Mount Everest, 29,029 feet above sea level.



1976

Romania's Nadia Comaneci scored the first perfect 10 in Olympic gymnastics history in Montreal. She went on to do it six more times in that Olympics and won the all-around gold.

2014

Dennis Kimetto of Kenya set the current record for the fastest marathon: 2 hours, 2 minutes and 57 seconds. He averaged almost 13 mph for 26.2 miles.



2017

American Harriette Thompson, 94, became the oldest person to finish a half-marathon race (13.1 miles).

Motivated to achieve your own ambitions, even if they aren't record-setting? **Read on for help.** ➔

Rock SOUL

Dwayne “The Rock” Johnson’s career is on the rise—just like his muscle mass. And we can learn from his regimen and attitude

BY **SHELLEY FLANNERY**



Dwayne “The Rock” Johnson isn’t like us. In addition to being one of the highest-paid actors in Hollywood, the wide-grinned entertainer is massive, and getting bigger. At the beginning of 2016 while filming *Baywatch*, the 6-foot-4 Johnson weighed in at 238 pounds. But after filming wrapped, he decided to bulk up in preparation for reprising his role as Luke Hobbs in *The Fate of the Furious*. He packed on 22 pounds of muscle for the part.

With an Instagram video of Johnson crushing a shoulder press, the actor said he was stepping on set as “the meanest, strongest” version of Hobbs the franchise has ever seen. And at 260 pounds, we believe him.

So how did the wrestler-turned-superstar get so muscular? For starters, “The Rock is a genetic freak,” says Fabio Comana, exercise physiologist



PHOTO BY GETTY/JASON KEMPIN/KCSPORT ©2014

and faculty instructor with the National Academy of Sports Medicine. “No one can get that big without the right genetic makeup.”

But Johnson also is committed to a life of fitness and physical activity. He’s put in the hard work, and it shows. And that’s where we can learn a thing or two.

Evolution of **THE ROCK**

Dwayne Johnson, 45, was born with wrestling in his blood. Both Johnson’s maternal grandfather, High Chief Peter Maivia, and father, Rocky Johnson, were inducted into the World Wrestling Federation Hall of Fame. But Johnson’s dream was to play football, so he joined the team in high school. Plenty of universities were recruiting him, but he had his sights set on one that hadn’t been. He cold-called the recruiting coordinator at the University of Miami and asked for a spot on the team. Not only did he get it, but he was also offered a full athletic scholarship.

Johnson played defense on the 1991 Hurricanes national championship

team, but a shoulder injury sidelined him.

A few years later, Johnson started wrestling under his father’s tutelage, and he joined the World Wrestling Federation (which later became World Wrestling Entertainment, or WWE). It wasn’t long before “The Rock” became one of the more successful wrestlers of his time. His charisma and catchphrases earned him lots of attention and fans.

Before long, Johnson’s popularity in wrestling got him noticed by the mainstream entertainment industry. In 2000, he hosted *Saturday Night Live*, which garnered interest from Hollywood directors, and the next year he landed his first role in a major motion picture, playing the Scorpion King in *The Mummy Returns*. His appearance in the film was brief, but his character was popular enough to warrant its own prequel, *The Scorpion King*, which was released the following year. Johnson went on to star in *Walking Tall*, *The Game Plan*, *Hercules*, *San Andreas*, *Jumanji: Welcome to the Jungle* and *Rampage*.

Committed **TO FITNESS**

Through all of Johnson’s life stages and career choices, one thing has remained unchanged: his commitment to health and fitness.

“My dad said, ‘I’m getting up at 6; you’re gonna get up at 6, too. I’m having my coffee; you have your orange juice. I’m going to the gym; you come to the gym with me,’” Johnson told *Esquire* in 2015. “You gotta get up in the morning, you gotta get after it, you gotta put in the work, you gotta sweat.”

And put in the work he does. Johnson released several of the workouts he followed to get into shape for *Jumanji* in 2016, and just reading them is exhausting. Fortunately, you don’t have to—and shouldn’t—match him toe-to-toe. Still, working out should be part of everyone’s routine.

“People need to realize we were built to move, to be active,” says Shawn M. Arent, PhD, a fellow in the American College of Sports Medicine (ACSM). “Exercise has

7 Things You Might Not Know About **THE ROCK**

- 1 He was born in California but moved often as a child, living in Hawaii, Texas, New Zealand and Pennsylvania.
- 2 Johnson made his debut in wrestling as “Rocky Maivia,” a combination of his father’s and grandfather’s names.
- 3 He appeared in a cooking segment on *Martha Stewart Living* in 1991.
- 4 He is a skilled saltwater fisherman.
- 5 Johnson’s cousin Tanoai Reed is often his stunt double in movies.
- 6 Johnson was so big in high school that other kids thought he was an undercover cop.
- 7 He eats a whopping 5,165 calories per day in about 10 pounds of food.

Sources: IMDb, *Fortune*, *FiveThirtyEight*

Johnson comes from a family of strongmen.



health benefits across the spectrum. It helps with bone density, blood pressure, insulin regulation, cognitive performance as well as maintaining overall function and quality of life. It does a lot of the same things that prescription drugs can do for you without any of the side effects.”

One Step **AT A TIME**

So where to begin? Since you’re not The Rock (sorry), Comana recommends seeing your primary care provider first.

“You need to make sure it’s safe for you to exercise,” he says.

Comana also recommends meeting with a certified athletic trainer or a physical therapist to ensure your body is well positioned before you start exercising.

“If you have bad posture or your joints aren’t aligned and you start loading those joints with weights and force, you could injure yourself,” Comana says. “Get a quick assessment to minimize risk.”

A trainer can also help you devise a custom workout based on your goals.

“That’s not to say you have to have a personal trainer all the time,” Arent says. “But if you’re really not sure where to start, that initial investment will save you a lot in the long run.”

If hiring a trainer isn’t feasible, Arent recommends turning to the internet.

“There are tons of workout programs and videos available online,” he says. Just be sure to check the source (is it from a legitimate fitness organization or professional?), pay close attention to proper form and adapt the movement to any limitations you have. For instance, if balance is an issue, hold onto the back of a chair when performing standing exercises.

When building your own workout regimen, it’s important to incorporate aerobic activity, strength training and flexibility exercises. You want to work out routinely but also incorporate rest time so you don’t overdo it.

Johnson, on the other hand, works out six days a week, sometimes twice a day.

“When you’re going to be in a loin-cloth, it changes your training,” Johnson told *Men’s Health* while he was filming *Hercules*.

For the rest of us—in regular clothes—ACSM recommends performing moderate aerobic activity five days per week and strength and flexibility exercise at least two days per week.

Maintaining **MOTIVATION**

It’s easy to assume that Johnson’s motivation in the gym is fueled by his work. But it’s also his escape.

“Working out anchors my day,” he told *Bodybuilding.com*. “For me, training is my meditation, my yoga, hiking, biking, therapy all rolled into one. I love it. Generally, I’m always shooting or preparing to shoot for something, so that’s why I like keeping my conditioning in a certain zone. But even if I wasn’t, it would launch my day. It makes me feel good.”

Arent suggests adopting Johnson’s attitude toward fitness to see results.

“The one thing he never trades is his exercise,” he says. “Schedule it like every other appointment. Integrate fitness into your calendar.”

Another way to stay motivated is to track your progress with a weight-loss app, body fat calculator or heart rate monitor. Find activities you enjoy, and involve friends or loved ones.

“You’ll be more likely to stick with it if you’re accountable to someone,” Arent says.

Johnson knows not everyone is as motivated as he is, but he aims to be inspirational, like when he posted this on Twitter:

“Wake up determined. Go to bed satisfied. And somewhere in between eat a cookie.”

Maybe he’s not so different from us after all. ■

The **POWER** of **PROTEIN**

If you are inspired to add strength training to your workout routine, it’s important to keep protein-packed foods in your playbook.

The average adult needs 0.36 grams of protein each day for every pound of body weight to preserve physiology, according to Fadia Haddadin, MD, a board-certified obesity medicine physician and bariatrician with Community Healthcare System’s Healthy 4 Life program. So for a person who is 150 pounds, a woman would need 46 grams of protein and a man 56 grams daily to maintain current muscle mass, Haddadin says.

To build muscle mass, you’ll need more. If you see you are losing weight because of your rigorous strength training, you may need to add another 1 to 1.5 grams of protein a day to maintain your body mass, Haddadin suggests.

The key is to eat a variety of protein—almonds, quinoa, lean dairy and vegetable proteins. Whey protein powders and bulgur wheat are an option, but only as a supplement.

“I recommend protein shakes with a multivitamin only as a replacement meal for people who cannot eat. If you can eat and get your protein from healthy food, do that,” she says.

CALL



Your Moment Starts Here

Looking to flex your muscle and build lean body mass? Our team of board-certified family medicine and obesity medicine physicians at Healthy 4 Life can help. Call **219-836-3477** or **866-836-3477**.

THE BIG STORY





EYES, MEET PRIZE

➔ *You absolutely can achieve your health goals. But first, you have to get smart about what's holding you back*

BY **AMY SAUNDERS**

Sure, they look
innocent ...



Junk Foods IN DISGUISE

➔ Meet your nutrition goals by avoiding these sneaky sources of sugar, sodium and empty calories

Passing up the unhealthy foods we love is hard—and so is finding alternatives that are actually nutritious. The bread may have seven grains, but none of them is whole. The healthy-sounding soup is loaded with sodium. And the juice you swapped for soda contains just as much added sugar.

“The food industry uses the buzzword ‘healthy’ as a big selling point,” says Mascha Davis, a registered dietitian nutritionist and spokeswoman for the Academy of Nutrition and Dietetics. “Many companies will put it on the label, whether it’s healthy or not.”

The best way to combat the confusion, Davis says, is by loading up on fruits, vegetables and other nutrient-rich and unprocessed foods. According to the Centers for Disease Control and Prevention, three-quarters of Americans don’t consume enough fruit, and 87 percent don’t meet the recommended veggie quota.

But for the many times when a salad and an apple won't cut it, be on the lookout for these unhealthy foods in disguise.

Hidden SUGARS

The average American man and woman consume 21 and 15 teaspoons of added sugar each day, respectively. The recommended amounts? Just 9 and 6 teaspoons.

Added sugars provide no nutritional value, only calories that lead to weight gain and its ensuing health problems, such as heart disease and diabetes.

On nutrition labels, ingredients are listed in descending order by weight. Look for sugar in the first three ingredients, as well as sugar alter egos such as high fructose corn syrup and sugar molecules ending in "-ose."

And watch out for these surprising sources of sugar:

► **Yogurt:** In yogurt, flavors mean added sugar. Opt for plain yogurt and add your own toppings, such as berries.

► **Oatmeal:** The same is true for instant oatmeal. Ditch the packet for steel-cut oats topped with cinnamon.

► **Granola:** Oats and nuts aren't sweet, but granola is, thanks to added sugar. "Instead, get something like a whole-grain, high-fiber cereal and have that with milk," Davis says.

► **Juice:** This sweet drink often contains added sugar on top of natural sugar. And without pulp, juice lacks the fiber of fruit that helps us feel full and lower our cholesterol. Overall, juice offers less nutritional value in more calories compared with whole fruit.

Sodium SURPRISES

Even if you don't have a saltshaker habit, you probably consume more sodium than you think: More than three-quarters of the sodium Americans consume comes from foods in packages and restaurants.

Dietary guidelines cap daily sodium intake at 2,300 milligrams, the equivalent

of just one teaspoon of salt. Going over the limit can lead to high blood pressure, one of the primary risk factors for heart disease.

To cut back on sodium, go easy on:

► **Sandwiches:** A turkey sandwich sounds healthy enough, but the deli meat alone may contain half of your daily sodium intake—and bread and condiments add even more. Look for low-sodium meats, or swap half of the sandwich for a salad.

► **Soup:** It may contain a vegetable medley, but a cup of soup can also push you nearly halfway to the day's sodium limit.

► **Frozen entrees:** No matter how "lean" the cuisine, frozen meals go heavy on sodium preservatives. One healthy exception in the freezer aisle: frozen vegetables, unless sauce is added.

Grains That AREN'T GOOD FOR YOU

According to the government's nutrition model MyPlate, a quarter of your meal should consist of grains—as long as they're the right kind.

Whole grains provide minerals and vitamins, as well as dietary fiber that can help lower the risk of heart disease and type 2 diabetes. But when grains are refined to make long-lasting foods such as white bread, rice and flour, those nutrients are lost.

Be careful with these healthy-sounding foods that lack nutritional value:

► **Bread:** Just because it's brown doesn't make it healthy. Look for bread labeled "whole wheat." Multigrain,

seven grain or 100 percent wheat bread may not fit the bill.

► **Cereal:** That box with a healthy name may be full of both refined grains and sugar.

► **Pretzels:** While these may seem like a healthy alternative to chips, they're another example of refined grains. "It's not a terrible thing to eat, but it's not going to have a whole lot of nutritional value," Davis says. ■

CHEAT SHEET: FRUIT AND VEGGIE SERVINGS

Are you getting enough fruit and veggies in your diet? Most Americans don't meet the government's age-based dietary guidelines. Women need 1½ to 2 cups of fruit and 2 to 2½ cups of vegetables daily, while men need 2 cups of fruit and 2½ to 3 cups of veggies each day.

"Fruits and vegetables are naturally low in calories and high in fiber, which helps you feel fuller longer," says Allison Forajter, registered dietitian on staff at Community Hospital in Munster. "Help meet your recommended amount each day by filling half your plate with fruits and vegetables. By filling half your plate with fruits and vegetables, you may shift your intake to include fewer calories and more vitamins, minerals, antioxidants and fiber, while eating the same amount of food."

CALL



Want a Healthier Diet?

For meal evaluation and counseling by a registered dietitian, call **219-836-6797** (Munster); **219-392-7060** (East Chicago) or **219-947-6063** (Hobart).

FAMILY

The sins of the father ... and mother ... and kids.



It Runs in THE FAMILY



You can make bad habits as a household—and break them together, too

Your mom passed down her height, along with her tendency to procrastinate. Your dad gave you his hair color, plus a junk food addiction.

Bad habits can run in the family much like physical traits. It's human nature to adapt to our surroundings and the people within them, says Amy Johnson, PhD, a psychologist and the author of *The Little Book of Big Change: The No-Willpower Approach to Breaking Any Habit*.

"We want to be close to the people around us ... we want to connect," she says. "One of the ways we do that is we take on each other's habits."

Unlike hereditary traits like eye color, habits aren't part of who we are—they're part of what we think. And that means we can work to improve the bad ones.

ILLUSTRATION BY STUDIO WARBURTON

Recognizing **BAD HABITS**

Every bad habit starts for the same reason, Johnson says: We feel discomfort, so we do something—eat a cookie, vent our complaints—to feel better. Having recorded that positive feeling, the brain reminds us to find the same solution next time.

That's why the first step in changing habits, she says, is simply recognizing them as suggestions from your brain.

"If you know that's just a thought flowing through your mind—'hey, let's go get some cookies'—you know how that works," Johnson says. "You don't have to act on every thought."

Willpower, though, is only a short-term strategy for stopping habits. It's more effective to identify patterns and replace undesirable habits with healthier alternatives, says Jill Grimes, MD, a spokeswoman for the American Academy of Family Physicians.

For example, dessert might be the follow-up to every family dinner. But instead of serving cake and cookies each night, you can start substituting fruit salad or chocolate-covered strawberries.

"Look for your rituals and see how you can make them a little healthier," Grimes says.

Changing Habits **TOGETHER**

It's hard to be the only person choosing salad over pizza, and it's easier to adopt healthy changes with family support. Try these ideas for improving habits as a family—and bonding while you're at it.

The habit: Your family constantly grazes on chips, cookies, candy and other unhealthy snacks.

► **The fix:** Healthy snacks must be two things: easy and visible, Grimes says. Rinse and chop fruits and veggies when you get home from the grocery store, and store ready-to-eat servings in containers at the front of the fridge.

"You're going to eat what's there. We all are," Grimes says. "No one's going to pick up celery over a candy bar sitting next to it."

The habit: Most of your meals come from drive-thrus and restaurants.

► **The fix:** It's hard to follow a healthy diet at restaurants, where portions are oversized and many options are high in fat, salt and sugar.

Save dining out for certain nights of the week, and find at least five healthy recipes to prepare at home, Grimes says. Add veggies to family favorites, like pasta. And have children help in the kitchen so they feel ownership of the meal.

The habit: You rarely see a family member without a cellphone in hand.

► **The fix:** Set house rules so that phones can't be used after a certain hour or during meals. Don't forget the rules apply to adults, too: You can't expect kids to engage in dinner conversation when their parents are staring at screens.

The habit: After school and work, the whole family hits the couch for the rest of the night.

► **The fix:** Make exercise a habit by incorporating it into your schedule, like taking a family walk or bike ride after dinner.

The habit: The TV is on all night, every night.

► **The fix:** Start by turning off the TV at least 30 minutes before

bedtime—light emitted from TVs and other screens can affect sleep quality. Instead, end the day with screen-free activities, such as reading. Find substitutes for TV time, like a family game or craft. ■

USING GOALS TO BREAK BAD HABITS

When it comes to modifying bad behavior, the key is to define what motivates you, according to Kathryn Lipari, RDN, CD, clinical bariatric dietitian with Community Healthcare System's Healthy 4 Life program.

"It's important to be able to answer what is driving you to make this change," she says. "Defining the 'why' will help you set achievable goals and motivate you to reach those goals."

Lipari also stresses the importance of being realistic.

"Your goals should be a mix of both short-term and long-term plans," she says. "Try not to overreach with too many goals. This can lead to feeling overwhelmed and makes it easy to give up."

Lipari recommends periodically evaluating your plan and making adjustments.

"Tweak what is not working so you don't fall back into old habits," she says. "Developing a maintenance plan once you break your habit will also prevent backsliding."

WEBSITE



A Team Approach

Looking to lose weight but don't know where to start? A registered dietitian can help you design an eating plan that focuses on behavior modification. Learn more about Healthy 4 Life weight loss programs with offices in Hobart and Munster by visiting Healthy4LifeCenter.org.

EXERCISE

You don't have to just accept being in pain.



Are You Ready for JOINT REPLACEMENT?

➔ *Five signs it might be time for surgery to relieve your joint pain, and three signs it's not*

The decision to undergo joint replacement surgery is usually months or even years in the making. Although the procedure is increasingly successful and common—more than 1 million Americans replace a knee or hip every year—surgery is still the last resort.

Most people can delay or avoid surgery if they first try physical therapy and other non-surgical treatments, says Wayne A. Johnson, MD, a spokesman for the American Academy of Orthopaedic Surgeons.

“The key is that you actually had an adequate trial of conservative care,” he says.

So how do you know if the time is finally right? Consider these reasons you may or may not be ready for joint replacement surgery.

Why You're **READY**

1 You've already tried modifying your lifestyle. At some point, aging joints don't let you run and jump like you used to. But if you're still in pain after you've traded running for biking or reduced your hourlong walk to 30 minutes, it's time to explore the next level of treatment options.

2 Pain is inhibiting you from everyday activities. You can change your hobbies and possibly even your job to accommodate joint pain, but you can't eliminate the physical demands of simply getting through the day.

"I have to be able to get off a toilet or chair. I have to be able to fix meals for myself or walk to the mailbox. I need to walk at least a couple of blocks," Johnson says.

3 You're in pain more often than not. Johnson recommends starting a daily log in which you record the pain levels you experience on a scale of zero to 10.

"If you have more bad days than good days, maybe surgery is a consideration," he says.

4 Your joint is damaged from osteoarthritis. The bones of a healthy joint glide over each other thanks to cartilage, the tissue that covers the ends of the bones and helps absorb shock. But when the joint is damaged by osteoarthritis, the cartilage breaks down, causing bones to rub together.

Your doctor will take X-rays to look for space between bones, which should be filled with cartilage. If bones are instead touching, Johnson says, "They've essentially lost all of their cartilage ... they'd be a candidate for total knee or total hip replacement."

5 You've exhausted all other non-surgical treatments. Before recommending surgery, your doctor may prescribe physical therapy to alleviate

stress on the joint by strengthening the muscles surrounding it. Anti-inflammatory medications or steroid injections to reduce swelling might be part of treatment, too.

If nothing helps manage the pain, you probably need joint replacement. But that doesn't mean the time spent strengthening muscles during physical therapy was wasted.

"Your recovery will be that much better," Johnson says.

Why You're **NOT READY**

1 You haven't tried losing weight.

Extra weight means extra stress on your joints. A study in *Arthritis & Rheumatology* found that every pound of weight lost reduced pressure on the knee fourfold—so if you drop 10 pounds, you'll take off 40 pounds of pressure. Losing weight can help you be more active and, in turn, prolong or even avoid the need for surgery.

2 You haven't quit smoking. Studies show that joint replacement surgery is riskier and less effective for people who smoke. In one study, smokers were 10 times more likely to undergo revision surgeries and almost twice as likely to develop surgical complications, including blood clots and kidney failure.

A successful joint replacement surgery requires the bone to grow into the implant. But because nicotine constricts blood vessels, smokers are slower to heal and more prone to infection and blood clots.

3 You're not healthy enough for surgery. Joint pain can trigger a vicious cycle: A sedentary lifestyle and weight gain can lead to heart disease or type 2 diabetes that makes surgery risky.

If you're not in good health, make it your goal to get well enough for joint replacement. It's worth it, Johnson says.

"The vast majority of patients have significant improvement, if not complete resolution of their pain." ■

JOINT EFFORT

After spending decades bending, kneeling, running and squatting, it is no wonder that sometimes our hip and knee joints suffer with age.

Knee or hip replacement surgeries at Community Hospital, Munster, St. Catherine Hospital, East Chicago, or St. Mary Medical Center, Hobart, are designed to make joint replacements easier to undergo, helping patients get on their feet more quickly. Patients are fully educated on their procedure prior to surgery and continue with inpatient group therapy, followed by education and readiness for recovery at home.

"Everybody is a little bit different," cautions orthopedic surgeon Scott Andrews, MD, medical director of the Joint Academies at St. Mary Medical Center. "After two weeks, we encourage people to use the joint more and more. If they have light work, they can usually go back in about three weeks. If they have heavier-duty work, it's probably more like six to 10 weeks."

CALL

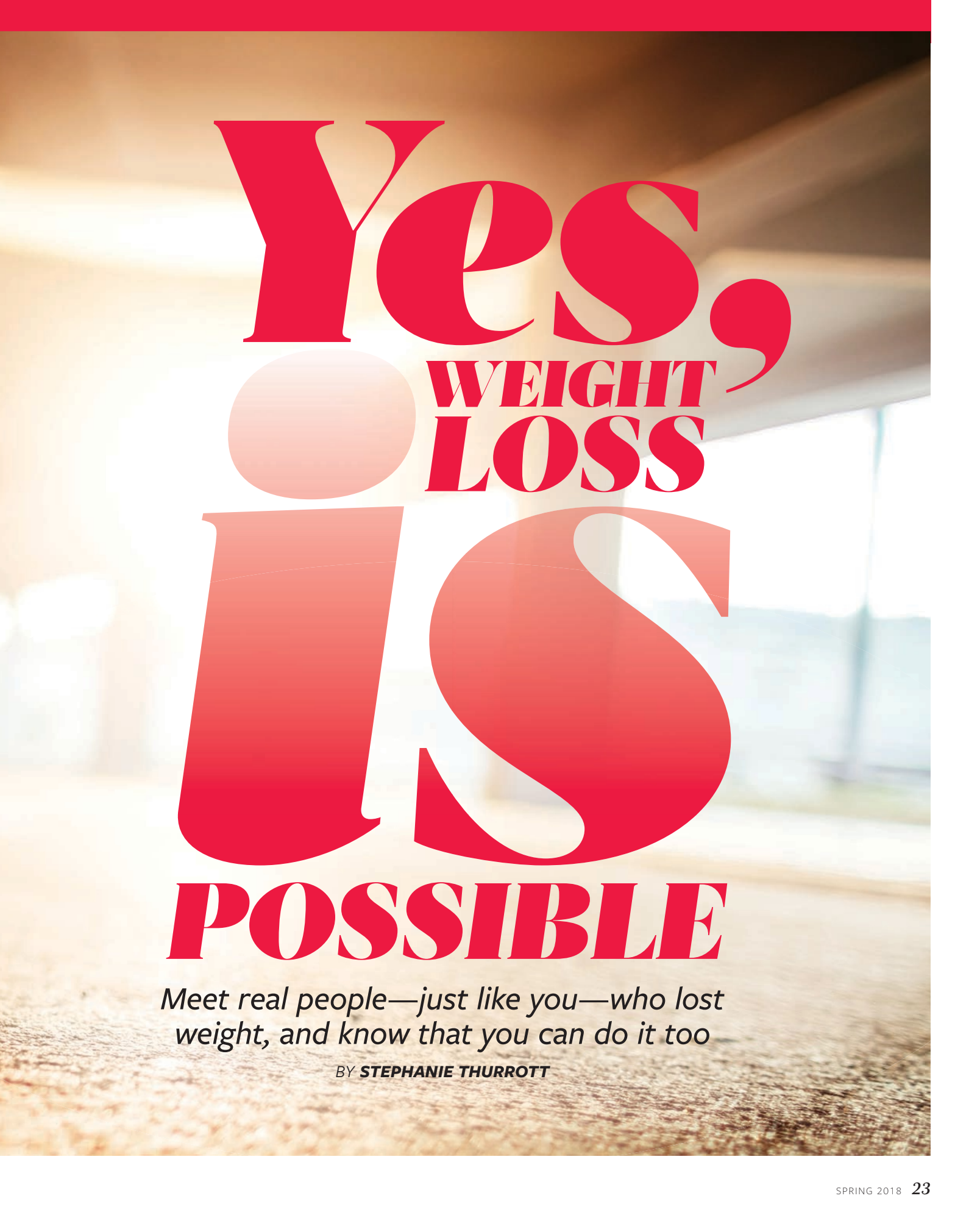


Help for Aching Joints

For an appointment with an orthopedic specialist at the Joint Academies of Community Healthcare System, call **219-836-3477** or toll-free **866-836-3477**. Visit online at comhs.org/services/orthopedics.



PHOTO BY GETTY IMAGES



**Yes,
WEIGHT
LOSS
IS
POSSIBLE**

Meet real people—just like you—who lost weight, and know that you can do it too

BY **STEPHANIE THURROTT**



Stella

Everett didn't struggle with her weight as a child. But she became a mom, and she started to gain weight. Two more babies added more pounds. As the years passed, two failed marriages, low self-esteem and depression triggered unhealthy eating habits that brought her up to a size 16.

She relocated from Minnesota to Texas four years ago, and the move motivated her to take care of her health. She took Zumba classes two to three days a week, but after six months she wasn't seeing a significant change. Her problem was her diet.

"I was still eating garbage," she says. An online search pushed her toward a healthier path. "I literally Googled 'clean eating,'" she says. She started by changing one part of her diet at a time. For breakfast, she ditched her doughnut and "frou-frou" coffee for oatmeal with a banana and peanut butter or raw honey. Soda, sweet tea and juice were out, and water became her go-to beverage.

As she improved her eating, she followed a weight-loss program that promotes five to six smaller, healthy meals a day. A container system helps her measure serving sizes and balance healthy fats, proteins and carbohydrates.

Her experience with Zumba taught her that she eventually gets bored with workouts, so now she chooses a different exercise four or five times a week. She might run, take a Zumba class or do a strength or cardio workout in the gym.

Everett has dropped to a size 10 and is committed to her plan, both for her own health and as an example to her sons, ages 17, 20 and 22. "Your whole mentality changes when you lose weight. You become more healthy spiritually, physically and emotionally," she says.

→ **THE EXPERT'S TAKE:** "Clean eating

I define as highly nutritious, less processed, more from the earth and less from the pantry," says physician nutrition specialist Adrienne Youdim, MD, a fellow of the American College of Physicians. "It's a great strategy. No matter what other method I prescribe, that's part of the equation."

"Your whole mentality changes when you lose weight. You become more healthy spiritually, physically and emotionally."



**Stella
Everett**
AGE: 37

Make the plan

Clean eating
and exercise

Work the plan

Measures food,
eats smaller meals,
alternates workouts

For Carl Franklin, being able to see his toes (thanks to a reduced belly) is better than any food. Below right, a “before” photo with daughter Emmy.



Carl Franklin
AGE: 50
Make the plan
Limiting carbohydrates
Work the plan
Sticks to meat, dairy and vegetables, particularly Brussels sprouts, broccoli, spinach and salad



Carl

Franklin says, “I was a pudgy kid, and in my teenage and early college years my weight started to get out of control. I tried to eat less and exercise more, but that approach usually only works for a few days—maybe a couple of weeks if your confidence stays up. You feel like you’re battling your own body.”

Franklin had some success losing weight with the Atkins diet in the late '90s, but once he stopped it the weight came back, peaking at 366 pounds.

In June 2015, he got sobering news: He had diabetes. “My doctor sounded like she was reading me a death sentence. She said, ‘I’m really sorry. This is a progressive disease. I’m going to have to get you on medication.’”

Inspired by the success of a friend in controlling his diabetes, Franklin began strictly limiting his carbohydrates in January 2016. “It’s not a radical diet,” the Connecticut resident says. He loves to cook, so he found alternative recipes that didn’t have carbohydrates.

At first, he turned to low-carb breads, and baked goods made with almond


AN ‘INSIDE’ VIEW OF BODY COMPOSITION

Whether you are beginning a weight loss journey or are an athlete bulking up on muscle mass, knowing your body composition is key to start achieving your healthcare goals.

“Routine methods of body composition measurement include skinfolds or bioelectrical impedance scale known as the Tanita Scale,” says Nikki Sarkisian, exercise program manager at Community Hospital Fitness Pointe®. “However, we now have an accurate, convenient technology at Fitness Pointe to assess an individual’s percentage of lean and non-lean body mass that also targets specific locations, such as the abdomen, thighs or arms.”

The system, called BodyMetrix, uses ultrasound technology. Accurate measurements allow for improved evaluation and assessment of an individual’s overall health and more accurately identify potential weight-related health risks.

“BodyMetrix uses a small hand-held ultrasound wand that eliminates the need for pinching or standing on a scale,” adds Sarkisian. “It also is not dependent on hydration level, caffeine consumption, fasting or time of day. It is highly accurate and allows us to better evaluate an individual’s body mass improvement.”

WEBSITE 

Seeing Is Believing

To find out more about BodyMetrix, call the Community Hospital Fitness Pointe Fitness Assessment department at **219-924-5348** or go to **FitnessPointe.org**.

flour and artificial sweeteners, to satisfy his desire for carbohydrates. But he found that the desire went away after a few weeks. “I don’t feel tempted by carbohydrates,” he says.

Franklin sticks to meat, dairy and vegetables, particularly Brussels sprouts, broccoli, spinach and salad.

Within two and a half months of modifying his diet, his blood sugar level dropped out of the diabetic range. Within seven months, he lost 80 pounds.

“I feel healthy, comfortable and strong. My blood sugar is good, and my energy is up. I dodged the bullet of diabetes, and the weight I still have is not impacting my health.”

“I feel healthy, comfortable and strong. My blood sugar is good, and my energy is up. For the first time in my life I’m eating all the foods I want to eat and not gaining weight,” he says. “I dodged the bullet of diabetes, and the weight I still have is not impacting my health.”

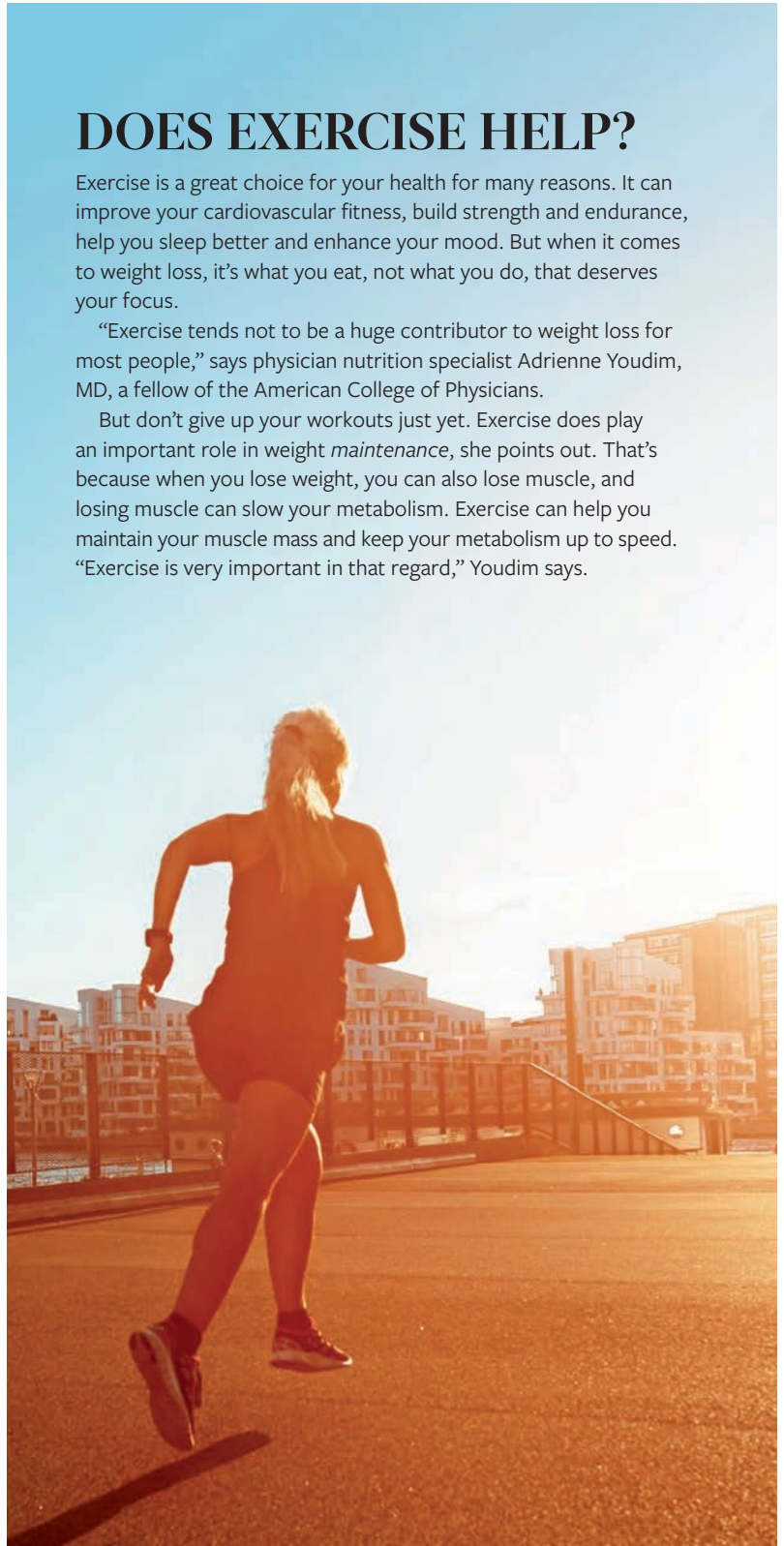
→ **THE EXPERT’S TAKE:** “I don’t think you need to eliminate carbohydrates. The carbs that are problems are pastries, processed bread and processed pasta. Those are the things that get us in trouble. There are a lot of benefits of including good carbs in your diet,” Youdim says. “That being said, if people are having difficulty [losing weight] with a high-carb diet, by eliminating that category they are going to lose weight.”

DOES EXERCISE HELP?

Exercise is a great choice for your health for many reasons. It can improve your cardiovascular fitness, build strength and endurance, help you sleep better and enhance your mood. But when it comes to weight loss, it’s what you eat, not what you do, that deserves your focus.

“Exercise tends not to be a huge contributor to weight loss for most people,” says physician nutrition specialist Adrienne Youdim, MD, a fellow of the American College of Physicians.

But don’t give up your workouts just yet. Exercise does play an important role in weight *maintenance*, she points out. That’s because when you lose weight, you can also lose muscle, and losing muscle can slow your metabolism. Exercise can help you maintain your muscle mass and keep your metabolism up to speed. “Exercise is very important in that regard,” Youdim says.



Katie Roye was an athletic child, and she thought that all of her exercise would help her maintain her weight. But when she became pregnant, she gave in to her cravings and gained 80 pounds. “Having my daughter at such a young age, I dropped out of my sports and became less active and I just kept growing,” she says.

A skiing accident in 2012 led to two knee surgeries in a year—and more weight gain. From age 18, Roye wanted to have weight-loss surgery. But her parents encouraged her to try other methods before making such a significant decision. Her father is a weight-loss surgeon himself, so Roye valued his opinion.

“I learned that I have a huge emotional tie to eating, and I had to change that to view food as fuel. I don’t eat because I’m happy or sad. I eat to give myself energy for the day.”

She says she tried everything to lose weight—restricting her diet, counting calories, Jenny Craig, Medifast, Atkins, SlimFast and medication. “I would lose weight, then gain it back. Nothing was effective,” the Texas resident says. She even battled anorexia and a problem with binge-eating.

In September 2016, at age 23, she decided to go ahead with the surgery, which would shrink the size of her stomach. She weighed 280 pounds, up from 150 pounds before her pregnancy.

“I know a lot of people consider weight-loss surgery the easy way out, but it’s not,” she says. “It has forced me to change the way I view food. I learned that I have a huge emotional tie to eating, and I had to change that to view food as fuel. I don’t eat because I’m happy or sad. I eat to give myself energy for the day.”

She eats small meals six times a day and drinks water 45 minutes before each mini-meal. On a typical day, she might have a couple of pieces of fruit, an egg, a protein shake, yogurt or cottage cheese, chicken breast, a lettuce wrap with turkey, or vegetables.

She has dropped 75 pounds and is still working toward her 150-pound goal weight. But her weight loss has allowed her to get back to exercising, and she’s adding muscle. “I’m not so concerned about the number as I am with how my body looks and feels. I’m 5 foot 11 inches, so I’d be OK with 175 or 180 pounds,” she says.

→ **THE EXPERT’S TAKE:** “People who are getting optimal medical follow-up, who are seen regularly and getting counseling on diet and exercise, can do really well with surgery,” Youdim says. “But clean eating and lifestyle modification have to continue, or weight regain will occur.” ■





The Problem with Perfect

How perfectionism affects your life and health—and what you can do to prevent it from sabotaging your goals and happiness BY ALLISON THOMAS

My mom is the stereotypical perfectionist. Even at 73, everything must still be *just so*, from her impeccable attire (the woman *irons her jeans*) to her immaculate home and well-tended garden—right down to her never-out-of-balance checkbook. The rest of our family? Not so much. In fact, we’ve always joked about her perfectionist tendencies and penchant for creased denim.

PHOTOS BY GETTY IMAGES



But what if we've had it all wrong? What if we each have a bit of a perfectionist in us, even if we don't realize it? Elizabeth Lombardo, PhD, author of *Better Than Perfect: 7 Strategies to Crush Your Inner Critic and Create a Life You Love*, believes this is the case.

"We tend to think of perfectionists as people with obsessively neat junk drawers, or who overexercise or are too strict with their diet," she says. "But perfection is an all-or-nothing mentality that can perpetuate a lot of unhealthy or extreme behaviors, including being overweight or inactive."

Put simply: Most of us suffer from perfectionism in some form. So how can we avoid its pitfalls in our daily lives—the ones that keep us from persevering and appreciating our accomplishments? We'll explore these "perfect traps," and how to gain some perspective while cutting ourselves some slack.



 **PERFECT TRAP:**
Healthy Eating

There is perhaps no better example of the all-or-nothing trap of perfectionism than when we're trying to eat healthy.

"It's the idea that I had one cookie and I messed up my diet so I may as well eat the whole plate," Lombardo says. "Instead, just eat the cookie, savor each bite and move on. If we could incorporate this mentality—not to be lackadaisical, but to stop judging ourselves so much and continue

to improve—we would all keep striving as opposed to giving up."

Susan Biali Haas, MD, author of *Live a Life You Love: 7 Steps to a Healthier, Happier, More Passionate You*, concurs. "So many people never succeed in making the shift to healthy eating habits because they try to follow very strict routines or have unrealistic ideas about what it looks like," she says. "Ultimately, your goal is not to have some perfect regimen, but to have a healthy way of eating that you enjoy and can sustain for a lifetime."



→ **PERFECT TRAP:**
Exercise

Not being able to stick with a workout routine is the reason many people give up on exercise altogether, Lombardo says. “I joined the gym and I missed my workout last week, so I’m not going to go this week ... and then it turns into never going again,” she says.

But one of the keys to breaking this cycle is to stop “shoulding” yourself.

“Shoulding is about judgment, whether it’s you or someone else,” Lombardo says. “When you change from ‘I should go to the gym, and I feel guilty that I don’t’ to ‘I would like to go to the gym because I want to have more energy and a healthier body,’ that’s so much more motivating.”

And remember that making it to the gym isn’t the end goal, Biali Haas says. “If you don’t have time for the gym today, go for a walk on your break at work or play with your kids. Find ways to get moving that you can make work for you.”



→ **PERFECT TRAP:**
Work

The drive to perform your job flawlessly is a trap many of us fall into, and it can have many negative effects, from increased stress and related health issues such as high blood pressure to decreased creativity and difficulty delegating tasks.

“A lot of times people say they’re stressed because they have so much to do and they’re working all the time, but it could actually be perfectionism,” Lombardo says. “Do they really have to work that many hours?”

Biali Haas encourages people to assess themselves, or ask a trusted colleague, if they’re being realistic with job duties or aiming for perfection at work.

“Sometimes we don’t see it in ourselves, but our work and health can both suffer,” she says. She recommends identifying a realistic goal of what’s necessary for you to do a good job—and sticking with that even when your perfectionist tendencies tempt you to go overboard.

➔ **PERFECT TRAP:** *Parenting*

Perfectionism is a problem most new moms know all too well. You want to be the perfect mom, do it all without any help—and maybe even capture the perfection in your social media posts. Biali Haas recommends trying to reduce your exposure to the latter. “Social media is such a source of pressure. Even if you logically know that everyone on Facebook is curating their lives and you’re not seeing their messy reality, just scrolling through it can still have negative effects,” she says.

So, why are moms so prone to perfectionism in the first place?

“Because perfectionism is based on the notion of your self-worth, and that’s also why it’s so hard to shake,” Lombardo says. It takes making a conscious shift toward unconditional acceptance, where you believe in yourself not because your child behaved perfectly or got into an elite university, but because of your own values and strengths.

“When you start doing that and changing how you perceive yourself,” Lombardo says, “then everything shifts.” ■



PHOTOS BY GETTY IMAGES

WHEN PERFECTION IS IN OVERDRIVE

Living a life you love can be tough if you’re a perfectionist.

The quest to get everything right every time can adversely affect your health on multiple levels, according to Christina Outlaw, CNS, a nurse practitioner with Behavioral Health of Community Healthcare System.

“Perfectionists who continually set unattainably high standards can experience weight gain, hair loss and gastrointestinal issues,” Outlaw says. “Perfectionism leads to anxiety and can cause your immune system to falter.”

“You may start to lose sleep because you can’t turn your mind off or you’re opting out of a good night’s rest to keep pace with a daunting array of projects,” she says. “If you’re overdoing it in the food department or not getting proper exercise, it’s easy to get caught up in a vicious cycle. When that happens, it’s important to break that cycle.”

Outlaw recommends a visit to the Centers for Mental Wellness if your perfectionism is getting an upper hand on your healthy lifestyle.

“Developing a plan through counseling can help a perfectionist slow down, get organized, set realistic goals and put their life at home and work in better balance,” Outlaw says.

For clients struggling with depression or anxiety, Outlaw says sleep aids, medication for mood stabilization or talk therapy offered through the intensive outpatient program may be prescribed.

“Too many people think they need to power through their days when all they really need to do is create a list to sort through what needs to be tackled first, second or third,” Outlaw says. “Once a perfectionist picks up that rhythm, it becomes the perfect motivation to keep it going.”

CALL



A Perfect Balance

Feeling blue over your drive to be perfect? A behavioral health specialist with the Centers for Mental Wellness can help. Call **219-836-7074**.

10 WAYS TO GET A LITTLE CLOSER TO YOUR HEALTH GOALS

1 Don't know where to start at the gym? Hire a personal trainer, or watch free instruction videos online.



Schedule your workouts—and honor your appointment.

3 Read labels and skip foods that list sugar in the first three ingredients.



As soon as you buy fruits and vegetables, rinse and chop them. Put them in snack-sized portions in the fridge, so it's easy to grab them.

4



5 Put your phone away during family time.

6 If you're in pain—say, from osteoarthritis—talk to your doctor about ways to feel better.



Think about eating more from the earth and less from the pantry. That means fresh produce and lean meats over processed foods.



8 Try not to be discouraged about losing weight. It isn't easy, but it is possible, and a positive attitude will help.



Working around-the-clock? Take a step back and ask yourself whether that's really necessary. Seek out a colleague for a different perspective.

9

10 Restrict your social media time, especially if you find yourself comparing your friends' lives to your own. Nobody has it all figured out.

➔ **WANT MORE HEALTHY IDEAS?** Check out our Summer issue, all about women's bodies.

THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS



TIME TO DITCH COCONUT OIL?

Coconut oil is a hip ingredient of the moment. (Haven't noticed? Type "coconut oil recipes" into Pinterest and hold on to your seat.) It's touted as a healthy fat, but an advisory from the American Heart Association casts doubt on that reputation.

The association said coconut oil has been shown to increase LDL cholesterol—popularly referred to as "bad" cholesterol—which is a cause of heart disease. Researchers said using coconut oil, with 82 percent saturated fat, is no better than butter (63 percent) or beef fat (50 percent).

Experts say the best choices for cooking are olive oil, avocado oil, corn oil, soybean oil, peanut oil and canola oil, which are all high in heart-healthy fats.

THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

SCREENING TIME

One in every 8 women will be diagnosed with breast cancer. Regular mammograms are an important tool used in prevention and detection. Staff at the Women's Diagnostic Centers of Community Healthcare System understand screening can be an anxious time. We provide 3-D mammography at all of our facilities and offer same-day appointments with same-day results.

"Breast tomosynthesis or 3-D mammography creates a series of images that show 'slices' of the breast for easier viewing of finer details," explains Mary Nicholson, MD, regional director of breast imaging services for Community Healthcare System. "This allows radiologists to better identify and characterize individual structures without the confusion of overlapping tissues."

Risk assessments are performed with mammography screening at all sites. Women at higher risk are informed of additional screening and treatment options available based on their risk. Highly knowledgeable staff are ready to listen and address any concerns.

CALL



Need a Screening?

3-D mammography is available at all of the Women's Diagnostic Centers of Community Healthcare System. For a screening appointment, including on weeknights or Saturdays, call **800-809-9828**.

KETCHUP VS. HOT SAUCE

Which condiment is healthier?

Condiments are flavor enhancers, secondary to the main food act. But if you're not careful, these supporting characters can take over the meal by adding sugar and salt.

Let's put two popular sauces to the test: ketchup and hot sauce.

One tablespoon of popular varieties of ketchup contains 4 grams of sugar, the equivalent of one teaspoon. The sweetness comes from ingredients such as high fructose corn syrup, an added sugar.

So if you consume a few tablespoons of ketchup at one meal—not hard to do when you're eating a burger and fries—then you've had the equivalent of two teaspoons of sugar. That's about 30 percent of the daily added sugar recommendation for women and 20 percent of the daily recommendation for men.

By comparison, most hot sauces have a short and simple list of ingredients: peppers, vinegar and salt. Both hot sauce and ketchup can be salty, but hot sauce is the winner again, with 35 milligrams of salt per serving compared with ketchup's 160 milligrams.

THE VERDICT? Time to get spicy. Liven up your meal with hot sauce instead of ketchup so you don't eat more sugar and salt than you intended.



▶ TRUE OR FALSE

Sleep apnea is dangerous.

TRUE. Sleep apnea—when a person's breathing pauses five to 30 times per hour during sleep—is closely linked with high blood pressure and heart disease. The interrupted breathing prevents restful sleep and stresses the body. Treatment is available, so if you suspect sleep apnea, seek medical advice to avoid negative effects on your overall health.



CIRRHOSIS LINKED TO STROKE

People with cirrhosis might be more likely to suffer a stroke, according to a recent study published in *JAMA Neurology*. Researchers tracked years' worth of data for 1.6 million Medicare patients older than 66. They found that the average yearly rate of stroke doubled for those with cirrhosis, a stiffening of liver tissue linked to excessive alcohol consumption. Two percent of those with cirrhosis suffered a stroke, compared with 1 percent of those who did not have the liver disease.

Researchers said cirrhosis does not necessarily cause strokes, but it could impair blood clotting or aggravate heart risk factors.

PROSTATE CANCER



11.6
PERCENT

of men will receive a prostate cancer diagnosis in their lifetime.

98.6
PERCENT

survive for at least five years after diagnosis.

66

is the median age at diagnosis, though younger men can have prostate cancer, too.

MORE THAN 3 million

men are living with prostate cancer in the U.S.

Sources: Centers for Disease Control and Prevention, National Cancer Institute

FLU SHOT WITHOUT THE SHOT

Hate needles and the flu? We have promising news.

Researchers have developed a flu vaccine patch that allows the recipient to skip the injection but still reap the benefits. A recent study funded by the National Institutes of Health showed that the patch—which contains dissolving micro-needles—produced similar protection against influenza as injection with the vaccine. If the method is developed, it could boost immunization rates, which are around 40 percent for American adults. The patch will undergo further clinical testing.



THIS JUST IN

GOOD-FOR-YOU NEWS, CUES AND REVIEWS

WATER BEST FOR MOM AND BABY

Pregnant women with gestational diabetes who regularly drink artificially sweetened beverages (think diet soda) are more likely to have kids who are overweight in early childhood compared with pregnant women with gestational diabetes who stuck to water, according to a National Institutes of Health study.

Pregnant women who drank at least one artificially sweetened drink per day gave birth to children who were 60 percent more likely to have a high birth weight and nearly twice as likely to be overweight or obese at age 7.

The risk of children being overweight or obese at age 7 was the same for mothers who drank daily diet drinks and mothers who consumed daily nondiet drinks. (In other words, diet soda isn't any better than regular.)

Your best bet? Drink water. Women who drank water reduced their children's obesity risk at age 7 by 17 percent.

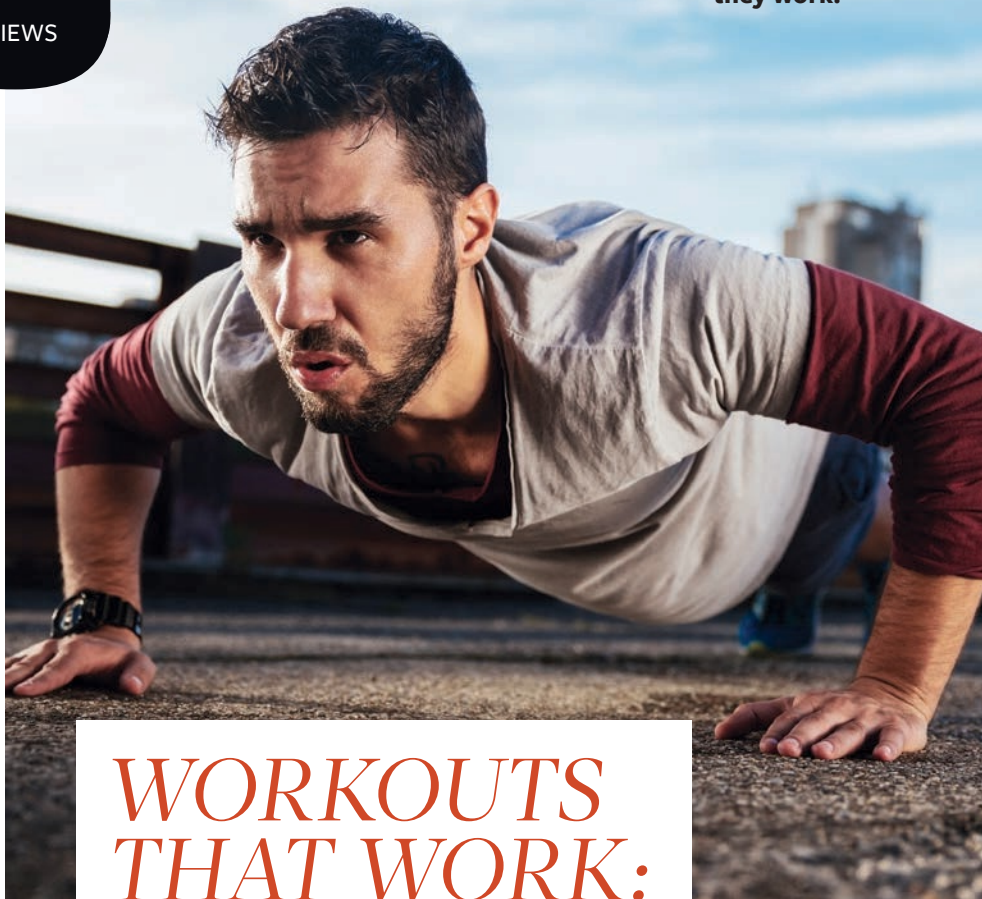
QUIZ



Work Out Your Fitness Knowledge

Do you know the best time of the day to exercise, or whether you should lift weights until your muscles tire? Take a quiz at webmd.com/fitness-exercise/rm-quiz-fitness-dos-donts.

On your toes or on your knees, they work.



WORKOUTS THAT WORK: PUSHUPS

If you're on the hunt for the perfect exercise—one that will work multiple muscle groups, increase strength and require no equipment—look no further than the humble pushup. Pushups engage muscles from head to toe, including arms, chest, core, hips and legs. Using your body weight to do pushups creates resistance, producing similar effects to working out with weights. For women in particular, it also promotes bone health.

To maximize results:

► **When doing a pushup, don't touch the floor as you descend.**

Place an object—a book or rolled towel—beneath you so that you remain 2 to 3 inches from the floor.

► **If a full-fledged pushup isn't feasible, try modifications.**

Use a low bench to elevate your arms, which eases strain; put your knees down to reduce your lifting load; or stand against the wall instead of lying down.

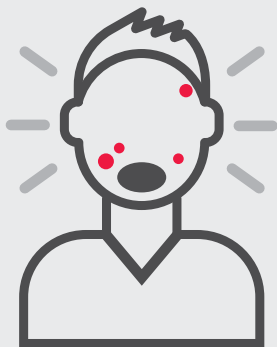
► **To target certain muscle groups, change the position of your arms.** When hands are placed halfway inward from the normal position, it works the chest muscles. When hands are placed outward, it works the triceps.

PHOTOS BY GETTY IMAGES



WHAT ARE THE ODDS

of having acne as a teen and young adult?



8.5 in 10

Yes, most of us battled pimples at some point as a teen and, sadly, so will our kids. Many factors are at play, from overactive oil glands and genetics to stress and diet. Typical treatments include topical medications, oral antibiotics and retinoids, but therapies take time to be effective.



A ROOM JUST FOR BABY

Nighttime sleep can be elusive for parents and babies during the first year of life, but a recent study in *Pediatrics* found that giving babies their own space might help everyone get more rest.

The study determined that babies who bunk in their parents' room at 4 and 9 months old get less sleep and snooze for shorter stretches than babies who sleep in a separate room.

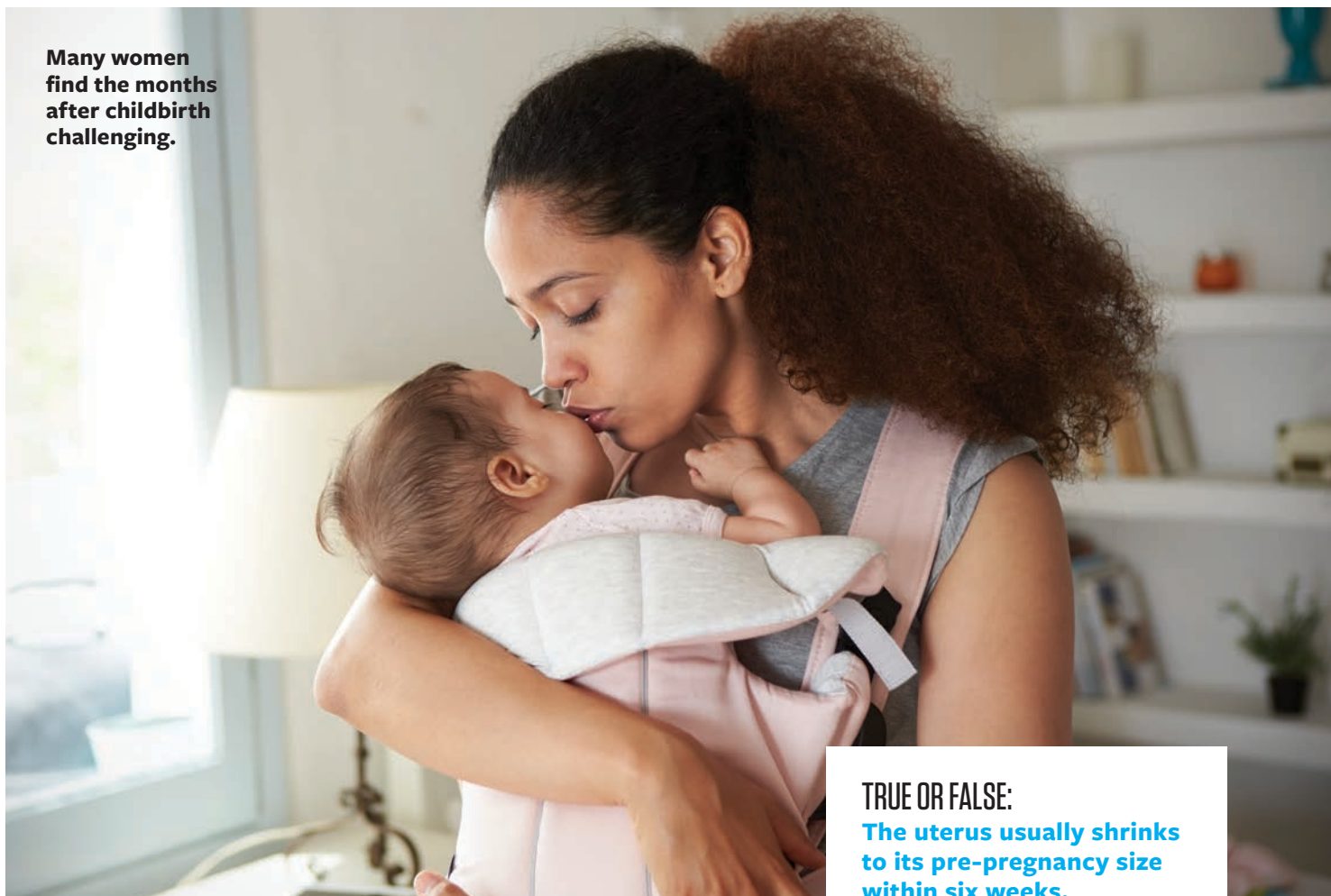
Room-sharing also was linked with unsafe sleep practices, such as having blankets or pillows in cribs or co-sleeping.

If you and your baby are not getting adequate sleep, check with your pediatrician about the best sleeping arrangement for your family.

JARGON WATCH

CONTRAINDICATION describes when a drug, procedure or surgery should not be used because it may cause harm. Conversely, doctors refer to treatments as being "indicated" when they are desirable.

Many women find the months after childbirth challenging.



THE TRUTH ABOUT THE POSTPARTUM PERIOD

For new moms, physical, hormonal and emotional changes don't stop when the baby is born



Through 40 weeks of baby-bump photos, many pregnant women record how their bodies change as they prepare to give birth.

The changes that come next aren't as well-documented. Friends who swap pregnancy stories may not discuss uncomfortable topics like postpartum depression and vaginal health. And celebrity magazines show perfect post-baby bodies, not women struggling to lose one pound at a time.

Here's the truth about "the fourth trimester."

TRUE OR FALSE:

The uterus usually shrinks to its pre-pregnancy size within six weeks.

→ **TRUE.** Your baby belly will start to disappear as your stretched-out uterus retracts. Plus, in the week after the birth, you'll probably lose 10 to 15 pounds between the baby and excess water, blood and amniotic fluid.

That doesn't mean you should expect to see your pre-pregnancy body after only six weeks. Many women experience diastasis recti, a condition in which the left and right sides of the rectus abdominal muscles separate, resulting in a "pooch" that's more difficult to lose. Before starting a situp marathon, talk with your doctor about when it's safe to start ab exercises.

TRUE OR FALSE:

Postpartum depression is noticeable to you and people around you.

→ **FALSE.** The postpartum depression experienced by 1 in 9 mothers doesn't always involve crying and sadness. Often, women simply feel anxious, overwhelmed or guilty, says Shannon Clark, MD, a spokeswoman for the American Congress of Obstetricians and Gynecologists.

Every new mom struggles with lack of sleep and worries about how to best care for her baby. But if your mind is constantly racing with fears, you can't sleep or eat, or you feel as though you can't make it through the day, those feelings are past the point of normal—especially if they persist for a week or two, Clark says.

Postpartum depression is treatable with counseling and sometimes medication, but it won't go away on its own. "If you feel something's just not right, that's all it takes to call your OB-GYN," Clark says.

TRUE OR FALSE:

It can take several weeks for the vagina to feel normal after birth.

→ **TRUE.** When you consider how much the vagina stretches to allow a baby through, it's no surprise that things aren't quite right down there. First off, expect to see blood, mucus and tissue from the lining of the uterus in the first several days after birth.

For weeks to come, the vaginal area may feel swollen and sore, especially if the perineum—the area between the vagina and anus—was torn or cut during birth. Those changes can cause incontinence and discomfort in the bathroom, while vaginal dryness caused by a drop

in estrogen levels can make sex painful. (When you do feel ready for sex, check with your doctor first.)

Share concerns with your doctor, Clark says, but know that such changes are normal and that healing takes time.

TRUE OR FALSE:

Breastfeeding comes naturally to new moms.

→ **FALSE.** It may seem like the work of Mother Nature, but breastfeeding takes effort and persistence from the majority of new moms. A study in the journal *Pediatrics* found that in the first three days after the baby's birth, 92 percent of first-time moms had at least one breastfeeding concern, like the baby not feeding well, breast pain or perceived lack of milk. While 8 in 10 women in the U.S. begin breastfeeding, only 19 percent ultimately breastfeed exclusively for six months, as recommended by the American Academy of Pediatrics.

Clark encourages moms to seek support from lactation specialists—and not to feel guilty if they supplement breastfeeding with bottle-feeding and formula.

"You think your body isn't going to fail you, but the reality is that it sometimes does," she says. "It's OK if things don't exactly go the way you read they're supposed to." ■

HOW QUICKLY CAN I LOSE THE BABY WEIGHT?

As much as you miss skinny jeans, the postpartum period isn't the time for cutting calories if you are breastfeeding your baby.

Your baby relies on the nutrition you provide. Calorie restriction often correlates with a decrease in milk supply, so the weight you maintain is good for your baby's health, according to Crystal Morgan, certified lactation specialist on staff at St. Catherine Hospital in East Chicago.

Lactation clinics are housed at Community Healthcare System hospitals: Community Hospital, Munster, St. Catherine Hospital, East Chicago, and St. Mary Medical Center, Hobart, to assist you throughout your breastfeeding relationship.

"For the first six months, your baby needs about 400 to 600 calories daily," Morgan says. "As he or she gains calories, you lose them. Well-nourished moms who keep their calorie intake above 1,800 can lose about 1.1 pounds a week without affecting milk supply, fat content in milk or infant growth after breastfeeding is established."

"However, each body is different and circumstances can vary," Morgan says.

WEBSITE



No Appointment Necessary

Our hospitals' lactation clinics operate on a drop-in basis, so mothers can easily address concerns with our lactation specialists. Learn more at comhs.org/services/family-birthing-centers.

Sometimes you need
to put a new twist on
everyday tasks.

HOW TO LIVE BETTER WITH ARTHRITIS

*Don't let joint pain and stiffness keep you
from enjoying your life*



Does just the *thought* of climbing stairs make your knees ache? Do you avoid travel because sitting for too long hurts? Do you forgo certain foods because you can't open the packaging?

About 44 percent of people with arthritis alter their lifestyles because of the disease. If you have joint pain and stiffness, you've probably learned how to deal with it. Now it's time to learn how to *live* with it—and live well. Here are five ways to get started.



1. Drop 5 pounds.

Extra body weight adds stress on the joints, particularly the knees. Every pound of body weight places 4 pounds of exertion on the knees. So if you're 10 pounds overweight, your knees are actually feeling the stress of 40. That means losing a modest amount of weight—say, 5 pounds—can make a difference to your joints.

“The higher your body mass index, the more stress you're placing on your joints,” says Ethel Frese, a physical therapist and spokeswoman for the American Physical Therapy Association. “Certainly, if you have a BMI of 30 or higher, losing even a small percentage of weight will significantly reduce the stress on your joints.”

And weight loss has benefits beyond your joints. Fat cells release chemicals that promote inflammation, so losing body fat helps to reduce pain and inflammation all over.



2. Lift some weight.

Now that you know the benefits of dropping weight, we're going to recommend you add some—in the form of strength training.

“A good strength-building program is essential for people with arthritis,” Frese says. “Strengthening the muscles around the joint offers support so there's less stress on the actual joint. The muscles take some of the pressure off.”

The Arthritis Foundation recommends strength training for 20 to 30 minutes two to three times per week. Stick with that schedule, and you should feel results in one to three months.



3. Ease up on sugar.

Sugar not only contributes to excess fat, but the substance itself

RESIST ARTHRITIS PAIN, WEAKNESS WITH WATER

For patients in pain and weak due to arthritis, aqua therapy offers the perfect solution for treatment and relief. Therapy sessions are available at Community Hospital Fitness Pointe® in Munster and St. Mary Medical Center at the Valparaiso Family YMCA. Exercises are performed in a manner that unloads pressure from the joints. The natural buoyancy of water reduces stress on the body and helps patients exercise easier with less pain.

“With arthritis, it's important to keep the joints warm and keep the joints moving. That's one benefit of being in water,”

says certified physical therapist Brian Hoener, DPT, St. Mary Medical Center. “You can increase the temperature as well as decrease the compression of the joints. It's super low impact.”

Patients are never alone in the water and may use flotation devices or work alongside the pool's edge, whatever makes them comfortable, Hoener says.

CALL



Aqua Therapy

Community Healthcare System offers aqua therapy services at two locations. Call **219-934-2840** (Fitness Pointe, Munster) or **219-286-3890** (Valparaiso YMCA, Valparaiso) to schedule an evaluation.

also causes inflammation, which exacerbates joint pain. The Arthritis Foundation suggests cutting refined sugar completely, but if you can't do that, try some healthier alternatives: no-calorie sweetener stevia, synthetic sugar sucralose (Splenda), agave nectar or antioxidant-rich honey.



4. Get your posture checked.

The source of aches and pains isn't always obvious. Pain in a joint may actually stem from a muscle imbalance elsewhere in the body. For instance, lots of back pain can actually be attributed to weak abdominals.

Work with a certified physical therapist and ask for a movement analysis.

“We get muscle imbalances when we adopt abnormal movement patterns that place repetitive stress on a joint,” Frese says. Physical therapists can analyze patterns and suggest adjustments to make sitting at your desk or going down the stairs less painful.



5. Stretch it out.

Stretching is important for improving and maintaining range of motion in your joints. But static stretching (holding a stretch for a while) can be boring. Instead, try a dynamic activity that incorporates multiple facets of exercise.

“Activities like yoga, tai chi and Pilates are particularly good for stretching but also improve strength and balance,” Frese says.

Another option is swimming.

“Aquatic therapy helps you strengthen muscles without any joint compression,” Frese says. Find an activity you enjoy and really start living. ■



**Emotional times
can give us physical
symptoms.**

FREAK OUT OR CHILL OUT?

Life can be a roller coaster—and sometimes our emotions follow suit. Here's how to tell whether mood changes are run-of-the-mill or indicate a health issue.



Let's face it: Life is stressful. With work, family and world events weighing on us, it can be hard to tell whether a mood change is stress-induced or a sign of something more serious.

Matthew Burke, MD, a fellow and past board member of the American Academy of Family Physicians, walks us through some scenarios to help determine when symptoms are cause for concern.

PHOTO BY GETTY IMAGES

Q It's the day of your daughter's wedding, and you woke up feeling excited and energetic. Now it's almost time for the ceremony, and you feel jittery and short of breath.

Is it: Anxiety or heart attack?

ANXIETY. Your child's wedding is an occasion when emotions run high. If there's no history of blood pressure or heart problems, then anxiety is the likely culprit, Burke says. He advises taking two minutes to breathe deeply and drink a glass of water. If your symptoms don't improve in a few minutes, seek care.

Q You have been burning the candle at both ends as a big work project comes to a close. When it's over, you should be rejoicing, but you feel flat and emotionless.

Is it: Exhaustion or chronic fatigue syndrome?

EXHAUSTION. "Exhaustion is a lot more common, especially in today's society, when most of America is running a gentle sleep deficit," Burke explains. Chronic fatigue syndrome is not very common, and many who suffer from it have had it in the past. "Absent of a long history of it or a major health change in your life, it's unlikely to be that," Burke says.

As long as you are not losing weight, are able to eat and are not having extreme mood swings, take a long weekend, get a few days of good sleep and then see how you feel. "If you do all of those things and still can't get back in the game, go to the doctor," Burke adds.

Q Your teenager has been feeling low for a few weeks, and then she brings home a bad grade on a big test. She can't seem to stop crying.

Is it: Typical teenage angst or depression?

DEPRESSION. In this situation, suffering school performance and the chronic nature of the symptoms are concerning, Burke says. Typically, teenage angst would not include impaired academic or social functioning. "Issues with school performance are a potential red flag for depression," he says. Seeking care from a physician is a smart move.

Q For days, you've been irritated with everyone—your spouse, your boss, your kids—and nothing seems to ease your annoyance.

Is it: Premenstrual syndrome or generalized anxiety disorder?

PREMENSTRUAL SYNDROME. If you're within a week or two of starting your period, ask yourself whether you have a history of PMS and if these symptoms are in keeping with that

history. If symptoms have lasted for several days, it's appropriate to wait a few more days to see if they improve. If symptoms persist, Burke recommends visiting a family physician. Typically, generalized anxiety disorder also includes physical symptoms such as dizziness, nausea and insomnia, he says.

Q Your elderly grandmother seems to have dramatic and frequent mood swings, sometimes acting lovingly and other times lashing out angrily.

Is it: Dementia or a side effect of medication?

SEE A DOCTOR. The bottom line: Don't try to diagnose this yourself. "This is almost always worth a visit to the doctor," Burke says. These symptoms could point to several issues: dementia, nutritional deficiencies, thyroid problems, inappropriate medication or overmedication.

Many problems that cause mood changes can be addressed, and all of them are best diagnosed and treated early. ■

TOOL



How Are You Feeling?

Take *Psychology Today's* mental health assessment at psychologytoday.com/tests/health/mental-health-assessment. It can help you decide whether you might benefit from seeing a mental health professional.

THE BEST FOR YOUR BREASTS

*What you need to know
about screening for cancer*



Pink ribbons and fundraising walks offer steady reminders that the risk of breast cancer is real—and that it is treatable and survivable. When identified early, the five-year relative survival rate of breast cancer is near 100 percent, according to the American Cancer Society.

But the key is screening and early detection. Some methods are manual, where abnormalities are detected by touch. Others use technology to spot tissue that looks suspicious.

Read on to learn more about ways healthcare providers are working to find breast cancer earlier, when it's most effectively treated. Then talk with your doctor about the best methods for you, given your age and risk factors.



MAMMOGRAMS

Mammograms are low-dose X-rays used to spot changes in breast tissue. Plates attached to the mammogram machine flatten the breast slightly so the X-ray can capture the best images.

Pros: Mammograms save lives. Regarded as the gold standard in detection, they allow physicians to identify abnormal tissue growth that might warrant further testing.

Cons: Though medical professionals agree that they are safe, mammograms do emit low doses of radiation. There is also some risk of false positives, which could lead to unnecessary (and costly) treatment. But these cons are negligible when compared with the value of finding and treating cancer.

ULTRASOUND

Ultrasound machines create images by sending high-frequency sound waves through a wand that is pressed against the breast tissue. The wand picks up the echoes of the sound waves and transmits them to a computer to create an image.

Pros: Ultrasounds can pick up some structures that are tough for X-rays to see.

Cons: The images aren't as detailed as other imaging types such as MRI or CT scans, and (like mammograms) they aren't able to discern whether tumors are cancerous, just that an abnormality is there.

Step one is always the same: Talk to your doctor.

QUIZ



Breast Cancer Myths, Debunked

Think you can spot truths and falsehoods when it comes to breast cancer? Test yourself at [cancer.org/cancer/breast-cancer/breast-cancer-quiz](https://www.cancer.org/cancer/breast-cancer/breast-cancer-quiz).

MANUAL EXAM (BY DOCTOR)

Healthcare providers check the appearance of breasts for abnormal shape or size and the skin for dimpling or rashes. Then, they use the pads of their fingers to feel the breast and underarm area for unusual or unexpected lumps.

Pros: Medical professionals know what to look for, so they can spot even pea-sized lumps that might not register during a self-exam.

Cons: Clinical breast exams, too, can result in false positives. And some masses can't be felt from the surface of the skin.

BREAST SELF-EXAM

In an at-home exam, you use the pads of your fingers and, moving in a circular pattern around the breast, check for lumps, thick spots or knots.

Pros: Self-exams empower women to take control of their own well-being, and they keep women attuned to signs of possible breast cancer.

Cons: The research hasn't proved that they're particularly effective in early detection, and it could be in part because they're not conducted correctly. Ask your doctor about the best way to do a self-exam. ■

THREE WAYS TO COOK **RADISHES**

These healthful, candy-hued root vegetables can do far more than just spice up a salad



Potatoes are great, but if you're seeking a truly diet-friendly root vegetable, take a look at radishes. One cup of raw slices has just 19 calories, and radishes also have little effect on blood sugar levels. That's welcome news to people with diabetes or anyone looking to control sweet cravings, says registered dietitian nutritionist Kelly Puryear, owner of Fuel for the Soul, a nutrition and fitness company in Tampa, Florida.

"Radishes are great sources of vitamin C and minerals like potassium, and they also contain the antioxidant compound sulforaphane, which may help guard against certain types of cancers by inhibiting cell growth," Puryear says.

And it pays to eat a mix of radishes, as certain types have different antioxidant properties. Red globe and pink watermelon varieties have anti-inflammatory anthocyanins, while white icicle radishes contain flavonoids, which act as detoxifiers. Although dipping radishes in butter followed by sea salt remains one of the most iconic preparations, Puryear has three alternative ideas that are healthy but still delectable.

1 PICKLE THEM

This is technically not cooking, but stay with us: Although there are dozens of brine recipes online, here's one that doesn't even require turning on the stove. Fill a 1-quart jar with thinly sliced small radishes (about 10 total). Add 10 garlic cloves, 1 teaspoon of peppercorns, 1 teaspoon of kosher salt and 1 teaspoon of sugar. Add 2 cups of white vinegar and shake vigorously. Refrigerate for at least three days, shaking occasionally. For an extra kick, add seasonings like red pepper flakes and whole mustard seeds.

2 ROAST THEM

Trim and quarter radishes, then toss them in a bowl with olive oil, fresh oregano, salt and pepper. Roast for 30 minutes at 425 F until they can be pricked easily with a fork.

3 SAUTÉ THEM

Trim and quarter radishes, then toss them in a bowl with olive oil, balsamic vinegar, salt and pepper. Sauté on the stove over medium heat for 5 to 7 minutes, stirring occasionally. Once radishes begin to soften and brown slightly, transfer them to a serving plate and sprinkle with chopped herbs such as fresh parsley, chives or cilantro.



Expand your
radish repertoire.

BUYING GUIDE

Here is the lowdown on radish relations.

GLOBE Also called “cherry belles,” these spherical radishes tend to be about an inch in diameter and are often used in salads.

DAIKON These white radishes, which are popular in East Asian dishes, tend to be on the larger side. If you’ve ever tried those long, crunchy strands that create a bed for your sashimi, you’ve eaten daikons.

FRENCH BREAKFAST With a deep fuchsia color (except for the white tip), these small, oblong beauties have a refreshing, pleasing taste. They’re also sometimes listed as “flamboyants.”

WATERMELON The name comes from the pale green exterior and bright pink interior. These medium to large radishes have a mild flavor and look gorgeous when sliced and added to salads.

BLACK These charcoal-hued veggies have white flesh and a strong, pungent flavor that makes them ideal for pickling. You can also grate them raw as you would horseradish and add them to fish and egg dishes or vinaigrettes.

APP



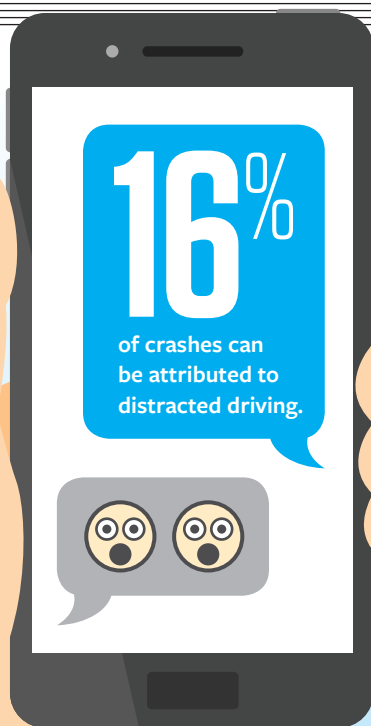
Produce Help

Ever stood in the produce aisle, unsure of what to buy and how to prepare it? The **Harvest – Select the Best Produce app** (\$1.99, available in the App Store) not only has guides to selecting and storing more than 120 fruits and vegetables, but also lists the pesticide levels to help shoppers decide when it’s worth buying organic.

DISTRACTED DRIVING

In 2015, distracted driving caused

3,477 deaths and 391,000 injuries.



A distraction lasts in the brain **27 seconds** after the activity has ended.



5 seconds is the average time eyes are off the road when texting—at 55 mph, it's enough time to drive the length of a football field.

660,000 PEOPLE are using cellphones or devices while driving at any given moment during daylight hours.

Sources: AAA Foundation for Traffic Safety, National Highway Traffic Safety Administration

BEHIND THE WHEEL

Drowsy drivers follow behind distracted drivers at a close second, with 328,000 crashes annually in the U.S. A 2014 study conducted by the AAA Foundation for Traffic Safety found that 21 percent of all crashes in which a person was killed involved a drowsy driver.

The American Academy of Sleep Medicine (AASM) considers drowsy driving to be a serious public health concern. Sleep deprivation can have the same consequences as driving under the influence of drugs or alcohol, claims the AASM.

CommunityHealthcare System's sleep diagnostic facilities can identify and treat patients with various sleep disturbances, including excessive daytime sleepiness. One related disorder is called obstructive sleep apnea. Sleep apnea reduces blood oxygen levels, strains

the heart and is linked to high blood pressure, irregular heartbeat and increased risk of heart attacks and strokes. A simple, painless noninvasive test called a polysomnogram is used to evaluate this condition.

During this evaluation, your sleep patterns are closely monitored. A microphone is taped to the throat to record snoring, a sensor is placed under the nose to detect airflow and belts are placed around the chest and abdomen to monitor breathing. While you sleep in a comfortable homelike bedroom, the sleep technologist evaluates your heart rate, eye movement, muscle activity and blood oxygen levels from an adjacent room. Each sleep room is furnished with an adjustable mattress, TV/VCR, nightstand, desk, sink and lounge chair. Private bath/shower facilities are included in each suite.

CALL



Are You Sleepy?

For an evaluation, call the Sleep Diagnostic Centers of Community Healthcare System: **219-934-2873** (Community Hospital); **219-392-7666** (St. Catherine Hospital) or **219-947-6790** (St. Mary Medical Center).

Calculating RISK

Cancer Genetics Risk program aids in important decisions about care

BY **ELISE SIMS**



Advances in technology, high-tech imaging and radiation therapy systems are enabling physicians to detect cancer earlier and provide more precise, more comfortable treatments than ever before. At the hospitals of Community Healthcare System, members of the oncology team work together with the High Risk Clinics, Cancer Genetics staff and the Community Cancer Research Foundation on treatment plans and follow-up.

Breast cancer is the second-leading cause of cancer death among women, exceeded only by lung cancer. Statistics indicate that 1 in 8 women will develop breast cancer in her lifetime. The stage at which breast cancer is detected influences a woman's chance of survival. If detected early, the five-year survival rate is 98 percent.

"Genetic testing may help some women learn whether or not they have an increased likelihood of developing breast cancer or whether inherited factors have contributed to their own or a family member's cancer," says medical geneticist Janice Zunich, MD, who serves as director of the Cancer Genetics Risk program.

The Cancer Genetics Risk program works with the Women's Diagnostic Centers of Community Hospital, St. Catherine Hospital and St. Mary Medical Center to provide cancer risk assessments, genetic consultations and genetic testing.

Whether to have genetic testing is a personal choice that can be made at the time of a genetic counseling appointment or at a future date. For many people, cancer risk assessment can be provided through genetic counseling alone without the use of genetic tests. However, in some cases testing may help the patient and their physician make important decisions about medical care.

If you answer yes to any of the following questions, genetic counseling may be useful for you:

- ▶ Have you or a close relative been diagnosed with cancer before age 50?
- ▶ Do you have more than one blood relative with the same type of cancer? If yes, is the same type of cancer found in more than one generation?
- ▶ Has anyone in your family had more than one type of cancer, not including basal cell or squamous cell skin cancers?
- ▶ Has anyone in your family had cancer on both sides of the body: breasts, kidneys or eyes?
- ▶ Are you related to someone known to have an inherited mutation that can cause cancer? ■



Dr. Zunich counsels Crown Point resident and Women's Diagnostic Center patient **Katie Grogan** regarding genetics and breast cancer risk.

CALL



Comprehensive Cancer Care

For more information about comprehensive cancer care at the hospitals of Community Healthcare System, visit comhs.org/services/cancer-care. To find out more about cancer risk and genetic counseling, call for an appointment, **219-934-8856**.



Wassim Ballany, MD, holds up the tiny Micra pacemaker, which is as small as a vitamin.

Picking Up the Pace

Next-generation pacemaker offers minimally invasive option and is MRI safe



Rose Bailey



For years, Rose Bailey lived with a heart valve condition that made it difficult for her to move at a fast pace. As a result, she admits she has become a bit of a bookworm and prefers quieter activities.

In 2008, Bailey had corrective heart valve surgery in St. Louis, where she was living at the time.

At first her heart was fine, but as she aged she noticed her heart rate kept getting slower and slower. She was always tired and couldn't stay awake.

"I like to complete a lot of different word challenges and searches, such as seek-and-find puzzle books, and read," Bailey says, who is now 72 years old and living in Chicago. "I would be reading a book, but the next thing you know, I would fall asleep."

Bailey's fatigue was related to her slow heart rate. Wanting to help find the best solution for Bailey's heart, her relatives made an appointment with cardiac electrophysiologist Wassim Ballany, MD, on staff at Community Hospital, Munster.

Slow heart rates due to electrical failure in the heart are treated with pacemakers. Ballany told Bailey she would be first in Northwest Indiana to get a very special pacemaker, one that requires no incision or skin pocket and has no lead. The device also is MRI safe.

"I knew this tiny pacemaker was a big deal with all the attention I was getting before, during and after the procedure," says Bailey. "Dr. Ballany was very good and explained everything and answered all my questions. All of my care was excellent. Everyone was kind and understanding and made sure I was comfortable. My heart is fine now and I would recommend the procedure to others with slow heart rates."

The new FDA-approved Medtronic Micra leadless pacemaker is the world's smallest pacemaker designed to treat those with Bailey's condition, called bradycardia or slow heartbeat. The Micra Transcatheter Pacing System is comparable in size to a large everyday vitamin, less than 1/10 the size of traditional pacemakers.

"Cardiac electrophysiologists at Community Healthcare System have a deep commitment to delivering the latest, most state-of-the-art treatments available for heart rhythm disorders," says Ballany. "When this advanced

device became available upon FDA approval, we worked with hospital administration to make this an option for appropriate patients.”

The Micra Transcatheter Pacing System is delivered directly into the heart through a catheter inserted into the large femoral vein in the leg. The Micra pacemaker is attached to the heart with small prongs that secure the device, which delivers electrical pulses as needed to pace the heart.

In contrast to traditional pacemakers, a lead is not necessary to implant the Micra device in the heart. It eliminates potential medical complications arising from a chest incision or from a wire lead running from a conventional pacemaker into the heart.

About 1.5 million Americans have pacemakers, devices that send electrical

WHAT IS BRADYCARDIA?

Bradycardia is a slower than normal heart rate that may occur from congenital heart disease, the natural aging process, side effects from some heart medications or electrical malfunctions. The hearts of adults at rest usually beat between 60 and 100 times a minute. For those with bradycardia, the heart beats fewer than 60 times a minute.

Bradycardia can be serious if the heart doesn't pump enough oxygen-rich blood to the body. As a result, those with bradycardia may feel dizzy or have chronic lack of energy, shortness of breath or even fainting spells.

pulses to the heart to help maintain a regular rhythm according to medical technology developer Medtronic.

Electronic implantable devices such as pacemakers and medical imaging are important technological advances, particularly in older, more fragile patients, Ballany says.

Over a lifetime, more patients will need an MRI than not.

“It has been estimated that up to 50 percent of patients with standard cardiac rhythm devices who need an MRI aren't able to get one,” says Ballany.

Micra was designed, tested and approved to be used safely with MRI scanners, Ballany says. This offers advantages to both doctors and their patients who need to undergo an MRI. ■



CALL



Innovative Care for Your Heart

For more information about new devices and surgical techniques offered by the hospitals of Community Healthcare System, visit our website at comhs.org. To find a cardiologist or electrophysiologist on staff at the hospitals of Community Healthcare System, call **219-836-3477** or toll-free **866-836-3477**.

The Community Hospital Cardiac Catheterization Lab team, the first in Northwest Indiana to implant the Micra pacemaker, includes (left to right) Jake Berber, RN, Pam Smith, Medtronic rep, Dan Demo, RN, Kristin Lovings, RT, Wassim Ballany, MD, and Kathy Helms, RN.

RX FOR CAREER SUCCESS

Collaborative program guides students to health professions



Jared Zack has dreamed of becoming an anesthesiologist since his sophomore year in high school.

But after hearing firsthand accounts from recruiters, medical directors and administrators about career opportunities in a mock orientation at St. Catherine Hospital, Zack says he is now interested in pursuing a degree in psychiatry.

“My whole mindset changed after hearing about careers in behavioral health,” the Highland High School senior says.

Nyah Harper was equally inspired.

“As soon as I walked in the doors, I felt like this is where I belong,” Harper says.

As Harper toured the laboratory, cardiology, surgical floor and radiology units to get an up-close view of the hospital world from an employee’s perspective, the Lake Central High School junior said her aspiration to become a nurse practitioner is stronger now than ever before.



St. Catherine Hospital Director of Laboratory Services Tony Costello talks about pathways to a rewarding career in healthcare as a lab technician, medical assistant or phlebotomist.

“Those are the kind of results we are striving for,” says Leo Correa, chief executive officer, St. Catherine Hospital, about the mock orientation for 70 high school students from across Lake County. The program was made possible through a collaborative partnership with Area Career Center in Hammond and Community Healthcare System.

Students are enrolled in a two-year career pathway program at the Area Career Center to learn medical terminology, anatomy, physiology, math and measurement skills, healthcare occupations, job outlooks and effective resume and application techniques. Those who successfully complete the class graduate with an honors diploma and a certificate as an emergency medical technician or a certified nursing assistant.

“We’ve done college visits before, but this was the first time we’ve partnered with a hospital to show students what the healthcare world looks like from the eyes of a working medical professional,” explains Monica Hardy, RN, one of two Health Careers program instructors. “The opportunity helps them make informed decisions about future careers.”

Area Career Center health science instructor Christine McCollum, RN, BSN, was beaming as students dressed in navy



At St. Catherine Hospital, Director of Imaging, Cardiology Service and Radiation Roberto Gonzalez talks about future job opportunities in radiology with Area Career Center students.

blue scrubs were led into areas of the hospital visitors rarely see.

“It’s an honor to see the kids so excited about our noble professions,” McCollum says.

She is hopeful the collaborative relationship between Area Career Center and St. Catherine Hospital and Community Healthcare System continues.

“Our goal is to get every student in the program some experiential learning through a shadow program or internship,” she says.

As part of the orientation lesson, St. Catherine Hospital recruiter Kathleen Roque provided an overview of policies and employee benefits. Students heard tips on what recruiters look for in job candidates. Other employees spoke about empathy, compassion, quality of care values and operational excellence.

Roque described a wide range of job opportunities, including phlebotomist, pharmacist, nurse and respiratory therapist.

“Keep all your options open,” Roque suggests. “This is where it starts.”

Roberto Gonzalez, director of Radiology, says the healthcare field is ever-changing and the need to fill jobs as baby boomers retire will grow.

“There are multiple opportunities here,” he says. “Careers in the field of radiology and nuclear medicine are now in high demand.”

Robert Patterson, a Highland High School junior, says seeing what a job in healthcare is like through the lens of those who work in the field is a fantastic opportunity.

“My career path was to either become a firefighter EMT or a paramedic,” he says. “Now, I see myself as a nurse practitioner.”

As a not-for-profit, community-based hospital, Correa said St. Catherine Hospital is dedicated to educating and training students from an early age to help put them on a pathway that provides well-paying careers and rewarding job opportunities.

“It’s our hope that once trained, these students will come back to their community to serve areas where doctors, nurses and other healthcare professionals are in high demand.” ■

WEBSITE



Where It Begins

To learn about a career with St. Catherine Hospital or other hospitals within the Community Healthcare System network, visit comhs.org/careers.

Gaining a Foothold **ON RECOVERY**

A motivating environment at the Valparaiso Family YMCA inspired one patient to meet the challenge of physical therapy



When Valparaiso resident Jo Toigo-Tudor broke her foot on a slippery wooden deck during a home improvement project, she knew even before seeing a doctor that surgery was probably in her immediate future. But it was her experience undergoing physical therapy at St. Mary Medical Center's clinic at the Valparaiso Family YMCA that allowed Toigo-Tudor to regain her normal active life.

"I'm very happy," Toigo-Tudor says. "I have 95 percent of my range of motion back. I'm smiling now and I'm on the upswing. Physical therapy got me to where I am today, which I am very thankful for."

Toigo-Tudor was not smiling on that fall day when an errant step sent her to the hospital.

"We were renovating our 100-year-old house," she explains. "This will be our forever home and we had been working on it for more than a year. It had rained that morning, a very hard rain, but it was one of those funny days where the sun comes out afterward."

"I was taking a hand cart and going down the steps with a whole load of kitchen tiles, just four steps that I've gone down a hundred times, and the rain made my tennis shoe slide (awkwardly), and the weight pulled me down so that my shin looked like it was on top of where my foot was. I looked down and said, 'My foot looks like a scarecrow foot!'"

Valparaiso resident Jo Toigo-Tudor walks the treadmill as part of her physical therapy regimen at the YMCA, as certified physical therapist Brian Hoener looks on.





Hoener coaches Toigo-Tudor on exercises for her foot and ankle at the Valparaiso Family YMCA as she undergoes physical therapy.

An employee of St. Mary Medical Center in Hobart, Toigo-Tudor knew she had a team of experts—physicians and rehabilitation specialists—that she could rely on to help her get back on her feet again. Consultation with Community Care Network podiatrist Jared Moon, DPM, confirmed what she already suspected: Her injury would require major surgery.

After a successful four-hour surgery, Toigo-Tudor went home with her foot and ankle in a cast, but she discovered her journey had just begun. Once she recovered from surgery, it was time to begin physical therapy. Fortunately, St. Mary Medical Center and the Valparaiso Family YMCA had expanded their existing health and wellness partnership to include physical and aquatic therapy services at the Y's facility, 1201 Cumberland Crossing Drive, close to her home.

Physical therapists at the Y work to develop individualized treatment plans to address specific functional needs with the goal of returning patients safely to their prior level of function. St. Mary Medical Center Outpatient Rehabilitation therapies, including physical therapy and aquatic therapy,

can effectively integrate care for Joint Academy and Acute Rehabilitation Unit patients needing the next level of care after discharge from the hospital.

Toigo-Tudor said undergoing physical therapy at the conveniently located YMCA provided extra motivation that spurred her progress.

"I had been a member there before and forgot what it was like inside," she says. "It wasn't anything short of inspirational to walk in and see everybody caring and working out."

Toigo-Tudor worked with certified physical therapist Brian Hoener, DPT.

"Brian was very positive and encouraged me," she says. "I learned that if

you don't do your exercises properly, you're not progressing. It's important that you're sitting straight or standing straight and using proper technique to get the most out of your therapy."

Hoener said Toigo-Tudor was faithful in maintaining her routine in the clinic and at home, which was key to her success.

"Despite everything she has going on and despite how bad her day was or how much pain she was feeling, she always had a smile on her face," he says. "I didn't have to worry about her with regard to the exercise program and the restrictions and precautions pertaining to her injury."

Hoener described physical therapy as a continuous learning process that requires active participation from the patient in order to succeed.

"Physical therapy isn't just going to see the physical therapist once, twice, three times a week and then you're done," he explains. "Physical therapy is a total educational process. We want to empower you and to allow you to take control of your therapy." ■

WEBSITE



We're Here to Help

St. Mary Medical Center's Physical Therapy Clinic at the Valparaiso Family YMCA, 1201 Cumberland Crossing, can help verify insurance coverage and referral requirements. For more information or to schedule an appointment, call **219-286-3890**. Visit Therapy Services at **comhs.org** for more information.



SPORTS MEDICINE – ON AND OFF THE FIELD

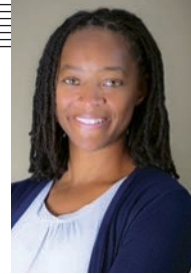
Fellowship-trained sports medicine physician Joseen Bryant, MD, answers questions about sports medicine and the broad variety of care options available for patients

Q **What is “sports medicine”?** Sports medicine is the management of conditions involved in physical activities or athletics that promote recovery from illness or injury. Sports medicine physicians undergo extensive training in musculoskeletal medicine, the study of muscles, bones, tendons, ligaments and joints. Primary care or nonsurgical sports medicine specialists provide nonoperative management of musculoskeletal injuries, which make up the vast majority of sports injuries. Surgical sports medicine physicians provide surgical treatment options to injuries. Physicians from both categories undergo fellowship training through

an ACGME (Accreditation Council for Graduate Medical Education) certified sports medicine program.

Q **How can sports medicine help me?** As a primary care/nonsurgical sports medicine specialist, I help patients understand their bodies and their relationships to movement and exercise. I focus on orthopedic health and provide nonsurgical treatment options to help patients recover from injuries and return to their regular level of activity. I accomplish this through various methods of treatment such as a rest-to-exercise regimen, rehabilitative

**Sports medicine practitioner
Joseen Bryant, MD**



care, medication management, injectable therapies or splinting, casting and bracing. When necessary, I can assist in referral for surgical interventions with the appropriate surgical teams.

Q **When should I see a sports medicine physician?**

Whether you are an athlete, weekend warrior or just want to maintain an active lifestyle, sports medicine offers many advantages. Patients with a chronic or nagging injury or who have concerns about arthritis can benefit from sports medicine. Individuals struggling with exercise either through shortness of breath, cough or fatigue may benefit from a sports medicine medical evaluation. Also, sports medicine helps individuals determine if their pain requires surgical interventions or if there are other treatment options available. Finally, sports medicine physicians assist in helping patients recovering from acute injuries such as simple fractures, tendonitis, ligament or muscle injuries and joint pain. ■

CALL



Make an Appointment

Joseen A. Bryant, MD, is board-certified in family medicine and is fellowship-trained in sports medicine. She treats patients of all ages and is accepting appointments at **219-365-1166**.

BETTER TOGETHER

St. Mary Medical Center Physical Therapy at the Valparaiso Family YMCA



Recovering from orthopedic surgery, sports-related injury or a neurological condition that requires therapy? St. Mary Medical Center and the Valparaiso Family YMCA offer Physical and Aquatic Therapy services in one convenient location.

The Physical Therapy Clinic at the Valparaiso Family YMCA can help verify insurance coverage and referral requirements.

Call 219-286-3890 for more information.



ST. MARY Medical Center

Physical Therapy

comhs.org



VALPARAISO FAMILY YMCA

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