

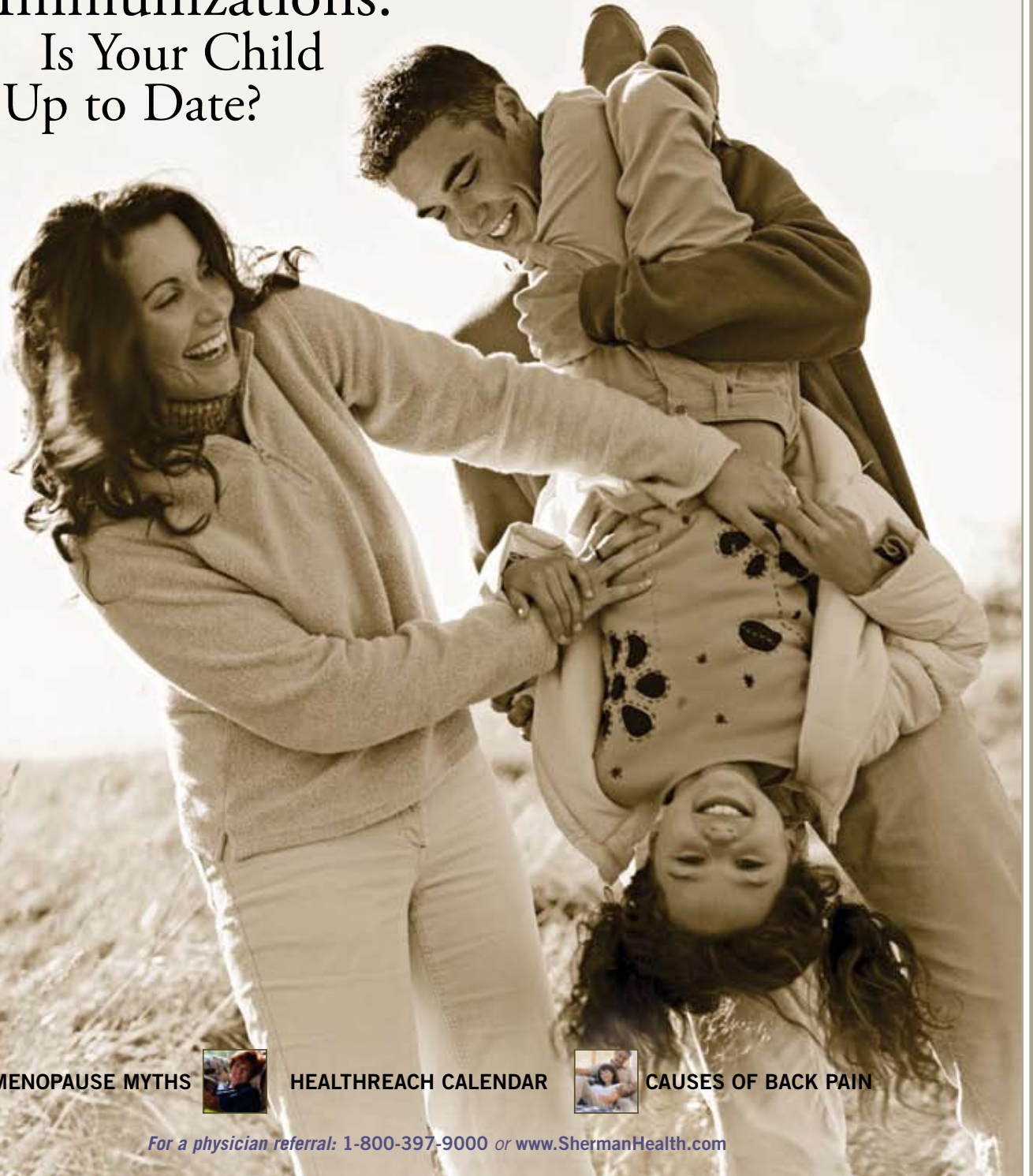


FALL 2006

DESTINATIONS

always leading the way

Immunizations:
Is Your Child
Up to Date?



MENOPAUSE MYTHS



HEALTHREACH CALENDAR



CAUSES OF BACK PAIN

For a physician referral: 1-800-397-9000 or www.ShermanHealth.com

President's Message

For a few years now, the Sherman replacement hospital and redevelopment of the Center Street Campus have been



the most visible signs of change at Sherman Health. But sometimes the greatest change an organization can make is not always the most visible. We are in the midst of a cultural transformation that will elevate our hospital beyond bricks and mortar.

What you may not know is that over the last year, Sherman has taken great steps internally to help in achieving our goal of becoming one of the best community hospitals in the nation. Achieving this goal begins and ends with our employees. We are building a culture of excellence one employee at a time.

When you come to Sherman, you can expect the highest level of patient care and service from all of our employees. You can expect that you will be greeted appropriately, and that you will be well informed regarding your course of treatment at every step along the way. You can expect that our employees will spend the time to answer any questions you might have, and to thank you for your visit.

Finally, I welcome your stories about encounters with Sherman employees. I want your experience with Sherman to be a positive one, and I thank you for choosing Sherman Health for your care.

Rick Floyd
President & CEO
Sherman Health

Seven Smart Strategies for Managing Type 2 Diabetes

When you have type 2 diabetes, your body can't use insulin properly. As a result, sugar builds up in your blood—which can greatly affect the rest of your body. High levels of blood sugar increase your risk for many serious complications. These include heart disease, stroke, kidney failure, nerve damage, teeth and gum problems and eye disorders.

“**H**owever, there's a lot you can do to lower your chances of developing complications,” says Amer Rahman, MD, Director of the Sherman Diabetes Center. Dr. Rahman recommends the following smart steps to keep your blood sugar as close to normal as possible:

1. Work with a dietitian, who can help you **plan balanced meals and snacks** that are low in sugar, salt and fat, and high in grains, fruits and vegetables.
2. Ask your doctor about an **exercise program** that's right for you. Begin gradually and work up to 30 minutes on most days of the week.

ABOUT THE DOCTOR



Amer Rahman, MD
Medical Director
Sherman Diabetes Center

3. **Take diabetes medicine or insulin injections** as prescribed by your doctor.
4. **Check your blood sugar levels regularly with a blood glucose meter.** Also, keep a daily record of your blood sugar test results. Review these results with your doctor to make sure your diabetes is under control.
5. **Lose excess weight**—and keep it off. Besides following your meal plan and





exercising, make smart food choices, limit portion sizes and eat meals and snacks about the same time every day. Even losing a small amount of weight can keep your blood sugar closer to normal.

6. Schedule regular checkups at least twice a year so your doctor can check your blood pressure and cholesterol. It's also important to have kidney disease screening tests at least annually and a hemoglobin A1c test at least twice a year. Visit your dentist every six months and your foot doctor and eye doctor at least once a year.

7. Kick the habit. If you smoke, now's the time to quit. That's because people with type 2 diabetes who smoke have a higher risk than those who don't smoke for high cholesterol, high blood pressure, kidney disease, nerve damage, heart attack and stroke. Talk to your doctor about the best way to kick the habit for good. ■



IF YOU HAVE DIABETES:

Be sure to attend Sherman's annual **Diabetes Product Fair** Tuesday, September 26, 2:30 to 6:30 p.m.

in Assembly Hall at Sherman Hospital. This **FREE** fair features a wide array of educational booths, screenings and lectures about healthy lifestyle choices for those with diabetes. This year we also will provide tours of the Educational Van sponsored by the National Kidney foundation. Come and learn about how the kidneys work and how to keep them healthy. Call **1-800-397-9000** for more information.

Finally, the two most important prescriptions for diabetes are diet and exercise. That's why you should attend **Diet & Exercise: Keys to Success for Diabetes**, on Thursday, November 2, 2 to 3 p.m. at the Centre. This **FREE** program will include Amer Rahman, MD, discussing how you can manage your diabetes with proper medications, diet, exercise and stress management. Learn how to find the best treatment options for you.

WATCH FOR EYE COMPLICATIONS

Talk to your doctor if you experience problems with your vision. Some possible signs of diabetes-related eye problems include:

- pain or pressure in one or both eyes
- blurry, cloudy or double vision
- difficulty seeing out of the corners of your eyes
- flashing lights or floating spots in your field of vision.



Keep Exercise Safe

Exercise is a great way to keep your diabetes in check. Here are ways to keep yourself safe while you get in shape:

WALKING

Before you take a walk, check the inside of your shoes for rough areas or small objects that can irritate your feet.

Check for blisters or redness on your feet before and after you walk. Replace your walking or athletic shoes when they begin to wear out.

SWIMMING

If you haven't been swimming for a while or are new to the sport, take swimming lessons or join a water aerobics class.

Avoid walking barefoot around a pool or locker room. Wear sandals or shoes to prevent stepping on sharp objects or catching a fungal infection.

CYCLING

If you have problems with low blood pressure when you work out, ride a reclining bicycle. This can help you avoid becoming light-headed or feeling faint.

When you're bicycling outdoors, always wear a safety helmet. Follow the rules of the road.

EXTRA SAFETY TIPS

- If you have trouble seeing, exercise with a partner.
- Work out at a pace that lets you talk comfortably while exercising.
- Warm up before you exercise with five to 10 minutes of aerobic activity, such as walking at a medium pace. Then gently stretch your muscles for another five to 10 minutes. Repeat these steps to cool down after your workout.

Some Myths and Truths About Menopause

Over the years, one thing hasn't changed about the "change of life": It is still somewhat of a mystery to women of every generation. As women come closer to menopause, they often must separate the reality from the rumors. Find out if you can detect the myths.



LEARN THE MYTHS AND MYSTERIES OF WOMEN'S HEALTH

Join noted speaker Barb Bancroft and the Sherman Hospital oncology staff for **The Myths and Mysteries of Women's Health** on Friday, September 22, 5:30 p.m. at the Centre of Elgin. Learn about heart disease prevention, cancer prevention and tips to keep your brain healthy. Appetizers will be served. Call **1-800-397-9000** for more information.

1. The average age of menopause is 51. **Truth | Myth**
2. Women's bodies can start making fewer female hormones as early as age 35. **Truth | Myth**
3. Hot foods can trigger hot flashes. **Truth | Myth**
4. A glass of wine before bed can help relieve sleep problems. **Truth | Myth**
5. Mood swings are a normal part of menopause. **Truth | Myth**

1. **Truth.** A woman has entered menopause when she hasn't had a period for a year. The age women enter menopause varies between 40 and 58. When this change happens to a woman before age 40, it's considered premature menopause. This might happen because of family history or certain medical treatments.
2. **Truth.** It's normal for women to produce less estrogen and progesterone in their late 30s. However, women who still have periods can still get pregnant. The actual time between starting perimenopause—the time leading up to menopause—and entering menopause can last for months or even years.
3. **Truth.** Spicy meals, caffeine and alcohol also can trigger hot flashes.
4. **Myth.** Actually, experts advise women who have sleep problems related to menopause to limit their alcohol intake. Instead, doctors recommend getting plenty of physical activity. Just don't exercise too close to bedtime, though.
5. **Myth.** There is little evidence that menopause changes a woman's mood. If you're moody, it could be lack of sleep, or maybe you're depressed. Talk to your doctor if you are feeling low—there are ways to help you feel better. ■

Do You Suffer from Dry Mouth?

Dry mouth is common among older adults. But it is not a natural part of aging. As people get older, they are likelier to use medicines or suffer health problems that interfere with the flow of saliva.


Hundreds of medicines list dry mouth as a possible side effect, including those for hypertension and depression. Dry mouth also can be caused by dehydration and other health problems, including diabetes, Parkinson's disease and Sjögren's syndrome.

Dry mouth is not just uncomfortable. It can lead to serious health problems and can harm a person's overall quality of life. Saliva aids in swallowing, eating and talking. It also washes away harmful bacteria that contribute to cavities, tooth decay and infections.

If you have dry mouth, see your doctor. Treatment will depend on the underlying cause. Your doctor may recommend these self-care measures:

- Chew sugar-free gum.

- Suck on sugar-free candy or mints.
- Try an over-the-counter saliva substitute.
- Steer clear of salty foods.
- Drink lots of water.
- Avoid alcohol, tobacco and caffeine. ■

 **JOIN US** on Tuesday, October 3, 2 to 3 p.m. at the Centre of Elgin for **Oral Concerns for the Older Adult**. This FREE program will feature Felicia Chu, DDS, discussing the importance of oral health and proper oral hygiene.

POST AND SAVE

HEALTH REACH

HealthReach is a collection of programs provided by Sherman Health. To register for a class or to receive more information, please call **1-800-397-9000**, unless otherwise noted. You can also register online: www.ShermanHealth.com.

LOCATION KEY

- CENTRE** The Centre of Elgin
100 Symphony Way, Elgin
- DTPD** Dundee Township Park District, 665 Barrington Avenue, Carpentersville
- EPR** Elgin Parks and Recreation, 31 South Grove Avenue, Elgin
- LP** Lord's Park, 100 Oakwood Boulevard, Elgin
- SEPR** South Elgin Parks and Recreation, 10 North Water Street, Elgin
- SFHC-A** Sherman Family HealthCare—Algonquin, 600 South Randall Road, Algonquin
- SFHC-B** Sherman Family HealthCare—Bartlett, 1015 Norwood Lane, Bartlett
- SFHC-CL** Sherman Family HealthCare—Crystal Lake, 4900 South Route 31, Crystal Lake
- SFHC-E** Sherman Family HealthCare—Elgin, 2320 Royal Boulevard, Elgin
- SH** Sherman Hospital, 934 Center Street, Elgin
- SHRC** Sherman Health Resource Center, 1019 East Chicago Street, Elgin
- SPD-PP** Streamwood Park District—Park Place, 550 South Park Boulevard, Streamwood
- SS** Senior Services, 101 South Grove Street, Elgin
- SWC** Sherman West Court, 1950 Larkin Avenue, Elgin
- LTF** LifeTime Fitness, 451 Rolls Drive, Algonquin

HEALTHY LIVING

BLOOD PRESSURE SCREENINGS ♥

Prevent heart disease and other illnesses by keeping track of your blood pressure. **FREE!**

Every Wednesday, 9:30 to 10:30 a.m., SH

Last Friday of each month, 7:30 to 8:30 a.m., CENTRE

FIRST AID

This American Heart Association class will teach first aid for cuts, burns, shock, sudden illness and much more. Fee.

Wednesday, October 4, 6 to 10 p.m., CENTRE

Monday, December 18, 6 to 10 p.m., SFHC-CL

HEALTHY HEART CHECK ♥

September is Cholesterol Education month. Remember to get tested and raise your awareness of the prevention and treatment of high cholesterol. A complete lipid profile, blood glucose test, body fat measurement, height and weight check and blood pressure screening, as well as a complete Health Risk Appraisal. Fasting and registration are required. Fee.

Friday, September 15, 7:30 to 9:30 a.m., CENTRE

Monday, October 2, 8 to 11 a.m., SHRC

Friday, November 10, 7:30 to 9:30 a.m., CENTRE

Monday, December 4, 8 to 11 a.m., SHRC

CPR & FIRST AID TRAINING ♥

Learn rescue breathing and CPR training as well as first aid care for cuts, burns, shock, sudden illnesses, AED training and much more. American Heart Association certification. Fee.

Wednesdays, September 20 and 27, 6 to 10 p.m., SFHC-CL

Tuesdays, November 7 and 14, 6 to 10 p.m., SFHC-A

HEARTSAVER CPR CLASS

This course will teach you how to perform CPR for adults, children and infants, as well as rescue breathing and how to assist choking victims. American Heart Association certification is included. Fee.

Friday, September 8, 6 to 9 p.m., SFHC-CL

Thursday, October 19, 6 to 9 p.m., CENTRE

Wednesday, November 1, 6 to 9 p.m., SFHC-A

Wednesday, December 6, 6 to 9 p.m., SFHC-CL

HEALTHCARE PROVIDER CPR CLASS

This American Heart Association class for healthcare professionals includes CPR for adults/children/infants, barrier devices, AED training and more. Certification included. Fee.

Tuesday, September 12, 6 to 10 p.m., CENTRE

Thursday, September 21, noon to 4 p.m., SFHC-CL

Wednesday, October 11, noon to 4 p.m., CENTRE

Tuesday, October 24, 6 to 10 p.m., CENTRE

Thursday, November 9, noon to 4 p.m., SFHC-A

Monday, November 20, 6 to 10 p.m., CENTRE

Tuesday, December 5, noon to 4 p.m., SFHC-CL

Wednesday, December 13, 6 to 10 p.m., CENTRE

HOLISTIC HEALTH LECTURE SERIES

Holistic Arts and Health Alliance Speakers' Bureau presents monthly topics that address complementary health modalities. The HAHA group is dedicated to public education and practitioner networking.

Tuesday, September 19, "E-mail Scams and Frauds", 7 to 8 p.m., CENTRE (FREE!)

Monday, October 16, "Feng Shui for Your Business", 7 to 8 p.m., CENTRE (FREE!)

Monday, November 6, "Reduce Stress, Regain Control...All in Five Minutes", 7 to 8 p.m., CENTRE (FREE!)

Friday, December 15, "Introduction to Reiki", 6 to 7 p.m., CENTRE (Fee.)



♥ The Regional Heart Center at Sherman Health has designated these listings as heart healthy.

HEALTH REACH

CALL 1-800-397-9000 TO REGISTER FOR PROGRAMS! OR LOG ON TO WWW.SHERMANHEALTH.COM

GAIN CONTROL OVER INCONTINENCE

Incontinence and frequency are common problems for people of all ages. Judy Thatcher, a physical therapist with Sherman Rehabilitation Services, will discuss the various types of incontinence, causes and a nonsurgical program to help you gain control of your bladder.

Wednesday, September 13, 1 to 2 p.m., SFHC-A

LIVE HAPPILY EVER AFTER WITH LAUGHTER!

Laughter strengthens the immune system, improves breathing and blood pressure, relieves stress and lifts your spirits. Join Jill League, certified laughter leader, as she describes how laughter benefits you physically, mentally and socially. Dress comfortably and participate in a session of the Sherman Health Laughter League. FREE!

Wednesday, September 20, 1 to 2 p.m., CENTRE

THE MYTHS AND MYSTERIES OF WOMEN'S HEALTH

Laugh your way to a healthy lifestyle...join Barb Bancroft and the oncology staff of Sherman Hospital for a fun-filled evening of



belly-laugh tidbits concerning the myths and mysteries of women's health. Barb applies clinical concepts with practical methods of changing lifelong habits for healthy living. Learn about gender differences—when do these differences start? In the womb? At puberty? At menopause? Learn about heart disease prevention, cancer prevention, how to keep your brain healthy and how to boost your immune system. Appetizers will be served. Fee.

Friday, September 22, 5:30 p.m., CENTRE—Heritage Ballroom

FLETCHER DRIVE MEDICAL CENTER HEALTH FAIR

The physicians at the Fletcher Drive Medical Center invite you to this health fair. Come for three floors' worth of valuable health information and giveaways. Prostate screenings, blood pressure screenings and other tests available. Call for more information. FREE!

Saturday, September 23, 745 Fletcher Drive in Elgin

DIABETES PRODUCT FAIR

This fair features a wide array of educational booths, screenings and lectures about healthy lifestyle choices for those with diabetes. This year we also will provide tours of the Educational Van sponsored by the National Kidney Foundation. Come and learn about how the kidneys work and how to keep them healthy.

Tuesday, September 26, 2:30 to 6:30 p.m., SH—Assembly Hall

DIABETIC FOOT SCREENINGS

Dr. Epstein will be conducting foot screenings for patients with diabetes. FREE!

Call for dates and times.

HALLOWEEN FAMILY FUN FAIR

This FREE event will include activities and attractions that emphasize overall health and well-being as well as fun for the entire family. Activities include ambulance, police car and fire engine tours, face painting, Kidcare Photo IDs, car seat safety checks, pediatric developmental screenings, safe toys booth, various health and safety information booths, games and contests. A costume contest for children ages 12 and younger will be held from 11:30 a.m. to 1:30 p.m. Parents must bring their child's immunization record. There is a fee for immunizations, payable only by cash or Public Aid card.

Saturday, October 21, 10 a.m. to 2 p.m., CENTRE

BECOME A SHERMAN HEALTH VOLUNTEER

Sherman has a proud history of volunteers, and offers many different opportunities at the hospital and off-site facilities for those who wish to give their time to this worthy cause. Positions with or without patient contact available. For a complete list of volunteer opportunities, or for more information, call **847-429-8720**.



FLU SHOT CLINICS

Protect yourself against influenza, a highly contagious respiratory illness that is more than just coughing and a runny nose. No appointment necessary. Children younger than 18 must have a doctor's order to receive the vaccine. Fee: \$20; free for individuals covered by Medicare Part B.

Wednesday, October 25, 9 a.m. to noon,
Resource Center

Thursday, October 26, 4 to 7 p.m., SFHC-CL

Saturday, October 28, 9 a.m. to noon, SFHC-A

Wednesday, November 1, 9 a.m. to noon, SFHC-A

Saturday, November 4, 9 a.m. to noon
(Drive-thru clinic—ADULTS 18+ ONLY), SHRC

Wednesday, November 8, 9 a.m. to noon, CENTRE

Thursday, November 9, 9 a.m. to noon, SHRC

Saturday, November 11, 9 a.m. to noon, SFHC-CL

Wednesday, November 15, 4 to 7 p.m., CENTRE

SHERMAN HEALTH LAUGHTER LEAGUE

Do you need to reduce your holiday stress? Come discover the health benefits of laughter and laughter exercises. Learn the concepts of good-hearted living that lead to healthy attitudes. There are no jokes, just lots of laughs. It is a nonthreatening, nonjudgmental atmosphere, and it's a great workout, so wear comfortable clothes. FREE!

Thursday, December 7, 6 to 7 p.m., CENTRE

EATING RIGHT AND LIGHT

To register for a class or make an individual appointment with a registered dietitian, call **1-800-397-9000**.

HEALTHY PARENTS, HEALTHY KIDS

A seminar targeted for parents of overweight children. Learn techniques to keep your kids healthy and tips for managing your child's weight.

Tuesday, September 12, 6 to 7 p.m., SH

Wednesday, October 25, 6 to 7 p.m., SH

COOKING ON THE RUN

Discover how easy it is to find time to create healthy, great-tasting meals in just four easy steps. Fee.*

Wednesday, September 27, 6 to 7 p.m., CENTRE

Thursday, December 7, 11 a.m. to noon, SH

EATING OUT THE HEALTHY WAY

Bring menus from your favorite restaurants and a registered dietitian will help you decide which items to choose for a healthy eating experience outside your home.

If you don't have menus, don't worry—there will be menus provided for analysis and discussion.

Wednesday, October 11,
6:30 to 7:30 p.m., CENTRE

Wednesday, November 15,
11 a.m. to noon, SH

EATING THE MEDITERRANEAN WAY ♥

Discover what a "Mediterranean-style" diet is, and what health benefits it offers. Learn how to make Mediterranean choices at home or while eating out.

Thursday, September 21, 6 to 7 p.m., CENTRE

Tuesday, October 3, 11 a.m. to noon, SH

Tuesday, November 7, 6:30 to 7:30 p.m., CENTRE

HEALTHY HOLIDAY EATING

Learn how to make smart choices and still enjoy the treats of the season! Practical tips, recipes and samples will be provided.

Tuesday, December 5, 6:30 to 7:30 p.m., CENTRE

Wednesday, December 13, 11 a.m. to noon, SH

INDIVIDUALIZED NUTRITION COUNSELING

A registered dietitian will assess your current food, exercise and lifestyle habits and personalize a plan to meet your needs. Fee.*

Call to schedule an appointment or for more information.

PERSONALIZED NUTRITION CLASS

You and a friend can get a registered dietitian to teach nutrition topics to meet your needs.

Call to schedule and inquire about fees.

*Class participation fees usually \$15 per person per class.



HEALTH REACH

CALL 1-800-397-9000 TO REGISTER FOR PROGRAMS! OR LOG ON TO WWW.SHERMANHEALTH.COM



KIDS' KORNER

IMMUNIZATION CLINICS

Sponsored by Sherman Hospital and Together We Can, McHenry County's healthier community initiative. Immunization record required. Please call **815-334-4536** to schedule an appointment. Fee: \$10 per immunization.

Thursdays, September 28 and October 26, SFHC-A

Sundays, September 24 and October 22, SFHC-CL

BABYSITTER'S TRAINING

An American Red Cross certification course that teaches adolescents 11 to 15 years of age how to handle emergencies, select safe toys and games, feed and diaper an infant and more. Fee.

Saturdays, September 9 and 16, 8:30 a.m. to noon, SFHC-CL

Saturdays, November 4 and 11, 8:30 a.m. to noon, SFHC-A

FOR SENIORS

ORAL CONCERNS FOR THE OLDER ADULT

Come hear Felicia Chu, DDS, talk about the importance of knowing what new treatments and techniques are available to retain your natural teeth. Oral health is an important part of the overall health of the older adult, and the dental profession is committed to providing treatment and guidance for proper dental hygiene. FREE!

Tuesday, October 3, 2 to 3 p.m., CENTRE

BACKACHES: PAIN, PAIN GO AWAY!

Backaches are second only to headaches as the most common source of pain. Come hear Matthew Miller, PT, speak on the many things you can do at home to manage and relieve your pain. Self-care is a big part of managing and treating back pain. Learn how to protect your back. FREE!

Thursday, October 5, 2 to 3 p.m., CENTRE

THE OTHER DRUG PROBLEM

October is "Talk About Prescriptions Month."

Find out how you can avoid a serious health problem.

Join Ben Muoghalu, Sherman Health pharmacist, as he answers these questions and talks about how you can avoid drug-drug interactions. FREE!

Tuesday, October 10, 2 to 3 p.m., CENTRE



55 ALIVE DRIVING CLASS

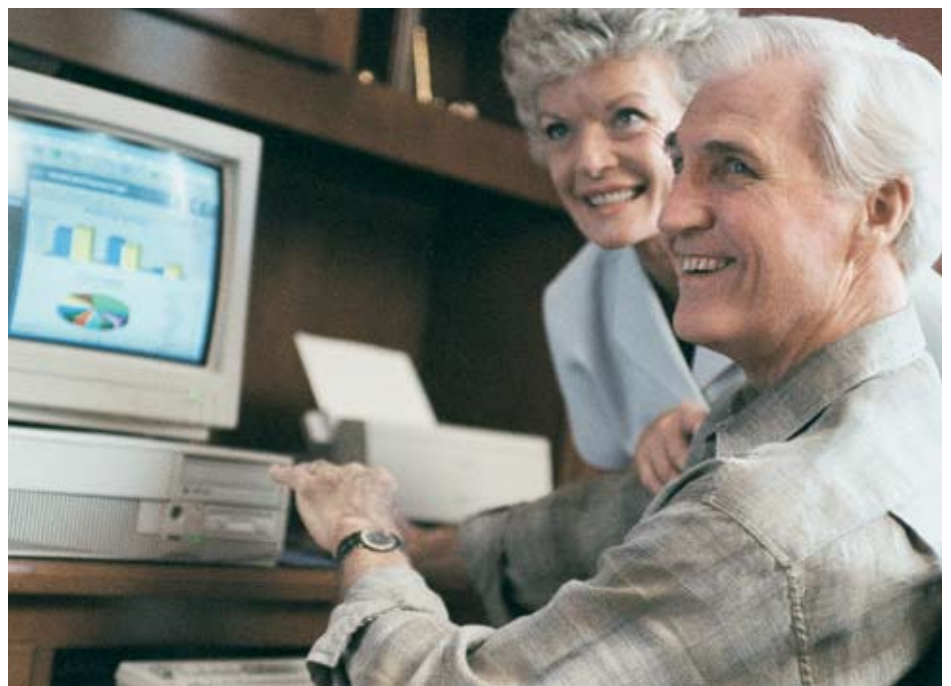
Refine your driving skills with a representative from AARP. Develop safe, defensive driving techniques. Attendees must attend both classes to complete the course. Fee.

Saturdays, October 7 and 14, 9 a.m. to 1 p.m., SH

HAPPENINGS ON THE COURT: HALLOWEEN/CASINO PARTY

Games, food, fun, prizes! FREE!

Friday, October 27, 2:30 to 4:30 p.m., SWC



BEAT GOES ON

This senior exercise program is designed to increase endurance, flexibility and muscle tone, an inexpensive way to stay healthy and have some fun too! The class meets two times a week for 10 weeks. A health history assessment prior to getting your physician's consent is necessary. Fee.

Tuesdays and Thursdays, October 5 to December 14, 9 to 10 a.m., SHRC

MEDICARE PART D UPDATE

Get the latest information on Medicare and Medicare Part D. Qualified experts will discuss the annual open enrollment period, Illinois RX, extra help through Social Security and more. Find out what resources are available for you and get answers to your questions regarding Medicare. **FREE!**

Wednesday, November 1, 9:30 to 11 a.m., CENTRE

DIET & EXERCISE: KEYS TO SUCCESS FOR DIABETES

Amer Rahman, MD, will discuss how you can manage your diabetes with proper medications, diet, exercise and stress management. Learn how to find the best treatment options for you. **FREE!**

Thursday, November 2, 2 to 3 p.m., CENTRE
add the following listings:

WALKING DOWN THE ALZHEIMER'S PATH

This presentation will encompass options available for caregivers and their loved ones with Alzheimer's. The presenter will be Marlene Pokorny of Oak Crest residence. **FREE!**

Thursday November 9, 3 to 4 p.m., CENTRE

HOLIDAY EATING: GETTING BACK ON TRACK

Don't wait until January 1! Come join registered dietitian Julie Nordan and learn how to get back on the healthy eating track and avoid the usual holdup. **FREE!**

Friday December 1, 10 to 11 a.m., CENTRE



Support Groups

For appointments or information (English/Spanish) call 847-429-8937.

MENDED HEARTS SUPPORT GROUP ♥

Meets the third Thursday of every month at 7 p.m. in the Bike Room at Sherman Hospital. A different topic related to heart disease is discussed each month. **FREE!**

NEWLY DIAGNOSED CANCER PATIENT SUPPORT GROUP

Meets the first Thursday of every month from 6:30 to 7:30 p.m. at Sherman Hospital. Patients and family members are encouraged to attend.

ADULT SUPPORT GROUP FOR DIABETES

Meets the first Thursday of each month, 7 to 8 p.m., CENTRE

SPANISH ADULT SUPPORT GROUP FOR DIABETES

Meets the last Saturday of each month, 10:30 a.m. to noon, CENTRE

INSULIN PUMP SUPPORT GROUP

Meets the first Wednesday of each month, 7 p.m., Barnes & Noble at Spring Hill Mall in Dundee

SHOCK ABSORBER GROUP

For patients with implanted defibrillators and their families. Meets the first Monday of even-numbered months, 6 to 8 p.m., SH

POST-SUICIDE SUPPORT GROUP

Third Mondays, 7:30 p.m., SH

BEREAVED PARENTS SUPPORT GROUP (SPANISH)

Scheduled quarterly; individual counseling available.

SHERMAN'S SHEPHERDS

Volunteers for chaplaincy program. Volunteers for the hospital and Sherman West Court. Ongoing recruitment. Call for an appointment.

INDIVIDUAL OR FAMILY PASTORAL SUPPORT

English or Spanish

INDIVIDUAL OR FAMILY BEREAVEMENT SUPPORT

English or Spanish

ADVANCE DIRECTIVES

Individual assistance or group programs

COUNSELING AND SUPPORT FOR EMPLOYEES

COUNSELING AND SUPPORT FOR CLERGY

BUILDING BLOCKS

Continuing education for clergy/ministers of care. Call to preregister.

For appointments or information (English/Spanish) call 847-429-8937.

HEALTH REACH

CALL 1-800-397-9000 TO REGISTER FOR PROGRAMS! OR LOG ON TO WWW.SHERMANHEALTH.COM

AQUATIC PROGRAMS

A physician's release is required prior to attending the first class.

JOINT SMART— ARTHRITIS WATER CLASS

This warm-water exercise class is designed for anyone diagnosed with arthritis. Fee.

Call for class dates and times.

SENIOR EXERCISE CLASS

This class is ideal for individuals who may have a history of medical issues or those who require a general strengthening and flexibility program. Fee.

Call for class dates and times.

AQUATIC EXERCISE FOR FIBROMYALGIA

Enjoy a supportive environment and the friendship of others with your condition in a warm therapeutic pool. Fee.

Call for class dates and times.

LOW BACK AQUATIC CLASS

Focus on core stabilization, flexibility, balance and active movement to decrease symptoms. Fee.

Call for class dates and times.

HEALTHY MOM, HEALTHY BABY

SHERMAN BIRTHING CENTER TOUR

Discover why more than 2,500 families choose our Birthing Center each year. Tour our Labor & Delivery Birthing Suites and our Level II Neonatal Intensive Care Unit. FREE!

Call for dates and times.



BREASTFEEDING CLASS

Helpful information for women who plan to breastfeed. Discussion includes positioning for nursing, common breastfeeding problems and their solutions. Fee.

Call for dates and times.

CESAREAN SECTION CLASS

Moms anticipating a cesarean section birth may attend one evening class with other expectant parents. Fee.

Call for dates and times.

CHILDBIRTH EXPRESS CLASS

One-day childbirth education class for couples who cannot attend the six-week education classes. Fee.

Call for dates and times.

CHILDBIRTH REFRESHER OR VBAC CLASS

A three-session class for couples with a previous vaginal or cesarean section delivery. Fee.

Call for dates and times.

CHILDBIRTH CLASSES

Prepare for a positive childbirth experience during this six-week course. Topics include

labor/delivery, preterm labor, warning signs, pain management techniques, C-sections, breathing and relaxation. Also includes a lecture by a pediatrician, a lecture by a certified car seat technician and a tour. Fee.

Call for dates and times around your fourth month of pregnancy.

INFANT MASSAGE

This hands-on workshop is taught by an occupational therapist certified as an infant massage parent instructor. Fee.

Call for dates and times.

NEWBORN CARE

Learn how to care for your newborn from head to toe in this one-night, in-depth class. Pregnant couples, grandparents and parents are encouraged to enroll. Fee.

Call for dates and times.

SIBLING CLASS

This class helps children ages 4 to 10 prepare for a new baby in the family. Parents also attend. A tour of the Sherman Birthing Center is included, as well as a Big Brother or Big Sister T-shirt. Fee.

Call for dates and times.

Tap into the Power of Powerhouse Produce

Every week, you cut the same path through the produce aisle, grabbing apples, potatoes and your other staples. Maybe it's time to try some different veggies and fruits.

Picking certain fruits and vegetables can give your diet a healthful jolt. Scientists are exploring the health benefits of “powerhouse” fruits and vegetables—which are especially high in vitamins and other nutrients. According to a recent report in the *Journal of the American Dietetic Association*, these fruits and veggies might lower the risk for diseases such as cancer, cataracts, lung disease and high blood pressure.

“LETTUCE” TRY ANOTHER LEAF

Joan Kanute, Lead Clinical Dietitian at Sherman Health, recommends, “Rather than iceberg lettuce, choose spinach for your next salad. It’s packed with iron, fiber and vitamins A and C. It has 3 grams of protein per cup, too. And research suggests it may help protect you from cataracts and some cancers.”

WHEN YOU TIRE OF TATERS

Instead of potatoes, try a side of carrots. “Pick ones that are deep orange—the more orange they are, the more beta-carotene they have,” says Kanute. There’s evidence that this antioxidant may help protect against cancer and heart disease. It also might boost the immune system.

Another option is cauliflower, which is loaded with vitamin C, folate and fiber. It also is being studied for its role in reducing cancer risk.

“ORANGE” YOU READY FOR SOMETHING NEW?

If you usually buy apples or bananas, go for citrus fruits instead. In addition to vitamin C, oranges also contain fiber, calcium and potassium. Plus, citrus fruits may ward off stroke. ■

A Varied Diet Could Extend a Woman's Life

Many studies have focused on the benefit of consuming one type of food, such as vegetables. Others have looked at one single nutrient, such as vitamin C. But few studies have asked how a woman’s overall diet affects her health.

In a study published in the *Journal of the American Medical Association*, researchers followed more than 42,000 women ages 40 to 93 for more than five years. At the start, the women reported how often they ate certain foods.

Researchers then looked at whether a woman’s diet was varied and healthy. They did this by counting how many times a week women ate the following foods:

- Fruits and vegetables
- Whole grains
- Lean meats or meat alternatives
- Low-fat dairy products

All of these foods are recommended by the U.S. dietary guidelines.

At the end of the study, the women who ate varied, healthy diets were much more likely to still be living. These women had at least a 30% lower risk of dying from cancer, heart disease and stroke than those who ate the least varied diet.

WHAT DO GENDER DIFFERENCES HAVE TO DO WITH WOMEN'S HEALTH?

If you’re curious about women and disease prevention, then attend **The Myths and Mysteries of Women’s Health** on Friday, September 22, 5:30 p.m. at the Centre of Elgin. Join Barb Bancroft as she applies clinical concepts to practical methods of healthy living. Appetizers will be served. Call **1-800-397-9000** to register.



Sherman Health offers a variety of nutrition and healthy cooking classes. Please see the “Eating Right and Light” section of this issue’s HealthReach calendar for more details.

Pregnancy: Is Timing Really Everything?

The likelihood of becoming pregnant begins to dip when a woman reaches her late 20s. But just because a woman is in her 30s doesn't mean she has less opportunity to become pregnant each month. Experts believe that the "window" of time, during which women can become pregnant each month, is similar in women ages 18 to 40.

Today, it's much more common for couples to wait until they are older to start a family. If you plan to have a baby, the best time to try is during the six days before ovulation. The chances of pregnancy begin to fall on the day of ovulation.

Another factor that can affect fertility is the age of a woman's partner. Men also start to become much less fertile by their late 30s.

More than 10% of American couples have trouble becoming pregnant. If you have been trying to get pregnant for six months or more, talk to your doctor.

Sherman Health offers a variety of childbirth and newborn classes. Please refer to the "Healthy Mom, Healthy Baby" section of the HealthReach calendar in this issue.



Q&A

You Don't Have to Stress Out About Stress Incontinence

Pressure on your lower stomach muscles from a fit of laughter, a sneeze or cough, heavy lifting or exercise puts pressure on your bladder, too. If at those times you leak a bit of urine, you could have stress incontinence. The good news is that this common and potentially embarrassing condition is often successfully treated.

What causes stress incontinence?

Answer: A weakening in the pelvic muscles that control the bladder usually is to blame. Childbirth tends to weaken these muscles. The condition is most common in younger and middle-aged women. A new study in the *Journal of Urology* shows women are less apt to develop stress incontinence past age 50. Other risk factors include being overweight and drinking caffeinated beverages excessively.

What can women do to help the condition?

Answer: Special exercises—called both Kegel and pelvic floor muscle exercises—can help control the problem. A recent study in the *Journal of Urology* found that such exercises can greatly improve stress incontinence, especially if they are practiced daily and intensively.

Health experts recommend exercising

these muscles for about five minutes, three or four times a day. You should notice an improvement after about four to six weeks of performing these exercises.

Contracting pelvic floor muscles before and during a cough, sneeze or other activities that tend to cause urine loss also can help prevent leaking.

Is there anything else that may help?

Answer: Some doctors also may recommend electrical stimulation of the pelvic floor. Doctors also sometimes prescribe inserts or disposable patches that temporarily block the urethra—the canal that carries urine from the bladder. Or they can inject an implant into the area around the urethra. This adds bulk to help the urethra close. Surgery to pull the bladder up and give it support also is available if other treatments prove ineffective. ■

GAIN CONTROL OVER INCONTINENCE

Join Judy Thatcher, a physical therapist with Sherman Rehabilitation Services, on Wednesday, September 13, 1 to 2 p.m. at Sherman Family HealthCare in Algonquin for a discussion about the various types of incontinence and a nonsurgical program to help you gain control of your bladder.

Immunizations: Is Your Child Up to Date?

Vaccines can protect your child from serious infectious diseases—and may save her life. Do you know if your child’s shots are up to date? Check out the following chart with recommended ages for routine childhood immunizations to make sure.

K eep in mind that in order to be fully protected against common childhood diseases, your child may need several shots spread out over months or years.

In some cases, a child should not receive a vaccination. These include having an underlying illness or taking certain medications. So, be sure to review these guidelines with your child’s pediatrician and talk about any concerns you may have, including:

- new vaccines that are available
- special vaccines, such as flu shots for children with certain risk factors, including heart disease, diabetes and asthma
- catch-up vaccines if your child has skipped certain immunizations
- booster shots for older children
- possible side effects, such as mild pain and swelling at the injection site or a low-grade fever. Severe reactions are rare. ■



Are your child’s immunizations up to date? Sherman Hospital and Together We Can—McHenry County’s healthier community initiative—will be sponsoring immunization clinics on Thursdays from September 28 through October 26 at Sherman Family HealthCare in Algonquin; and Sundays from September 24 through October 22 at Sherman Family HealthCare in Crystal Lake. Immunization record required; \$10 per immunization. Call 815-334-4536 to schedule an appointment.

| VACCINE | AGES 1 TO 4 MONTHS | AGES 6 TO 18 MONTHS | AGES 4 TO 6 YEARS |
|--|--------------------|---------------------|-------------------|
| Hepatitis B | ● | ●* | ●** |
| Diphtheria, Tetanus and Whooping Cough | ● | ●* | ●** |
| Influenza Type B | | ● | ●† |
| Polio | ● | ● | ●* |
| Measles, Mumps and Rubella | | ● | ● |
| Chicken Pox | | ● | ●** |
| Pneumococcal | ● | ● | ●†** |
| Influenza (Flu) | | ●*** | |

* Final dose.

** Vaccine needed if not completed earlier.

*** Recommended yearly for children ages 6 to 23 months

† Recommended yearly for children with certain high-risk factors, such as asthma or diabetes.

‡ Recommended for children with heart, lung and kidney diseases or other serious conditions.

Simple Backache or Serious Back Problem?

Pain located centrally in the lower back should resolve gradually after a few days of rest. Applying cold compresses and heat or taking over-the-counter pain relievers are often all that's needed.



BACKACHES: PAIN, PAIN GO AWAY!

Backaches are second only to headaches as the most common source of pain. Come hear Matthew Miller, PT, speak on how to manage and relieve your pain at home. Learn how to protect your back. This FREE program is Thursday, October 5, 2 to 3 p.m. at the Centre.

Degenerated discs are among the most common causes of low back pain. These discs, made up mostly of water, separate and cushion the spinal column's 24 vertebrae. They deteriorate with age and more quickly after a trauma, such as an auto or on-the-job accident.

Degenerated discs are more likely to become herniated or ruptured—also known as a slipped disc. The disc pushes outward, sometimes pressing on nerves that results in pain and/or numbness in the legs and/or feet.

Most symptoms caused by herniated discs should resolve in four weeks with conservative treatment. Your doctor may prescribe pain relievers or physical therapy to stretch and strengthen muscles supporting the spine. Severe pain or a lasting loss of feeling or function may require surgery to relieve the affected nerve.

But it's important to know the signs of a more serious problem. You should see the doctor when you have:

- pain lasting longer than four weeks
- pain as the result of a fall or blow to the back
- numbness, weakness or a tingling sensation in the leg or foot
- pain radiating down the leg, a condition called sciatica
- sudden loss of bladder or bowel control. ■

Smart Living May Lower Prostate Cancer Risks

About one in six men will be diagnosed with prostate cancer. In recent years, scientists have come closer to identifying some of the factors that can raise a man's risk of developing prostate cancer. Based on the latest research, doctors think that a few of these factors may be within a man's control.

To reduce your risk, take action:

■ **Trim the fat from your diet.** Eating a lot of fat—particularly from animal sources—has been linked to a higher risk of prostate cancer.

■ **Pack your diet with nutrients.** Foods such as rice, wheat and seafood

contain selenium. This antioxidant may help prevent prostate cancer or slow the growth of prostate tumors. Vitamin E, found in vegetables, nuts and egg yolks, also is being studied as a possible way to prevent prostate cancer.

■ **Be fit.** There is some evidence that being active may have a modest impact on risk, although not all studies agree.

In addition, some research suggests that men who have a certain group of risk factors known as metabolic syndrome may have almost double the chances of developing prostate cancer. This includes

men who are overweight, carry extra fat around their waist and have higher than normal blood sugar levels. Having these risk factors may cause changes in insulin and hormone levels, which in turn may raise cancer risks. On the flip side, lifestyle habits like exercising and eating right can reduce the likelihood that a man will have metabolic syndrome. ■

Sherman offers prostate cancer screenings. A screening can detect tumors earlier and allows time for treatment. To schedule yours today, call **1-800-397-9000**.

What You Can Do About Cataracts

Cataracts are like smudges or cloudy patches on a glass window. Caused by chemical changes, cataracts form on the lens of the eye. They gradually limit vision as people age. The good news is that most cataracts can now be successfully treated with surgery.

CAN YOU REDUCE YOUR RISK?

William Reiff, MD, an ophthalmologist at Sherman Hospital, states, "Cataracts are painless and difficult to see with the naked eye. Many people don't know they have them until symptoms develop." These include:

- blurred vision
- difficulty seeing at night or in bright light
- frequent changes in your eyeglass or contact lens prescriptions
- double vision or ghost images in one eye
- halos around lights
- dulling of colors.

"Also, many people will develop a temporary ability to read without needing glasses," adds Dr. Reiff.

If cataracts do not interfere with daily activities, an ophthalmologist may suggest temporary relief measures. These include changes in eyeglass prescriptions.

CATARACT SURGERY AT SHERMAN HOSPITAL

Sometimes, though, cataracts need to be treated with surgery. Until recently, the lenses implanted into patients could only provide one point of focus—usually distance (monofocal lenses). This meant that lens implant patients still needed to wear glasses in order to see near and intermediate distances.

Now, Dr. Reiff is using a revolutionary lens implant called ReZoom™ that is helping lens implant patients see better at all distances.

"This is an amazing lens that allows patients to see near, intermediate and distance," says Dr. Reiff. "It greatly reduces the patient's need to rely on bifocals or trifocals

ABOUT THE DOCTOR



William Reiff, MD
Sherman Hospital
Ophthalmologist
847-844-8866

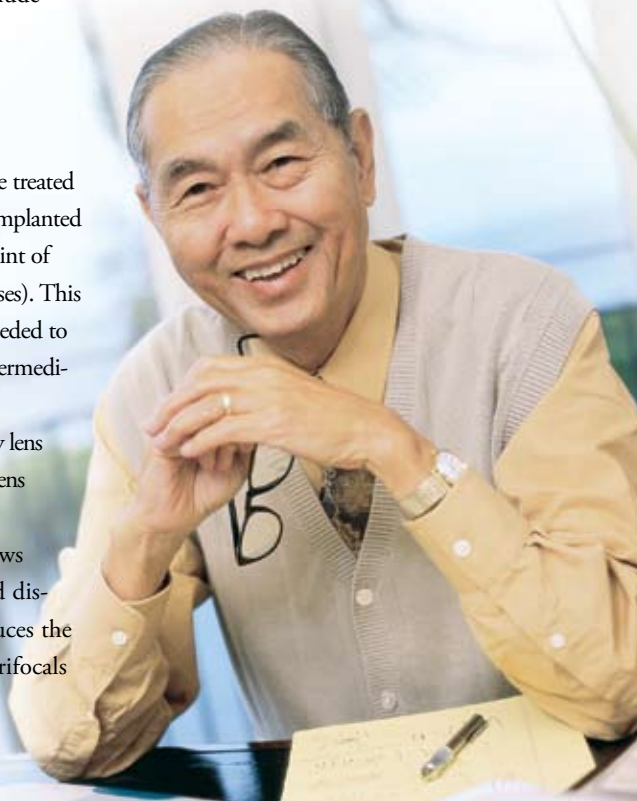
after a lens implant procedure."

Gene Loftin, MD, a physician with Sherman Hospital, was Dr. Reiff's first patient to receive the ReZoom lens in one of his eyes. "I would not hesitate to have it done in the other eye, when it is needed," states Dr. Loftin. "It has made such a positive impact on my vision."

The new, "multifocal" lens is similar to a few lenses in one, relying on multiple zones on the intraocular lens to help the patient see the full range of distances.

"Think of the lens as a bull's-eye, with different areas that help the patient see at different distances," Dr. Reiff explains.

This outpatient procedure is performed at Sherman Hospital. Dr. Reiff advises that you see an ophthalmologist if you are experiencing any of the symptoms listed above, and find out if the ReZoom lens is right for you. ■



Stand Up and Stretch During Your Flight...It Could Save Your Life

After a long, nonstop airplane flight, you notice that your lower leg feels heavy and bruised. Should you be concerned?

Yes. These vague symptoms can be warning signs of a blood clot in your leg. Why the concern? Because the clot can quickly travel to your lungs—and then it's a life-threatening situation.

The following steps can help you protect yourself:

- **Don't sit for long periods of time.** Having the backs of your legs pressed against the edge of a chair compresses your veins, raising the risk for clot formation.
- **Stand up and stretch often.** Take short walks up and down the aisle.
- **Drink plenty of water** to help keep blood flowing.
- **Wear loose clothing.**

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FREE

**Saturday, October 21
10 a.m. to 2 p.m.
at the Centre of Elgin**

Bring the entire family for an afternoon of fun activities and attractions that emphasize overall health and well-being. Activities include the following:

- Ambulance, police car and fire engine tours
- Face painting
- Kidcare Photo IDs
- Car seat safety checks
- Pediatric developmental screenings
- Safe toys booth
- Health and safety information booths
- Games
- Contests

A costume contest for children ages 12 and younger will be held from 11:30 a.m. to 1:30 p.m. See you there!

Parents must bring their child's immunization record. There is a fee for immunizations, only payable by cash or Public Aid card.

HALLOWEEN FAMILY FUN FAIR



Don't Let the Flu Bring Down Your Family


Picture it: You and your spouse are battling body aches and the sniffles. Your child has an excruciating cough and fever. Sound like a nightmare? It's more like a portrait of your family coping with its very own flu outbreak.

To help you and your loved ones dodge the flu, consider a flu vaccine—especially if your family includes those who are at high risk for getting a serious case of the flu. These include people age 50 and older; people with chronic diseases, such as diabetes, heart disease and asthma; babies age 6 to 24 months; and pregnant women who will have passed their first trimester during flu season, which is typically November through March. People who live with—or are in close contact with—these high-risk individuals also should be vaccinated.

Sherman Health System offers the following flu shot clinics:

- Thursday, October 26, 4 to 7 p.m., SFHC-CL
- Saturday, October 28, and Wednesday, November 1, 9 a.m. to noon, SFHC-A
- Saturday, November 4, 9 a.m. to noon (Drive-thru clinic—ADULTS 18+ ONLY), SHRC
- Wednesday, November 8, 9 a.m. to noon, CENTRE
- Thursday, November 9, 9 a.m. to noon, SHRC
- Saturday, November 11, 9 a.m. to noon, SFHC-CL
- Wednesday, November 15, 4 to 7 p.m., CENTRE

Fee: \$20; free for individuals covered by Medicare Part B.

 **Sherman Health**
Sherman Health Systems
934 Center Street
Elgin, Illinois 60120

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