

HealthyYou

Spring 2016

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St. Margaret's Health

St. Margaret's Hospital

SMP Health System

Don't Lose Yourself TO CHRONIC JOINT PAIN

Even though this winter was exceptionally mild, it doesn't mean that spring will be an unwelcomed arrival. Soon people will be looking to get outdoors and enjoy the weather by taking a relaxing walk, gardening, attending outdoor sporting events, and the like. For some people though, these activities can be painful to accomplish.

Chronic joint pain affects over 50 million people a year in the United States. The human body has more than 200 bones and more than 200 joints that connect them. Most people take their bones and joints for granted. The National Institute of Health (NIH) reports that the most common joint problems come from arthritis and injuries. Arthritis literally means joint inflammation and the term often refers to any disorder affecting the joints. Osteoarthritis, or degenerative joint disease, is the most common type of arthritis and is seen especially among older people. Chronic pain can limit more activity than heart disease, cancer, or diabetes.

The NIH goes on to explain that the symptoms of rheumatic disease or arthritis can vary, but some symptoms may include:

- swelling, warmth, or redness in the joint
- recurring or constant joint pain or tenderness
- joint stiffness or difficulty in using or moving the joint after a period of movement or activity
- a crunching feeling or the sound of bone rubbing on bone

As always, though, if the source of your injury is unknown or sports-related, get prompt medical attention to determine the severity.

St. Margaret's board certified orthopedic surgeon, Paul Perona, MD, works everyday with many patients dealing with these pains and the effects they have on their lifestyle. He explains that smooth tissue called cartilage, along with a lubricant, called synovial fluid, cushion the joints so bones do not rub together. But increasing age, repetitive movement, and injury can cause these cushions to wear down, causing discomfort and pain. "The best thing you can do for your body and your joints is to keep them and your muscles and bones strong and stable. Exercise and a healthy lifestyle are the most important things you can do for your musculoskeletal health," explains Dr. Perona.

Regular exercise, a well-balanced diet, and a healthy weight can help reduce the risk of arthritis, especially in the hips and knees. Exercise helps bone density, improves muscle strength and joint flexibility, and improves balance. Dr. Perona points out that non weight-bearing activities are best for those suffering from chronic joint pain. "Choose exercises that don't punish your joints with high-impact. Biking and swimming are great examples, as can be stretching exercises. If walking is your choice, make sure you have good shoes with proper support and soles."

The website WebMD.com reports that research shows that for every pound gained, a person puts four times more

stress on the knees. Any excess stress can cause joints to take a pounding, specifically the spine, hips, and knees which are responsible for supporting your entire bodyweight. As Dr. Perona reinforces, though, the most important thing about exercising is to listen to your body and to learn the difference between "physical activity soreness" and a "threatening or injury pain".

If after a day of yard work or watching a baseball game in the bleachers leaves you sore, there are a few things you can do at home to alleviate your pain. Rest, ice, compression, and elevation (or RICE) is still a reliable way to treat pain. Ice is a drug-free, inexpensive way to reduce inflammation by applying it in 10-20 minute increments.

Compression, or wrapping a sore area with an elastic bandage or neoprene sleeve, can stabilize movements during or after an event. Elevating the sore area while icing or resting is a good way to help minimize swelling, especially if the area can be kept above the level of your heart. If needed, medication such as aspirin, ibuprofen, or naproxen can help alleviate pain and swelling. A nutritional supplement of glucosamine and chondroitin may also help. Make sure to call your doctor, though, if signs of infection develop, swelling lasts more than two days, your extremities become pale or cool or look blue, or the symptoms become more severe or frequent.



“When the pain a person chronically endures interferes with their daily living and inhibits them from doing the things they like to do in life, then it is most likely time to see an orthopedic surgeon,”

- Dr. Perona



Dr. Perona and the Family Orthopedic Center in Spring Valley, treat around 200 patients a week for chronic joint pain. “When the pain a person chronically endures interferes with their daily living and inhibits them from doing the things they like to do in life, then it is most likely time to see an orthopedic surgeon,” says Dr. Perona.

The NIH reports that about 435,000 Americans have a hip or knee replaced each year, and those numbers are steadily rising. In a study from 2010, the U.S. Department of Health and Human Services also noted that the age distribution of inpatients aged 45 and over who received total hip replacements changed significantly between 2000 and 2010, with the percentage of total hip replacements increasing for younger age groups and decreasing for older age groups. Dr. Perona agrees with that sentiment: “Over the 20 years that I’ve been doing this, there has definitely been a shift in the age of patients that I see. Younger people are coming in, looking to alleviate or eradicate pain entirely from their day-to-day lives. Joint revisions or replacements aren’t nearly as invasive as they have been in the past, and people are getting back to their normal lives much more quickly and easily. Our goal is to get every patient we see at the Family Orthopedic Center back to doing the things they enjoy in their lives with the people they enjoy.”

For more information, or to make your appointment with Dr. Perona, please call the Family Orthopedic Center at 815-663-8009.



Paul Perona, MD Board Certified in Orthopedics and Fellowship-trained in total joint replacement and total joint revision

Improving the Experience

With the *ALL NEW*
St. Margaret's ER

NOW OPEN



Phase 1 Now Complete:

Our two-phase, \$5.5 million Emergency Room department expansion and renovation has seen the completion of its first phase. 4,200 square feet have been added to the east side of the existing ER. The expansion includes new exam rooms with updated fixtures and equipment, an isolation room, a nursing station and other support areas.

Phase 2 will now bring about the renovation of the existing ER. It will feature a new and much larger waiting room for patients and families, a Results Pending Area and a Family Consultation Room. Phase 2 will also include the construction of a new egress corridor that will route hospital traffic around the ER proper, greatly improving patient privacy.

Our Goal:

- Reduce ER Wait Times
- Provide Greater Privacy
- Enhance Family Access
- Improve Safety, Efficiency, & Equipment

"At some point, nearly everyone needs access to emergency care, so the goal of this project is to improve the overall ER experience. We are excited about what this project will provide to our patients and the communities we serve."

—Tim Muntz,
St. Margaret's President
and CEO



Emergencies Happen. We're Here for You When They Do.

EatingHEALTHY

Breakfast is often considered the most important meal of the day because it provides your body with fuel after an overnight fast (hence the name “break”-fast). Eating a balanced breakfast can help you get the nutrients your body needs and it can even promote weight control. Start your morning off right by adding a healthy twist to your French toast. This Peach French Toast Bake recipe our dietitians would like to share is a great meal for people who need something quick in the morning—without resorting to unhealthy convenience foods. All the prep for this dish can be done the day or night before so you need only bake it in the morning while you are getting ready for your day.

So what health benefits do you gain from this recipe? Well, this meal contains 5 grams of dietary fiber. Found mainly in fruits, vegetables, whole grains and legumes, dietary fiber is probably most famous due to its reputation for preventing and relieving constipation, as well as maintaining bowel health. However, dietary fiber actually offers an array of other health benefits as well, such as helping to achieve and maintain a healthy weight and reducing your risk of diabetes and heart disease. Dietary fiber is important in helping to lower cholesterol, control blood sugar levels, and reduce the risk of cancer. Here’s a tasty way to incorporate more fiber into your diet...

Peach French Toast

Makes 6 servings

Ingredients:

Cooking spray

1 large whole-wheat baguette

4 whole eggs

4 egg whites

1 cup skim milk

1 teaspoon vanilla extract

5 cups sliced peaches, fresh or frozen

1 ½ tablespoons lemon juice

3 tablespoons brown sugar

¼ teaspoon ground cinnamon

Directions:

Spray 9 x 13” baking pan with cooking spray.

Slice the baguette into ½ inch slices and arrange the slices in a single layer in the baking pan.

Whisk together the eggs, egg whites, milk and vanilla. Pour the egg mixture over the bread. In a medium bowl, toss peaches with the lemon juice and 1 tablespoon of brown sugar. Scatter the peach slices evenly on top of the bread. Combine the remaining brown sugar and cinnamon and sprinkle over the top. Cover and refrigerate overnight.

Preheat the oven to 350 degrees F. Uncover the Peach French Toast and bake for 40 minutes.

Nutrition Information per serving: 265 calories, 6g fat, 1.5g saturated fat, 13g protein, 41g carbohydrate, 5g fiber, 144mg cholesterol, 288mg sodium
Serving suggestions: *top with a dollop of light vanilla yogurt or drizzle with light maple syrup.*



Recommended by Jennifer Scully, RD, LDN - St. Margaret's dietitian.

TAKE CONTROL

of Your Healthcare with Technology

All too often, we wait until something goes wrong with our health instead of taking preventative measures that can save patients and their families time, money and stress. In the ever-evolving world of technology, there are countless websites, computer programs, mobile apps and even activity-tracking accessories that were specifically developed to assist a person in monitoring their health in a variety of ways. These technologies can be powerful tools in preventative medicine. The problem you might face is the overwhelming number of options available—how will you know which ones are best to use?

Andrew Zidow, MD, of St. Margaret's Midtown Health Center in Peru, is board certified in Family Medicine and places a huge emphasis on preventative measures that can help patients avoid illnesses and other ailments before they take place. When asked which technologies he would recommend to his patients as useful tools for monitoring their health, he was more than happy to share some suggestions.

"I would recommend that my patients refer to FamilyDoctor.org, which is run by the American Academy of Family Physicians," says Dr. Zidow before explaining how the website "has great information for patients to refer to, including immunization schedules, health maintenance topics, and a glossary of many medical conditions." Another resource available to anyone with access to a web browser, and that Dr. Zidow encourages people use, is CDC.gov, which is the Center for Disease Control and Prevention's website. "This is an especially useful website for travel information, such as recommended vaccines, safe foods and what to wear, as well as extensive information regarding immunizations," explains Dr. Zidow.

Many computer programs and phone apps can also be synced with fitness tracking devices, such as heart rate monitors or smart watches, if you have them. These devices can be useful for recording footsteps, heart rate, calories, and even sleep patterns. However, these

devices are often expensive. As Dr. Zidow points out, you don't have to break the bank to incorporate technology into your health management. "There are many apps available for tracking your diet and physical activity, but I have found that [MyFitnessPal](#) is a free app that is very useful and does not require purchasing and wearing something like a FitBit," says Dr. Zidow. Furthermore, MyFitnessPal has an extensive food database that can be easily accessed for nutritional information from grocery items to popular chain restaurants.

These are just a few of the technology-driven tools available to you for managing your health, but they are a great place to start! With access to innumerable other apps, websites and tools for educating and promoting activity, as well as making better food choices, it is easier than ever to succeed in one's goals for a healthier lifestyle. If you are using a resource to help you manage your health, ask your doctor about it or share the information you learn from it with him or her to provide a better overall picture of your health.



Andrew Zidow, MD



Are You at Risk for Colorectal Cancer?

Early Detection is Key.

In February of 2000, President Bill Clinton officially designated March as Colorectal Cancer Awareness Month, which brings together the thousands of patients, survivors, caregivers, and advocates throughout the country to spread awareness by wearing blue, holding fundraisers and education events, and talking to friends and family about screening. The American Cancer Society states that colorectal cancer is the second leading cause of cancer-related deaths in the United States. Thankfully though, it is also known as one of the most treatable when caught early, at a rate of almost 90% curable. Colorectal cancer often begins as a growth called a polyp, which may form on the inner wall of the colon or rectum. The colon is part of the body's digestive system that removes and processes nutrients from food - such as vitamins, minerals, carbohydrates, fats, proteins, and water - and helps pass waste materials out of the body. The digestive system is made up of the esophagus, stomach, and the small and large intestines.

The disease begins in the cells that line the colon or rectum. We now know that hereditary conditions play a part in determining if abnormal genes for colon polyps and cancer are present or absent. In some people, heredity and genes are the most important factors; while in others, heredity may be distantly present, but diet and lifestyle may be more important factors. Polyps, or fleshy tumors, occur on the inside lining of the colon or rectum. They all start out as benign tumors, but over time may become malignant, which is why detection and treatment is so crucial.

While genetic factors play a part in colorectal cancer prevalence, gastroenterologist Geetha Dodda, MD, also identifies a few risk factors we can control: "Avoiding red meat, and most saturated animal fat accordingly, along with including fruits, vegetables, and high fiber in our diets is a good start. Good bowel habits are also important, along with avoiding smoking and high alcohol intake, as these have been shown to increase a person's risk for polyps. Taking one aspirin a day or a calcium supplement can also be good habits to acquire." Exercise and physical activity can also help reduce the risk of

developing colon cancer by maintaining a healthy body weight. Studies show that overweight or obese people are more prone to develop polyps. "As with most diseases," Dr. Dodda concludes, "a healthy lifestyle is always an overall winner."

"Colorectal cancer treatment has come a long way. If we have to have a cancer, early diagnosis and treatment of colon cancer is seen as curative. Like any cancer, early is the key. The treatment normally involves surgery and chemotherapy and/or radiation if necessary," explains Dr. Dodda. "My mantra is always that prevention is better

"As with most diseases, a healthy lifestyle is always an overall winner."

— Dr. Dodda

than cure."

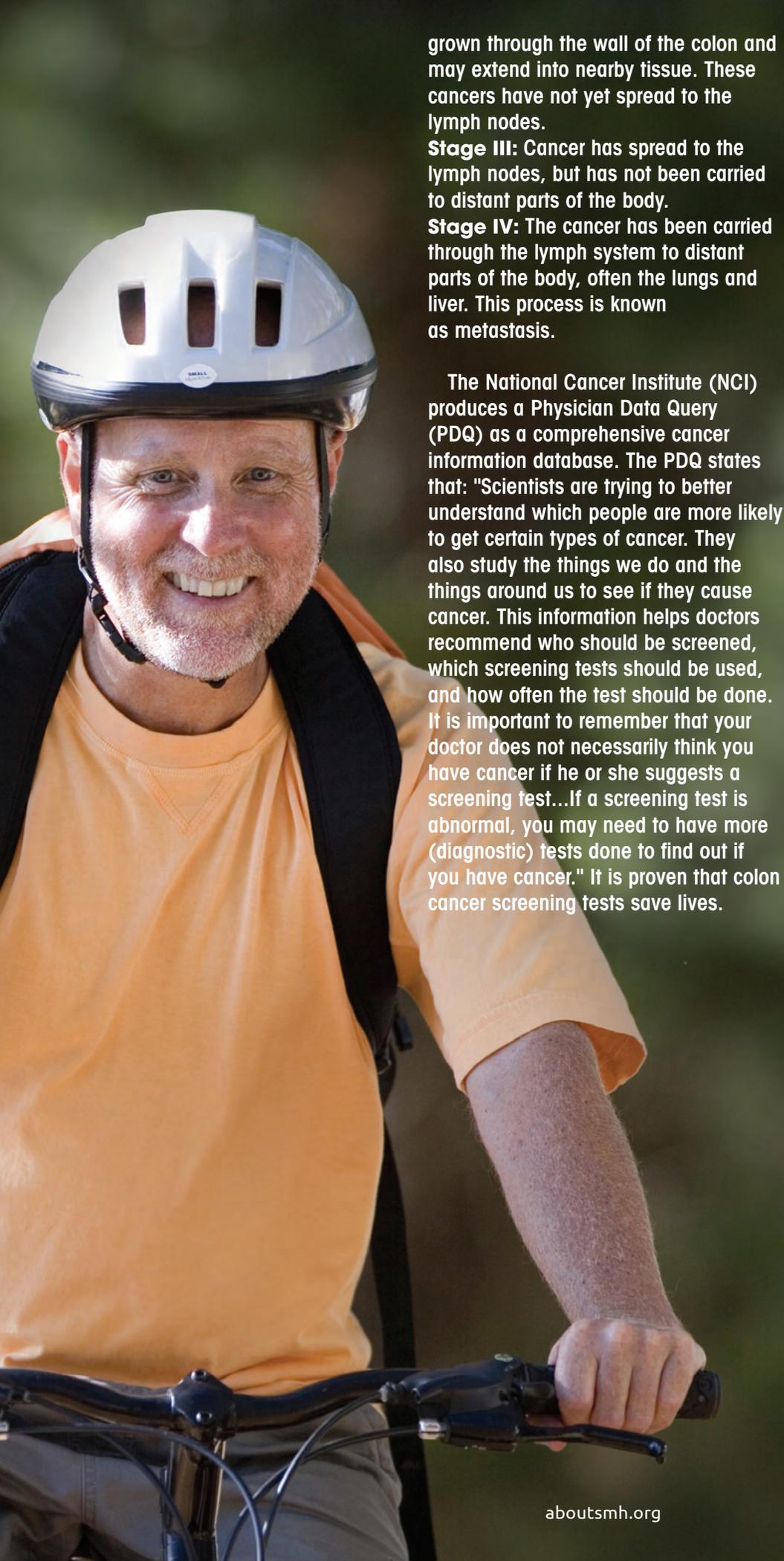
Many patients report few, if any, symptoms prior to testing, which is what makes screenings so vital. Some symptoms may include anemia, weakness, or fatigue; abdominal pain such as cramps, gas, or feeling bloated; rectal bleeding; or a change in bowel habits such as constipation or diarrhea. These symptoms can also be indicative of many other health conditions as well and only a medical professional can determine the cause of your symptoms. Early forms of cancer often do not include pain, which is why early detection is key to successful treatment.

The national age for colon cancer diagnosis is 72 years old, and each case has what's known as a stage diagnosis. Unfortunately as each stage number goes up, the survival rate plummets down accordingly. The stages of cancer are defined as:

Stage 0: This is the earliest stage possible. The cancer hasn't moved from where it started, and is still found only in the innermost lining of the colon or rectum.

Stage I: Cancer has formed and begun to spread from the innermost layers of the lining to the middle layers.

Stage II: Many of these cancers have



grown through the wall of the colon and may extend into nearby tissue. These cancers have not yet spread to the lymph nodes.

Stage III: Cancer has spread to the lymph nodes, but has not been carried to distant parts of the body.

Stage IV: The cancer has been carried through the lymph system to distant parts of the body, often the lungs and liver. This process is known as metastasis.

The National Cancer Institute (NCI) produces a Physician Data Query (PDQ) as a comprehensive cancer information database. The PDQ states that: "Scientists are trying to better understand which people are more likely to get certain types of cancer. They also study the things we do and the things around us to see if they cause cancer. This information helps doctors recommend who should be screened, which screening tests should be used, and how often the test should be done. It is important to remember that your doctor does not necessarily think you have cancer if he or she suggests a screening test...If a screening test is abnormal, you may need to have more (diagnostic) tests done to find out if you have cancer." It is proven that colon cancer screening tests save lives.

The PDQ also defines the following 4 tests used to screen for colorectal cancer, talk to your physician for more information regarding each test.

Colonoscopy - a colonoscope is inserted through the rectum into the colon. A colonoscope is a thin, tube-like instrument with a light and a lens for viewing. It may also have a tool to remove polyps if detected. This simple and safe procedure views the entire colon, and some dietary restrictions and prep prior to testing are required.

Fecal occult blood test - A test to check stool for blood that can only be seen with a microscope. Small samples of stool are placed on special cards and returned to the doctor or laboratory for testing. Blood in the stool may be a sign of polyps or cancer. This inexpensive test is performed at home with no prep. A colonoscopy may still be needed if blood is detected.

Sigmoidoscopy - a procedure to look inside the rectum and sigmoid (lower) colon for polyps, abnormal areas, or cancer. A sigmoidoscope is inserted through the rectum into the sigmoid colon. A sigmoidoscope is a thin, tube-like instrument with a light and a lens for viewing. This test requires no sedation, but a colonoscopy may still be needed for further testing if necessary.

Barium enema - A liquid that contains barium is put into the rectum. The barium coats the lower gastrointestinal tract and x-rays are taken. This procedure is also called a lower GI series. This test is performed without sedation and laxative preparation is needed. Polyps cannot be removed if detected, meaning a colonoscopy would also be needed.

St. Margaret's has state-of-the-art endoscopes and endoscopic equipment in their Esophageal and Colon Cancer Prevention Center, which opened in Spring Valley in 2014. Dr. Dodda and the St. Margaret's staff offer not only diagnostic but also therapeutic colonoscopy. As she explains, "diagnostic is only saying you have a disease; therapeutic means you can also do something about it. Polyps can be removed right there during a routine colonoscopy." After completing Fellowship training in Digestive Diseases, Dr. Dodda then accepted a second Fellowship in Advanced Therapeutic Endoscopy in 1996. *(Cont. next page)*

If you...

- are experiencing symptoms
- have a family history of colon cancer or polyps
- are African American
- have a genetic link to colon cancer such as Lynch Syndrome, FAP, etc.
- have a personal history of cancer
- have ulcerative colitis, inflammatory bowel disease or Crohn's disease
- are 50 years old and don't fit into any of the above categories

Then you should...

- talk to your doctor immediately
- get screened at age 40 or 10 years before the age of the youngest case in your immediate family (mother, father, sister, brother)
- get screened at age 45
- talk to your doctor and get screened before age 50
- talk to your doctor about getting screened before age 50
- talk to your doctor about getting screened before age 50
- get screened!



Dr. Dodda

“Over the last 20 years of practice, we have seen better esophageal and colorectal cancer diagnostic ideas and education. I am very proud to be a Board Certified Gastroenterologist, and prouder yet to be serving the Illinois Valley area. I chose this field because it is one area of medicine that truly prevents cancer. We like the word ‘precancerous polyp’ because we can remove it and thereby remove that threat of cancer.”

If you fall into the categories shown in the box above, talk to your doctor about getting screened this March during Colorectal Cancer Awareness Month. As Dr. Dodda concludes, “The misconception of the ‘don’t fix what’s not broken’ attitude only brings patients to our door when it’s too late, unfortunately. Early detection is key. So make sure to get screened and have your colonoscopy performed by a board certified gastroenterologist.”

Dr. Dodda joined the medical staff at Associated Gastroenterologist Consultants in 2001, and her Peru office can be reached by calling 815-223-1666.

Tackle Your Spring Cleaning the Healthy Way

Most people don't look forward to the overwhelming task of spring-cleaning. In fact, most of us dread it! However, when done the right way, the hard work that goes into the seemingly endless chores can improve your family's health. We are going to share some advice for your spring-cleaning plan this year that will help limit the effects the spring season can have on allergies, asthma, and overall well-being. Make your spring-cleaning worthwhile—and maybe even rewarding. Here's what we recommend:

Deep clean your entire home thoroughly, including those areas that are not always top-of-mind. Make this job easier by ensuring your air filters are changed every 3 months. Use filters with a MERV rating of 11 or 12 for best results. When vacuuming, we recommend a cyclonic vacuum that spins particulates away from the floor and one that has a high efficiency particulate air (HEPA) filter. Lastly, wash all bedding, linens and stuffed animals weekly. Some other commonly forgotten areas include indoor garbage bins, shower curtains, automatic dishwashers, washers and dryers, and fireplaces.

Clean in an organized manner. Begin with the ceilings and walls and work your way down to the windows and furniture before finishing with the floors. **DID YOU KNOW?** The static properties of old wool clothing make them a great dust rag for keeping furniture dust-free without a chemical or spray.

Opt for non-toxic drain cleaning. Instead of using harsh and dangerous drain cleaners, pour a pot of boiling water down the drain weekly or use an enzymatic cleaner

for preventing blockages. Use toothpaste to polish silver finishes instead of chemicals that often contain hazardous ingredients. For larger surfaces, use baking soda mixed with water on a wet sponge.

Remove pet allergens that have likely built up during the cold winter months by vacuuming frequently and washing upholstery, including your pet's bed. **TIP:** Keeping your pets out of your bedroom at all times can also help you obtain symptom-free sleep.

Disinfect your kitchen cutting board, which can harbor bacteria. Run it through the dishwasher, let it sit with straight vinegar overnight, microwave it on high for 30 seconds, or swab it with rubbing alcohol.

Microwave kitchen sponges for 30 seconds a day to kill harmful bacteria.

Clean out your medicine cabinet by disposing of expired medications. Medicines should be stored in a cool, dry place and not in the bathroom. If you wear makeup, this is also a great time to rid your makeup bag or

compartment of any expired products as well. Utilize our P2D2 Program: You can take all of your meds to local police departments that have a collection box (Spring Valley and Peru) as well as here at St. Margaret's Hospital. It keeps them out of landfills and out of the water supply. They are disposed of safely.

Don't open your windows to bring fresh scents into your home. Warmer temperatures might tempt you to open your windows for that fresh spring breeze, but resisting this urge will prevent unwanted pollen particles from entering your home. Instead of resorting to candles and chemical air fresheners that can irritate asthma, use all natural essential oils in a diffusor or to make your own scent sprays or potpourri.

Take precautions when doing outdoor chores. When mowing the grass or gardening, wear gloves and a N95 particulate pollen mask. Always remember to take your medication before heading outside. Avoid touching the areas near your eyes and be sure to wash your hands, hair, and clothing once you go back in doors.



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