

# Healthy You

Summer 2017

**2** ASTYM  
**Therapy**

**5** Smell the  
**Roses**

**4** Skin  
**Cancer**

**8** Hand  
**Hygiene**

**6** Shoulder  
**Pain**

**10** Healthy  
**Alternatives**

**11** Eating  
**Healthy**

**12** Travel  
**Safety**

**15** Annual  
**Wellness**



St. Margaret's Health

SMP Health System



# ASTYM THERAPY

## *treatments for soft tissue injuries*

The ever-changing healthcare landscape can be difficult to navigate, and St. Margaret's Health prides itself on staying current with the updates in technology, trends, and treatment options. One of the newer treatment program options in the rehabilitation world is Astym. St. Margaret's Center for Physical Rehab currently has six therapists certified in this treatment regimen. Astym is one of the most researched and effective therapy treatments available.

As the rehabilitation staff explains, Astym is a therapy treatment approach that is used to treat various soft tissue injuries to muscles, tendons, and ligaments. These tissues often develop scarring or begin to degenerate, which may cause pain or limit motion. Astym identifies these areas and stimulates the body to resorb and remodel scar tissue and regenerate degenerative soft tissues.

According to the Astym website, one of the main reasons Astym treatment is so much more effective than other treatments is that it was scientifically developed to resolve the underlying cause of soft tissue problems rather than just trying to temporarily relieve symptoms. They also posit that Astym treatment is the only therapy approach that was produced through rigorous scientific development – from theory through investigation to clinical study and practice. At its core, Astym treatment was developed from basic science investigations to stimulate regeneration at a cellular level and eliminate or reduce problematic scar tissue that may be causing pain or movement restrictions. Studies have also shown that while Astym demonstrates great success as a first-choice treatment, it also routinely shows success after other treatments have failed.

It is unmatched in its ability to resolve tendinopathies, scar tissue problems and other soft tissue dysfunction. The body's soft tissues degenerate when inadequate healing occurs, and over time the tissues degrade. These tissues are then weak and susceptible to injury. Degeneration can be caused by factors such as age, intense use, improper movement, disease, or, weakened muscles places extra stress on other tissues. Through the research, it was noted that while Astym therapy is successful in treatment of conditions where scar tissue is present, dramatic improvement has been shown when Astym therapy is used post-surgically.

Scarring can happen on top of the skin, but often the biggest problems come from scar tissue that forms inside the body

around joints, muscles, tendons, or ligaments. The Astym website continues, "The body naturally lays down some scar tissue in response to irritation or injury. The fibrous, strong scar tissue is meant to reinforce an area, but often it ends up restricting movement and causing pain."

"A typical course of treatment is two visits per week for approximately 4-6 weeks," explains physical therapist Jason Vance, DPT, COMT.

"Astym is performed using instruments that glide along the surface of the skin, following the direction of the muscle, tendon, or ligament. When the instrument comes in contact with the dysfunctional tissue, there is a feeling of 'roughness'. As the therapist stimulates the abnormal tissue, the body produces a healing response and begins to restore functional tissue. This, in turn, reduces pain and increases motion."

The first couple of treatments may range from being only slightly noticeable to mildly uncomfortable. As the body heals, the roughness will decrease, and the area around the injury will smooth out, indicating healing.

A large benefit for patients in an Astym therapy program is that there is generally no restriction on movement or activity. In fact, staying active within the patient's tolerance is encouraged! A customized exercise and stretching program is provided for each patient based on their specific limitations. This program helps to guide the healing and allow motion without pain. It is up to you to guide how your body heals. The stretching directs the new fibers to line up properly, in parallel lines as healthy tissue should. The strengthening reinforces the fibers, allowing the pain and discomfort to go away. By remaining active during the Astym process, your previously injured area will become stronger. Bottom line, Astym therapy is one of the most researched and effective therapy treatments available.

**"The body produces a healing response and begins to restore functional tissue. This, in turn, reduces pain and increases motion."**

- Jason Vance, DPT, COMT







The following are some of the common conditions treated with Astym therapy:

- Achilles Tendinopathy
- Arthrofibrosis
- Carpal Tunnel Syndrome
- DeQuervain's Tenosynovitis
- Golfer's Elbow
- Hamstring Strain
- IT Band Syndrome
- Trochanteric Bursitis
- Tennis Elbow
- Low Back Pain
- Patellar Tendinopathy
- Plantar Fasciitis
- Post-Mastectomy Scarring
- Post-Surgical Scarring
- Rotator Cuff Tendinopathy

Astym treatment helps countless people each day, and St. Margaret's is proud to offer this treatment option to our patients. Whether it is right for you can only be determined by your healthcare providers. It is important to your overall health for you to be evaluated by your physician and consult with them before deciding on a course of treatment.

## SMH Staff Astym Certified Occupational Therapy

- Jane Loiselle, MS, OTR

## Physical Therapy

- Emily Balestri, DPT
- Gary Kistenfeger, PT
- Shane Smith, MPT
- Jason Vance, DPT, COMT
- Michelle Zens, DPT

Astym treatment:

- Is safe and effective.
- Works quickly.
- Is non-invasive – no needles or incisions.
- Fixes the problem.
- Is only offered by certified Astym therapists.
- Is backed by years of clinical use and detailed research.

Pictured above: (L) Patient Adriane Shore with therapist Shane Smith, PT.  
(R) Kathy Sienza with therapist Jane Loiselle, OT.

Pictured left: (L-R) Michelle Zens, DPT; Emily Balestri, DPT;  
Gary Kistenfeger, PT; Shane Smith, MPT;  
Jason Vance, DPT, COMT; Jane Loiselle, MS, OTR



# Skin Cancer:

## Prevention and Early Diagnosis are Key

Summer is a great time to be outdoors enjoying the warm weather and sunshine. It's a good habit to protect exposed skin with sunscreen, additional clothing, and a hat. The Skin Cancer Foundation reports that one in five Americans will develop skin cancer at some point in life. In fact, each year in the United States there are over 5.4 million cases of non-melanoma skin cancer treated in more than 3.3 million people. With stats like that, it should come as no surprise that skin cancer is the most common form of cancer in the United States. Fortunately, another stat reveals that skin cancer is also the easiest to cure—that is, if it is diagnosed and treated early.

To better understand skin cancer and how it develops, we must first understand the anatomy of the skin. It might be strange to think of skin as an organ, but it is the body's largest organ. Its function is to protect our body against infection and injury, as well as help regulate body temperature. The skin is made up of three layers, the epidermis or outer layer, the dermis or the inner layer, and the hypodermis or deep layer of fat. Skin cancer develops when healthy cells change and grow out of control, forming a tumor. A tumor can be cancerous or benign. Basal cell, squamous cell, or melanomas are the 3 most common types of skin cancer.

According to *Skin Disease Diagnosis and Treatment* by Thomas P. Habif, basal cell carcinoma is the most common form of skin cancer, accounting for 80% of all skin cancers. These cells are in the lower part of the epidermis, which is called the basal cell layer. Basal cells constantly divide to form new cells to replace the squamous cells that wear off the skin's surface. Basal cell carcinoma develops on sun-exposed areas, such as the head, neck, back, chest, or shoulders. Signs of basal cell carcinoma can include skin changes, such as a firm, pearly bump with tiny blood vessels that look spidery or a bump that itches, bleeds, crusts over, and then repeats the cycle and has not healed in 3 weeks. Basal cell carcinomas are rarely life threatening; but without treatment, this cancer can grow into nearby areas and destroy the surrounding structures.

The other type of non-melanoma skin cancer is called squamous cell carcinoma. Squamous cell cancer accounts for 20% of all skin cancers. The cells in these cancers look like abnormal versions of the squamous cells seen in the outer layer of the skin. Primary squamous cell carcinomas usually occur on sun-exposed skin from years of accumulated actinic (sun exposure) damage (Habif). It is most commonly found on the head, neck, and hands. Squamous cell carcinoma may have the appearance of an actinic keratosis which is a pre-cancerous skin condition caused by too much exposure to the sun. They are usually small, rough or scaly spots that may be pink-red or flesh-colored. A skin biopsy should be performed for all suspected squamous cell carcinomas.



Dale Chilson, DO, Board Certified in Otolaryngology and Head, Neck & Facial Plastic Surgery, of the St. Margaret's Ear, Nose and Throat Center treats non-melanoma cancers—basal cell and squamous cell carcinomas. There are several types of treatment that can be used to remove or destroy non-melanoma skin cancer. The treatment options depend on factors such as the size of the tumor, its location, and the person's age and overall general health. The treatment options Dr. Chilson uses here at St. Margaret's are the electrodesiccation and curettage and excision. With this procedure, Dr. Chilson first numbs the skin and then the tumor is cut out with a surgical knife, along with some surrounding normal skin. The tissue is then looked at under a microscope to make sure all the cancer was taken out. If not, Dr. Chilson goes back and takes out more skin until there is no sign of cancer cells. The goal is to save as much healthy skin as possible.

Radiation therapy is often a good option for treating patients who can't have surgery and for treating tumors in areas that can be hard to treat surgically. Radiation is a good option for older patients where cure may not be as important as control over the long term.

The most dangerous skin cancer is melanoma. It is a cancer that begins in the melanocyte cells of the skin, also called melanin. Melanin protects deeper layers of skin from the harmful effects of the sun. It is melanin that is responsible for sun tans when skin is exposed to the sun. Melanoma is much less common than basal cell and squamous cell skin cancers; however, it is often considered more dangerous because it's far more likely to spread to other parts of the body if it is not caught early. Dr. Chilson only treats non-melanoma skin cancer.

**Skin cancer shouldn't be taken lightly. The Skin Cancer Foundation recommends that everyone practice monthly head-to-toe, self-examinations of their skin. Skin cancers found and removed early are almost always curable. You may find it helpful to have a doctor do a full-body exam to assure you that any existing spots, moles, or freckles are normal or treat any that may not be.**

**Call for an appointment with Dr. Chilson,**  
Board Certified, Otolaryngology, Head & Neck, and Facial Plastic Surgeon at (815) 224-3040 to book an appointment.

Sources: [skincancer.org](http://skincancer.org); [cancer.org](http://cancer.org);  
*Skin Disease: Diagnosis and Treatment* by Thomas P. Habif, Second Edition.



# Get Out & Smell the Roses

You don't have to travel far or book an all-inclusive vacation to relax, have some family fun and indulge in delicious food during these warmer months. In fact, look no further than your backyard or local parks! We are fans of burgers on the grill, a day of swimming, and even an ice cream cone, but we get even more excited about the health benefits you can reap from being outdoors this summer. Spending time outside – whether it's walking, gardening, or playing with your kids – can make your body and your brain healthier.

Gardening is one activity that packs a huge punch when it comes to outdoor health benefits. Not only does it provide a total-body workout, but it can also help strengthen bones, muscles and joints, increase our ability to perform day-to-day activities, improve balance amongst older adults (thus, preventing falls), and boost our mental health. Not to mention, gardening even lowers your risk for certain lifestyle diseases and conditions, such as: obesity, high blood pressure, type-2 diabetes, osteoporosis, heart disease, stroke and even some cancers. It's no surprise that all of this adds up to promote a longer, healthier life. Furthermore, if gardening is something you enjoy doing, it can be a huge stress-reliever or way to unplug from daily life and responsibilities.

Today, many people are used to hectic work schedules and being constantly connected to electronic devices. Gardening is a good way to get in touch with nature and take the time relax, recharge and reconnect. Stress is hard on the body; however, we can reduce the impact it will have. According to an experiment published in the Journal of Health Psychology, gardening studies show that those who garden had a significant decrease in stress levels compared to the subjects that were assigned to read a book indoors. Not only does gardening and being outdoors reduce our stress levels, but it also helps with mental clarity. Getting fresh air helps kick the brain into gear and improves overall well-being, sleep patterns, and daily functions. The feeling of accomplishment you get from all your hard work can also be an esteem booster.

If you are adamant that gardening just isn't for you, don't despair. There are countless other outdoor activities that can provide similar health benefits to both body and mind. The key is to participate in activities that keep you active. Taking a walk or run through your neighborhood, hiking, going for a bike ride, swimming and participating in outdoor sports are just a few activities that fit the bill. Doing activities like these outside can make getting regular exercise easier and, you might just have fun! Do yourself a favor and dedicate a minimum of 15 minutes or more per day to being outside so you can start reaping the many health benefits being outdoors offers.

*sources: huffingtonpost.com, alive.com*



# Give Pain THE COLD SHOULDER



Do you suffer from severe shoulder pain that interferes with everyday activities? Does it prevent you from getting a good night's sleep or cause loss of motion and weakness in your shoulder? If so, consider visiting Board Certified Orthopedic Surgeon, Paul Perona, MD of St. Margaret's Family Orthopedic Center in Spring Valley, IL. In addition to traditional total shoulder replacements, Dr. Perona now performs reverse total shoulder replacements.



A reverse total shoulder replacement is used for patients that have irreparable loss of the rotator cuff tendon and destruction of the normal joint surface of the shoulder. The shoulder is often weak, painful, and unstable because these tissues cannot be restored. For these individuals, a conventional total shoulder replacement can still leave them with pain. They may also be unable to lift their arm up past a 90-degree angle. During a reverse total shoulder replacement, the socket and metal ball are switched meaning a metal ball is attached to the shoulder bone and a plastic socket is attached to the upper arm bone. This technique allows the patient to use the deltoid muscle instead of the torn rotator cuff to lift their arm—a game-changer in the orthopedic world. “Reverse total shoulder replacement has become more popular within the last 5 years. Before we had to tell patients to try physical therapy or cortisone shots because there was no solution to fix the function or pain with rotator cuff deficiencies,” explains Dr. Perona.

*Pictured: Dr. Paul Perona with satisfied patient, Cathy Oliveri.*





There are several conditions that cause shoulder pain and disability that will cause patients to consider shoulder replacement surgery. For Cathy Oliveri, it was a large, irreparable rotator cuff tear that led to the development of severe degenerative joint disease, or osteoarthritis, that brought her to Dr. Perona's office. Before opting for surgery, Oliveri tried other options for treating the pain. "I've tried the cortisone shots and physical therapy. Nothing was helping with the pain I felt in my right shoulder," says Oliveri. After six months of trying these treatment plans, she revisited Dr. Perona to discuss having the reverse total shoulder replacement (TSA) surgery. Dr. Perona chose to do the reverse TSA because the traditional anatomic total shoulder arthroplasty will only work if there is an intact and functioning rotator cuff. Oliveri is on her third week of a six to twelve week recovery process and will begin physical therapy. She will eventually have the same surgery on her left shoulder due to having an irreparable rotator cuff.

The effectiveness of the procedure depends on the health and motivation of the individual, the condition of the shoulder, and the expertise of the surgeon. When performed by an experienced surgeon, like Dr. Perona, reverse total shoulder replacement can provide improved pain relief along with function improvement because the arthritic joint is replaced with a more mobile joint. There are some limitations to the motion, especially rotation, but the overall motion is significantly improved. The greatest benefits to having the surgery are often the ability to sleep on the affected shoulder and to perform simple activities of daily living. Furthermore, patients who receive a reverse total

shoulder arthroplasty can return to full function without limitation imposed by the surgery. "I went to Dr. Perona because he fixed my knees and when my shoulders started to hurt, I knew I had to make an appointment. He's simply the best!" says Oliveri.

**To schedule an appointment with Paul Perona, MD, call St. Margaret's Family Orthopedic Center at (815) 663-8009.**

[aboutsmh.org/medical-staff/paul-perona](http://aboutsmh.org/medical-staff/paul-perona)

Come see Dr. Perona at his all-new office, featuring more overall space, along with the latest advanced technology, including digital x-ray equipment that offers better pictures, lower radiation and can even be viewed remotely.

In addition to Reverse Total Shoulder Replacement, Dr. Perona also specializes in:

- Hip or Knee Replacement Surgery
  - Joint Replacement Revisions (right here, close to home)
  - Minimally Invasive Surgery
  - Partial Knee Resurfacing
  - Shoulder Reconstruction
  - Fractures
  - Arthritis
- And More...



**St. Margaret's Health**  
Family Orthopedic Center  
SMP Health System





# Hand Hygiene

Hand hygiene is a great way to protect yourself from serious infections. Preventing the spread of germs is especially important in hospitals and other facilities such as nursing homes. According to the Center for Disease Control (CDC), healthcare providers clean their hands less than half of the times they should. Regularly washing your hands, particularly before and after certain activities, is quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone.

Hand hygiene means cleaning your hands by using either handwashing (washing hands with soap and water), antiseptic hand wash, antiseptic hand rub (i.e. alcohol-based hand sanitizers including foam or gel), or surgical hand antisepsis. Here at St. Margaret's Health, we practice hand hygiene to reduce the spread of potential deadly germs to patients and to reduce the risk of healthcare provider colonization (the spreading of germs or MRSA in or on the body which is spread by skin to skin contact.) There are two different methods: alcohol-based hand sanitizers

versus washing your hands with soap and water. Alcohol-based hand sanitizers are the most effective products for reducing the number of germs on the hands of health care providers. Alcohol-based hand sanitizers are also the preferred method for cleaning your hands when the hands are not visibly dirty. Washing your hands with soap and water is recommended when hands are visibly dirty. At St. Margaret's Health, managers are holding employees and staff accountable for meeting the hand hygiene expectations. The expectations for hand hygiene at St. Margaret's Health must be performed in and out of patient contact areas, in and out of rooms/stalls, in between patients, before and after procedures or in between procedures if being performed on the same patient, after handling any contaminated object, before putting on and taking off gloves, after coughing, sneezing, or blowing your nose, before and after preparing food and before and after using the restroom. Lisa Clinton states, "We have instituted the use of the "peace sign" as a quiet reminder to coworkers to wash their hands entering and exiting patient care





areas, even if they did not touch the patient to help make handwashing an unconscious choice/practice.

When using alcohol-based hand sanitizer, St. Margaret's recommends putting the product in your hands and rubbing hands together, covering all surfaces until your hands feel completely dry. The key for hand sanitizer to work is to apply it thoroughly. Friction is the force that loosens and rinses away microbes. The most common error with hand sanitizer is not applying enough. According to the Berkeley Wellness, the proper amount of hand sanitizer to apply is a dime-size amount. The CDC Guideline for cleaning your hands with soap and water is to wet your hands with water first, then apply the amount of product needed. Rub your hands together for at least 15- 20 seconds, or St. Margaret's recommends singing your ABC's, then rinse your hands with water and use disposable paper towels to dry. Use the paper towel to turn off the faucet and open the door if needed. St. Margaret's recently produced a video showing how germs

can be spread even if the staff member did not touch the patient, but may have touched objects in the room or that someone who did not wash their hands touched.

Getting the patients involved in hand hygiene is also very important to St. Margaret's Health. Lisa Clinton states, "We are getting our patients involved with hand hygiene by posting signs on dispensers reminding them and their family to wash their hands and that it is okay to ask the staff to wash their hands." St. Margaret's Health has stepped up the hand hygiene campaign to include stop signs in the patient admission packets that the patient can use to remind staff to wash their hands to help prevent the spread of infection.

Hand hygiene is like a "do-it yourself" vaccine- it involves either washing your hands or antiseptic hand rub to reduce the spread of infections so you can stay healthy. St. Margaret's Health continues to increase awareness to its staff and patients to practice good hand hygiene to keep everyone safe and healthy.



# ideas For a Healthier Lifestyle

Living a healthier lifestyle doesn't necessarily mean you have to live at the gym 6 days a week. Learning about the things you put in your body is just as important as working to shed those extra pounds. Or maybe you or someone in your family is trying a new diet – like vegan, gluten-free, high fiber, or many more. There are many ingredients in recipes that you can tweak and replace here and there to make certain dishes healthier or lighter.

It can be hard to mimic the way butter can soften a cookie, or the way the gluten in white flour makes pizza dough feel. However, by testing out some ingredient substitutions, or even replacing half of an ingredient with a healthier alternative, you can get a dish to taste the way you want it to while also being a better option to put in your body. The following are just some examples from the Mayo Clinic and Go Red for Women of common healthy ingredient alternatives:

**White Flour** – Instead of white, processed flour, try to incorporate whole wheat flour into your baking. Whole grains, like whole wheat flour, contain the entire grain so they are more fibrous and more likely to keep you full all day. The extra fiber helps aid in digestion and has been shown to lower risk of heart disease, diabetes, colon cancer, etc. Whole wheat flour is denser than white flour, so small adjustments may be needed to ensure a moist finished product. 1 cup of white flour is equal to about  $\frac{3}{4}$  cup wheat flour.

**Sugar** – Sugar is found in most baked goods, but it also is a source of simple carbohydrates. You can try reducing the sugar in a recipe, even by a few tablespoons, without noticing a difference to the end product. Adding cinnamon or vanilla can add flavor without the calories.

**Oil or Butter** – In many baking recipes, you can reduce the amount of saturated fat by substituting half the butter with unsweetened applesauce, mashed bananas, or any fruit puree.

**Plain Greek Yogurt instead of Sour Cream** – Take out extra calories and sneak in digestion-aiding probiotics into your meals with this easy substitution. Add the juice from one small lemon into one container of nonfat yogurt, stir, and serve.

**Avocado** – These green fruits are full of a heart healthy fat. Try subbing the cheese or mayonnaise on your sandwich for a serving of avocado. Not a fan of avocado? Another great alternative is hummus, which can also be used as a sandwich spread.

**Ground Turkey** – For chili, pasta sauce, meatloaf, and burgers, try swapping some or all of the ground beef for lean, ground turkey.

**Extra-Virgin Olive Oil** – Used for sautéing and cooking, extra-virgin olive oil healthier substitution for butter. Aside from the stovetop, EVOO is also a great replacement for creamy salad dressings. For a quick and easy dressing, mix balsamic vinegar, olive oil, a squeeze of lemon, and salt and pepper.

**Dark Leafy Greens** – Heart-healthy greens like spinach, arugula, watercress, and kale can be used in place of watery greens like iceberg and romaine, which lack important nutrients, like vitamin K.

**Cream Cheese** – Fat-free or low-fat cream cheese, Neufchatel (often found in the cooler right next to cream cheese options), or low-fat cottage cheese pureed until smooth are great options to replace cream cheese in dips, casseroles, and pasta dishes.

**Table Salt** – Herbs, spices, citrus juices, rice vinegar, salt-free seasoning mixes, or herb blends are all better options than table salt.

As with any change, you and your family may notice a slight taste or consistency difference at first. But as you continue to find the right ratios and recipes, you may be amazed at how your tastes start to change. Even little steps and substitutions here and there can add up to an improvement in your overall health.





## Greek Chickpea Salad

10 mins. Serves 8

### Ingredients:

1 (15oz.) can garbanzo beans, drained  
2 cucumbers, halved/sliced  
1 pint cherry tomatoes, halved  
1/2 red onion, diced  
2 cloves garlic, minced  
1 (2.25oz.) can sliced black olives, drained  
1oz. crumbled feta cheese  
1/2 c Greek or Italian salad dressing  
Juice of 1 lemon  
1/2 t. garlic powder  
1/2 t. ground black pepper

### Healthy Can Be Delicious

Chickpeas, also known as garbanzo beans, have risen in popularity in the United States in recent years. They are most often found in homes and restaurants in the form of hummus.

In addition to hummus being a good dip for raw vegetables, chickpeas are also packed with health benefits. These legumes are a good source of minerals and vitamins and are a healthy alternative to other dips and toppings. You can add chickpeas to your salad, grains, vegetables, stews, and as well as many other dishes that you might add beans to. You can use them whole or blended in the form of hummus.

Consuming chickpeas can also help you feel full longer and help your body maintain stable blood sugar and energy levels as a complex carbohydrate that is packed with protein and fiber. A good daily fiber intake can help balance cholesterol levels, while also improving digestion and elimination. Besides being high in fiber, they are also low in fat – which means chickpeas are heart healthy and help your body balance cholesterol too. With the many benefits of chickpeas and other legumes, it's good to add them to your daily diet.

*Recommended by St. Margaret's dietitians,  
Jennifer Scully, RD, LDN, & Katie Kaufman, MS, RD, LDN  
Source: adapted from allrecipes.com*

# EatingHEALTHY





# Travel Safe

## this summer

Summer break is upon us and most people use this time to take a family vacation. According to the U.S. Travel Association, vacations are an important part of the US economy. Direct spending by resident and international travelers in the U.S. averages about \$2.7 billion a day. In 2016, U.S. residents logged 1.7 billion one person trips for leisure purposes. With 1 out of 9 U.S. jobs depending on travel and tourism, this industry involves many U.S. households – both directly and indirectly. Whenever you travel, it is good to focus on keeping you and your family safe.

If your vacation involves a road trip, make sure to do your research before hitting the open road. The Travel Channel lists a few handy road trip tips:

### *Prepping for Your Trip*

**Cell Security** - Make sure your cell phone is charged and readily accessible for unexpected events on the road. Invest in a car charger, if needed, to ensure you never run out of phone battery.

### *Overall Checkup*

Whether you do it yourself or go to a garage, pre-trip auto maintenance is key. Check the wiper blades, fluid levels, belt and hose connections, tire pressure, turn signals, horns, and headlights.

**Trunk 101** - The following should always be within easy reach when you open your trunk: a tire iron, bottled water, fire extinguisher, first aid kit (see page 14), and reflector/flares.

### *Spare Care*

Just because the spare is there, doesn't mean it's in working order. Give it a good look before hitting the road. Once you hit the road, the Travel Channel also suggests keeping a sturdy canvas bag within easy reach of the front seat and stocked with items, such as road maps, games for the kids, a smaller first aid kit, sunglasses, and hand wipes. This should help dealing with any surprises that may come up.

If your trip involves traveling abroad, the U.S. Department of State reminds you that a trip requires careful planning and they offer this traveler's checklist:

### *Get Informed*

- Read up on your destination at [travel.state.gov](http://travel.state.gov). Learn about visa requirements, local laws, customs, and medical care in the countries you are visiting.
- Be aware of any travel warnings or travel alerts for your destination country. The State Department issues a Travel Warning when you need to consider very carefully whether you should go to a country at all. Travel Warnings remain in place until the situation changes, while Travel Alerts are issued when there is a short-term event the government thinks you should know about when planning travel to a country.
- Find out about health precautions. The U.S. Center for Disease Control and the World Health Organization provide recommendations for vaccinations and other health precautions.
- Prepare to handle money overseas. Notify your bank and credit card companies of your travels and check exchange rates.
- Carry contact details for the nearest U.S. embassy or consulate with you.
- Not all cell phones work abroad. Contact your provider to get more information and to set up international





coverage. Also, look into portable chargers for your electronic devices. In an emergency, it will be able to charge your cell phone for quite a while.

- Remember you are subject to the laws and the justice system of the countries you are visiting. Many countries have laws that restrict religious expression or have customs and laws regarding women's clothing and appearance. Research your destination and be sure to respect these laws and customs.

### *Get Required Documents*

- Apply early for a passport or renew your old one. It should be valid for at least six months after you return home and needs to have two or more blank pages. Passports for adults are valid for 10 years, but those for children are only valid for five.
- You also may need to get a visa before you travel to a destination.

- Get a letter from your doctor for any medications you are bringing. Also make sure to bring an ample supply of medication to cover your trip, and if possible, for a few extra days just in case.
- Make two copies of all your travel documents in case of emergency. Leave one copy with a trusted friend or relative at home and carry the other in your luggage and keep separate from your original documents.

### *Get Insured*

- Make sure you have health insurance whenever you are traveling abroad. Most insurances and Medicare do not provide coverage outside of the United States.





## Get Enrolled

Sign up for the Smart Traveler Enrollment Program (STEP) at [step.state.gov](https://step.state.gov). A well-informed traveler is a safe traveler. STEP is a free service that allows U.S. citizens traveling or living abroad to enroll with the nearest U.S. embassy or consulate. The traveler will automatically receive the most current information of the destination country. Travelers just need to sign up once and then add any later trips for future plans.

Careful planning can definitely ensure that you and your family have fun and hassle-free summer vacations this year. A few phone calls or internet searches can save you the headache of an unexpected event. Be proactive, be prepared, and be protected!

Whether you buy a first aid kit or put one together, be sure to include any special medications and emergency phone numbers. Check the kit regularly and replace any used or out-of-date contents. The American Red Cross suggests the following items for a basic home or vehicle first-aid kit:

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (approximately 1 gram)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves (size: large)
- 2 hydrocortisone ointment packets (approximately 1 gram each)
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads
- 5 sterile gauze pads (4 x 4 inches)
- Oral thermometer (non-mercury/nonglass)
- 2 triangular bandages
- Tweezers
- First aid instruction booklet





## Attention Medicare Patients

# What is an Annual Wellness Visit & Why is it important?

The Annual Wellness Visit gives you and your doctor a complete picture of your health and what you need to do to be healthier. The more you know about your health, the more likely you are to be your own advocate to stay healthy. The Annual Wellness Visit is not a physical. It is a conversation with your doctors and staff to discuss family health history, your health history, and any concerns you may have about your health, as well as a review of medication and immunizations. The goal of this visit is to help prevent future health problems.

Here are some things you need to know and what to expect during your Annual Wellness Visit:

### What to Bring to Your Annual Wellness Visit

You will need to bring a list of all your medications, (or all of your medication bottles) including vitamins and supplements, names of all your healthcare providers, including doctors, pharmacists, therapists, home health agencies, and non-traditional providers, and your immunization records. It is important to bring this information with you if you have multiple healthcare providers.

### What to Expect & Your Health History

Your wellness visit is performed by either your physician, a nurse, or a nurse practitioner. You can expect to discuss your health history, medications, healthcare team and immunization schedule. Other components of your visit are a Health Risk Assessment, Wellness Schedule, Advance Directives, and Personal Health Record. The visit will start with clinic staff collecting family history and personal health history. Your physician may already have most of your information from previous visits, but it is important to always update the information or add additional information that is not in your records, to ensure your health history is correct and current.

### Medication Review

Your doctor will discuss your list of medication, including medications prescribed by other physicians, to make sure there aren't any interactions. This is a good time to discuss with your physician any questions you may have about certain medications that you are taking.

### Your Healthcare Team

Your provider will create a comprehensive list of your healthcare team for future reference.

### Immunization Schedule

Your doctor will review your immunizations to make sure they are up-to-date and, if they are not, will determine if you need additional vaccines.

### Health Risk Assessment

A Health Risk Assessment includes your weight, height, and blood pressure. You will be asked a variety of questions, such as your ability to care for yourself, your memory, whether or not you are depressed, and your smoking and drinking habits. The purpose of these questions is to determine if you are at risk for future illnesses. Once the assessment is over, your doctor may recommend further testing in the event that there may be concerns. These will be scheduled for another time.

### The Wellness Schedule & Screenings

During your visit, your physician should discuss with you all of the screenings that you should have done during the next 5 to 10 years. Ask your provider about health screenings you might need, such as prostate exams for men, mammograms and Pap tests for women, as well as heart-related, colon cancer, cholesterol and diabetes screenings for both men and women.

### Personal Health Record

All of the information collected during your Annual Wellness Visit is compiled into one document called a Personal Health Record. You can get a copy from your physician so that you will have it for when you go to the hospital or visit another provider. It is good to give a copy to a family member, so that they have the information on hand to give to a provider if you are hospitalized. Having these records also helps other providers see your complete health history.

Schedule your Annual Wellness Visit with your primary care provider so he or she can help you monitor changes in your health, prevent disease, and begin treating health issues that emerge before they become serious. Don't forget to ask questions and share concerns you may be having with your provider. The more your provider knows, the better your health and wellness needs will be met.

Medicare will pay for this benefit once a year and encourages all Medicare beneficiaries to have an annual wellness visit.

### ST. MARGARET'S ADVANCED CARE PLANNING

St. Margaret's Advanced Care Planning is an advanced care planning model that uses trained advanced care planning facilitators to help patients talk about their future health care decisions with family members and health care providers, and then complete a Power of Attorney for Health Care document.

Call (815) 664-1486 for more information.

Source: caregiver.com





**St. Margaret's Health**

SMP Health System

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**"I always romanticized about being a family doctor in a smaller community. I hope to make a difference in as many peoples' lives as possible and am eager to start."**

- Grant Reed, DO

*Introducing...*

**Grant Reed, DO**

Board Certified in Family Medicine

St. Margaret's is pleased to welcome Grant Reed, DO to the medical staff. Born and raised in Ottawa, IL, he is no stranger to the Illinois Valley and has always had a calling to come back home to practice medicine.

In 2010, Dr. Reed earned his Bachelor's Degree in Molecular & Cellular Biology with a minor in Chemistry from University of Illinois in Urbana-Champaign. He then attended medical school at Midwestern University's Chicago College of Osteopathic Medicine in Downers Grove and will complete his family medicine residency at Waukesha Memorial Hospital in Waukesha, WI this July.

Dr. Reed will be seeing patients starting in September of this year.

For an appointment, call  
**(815) 223-2807**



**St. Margaret's Health**

Midtown Health Center

SMP Health System

**aboutsmh.org**



Dr. Reed will be seeing new patients at St. Margaret's Midtown Health Center | 1650 Midtown Road, Peru this fall. To schedule an appointment, please call (815) 223-2807.



St. Margaret's Health offers the information in this publication for general informational purposes only. This information should not be used for diagnosis, nor should it be considered a replacement for consultation with a healthcare professional. If you have questions or concerns about your health, please contact your healthcare provider.