

# health & you

FALL 2016

## Back to School

Get Ready for the  
New School Year

### 3 Screenings

Your Child Needs

### Reduce Your Risk

for Breast Cancer

**Learn to act  
FAST**

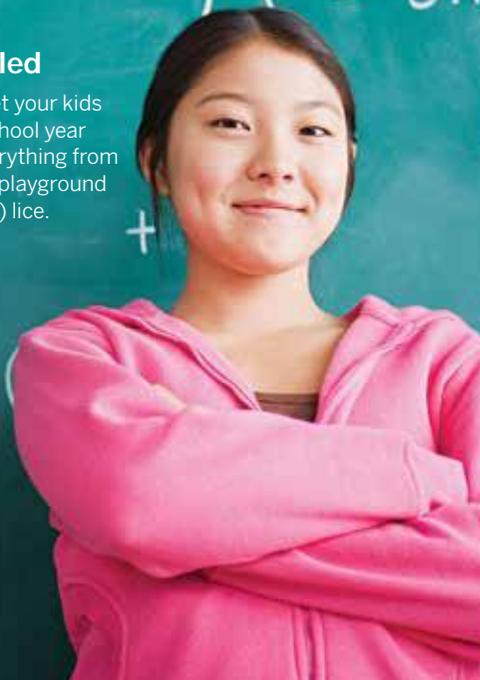
see page 27

 Anderson Hospital

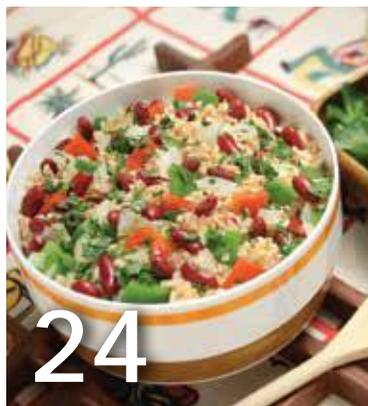
# 16

## Get Schooled

Learn how to get your kids off to a great school year with tips on everything from doctor visits to playground safety to (yuck!) lice.



# 8



# 24

# inside this issue

FALL 2016 | VOLUME 32 | NUMBER 2

## Anderson & You

- 4 Exciting Billhartz Cancer Center developments
- 28 New partnership will strengthen care
- 29 Patients and families speak their minds

## Health & Family

- 8 Start your pregnancy off right
- 10 3 surprising screenings your kids need

## Health & Care

- 12 Think beyond the Hollywood heart attack
- 14 Preventing diabetes

## Health & You

- 20 Get up and get moving
- 22 How to reduce breast cancer risk
- 27 Act FAST during a stroke

## In Every Issue

- 7 Headlines in Health
- 24 What's Cooking
- 30 Community Calendar

Articles in this magazine are written by professional journalists or physicians who strive to present reliable, up-to-date health information. Our articles are reviewed by medical professionals for accuracy and appropriateness. No magazine, however, can replace the care and advice of medical professionals, and readers are cautioned to seek such help for personal problems.

*Health & You* is published and printed in the United States. All models used for illustrative purposes only. Developed by Staywell. (FA16)



**Keith A. Page,**  
President & CEO

**ANDERSON HOSPITAL  
BOARD OF TRUSTEES:**

Mark Shashek, Chair; Millie J. Belobraydic; Laura Bernaix, Ph.D.; Gary Ceretto; Robert L. Ciufieri; Greg Coffey; Richard Dawdy; K. Max Eakin, M.D.; Frank L. Flanigan; Joseph G. Hagerly; Bernice Henke; Don Kasubke; Rev. Mark Maynard; Jeff Parres, M.D.; Lendell Phelps; Dale Sauer; Joseph Smith; Nancy Thomas; Ginger Trucano; Kay Werner; Judy Wiemann; Patrick Zimmermann, M.D.

**Natalie A. Head,**  
Communications Director

Anderson Hospital is a not-for-profit 154-bed health care facility operated by Southwestern Illinois Health Facilities, Inc. A full-service hospital, Anderson strives to meet the health care needs of the surrounding communities through a family-oriented health care delivery system that is cost-effective and quality-driven.

If you do not wish to receive this community mailing, please call **618-391-6409**.



# We're Building Better Health Care ... Together

by **Keith Page**, Anderson Hospital president and CEO



The year 2016 has proved to be an exciting time of change at Anderson Hospital. Our campus has been transformed with the addition of a brand-new, exclusively private 21-bed unit, which previously housed physician offices within Physician Office Building 1. In addition, all general medical/surgical patient rooms within the existing hospital have been updated and are ready to serve patients as private rooms, although they remain viable as semiprivate rooms if needed.

This \$7.2 million project required the partnership of our community, as we undertook a \$1 million capital campaign to offset a portion of the costs. The community looks to us as a partner in health care and has responded positively, helping us raise nearly half of our goal thus far.

Working to build better health care options for our neighbors to the north, Anderson finalized a partnership with Community Memorial Hospital (CMH) of Staunton. In July, we announced an affiliation agreement that established Anderson Hospital as the corporate parent of CMH. This agreement builds upon the two hospitals' history of partnering to expand access to health care services for the residents of Macoupin County and northern Madison County. As health care continues to evolve, our organizations will be better positioned to adapt to change together so we can continue to provide coordinated, quality care close to home.

Finally, a unique partnership with Mercy Hospital St. Louis brings a model of cancer care that will provide integrated chemotherapy and radiation services within the Warren Billhartz Cancer Center. Chemotherapy services began this month, and we are installing a new \$1.2 million linear accelerator for radiation therapy patients. This service will be online by the end of the year. All patients will benefit from seamless cancer treatment that will be overseen by physicians of Mercy St. Louis. This partnership gives local cancer patients the most convenient access to Mercy's clinical expertise right here on our campus.

Anderson Hospital prides itself on keeping health care local. With the growth that has taken place this year, we have strengthened our ability to do just that.

# WARREN BILLHARTZ CANCER CENTER

## A New Level of Cancer Care *Close to Home*

For nearly a decade, the Warren Billhartz Cancer Center at Anderson Hospital has been dedicated to the prevention, detection and cutting-edge treatment of a wide range of cancers. Now the center is excited to bring a new level of cancer care to the metro-east community.

Anderson Hospital and Mercy St. Louis have partnered to offer a unique model of integrated cancer care that will seamlessly provide both chemotherapy and radiation services within the Warren Billhartz Cancer Center, located in Maryville, Illinois. Chemotherapy services began at the center in September. Installation of new, state-of-the-art radiation oncology equipment is taking place now and radiation oncology services are scheduled to go live in early 2017.

### **A MODEL FOR CANCER CARE**

The new program, called Anderson Mercy Cancer Care, will be led by Syed Arshad, M.D., and features:

- A board certified, experienced team

- of Mercy cancer specialists including medical and radiation oncologists
- Customized cancer treatment plans
- Integrative therapies in a supportive, healing environment
- Clinical trial opportunities

### **WIDE-RANGING CARE CLOSE TO HOME**

“Anderson Hospital prides itself on keeping health care local. This partnership gives patients the most convenient access to Mercy’s clinical expertise,” says Keith Page, Anderson Hospital president and CEO. “This integrated model simplifies the options for local cancer patients.”

The new partnership means that metro-east residents facing a cancer diagnosis now can opt to be treated locally, close to



**Syed Arshad, M.D., who will oversee Anderson Mercy Cancer Care, joined Mercy Clinic Oncology and Hematology–Anderson on August 1. Dr. Arshad**

**received his medical degree from Dow Medical College in Pakistan and completed an internal medicine residency and medical oncology fellowship at the University of Missouri–Kansas City. Dr. Arshad is board certified in medical oncology, hematology and internal medicine. He provides a full range of high-quality, compassionate cancer care, with special interests in hematological malignancies, leukemia and multiple myeloma.**

**Mercy Clinic Oncology and Hematology–Anderson is located in the Warren Billhartz Cancer Center, at 2227 Vadalabene Drive in Maryville. You can reach Dr. Arshad's office at 618-288-1140.**

the comforts of home and family. Types of cancer treated at Anderson Mercy Cancer Care include:

- Bladder
- Breast
- Colon and rectal
- Endometrial
- Kidney
- Leukemia
- Lung
- Lymphoma
- Melanoma
- Ovarian
- Pancreatic
- Prostate
- Thyroid

**>> Want to learn more about Anderson's cancer care? Call the Warren Billhartz Cancer Center at 618-288-9044.**

# Building a Legacy, **Helping** a Community

**The Warren Billhartz Cancer Center is a fitting tribute to the family whose name it bears**

Opened in 2007, the Warren Billhartz Cancer Center at Anderson Hospital is named after local community leader and philanthropist Warren Billhartz (1927–2006). He was a former assistant attorney general of the State of Illinois and served there until 1960. A second-generation banker, Billhartz finished his career as the founder, chairman and principal stockholder of FCB Banks. Throughout his lifetime, many community and charitable organizations benefited from Billhartz's generous donations and gifts.

In 2007, Marcia Billhartz honored her husband's legacy of giving back to the community with a \$1 million donation to Anderson Hospital in support of cancer

research, patient care services, education and community outreach.

"The Warren Billhartz Cancer Care Center will be a lasting reminder and an enduring tribute to a man who worked hard and believed in giving back to the community," Mrs. Billhartz said at the time of the gift.

With the establishment of Anderson Mercy Cancer Care through a partnership of Anderson Hospital and Mercy St. Louis, a new and exciting chapter begins at the Warren Billhartz Cancer Center. Anderson Hospital remains profoundly thankful for Mrs. Billhartz's generous gift and continued support of the hospital and the community that she loves.



# headlines in health

NEWS YOU CAN USE FOR BETTER HEALTH

## CDC Issues Guidelines for Prescribing Opioids

Doctors often prescribe opioid medications to ease chronic pain. But they have risks: As many as one in four patients become addicted. Since 1999, overdoses have killed more than 165,000 Americans.

To make sure people in pain find comfort without threatening their health, the Centers for Disease Control and Prevention issued updated guidelines for doctors regarding the use of opioids. The guidelines ask health care providers to talk with patients about the benefits and risks of opioids, and to try other treatments first. Learn more at

[www.cdc.gov/drugoverdose/prescribing/patients.html](http://www.cdc.gov/drugoverdose/prescribing/patients.html).

## Get a Flu Shot

The Centers for Disease Control and Prevention recommends the flu vaccine for everyone ages 6 months and older. It's especially important if you are at high risk for serious flu-related complications. This group includes those who are pregnant or have a chronic medical condition (such as asthma, diabetes or heart disease), or live with someone who does. To avoid the toll flu takes on your body, schedule your flu shot now.



Looking for a primary care physician? Find one online at [www.andersonmg.com](http://www.andersonmg.com).



## One Simple Way to Relieve Back Pain

A recent analysis of data from 23 previous studies suggests that one tactic wards off back pain like no other: exercise.

The findings drew on data from more than 31,000 participants and were published in *JAMA Internal Medicine*. People who exercised had a 35 percent lower risk for a new bout of back pain. They also had a 78 percent lower risk of taking sick leave to deal with back problems.

Why? Aerobic exercise helps keep your weight in check, reducing strain on your back. Moves that stretch and strengthen your back muscles also prevent pain in the area. The one catch is that you need to keep up exercise in the long term to reap the biggest rewards. Just remember to talk with your doctor before starting any exercise routine.

# Beautiful Beginnings: Start Your Pregnancy Off Right



Are you considering having a baby or did you just find out you're expecting? Now more than ever, it's time to start paying attention to your health. Preparing your body can help you conceive and have a healthy pregnancy. Once you've got that positive pregnancy test, healthy habits help your pregnancy go more smoothly in the first trimester and beyond.

Follow this advice to give yourself the best chance for a healthy pregnancy and a healthy baby.

## EAT RIGHT

For good health, eat foods from all five food groups. These include fruits, vegetables, grains, protein and dairy. Choose whole grains, no- or low-fat dairy, lean meats and fish. For a healthy pregnancy, you also need 400 to 800 micrograms of folic acid every day. This vitamin can help prevent serious birth defects. It's best to have enough in your body before you conceive. Your doctor may recommend starting a prenatal vitamin now and taking it throughout your pregnancy. You should also try to eat foods rich in folic acid or folate, such as fortified cereals, black beans, spinach and broccoli.

## STAY ACTIVE

Studies show that women who exercise before becoming pregnant are less likely to have gestational diabetes. Starting your pregnancy at a healthy weight can also help lower your risk for problems during pregnancy, such as high blood pressure and preeclampsia.





In the first trimester, you may get tired more quickly. But as long as your doctor says it's OK, keep exercising. Working out at a moderate intensity throughout pregnancy is safe and has many benefits, including improved sleep, mood and energy.

### LOOK AT YOUR LIFESTYLE

Now is the time to quit unhealthy habits like smoking, which can cause problems such as premature birth. It's best to quit smoking before getting pregnant. But even if you're already expecting, quitting as early as possible can help protect against health problems.

The same goes for your partner. Even secondhand smoke can increase your risk of having a baby with a low birth weight.

### MANAGE MEDICINES AND CONDITIONS

Tell your doctor about any prescription or over-the-counter medicines you're taking. If any are unsafe for pregnancy, he or she can help you stop taking the medication or find an alternative.

If you have a chronic condition, such as diabetes, asthma or epilepsy, it's important to work with your doctor to get it under control before you get pregnant. For example, uncontrolled asthma during pregnancy can put your baby at a higher risk for poor growth or premature birth.

### RELIEVE MORNING SICKNESS

Of all the early pregnancy symptoms, nausea and vomiting can be the hardest to handle. Most women can find relief with these tips:

- Choose small meals throughout the day so you can avoid being too full or too hungry.
- To help settle your stomach in the morning, consider eating a few crackers before other foods or drinks.

## >> When You're Expecting, Expect the Best



At Anderson Hospital, we know there are few experiences in life as significant and memorable as the birth of your child. That's why our Pavilion for Women was specially designed to ensure the comfort and safety of mothers, babies and families. Call **618-391-5980** to learn more, or visit [www.andersonhospital.org](http://www.andersonhospital.org) for a video tour.

- Pass on foods that are spicy or greasy.
- When you can, avoid smells that may bother you, such as strong perfumes.

If you can't keep any food or liquids down and are worried about your nutrition, talk with your doctor.

### VISIT YOUR DOCTOR

Before you get pregnant, see your doctor for a checkup. Your doctor can review your health history and make sure you're up-to-date with vaccines. It's also a great time to discuss ways to improve your overall health for pregnancy.

As soon as you know you're pregnant, contact your doctor. Getting regular prenatal care can help prevent complications and keeps you informed about your baby's development.

# 3 New Screenings Your Kids and Teens Need

Height, weight, hearing, vision — by the time your child reaches the tween years, you're used to the elements of a regular checkup.



Next time you head to the pediatrician, though, you may notice a few new screenings. The American Academy of Pediatrics recently revised the

schedule of preventive care all kids should receive. Now, they say, doctors should check kids for three grown-up-sounding health problems: HIV, high cholesterol and depression. Here's why.

**HIV:** Teens and young adults account for about one-fourth of all new HIV cases. A shocking 60 percent of them have no idea they're infected. Symptoms may not develop until 10 or 11 years later. Meanwhile an infected young person can spread HIV to others without knowing it.

Before, fewer than one-fourth of high school students underwent testing. Now health experts suggest all teens ages 16 to 18 do so. Blood tests can spot antibodies to the virus or the virus itself. Though there's no cure, medications can lower blood levels of the virus and also treat related health problems.

**CHOLESTEROL:** You might not think kids need to worry about clogged arteries. But as obesity spreads, more youth than ever score high on cholesterol tests. Children with high cholesterol often turn into adults with the same problem — and a high risk for heart disease.

The new guidelines advise kids between 9 and 11 years old undergo cholesterol screening. If one blood test comes back high, the doctor will do another at least two weeks later to confirm. A healthy diet — including lots of fruits and veggies — and regular exercise can help bring down your child's numbers.

**DEPRESSION:** Suicide now ranks as a leading cause of death among teens. Doctors hope they can reverse this trend by finding depression early. Treatment includes medications, counseling or both.

Once a year from ages 11 to 21, the pediatrician may ask your child questions to uncover mood issues. Don't wait for the next checkup to discuss warning signs with your child's health care team, however. These include not enjoying things that used to bring happiness, lack of energy, trouble focusing and changes in sleep and eating habits.

Respond immediately if you hear talk of wanting to "disappear," "end it" or "die." Make a trip to the emergency room if you fear your child will hurt himself or others.



## Prep for Your Preteen's Checkup

Regular checkups can help keep your preteen healthy. During these visits, the doctor can check for any problems that could affect his or her health — whether physical problems or school and family problems.

### BE PREPARED

Make the most of your preteen's checkup. Bring a list of all your child's medicines to the doctor. This includes over-the-counter medicines and vitamins.

Also remind your doctor about any allergies or past medical problems your preteen has.

Not sure what to expect? During the exam, your doctor may check your preteen's blood pressure, vision, hearing, weight and eating habits. Your doctor also may talk about the risks of smoking, drug abuse and other behaviors.

### BE INVOLVED

A checkup is a great time to ask questions. Worried about problems at home or school? Does your preteen sleep too much or too little? Or snack too much? Write down your questions so you remember to ask your doctor.

Also keep these tips in mind:

- If your youngster needs a test, ask why if you aren't sure.
- If your child needs medicine, make sure you know the name. Also know what the medicine does.
- Ask your doctor what to do if your child ever needs emergency care.
- Don't forget to ask when to schedule your preteen's next checkup.

## >> Good Health Can't Wait

If your child is due for a checkup, schedule an appointment with his or her pediatrician today. To search for a pediatrician near you, visit [www.andersonhospital.org](http://www.andersonhospital.org) and select "Find a Physician."

# Heart Attacks Aren't Always As Seen on Screen

We see it on TV and in films all the time. A character grabs his chest, displays labored breathing and falls to his knees. These are easy visual keys to inform the audience a character is having a heart attack. But in reality, many heart attacks don't come with dramatic effects. Some may arrive so quietly you didn't even know they happened.



*Consuming modest amounts of omega-3s from fish can reduce your risk of developing heart disease by 33 percent.*



Recent research suggests that about 20 percent of heart attacks are silent heart attacks, which present no symptoms to recognize. But when these attacks go unnoticed, the long-term effects may prove dangerous.

### **SILENT ATTACKS CAN SCAR YOU**

In a recent study published in the *Journal of the American Medical Association*, about 8 percent of the more than 1,800 adults studied showed scarring on their hearts — a clear sign of a heart attack. Of these, more than three-quarters had no idea they'd experienced a cardiac event. Those with the greatest risk for these silent attacks included men, smokers, people with a higher body mass index (BMI) and those with high blood pressure.

More research will help doctors understand exactly how these scars affect long-term health. However, the study authors

point out that 70 percent of people who die of sudden cardiac causes have scarred hearts.

### **TUNE INTO YOUR HEART AND BODY**

While the iconic symptoms may be absent in silent heart attacks, there can be a few signs that make an appearance. Watch out for:

- Pain similar to a muscle strain in the chest or upper back
- Tightness in the jaw, back or arms
- Unexplained fatigue that lingers

Be especially cautious of these signs if you have risk factors for heart attacks. These include high blood pressure or cholesterol, a family history, smoking, obesity and being older. Listen closely to your body and talk with your doctor about any unusual sensations. If you suspect you're having a heart attack, call **911** immediately.

## **>> When Every Second Counts, Count on Us**

Anderson Hospital is the first hospital in Madison County to offer 24/7 emergency cardiac care. And Anderson's Chest Pain Center is the first facility in Madison County to earn accreditation from The Society of Cardiovascular Patient Care. When your heart needs help, you can count on us.

# What **You** Can Do to Prevent Diabetes

If only you had a crystal ball that could warn you about serious diseases so you could prevent them before they start, right?

Well, you don't have to wish for a crystal ball. All it takes is a simple blood test. That test can reveal whether you have a condition called prediabetes.

With prediabetes, your blood sugar levels are higher than normal. However, they are not yet high enough for a type 2 diabetes diagnosis. Prediabetes can also increase your risk for cardiovascular disease.

According to a new recommendation from the United States Preventive Services Task Force (USPSTF), adults ages 40 to 70 who are overweight or obese should get a screening for prediabetes. Finding out that you have the condition as early as possible and making important diet and lifestyle changes can prevent prediabetes from turning into type 2 diabetes.

## GETTING SCREENED

Ask your doctor whether you should get a screening for prediabetes. In addition to the new recommendation from the USPSTF, your doctor may recommend a screening if you:

- Are African-American, Hispanic/Latino, American Indian, Asian-American or Pacific Islander
- Have a close relative with diabetes
- Have high blood pressure
- Have low HDL ("good") cholesterol
- Have high triglycerides
- Are a woman who had diabetes during pregnancy or polycystic ovary syndrome

## WHAT YOU CAN DO

Receiving a prediabetes diagnosis is serious, but don't get discouraged. There are changes you can make that can lower your blood glucose levels within the normal range. These changes include:

- **Lose weight.** If you're overweight, aim to lose around 7 percent of your total weight. If you weigh 200 pounds, for example, shedding just 15 pounds can make a big difference in lowering your risk for diabetes.



- **Exercise.** Aim for 30 minutes of moderate-intensity physical activity, such as brisk walking, five days per week. Also try to fit more activity into your daily life. For example, take the stairs instead of the elevator.
- **Diet.** Cut back on the amount of fat and calories you eat per day. For example, try eating a salad before dinner every evening. Salad provides lots of healthy nutrients and can fill you up so you may eat less of your meal. Also try switching from drinking regular soda and juice to calorie-free water.

## THE ROAD AHEAD

If you have prediabetes, you should have your blood glucose levels checked every year. Work with your health care team and take an active role in lowering your blood glucose levels. It can make a difference in your health today and for many years to come.

## Managing Diabetes

**If you already have diabetes, it's not too late. There's still plenty you can do to manage the disease and prevent complications. Here's what to do to take control:**

- **Eat better. Choose foods that are low in calories, saturated fat, trans fat, sugar and salt.**
- **Move more. Try to get about 30 minutes of activity every day.**
- **Take your medications. This includes your diabetes medications and medicine for any other health issues.**
- **See your health care team. Schedule a visit at least twice per year for routine care. However, if you have any new symptoms or changes in your health, don't wait. Contact your doctor.**



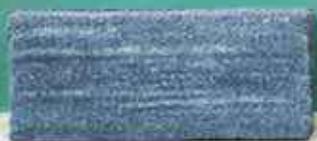
## >> Take Control of Your Diabetes

The more you know about managing your diabetes, the better your odds of staying healthy. Anderson Hospital's self-management program can help with individualized plans, meal planning, exercise and more. The American Diabetes Association has recognized the program as meeting national standards of education for diabetes. To learn more, call **618-391-6711**, or visit **[www.andersonhospital.org/services.aspx](http://www.andersonhospital.org/services.aspx)** and select "Diabetes Education" for online diabetes support.

# Get in Gear for a New School Year

From forming healthy habits to battling bullies, you can help your child thrive.

Ready, set, go — back to school! Preparing for a new school year requires more than just buying school supplies. Read on for ideas on how to support your child's physical and emotional well-being in the classroom, on the playground and beyond.



## BEFORE THEY GO BACK ...

### SCHEDULE A WELL VISIT — AND MAKE THE MOST OF IT

A doctor's office isn't just a place to go when your child is sick or injured. It's also important to see the doctor when your child is feeling fine. Regular checkups, or well visits, help make sure your kid is healthy and growing normally. Your child may also get vaccines and screenings during these visits.

Here are some ways to make the most of well visits:

- See the same doctor. This gives you a chance to get to know your doctor, and for your doctor to get to know your child — and that ensures more consistent care.
- Before your child's appointment, write down any questions you have. Bring the list with you. Also bring a list of medicines your child takes.
- Feel free to talk with the doctor about anything related to your child's

development or behavior. This might include sleeping, eating, potty training and social skills in addition to health concerns.

- Talk with anyone who takes care of your child, such as a grandparent or caregiver at daycare. They may notice something about your child you haven't seen before that you may want to mention to the doctor.

### >> Schedule Your Child's Checkup

If your child is overdue for a well visit, call his or her pediatrician for an appointment. To find a health care provider, visit [www.andersonhospital.org](http://www.andersonhospital.org) and select "Find a Provider" under "Patients & Visitors."



## PUT POOR SLEEP TO REST

Sleep helps us solve problems, react quickly, form memories and learn. Inadequate sleep affects how well kids do in school. It also impacts a child's physical well-being. The body releases hormones during sleep that aid growth, build muscles and repair cells and tissues.

School-age children need at least nine hours of sleep each night, while teens require at least eight hours. Help your child get a good night's sleep with these steps:

- Encourage a consistent sleeping and waking schedule.
- Ban the use of computers, televisions, music players and phones close to bedtime.
- Help your kid create a good sleep environment — a place that's quiet and dark.
- Limit teens' caffeine intake, especially energy drinks.

Sometimes a sleep disorder is responsible for poor rest. For example, sleep apnea causes pauses in breathing during sleep and leads to daytime tiredness. If you think a sleep disorder may be affecting your child, talk with a doctor.

## >> Do You Suspect a Sleep Disorder?

Testing for sleep apnea and other sleep disorders is available at Anderson Hospital. Call **618-288-6124** to learn more.



## GETTING THERE ...

### TRAVEL TO SCHOOL SAFELY

School buses are one of the most common and safest ways children get to school. But accidents can happen, so make sure your child understands these rules for taking the bus:

- When they see the bus coming, children should form a line well away from the curb. They should wait until the driver says it's OK to step onto the bus.
- Wear a seat belt, if available. Explain to your child that a seat belt will keep them from getting hurt if the bus is in an accident. If there are no seat belts available, tell your child to stay seated at all times.
- Be careful getting off the bus. As they step down, they should hold on to the handrail and be careful that clothes or backpacks do not get caught on the rail or in the door. After getting off the bus, they should never walk behind it. If they have to walk in front of the bus, they should:
  - Walk on the sidewalk at least five giant steps, or 10 feet away from the bus.
  - Make sure the driver sees them and then cross.

Keep in mind safety shouldn't be a onetime conversation; make sure you continue to remind your child of smart safety behavior regularly.



### **SOOTHE SEPARATION ANXIETY**

What if your child suddenly throws a good old-fashioned tantrum, clinging to you and refusing to go to school? It's perfectly normal for separation anxiety to rear its head from time to time throughout early childhood. Here are some tips from the American Academy of Pediatrics about how to cope:

- If your child seems nervous about school, visit the location. If possible, introduce him to his new teacher.
- Let the school staff know your child has occasional separation anxiety.
- Acknowledge your youngster's anxiety. Talk with him about it. Be sympathetic, reassuring and supportive.
- Don't make fun of your child's fears, especially in front of his peers.
- Reassure your child that you'll see him at the end of the day.
- Take a few minutes to play with your child in the new environment. But don't linger when bidding him goodbye. Even if he's crying, exit stage left.

## **AT SCHOOL ...**

### **AVOID NASTY BUGS**

While there's no protection against every disease-causing germ at school, there are ways to reduce the risks. Remind your children to wash their hands often. Place travel-size hand sanitizer in their backpacks. Postpone play dates with sick kids. And consider getting your child vaccinated for flu — the Centers for Disease Control and Prevention recommends it for all children ages 6 months and older.

### **LOOK OUT FOR LICE**

Colds and flu aren't the only "bugs" your child can pick up at school. Lice are tiny wingless insects that live on a person's scalp and feed on their blood. They're easily passed from one person to another through scalp-to-scalp contact or sharing personal belongings.

There's no way to protect your little one from getting this common childhood nuisance. But you can reduce the risk by encouraging your child not to share personal items that touch the head like hairbrushes or pillows, and to avoid head-to-head contact while playing with other children.

If a tickly or itchy scalp makes you suspect your child has lice, check it out. Carefully part your child's hair with a comb and look for the insect's eggs. They look like tiny white or yellow ovals and often are mistaken for dandruff flakes. To get rid of the bugs, the scalp must be treated with over-the-counter or prescription shampoos or lotions. Ask your pediatrician what treatment is best. You'll also need to wash your child's clothing and bedding.

### **BATTLE BULLYING**

If someone is bullying your child, it can feel like there's not much you can do. If you're the parent of a teenager, he or she might hesitate to come to you for help. But there are signs you can watch for that may indicate your child is being bullied or experiencing depression because of it. They include:

- Feeling sad or lonely
- Changes in sleep and eating patterns
- Loss of interest in activities he or she normally enjoyed
- Sudden drop in grades
- Frequently missing or skipping school

If you notice any of these signs, talk with your child — and just as importantly, listen. Let your child know you want to help. Consider seeking help from a school counselor,

psychologist or other mental health professional, especially if you feel your child is experiencing anxiety or depression.

## >> Care When You Need It

Sniffles, sneezes, rashes, sprains and strains. If your child needs immediate medical care for a nonemergency issue, visit an ExpressCare location. To learn more, visit [www.andersonhospital.org](http://www.andersonhospital.org) and click the “ExpressCare Centers” link under “Anderson Centers.”

## DURING BREAKS ...

### PLAY IT SAFE AT RECESS

The playground should be a fun place for children to get exercise and socialize. But sometimes, children get hurt while sliding, swinging and climbing. Always make sure children are supervised by an adult while playing. Share the following advice to help keep them safe:

- Remind children to play with caution. Keep away from moving swings. When using a slide, always go down feet-first and sitting up. Only one person should be on the slide at a time. Tell them never to push or be rough with other children.
- Make sure children use only equipment made for their age. They should also watch out for equipment that may have sharp edges or loose parts.
- Don't allow children to wear clothing with drawstrings at the playground. These can get caught on equipment and could pose a choking hazard to children.

- Tell your children to avoid playing on wet equipment, as it tends to be slippery and could lead to injury.

### FUEL UP WITH HEALTHY LUNCHES THAT ARE TASTY, TOO

Want to pack a healthy bag lunch your kids will eat? Try these tips:

- **Choose healthy whole-grain bread,** tortillas, pitas, bagels or crackers.
- **Try low-fat versions of lunchmeat.** Tuna packed in water instead of oil is another good choice. Use mustard instead of mayonnaise. Or try low-fat or no-fat mayo.
- **Add thinly sliced vegetables to sandwiches.** Pack a little bag of carrots or pepper strips. Put vegetable slices on a stick, skewer or toothpick to make a veggie kebab.
- **Pack a banana or slice one onto a peanut butter sandwich.** Send kids off with applesauce or cottage cheese in a plastic container. Slice kiwi or strawberries into a snack bag. Pack a little bag of raisins, dried apricots or grapes.
- **Include a low-fat yogurt with a spoon.** Let your child choose the flavor.
- **Pack a snack.** Air-pop low-fat popcorn and put it in snack bags. Or choose pretzels.
- **For dessert, try a bag of low-fat granola or a low-fat granola bar.** Vanilla wafers and graham crackers are other good choices.



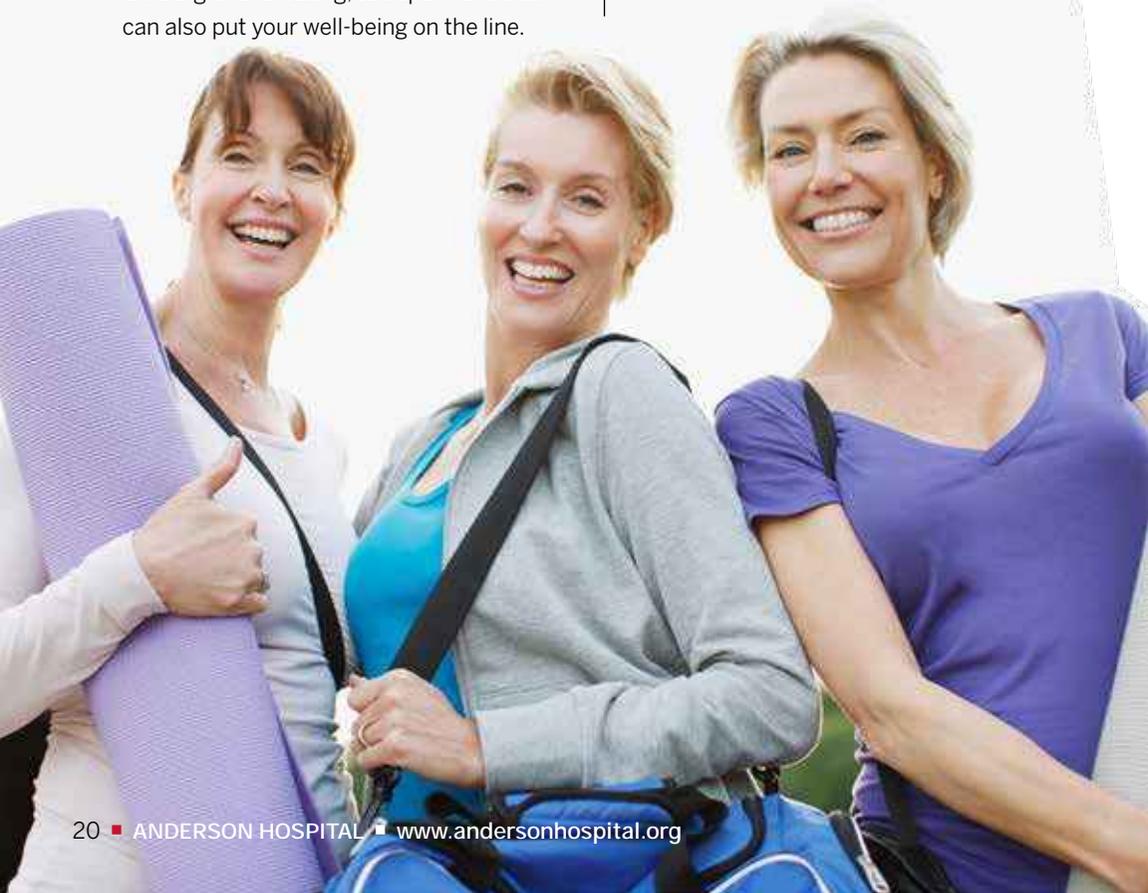
# Stressed and Sitting Too Much? Let's Get Moving

You may want to read this standing up. On average, Americans spend nearly eight hours sitting per day, according to a study in the *American Journal of Epidemiology*. All that chair time is taking a toll on your health. The more time you spend in your seat, the greater your risk is for weight gain, diabetes, heart disease and more.

But moving more might be easier said than done, especially if your job requires a lot of sitting. And if you experience a lot of stress, the problem is even worse. Chronic stress is associated with high blood pressure, heart disease, depression and obesity. Resorting to unhealthy habits, such as smoking, drinking or overeating, to cope with stress can also put your well-being on the line.

## A REASON TO MOVE

A sedentary lifestyle combined with chronic stress is a recipe for illness. But you can do something about it. One of the best changes you can make is adding more physical activity to your life. Regular physical activity can:



- Help you lose weight
- Decrease your risk for heart disease and other health problems
- Boost your mood
- Help you live longer

The Centers for Disease Control and Prevention recommends clocking 150 minutes of moderate-intensity physical activity, such as brisk walking, per week and doing muscle-strengthening activities that work all major muscle groups two or more days per week. That's your target, but moving more yields even greater health benefits.

### **MAKING IT COUNT**

Given your busy schedule, 30 minutes of activity per day may seem like a lot. It's more manageable than you may think. As long as you're active for at least 10 minutes at a time, you're reaping the rewards. You can break up your workouts into smaller chunks throughout your day, such as in the morning, during lunchtime and after work. You may even be able to sneak in a quick workout at your desk.

It's important to find activities that you enjoy. This will make you more likely to stick with them. Any aerobic activity that raises your heart rate

and makes you break a sweat counts. Moderate-intensity activities might include brisk walking, water aerobics, riding a bike, dancing, tennis or even gardening and other yard work.

Sometimes the hardest part is getting started. Once you make exercise a regular part of your life, you'll start feeling better. Inviting family, friends or coworkers to join you may make you look forward to it even more.

## **10 Ways to Move More**

**When it comes to getting more exercise, think beyond the gym. Here are some simple ways to move more throughout your day.**

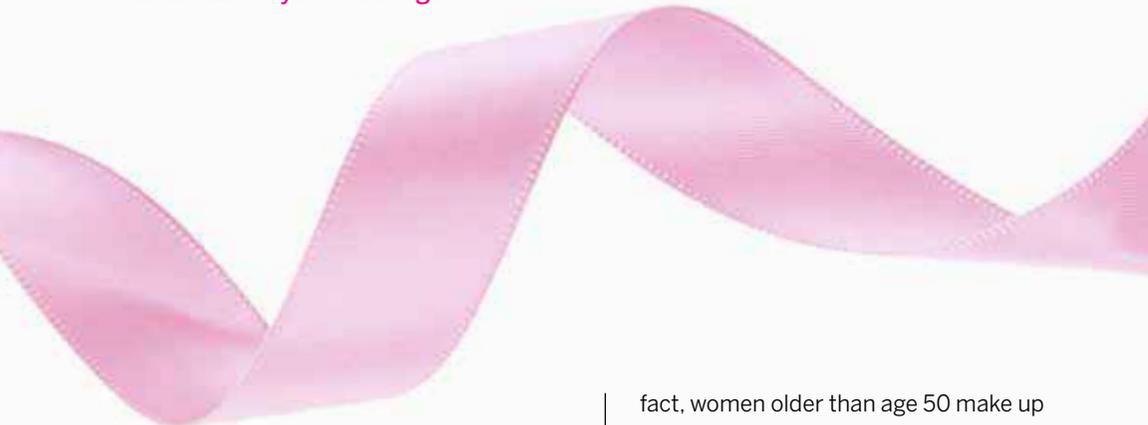
- 1. Turn a coffee date into a walking date.**
- 2. Do an extra lap around the grocery store before checking out.**
- 3. Take steps — in place or in circles — during commercial breaks or between binge-watching episodes.**
- 4. Go around the block after dinnertime.**
- 5. Park as far away from work or the mall as you can.**
- 6. Window shop at the mall.**
- 7. Instead of a movie, go dancing or bowling.**
- 8. Get off the bus a stop early.**
- 9. Work at a desk? Set a phone alarm to stand up and walk around a bit every 30 minutes.**
- 10. Walk a message down the hall to a coworker instead of emailing.**

## **>> Check In Before You Work Out**

It's a good idea to talk with your doctor before you start any exercise routine. If you don't have a primary care physician, you can find one at Anderson Medical Group. Visit [www.andersonmg.com](http://www.andersonmg.com).

# Take These **5** Steps to Stem Your Breast Cancer Risk

Every year, thousands of women hear the frightening words: “You have breast cancer.” Now here are some encouraging words: You might be able to lower your risk for this disease by adopting some smart lifestyle strategies.



## RISKS YOU CAN AND CAN'T CONTROL

Does it seem like breast cancer is in the news just about every day? Need help sorting out the facts? Well, it's true that breast cancer is one of the most common types of cancer among American women. And, unfortunately, some risks for this disease cannot be changed.

For one thing, you're more likely to develop breast cancer as you get older. In

fact, women older than age 50 make up most advanced breast cancer cases. Those whose mothers, sisters or daughters have had breast cancer also face a higher risk. Ethnicity also plays a role. For example, breast cancer develops more often in Caucasian women than in African-American, Hispanic or Asian women.

But you may be able to change some other risk factors:

- 1 Scale back.** Obese women are more apt to get breast cancer, while lean women enjoy a lower risk.
- 2 Stay on the move.** Studies indicate there's a lower rate of breast cancer in women who exercise.
- 3 Don't tip your glass too often.** Having one to two alcoholic drinks a day can increase your risk.





**4 Clear the smoke away.** In a study of more than 73,000 women, the rate of breast cancer among current smokers was about 24 percent higher than in nonsmokers. Wondering if it's too late to quit? Here's some good news: The women who had once smoked but quit reduced their risk for breast cancer by nearly half of current smokers.

**5 Cut the fat.** Your risk for breast cancer rises along with the amount of fat in your diet. Limiting fat, especially saturated fat, may curb your risk.

### SCREENING STILL MATTERS

When breast cancer does strike, it's very important to catch it in its early stages, when it's most treatable. Mammography can help, but its benefits and limitations vary based on factors like age and personal risk. And experts have different recommendations for mammography.

Currently, the U.S. Preventive Services Task Force recommends screening every two years for women ages 50 to 74. The American Cancer Society recommends a mammogram yearly for all women ages 45 to 54, and every other year for women ages 55 and older. Talk with your doctor about your personal risk factors before making a decision about when to start getting mammograms or how often to get them. Also ask your doctor if you need a clinical breast exam.

To find out more about breast cancer, visit the National Cancer Institute's website: [www.cancer.gov](http://www.cancer.gov).

### >> Get the Answers You Need

The Friends of Hope Breast Diagnostic Center in Anderson Hospital's Warren Billhartz Cancer Center offers comprehensive screening, diagnosis and intervention.

Services available with physician referral include:

- Screening and diagnostic mammography
- Stereotactic breast biopsy, useful when calcifications or a mass can be seen on a mammogram, but cannot be felt
- Ultrasound-guided breast biopsy to obtain breast tissue for analysis without surgery
- DEXA scan, the most accurate way to measure bone mineral density

Call **618-391-6820** for more information.

WHAT'S COOKING

# Brain Food: Eat Your Beans, Broccoli and Berries!



Healthy fruits and vegetables abound, but when it comes to keeping your memory strong, the B's have an advantage. Consider the extra healthful benefits of beans, broccoli and blueberries.

All three are chock full of antioxidants. On one government list of the foods highest in antioxidants, small red beans took first place, with blueberries and kidney and pinto beans following close behind.

Antioxidants are nutrients that protect your cells from harmful molecules called free radicals. Diets high in antioxidants may help prevent many diseases. Some studies have shown eating food high in antioxidants may help lower your risk for Alzheimer's disease. However, it's important to note that the National Institutes of Health says that

researchers still aren't sure whether diet can actually prevent the disease.

Broccoli and other green, leafy and cruciferous veggies — rich in B vitamins as well as antioxidants — boost brainpower, too.

One study suggested that women who ate the most vegetables — especially green leafy and cruciferous veggies, such as broccoli — appeared to experience less cognitive decline than those who declined their veggies. Cognitive decline was assessed with tests that measured thinking skills, memory and attention.

If you want to include more of these foods in your diet, try these smart serving tips:

- **Beans:** While beans cook, sprinkle them with cumin, and serve them with rice and a salad for a tasty, inexpensive, meatless meal. Serving vitamin C-rich vegetables, such as peppers, with the beans helps you better absorb their iron.
- **Broccoli:** Try raw florets for a snack. Add a low-fat dip or toss them into your favorite salad.
- **Blueberries:** Add fresh or frozen blueberries to your cereal. Or mix them in the blender with vanilla yogurt to make a smoothie.

Also try the delicious, nutritious recipes that follow. Your brain, as well as your taste buds, may thank you!



## Red Beans and Rice

### Ingredients

- 1 tbsp. olive oil
- 1 cup onion, cut into ½-inch pieces
- 1 cup green bell pepper, rinsed and diced
- 1 tbsp. garlic, minced or pressed (about 2–3 cloves)
- 1 ½ tsp. ground cumin
- 1 ½ tsp. dried oregano
- 1 can (14 ½ oz.) low-sodium chicken broth or vegetable broth
- ½ cup instant brown rice, uncooked
- 2 cans (15 oz. each) low-sodium red kidney beans, drained and rinsed

### Directions

Heat oil in a 12-inch sauté pan over medium heat. Cook onion, stirring occasionally, for five minutes, until pieces begin to soften but not brown. Meanwhile, slice pepper lengthwise into ¼-inch strips. Holding the strips together, cut crosswise in ¼-inch pieces. Add green pepper to cooking onion. Cover and cook for five minutes, stirring occasionally.

While the green pepper and onion cook, mince the garlic. Add garlic, cumin and oregano to the sauté pan. Cook and stir for one minute. Add broth and rice to sauté pan

with green pepper and onion. Stir well, cover and simmer for 10 minutes. Meanwhile, drain beans and rinse thoroughly. Add beans to sauté pan. Stir well and cover. Simmer for five minutes to heat beans and blend flavors.

*Makes four servings. Each serving contains about 344 calories, 5 g fat, 1 g saturated fat, 2 mg cholesterol, 331 mg sodium, 57 g carbohydrates, 9 g fiber and 18 g protein.*

*Source: National Heart, Lung and Blood Institute, National Institutes of Health*





## Broccoli Soup

### Ingredients

- 3 cups chopped broccoli (or two 10-ounce packages frozen broccoli)**
- ½ cup diced celery**
- ½ cup chopped onion**
- 1 cup low-sodium chicken broth**
- 2 cups nonfat milk**
- 2 tbsp. cornstarch**
- ¼ tsp. salt**
- Dash pepper**
- Dash ground thyme**
- ¼ cup grated Swiss cheese**

### Directions

Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover and cook until vegetables are tender (about eight minutes). Mix milk, cornstarch, salt, pepper and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat. Add cheese and stir until melted.

*Makes four servings. Each serving contains about 140 calories, 3 g fat, 2 g saturated fat, 10 mg cholesterol, 270 mg sodium, 20 g carbohydrates, 5 g fiber and 11 g protein.*

*Source: Centers for Disease Control and Prevention, "Fruits and Veggies: More Matters"*

---

## Blueberry Coffee Cake

### Ingredients

- 1 cup low-fat lemon yogurt**
- 3 tbsp. vegetable oil**
- 2 egg whites**
- ½ cup sugar**
- 1 ½ cups flour**
- 1 tbsp. grated lemon peel**
- 2 tsp. baking powder**
- ½ tsp. baking soda**
- ¼ tsp. salt**
- 1 ½ cups fresh or thawed, drained frozen blueberries**

### Directions

Heat oven to 375 degrees. Spray a 9-inch square pan with nonfat cooking spray. Beat yogurt, oil, egg whites and sugar in a large bowl. Stir in remaining ingredients except blueberries. Carefully stir in blueberries.



Spread all ingredients in pan. Bake about 45 minutes or until cake springs back when touched lightly in center. Cool 10 minutes.

*Makes eight servings. Each serving contains about 227 calories, 6 g fat, 1 g saturated fat, 1 mg cholesterol, 192 mg sodium, 38 g carbohydrates and 2 g fiber.*

# Take **FAST** Action During a Stroke



Stroke is the fifth most common cause of death and a leading cause of disability in the U.S. The good news is that strokes can be treated and prevented, and fewer Americans are dying of stroke today than ever.

A stroke can occur when the blood supply to part of your brain is interrupted or severely reduced, depriving brain tissue of oxygen and nutrients. Within minutes, brain cells begin to die. A stroke is a medical emergency — prompt treatment is crucial. Early action can minimize brain damage and potential complications.

## KNOW THESE SYMPTOMS

Watch for these signs and symptoms if you think you or someone else may be having a stroke. Note when the signs and symptoms begin because the length of time they have been present may guide your treatment decisions:

- Trouble with speaking and understanding
- Paralysis or numbness of the face, arm or leg
- Trouble with seeing in one or both eyes
- A sudden, severe headache, which may be accompanied by vomiting, dizziness or altered consciousness
- Trouble with walking

## WHEN TO SEEK MEDICAL ATTENTION

Seek immediate medical attention if you notice any signs or symptoms of a stroke, even if they seem to fluctuate or disappear.

## THINK “FAST” AND DO THE FOLLOWING:

**F** **FACE.** Ask the person to smile. Does one side of the face droop?

**A** **ARMS.** Ask the person to raise both arms. Does one arm drift downward? Or is one arm unable to raise up?

**S** **SPEECH.** Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?

**T** **TIME.** If you observe any of these signs, call **911** immediately.

## TIMING IS CRITICAL

Call **911** or your local emergency number right away if you suspect a stroke. Don't wait to see if symptoms go away. Every minute counts. The longer a stroke goes untreated, the greater the potential for brain damage and disability.

If you're with someone you suspect is having a stroke, watch the person carefully while waiting for emergency assistance.

## >> You can count on us.

Anderson Hospital is certified as an Emergent Stroke Ready Hospital by the Illinois Department of Public Health and is a member of the Mid-America Stroke Network. The hospital is currently working toward Primary Stroke Certification through the Joint Commission. To learn more, visit [www.andersonhospital.org](http://www.andersonhospital.org) or [www.midamericastrokenetwork.com](http://www.midamericastrokenetwork.com).

# Stronger Together

**Anderson Hospital is pleased to announce an affiliation with Community Memorial Hospital (CMH) of Staunton that will strengthen both organizations and enhance the medical resources available to local residents.**

The two organizations announced their intent to affiliate in October 2015. After a due diligence process and completion of all regulatory approvals, the boards of both hospitals entered into an affiliation agreement that established Anderson Hospital as the corporate parent of CMH effective July 1, 2016.



"Anderson Hospital and CMH have a history of working together to improve access to health care services for the residents of Macoupin County and northern Madison County," says Keith Page, president and CEO of Anderson Hospital. "As health care continues to evolve, our organizations will be better positioned to adapt to change together so that we can continue to provide coordinated, quality care close to home."

## **CMH BRINGS BROAD EXPERTISE**

Community Memorial Hospital is a 25-bed, short-stay, nonprofit, nondenominational hospital that has served area residents since



1951. The hospital is licensed by the Illinois Department of Public Health.

CMH maintains medical/surgical units and multibed special care units. Twenty-four hour emergency care is available 365 days a year. Nurses are specially trained in cardiac life support, trauma life support and specialized pediatric care.

Specialty services available at CMH include audiology, cardiology, pulmonology, dermatology, neurology, obstetrics/gynecology, ophthalmology, orthopedics/sports medicine, podiatry, urology, oncology, allergy/asthma, rheumatology and wound care. The hospital recently finalized a \$14 million upgrade and renovation, including a new emergency department, laboratory and physical therapy department.

## **WHAT WILL CHANGE**

While CMH will continue to operate as before, it will update its name to Community Hospital of Staunton, An Anderson Healthcare Partner. Page confirmed that senior leadership in Staunton will remain the same, but Anderson's board of trustees will have ultimate authority on significant matters. Friends of Community Memorial Hospital Foundation will continue fundraising and will exclusively support the needs of Staunton's facility.

"Together, these organizations are stronger and have broader resources," says Sue Campbell, Community Hospital of Staunton CEO. "This affiliation is good for the community and our hospital to ensure quality health care services are available locally, while patients who require a transfer for more medically complex services will be easily accommodated at Anderson."

## **>> Want to know more?**

Learn about Community Hospital of Staunton, An Anderson Healthcare Partner, at [www.stauntonhospital.org](http://www.stauntonhospital.org).

# You Really Like Us!



At Anderson Hospital, the best we can do is to do the best for our patients. That's why it is such an honor to receive compliments from our patients. It is our pleasure and privilege to serve your health care needs.

"You guys saved my wife's life by just doing your job. I will never forget this. You will always remain in my heart. I will add you guys to the short list of heroes in my life."

"I feel very secure knowing that a top-notch hospital like Anderson is right here in my community. More importantly, I need to tell you guys what a wonderful hospital you work at. You are a well-rounded staff of experts working with each other, plus all the diagnostic capabilities that technology has to offer."

"Thank you for all your help this week. The treatment I received was remarkable. Thank you for keeping me in good hands."

"Very pleasant experience at Anderson. All the staff was very kind—from doctors to cleaning and meal service. Thanks for caring for me."

"My most grateful appreciation goes out to these folks who, even working on the 4th of July, had great spirits and even better patient service. I'm not one to write reviews, bad or good, but an experience like this has to be shared."

"My dad and I are extremely happy with the care he received at Anderson. Staff members answered all of our questions, and everyone was so nice to my dad."

"Just a note of thanks to tell the staff on all shifts that I had such a good experience and great care during my recent stay. Thank you to all!"

"Everyone from registration to medical staff were great. The nurses were highly professional, courteous, friendly, thorough and helpful. They were super at making me feel as comfortable as possible through the entire process. You should be proud of your staff, including the volunteers."

"I am sure when you get busy and tired, the job seems really hard. But please know that you are good for people and you are really appreciated. Thanks again for taking care of my mom!"



# CommunityCalendar

FALL/WINTER 2016

Anderson Hospital offers a wide variety of services, programs and support groups to help you get well and stay healthy. For more happenings around Metro East with Anderson, keep up with us on Twitter [@AndersonHosp](#) and on [www.facebook.com/AndersonHospitalLL](#). Sign up for our email newsletter at [www.andersonhospital.org](#).



## PRENATAL CARE AND FAMILY COURSES

For a full list of Prenatal Care and Family course offerings, dates, times and costs, and for online registration, visit [www.andersonhospital.org/pavilion](#) or call **618-391-5983**.

- Preparation for Childbirth
- Sibling Class
- Breastfeeding Class
- Prep School for Dads
- Here Comes Baby!

**Babysitting Class**  
**618-391-6700**

**Outpatient Lactation Services/Lactation Supplies**  
By appointment.  
**618-391-6057**

## SCREENINGS

**Cholesterol and Blood Pressure Screenings**  
\$25 per screen. Call for more information.  
**618-391-6710**

**Prostate Screenings**  
\$10 per screen. Call for more information.  
**618-391-5900**

## SUPPORT GROUPS

**Air Link**  
A social club for individuals with pulmonary-related conditions meeting every other month.  
**618-391-6715**

**AWAKE (Alert, Well And Keeping Energetic)**  
Support group for people affected by sleep apnea.  
**618-288-6124**

## Grief Support Group

Monthly support group in the hospital chapel. Meetings are held on the second Tuesday of every month at 7 p.m.  
**618-391-6456**

**Ostomy Support Group**  
Monthly meetings led by certified wound and ostomy nurses.  
**618-391-5941**

**Pregnancy and Infant Loss Support Group**  
Meetings are held the fourth Tuesday of every month.  
**618-391-5984**

**SHARE (Support Has A Reinforcing Effect)**  
Monthly support group for women who have been diagnosed with breast cancer.  
**618-391-5900**

**Stroke Support Group**  
**618-391-5230**

## Save the Date

**January 28, 2017**

In celebration of our 40th anniversary!  
**Anderson Hospital Foundation Gala**  
Four Seasons Hotel St. Louis  
**Cocktails 5:30 p.m.**



ANDERSON  
HOSPITAL  
*Foundation*

**40**  
*years!*

## DIABETES SUPPORT

### Online Diabetes Support Forum

Looking for help dealing with diabetes? Ask the experts at Anderson Hospital. We support the diabetes community with important information and helpful tips to help you live a healthier life. Call **618-391-6711** for more information.

## OTHER PROGRAMS

### Community Health Education

**618-391-6712**

### Congestive Heart Failure Program

**618-391-6715**

### CPR, ACLS, PALS Courses

**618-391-6700**

### Diabetes and Dietitian Services

**618-391-6710**

### Phase 2 Cardiac and Pulmonary Rehabilitation

**618-391-6715**

### Phase 3 Supervised Exercise Program for Adults

**618-391-6715**

### Wound and Ostomy Care Services

**618-391-5941**

# Walk of Remembrance and Hope 2016

**Saturday, October 1, 2016,  
starting at 9 a.m.**

## Anderson Hospital

Anderson Share Group presents this event for parents (and their families) who have lost a child before, at or shortly after birth. The support group is for families that have shared that same life-changing experience. With the help of a leader, the group aims to help ease the pain and build lasting relationships among those coping with grief. Register for this event by emailing [pregnancyloss\\_support@andersonhospital.org](mailto:pregnancyloss_support@andersonhospital.org).

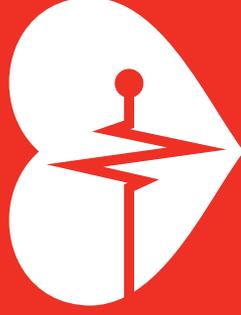


6800 State Route 162  
Maryville, IL 62062-1000  
618-288-5711

Your **FREE** Health & You magazine  
from your friends at **Anderson Hospital**



**inside:**



Spotting silent heart  
attacks

Pregnancy tips

Brain-boosting recipes

**And much more!**

NON-PROFIT ORG  
U.S. POSTAGE  
**PAID**  
Long Prairie, MN  
Permit #933