Get Set for Spring!
18 Ways to Refresh Your Health, Your Home and Your Life

Sophie’s Story:
Gaining Strength with Anderson’s Physical Therapy

The Habit That’s Sabotaging Your Sleep

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 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.

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Wait at home, not at Glen Carbon ExpressCare.
The next time you need treatment at Glen Carbon ExpressCare, visit our website to select a treatment time on your smartphone or personal computer. Then wait at home until that projected time. In the case of a delay, you’ll receive a phone call or email notification.
This feature is not designed as an appointment or reservation service. Rather, it estimates treatment times based on facility conditions.

Need medical care at Glen Carbon ExpressCare?
Go to www.andersonhospital.org today. Click on “Select A Time.”

ExpressCare
ExpressCare treats ailments like fevers, earaches, insect bites, rashes, sore throats and toothaches. ExpressCare does not replace your physician’s office or the Emergency Department. In an emergency, call 911 or go to the nearest hospital immediately.
Setting the Standard for Cardiac Care

Anderson Hospital proudly unveils its new cardiac catheterization labs this spring.

Anderson Hospital has taken another major step in its mission to become one of the area’s finest and most comprehensive patient care providers. This spring, Anderson’s cutting-edge cardiac catheterization labs are opening and will offer on-site diagnostics and treatment for a much broader range of cardiovascular conditions.

Lifesaving Procedures

Considered the “gold standard” in diagnosing heart disease, cardiac catheterization is a minimally invasive procedure in which a thin, flexible tube, or catheter, is inserted into the artery or vein in the patient’s arm or leg. Once the catheter is inserted, the physician advances it to the heart using X-ray guidance. Contrast dye is injected through the catheter to outline the arteries and show any blockage that may be present.

“There’s a saying in the cardiology world — time is muscle,” says Michael J. Fleissner, M.D., an interventional cardiologist with the Heart Care Group. “The new cath labs will allow us to address both scheduled procedures and emergency procedures simultaneously without delay. I feel the new facilities will make Anderson Hospital one of the primary EMS [emergency medical service] destinations in Madison County for treatment of sudden heart attack. The overall treatment of cardiovascular disease at Anderson Hospital continues to be top-notch.”

A Fully Equipped Facility

The new 5,400-square-foot cath labs feature state-of-the-art cardiovascular imaging capabilities, including Philips Flat Panel FD20 imaging systems, as well as GE Maclab patient monitoring systems. In addition, both cath lab suites have been integrated with Volcano intravascular ultrasound units. The new cath suites are located in close proximity to the unit’s pre-care patient area, post-care recovery area and Chest Pain Center.

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National Accreditation

The cath lab completion coincides with the hospital’s recent achievement of Chest Pain Accreditation with Percutaneous Coronary Intervention through the Society of Cardiovascular Patient Care. By meeting a rigorous set of criteria, Anderson Hospital is one of only 33 hospitals in Illinois to achieve the accreditation and the only hospital in Madison County to earn this recognition.
“Chest Pain Accreditation demonstrates to the community that we have met a stringent set of criteria based on best practices for treating patients who present with acute coronary syndrome,” says Anderson Hospital President and CEO Keith Page. “It also ensures that when patients enter our facility with symptoms consistent with an acute or impending heart attack, we have processes and protocols in place to provide immediate treatment without delay.”

The cath lab project is the latest step in a continuing journey to set the standard for what a community-based hospital can achieve when it commits to delivering the highest-quality patient care.

— William H. Rodgers, M.S., R.N.,
Director of Cardiovascular Services,
Anderson Hospital

Centered on Your Heart

Together, the cardiac catheterization team brings more than 60 years of experience. Learn more about Anderson’s cardiovascular services at www.andersonhospital.org. Under “Anderson Centers,” select “Chest Pain Center.” You can also find resources for preventing a heart attack before it starts. Scroll to the bottom of the page.
Need a Doctor?

Looking for a primary care physician? These physicians are accepting new patients! Call today to make your appointment.

www.AndersonMG.com
You Can Beat Diabesity

Diabesity is a new term for two related epidemics happening right now in the United States: diabetes and obesity. Experts now predict that two of every five people born between 2000 and 2011 will develop type 2 diabetes in their lifetime. The main culprit? Obesity.

Don’t let diabesity become a buzzword in your life. Losing just 5 to 7 percent of your body weight — that’s 10 pounds if you weigh 200 pounds — reduces your risk for diabetes. Exercising, eating well and setting achievable goals can help keep your weight in check. You can also benefit from these healthy habits if you already have diabetes.

For advice on controlling diabetes, turn to pages 12 and 13.

Breathe Easy While You Garden

If you have a lung condition like COPD or asthma, springtime triggers don’t necessarily mean yard work is off-limits. To maximize your gardening time — while minimizing symptoms — plan your activity on cloudy, windless days, when mold and pollen counts tend to be lower. Be sure to wear gloves and a mask while you work. Certain flowers are also known to be better tolerated by people with allergies. They include dahlias, snapdragons, tulips and roses.

Need help managing COPD or asthma?
Reach out to Anderson Hospital’s cardiopulmonary services team. Call 618-391-6580.
If you’re a new mom or dad, it’s not unusual if you gaze at the beautiful baby in your arms and think, “Now what?”

If you’re wishing your baby came with an instruction manual, here’s the next best thing. Read on for practical advice on what to expect as you and your baby navigate his or her first year of life.

WEEK 1-2: TAKING CARE OF BABY ... AND YOURSELF
Now that you’re home and settled in with your baby, it may seem like all you do is feed, burp and change baby’s diapers all day — and all night — long. You’re so focused on your baby that the dishes pile up and the phone goes unanswered.

Don’t feel obligated to have houseguests over if you’re not up for it. Let others help out with chores and meal preparation. Right now, all you need to do is snuggle and bond with your newborn. Your baby doesn’t care if your house isn’t spotless!

WEEK 8 (2 MONTHS): FIRST SOUNDS AND SMILES
You’re probably getting more in sync with the many sounds your little one makes. Responding to your baby is important. You won’t spoil him or her by doing so. In fact, you’re helping your child to feel safe and secure in this brand new world. Has your baby smiled at you yet? That fleeting grin makes the fatigue and exhaustion seem to melt away — at least temporarily!

WEEK 12 (3 MONTHS): CHECKUP TIME
Do you and your baby have a date at the pediatrician’s office? Remember to schedule your baby’s checkups. Talk with your doctor about when to schedule and how frequently. At these visits, your doctor can answer your questions about your baby’s development and growth.

WEEK 24 (6 MONTHS): PERSONALITY AND PARENTING
Just as babies come in all shapes and sizes, they come with different personalities, too. Your baby’s temperament is primarily an inborn trait. Identifying and respecting your baby’s personality — rather than trying to change the parts you don’t like — will make parenting easier now and as he or she gets older. If you feel that you have an especially high-maintenance or unhappy baby, check with your pediatrician to see if there could be a medical reason behind her behavior.

WEEK 32 (8 MONTHS): SITTING UP
It’s time to sit up and take notice of another milestone. By 8 months, your baby will probably learn to sit up without your help! He may lean forward on his hands for some support, though. If you’re thinking that now might be a good time to purchase a walker for your baby, think again. The American Academy of Pediatrics strongly recommends against walkers since they can be a safety hazard. They also don’t help your baby develop the muscles and coordination necessary for walking.
**We’re There, from Hospital to Home**

When you choose to deliver your baby at Anderson Hospital, you have access to our unique continuity-in-nursing program. Each obstetrical nurse is cross-trained in order to meet mom’s and baby’s needs from admission to the trip home.

And our care doesn’t stop when you leave the Pavilion for Women. During your hospital stay, a nurse will schedule a postpartum follow-up visit. You and your baby will return for a checkup to confirm that you are both healthy.

If you have questions about breastfeeding, please contact our lactation consultants at 618-391-6057 to schedule an appointment.

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**WEEKS 48-52 (8 TO 12 MONTHS): LEARNING LANGUAGE**

In the beginning, all your baby could do was cry to communicate. Now, your little one is probably pointing to ask for things and is starting to understand more language. Your heart will leap the first time your baby says “mama” or “dada” and actually means you! The time when your baby begins to say recognizable words can vary greatly.

Encourage your baby to communicate by pointing at objects in picture books and waiting for a response, and by repeating the syllables your baby says.

It’s been a year of firsts that ends with baby’s first birthday. It may be bittersweet to think that your baby is becoming an independent toddler, but the next years will be just as full of milestones and memories.

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>> As Your Baby Grows …

The Anderson Pediatric Therapy Center offers services for children from birth to age 18, including activities directed toward appropriate developmental milestones. For more information, please call 618-288-KIDO (5436).
The Unhealthiest Sips for Kids

When it comes to kids’ diets, chances are, you spend more time worrying about what they eat than what they drink. But making the right — or wrong — beverage choice can impact their weight, dental health and more.

It’s no surprise that water, calorie-free beverages, nonfat or low-fat milk, and 100 percent fruit juice, in moderation, are the best beverages for children. Many other drinks you find in the grocery store aisles should be on the no-go list, however. Watch out for:

**SUGARY BEVERAGES**
Research shows that children who drink one or more sugary beverages a day, including soda, sports drinks and fruit-based beverages that are not 100 percent juice, are more likely to be overweight or obese.
NEED NUTRITION ADVICE?
Anderson Hospital dietitians are available to provide medical nutrition therapy services. A physician referral is required. To learn more, please call 618-391-6498.

JUICE
While a little 100 percent fruit juice is good for children, too much can lead to tooth decay and obesity. See the chart on this page as a guide. Note: U.S. Food and Drug Administration tests have found traces of arsenic in apple juice. As a precaution, consider limiting your children’s consumption of this juice.

SOFT DRINKS
Soda consumption contributes to several health problems in children, including lower bone mass density. This can increase their risk for bone fractures, weight gain and tooth enamel erosion, which raises the rate of decay.

ENERGY DRINKS
These beverages contain stimulants such as guarana, taurine and large amounts of caffeine, none of which are appropriate for young children or adolescents. Researchers have linked caffeine in particular to dangerous side effects that could harm a child’s developing neurological and cardiovascular function. Some energy drinks contain more than 500 mg of caffeine — that’s equal to the amount in 14 cans of caffeinated soda.

Get Smart with the Sippy Cup
In some cases, what your children drink out of is just as important as what they drink. Tooth decay among young children ages 2 to 5 is on the rise. According to the American Academy of Pediatric Dentistry, giving children sippy cups filled with sugary drinks is part of the problem, as is overuse of the cups. Sippy cups should be used only as a short-term transitional device that moves children from a bottle to a glass or cup. Don’t let your children use a sippy cup for months or years at a time. And to protect your children’s teeth, fill sippy cups with water instead of sugary drinks.

How Much Juice?
The American Academy of Pediatrics recommends parents limit juice consumption to the following amounts:

<table>
<thead>
<tr>
<th>Age</th>
<th>Juice Consumption</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months and younger</td>
<td>No juice</td>
</tr>
<tr>
<td>1 to 6 years old</td>
<td>No more than 4 to 6 ounces per day (½ cup)</td>
</tr>
<tr>
<td>7 to 18 years old</td>
<td>No more than 8 to 12 ounces per day (1 cup)</td>
</tr>
</tbody>
</table>
When people first learn they have diabetes, many react with a similar emotion: denial. You could be in denial about your diagnosis if you find yourself thinking, “This isn’t happening to me” or “The doctors must be wrong.”

Denial may be our mind’s natural way of coping with bad news. It keeps us from becoming depressed and distraught. Over time, the reality sinks in, and denial gives way to acceptance.

But what if denial doesn’t go away? If you don’t believe that you have diabetes or that your condition is serious, you won’t take the necessary steps to keep yourself healthy.

Denial can cause you to make poor decisions that could harm your health. You might light up a cigarette. You might avoid checking your blood glucose levels regularly or forget to wash and inspect your feet for signs of injury each day. After all, if you don’t believe you have diabetes, why should these things matter? Unfortunately, all these behaviors could lead to serious complications down the road — such as high blood pressure, stroke and kidney disease.

Am I doing everything I can to keep myself healthy?

Even if you’ve completely grasped the reality that you have diabetes, feelings of denial may surface now and again. That’s normal. Whether you’re still moving through denial or coping with a new bout of it, the American Diabetes Association offers these tips for keeping healthy habits in place.

1. FOLLOW A PLAN.

Together with your doctor or diabetes care team, put together a detailed plan of everything that’s involved in your self-care. Jot down when and how much insulin or other medications you need to take. Make a note to inspect your feet daily.

2. HAVE A SUPPORT SYSTEM.

If you’re struggling with any aspect of your care, it might feel easier to forget about it altogether. But this can backfire. Any time you identify an area in which you’re having difficulty, think about who can best help you through it. For instance, working with a registered dietitian can help you overcome trouble with a meal plan. If you can’t seem to stick with exercise, work with a trainer to develop a routine that’s enjoyable and effective for you.

Ask yourself:
Have I fully accepted the fact that I have diabetes? Am I doing everything I can to keep myself healthy?
3. MAKE IT A FAMILY AFFAIR.
You may feel envious that your family members can eat whatever they want and think, “I can eat that, too.” That’s denial — you believe, even for a moment, that it won’t hurt you.

Asking your family to adopt some of your healthy habits can prevent these potentially harmful moments of denial. What’s more, making smarter eating choices and increasing the amount of exercise your family gets — such as taking walks together around the neighborhood — will benefit everyone, whether or not they have diabetes.

Can You Control Diabetes Without Medication?
If you have type 1 diabetes, the answer is simply no. Taking insulin is a necessity because your body may not make any, or may not make enough, of the hormone.

If you have type 2 diabetes, the answer is not as clear-cut. The first treatment your health care provider may offer is a combination of meal planning, exercise and weight loss. Such steps can lower blood glucose. Sometimes lifestyle changes are enough to bring glucose levels down near the normal range and to manage your diabetes.

Over time, however, that picture may change. Many people with type 2 diabetes eventually need medicine to properly manage their disease. That being said, maintaining a healthy lifestyle through diet, exercise and weight management is still very important, even if you are taking medications to help manage your diabetes.

>> We Can Help You Manage Diabetes

Anderson Hospital’s self-management program could be your first step to taking control of your life with diabetes. Discover the helpful diabetes services and support available to you at www.andersonhospital.org. Look for “Diabetes Education” in the Services menu. Or give us a call at 618-391-6711.
If you are among the millions of Americans who have a pacemaker, you may have some questions about its maintenance and the activities you can and cannot do with a pacemaker.

Here are answers to some common questions. Be sure to follow your doctor’s instructions. Check in with your provider if you have questions about your specific pacemaker and health condition.

**Q. DO CELLPHONES INTERFERE WITH PACEMAKERS OR ICDS?**

**A.** Cellphones generally do not appear to interfere with or damage pacemakers, according to the U.S. Food and Drug Administration and the American Heart Association. However, as technology evolves, research is underway to determine if newer frequencies affect pacemakers. If you want to be extra careful, avoid keeping your cellphone in your breast pocket on the side of the device. Also, you may want to use the phone on the opposite ear.

**Q. CAN I TRAVEL ON A PLANE WITH MY PACEMAKER?**

**A.** Always follow your doctor’s instructions, but air travel shouldn’t pose a risk to your pacemaker. Let airport security staff know you have a pacemaker. Carrying your pacemaker ID card can help. (See box.)
Pacemaker vs. ICD: What’s the Difference?

A permanent pacemaker is a small device that is implanted under the skin, most often in the shoulder area just under the collarbone. It sends electrical signals to start or regulate a slow heartbeat. Pacemakers can sense when the heart’s natural rate falls below the rate that has been programmed into the pacemaker’s circuitry.

An implantable cardioverter defibrillator (ICD) is designed to deliver two levels of electrical energy. A low-energy shock can convert a beating heart that is in an abnormal rhythm back to a normal heartbeat. A high-energy shock is delivered only if the arrhythmia is so severe that the heart is only quivering instead of beating.

An ICD senses when the heart is beating too fast and delivers an electrical shock to convert the fast rhythm to a normal rhythm.

Q. CAN I EXERCISE WITH A PACEMAKER?
A. Talk with your doctor about your exercise routine. You’ll probably have to avoid full-contact sports, like football, but most activities are OK.

Q. DO PACEMAKERS NEED TO BE ADJUSTED PERIODICALLY?
A. Some devices may need to be adjusted if your medical condition or lifestyle changes. Most adjustments are done noninvasively using a device called a programmer. This specialized computer communicates with the pacemaker using magnetic signals via a wand or loop placed over the device. Ask your doctor about a schedule of follow-up visits based on your condition and type of device.

Q. WHEN DO I HAVE TO REPLACE MY PACEMAKER OR ICD?
A. Most devices will last about five to 10 years, estimates The Heart Rhythm Society, after which the battery will need to be replaced.

Get Your Free Pacemaker ID Card

Download and print your ID card from the American Heart Association at www.heart.org. Search for “pacemaker ID.” Keep it with you wherever you go.

In a Heartbeat

Along with our award-winning cardiac catheterization interventional cardiac services, Anderson Hospital’s Chest Pain Center offers permanent pacemaker and ICD implantation. Read more about our expanding facility and cardiac services on pages 4 and 5.
SPRING AWAKENING: 18 Ways to Renew & Refresh Your Life

Just as your home can get cluttered over time with unwanted stuff, your life can become cluttered with unhelpful habits. With the days becoming longer and the weather getting warmer, spring is the perfect time for a fresh start. Spruce up your health, home and attitude with these tips.

TAKE CARE OF YOUR BODY

1. Shake the salt out of your diet ... and then eat a banana. Eating less salt helps prevent or lower high blood pressure. We’re not just talking about table salt. In fact, most salt and sodium in the American diet is hidden in packaged and premade foods. Check the labels when you shop and purchase foods that are low in sodium (5 percent or less of the daily value). Put bananas in your grocery cart, too. They’re rich in potassium, which can help combat the effects of sodium and balance out your blood pressure.

2. Rock out while you work out. Listening to music while exercising can make the experience more fun — and may reduce your sense of exertion, based on research reviewed by the American Council on Exercise. Because you feel less fatigued, you may exercise harder, especially if the music has a fast beat.

3. Keep your sleep schedule. Longer days shouldn’t mean you lose sleep at night. Most adults still need seven to nine hours. Stick to a regular bedtime, even on weekends. Create a soothing ritual to help you relax before bed, such as taking a warm bath or curling up with a good book. But avoid winding down with electronics. See pages 22 and 23 to learn why.
4 If you smoke, commit to quit. It’s not too late to kick the habit. Stopping now has immediate health benefits and may add years to your life. Ask your doctor about medicines and resources to help you quit, or call the free Illinois Tobacco Quitline at 1-866-QUIT-YE5. Mark the quit date on your calendar. About two weeks before that date, change to a cigarette brand that’s lower in tar and nicotine. Taking this step will get your body used to functioning without nicotine.

5 Sip strategically. Be sure to drink responsibly and in moderation. To protect their health, men should drink no more than two alcoholic beverages per day and women no more than one. If you’re watching your weight, drinking alcohol can pack on pounds just as easily as foods. A 12-oz. mudslide averages about 820 calories; a Long Island iced tea contains almost 400 calories. Opt for alcohol-free, no-sugar-added, low-calorie beverages instead. Your best beverage of choice? Good old-fashioned water.

Organize your health care online. Through Anderson Hospital’s MyHealth portal, you can keep track of your health in one free, secure place. Find a list of current medications and allergies, register for upcoming appointments, view lab results and more. Register your account today at www.andersonhospital.org. Under “Patients & Visitors,” click on “MyHealth at Anderson.”

LIVE CLEAN AND GREEN

6 Tidy up your medicine cabinet. Here’s an important item to add to your spring cleaning to-do list: Check the expiration dates of all your over-the-counter and prescription drugs. Before you throw away unused medicines, review the label for disposal instructions. If none are given, the U.S. Food and Drug Administration recommends mixing old pills with a substance that kids and pets find unappealing, such as coffee grounds or kitty litter. Then seal them in a plastic bag or lidded can before tossing.
Clean out the fridge. Wipe down the inside of your fridge with soapy water, and then rinse with clear water and dry. Throw out any food that’s no longer safe to eat. Not sure how long you can keep Chinese leftovers or Grandma’s lasagna stored on the shelf? Download the free “Is My Food Safe?” app from the Academy of Nutrition and Dietetics at www.homefoodsafety.org/app.

Zap your germy sponge. After scrubbing your fridge and dirty dishes, your sponge may be teeming with germs. In most cases, you can microwave a damp sponge for one minute or put it in a dishwasher with a drying cycle. Replace used sponges frequently.

Do a home energy audit. Identify the places in your home where you’re wasting energy. Have you changed the filter in your heating and cooling equipment lately? Are you using energy-efficient light bulbs, such as energy-saving incandescent or compact fluorescent lamps? For more ways to save, go to energy.gov/energysaver.

Go on mold patrol. Mold isn’t just unsightly. For some, it can cause allergic reactions, asthma attacks or lung infections. Check for mold in areas that are often damp, such as the bathroom or basement. First fix any leaks. Then scrub small patches of mold from hard surfaces with water and detergent, and dry well. Moldy carpet may need to be replaced. If the affected area is larger than 10 square feet, consult a professional.

Install a natural cooling system. Celebrate spring by planting a tree around your home. Landscaping doesn’t just beautify your surroundings: According to the U.S. Department of Energy, well-placed trees can cut energy use by up to 25 percent for a typical household.

Clean up a negative perspective. Pessimistic thinking saps your enjoyment of life. Replace self-defeating thoughts with more realistically positive ones. Instead of thinking, “This is a hopeless disaster,” think instead, “This is a problem, but I can come up with a solution.”

OVERHAUL YOUR ATTITUDE
13 Combat stress with a go-to method for relief. Stressful situations happen to everyone. Be ready with a list of quick, easy strategies you can use for immediate stress relief. For example, you could count slowly to 10, take six deep breaths or walk up and down a flight of stairs.

14 If you can dream it, you can do it. Do you have a goal that you’re working on? Close your eyes and picture yourself achieving it. Involve all your senses as well as your emotions. For example, if you’re training for a 5K, you might imagine the sound of the crowd, the feel of your muscles working, the sight of the finish line and the surge of pride as you cross it.

15 Reframe your thoughts. When you need to resist an unhealthy temptation, try thinking about it using the words “I don’t” rather than “I can’t.” For example, rather than thinking, “I can’t have that cookie,” think, “I don’t eat cookies.” Framing the decision this way makes it about who you are, not what you can’t do.

16 See the positive in a negative. If you’re going through a rough patch, ask yourself what you have gained from the experience. Perhaps dealing with hardship or tragedy has made you stronger, brought you closer to loved ones or deepened your appreciation for life. Finding your silver lining helps you bounce back.

17 Feel more connected. Family and friends are a good source of emotional support. Nurture your relationships to improve your well-being. Look through your phone contacts and call or text someone you haven’t talked with lately. Expand your social circle by taking a class, joining a club or volunteering for a cause.

18 Become more zen. Mindfulness involves concentrating on the present moment without critiquing it. Studies show that practicing mindfulness helps manage stress, reduce anxiety and depression and can improve the ability to cope with illness. To see mindfulness in action, sink your teeth into your favorite spring fruit. Then really notice the fruit’s appearance, taste, texture and smell. Savor every delicious moment.

Support can make the world of a difference. Anderson Hospital hosts a variety of specialized support groups, including breast cancer, pulmonary conditions, stroke and more. See the complete listing of offerings on pages 30 and 31.
Finding Hope & Healing After Loss

Even though death is a part of life, losing a loved one is one of the most difficult events you can experience. Understanding grief and learning how to cope can help you heal and move forward with your life, as you honor the person you miss.

HOW GRIEF HURTS

People who are grieving often experience intense and enduring feelings of disbelief, shock, despair, sadness and guilt that can be difficult to deal with. People communicate their fears and concerns in many ways: crying, yelling, ignoring others, seeking information from others and writing letters.

Feelings of sadness, confusion, anger and fear are all acceptable. These strong emotional and physical symptoms of grief may not occur for all people who experience a loss, but in those who do have them, the symptoms may last months or even years.

THE STAGES OF GRIEF

The grieving process is very personal. You may be familiar with the five stages of grief: denial, anger, bargaining, sadness/depression and acceptance. The process will vary from person to person in terms of the order in which one experiences the stages (or phases) of grief, as well as the time it takes to go through the stages of grief.

People who are grieving don’t necessarily progress in order. The stages of grieving aren’t a one-time experience, either. Often people who are grieving will cycle through the different stages more than once. However, each step helps with the healing process.
**STEPS TOWARD HEALING**

When you are grieving, maintaining your normal routine is important. Make sure to take care of yourself physically by getting enough sleep, eating a healthy diet and exercising regularly.

Many people also find creating a meaningful memorial in the person’s honor to be a positive expression of their grief. For example, they might fund a scholarship program or give a gift to a charity in the loved one’s name.

“Grief is the price we pay for love.”
—Queen Elizabeth II

**SUPPORT IS NECESSARY**

Support from other people who are sensitive and understanding of the loss is one of the most important elements in healing. That support can come from family, close friends, religious groups, grief support groups and psychotherapists or grief counselors.

No support group will be able to take away the hurt and sorrow, nor will they be able to magically end the grieving. Support groups will, however, help you understand your emotions and cope with the loss. You can meet with others who have had similar experiences and learn what helped them through their toughest moments.

**MOVING FORWARD**

Often there’s a lot of attention focused in the first few months following the death, but there may be little support years down the road. Grief can recur years later. It may be triggered by a memory or an anniversary or a birthday associated with the deceased. Follow-up care in the bereavement process can detect recurrence of grief and help manage any long-lasting effects. Through the process, remember to be patient with yourself. Keep in mind that there is no universal timetable for grief.

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**When Grieving Happens Before Death**

Anticipatory grief is similar to the process of mourning, but it occurs in anticipation of the death. Anticipatory grief often comes about as a result of a terminal diagnosis or a life-threatening illness, when death is a possibility or likely. Anticipatory grief may include the following phases, though not exclusively in this order:

- Sadness and depression at the realization that death is inevitable and there is no expectation for a cure
- Concern for the dying person — family members may regret arguments, for example
- Understanding the physical process of death and what may happen after the death
- Imagining what life is going to be like without the person who is dying

Communication and support between family members, as well as outside support from caring professionals, can help families navigate the stages and emotions of anticipatory grief.

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**Monthly Grief Support Group**

All are welcome to share their grief experience in a comfortable group setting at Anderson Hospital. Meetings are held the second Tuesday of each month at 7 p.m. in the hospital chapel. Questions? Call James Donahue at 618-391-6456.
Is Your Smartphone Sabotaging Your Sleep?

Most of us enjoy screen time before bedtime. But this daily ritual could be keeping you from getting the best sleep possible.

If you like to get ready for bed by watching TV, checking Facebook on your phone or playing games on your tablet, you’ve got company. Nine out of 10 Americans use some type of electronic device in the hour leading up to bedtime, according to a National Sleep Foundation (NSF) poll. Among adults younger than age 30, the number climbs to 96 percent.

But even though you may love your gadgets, they might not love you back. Research shows some electronic devices can rob you of much-needed sleep if you use them too close to your bedtime.

YOUR BRAIN ON GADGETS
Part of the problem is that using technology interactively — for instance, playing a video or computer game, checking your email or shopping online — is mentally stimulating.

As a result, it can rev up your brain and body when you should be winding down. In the NSF poll, the more people used interactive devices in the hour before bedtime, the more likely they were to have trouble falling asleep or to wake up feeling unrefreshed.

But don’t worry — you don’t have to banish all electronic devices at bedtime. Listening to music on a portable media player is a passive experience that doesn’t seem to interfere with sleep. In fact, there’s good evidence that listening to relaxing music at bedtime can be an effective sleep aid.

THE DARK SIDE OF LIGHT
Watching a movie or TV show is a relatively passive process as well, but there’s a catch: The light from the screen may keep you awake. Electronic screens give off short-wavelength light. Studies have shown being exposed to this bright light in the evening can delay sleepiness.

That’s because the light stimulates a nerve pathway that leads from your eyes to the parts of your brain that regulate how drowsy — or wide awake — you feel.
Among other effects, the light may suppress the release of melatonin, a hormone that helps your body know when it’s time to go to sleep.

In a study from Rensselaer Polytechnic Institute, melatonin levels were reduced by more than 20 percent in teens and young adults who used a tablet for two straight hours. That could potentially make it harder to doze off afterward. It’s worth noting that the tablets were set on the highest brightness level for the study. If you’re determined to bring your tablet, laptop or smartphone to bed, the researchers recommend dimming the screen as much as possible and limiting how long you use it.

THOSE PESKY RINGTONES
Once you fall asleep, your mobile phone might try to wake you repeatedly with ringtones and alert sounds. Surprisingly, a lot of people just put up with the noise. In the NSF poll, 20 percent of adults younger than age 30 said they were awakened by their phones at least a few nights per week.

The best solution is to turn off the ringer completely. But if that isn’t feasible, you can still mute other alert sounds on your mobile phone, and shut off your tablet and laptop.

If you choose to keep your mobile phone, tablet or laptop by your bed, make sure you control it — instead of the other way around.

>> Could You Have a Sleep Disorder?

Learn what’s normal (and what’s not) when it comes to your sleep at www.andersonhospital.org. Select “Sleep Medicine” in the Services menu.
Go Nuts for Better Nutrition

Whether served as a snack, sprinkled in salads or used as coating for meats, nuts can add flavor and nutrition to your diet. In fact, the more often you crack them open and eat what’s inside, the bigger the health benefits, according to findings published in the New England Journal of Medicine.

Researchers tracked more than 100,000 men and women for 30 years. Those who ate nuts seven or more times per week were 20 percent less likely to die of any cause during that timeframe. That’s compared with those whose ate nut-free diets.

More nuts also meant a lower risk of dying from certain diseases, including cancer, heart disease and respiratory conditions.

NUTRIENTS IN NUTS
What’s so great about nuts? For starters, they’re rich in vitamins, minerals and antioxidants. Their kernels provide essential fatty acids, high-quality protein, flavonoids, fiber, folate, magnesium and more. These nutrients may:
- Prevent tumor growth
- Protect your heart and blood vessels
- Fight belly fat
- Calm inflammation
- Decrease cell damage from free radicals

WATCH YOUR PORTIONS
However, nuts do contain a fair number of calories. So swap out foods high in saturated fat for one or two one-ounce servings of nuts per day. See our chart below for a serving guide. You can also enjoy portion-controlled nuts in the recipes that follow.

Counting the Benefits
To enjoy the positive perks of nuts without too many calories, enjoy nuts in one-ounce servings:

<table>
<thead>
<tr>
<th></th>
<th>Healthy nutrients</th>
<th>A 1-oz. serving equals ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
<td>Vitamin E and magnesium</td>
<td>23 almonds</td>
</tr>
<tr>
<td>Cashews</td>
<td>Magnesium and copper</td>
<td>18 cashews</td>
</tr>
<tr>
<td>Pecans</td>
<td>Antioxidants and monounsaturated fats</td>
<td>19 pecan halves</td>
</tr>
<tr>
<td>Pistachios</td>
<td>Antioxidants and vision-boosting lutein and zeaxanthin</td>
<td>49 pistachios</td>
</tr>
<tr>
<td>Walnuts</td>
<td>Alpha-linolenic acid, the plant-based form of heart-healthy omega-3 fatty acids</td>
<td>14 walnut halves</td>
</tr>
</tbody>
</table>
Lemon-Walnut Green Beans

Ingredients
8 cups small green beans
2 cups sliced green onions
1/2 cups chopped walnuts
1 1/2 tbsp. chopped fresh or 3/4 tbsp. crushed dried rosemary
5 tbsp. fresh lemon juice
1 1/2 tbsp. grated lemon rind

Directions
Arrange green beans in a steamer basket over boiling water. Cover and steam eight to 12 minutes or until crisp-tender. Plunge beans into cold water to stop the cooking process; drain.

Spray a sauté pan with cooking spray. Over medium-high heat, add green onions and sauté until tender.

Add green beans, walnuts, rosemary and lemon juice. Cook, stirring constantly, until thoroughly heated. Sprinkle with lemon rind.

Makes eight servings, about 1 cup per person. Each serving provides 80 calories, 4 g fat (no saturated fat), no cholesterol, 10 mg sodium, 11 g total carbohydrate, 5 g dietary fiber, 3 g sugar and 3 g protein.

>>Diet Questions?
Talk with Your Doctor
If you need a physician, go to www.andersonhospital.org. Click on “Find a Provider.” See our Anderson Medical Group ad on page 6.
Banana Nut Bread

**Ingredients**
- 1 cup mashed ripe bananas
- 1/3 cup low-fat buttermilk
- 1/2 cup packed brown sugar
- 1/4 cup margarine
- 1 egg
- 2 cups sifted all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup chopped pecans

**Directions**
Preheat oven to 350 degrees. Lightly oil a 9-by-5-inch loaf pan. Stir together mashed bananas and buttermilk; set aside.

Cream brown sugar and margarine together until light. Beat in egg. Add banana mixture; beat well.

Sift together flour, baking powder, baking soda and salt; add all at once to liquid ingredients. Stir until well blended. Stir in nuts and turn into the prepared pan.

Bake for 50 to 55 minutes or until a toothpick inserted in the center comes out clean. Cool five minutes in pan.

Remove from pan and complete cooling on wire rack before slicing.

*Serving size is a 1/2-inch slice. Each serving provides 133 calories, 5 g fat (1 g saturated fat), 12 mg cholesterol, 138 mg sodium.*

Curry-Pistachio Chicken

**Ingredients**
- 1/2 cup shelled pistachios
- 1 tsp. curry powder (mild or hot, depending on preference)
- 3 tbsp. dried breadcrumbs
- 1 tbsp. dried parsley
- 1 egg white, beaten with 1 tbsp. of water in a shallow bowl
- 2 boneless, skinless chicken breasts (about 1 lb. total)

**Directions**
Preheat oven to 300 degrees, then remove the skins from pistachios: Drop shelled nuts into a small pot of boiling water. Remove from heat and let them soak for about a minute. Drain nuts and wrap them in a dishtowel. Rub gently, until nuts pop out of skins.

Spread nuts in one layer on a baking sheet and roast in 300-degree oven for 10 to 15 minutes. Nuts should be dried and crisp, but not brown.

When nuts are cool, place them in a sandwich-sized plastic bag and crush with a rolling pin. Add curry powder, breadcrumbs and parsley. Shake the bag to mix all ingredients and spread out on a plate or waxed paper.

Set oven temperature to 375 degrees. Cut chicken into eight strips. Dip strips into egg white and coat all sides with nut-crumb mixture.

Arrange on a cookie sheet that has been lightly oiled with cooking spray. Bake at 375 for 25 minutes or until chicken is cooked through and nut crust is lightly browned. Serve with bottled chutney.

Makes four servings. Each serving contains about 265 calories, 32 g protein, 10 g fat, 9 g carbohydrate, 2 g fiber and 136 mg sodium.
Making the Decision for Breast Reduction

One of the most rewarding procedures I perform is reduction mammoplasty, or breast reduction. For many women, a short procedure can overcome a lifetime of concern. Here are some answers to questions I am frequently asked.

AM I A GOOD CANDIDATE?
Breast reduction is indicated for women with symptomatic macromastia (excessively large breasts), including discomfort in the neck, shoulders and back. Shoulder grooving from bra straps and the associated discomfort are also common complaints, as are rashes that won’t resolve with treatment. A good candidate for breast reduction is a healthy woman of any age who has symptoms interfering with daily life.

WILL INSURANCE COVER THE PROCEDURE?
In the past, insurance approval has varied widely. Thankfully, there are now improved criteria that most insurance plans follow. Most insurance companies now determine eligibility based on a patient’s specific symptoms and a specific calculation that can be determined at the time of consultation.

ARE ALL BREAST REDUCTIONS COMPLETED THE SAME WAY?
Options for breast reduction continue to expand as we make improvements in techniques. These patterns can address variable methods for long-term breast support and efforts to limit scars. It is critical that a breast reduction is tailored for an individual’s needs to provide the best aesthetic, functional and long-lasting results.

WHAT IS RECOVERY LIKE?
The procedure takes approximately two to three hours and patients go home the same day. The discomfort is typically less than most women expect. Most women are off work one to two weeks and feeling nearly 100 percent by six weeks. Final results will be seen after three months. Often patterns that have the worst appearance initially are designed to “settle” into place and provide some of the best long-term results.

Dr. Ryan Diederich is a board certified plastic surgeon serving the St. Louis metro region. He is a member of the American Society of Plastic Surgeons and The American Society for Aesthetic Plastic Surgery, on the Council on Membership and Advocacy for the Illinois State Medical Society and President of the Madison County Medical Society.

Learn More
Visit www.midamericaplasticsurgery.com or schedule a consultation today at 618-288-7855.
STRONGER THROUGH PHYSICAL THERAPY

In March 2006, our bright, beautiful, 22-month-old daughter Sophie was diagnosed with Rett syndrome. Our neurologist had saved that test for last when trying to figure out why she wasn’t crawling, talking or meeting all the other milestones for toddlers.

Rett syndrome is a neurological disorder that primarily affects girls. After a seemingly normal first few months of life, girls begin to show symptoms between 6 and 18 months. Rett syndrome steals a girl’s ability to talk, walk and use her hands and often leads to gastrointestinal problems, seizures and scoliosis, among other things.

But even with all of these disadvantages, these girls are smart and thrive in an enriching environment. After the initial shock of finding out that our daughter wasn’t going to have the ‘typical’ childhood that we had dreamed of, we immediately started therapies through an early intervention program and found out everything we could about this disorder. When that program ended at age 3, we knew that we wanted to continue with therapy because it was so important to her overall wellness.

We were thrilled when we were able to resume physical therapy at Anderson Hospital. We chose Anderson because it was close to home and provided a variety of therapies. Due to the severity of her needs, we wanted to be at a place that had a lot of therapy options if we needed them. While we primarily utilize it for physical therapy, we have also used the speech therapy services.

Receiving weekly physical therapy at Anderson has helped her to become stronger, continue to walk with assistance, keep her spine flexible, and maintain good posture and support throughout her day. After a recent visit to her orthopedic doctor, spinal X-rays showed her curve had actually gotten a bit better! We know this is in part due to the dedication of the physical therapy team keeping her walking, stretched, positioned correctly and giving...
us advice on things to do at home! They also make sure to address all of the other issues that sometimes we as parents overlook, like keeping her neck and shoulders stretched and in optimal position.

We also love that she can receive traditional physical therapy and also physical therapy in the pool! We have worked with several of the physical therapy staff over many years at Anderson and each one of them is so dedicated to making sure that Sophie is getting everything that she needs. I know they have her best interest at heart and go above and beyond to provide top-notch attention to her and our family!

— Andy, Amy, Sophie and Ryan Kreher

>> Make an Appointment

Anderson’s Pediatric Therapy Center Therapy staff is skilled in treating children from birth to age 18 for a variety of conditions, including cerebral palsy, spina bifida, developmental delay and post-brain injury; orthopedic problems, such as knee pain and post-fracture therapy; and speech/language problems, such as language delays, articulation problems, hearing loss, and more.

For more information, please call 618-288-KIDO (5436).

>> Need Help with Breastfeeding?

Contact our lactation consultants at 618-391-6057 to make an appointment.
Community Calendar
SPRING/SUMMER 2015

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/AndersonHospitalIL. 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 or call 618-391-5983.
• Preparation for Childbirth
• Sibling Class
• Breastfeeding Class
• Prep School for Dads
• Grandparents Are Special!
• 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.
618-391-6700

SUPPORT GROUPS
Air Link
A social club for individuals with pulmonary-related conditions. 618-391-6715

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

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. 618-391-6703

Stroke Support Group
618-391-5230

Anderson Hospital’s Annual Baby Fair
Sunday, May 3, 2015
1 to 4 p.m.
Gateway Center, Collinsville
You’re invited to the area’s largest party for moms and moms-to-be! FREE admission and FREE gifts for you and your baby! Meet local physicians and learn how to keep kids of all ages safe with a special safety section featuring first aid and emergency care, helmets and bike safety, choking prevention and more. Booth space is available. Call Lori at 618-391-6426. For more information, visit www.andersonhospital.org/babyfair.
Healthy Living & Wellness Symposium

Thursday, May 28, 2015
8 a.m. to 12:30 p.m.
Anderson Hospital Physician Office Building Classrooms

Event begins with a welcome/breakfast, followed by sessions on Cardiac Risk Factors, Heart Health, Healthy Nutrition, Creating an Exercise Routine and Motivation & Resources. Program ends with a lunch.

This program provides 4.0 contact hours for registered nurses. $15 registration fee. Limited seating available. Call early to register: 618-391-6700. For more information, visit www.andersonhospital.org/symposium.

DIABETES SUPPORT
Type 1 Diabetes Support Group
Meets the fourth Monday of each month, 6 to 7 p.m., in the community room of the Anderson Wellness Center. Upcoming dates: May 18 (Note: adjusted for Memorial Day holiday), June 22, July 27, August 24. 618-391-6711

Type 2 Diabetes Support Group
Meets the third Tuesday of each month, 3 to 4 p.m., in the community room of the Anderson Wellness Center. Upcoming dates: May 19, June 16, July 21, August 18. 618-391-6711

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

Metro East Illinois Heart Walk 2015

Saturday, June 6, 2015
Begins at 9 a.m.
Gateway Motorsports Park, Madison, Illinois

The Heart Walk is the American Heart Association’s mission in action! The annual Metro East Illinois Heart Walk promotes physical activity and heart-healthy living in a fun family environment. It’s a time of celebration for those who have made lifestyle changes and encourages many more to take the pledge to live healthier. At the same time, the walk raises money to fund lifesaving research and education, advocate for health and save lives. To learn more and register, visit www.metroeastillinoisheartwalk.org.
ANDERSON HOSPITAL'S CHEST PAIN CENTER: SETTING THE STANDARD FOR CARE

Anderson Hospital is one of only 33 hospitals in Illinois and the only hospital in Madison County to achieve a Chest Pain Accreditation through the Society of Cardiovascular Patient Care.

Learn more about our commitment to cardiovascular care. Look inside! See pages 4 and 5.