

# inspiring HEALTH

WINTER 2011

- **Get Fit**  
Despite the Frost P.10
- **10 Organization Tips**  
for Mind, Body and Spirit P.4

## Love Your **HEART**

EVERYTHING YOU  
NEED TO KNOW  
ABOUT CARDIAC CARE



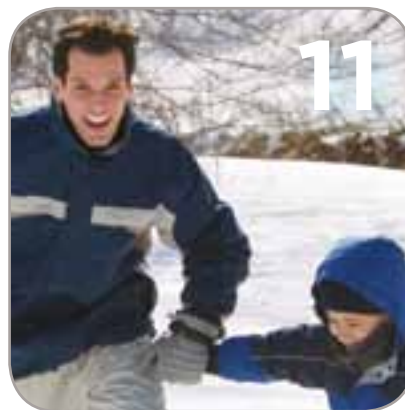
**St. Anthony's  
Memorial Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM



THE MISSION OF  
HOSPITAL SISTERS  
HEALTH SYSTEM

To reveal  
and embody  
Christ's  
healing love  
for all people  
through a  
health care  
ministry.



Focus on **YOUR HEALTH** this Winter

Welcome to the Winter issue  
of *Inspiring Health!*

With the arrival of cold weather, healthy habits might take a backseat to staying warm—perhaps you're considering grabbing fast food on the way home to avoid extra, chilly trips to and from the car at the grocery store or bundling up on the couch in the evening instead of going for a jog. In this issue, we've included several tips and ideas to help you stay on track with healthful diet and exercise goals.

Taking good care of your body has an impact on every aspect of well-being, and heart health is no exception. Inside, you'll find a story about cardiac care in our emergency department, along with tips to help keep your heart pumping as it should.

Mental and emotional health are just as important to living an active, engaged life as physical well-being. Feelings of depression or a lack of energy during winter months, known as the "winter blues," can happen to anyone.

This issue offers tips to help keep your energy levels up this season.

We have also included a story about handling stress, something almost everyone experiences. If not managed properly, stress can have a big impact on your physical, mental and emotional health—if stress is negatively affecting your life, St. Anthony's Memorial Hospital is here to help.

Protecting your own emotional and mental well-being is important, but as stewards of our Core Values of Respect, Care, Competence and Joy, we believe that it's just as critical to take care of those around us. Winter holidays can be difficult times for our elderly friends and neighbors, so we have provided information that can help you make this season bright for people around you who could use some extra love and attention in the winter months. Brighten their lives while you brighten yours.

Yours in health,

Daniel J. Woods  
President and CEO  
St. Anthony's Memorial Hospital



ON THE COVER:  
Wilma Woidt Krueger  
—read her story on page 9

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

# EAT This, Not That

THE WAY YOU EAT AFFECTS YOUR WAISTLINE, BUT THAT'S NOT ALL. A DIET RICH IN FRUITS AND VEGETABLES, LEAN PROTEIN, AND WHOLE GRAINS WILL BOOST YOUR HEART HEALTH, ENERGY LEVELS, MOOD AND MORE.

Here are some simple swaps for common, less-than-nutritious foods that can take your everyday diet from fatty to fit.



**BREAKFAST**  
**EAT THIS:** low-sugar, whole-grain cereal with skim milk  
**NOT THAT:** bagel with cream cheese

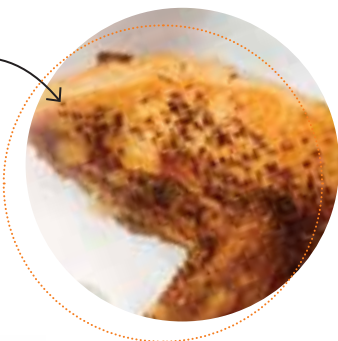
**LUNCH**

**EAT THIS:** whole-wheat wrap with turkey, veggies, and a bit of oil and vinegar  
**NOT THAT:** fried chicken filet sandwich on a bun with mayonnaise



**DINNER**

**EAT THIS:** baked chicken breast served over broccoli and brown rice  
**NOT THAT:** rib-eye steak and baked potato with butter, sour cream and bacon

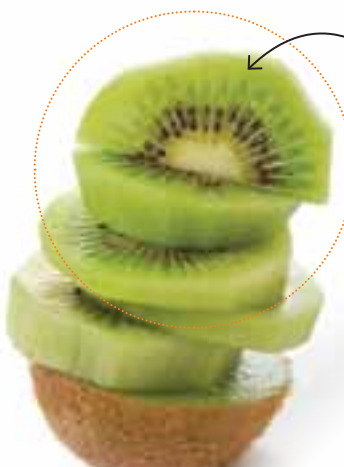


**SNACKS**  
**EAT THIS:** pita bread, carrots or celery dipped in hummus  
**NOT THAT:** a bag of potato chips

**NUTRITIONAL INFORMATION PER SERVING**

Calories: 35  
 Fat: 3.6g  
 Cholesterol: 0mg  
 Protein: 5.25g  
 Fiber: 4.67g

**DESSERTS**  
**EAT THIS:** angel food cake with seasonal fruit  
**NOT THAT:** fudge brownie with ice cream



**>** To speak to Carole Corder, certified diabetes educator and registered dietitian with St. Anthony's Memorial Hospital, call (217) 347-1346.

“ Slowly integrate small changes into your diet. Instead of buying frozen meals, make meals from scratch. If you don't have time to cook fresh vegetables, buy frozen instead of canned to avoid consuming excess salt. ”

—Carole Corder, certified diabetes educator and registered dietitian, St. Anthony's Memorial Hospital

## Easy HUMMUS

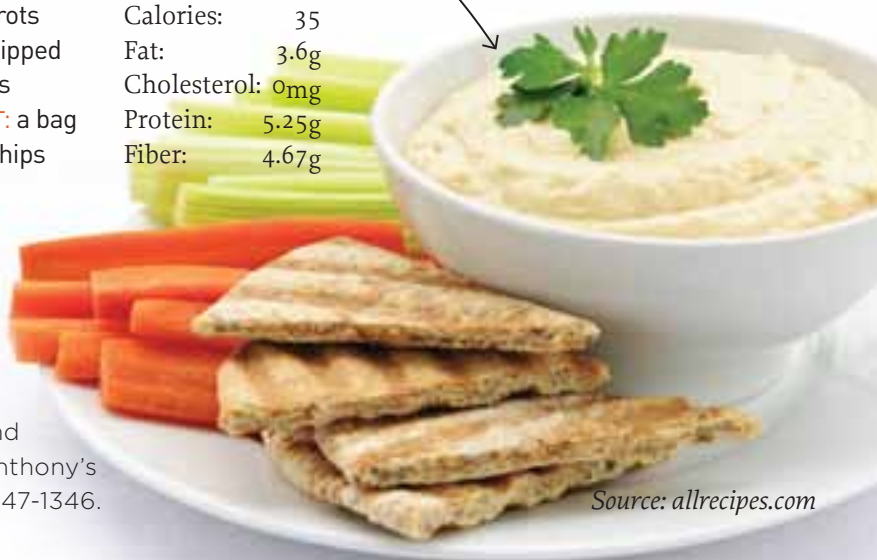
OUR RECOMMENDED DIP FOR RAW VEGGIES, THIS TASTY TREAT FROM THE MEDITERRANEAN IS EASY TO WHIP UP AT HOME.

**INGREDIENTS**

- 1 15-oz can chickpeas, drained, liquid reserved
- 1 clove garlic, crushed
- 2 teaspoons ground cumin
- ½ teaspoon salt
- 1 tablespoon olive oil

**DIRECTIONS**

In a blender or food processor, combine chickpeas, garlic, cumin, salt and olive oil. Blend on low speed, gradually adding reserved liquid, until the mixture is a thick, scoopable consistency. Makes four servings.



Source: allrecipes.com

## 10

HABITS *for*

## Staying Organized

BEING ORGANIZED NOT ONLY MAKES LIFE EASIER, IT IS ALSO A GOOD HABIT THAT CAN HELP KEEP STRESS LEVELS LOW.

Try these 10 tips to help manage your time, space and health.

## PLAN AHEAD

1. **AUTOMATE BILL PAYMENTS**—If possible, link recurring payments to your bank account to ensure they are automatically paid on time. Set email reminders to keep bills on track.
2. **LIVE WITHIN YOUR MEANS**—Monitor expenses and use budget calculators and software to help keep spending under control.
3. **SCHEDULE YOUR TIME**—Put appointments and events in a weekly planner rather than trying to remember them.
4. **STOP MULTITASKING**—Manage one task at a time instead of jumping between multiple projects.

## PRACTICE HEALTHFUL HABITS

5. **EXERCISE IN SHORT BURSTS**—Take quick, brisk walks at different times of the day to boost your activity level.
6. **PENCIL-IN SLEEP**—A consistent, daily sleep schedule—even on weekends—can help you remain focused during the day.
7. **REARRANGE YOUR REFRIGERATOR**—Place healthful foods at eye level and store meals in divided containers for appropriate portions.

## REDUCE CLUTTER

8. **DONATE CLOTHING AND FURNITURE**—Free up living space by giving to a local charity.
9. **MANAGE OFFICE SPACE**—Double-sided printing and storing documents electronically can help reduce paper waste.
10. **SORT MAIL NEAR THE TRASH**—Keep stacks from piling up by discarding mail quickly.

TAKING TIME  
to Give Back

THE END OF THE YEAR IS A GREAT TIME TO SHARE WITH OTHERS BY MAKING CHARITABLE GIFTS.

Donations to charity are a great way to show compassion for your community, and gifts given before the end of the year can often be deducted from federal or state income taxes.

Here are a few ways you can give:

- \* **CASH GIFTS:** Cash, checks or electronic transfers given to charity before Dec. 31 may qualify for tax deductions in 2011.
- \* **RETIREMENT PLANS:** Charitable giving may offset taxes on mandatory withdrawals from individual retirement accounts.
- \* **SECURITIES:** Stocks, bonds and mutual funds can generally be given as gifts and deducted from taxable income.
- \* **WILLS, LIVING TRUSTS AND LIFE INSURANCE POLICIES:** After providing for your loved ones, you can designate part of your estate or insurance policy for donation to charity.

## GIVE NOW TO BENEFIT LATER

The best way to maximize giving and enjoy tax benefits is to make your contributions before the end of the year. We would be happy to provide information to you or your advisors as you plan your charitable goals.

- To contribute to the Friends of St. Anthony's Annual Appeal, contact Michael Wall, executive director, fund development, at (217) 347-1854.





## Welcome, DR. SCALLY

JOHN SCALLY, MD, MHS, CARDIOLOGIST, HAS JOINED THE ST. ANTHONY'S MEMORIAL HOSPITAL MEDICAL STAFF. DR. SCALLY IS A PRAIRIE CARDIOVASCULAR SPECIALIST WHO IS LOCATED FULL-TIME AT THE PRAIRIE HEART INSTITUTE OF ILLINOIS AT ST. ANTHONY'S.

Dr. Scally comes to the Prairie Heart Institute of Illinois at St. Anthony's after a fellowship in cardiovascular disease at Walter Reed Army Medical Center in Washington, D.C., where he also completed his internship and residency. He received his medical degree from George Washington University in Washington, D.C., and his master's in health sciences in microbiology and molecular immunology at Johns Hopkins School of Hygiene and Public Health in Baltimore, Md.

"I enjoy performing procedures that can do really good things for people and help them to live better lives," Dr. Scally says,

adding that he has a special interest in preventive cardiology. "I enjoy helping people by simply changing their lifestyles and empowering them to make good decisions. I always want to provide compassionate care and respect to each patient by trying to understand where he or she is coming from and how he or she is feeling physically and emotionally."

➤ Dr. Scally's office is located at St. Anthony's Memorial Hospital, 503 North Maple Street in Effingham. He can be contacted at (217) 342-3700. For more information about St. Anthony's medical staff, visit [www.stanthonyshospital.org](http://www.stanthonyshospital.org).



**HEART CARE | Close to Home**

You and your family do not have to travel to receive advanced heart care services. Prairie Heart Institute of Illinois (PHII) at St. Anthony's provides convenient access to exceptional heart care with a 30-year partnership with Prairie Cardiovascular, a national leader in cardiovascular care.

Drs. Amir Cheema and John Scally, PHII at St. Anthony's full-time cardiologists, and over 30 other Prairie Cardiovascular physicians are here to serve you and your family.

For more information, call 217-347-1232

 **Prairie**  
HEART INSTITUTE  
of Illinois  
St. Anthony's Memorial Hospital

IF YOU SUFFER A CARDIAC EVENT, YOUR FIRST DESTINATION ON THE ROAD TO RECOVERY WILL MOST LIKELY BE A HOSPITAL EMERGENCY DEPARTMENT (ED). AS AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM, WE LIVE OUR COMMITMENT TO COMPETENCE AND CARE THROUGH THE COLLABORATION OF OUR ED AND PRAIRIE HEART INSTITUTE, ENSURING OUR PATIENTS EXPERIENCE THE BEST POSSIBLE OUTCOMES.

# Your Heart's FIRST STOP *on the Way* Back to Health

“ Providers in a hospital’s emergency department (ED) play a crucial role in identifying potentially lethal cardiac conditions—including heart attacks—and alerting cardiac services colleagues that a patient needs swift treatment. ED and cardiac professionals serve as a team to benefit patients. ”

—Douglas Kabbes, MD,  
medical director of emergency services  
at St. Anthony’s Memorial Hospital

The Prairie Heart Institute at St. John's Hospital is nationally acclaimed and has received recognition from *U.S. News and World Report*, *Health Grades*, *Consumer Reports* and Thomson-Reuters.

## ADVANCED HEART CARE, CLOSE TO HOME

St. Anthony's Memorial Hospital has partnered with nationally recognized Prairie Heart Institute for more than 30 years. Since Prairie Heart Institute of Illinois at St. Anthony's opened a new cardiac catheterization lab in May 2008, area residents have had a quality local care option. More than 30 Prairie Cardiovascular specialists serve the community with advanced technology and innovative treatments.

The quality of care provided by the Prairie Heart Institute of Illinois at St. Anthony's team is only surpassed by their compassion and concern for patients.

"We know being ill is scary, and we do everything we can to make patients feel comfortable and secure," says Jami Davis, RN, BSN, cardiovascular services nurse at St. Anthony's. "We care for each patient emotionally and physically as if he or she were a member of our own family."

Speak with your physician about Prairie Heart Institute of Illinois at St. Anthony's should you require cardiac services. For more information, visit [www.stanthonyshospital.org/heart](http://www.stanthonyshospital.org/heart).



CHEST PAIN IS one of the most common complaints of individuals who visit the ED, and it's also the most pervasive symptom of a heart attack. When a patient arrives in the ED with heart attack symptoms, the role of the department is simple: to identify whether the patient is indeed suffering a heart attack and to alert Prairie Cardiovascular physicians. It is at this intersection of emergency services and Prairie Cardiovascular that patients experience some of the best teamwork medicine has to offer.

### SERVING TOGETHER

The heart attack care continuum begins with emergency medical services (EMS) personnel who perform an initial assessment on the patient and notify the hospital ED that a potential heart attack victim is en route. In some cases, the EMS team can perform an electrocardiogram (EKG)—a test that measures the heart's electrical activity—in the ambulance and relay the results electronically to the ED for identification as a heart attack before the patient arrives.

If an EKG is not available during transport, the patient receives one as soon as he or she arrives in the ED and is given an aspirin and other medications, such as nitroglycerin,

to mitigate symptoms. Once the diagnosis of a heart attack is confirmed, our nationally respected Prairie Protocol helps the ED staff provide quick and effective care.

### EXCEPTIONAL HEART CARE

When a patient at any area HSHS affiliate requires open-heart surgery, he or she is transferred to St. John's Hospital in Springfield for care from nationally acclaimed Prairie Cardiovascular physicians. Prairie Heart Institute, based at St. John's, is an accredited Chest Pain Center, and more cardiovascular procedures have been performed here than at any other hospital in the state. Our collaboration with Prairie Heart Institute is one more way we provide compassionate, superior care.

### FAST ACTION

Heart attack treatment is a complex process, but thanks to the expertise and collaboration of Prairie Heart Institute along with other providers at our hospital, the entire process can take place in 90 minutes or less—a nationally recommended time frame for preserving heart muscle known as door-to-balloon time. The collaboration that occurs between ED staff and Prairie Cardiovascular physicians at our System hospitals ensures patients receive timely, lifesaving care.



To find a cardiologist at St. Anthony's Memorial Hospital, visit [www.stanthonyshospital.org](http://www.stanthonyshospital.org), or call (217) 347-1232.

A HEART ATTACK OCCURS EVERY 20 SECONDS IN THE UNITED STATES. IF YOU EXPERIENCE SYMPTOMS OF A HEART ATTACK, PUT YOUR HEART IN THE RIGHT HANDS AND SAVE YOUR MOST IMPORTANT MUSCLE.

# At the Heart of CARE

A HEART ATTACK deprives the heart of oxygen-rich blood, and every passing minute can lead to permanent muscle damage. Symptoms of a heart attack can include chest pain or tightness; rapid heart rate; pain or discomfort in the arms, left shoulder, back, neck, jaw or stomach; difficulty breathing; cold sweats; and indigestion.

## CARE WHEN YOU NEED IT

Imagine the situation: You feel tightness in your chest as though you cannot catch your breath. Realizing you are having a heart attack, someone near you calls 911. Emergency Medical Services (EMS) arrives within minutes and drives you to St. Anthony's Memorial Hospital, performing an electrocardiogram (EKG) and electronically sending results to St. Anthony's providers. When you reach the hospital, the EMS team has already prepared your transport to Springfield and sent your EKG readings to St. John's Hospital's expert cardiologists. When you arrive at St. John's, they are ready to

perform a balloon angioplasty or place a stent to restore blood flow. In a mere 90 minutes, both your life and heart can be saved.

St. Anthony's is a small, community hospital. Many hospitals much larger in size across the country struggle to meet the door-to-balloon (the time it takes to open a blocked artery during a heart attack once a patient arrives at the emergency department) standard of 90 minutes. We are part of Prairie Heart Institute's STAT Heart Program so we can meet that standard and provide top-quality cardiac care for residents of Effingham. This partnership facilitates our strong relationship with St. John's Hospital in Springfield, where our heart attack patients are flown by helicopter to undergo cardiac angioplasty to restore blood flow to the heart.

"Our STAT Heart Program means our local community has access to the fastest, most efficient emergency cardiac care available," says Douglas Kabbes, MD, medical director of emergency services at St. Anthony's. "Thanks to this partnership, we will exceed the typical limitations of a hospital our size in treating heart attacks."

## HEART CARE AT EVERY STAGE

St. Anthony's is home to the Prairie Heart Institute of Illinois at St. Anthony's, which serves as a hub for the cardiologists of Prairie



Cardiovascular Consultants, one of the country's leading cardiology groups. Our diagnostic and preventive services include:

- \* cardiac and pulmonary rehabilitation
- \* congestive heart failure management
- \* diagnostic catheterization
- \* EKG testing
- \* stress testing
- \* nuclear testing
- \* cardiac rehabilitation

"We see patients at every level of heart health, from healthy hearts to signs of heart disease to emergency issues," Dr. Kabbes says. "No matter what state your heart is in, it's in good hands at St. Anthony's."

➤ For more information about heart care services at St. Anthony's, visit [www.stanthonyshospital.org/heart](http://www.stanthonyshospital.org/heart).

# When Time Means Life

## from HEART FAILURE to SUCCESS

Congestive heart failure (CHF) is the most common cause for hospitalization among elderly patients. At St. Anthony's Memorial Hospital, patients are beating the odds by engaging in their treatment process through the hospital's heart failure program, which combines a team approach with education to give patients the best chance for a good outcome.

"Nationally, patients with heart failure have a high likelihood of returning to the hospital because their condition worsens due to a lack of understanding of heart failure symptoms," says Jami Davis, RN, BSN, cardiovascular services nurse at St. Anthony's. "Our patients have a different experience."

The heart failure program at St. Anthony's is staffed by a team of nurses specially trained in CHF care who offer ongoing disease management through education and follow-up in the hospital-to-home clinic. After discharge, patients can benefit from a free, 90-day telescale study, a high-tech program that allows nurses to remotely monitor each patient's condition. Because of these efforts, St. Anthony's heart failure to heart failure readmission rate has fallen to less than 10 percent.

"We have seen a significant decrease in our readmission rates because we educate our patients and give them the tools they need to quickly identify symptoms and successfully manage the disease," Davis says. "We're changing the expectations of our heart failure patients."

ON JUNE 23, artist Wilma Woitd Krueger, 85, was enjoying an art reception when she began feeling tightness on her left side. Although she felt no pain, she remembered a friend of hers who died from a heart attack just a few months before. Her friend had not complained of any pain, either. Wilma began to worry, so she found a physician she knew at the reception and described her symptoms to him. The doctor called for an ambulance and had Wilma taken to St. Anthony's Memorial Hospital.

"When I arrived at St. Anthony's, they had two doctors waiting for me, and I thought that was fantastic," Wilma says. "I told them I didn't want to go to Springfield because of the additional transport, but one of the doctors looked at me and said, very calmly, 'you're in the middle of a very bad heart attack. We need to get you there right away.'"

Six months later, Wilma, her three grandchildren and four great grandchildren all are grateful to the emergency services team at St. Anthony's for saving her life.

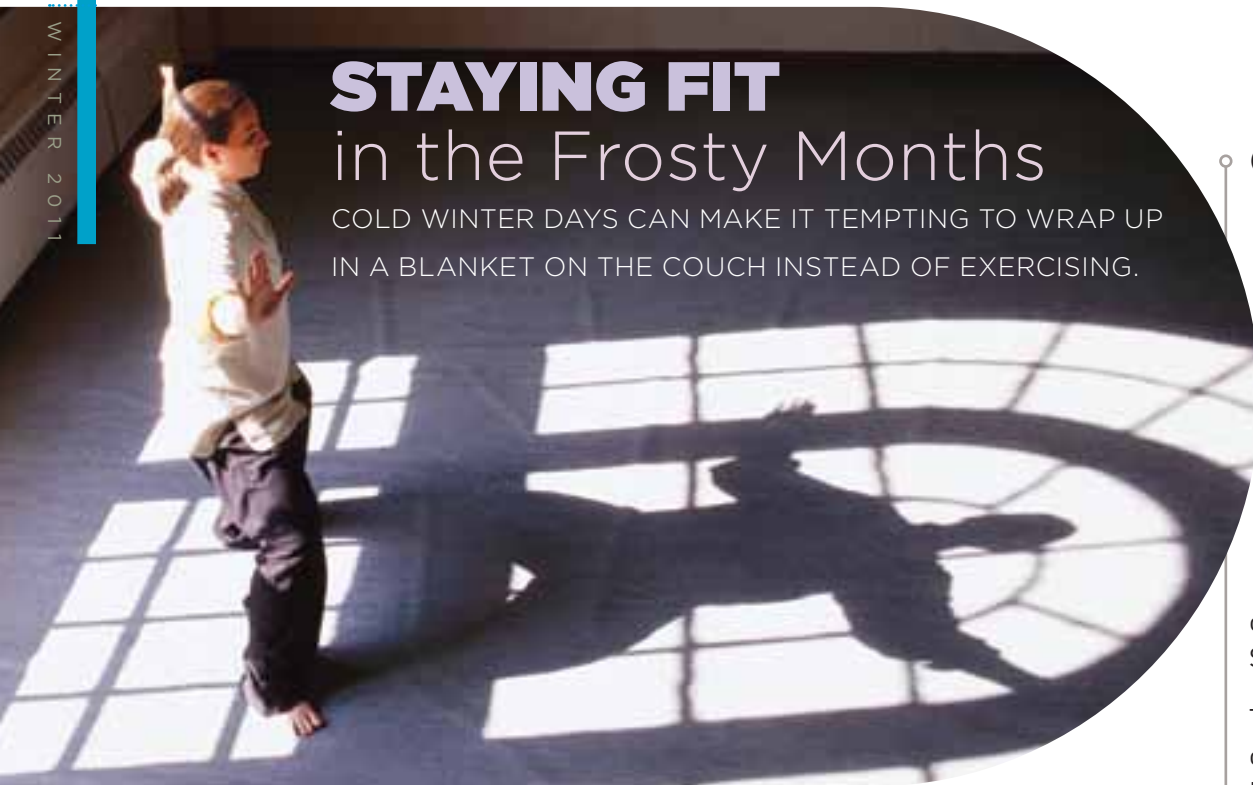
"I'm certain there are guardian angels at St. Anthony's," Wilma says.

ONE PATIENT'S STORY



# STAYING FIT in the Frosty Months

COLD WINTER DAYS CAN MAKE IT TEMPTING TO WRAP UP IN A BLANKET ON THE COUCH INSTEAD OF EXERCISING.



**DON'T LET THE** chilly weather keep you from sticking to your fitness routine—or starting a new one.

## STARTING FRESH

If you are just beginning an exercise program, remember that it doesn't have to be boring.

- **FIND A ROOM** with enough space to use a jump rope for 10 or 15 minutes.
- **HEAD TO THE MALL** early in the day for holiday shopping, and get in 30 minutes of brisk walking in the large, indoor space before it becomes crowded.

## KEEP IT UP

If you started walking or jogging in the pleasant fall weather, try some fun indoor activities to stay on the right track once it's cold outside.

- **YOGA** can boost strength and flexibility, and it can even help manage heart rate and blood pressure. You can follow along with a DVD at home or join a local class.
- **TAKE A BEGINNER SELF-DEFENSE CLASS**, such as karate or tae kwon do. These exercises can help with balance, strength and cardiovascular conditioning—plus you will learn to protect yourself.

## KICK IT UP A NOTCH

If you already engage in intense exercise regularly, try a new activity to keep your routine fresh.

- **KETTLEBELLS** can get your heart rate pumping and help build muscles, making for a full-body workout. The round weights have a handle and can be used to perform different “swing” techniques. Use them at home or in a group class at a gym.
- **SIGN UP FOR A DANCE CLASS** at a local studio or community college. Not only will you burn calories and tone muscles, you'll gain a new skill.

## ORTHOPAEDIC PROGRAM HONORED

Becker's Hospital Review selected St. Anthony's Memorial Hospital as one of the “60 Hospitals With Great Orthopedic Programs.” Hospitals were included on this list based on excellence in orthopaedics, quality of service, outstanding local and national reputations, and high volume of orthopaedic cases—a reflection of St. Anthony's focus on quality care.

The hospital partners with skilled orthopaedic surgeons and offers a Bone and Joint Education Program to help patients prepare for their joint replacement surgeries, relieving anxiety, improving outcomes and speeding recovery. St. Anthony's also has a dedicated orthopaedic surgical floor with private rooms and its own physical therapy area.

To view the Becker's Hospital Review list, visit [www.stanthonyshospital.org](http://www.stanthonyshospital.org), and click on “Bone and Joint Services.”

“The most important part of developing an exercise routine is finding something you enjoy so you'll stick with it. Imagine what you'll still like to do five years from now and try that.”

—Denise Hahn, RN, MS, physical rehabilitation manager at St. Anthony's Memorial Hospital

- Always check with your physician before starting a fitness routine. For more information about staying fit in the winter, contact the physical rehabilitation department at (217) 347-1243.

A multicenter study called the Diabetes Prevention Program found that prediabetes patients who made healthful changes in diet and exercise reduced their risk of diabetes by **58** percent.

**PREDIABETES OCCURS WHEN** an individual's blood glucose levels have become higher than normal but are not yet high enough to be diagnosed as diabetes.

"Prediabetes should be taken seriously because it increases a person's chance of developing Type 2 diabetes significantly," says Anne Daly, MS, RD, BC-ADM, CDE, director of nutrition and diabetes education at Springfield Diabetes and Endocrine Center, a practice of the HSHS Medical Group. "Studies show that prediabetes alone can also increase risk for heart disease and damage to the circulatory system."

#### WHO'S AT RISK?

Some risk factors for prediabetes include:

- family history of diabetes, such as a parent or sibling with the disease
- high cholesterol levels
- history of cardiovascular disease
- hypertension (high blood pressure)
- lack of physical activity
- obesity or being overweight
- polycystic ovarian syndrome
- smoking

"If you or a loved one has been diagnosed with prediabetes, a commitment to lifestyle changes, such as eating a healthful diet and engaging in regular exercise, can help delay or even reverse the development of Type 2 diabetes," says Daly. "Speak with your primary care provider today about mitigating your risks."

# The Reality of Prediabetes

NEARLY 80 MILLION AMERICANS AGE 20 AND OLDER ARE ESTIMATED TO HAVE IT—BUT WHAT IS PREDIABETES?



For more information about prediabetes, call Carole Corder, St. Anthony's certified diabetes educator and registered dietitian, at (217) 347-1346.

## SUPPORT FOR THOSE WITH DIABETES

Almost 24 million Americans—one in every 12—have diabetes, according to the Centers for Disease Control and Prevention.

St. Anthony's Memorial Hospital provides those dealing with diabetes the knowledge and skills to control the

disease rather than letting it control them through a free monthly diabetes support group. Certified Diabetes Educator and Registered Dietitian Carole Corder leads the group. By sharing ideas and struggles with others facing the same disease, each person finds encouragement and comfort.

This group provides support, skills and knowledge to those with diabetes. St. Anthony's is honored to empower community members to positively affect their health and prevent future problems.

To learn more, call (217) 347-1346.





Amir Cheema, MD, cardiologist (L) and John Scally, MD, MHS, cardiologist (R), Prairie Heart Institute of Illinois at St. Anthony's Memorial Hospital



## WHOLE-BODY CARE

The compassionate and experienced staff at St. Anthony's Memorial Hospital diagnostic cardiac catheterization lab are able to do more than look at the vessels of the heart. Other procedures include:

- peripheral angiography to detect narrowing in the vessels that supply blood to the legs
- inferior vena cava filter placements to prevent large blood clots from traveling to the lungs
- port insertion to help patients who need chemotherapy or long-term medication

# Caring for Your Heart

ALTHOUGH JEAN MERRY, 74, WAS EXPERIENCING FATIGUE, SHE DID NOT REALIZE THE SYMPTOM MEANT SHE WAS AT RISK FOR HEART DISEASE.

During a trip to St. Louis to take in a ballgame with her husband, Orville "Scoop" Merry, Jean was so overcome with fatigue that she decided to consult her physician.

"I felt so run down," Jean says. "As soon as we got back from St. Louis, I made an appointment with my physician, and he referred me to St. Anthony's Memorial Hospital for testing."

**DIAGNOSTIC DETECTIVES** After normal results from blood tests and a stress test, the diagnostic cardiac catheterization performed by Amir Cheema, MD, Prairie Cardiovascular specialist with the Prairie Heart Institute of Illinois at St. Anthony's, revealed

two of Jean's arteries were 90 percent blocked and one was 60 percent blocked. Experts at St. Anthony's recommended stent placement to treat her blockages.

The Prairie Heart Institute of Illinois at St. Anthony's collaborates with St. John's Hospital in Springfield to provide diagnostic and interventional heart care to area patients. Jean's stent placement was scheduled at St. John's for the Monday following the Merrys' 50th wedding anniversary party on Aug. 6.

"Scheduling a stent after a diagnostic procedure gives patients time to heal and make informed decisions," says Jami

Davis, RN, BSN, cardiovascular services nurse at St. Anthony's. "Decisions about which type of stent are not rushed, and the patient can be prepared with proper medication if needed."

### ON THE MEND

Jean is on new medication since the procedure, but she feels 100 percent better.

"The Prairie Heart Institute of Illinois at St. Anthony's is fantastic," says Jean. "I talked with Dr. Cheema, who is a very capable physician, and the nurse throughout the procedure, and talking with them put my mind at ease. I could not be happier about the care I received."



For more information about the Prairie Heart Institute of Illinois at St. Anthony's, visit [www.stanthonyshospital.org/heart](http://www.stanthonyshospital.org/heart).

WHILE EVERYONE SHOULD FOLLOW WINTER SAFETY PRECAUTIONS, SENIORS SHOULD PAY EXTRA ATTENTION TO POTENTIAL COLD-WEATHER HAZARDS.

# Explore a Winter Wonderland of Senior Safety

Young people can volunteer to shovel and salt walkways for elderly neighbors or family members. Help those in need and get some wintertime exercise!

Frigid temperatures and icy pathways put older adults in particular at increased risk for winter-related health problems, including hypothermia, frostbite, falls and pneumonia.

“As we age, our immune system, metabolism, reflexes and reaction times naturally begin to decline,” says Douglas Kabbes, MD, medical director of emergency services at St. Anthony’s Memorial Hospital.

### AVOID WINTRY HAZARDS

Follow these tips to help ensure a warm and safe winter season.

- Always wear a hat, gloves or mittens, coat, boots with non-skid soles, and a scarf when venturing outdoors—even to check the mail.
- Avoid icy or snowy sidewalks and paths, which can increase your risk of falling. Keep steps and walkways clear of snow, and use salt to help melt ice and keep water and slush from freezing.
- Dress in several thin layers versus a couple of thick layers, as this will retain body heat more effectively.
- Stay hydrated by drinking plenty of water throughout the day. Dehydration can impair the body’s ability to both resist injury and produce heat.

Learn more about lowering your risk for Heart Disease.

Save the Date

St. Anthony’s Heart Fair

Wednesday, February 8, 2012

Free Health Screenings and Informational Booths



# SIGNALS of STRESS



The stress response prepares the human body to respond to physical danger or to perform under pressure, such as when you are giving that important presentation at work. However, experiencing stress long term can overload coping mechanisms and affect everyday life.

Common signs of stress include:

- \* difficulty sleeping
- \* feeling out of control
- \* irritability
- \* lack of energy and focus
- \* need to control others
- \* struggling to complete projects or ideas

## SYMPTOMS AND SOLUTIONS

Stress can take a physical toll on the body, causing migraines, aches and pains, gastrointestinal problems such as acid reflux and ulcers, and cardiovascular issues such as high blood pressure and chest pain.

It is important to make sure the way you approach stress is healthy and sustainable. Healthful coping mechanisms include exercising, eating nutritious foods, reaching out to family and friends, or taking time daily to relax and unwind.

EXERCISES requiring concentration, such as yoga or tai chi, are recommended for stress relief as the INTENSE FOCUS and CONNECTION OF MIND AND BODY help take the mind off of stressful things.

# 5 Healthy Ways to BOOST YOUR ENERGY

THAT FAMILIAR MID-AFTERNOON slump can disrupt anyone's busy day. If you find yourself feeling tired during the day, before you reach for another cup of coffee, consider these healthful energy tips:

1. **BALANCE YOUR DIET.** Eat a healthy breakfast, avoiding sugary cereals or pastries to keep from feeling that post-sugar crash later. Get plenty of protein and carbohydrates throughout the day. When you feel sluggish, eat some fresh fruit or almonds to refuel.
2. **EXERCISE DAILY.** Regular exercise is important, but even a quick walk around the office can rejuvenate you.
3. **GET QUALITY SLEEP.** Keep a regular routine, and try to get 7–9 hours of rest per night. If you find yourself awake and staring at the ceiling, clear your head by writing down what's on your mind.
4. **RELAX.** Relieve stress and anxiety by listening to soft music, praying or reading a good book. If you spend the day working in front of a computer, take a break from screen time once you go home.
5. **STAY HYDRATED.** Dehydration is a source of fatigue. Instead of energy drinks and coffee, quench your thirst with water, 100 percent fruit juice with no added sugar, or caffeine-free tea.



“ Shoveling heavy loads can put the body under stress, including your heart and lungs. If you experience chest pain or shortness of breath, seek medical attention immediately. ”

—Douglas Kabbes, MD, medical director of emergency services at St. Anthony's Memorial Hospital

# SNOW Shovel Safety

# 101

IT SNOWED LAST NIGHT AND NOW YOU HAVE TO CLEAR YOUR DRIVEWAY. BEFORE YOU PICK UP YOUR SNOW SHOVEL, THERE ARE THINGS YOU SHOULD CONSIDER.

WHEN DONE IMPROPERLY, shoveling snow could put your health at risk, leading to sprains, strains or even a heart attack.

Talk with your physician to make sure you're healthy enough to shovel snow this winter—it's a strenuous activity that puts extra demand on the heart and lungs.

## BRRRR, IT'S COLD OUTSIDE

Before you head outside, make sure to warm up with 10 minutes of walking or stretching before shoveling snow to keep muscles warm and flexible.

Once you're ready to shovel, use a small shovel to scoop up reasonable amounts of snow. Avoid extra-large shovels, which make it easy to strain yourself with too heavy of a load. Don't try to scoop up too much at one time, since this can put stress on your body.

Try to clear snow when there is just a light covering on the ground, rather than waiting for it to pile up, since deep snow can be heavy and densely packed, making it harder to shovel. Remember to rest frequently if you feel yourself getting tired or chilled.

➤ For more information about staying safe this winter or to find a physician to meet your health needs, visit [www.stanthonyshospital.org](http://www.stanthonyshospital.org).

## Tips TO KEEP YOUR TICKER TICKING

According to the Centers for Disease Control and Prevention, **APPROXIMATELY 785,000 AMERICANS WILL HAVE THEIR FIRST HEART ATTACK THIS YEAR.** The good news is that you can take steps to avoid being one of them. Talk with a physician about your risk, and try these simple tips to help significantly reduce your chance of a heart attack:

- Avoid drinking more than two alcoholic drinks per day.
- Don't smoke, and avoid secondhand smoke whenever possible.
- Limit fat, cholesterol and salt in your diet.
- Eat plenty of fish, fruits and vegetables.
- Exercise regularly 30 minutes a day.
- Maintain a healthy weight.
- Manage your stress levels.
- Monitor your cholesterol with your physician.



**St. Anthony's  
Memorial Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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*Wishing you the gift of faith,  
the blessing of hope,  
and the peace of His Love.*

*Have a Merry Christmas  
and a Blessed New Year*



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