

inspiring HEALTH

WINTER 2011

- **Stroke Care**
at St. John's Hospital P.8
- **Little Amelia's Miracle:**
The Touching Tale of One
St. John's Baby P.12

**INNOVATIVE STROKE TREATMENT
AT ST. JOHN'S HOSPITAL:**
Stopping a stroke
before it starts.

Love Your **HEART**

EVERYTHING YOU NEED TO
KNOW ABOUT CARDIAC CARE



**St. John's
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.

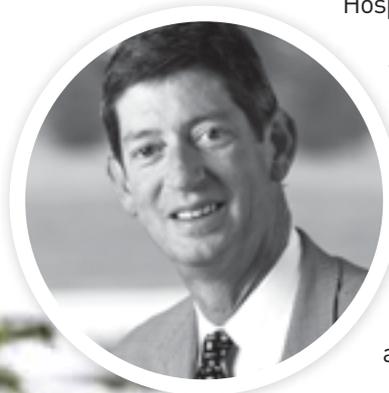


Focus on **YOUR HEALTH** this Winter

Welcome to the Winter issue of *Inspiring Health!*

St. John's Hospital recently launched our Inspired Care program. Inspired Care, and the messaging around it, tells our community who we are and what we believe in.

Our team spent a lot of time talking about Inspired Care. We discussed where we came from—our Catholic heritage—and where we want to go. We listed our accomplishments, our services and our successes. The core of what we needed, our essence, came down to one question: What motivates us at St. John's Hospital, as individuals and as an organization?



WE'RE MOTIVATED BY OUR SUCCESSES. Connect, our patient referral service, has resulted in more patients and physicians choosing St. John's. We continually win awards in quality and safety and for the caliber of our services. Each achievement leads us to get better and motivates us to do more.

WE'RE MOTIVATED BY HEALTH CARE REFORM AND CHANGES. Health care today is challenging. Government reimbursement cuts, new technologies and new ways of delivering care challenge us to improve

quality and cut costs. As St. John's rises to these challenges, we find motivation in providing excellent patient care.

WE'RE MOTIVATED BY OUR HERITAGE. We began as a home health care ministry that accepted payment using a barter system to provide the Sisters' basic needs. Through the years, the Sisters, and those who worked with and for them, had the foresight, intelligence, innovative spirit and grace to continually achieve more and build a system of care. Our spirit of determination motivates us to keep growing.

St. John's Hospital is here to provide excellent care to anyone who needs it. We give this care in the Catholic tradition of Compassion, Justice and Reverence for Life. That's who we are. It's the promise we make every day—to our patients, our staff and our community.

That is Inspired Care. We believe in it, and we are proud of it. Thank you for all you do to support us in our mission.

In good health,

Robert Ritz
Robert Ritz, President/CEO
St. John's Hospital

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

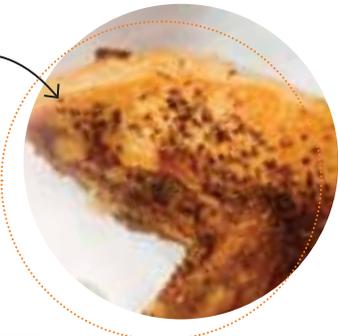
LUNCH

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

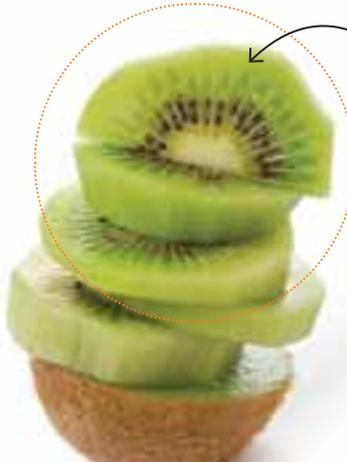


SNACKS
EAT THIS: pita bread, carrots or celery dipped in hummus
NOT THAT: a bag of potato chips

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



➔ For more information on the Eat Well Be Well program at St. John's Center for Living, visit www.praireheart.com/cfl.

“ 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. ”

—Julie Ulrey, RD, St. John's Hospital

Easy HUMMUS

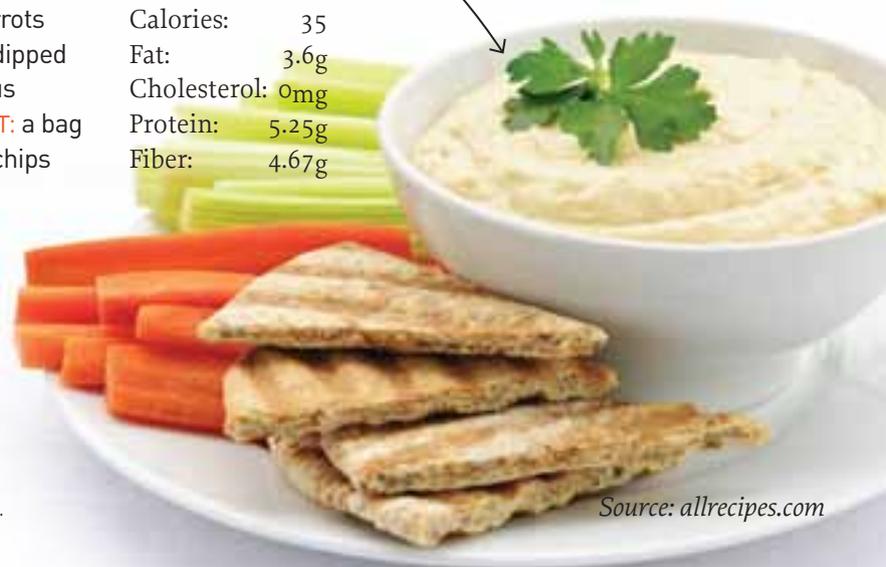
OUR RECOMMENDED DIP FOR RAW VEGGIES, THIS TASTY TREAT FROM THE MEDITERRANEAN IS EASY TO WHIP UP AT HOME.

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



ST. JOHN'S COLLEGE MEETS NEW CHALLENGES

To meet the changing needs in health care, St. John's College, Department of Nursing is developing initiatives to comply with the 2011 Institute of Medicine (IOM) Future of Nursing recommendations.

"Our goal is to educate nurses to achieve excellence in their careers and become leaders in the nursing profession," says Brenda Recchia Jeffers, PhD, RN, chancellor and dean of St. John's College. Initiatives developed by St. John's College include:

- * INTRODUCING the RN to BSN hybrid distance education program
- * INCREASING the number of faculty holding doctorates to 25 percent
- * GROWING the number of faculty with expertise in online learning
- * LAUNCHING the Franciscan Inspired Leadership continuing education program in collaboration with Hospital Sisters Health System

These goals are in direct alignment with IOM recommendations to prepare nurses as partners and leaders to improve care in a changing health care system.

"The IOM stresses the importance of life long learning, more nurses with baccalaureate degrees, and nurses who are leaders in the health care field. At St. John's College, we are proud to work with the community and Hospital Sisters Health System to meet these challenges," adds Dr. Jeffers.

For more information about St. John's College, Department of Nursing, visit www.stjohnscollegespringfield.edu.

Third Age Living Moves to White Oaks Mall

ST. JOHN'S THIRD AGE LIVING (TAL) is an innovative program committed to helping older people age well and remain independent, healthy and productive. Formerly housed in the St. John's North building, TAL moved to a space at White Oaks Mall (upper level, Bergner's wing) on Sept. 14, 2011 to better serve the community.

"Third Age Living serves seniors by providing recreational, educational and wellness activities in safe and supervised locations," says Kim Luz, education and outreach manager at St. John's. "It also provides services such as caregiver specialists, counseling and free transportation to the grocery store, pharmacy, doctor's office and other necessary destinations."

Through a partnership with the Mall Walking Program at White Oaks, TAL offers a convenient, one-stop location for exercising, socializing, continued learning and volunteer opportunities.

➤ For more information about the Third Age Living program at St. John's, visit us online at www.st-johns.org/services/third_age_living or call (217) 544-6464, ext. 76620.



New Saints Flight Helicopter Takes Off

A new Saints Flight helicopter that allows for more room during in-flight patient care is now on the St. John's Hospital helipad. The brand-new EC130 features a single engine instead of a twin, and—unlike its predecessor—allows for the pilot, crew and patient to be in the same area.

The Saints Flight team is a full-service, 24-hour air medical team stationed at St. John's. Saints Flight can launch in as little as five minutes, and the team consists of a pilot, critical care flight nurse and critical care flight medic. Dedicated to prompt and skillful critical care, the Saints Flight crew maintains several certifications, and most hold instructor status. On top of the stringent requirements, they are mandated to spend clinical hours in the intensive care unit, emergency department, operating room and emergency medical services.

In addition to a full medical team for adult patients, Saints Flight also has a dedicated neonatal, pediatric and high-risk obstetric transport team. The new, larger cabin offers more space so the Saints Flight team has room to perform critical procedures in flight. The interior is designed for medical use and comes with the latest in patient care equipment and safety features.

**FEELING
STRESSED OUT?
LET US HELP.**

CENTER FOR LIVING *offers* LIFESTYLE MANAGEMENT

Eliminating unhealthy methods of dealing with stress could improve your cardiovascular health. At St. John's Center for Living, you can learn how to respond to stress triggers and implement good habits that improve your mental and physical well-being.

"Medical research is finding that prolonged stress negatively affects almost every part of the body," says Linda Murphy, director of the Center for Living. "Stress is often unavoidable. Learning to deal with stress in a healthy manner not only helps our physical body, but improves our quality of life."

The Center for Living offers a variety of classes and services specifically for stress, from yoga to smoking cessation.



Visit www.prairieheart.com/cfl to view classes and programs and learn more about the Center for Living.



PATIENT TOWER RENOVATIONS Tailored to Patients and Staff

A massive renovation to St. John's Hospital's patient tower (or "Main Stack," as it is known) will result in private patient rooms, modern décor and rooms designed with patient and caregiver convenience in mind.

When we decided to make this major renovation, we knew we wanted our staff to play an instrumental role in the functional design of the patient rooms. Long time staff member Betty Meissen, RN, was selected to serve as the patient tower facilitator. Meissen is overseeing the construction of the patient tower, considering the perspective of the patients, visitors and staff members who will utilize the rooms.

"Our goal is to have a private room with family space for each of our

patients," Meissen says. "Patient safety and satisfaction have been the driving factors."

Night lights, hand rails and proximity to the bathrooms are just a few of the things our team has considered.

"Since the early days of the hospital, our focus has been on the care and comfort of the patient," Meissen adds. "Technology will change, medicine will change and facilities will change, but the needs of our patients will always be our top priority."

The \$41 million patient tower renovation is the second part of a Master Facilities project that also involves the construction of a new Surgical Services Center.

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 deadly cardiac conditions—including heart attacks—and alerting cardiac services colleagues that a patient needs swift treatment. ED and cardiac services providers serve as a team to benefit patients. ”

—Amy Jones, director of the emergency department at St. John’s 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.

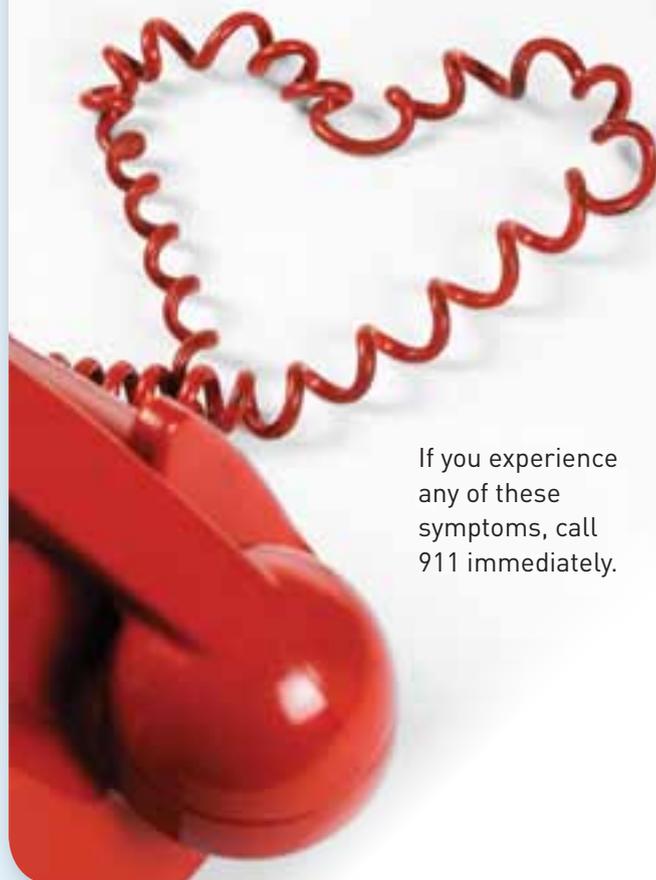
IF A HEART ATTACK OCCURS, DON'T WASTE A MOMENT

Have you ever heard the saying "time is muscle"? The phrase is used in medicine to describe the importance of swift action in the event of a heart attack. The less time that passes between the start of a heart attack and an intervention to reopen the blocked blood vessel, the better chance of a good outcome.

You cannot predict a heart attack, but you can prepare for one by knowing the symptoms you're likely to experience. According to the National Institutes of Health, pain or discomfort in the center of the chest is the most common indicator of heart attack, but other symptoms are often present.

In men, symptoms could include discomfort in the back, neck, jaw, stomach, and/or one or both arms. You may also experience rapid heartbeats, a cold sweat or nausea and trouble drawing breath.

Symptoms of heart attack in women are more difficult to predict and often differ from those men experience. Symptoms of heart attack more specific to women include anxiety, unusual fatigue, weakness and dizziness, although others can also occur.



If you experience any of these symptoms, call 911 immediately.

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 Prairie Heart Institute at St. John's Hospital, visit www.prairieheart.com.

Treating Stroke + Aneurysm CLOSE TO HOME

IT WAS EARLY OCTOBER—THE TIME OF YEAR WHEN THE CORN HAD BEEN BROUGHT IN, BUT THERE WERE STILL SOME BEANS LEFT IN THE FIELDS. PHILLIP GRAHAM, A FARMER FROM PITTSFIELD, WAS GETTING READY FOR BED WHEN HIS WIFE, ELAINE, NOTICED SOMETHING WAS WRONG.

“SHE SAID MY mouth was drooping and I just wasn’t acting right,” Phillip remembers. After calling their grown children who live in the area, Phillip and Elaine decided to go to Illini Community Hospital in Pittsfield. A magnetic resonance imaging (MRI) scan was performed on Phillip and it was determined he had likely suffered a stroke.

“The doctors told me I was going to be transferred to another hospital and asked me where I wanted to go,” he says. “I said I would like to go to St. John’s Hospital in Springfield.”

Upon arriving at St. John’s, Phillip was admitted to the intensive care unit and another MRI was performed to confirm he was having a stroke. Thanks to neurointerventional technologies newly available at St. John’s, Sushant Kale, MD, director of stroke and interventional neurology at St. John’s and assistant professor of neurology at Southern Illinois University (SIU) School of Medicine, was able to place a stent in Phillip’s artery to restore blood flow to the brain. Phillip was

one of the first patients to benefit from this new technology at St. John’s.

STROKE: WHEN MINUTES MATTER

A stroke occurs when the blood flow and delivery of oxygen to the brain is interrupted due to a blood clot or blood vessel leak. When left untreated, stroke can lead to problems with speech, swallowing, cognitive function and range of motion, or even death. With prompt and proper treatment, however, the impact of stroke can be minimized.

“Time is critical when someone is experiencing a stroke,” says Kathy Hampsey, RN, BSN, stroke center coordinator and unit educator for neurology at St. John’s. “The more time that is lost prior to treatment, the more brain function is lost. If you think someone is having a stroke, call 911 immediately.”

Previously, Phillip’s condition might have required travel to St. Louis or Peoria for this life-saving stent treatment. The time saved by having such technology available close to home was vital in protecting his brain

from permanent damage. Four days after his procedure, Phillip was well enough to be released from the hospital and return home.

“I don’t have any lasting ill effects from the stroke,” he says. “Every day I’m getting stronger.”

Stroke affects approximately 795,000 people per year, according to the National Stroke Association. If you or a loved one is experiencing a stroke, St. John’s can now offer life-saving care in every step of the healing process.

A NEW APPROACH TO ANEURYSM CARE

One of the newest technologies available at St. John’s opens the door for the advanced interventional treatment of narrow- and wide-neck brain aneurysms, which have the potential to rupture, causing stroke, disability and death. In the past, only narrow-neck aneurysms could be treated with a stent-assisted coiling procedure, which uses platinum coils inserted into the aneurysm to divert blood flow away from the weakened vessel.



“Our first stent-assisted coiling procedure, performed on Aug. 29, 2011, was possibly the most challenging in neurointervention, and it was our first one,” says Dr. Kale.

The case involved an aneurysm in the anterior communicating artery just behind the left eye. Because it was a wide-neck aneurysm, a stent had to first be placed in the artery over the area to hold the coil in place.

A guiding catheter was used to place the stent, then a microcatheter was used to insert the coil into the aneurysm through tiny holes in the side of the stent. The

coil used in this case is described as “3D,” meaning it doesn’t have to be manually unwound into the aneurysm. Using an electrical current, the coil is deployed by the microcatheter and, unlike those used to treat cardiac blockages, expands on its own when placed, forming a box-like frame in the aneurysm.

“The coil works by forming a clot in the weakened vessel. Because blood sticks to the coil, which is densely packed into the aneurysm, the coil acts as a scaffolding for the clot,” explains Dr. Kale. “The blood flows in, but not back out. Within weeks or a few months, the clot blocks off the weakened

portion of the artery, and the vessel wall will grow over the neck of the aneurysm, repairing the weakened area.”

PARTNERS IN CARE

St. John’s is honored to work with SIU physicians to offer innovative care in the areas of vascular and neurosurgery. New technology, utilized by experienced physicians and staff, provide our community with the best health care possible.



For more information about stroke care at St. John’s Hospital, visit www.st-johns.org, and select “Stroke Treatment.”

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.

GETTING YOU ON YOUR GAME

Athletes need specialized care, which is why we offer AthletiCare™, a comprehensive sports medicine and performance program designed to offer the most advanced training for every athlete. Whether you're a weekend warrior or a high school quarterback, our staff of sports medicine specialists can provide the training you need to keep you safe or return to activity quickly if you become injured.

Community education is also important to the AthletiCare staff. We offer a variety of in-house educational seminars and also provide seminars for businesses, athletic programs and schools.

➤ To find out more about AthletiCare, visit www.athleticare.org.

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.

“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.”

—Virgilio “JunJun” Dycoco, MS, exercise physiologist at St. John's Hospital

➤ For more information about fitness classes and other services at St. John's Center for Living, visit www.prairieheart.com/cfl.

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?



To learn more about prediabetes, call (217) 787-7761.

A HEALTHY ALTERNATIVE

A major risk factor for prediabetes and other chronic illnesses is being overweight or obese. The Health Management Resources (HMR) Weight Loss Program® offered at Springfield Diabetes and Endocrine Center can help you shed pounds safely and effectively to reduce your risk for prediabetes and other weight-related health problems.

The non-surgical, medically supervised program has a proven track record for success and has been helping individuals obtain their weight loss goals and learn to care for and respect their bodies for more than 25 years.

The HMR Weight Loss Program utilizes meal replacements and increased

physical activity as strategies, in addition to in-depth personal coaching about lifestyle, to help patients accomplish goals. The program helps people lose weight initially, and even more importantly, keep weight off long term.

For more information, call (217) 787-7761.





A Model Patient

WHEN AMELIA BEAVERS was born on May 5, 2010, she weighed 2 pounds, 13 ounces and had to be fed through a tube. She was two months premature and her doctors were not sure she would survive. After 54 days in the St. John's Hospital neonatal intensive care unit (NICU), Amelia went home with her parents, Lora and Michael.

Fifteen months later, Amelia is a bright, energetic little girl who loves her Wocket in My Pocket doll and Clifford the Big Red Dog. She is also a bit of a star in the Springfield community.

Amelia was selected by community vote from more than 90 children as "Miss May" for the 2012 Newspapers in Education "That's My Baby" calendar, sponsored by the State Journal-Register.

ONE SPECIAL BABY

Lora considers Amelia's birth a miracle, as well as her little girl's development into the healthy baby she is today. Lora had been told she wouldn't be able to carry a baby because of a cardiovascular condition, and in her seventh month of pregnancy she developed preeclampsia, resulting in Amelia's delivery by cesarean section and extensive stay in the NICU.

"When your baby is in the NICU, there is so much to deal with," says Lora. "All the little things parents take for granted become milestones. We felt the nurses and doctors in the NICU really cared about Amelia and our family. The nurses always answered my questions and treated me with concern. We appreciated that."

Lora says she remembers one nurse in the NICU who would end a phone update by saying, "I'll tell Amelia you called to say you love her."

"I didn't really think much of it," Lora remembers. "Then one evening, I was visiting Amelia, and heard that same nurse on the phone with a dad. She told him the same thing, hung up the phone, and went to the baby, whispered its name and said, 'Your daddy just called to check on you. He said he loves you.' I realized that if she did that for another family, then she really was telling Amelia I loved her when I called. It meant a lot to me that she cared so much."

> Caring for babies like Amelia—and their families—is the heart of the mission of our NICU doctors, nurses, and other medical professionals. For more information about St. John's NICU, visit www.sjchildrens.org.



AthletiCare **GROWS TO MEET** Community Needs

AthletiCare™, the sports medicine and performance program for St. John's Hospital, offers the most comprehensive and complete sports medicine and rehabilitation services in the area.

In the last two and a half years, AthletiCare has expanded its service area throughout Central Illinois by adding four new sites in area communities. As a result, greater access to the outstanding services of our orthopaedic surgeons, family practice sports medicine specialists, certified and licensed athletic trainers and physical therapists is available.

ST. MARY'S HOSPITAL, DECATUR, ILL.

- * orthopaedic physicians (operative/nonoperative)
- * physical therapists
- * athletic trainers

ST. FRANCIS HOSPITAL, LITCHFIELD, ILL.

- * orthopaedic physicians (operative/nonoperative)
- * physical therapists
- * athletic trainers

THOMAS BOYD HOSPITAL, CARROLLTON, ILL.

- * orthopaedic physicians (operative/nonoperative)

ROCHESTER, ILL.

- * orthopaedic physicians (operative)
- * physical therapists
- * athletic trainers

"We are pleased to offer a greater variety of locations to make care more convenient for those we serve," says Benjamin McLain, manager of outpatient rehabilitation services at St. John's.

AthletiCare also offers a wide range of community-based educational programs, specialty clinics, fitness programs and individualized continuing education opportunities for coaches, schools and other athletic programs.

St. John's rehabilitation department maintains licensure as a continuing education sponsor through the American Physical Therapy Association, the American Occupational Therapy Association and the National Athletic Trainers' Association. The program offers professional continuing education units for athletic trainers, physical therapists, occupational therapists and other health care professionals.

KOHL'S KIDS 'N CONTROL

A PARADE OF STUDENTS FROM MCCLERNAND ELEMENTARY SCHOOL TO ST. JOHN'S CHILDREN'S HOSPITAL KICKED OFF A CHECK PRESENTATION CEREMONY FROM KOHL'S DEPARTMENT STORES TO ST. JOHN'S ON TUESDAY, OCTOBER 25.

The \$106,188 grant will fund a third year of the Kohl's Kids 'n Control program, which is a public awareness program sponsored by St. John's Children's Hospital, genH and Kohl's Department Stores. To date, Kohl's has gifted more than \$962,994 to St. John's Children's Hospital.

The program provides nutrition and physical activity resources to children, families and teachers. The goal is to help kids take control of their health through learning healthful eating habits and getting the recommended 60 minutes of daily physical activity.

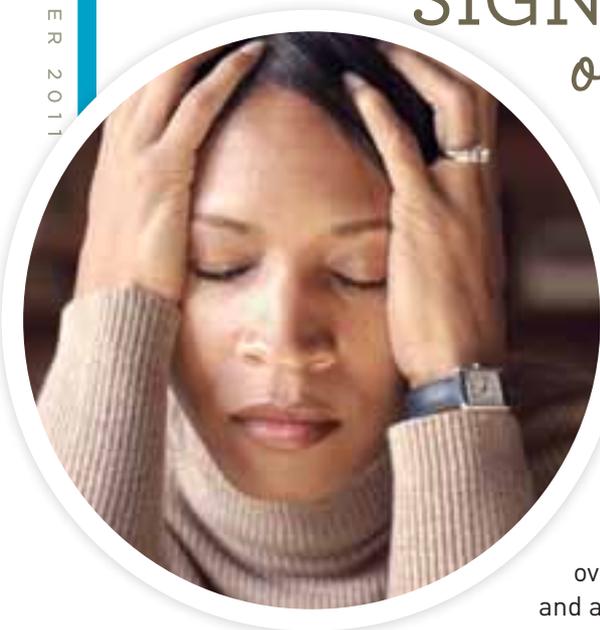
The Kohl's Kids 'n Control program uses media sources such as radio, Internet, billboards and print ads, as well as school-based community educational events to provide elementary age school children and their families and teachers with the resources they need regarding their nutrition and physical activity.

"Kids have a lot of say in the types of food their families buy and the activities they do together," says Mark Puczynski, MD, medical director at St. John's Children's Hospital. "Kohl's Kids 'n Control is about encouraging kids to speak up at the grocery store, around the dinner table, in the classroom and during leisure time and have meaningful conversations with adults about the lifestyle choices they make."

The Kohl's Kids 'n Control public awareness program targets children in pre-K through 8th grade. An interactive Web site, www.kidsncontrol.org, provides useful tips on nutrition and health, and allows kids to convert the amount of time they spend exercising into miles, depending on the activity.

Kohl's commitment to St. John's Children's Hospital is made possible through the Kohl's Cares for Kids program, which raises funds for children's health and educational opportunities through the sale of \$5 books and plush toys. Net profits from the sales go to support children's health and educational opportunities in the communities Kohl's serves.

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.



If you need help managing stress, contact the St. John's Hospital Center for Living by calling (217) 544-6464, ext. 46765.

“ Shoveling snow is a strenuous physical activity. If an individual has any underlying health conditions, he or she should consult with a physician before shoveling snow. ”

—Marc Shelton, MD, cardiologist at Prairie Heart Institute at St. John's Hospital and president of Prairie Cardiovascular

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 on staying safe this winter or to find a physician to meet your health needs, visit www.st-johns.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.



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

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Inspired care is visionary medicine and passionate faith. Respecting our traditions and courageously breaking new ground. Collaborating for the greater good while pursuing personal excellence, and discovering joy in both.

Inspired care is a commitment to educate the next generation and the wisdom to learn from them as well. It's the confidence to accept the toughest challenges, and the belief that we can, and will and do.

Inspired care is bringing the greatest care to the most people, caring for the whole person – body, mind, and spirit. Giving our all in everything we do. Every day.

At St. John's, we believe in inspired care.



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