

THIS IS HEALTH CARE

SPRING 2015

HOW PULMONARY
REHAB HELPS PEOPLE
WITH COPD

OSF ST. MARY
REHABILITATION
CENTER HELPS YOU
REGAIN
AND RENEW

7 RULES FOR
HEALTHY
RESTAURANT
EATING



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OSF ST. MARY MEDICAL CENTER RANKED AMONG THE BEST FOR OBSTETRICS

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MEET THE EXPERT

Afshin Khaizer, MD, is an internal medicine specialist at the OSF Galesburg Clinic at OSF St. Mary Medical Center.

Dr. Khaizer received his Bachelor degree in Psychology from Bradley University in Peoria, IL., and his Doctor of Medicine degree from the Medical College of Wisconsin in Milwaukee. He completed his internal medicine residency at the University of Nevada School of Medicine in Las Vegas.



To make an appointment, call the OSF Galesburg Clinic at 309-344-1000.

ASK THE DOCTOR

Q *I'm having a hard time getting my child to concentrate after school. Any advice?*

A Consider giving kids a recess break before they sit down for homework — it may pay off in better grades.

Children who took part in a physically active after-school program for an hour each day improved more than their fitness after nine months. They also did better on tests of thinking, learning and memory. That's according to new research published in the journal *Pediatrics*.

Cold weather doesn't have to bring an end to kids' active pursuits. Assign vigorous chores, like vacuuming or cleaning. Consider indoor sports, such as wall-climbing or basketball. Or just turn on some music and encourage them to dance.



Q *I'm worried about my risk for osteoporosis. What can I do?*

A Worried about osteoporosis? Consider getting a bone mineral density (BMD) test. A BMD test is a quick and painless scan that measures how much energy your bones absorb from low-dose X-rays. From this information, your doctor can tell how dense your bones are. The scan helps monitor bone loss, detect osteoporosis and assess fracture risk.

Talk with your doctor about whether you need this test. Women, especially those who are Caucasian and Asian, are at the highest risk for osteoporosis. Some health organizations, such as the U.S. Preventive Services Task Force, advise BMD testing for all women ages 65 and older. Others, such as the National Institutes of Health, say there isn't enough evidence to recommend universal screening.

How Pulmonary Rehab Helps People with COPD



If you have chronic obstructive pulmonary disease (COPD), you know the disease can affect every part of your life. But you can take control of your condition and feel better each day by playing an active role in your care. One major way you can improve your life with COPD is to participate in pulmonary rehabilitation.

HOW PULMONARY REHAB WORKS

Pulmonary rehabilitation combines exercise, emotional support and education to help you manage your health. The program is tailored to your needs and uses a team approach to help you reach your goals. The team may include exercise specialists, dietitians, doctors, nurses, respiratory therapists and others.

EXERCISE

Physical activity is an excellent way to improve your condition. Your pulmonary rehab team understands the challenges of exercising with COPD and will help you along the way.

Exercise through pulmonary rehab is designed to strengthen your muscles and improve your endurance. These benefits will spill over into all parts of your life. For example, leg exercises, such as walking or riding a bike, can help you get around more easily.

EMOTIONAL SUPPORT

Many rehab programs offer emotional and social support to help people cope with COPD. This may benefit those who struggle with depression or anxiety, have lower self-esteem or feel more isolated because of the disease.

There are many different ways your rehab program may provide emotional support. For example, you might join a support group or learn new relaxation skills.

EDUCATION

The goal of pulmonary rehab is to help you learn how to manage your disease. In addition to exercising and reducing emotional stress, you will meet with various professionals and/or take part in patient education classes to learn

more about COPD and how to control its symptoms.

Topics may include:

- Support to quit smoking
- How to eat healthier
- How to prevent respiratory infections
- How to use respiratory therapy and medications correctly
- Special breathing techniques
- Tips for accomplishing tasks and chores more easily
- Ways to manage your weight

TAKING CHARGE

In addition to participating in exercise and other activities, you will work closely with your rehab team to set and review goals, evaluate your progress and find ways to make the most of your life and stay as independent as possible.

COPD Questions? Check out our interactive tools and articles online at healthlibrary.osfhealthcare.org.

7 Rules for Healthy Restaurant Eating

Restaurants offer convenience, good-tasting food and easy clean-up. But each meal out comes with a price — and not just in dollars and cents. The average American consumes an additional 200 calories, 3 to 4 grams of saturated fat and an extra 300 to 450 grams of sodium on days that include dining out, a new study finds.



Thanks to extra-large portions and calorie-dense dishes, it's easy to let menu choices derail your diet. But you can eat away from home without packing on the pounds, nutrition experts say. Just follow these rules.

1 Choose wisely. Research restaurants ahead of time. Look for locations that offer a wide variety of healthy meals and post nutritional information online. Skip buffets and all-you-can-eat specials, which encourage overeating.

2 Order first. Use your advance sleuthing to choose nutritious dishes. Then put in your order right away, so you're not swayed by others' choices.

3 Double up. Many entrees contain enough food for two or three people. Order an appetizer instead and then add a side salad. Or, order healthy side

dishes, such as fruit and a baked potato with salsa or chili.

4 Watch for red-flag words. Limit descriptions like crispy, fried, creamy, au gratin, cheesy, buttery, pan-fried, rich or breaded. Go for baked, braised, broiled, grilled, poached, roasted or steamed. When in doubt, order broth-based soup, main-dish salads (light on the croutons and dressing), pasta with tomato sauce or grilled chicken sandwiches.

5 Make special requests. Just keep them simple. For instance, swap in a baked potato or salad instead of french fries. Ask to remove mayonnaise and bacon from your sandwich. Request sauces and dressings on the side.

6 Watch your alcohol. Stick to one drink for women, two for men. Booze boosts your appetite and adds calories but no nutrition.

7 Eat slowly. Your stomach needs about 20 minutes to send signals of fullness to your brain. Proceed at a leisurely pace and stop when you feel full.

WE'RE YOUR NUTRITION EXPERTS!

Visit www.osfstmary.org to see how we can help with your dietetic needs.

OSF St. Mary Rehabilitation Center Helps You *Regain and Renew*

From babies with developmental delays to adults recovering from joint replacement surgery, the OSF St. Mary Rehabilitation Center can help people of all ages.

“We can help you attain new motor skills or regain physical function so you can perform activities of daily living,” says Jan Glasnovich, PT, director of Rehabilitation Services at OSF St. Mary Medical Center.

The center’s professional staff includes physical therapists, masters-degree-level occupational and speech therapists, as well as registered nurses, physical therapy assistants, and exercise specialists in rehabilitation care. It offers a broad spectrum of services, including general and specialty rehab, such as:

- Physical therapy to help stroke and joint replacement patients
- Big & Loud physical and occupational therapy for patients with Parkinson’s disease
- Vital Stim speech therapy to help strengthen swallowing
- Women’s health, including incontinence care
- A McKenzie-certified therapist for treating low back pain
- Cardiac and pulmonary rehabilitation for patients with heart or lung disease

- Wound care and management
- Individual aquatics therapy and community classes
- Sensory integration, early intervention and developmental therapy for children

Whatever your issue, physical, occupational and speech therapy, as well as cardiopulmonary rehabilitation, and the exercise you may be instructed to do at home between sessions, can be an invaluable part of your treatment.

All rehabilitation services are typically covered by health insurance with a referral from your doctor. The center is located on the OSF St. Mary Medical Center campus, in the northeast corner of the building. It has its own parking lot and handicap accessible entrance.

“We have a lot to offer, even after you’ve graduated,” Glasnovich says. “You can join our fitness center or one of our pool classes, with our expert therapists there for guidance.”



Can we help? Find out by calling 309-344-9600.

OSF St. Mary Medical Center Receives 2015 Women's Choice Award

Whether it's your first child or your fifth, giving birth at OSF St. Mary Medical Center is a wonderful experience, with physicians you can easily talk to, attentive nurses and support staff, and outstanding clinical care.

It's that kind of feedback from women who have given birth at OSF St. Mary Medical Center that has earned the hospital the 2015 Women's Choice Award. The distinction, which is based on patient surveys that consider female patient satisfaction, clinical excellence and what women say they want from a hospital, ranks OSF St. Mary among America's best hospitals for obstetrical care.

"The Women's Choice award signifies that our patients trust us for their care and that's important to us," says Lisa Weedman, RN, BSN, clinical coordinator and lactation counselor at the birthing center at OSF St. Mary. Giving birth is often the only time many women are in the hospital as patients. "We want that experience to be a good one," Weedman says.

The Women's Choice Award is the first national award based on women's recommendations and preferences. To be eligible for the highly selective honor, hospital patients across the country complete a national, standardized

survey that assesses their perspective of hospital care reported by the U.S. Department of Health and Human Services. In addition to tallying those survey results, the selection process involves analyzing criteria identified as the most important to women for patient satisfaction.

THE BIRTH OF NEW INITIATIVES

"We're extremely proud of the distinction and the services and care we're offering," Weedman says. As the birthing center is always striving for improvement. Here are just three of the programs recently implemented to make your hospital stay even better:

Promoting birth as a whole family experience. "Our staff will be at the bedside for the care and support of women giving birth, as well as their family members," Weedman says. "We recognize that the birth of a baby is a whole family experience."

Encouraging skin to skin contact.

After delivery, babies are immediately placed on Mom. "Evidence from the World Health Organization shows that skin-to-skin contact immediately after birth assists in bonding between the baby and mother and helps the baby's vital signs and temperature normalize," Weedman says. Moms are also encouraged to room in with their babies and to breastfeed, if possible. A lactation counselor is available to help moms with breastfeeding issues.

Practicing purposeful rounding.

Anyone who comes into the Mom's hospital room, from doctors and nurses to dietitians and housekeeping, will ask if she needs anything. "Sometimes it's just answering a question or making sure Mom's personal items are within reach," Weedman says. "It gives us the chance to get to know patients personally, not just medically."



EXPECTING?

To sign up for free childbirth education classes, call **309-344-3161, x4190** or register online at www.osfstmary.org/calendar.

MAMMOGRAMS: What to Expect, How to Prepare

Skipping regular mammograms after age 50 could raise your risk of dying from breast cancer, says the Centers for Disease Control and Prevention. But catching breast cancer early makes it easier to treat successfully.

Research shows that women ages 50 to 64 who get mammograms at least every two years are about 30 percent less likely to die of breast cancer than those who don't get screened as often.

Mammography is an important tool for detecting breast cancer early on, when it's easiest

to treat. But the benefits and limitations of mammography vary based on factors like age and personal risk. Experts have different recommendations for mammography. Currently, the U.S. Preventive Services Task Force recommends screening every two years for women ages 50 to 74. The American Cancer Society recommends yearly screening for all women ages 40 and older. Women should talk with their doctors about their personal risk factors before making a decision about when to

start getting mammograms or how often they should get them.

Before your mammogram, expect to undress above the waist — you will be given a gown or wrap to wear.

During the procedure, a special X-ray machine will push each breast between two panels before taking a picture. You will feel some pressure and maybe discomfort. But this X-ray lasts only a few seconds.

Take these steps before your mammogram:

- If you're still menstruating, have

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[www.osfstmary.org/
donate](http://www.osfstmary.org/donate).

mammograms the week after your period, when breasts generally are less tender.

- Don't wear lotion, powder, perfume or deodorant under your arms or on your breasts the day of the exam. These products can cause shadows on the X-rays.
- Bring a list of places and dates of mammograms, biopsies or other breast-related procedures you've had before.
- Tell your doctor and X-ray technician if you are or might be pregnant.



Dawn Miller,
Director of
Imaging enjoys
the new
Mammography
Department with
Sister Joan



Father Deus Blesses
the new OSF St. Mary
Medical Mammography
Department with the
assistance of Deacon
Dave Steeples

CELEBRATING THE NEW MAMMOGRAPHY DEPARTMENT

Experts agree: Mammograms save lives. The death rate from breast cancer has dropped by about 37 percent since 1990. That's in part thanks to early detection via mammogram. And those numbers may improve even more with digital mammography. OSF St. Mary Medical Center just celebrated the blessing and dedication of the new mammography department.

NEW CHANGES IN THE MAMMOGRAPHY DEPARTMENT:

- The Mammography Department has moved back over to the main hospital at OSF St. Mary Medical Center.
- Medical Imaging is now all under one roof. All of your imaging needs in one place.
- Patients will now check in with admissions.

We have access to the latest screening and diagnostic technology. Find out more by visiting osfstmary.org.

One Family's Brings New Chapel



Chaotic, fun and loving are just some of the adjectives Mary (Mangieri) Burgland uses to describe growing up in an Italian family with 11 siblings. “You could always find us outside playing a game of badminton,” says Burgland.

Burgland. “She is a past president of the Auxiliary and volunteered in the surgical waiting area up until her mid 80s when it just wasn’t safe for her to continue driving back and forth from Abingdon. She loves OSF St. Mary Medical Center. She gave birth to all her children here so it’s almost like home to her.”

In the late 70s, OSF St. Mary staff wanted to start a spaghetti dinner to benefit the Auxiliary. This was a great way to get the whole Mangieri Family involved. Almost 40 years later, the Auxiliary still uses the Mangieri Spaghetti secret recipe to help raise funds for the hospital.

Working hard and playing hard is very important to the Mangieri family, but most importantly they all believe in giving back to the community. “My father, Sam Mangieri, was a very generous man,” says Burgland. “He believed in helping everyone he could.”

Other siblings became involved at OSF St. Mary Medical Center throughout the years. Burgland was on the Auxiliary Board and will soon be on the Area Wide Board, her brother Sam Mangieri Jr., was an Area Wide Board Member and another brother Joe is a Foundation Board Member. It was during an Area Wide Board meeting when Sam Mangieri Jr. heard about a need to build a

Burgland wanted to give back to the community so she became involved with the OSF St. Mary Auxiliary in the mid 70s. She then saw the need of more help and reached out to her mother, Tillie.

“My mother gave 100 percent to everything she did, so I knew she would be a perfect fit at the hospital,” says



OSF. St. Mary Sisters joined the Mangieri family to bless the new Mammography Department, with the assistance of Deacon Dave Steeples

Love of Giving Dedication

The OSF St. Mary Foundation is dedicated to saving lives and providing the highest quality healthcare. To find out how to donate, please visit www.osfhealthcarefoundation.org/galesburg.

new chapel for the hospital.

Sam knew that his sister, Tina (Mangieri) Vujovich wanted to donate some funds to honor their mother Tillie. Sam thought the chapel would be a wonderful project to honor their mother. All of Tillie's children came together and contributed a total of \$100,000 to help with the chapel project.

"Our goal was to come up with \$75,000 and we ended up contributing \$100,000," says Burgland.

With this generous donation, Tillie was honored by selecting a name for the new chapel. She thought about the name and changed it a couple of times, but she decided on Mater Dei Chapel. Mater Dei is Latin for "Mother of God," referring to the Virgin Mary.

Not only did the Mangieri family help fund the chapel project, but they also helped build it. Another sibling, Peter Mangieri, owns Mangieri Companies in Peoria, IL. Peter's company was an instrumental part in building the new chapel.

"The chapel is a great place to go and just clear your mind," Burgland says. "It turned out beautiful from the stained glass to the natural wood work."

The beautiful stained glass window was resurrected from a former church in the Peoria Diocese and the wood work was provided by Director of Plant Operations in Peoria, Michael Saunders.

"This chapel will be used by so many people," says Roxanna Crosser, President of OSF St.

Mary Medical Center. "Patients, visitors and staff can stop by throughout the day for reflection or just if they need a few moments of quiet."

Over 120 people attended the blessing and dedication of Mater Dei Chapel that was held on Tuesday, November 18, 2014 which was four days before Tillie Mangieri's 93rd birthday.

When asked why the Mangieri family chose OSF St. Mary as their charity, Mary said, "When you get to know the sisters, you'll do anything for them."

The new chapel seats around 40 people. Mass is held Sunday-Friday at 7:30 a.m. and Saturdays at 9 a.m. Patients can now watch mass from their hospital bed on channel 79.



THIS IS HEALTH CARE

CARRIE BERNETT
MARKETING/PUBLIC RELATIONS COORDINATOR
OSF ST. MARY MEDICAL CENTER

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OSF St. Mary Medical Center Receives 2013 Top Performer Award

We are pleased to announce The Joint Commission has recognized OSF St. Mary Medical Center as a 2013 Top Performer on Key Quality Measures®.

OSF St. Mary Medical Center has been recognized for its excellence in accountability measure performance shown to improve care for certain conditions and is one of only 1,224 hospitals in the U.S. to achieve the distinction as a 2013 Top Performer. The program is based on data reported in the previous year about evidence-based clinical processes that are shown to be the best treatments for certain conditions,

We are recognized for our achievement on the following accountability measure sets:

heart failure care, pneumonia and surgical care.

“At OSF St. Mary Medical Center we have made it a top priority to address patient safety and quality health care by improving upon our evidence-

based care processes,” says Roxanna Crosser. “We are proud to be named a Top Performer and thank our entire hospital staff for its knowledge, teamwork and dedication to improve OSF St. Mary performance.”



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