

DIABETES AND
SLEEP APNEA P. 2

PREVENT SPORTS
INJURIES P. 6

HELP FOR CHRONIC
DISEASE P. 7



HealthLines

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Help Kids
Let Go

*Learn how to ease your child's
separation anxiety. See page 4.*

WAKE UP TO THE RISKS OF *Diabetes* AND *Sleep Apnea*



DIABETES COULD BE KEEPING YOU UP AT NIGHT and you don't even know it. That's because many people with diabetes also suffer from obstructive sleep apnea (OSA).

OSA happens when you have a blocked airway and you stop breathing for several seconds or minutes. This can happen hundreds of times each night. Untreated, it can increase your risk for high blood pressure, heart disease, heart attack, and stroke.

What Are the Signs of Sleep Apnea?

If you have OSA, you may snore loudly. You might also experience pauses in your snoring at night followed by choking or gasping sounds. Other signs include:

- + Daytime sleepiness
- + Waking up with headaches
- + Memory problems

- + Feeling depressed or irritable, or having mood swings
- + Waking up with a sore throat or dry mouth

How Are Diabetes and Sleep Apnea Related?

About 40% of people with OSA have diabetes, according to the International Diabetes Federation.

How are the two conditions linked? One possible explanation is obesity. Carrying extra weight may contribute to both conditions. However, the picture may be more complicated than that. For example, pauses in breathing that happen at night with OSA may cause oxygen levels in your body to fall. This can affect how your body

breaks down glucose, which may play a role in developing diabetes.

What You Can Do

One important way to treat OSA is losing weight. This can reduce symptoms of OSA as well as diabetes. Continuous positive airway pressure (also known as CPAP) is another treatment for OSA. This involves using a device that blows air into your throat to help keep your airway open while you sleep.

If you think you might have OSA, speak with your doctor. Treating sleep apnea can make you feel better and reduce your risk for major diseases down the road.



Edward Miles, MD

+ NEW SPECIALIST

CGH Introduces Radiation Oncologist Edward Miles, MD

CGH Medical Center is proud to introduce Dr. Edward Miles. Dr. Miles is board certified in radiation oncology. He will be seeing patients at the Northern Illinois Cancer Treatment Center.

Dr. Miles received his medical degree from Uniformed Services University of the Health Sciences in Bethesda, Maryland and his Bachelor of Science from Carnegie Mellon University in Pittsburgh, Pennsylvania. Dr. Miles completed an internal medicine residency at National Naval Medical Center in Pensacola, Florida and U.S. Naval Flight Surgeon Training at Naval Aerospace Medical Institute in Pensacola, Florida. He also finished a research fellowship at the Radiation Effects Research Foundation in Hiroshima, Japan and a radiation oncology residency at Duke University Medical Center in Durham, North Carolina.

📍 **Dr. Miles' office is located at the Northern Illinois Cancer Treatment Center, 327 Illinois Route 2 in Dixon. To make an appointment, please call 815-284-1111.**





Matthew Wolf, MD

NEW PHYSICIAN

CGH Morrison Welcomes Matthew Wolf, MD

We are pleased to announce that Dr. Matthew Wolf has joined CGH Morrison Clinic & Vision Center. Dr. Wolf specializes in family medicine and is accepting new patients beginning August 8.

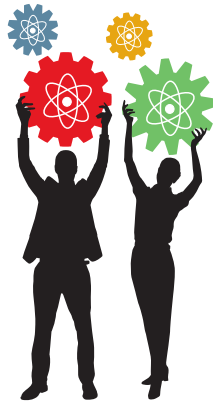
A native of Erie, Dr. Wolf received his Doctor of Medicine from the University of Illinois at Chicago and his Bachelor of Science from the University of Illinois at Urbana-Champaign. He completed his family medicine residency at Genesis Health System in Davenport, Iowa.

Dr. Wolf's office is located at CGH Morrison Clinic & Vision Center, 105 S. Heaton St., in Morrison. To make an appointment, please call 815-772-8100.

Healthy vs. Unhealthy Carbohydrates

ENERGY for Your Body

Carbohydrates are a type of nutrient that we get from food. They are the most important source of energy for our bodies. Our digestive system changes carbohydrates into blood sugar, which provides energy for our cells, tissues, and organs.



CREATE Healthy Meals



Limit foods that are high in added, refined sugars.



Choose whole grains over refined grains. Select foods that have "whole" or "whole grain" ingredients listed first on the food label.



Eat more whole fruits and vegetables.



Focus on legumes—beans, dried peas, and lentils.

How Do Carbs Fit into a HEALTHY DIET?

There are different types of carbohydrates:

sugars

starches

dietary fiber

Some carbohydrates are better for you than others. When it comes to carbohydrate-rich foods, it's better to choose nutrient-dense foods in their natural form.

FILL 1/2 of your plate with FRUITS AND VEGETABLES, limiting potatoes.

Fruits & Vegetables

Protein

Whole Grains

FILL 1/4 of your plate with PROTEIN, which can include beans or nuts.

FILL 1/4 of your plate with WHOLE GRAINS.

Healthy Carbs

Vegetables

Whole fruit

Legumes (beans, chickpeas, lentils)

Sweet potatoes

Whole-grain breads

Whole wheat pasta

Oatmeal and other whole-grain cereals

Brown rice and barley



High in nutrients



High in fiber, which aids with digestive health and helps you feel full longer



Longer-lasting energy

Less Healthy Carbs

Table sugar

Drinks with added sugar, like soda, sweet tea, fruit punch, and sports drinks

Candy

Fruit juice (limit to 6 ounces per day or less)

White potatoes

White bread

Regular pasta

Processed cereals

White rice



May increase your blood glucose levels, which can increase risk for diabetes



Increase your levels of triglycerides (blood fats), which can contribute to heart disease



Provide a quick burst of energy that wears off quickly, leaving you hungry again soon



Low in fiber and/or nutrients

SOURCES:

Academy of Nutrition and Dietetics, American Diabetes Association, American Heart Association, Harvard School of Public Health, National Institutes of Health, U.S. Department of Health and Human Services Office on Women's Health

HELP YOUR KIDS *Let Go*

YOU WISH YOUR CHILD A GOOD DAY as you drop her off at school. But what if she suddenly throws a tantrum, clinging to you and refusing to go?

Children sometimes have trouble with changes linked to growing up. Common in infants and toddlers, separation anxiety usually subsides by age 2. But it's normal for this problem to occur from time to time throughout early childhood. Between ages 5 and 7, episodes often involve not wanting to go to school.

Children may display separation anxiety if there have been changes in their routine. It may be triggered by returning to school after summer break, moving to a new neighborhood, or an illness or death in the family.

Here are some tips from the American Academy of Pediatrics about how to cope with separation anxiety at the start of the school year:

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

➤ **Another way to make sure your student is ready** for fall is to get school and sports physicals. Summer appointment times go fast, so schedule today. To find a pediatrician or other expert near you, go to www.cghmc.com and select "Find a Provider" at the top of the page.

CGH Helps Newborns Experiencing Drug Withdrawal

A growing number of newborn babies across the country and in the Sauk Valley are experiencing opioid withdrawal 24 to 72 hours after birth. Neonatal abstinence syndrome (NAS) is a very serious condition and is a result of a dramatic rise in prescription opioid use and opioid abuse by pregnant women.

CGH Medical Center has launched an educational effort to inform pregnant women and the public about the risks involved. Pediatrician Dr. Chloe Salzmann, CGH Main Clinic,

stated that post-birth symptoms of opioid withdrawal can include tremors, irritability, excessive crying, sleep problems, seizures, excessive vomiting and diarrhea, difficulty eating, and poor weight gain.

Research has shown that use or abuse of opioids during pregnancy is associated with a significantly increased risk of poor birth outcomes, such as low birth weight, premature birth, seizures, and other birth defects. For more information, contact Dr. Salzmann at **815-625-4790**.

CALENDAR of EVENTS

@ CGH MEDICAL CENTER

Community Health

CHOLESTEROL/GLUCOSE SCREENINGS

If you need your cholesterol checked, make an appointment at one of our upcoming screenings on Wednesday, July 13; Thursday, August 25; or Tuesday, September 20; 6 to 9:20 a.m. 12-hour fast and appointment required. Call **815-625-0400, ext. 5716**.

BLOOD DRIVES

Donate blood on Thursday, August 4 or October 6, in the CGH Ryberg Auditorium at CGH Medical Center in Sterling. You can donate every 56 days. To make an appointment during our expanded hours of 10 a.m. to 8 p.m., call Connie at **815-625-0400, ext. 5425**, or Michelle at **815-625-4790, ext. 6879**.

BLOOD PRESSURE AND BLOOD SUGAR SCREENINGS

Screenings are held on the first Thursday of the month (July 7, August 4, September 1), from 8 to 9:30 a.m. in the lobby of the CGH Main Clinic in Sterling; second Thursdays (July 14, August 11, September 8), from 11:30 a.m. to 1 p.m. in the lobby of CGH Medical Center in Sterling; and third Thursdays (July 21, August 18, September 15), from 3 to 4:30 p.m. at County Market in Sterling.

For a complete list of events, visit www.cghmc.com/calendar.

Preparing for Baby

No cost, but registration is required. Please call **815-625-0400, ext. 5504**, or visit www.cghmc.com/calendar to sign up.

PRENATAL CLASS

Designed for moms in the second half of pregnancy and their coaches, these classes focus on everything you need to know about the labor and delivery process.

+ Thursdays, July 7 and 14, August 11 and 18, September 1 and 8, 6 to 9 p.m., in the CGH Ryberg Auditorium.

BREASTFEEDING CLASS

Taught by our certified lactation specialist, this class shares everything you need to know about beginning breastfeeding.

+ Thursdays, July 14, August 18, and September 8, 7 to 9 p.m., in the CGH Ryberg Auditorium.



Growing Healthier Speaker Series

Join us for **FREE** programs featuring speakers on important health topics, refreshments, and giveaways. Programs are held in the CGH Ryberg Auditorium at CGH Medical Center in Sterling. Registration appreciated, but not required. For more information, please call **815-625-0400**, or visit www.cghmc.com/growinghealthier.

Attend a **FREE** program and you could win a **\$100 gift card!**



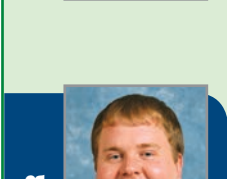
Love on a Leash

Wednesday, July 27, at 6 p.m.
Presented by Deb Keaschall and Susan Jakobs, along with dog therapy teams Wendy Johnson & Cally Lanae and Karen Palmer & Deuce



Neonatal Abstinence Syndrome (NAS)

Wednesday, August 24, at 6 p.m.
Presented by Chloe Salzmman, MD
Learn about CGH's new effort to educate pregnant women about the risks of NAS and opioid use during pregnancy.



Meet Dr. Wolf – Morrison Clinic & Vision Center

Tuesday, September 20, at 6 p.m.
Health topics presented by Matthew Wolf, MD, and William Bird, MD
Stop by for refreshments and health discussions.



9 WAYS TO PREVENT Sports Injuries

RUNNING, BIKING, TENNIS, AND OTHER SPORTS are good for you, but put you at risk for injury—especially if you have poor training, improper gear or technique, or are in poor condition.

The following tips can help you avoid athletic injuries:

- 1** Before playing, warm up with three to five minutes of walking, jogging, cycling, or aerobic exercise. Follow up with gentle stretches.
- 2** Get in shape before starting a new season or sport.
- 3** Learn proper form. Poor technique often causes ligament and muscle sprains.
- 4** Try to get some exercise every day. Weekend warriors—those who exercise for hours on the

weekend but do nothing during the week—face an increased risk for injury.

5 Increase the length and intensity of your workouts gradually.

6 Wear proper protective gear, such as helmets and protective eyewear.

7 Play several sports or do different workouts to prevent overuse injuries, boredom, and overtraining.

8 Cool down at the end of your workout by slowing down your activity or walking instead. This allows your heart rate to drop slowly.

9 If you sustain an injury, let it heal properly. Returning to play before a sprain or strain has had time to mend increases your risk of reinjuring the same muscle, joint, or tendon.

➔ **Has your athlete been injured over the weekend?** CGH Locust Street Medical Center holds a Sports Medicine Clinic on Monday mornings from 9 to 11:30 a.m. and on weekdays by appointment at 1809 N. Locust Street in Sterling. Walk-ins are welcome but appointments are preferred. Please call **888-721-BUMP (2867)** to make an appointment.

➔ NEW SPECIALISTS

New Orthopaedic Providers

CGH Medical Center is pleased to welcome Dr. Jeffrey Thormeyer and Ethan Brooks, PA-C, to the Orthopaedic Department. Dr. Thormeyer and Brooks are accepting new patients beginning in August.

Dr. Thormeyer received his Doctor of Medicine from George Washington University School of Medicine in Washington, DC, and both his Bachelor of Arts and Master of Arts from Eastern Illinois University in Charleston, Illinois. He completed a surgical internship and his orthopaedic surgical residency at the University of Illinois at Chicago.

Ethan Brooks received his Doctor of Science in clinical orthopaedics from Baylor University in Waco, Texas, and both his Master of Science and Bachelor of Science in physician assistant studies from the University of Nebraska in Lincoln, Nebraska. Brooks completed an orthopaedic physician assistant fellowship at Madigan Army Medical Center in Joint Base Lewis-McChord, Washington.

➔ **Dr. Thormeyer and Brooks will see patients at CGH Medical Center's Main Clinic** at 101 E. Miller Road, Sterling. To make an appointment, please call **815-625-4790**.



Jeffrey Thormeyer, MD



Ethan Brooks, PA-C

Breathing Easier

WITH HELP FROM THE CGH HEALTH FOUNDATION

**CAN YOU IMAGINE WHAT YOUR LIFE WOULD
BE LIKE** if it hurt every time you took a breath?

Until this past year, that was the case for Milledgeville resident Connie Charwood, who suffered from a pulmonary condition. But with the help of several programs funded by the CGH Health Foundation, she is free of discomfort and a much happier person.

"It doesn't hurt to breathe anymore. I couldn't breathe before without a lot of difficulty," said Charwood. "I can't begin to explain what the CGH Health Foundation has done for me, from sponsoring my pulmonary rehab sessions, to helping provide transportation to the classes and even funding my new eyeglasses."

In 2014, Charwood was hospitalized seven times in 10 months. Since being paired up with CGH Community Health Network (CHN) nurse Terry Durham, BSN, RN, she has not been readmitted once. "It's been over a year and between Terry, my doctors, pulmonary rehab, and the help I've received from the

Foundation, I am so much better," said Charwood.

The CHN program is a free service that offers patients the resources and knowledge they need to manage chronic disease, regardless of financial means. A nurse works side by side with patients and their families as they navigate the health system. Patients want to be in their homes and not in the hospital, according to Durham.

"With the Foundation's help, we are able to go into the homes of those with congestive heart failure, chronic obstructive pulmonary disease (COPD), and pneumonia and help monitor their illness to help keep them out of the hospital," said Durham. "I check blood pressures, listen to lung sounds, review medications—we have coffee—and really get to know our patients and their families."

She said Connie has come a long way, but the pulmonary rehabilitation



L to R: Ann Davis, pulmonary rehab coordinator; Connie Charwood, patient; Terry Durham, BSN, RN, CHN nurse

classes she is now able to take have prompted the greatest improvement. Because of Foundation funding, the classes can now be offered free of charge to those who qualify. In addition, a new transportation program is being funded to get qualifying patients to and from appointments.

"We are so fortunate that the Foundation has set up these programs that allow us to get our patients in for very crucial treatments," said Durham. "In Connie's case, this has been invaluable."

And now when Charwood is walking on the treadmill at the rehab class she can even watch the television without issue. "Even though it wasn't that far away, I could never see what was on the screen until I got my new glasses through the Eyeglasses for Kids/Adults Program. What a difference the Foundation has made in my life!"

➔ Sharing It Forward

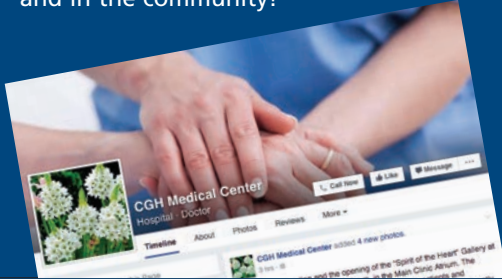
Please consider making a contribution in support of these vital programs, designed to close gaps in care for people in need. For more information, contact Joan Hermes, executive director, at **815-625-0400, ext. 5672**, or go to **www.cghmc.com/foundation** to make a gift online.



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HELP FOR Rheumatoid Arthritis

Rheumatoid arthritis, or RA, affects about 1.5 million American adults.

It can start with a little stiffness or a few achy joints. Over time, RA can lead to serious complications. It's important to catch RA early and start treatment immediately.

One way of controlling RA is with disease-modifying antirheumatic drugs (DMARDs). The goal of using DMARDs is to stop inflammation from damaging your joints and organs. There are two categories of DMARDs.

Nonbiologic DMARDs are made from chemicals and are usually taken as a pill or as a shot. Their side effects can include upset stomach, rash, mouth sores, and liver, kidney, or lung problems.

Biologic DMARDs are made with proteins similar to the ones found naturally in your body. They are usually given as a shot or an IV infusion. Side effects can include irritation at the injection site, sinus infection, and headache.

Both kinds can cause nausea and diarrhea, and in some rare cases they can lead to serious complications, such as tuberculosis or certain kinds of cancer.

If you think you may have RA, make an appointment with a rheumatologist. This specialist can help develop a treatment plan and monitor the progression of your disease.

✦ NEW NURSE PRACTITIONER

CGH Welcomes Melissa Duncan, APRN-FNP

We are pleased to announce that Melissa Duncan, APRN-FNP, has joined Dr. Ajay Buddaraju in the Rheumatology Department.

Duncan received her Master of Science in Nursing as a Family Nurse Practitioner from Walden University in Minneapolis, Minnesota. She received her Bachelor of Science in Nursing from Trinity College of Nursing and Health Sciences in Rock Island, Illinois. Duncan is certified as a Family Nurse Practitioner by the American Academy of Nurse Practitioners. In addition, she is a member of the American Association of Nurse Practitioners.



Melissa Duncan,
APRN-FNP

➤ **Duncan is currently accepting new patients** at her office at CGH Medical Center's Main Clinic at 101 E. Miller Road in Sterling. To schedule an appointment, call **815-625-4790**.