World of Wellness
Healthy Habits from Across the Globe

Can an OB-GYN Help Your Heart?

10 Ways to Slash Stroke Risk

Protect your skin.
see page 12

Anderson Healthcare
A World of Good Health
When it comes to healthy habits, we can learn a lot from other countries. Here’s a look at some healthy behaviors from around the globe that Americans can benefit from, too.

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Articles in this magazine are written by professional journalists or physicians who strive to present reliable, up-to-date health information. Our articles are reviewed by medical professionals for accuracy and appropriateness. No magazine, however, can replace the care and advice of medical professionals, and readers are cautioned to seek such help for personal problems.

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The planning that took place at Anderson Healthcare in 2018 will result in many significant projects and service expansions in 2019, highlighted below.

**PROJECT ONE**
There is excitement about bringing all Anderson Healthcare’s organizations together on one electronic health record. Work on the Electronic Medical Record (EMR) is underway for a November 1 “go live.”

**TROY EXPRESSCARE**
Troy ExpressCare will open April 1, coinciding with the closure of the Highland ExpressCare facility. All Highland staff are relocating to the Troy facility, which will also include an Anderson Medical Group primary care office.

**PATIENT FINANCIAL SERVICES RELOCATION**
The Patient Financial Services Department has moved to the corner of 162 and 159 in Maryville. The former First Mid Illinois Bank building now houses a centralized billing office for all of Anderson Healthcare as well as a physician time-share suite.

**THE ANDERSON SURGERY CENTER**
Approved by the state in December, construction will begin this spring on the first building at the future Anderson Goshen medical campus. The 18,000-square-foot building will include a surgery center (projected to open in mid-2020), Cardinal Glennon clinic space, radiology and a lab draw station.

**ANDERSON'S BETHALTO WELLNESS CENTER**
Scheduled to open by year-end, this facility will provide physician office space and outpatient hospital services by remodeling an existing building. The facility will allow Anderson to expand its primary care and physician specialist presence in this community as well as provide outpatient services.

**COMMUNITY HOSPITAL OF STAUNTON**
Staunton will continue its private room project with the remodeling of three additional rooms to provide privacy and amenities to enhance the patient experience. This second phase of the project should be complete by late spring.

**ANDERSON AND AIR EVAC**
Anderson has partnered with Air Evac to establish an air ambulance base at Anderson Hospital. This project, to be completed by late summer, will include construction of an additional helipad as well as a hangar and crew quarters west of the Home Health building. The air ambulance will serve Southwestern Illinois, including Anderson and Staunton hospitals.

Finally, while recognizing the commitment and accomplishments of our staff and physicians over the last few years, Anderson will remain focused on exceeding our patients’ expectations at our facilities.

This long list is evidence that our talented and knowledgeable staff continues to strive to meet the health care needs of the communities we serve in 2019.
Anderson Healthcare is pleased to announce plans to expand access to medical services in the Metro East communities. The expansion involves development of a 10-acre parcel of land on Goshen Road in Edwardsville across from the YMCA Goshen Center. The objective is to create a medical office campus within the limits of the I-55 Corridor planning area.

The medical complex will be known as Anderson Goshen Campus and will begin with a one-story building that will house an ambulatory surgical treatment center and a pediatric specialty clinic to be located on the southwest corner of the site.

SURGERY CENTER COMING SOON
The surgery center will provide an array of services for both adults and children. “Our plans are to provide an exceptional facility and patient experience,” says Lisa Klaustermeier, Anderson Hospital chief nursing officer. “The surgical center will include private patient pre- and postoperative areas, two operating rooms and a procedure room. A lab draw station and plain film X-ray machine will be on site to complement surgical services as well as

EXCITING DEVELOPMENTS
A new Goshen medical campus will enhance local health care.
provide an additional outpatient service to local residents.”

**PEDIATRIC SERVICES AND MORE**

SSM Health Cardinal Glennon Children’s Hospital has signed a letter of intent with Anderson Hospital to be the pediatric partner, in partnership with SLUCare Physician Group, in this unique facility. “Anderson Hospital and SSM Health Cardinal Glennon Children’s Hospital have a long-standing relationship that has enhanced pediatric services in Madison and our surrounding counties,” says Keith Page, Anderson Hospital president and CEO. “This facility continues that partnership while also offering exceptional outpatient surgery options.”

Three additional buildings are planned in the future for the complex and may include a physician office building, urgent care center and imaging center.
Getting Better All the Time

Since joining forces with Anderson, Staunton Community Hospital has made many improvements.

It has been just over two years since Community Hospital of Staunton (CHS) affiliated with Anderson Hospital. In that time, Community Hospital of Staunton’s Board of Trustees and administration have worked diligently with Anderson Hospital leaders to unify and enhance the care offered at both campuses.

**ENHANCEMENTS AT THE CHS CAMPUS INCLUDE:**

**On-site hospitalist.** Nurse practitioner Jamie Ott now fulfills the role of hospitalist at CHS and takes care of patients during their entire stay at the hospital. She is based at Staunton’s campus, allowing her to be more readily available, thus elevating the care offered during a patient’s stay.

**Newly refreshed private rooms.** Three rooms were completely refreshed in 2018 and three more will be done in 2019. Features of the rooms include new multifunction LED lighting, flooring, doors, exterior windows, ceilings, headwall systems, soundproofing, cabinets and closets. Reconfigured restrooms with all new fixtures and layouts are a prominent improvement.

**Upgraded CT scanner.** Because CHS is a participant in the Stat Stroke Program, a CT scanner is a critical diagnostic tool in determining if a patient is having or has had a stroke.

**Specialty services.** Cardiology, obstetrics and gynecology, and general surgery services were added with plans for additional clinics in the future.

“I would like to thank the employees, medical staff, volunteers and citizens of Staunton for their continued support of our hospital.”

— Don Kasubke, President, CHS Board of Trustees

**Software improvements.** A new computer software program known as Meditech will be implemented by November 2019, uniting all Anderson Healthcare partners and greatly enhancing the efficiency of patient services.

“On behalf of the Community Hospital of Staunton Board of Trustees and administration, I would like to thank the employees, medical staff, volunteers and citizens of Staunton for their continued support of our hospital. We are proud of the excellent health care services offered in Staunton,” says Don Kasubke, president of the CHS Board of Trustees.
**Lack of Sleep May Lead to Junk Food Cravings**

Feeling guilty about giving in to your junk food cravings? The problem may stem from a lack of sleep, not a lack of willpower.

Research reveals that shorting yourself on sleep can make you hungrier during the day — and when you’re hungry, it’s natural to crave high-calorie foods like chips, candy or cookies. Some research suggests that a lack of sleep may affect chemicals that make you more likely to eat for pleasure, not just out of hunger, as well.

For better sleep, go to bed at the same time every night and keep your room dark and quiet. If you still get waylaid by cravings, try eating more during the day. When you do snack, opt for something healthy, like air-popped popcorn or low-fat yogurt.

**Try These 5 Healthy Habits for a Longer Life**

Imagine if you could extend your life by many years after making some changes to your lifestyle. It might not be fantasy. A study published in *Circulation* found that adopting a handful of healthy habits could add more than 10 years to the life span of American adults.

The study followed nearly 79,000 women and about 44,000 men for up to 34 years, looking at five healthy habits: not smoking, exercising daily, eating a healthy diet, drinking alcohol only in moderation and staying at a healthy weight.

Results showed that at age 50, women who followed all five habits were projected to live, on average, 14 years longer than women who followed none of the habits. Men who adopted all the healthy habits were projected to live an extra 12 years, on average, compared with men who adopted none.

**Yoga May Help Low Back Pain**

Low back pain got you down? You might want to try yoga.

Researchers looked at 12 studies of more than 1,000 men and women with nonspecific low back pain and found that yoga classes improved back function and reduced symptoms of low back pain more effectively than no exercise.

>> **Get Help Getting Z’s**

Anderson’s Sleep Center can identify and treat sleep disorders. Call 618-288-6124 to learn more.
YOUR ROOM-BY-ROOM GUIDE TO CHILDPROOFING

With potential dangers lurking around every corner, childproofing your home can be a challenge. This guide is a good start to keeping your little ones safe.

**Bedroom**

Make sure the crib’s mattress is firm and fits tightly so that there’s no way for your child to get stuck between the mattress and the crib. Use a fitted bottom sheet specifically made for your crib, and keep all pillows, stuffed toys, blankets and bumper pads out of the crib.

**Bathroom**

It takes only a few inches of water for a child to drown. Never leave a baby or young child alone in the tub, even for just a moment. Keep everything you need for bath time, such as soap and shampoo, within arm’s reach.

**Stairways**

Look for safety gates that can be screwed into the wall and that meet current safety standards.

**Laundry Room**

Kids might mistake brightly colored detergent pods for candy. Keep the container they come in stored in a locked cabinet.

**Living Room**

Mount flat-screen TVs on the wall and keep top-heavy furniture pieces, like bookshelves, secured to the wall with screws.

**Dining Area**

Keep your child’s high chair far enough away from other surfaces that a baby can’t touch them with his or her feet and tip over. Use the safety straps — yes, all of them — every time.

**Kitchen**

Use your stove’s back burners only and keep pot handles turned in. Know where your child is when you’re walking with hot liquids so that you don’t trip.

**Need Help Now?**

For immediate treatment of minor illnesses and injuries, visit one of our four ExpressCare Centers. For locations, visit www.andersonhospital.org/anderson-centers/expresscare-center.
Stress Solution for Kids: 
Work It Out

Let’s face it: Being a kid isn’t easy. Feeling pressure to get good grades, managing parent expectations and navigating social situations can take a toll. In fact, some experts believe children today have higher levels of stress than ever before. How can we help kids better manage stress? One way is to encourage exercise.

POWER OF MOVEMENT
Studies show that exercising not only improves physical health but boosts mental health as well. By evaluating levels of cortisol — a hormone released in response to stress — researchers found that children who exercised more had lower levels of stress. In a different study of adolescents who were being bullied, those who exercised four or more days a week reported significantly less sadness and suicidal thoughts than those who were less active.

HOW MUCH IS ENOUGH?
Although there is a clear link between exercise and improved mental health, scientists can’t explain why. And there is no specific dose or type of activity guaranteed to help. But U.S. guidelines recommend that kids get at least 60 minutes of moderate to vigorous exercise every day. This can include fun activities like playing tag, biking, swimming or playing basketball. If your child is inactive, encourage him or her to start slowly and work up. Even a little activity has benefits.

Scientists report that just five minutes of exercise can have some anti-anxiety effects.

MAKE IT A FAMILY AFFAIR
Try getting your entire family involved in being more active. By participating in activities with your kids, you can set a good example, improve your own health and enjoy some quality together time. Here are a few ideas for things you can do as a family:

• Go for a bike ride or walk.
• Take a group exercise class, such as yoga or aerobics.
• Split into teams for a game of basketball, soccer or kickball.
• Play catch with a football, baseball, softball or Frisbee.
• Compete at an exercise-based video game.

Bottom line? Don’t take stress sitting down. Help your kids manage life’s pressures by moving more.

>> Taking Care of Kids
Anderson Healthcare offers comprehensive 24/7 pediatric care through Cardinal Glennon Pediatrics, plus specialized care at our Pediatric Therapy Center. Find out more at www.andersonhospital.org.
Women, Work with Your OB-GYN to Protect Your Heart

Did you know that heart disease is the number one killer of women? In fact, it kills more women than all types of cancer combined. Yet research shows only 45 percent of women know that heart disease is their leading cause of death.

To ensure that more women receive the care they need to help keep heart disease at bay, the American Heart Association and the American College of Obstetricians and Gynecologists issued a joint advisory encouraging OB-GYNs to screen and counsel women about heart health during annual well-woman exams. Teaming up with your OB-GYN to assess and treat any heart disease risk factors you may have could protect your ticker for many years to come.

PUTTING WOMEN’S HEALTH FIRST
Many women think of their OB-GYN as their primary care provider (PCP), especially during their childbearing years. According to the advisory, OB-GYNs should use the annual well-woman exam as an opportunity to provide a heart-health screening. This includes:

• Taking a thorough family history
• Screening for heart disease risk factors such as smoking, high blood pressure, diabetes and abnormal cholesterol levels
• Counseling women about healthy lifestyle changes, such as improving their diet and increasing their physical activity, if needed

OB-GYNs are also a key resource for protecting women’s heart health because several heart disease risk factors are unique to women. They include:

• Pregnancy complications such as pre-eclampsia, gestational diabetes, gestational hypertension, preterm delivery and having a low birth weight baby
• Polycystic ovarian syndrome
• Autoimmune disorders that occur more often in women, such as rheumatoid arthritis, lupus erythematosus and scleroderma
• Breast cancer treatments

Along with traditional risk factors, it’s crucial for health care providers to consider these factors, too, in order to gain a more comprehensive assessment of your heart health. This information may also guide their decisions about treatments they recommend, such as using medications to manage blood pressure or prevent blood clots.

TALK WITH YOUR PROVIDER
Even if you feel healthy today, you could still be at risk for heart disease. It’s estimated that 90 percent of women have at least one risk factor for heart disease. During your next visit with your PCP or OB-GYN, be sure to ask about your heart health. Find out whether you have any risk factors and what you can start doing to control them. Partnering with your health care provider to protect your heart health can mean a longer, healthier life.
HEART ATTACK SYMPTOMS IN MEN AND WOMEN CAN BE DIFFERENT

Despite what you’ve seen in movies, people having a heart attack do not all experience excruciating chest pain that makes them fall to the ground. In fact, women are more likely to have much subtler, atypical symptoms during a heart attack. While chest pain is the most common sign for both men and women, here are some differences that can occur. No matter your symptoms, if you think you’re having a heart attack, dial 911. Every second counts for receiving lifesaving care.

**SEVERE CHEST PAIN**
You feel like an elephant is sitting on your chest.

**COLD SWEAT**
Breaking out in a cold sweat is a telltale sign you could be having a heart attack, especially for men.

**SHOOTING PAIN**
Men are more likely to have shooting pain down their left arm.

**DULL PAIN**
Women are more likely to have pain or discomfort in their stomach, jaw, neck or back.

**SHORTNESS OF BREATH**
You have a hard time catching your breath, even when sitting still.

**NAUSEA**
You feel sick to your stomach or are vomiting.

**FATIGUE**
You feel tired for no obvious reason; the exhaustion can last for days.

>> Women Caring for Women

Patrice Staten, M.D., and Erin Wright, M.D., provide quality obstetric and gynecologic care for women of all ages. Call 618-288-9320 for an appointment.
Shedding Light on Skin Cancer

Protecting your skin against skin cancer should be a year-round priority. An estimated 5.5 million cases are diagnosed in the United States each year — more than all other cancers combined.

Fortunately, there are simple, effective strategies to help you prevent skin cancer or detect it early, when it’s more treatable. Here’s the skinny on reducing your skin cancer risk.

### OTHER RISK FACTORS FOR SKIN CANCER

The following factors can also influence your likelihood of getting skin cancer.

- **Skin color.** Anyone can develop skin cancer, but fair-skinned individuals are more susceptible. Darker skin contains more melanin, which works like a natural sunscreen.
- **Age.** Skin cancer is more prevalent among older adults, probably due to decades of sun damage. But younger adults can develop it, too.
- **Smoking.** Squamous cell skin cancer is more common among smokers than nonsmokers.
- **Medication side effects.** Certain medications, such as some antibiotics and hormones, may make the skin hypersensitive to sun exposure.
- **Weakened immune system.** People with reduced immunity due to certain medical conditions (for example, HIV) or treatments (for example, an organ transplant) are more likely to develop squamous cell skin cancer and melanoma. They are also at risk for rarer forms of skin cancer, such as Kaposi’s sarcoma and Merkel cell carcinoma.
- **Family history.** Individuals who have a parent or sibling with melanoma are more likely to develop the disease.

### 3 TYPES OF AFFECTED SKIN CELLS

Your outermost layer of skin, called the epidermis, contains three different types of cells. Skin cancer can begin in any of them.

- **Squamous cells** are thin, flat cells that comprise much of the epidermis, while basal cells are round cells located beneath the squamous ones. Most skin cancers occur in these two types of cells, and they’re usually curable.

  Melanocytes are located in the lower epidermis, where they produce melanin — the pigment that gives skin its color. Cancer of the melanocytes, called melanoma, grows and spreads more rapidly than squamous and basal cell skin cancers. Although melanoma is responsible for only 1 percent of skin cancer cases, it causes the majority of skin cancer deaths.

### TODAY’S RAYS, TOMORROW’S CANCERS

Most skin cancers begin when the sun’s ultraviolet (UV) rays damage the DNA of genes that regulate skin cell growth. Exposure to excessive UV radiation from sunlight, tanning beds, tanning booths and sunlamps increases the risk of developing skin cancer. Frequent sunburns, especially those that occur during childhood, increase the likelihood of melanomas on the chest, back and legs.

### SUN-SAVVY TIPS TO SAVE YOUR SKIN

To safeguard your skin:

- Use sunscreen.
- Cover up whenever practical. Wear long sleeves, long pants and a hat with an all-around brim that shades your face, ears and back of your neck.
• Wear sunglasses designed to block both UVA and UVB, two components of UV radiation.
• Minimize sun exposure between 10 a.m. and 4 p.m., when the sun’s rays are strongest.
• Avoid tanning beds, tanning booths and sunlamps.

SKIN CHECKS FOR EARLY DETECTION
Knowing the pattern of moles, freckles and blemishes on your skin can help you notice signs of skin cancer early. Every month, inspect the skin over your entire body, using a handheld mirror to check difficult-to-see areas.
Contact your provider about any skin changes that persist for more than a month, including:
• New moles or other growths
• Changes in the look of a growth or scar
• Patches of skin that become discolored
• Sores that fail to heal, which may bleed or appear crusty
• Dark bands under your nails

Ask your provider whether you should schedule periodic skin exams by a health care professional. For questions about how a medication you’re taking may affect your skin’s sensitivity to sunlight, consult your provider or pharmacist.

MUST-KNOW INFO ON TREATMENTS
If you have a suspicious skin growth, your provider may biopsy it — in other words, remove all or part of it and send it to the lab for analysis. Basal and squamous cell skin cancers can usually be cured by removing the affected area with minor surgery or destroying it with another technique.
Early-stage melanoma can often be treated by surgery to remove the melanoma, a small amount of normal skin around it and sometimes a lymph node. Advanced melanoma may require additional treatments.
Today’s skin cancer treatments are better than ever — but prevention is still best. By keeping sun protection in mind all year long, you can do a lot to defend the skin you’re in.

>> Ask About Screening
Talk with your primary care provider about skin cancer screening. For a list of providers, visit www.andersonmg.com.
Recently, there has been a sharp rise in colorectal cancer cases among adults younger than age 55. In response, the American Cancer Society (ACS) updated its guidelines for colorectal cancer screening:

- **For people at average risk for colorectal cancer:** Screening should start at age 45. In previous guidelines, the starting age was 50.
- **For people at high risk for colorectal cancer:** Screening may need to start sooner, as recommended by your provider. Factors that increase your risk include:
  - A personal history of colorectal cancer, certain polyps (noncancerous growths that may turn into cancer over time) or inflammatory bowel disease
  - A strong family history of colorectal cancer

**EARLIER SCREENING CAN SAVE LIVES**

Screening can find colorectal cancer at an early stage, when it may be easier to treat. Even better, screening may prevent the cancer from developing by finding and removing polyps.

After reviewing research on colorectal cancer screening, ACS experts found that lowering the starting age to 45 will save additional lives. However, the U.S. Preventive Services Task Force still recommends most people start screening at age 50.

If you’re age 45 or older, or if you’re younger but in a high-risk group, talk with your provider about getting screened for colorectal cancer. Also, check with your health insurance plan about your coverage for the screening. That’s especially important if you haven’t turned 50 yet.

**The Endoscopy Lab at Anderson Hospital**

Within minutes from your home, Anderson’s board-certified gastroenterologists are supported by an experienced staff of highly skilled registered nurses and trained technicians. Learn more by visiting [www.andersonhospital.org](http://www.andersonhospital.org).
Strategies That Protect Against Colon Cancer

Each year, cancer of the colon or rectum is the second leading cause of death from cancer in the U.S. But choices you make today could protect you against this disease. Research shows that the following tactics may help prevent colon cancer:

1. Maintain a healthy weight and exercise regularly.
2. Limit your intake of red meat and animal fats.
3. Eat a diet high in fruits, vegetables and whole grains.
4. Curb your alcohol consumption.
5. Quit (or never start) smoking cigarettes.
6. Take calcium supplements.
7. Get screened.

Colon cancer does not always produce symptoms, especially at first — that’s why regular screenings are so important. However, here are some symptoms to look for:

- Blood in the stool
- Recurrent stomach pain or cramping
- Stools narrower than usual
- Unexplained weight loss

SEVERAL TEST OPTIONS ARE AVAILABLE

The ACS guidelines say that several tests may be used to screen for colorectal cancer. They can be divided into two broad categories:

- Tests that look for signs of cancer in your stool, performed every one to three years
- Visual exams of your colon and rectum using a viewing scope (colonoscopy or flexible sigmoidoscopy) or CT scan (virtual colonoscopy), performed every five to 10 years

Each screening test has different pros and cons. Ask your provider for guidance on choosing the right one for you. And don’t put off this crucial conversation. When it comes to finding colorectal cancer, sooner is much better than later.
A World of Good Health

According to the CDC, nearly 40 percent of U.S. adults — 93.3 million people — are obese. That leads to a lot of potentially fatal health problems, such as heart disease, stroke, type 2 diabetes and certain types of cancer, plus a staggering $147 billion in obesity-related health care costs each year.

Our lifestyles are not helping. One CDC study found that, on any given day, nearly 40 percent of Americans eat fast food. American workers now spend an average of 47 hours per week at their jobs — 8 percent longer than two decades ago. For many, those jobs are becoming increasingly sedentary. Factor in a lengthy commute in a car, and it becomes clear why many Americans have trouble getting the recommended 150 minutes of moderate-intensity weekly exercise.

Other countries can teach us a lot about healthy habits. Different cultures embrace different foods and different lifestyles.

HEALTHY DIETS
How do the French stay so trim? Why do Mediterranean countries have lower rates of heart disease? One possible answer is their diets. Take a look around the world, and you’ll find that from Europe to Asia, from Africa to South America, certain eating patterns are linked to lower rates of heart disease, cancer and other health conditions.

For example, a review of 11 meta-analyses from several countries (including France, Sweden, Australia, Poland, Mexico, China, Vietnam, the Netherlands, the...
French diets have also captured attention because of the so-called French paradox. Although the French population tends to eat a high amount of saturated fats, they have a low incidence of heart disease. The French regularly consume red wine with meals, and although the antioxidants in red wine may partly explain the French advantage in heart disease, the French diet also includes lots of fruits, vegetables and fish — foods that promote heart health. And many French people eat only three times a day, with no snacking between meals, an eating pattern that has been linked to a longer life expectancy.

**CHECK OUT THE MED**

In more than a dozen countries bordering the Mediterranean Sea, the heart disease rate is lower than in the U.S. Each of these countries has its own customs, agriculture, ethnic mix, religions and economy, so there’s no single diet in the region. But even though the cuisine of southern Spain differs from that of Greece or Italy, these countries share similar dietary characteristics, including an emphasis on fruits and vegetables, nuts and seeds, beans, potatoes, olive oil, and low to moderate amounts of fish and wine.

**FIGURE IN THE FRENCH PARADOX**

French diets have also captured attention because of the so-called French paradox. Although the French population tends to eat a high amount of saturated fats, they have a low incidence of heart disease. The French regularly consume red wine with meals, and although the antioxidants in red wine may partly explain the French advantage in heart disease, the French diet also includes lots of fruits, vegetables and fish — foods that promote heart health. And many French people eat only three times a day, with no snacking between meals, an eating pattern that has been linked to a longer life expectancy.

**ADD SOME ASIAN FARE**

In both Japan and China, obesity rates are less than 8 percent. These countries are clearly doing something right. The Asian eating pattern includes plenty of green leafy vegetables, soy, tofu, noodles and rice. In fact, Asian diets are often loaded with whole grains, legumes and fish and other seafood.
For Your Health, Try MyHealth

MyHealth is Anderson’s interactive web portal, providing easy, secure access to health information. Manage your appointments, medications, lab results, immunizations and more. Get started by visiting www.andersonhospital.org and clicking the MyHealth box.

INTERNATIONAL INSPIRATION FOR YOUR DIET

To add some global wisdom to your own diet, take these steps:

- **Enjoy smaller portions.** Calories count, so eating less is a smart way to keep your waistline trim.
- **Eat more fruits and vegetables.** According to the World Health Organization, about 5 million lives could be saved each year just by increasing fruit and vegetable consumption. Aim for 2.5 cups of vegetables and 2 cups of fruit a day.
- **Consume legumes, nuts and seeds.** Legumes (beans and peas) are rich in fiber and protein. Most nuts and seeds contain healthy polyunsaturated oils and vitamin E.
- **Cook with olive oil.** Olive oil contains healthy monounsaturated fats. It makes a good substitute for the saturated and trans fats found in butter, solid shortenings and margarines.
- **Eat less red and processed meat.** Substitute other sources of protein, such as seafood, lean poultry and legumes.
- **Choose whole-grain breads and cereals.** They contain fiber as well as iron, folate, magnesium, vitamin B-6 and other nutrients.
- **Season food with herbs and spices instead of salt.** The Dietary Guidelines for Americans recommends that adults should aim for less than 2,300 mg of sodium each day.

HEALTHY HABITS

When it comes to preventing chronic disease, diet isn’t the only factor. Different countries throughout the world can offer a model for other healthy behaviors besides just eating right.

- **SOUTH AMERICANS STEP IT UP**

The South American nations of Argentina, Chile and Uruguay are known for being active. A study published in 2016 found that nearly two-thirds of the adults in cities in these countries exercised regularly — the equivalent of taking a 40-minute brisk walk five days a week.
Experts to Help You Eat Right

Anderson’s registered dietitians provide consultation for therapeutic nutritional needs and physician-prescribed diets with a physician referral. They are also available for speaking engagements and health fairs. Contact Amanda Reilson at reilsona@andersonhospital.org or 618-391-5827.

THE WONDER OF DOWN UNDER: LESS TV

Australians average less than two hours a day in front of the TV. The average American watches an hour more than that.

ETHIOPIANS LIGHT UP LESS

The African country of Ethiopia has the lowest adult smoking rate in the world, according to the World Health Organization. Just 8.9 percent of adults smoke, less than half the rate for Americans.

GO CANADA

Eighty-five percent of Canadians have a regular primary care provider. This helps reduce the risk of developing more serious health problems.

A NATION OF DIKES AND BIKES

Forget car travel — in the Netherlands, it’s just as common to cycle. More than one-half of urban trips and one-quarter of all trips throughout the country are taken by bike.

Take a World Tour with These Ingredients

Do your taste buds yearn for a little excitement? Meet that craving by choosing healthful foods from around the world. Some of these items might sound unfamiliar, so check your cookbooks or go online. And consider keeping this list as a resource for the next time you dine out.

HEALTHY MEXICAN: pinto and black beans, soft corn tortillas, spicy chicken, baked fish with mango salsa, shrimp Veracruz, mango with lime, fresh tomato salsa, guacamole, pico de gallo, papaya sorbet, cinnamon-spiced hot chocolate

HEALTHY ITALIAN: whole-grain pasta, marinara (red) sauce, polenta, pasta primavera (no cream), grilled rosemary chicken, baked or poached fish, eggplant caponata, white beans, olive oil, garlic, grapes, red wine

HEALTHY ASIAN: tofu, brown rice, garlic broccoli, shrimp with snow peas, chicken satay with peanut sauce, chicken stir-fry, salmon teriyaki, bok choy, spinach with sesame seeds, kimchi (spicy cabbage), green tea

HEALTHY MIDDLE EASTERN AND GREEK: falafel (baked, not deep-fried), hummus (chickpea dip), tabbouleh (parsley salad), tzatziki (yogurt dip), lentil and rice pilaf, roast chicken with lemon, eggplant dip, whole wheat pita bread, bulgur wheat, toasted sesame seed butter, almonds, walnuts, figs

HEALTHY INDIAN: vegetable or chicken curry, lentil dal, tandoori chicken, cauliflower curry, brown basmati rice, cucumber raita, whole wheat chapati (flatbread), palak paneer (a spinach dish), mango lassi (smoothie), low-fat yogurt, chai tea
# 10 Ways to Slash Stroke Risk

About 795,000 Americans have a stroke each year. A stroke happens when the brain doesn’t get enough blood, because either an artery burst or a clot blocked the blood flow.

Some risk factors, such as getting older and having a family history of stroke, can’t be changed. But up to 80 percent of strokes could be prevented with healthy lifestyle changes and by working with your health care provider to control health conditions. Unfortunately, many people are unaware of things that put them at risk for stroke — even if they’ve previously had a stroke. Here are 10 things that can contribute to stroke risk and what you can do about them:

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<td><strong>1. HIGH BLOOD PRESSURE.</strong> High blood pressure is a leading cause of stroke. It’s estimated that almost half of adults have high blood pressure. Get yours checked regularly.</td>
<td><strong>2. DIABETES.</strong> High blood sugar damages blood vessels and nerves that control your heart. People with diabetes have two to four times the stroke risk compared with those without the disease. Work with your provider to manage your blood glucose.</td>
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<td><strong>3. HEART DISEASE.</strong> Coronary artery disease or irregular heartbeat could contribute to stroke. To treat your condition, your provider might recommend surgery or medication.</td>
<td><strong>4. ABNORMAL CHOLESTEROL.</strong> When you take in more cholesterol than your body can use, it builds up, clogging arteries — including those in your brain. Have yours checked at least once every five years.</td>
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<tr>
<td><strong>5. UNHEALTHY WEIGHT.</strong> Being overweight or obese increases your risk for stroke. Obesity is also linked to high cholesterol and blood pressure, which are also risk factors for stroke. To maintain a healthy weight, balance the number of calories you eat with your physical activity level.</td>
<td><strong>6. UNHEALTHY DIET.</strong> Choosing healthy foods can help prevent stroke. Eat foods that are low in saturated fats, trans fat and cholesterol. Limit salt and get plenty of fiber. And don’t forget to load up on fruits and vegetables.</td>
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</table>
7 NOT EXERCISING. Working out can keep you at a healthy weight and lower cholesterol and blood pressure. Aim for 30 minutes a day, five days a week. Even 10 minutes has benefits.

8 SMOKING. Cigarette smoking can damage heart and blood vessels, which increases your risk for stroke. Nicotine also raises blood pressure. Kick the habit and your stroke risk drops.

9 DRINKING ALCOHOL. Drinking too much alcohol can raise blood pressure. Current guidelines suggest limiting alcohol to no more than one drink per day for women or two for men (but see the article on page 22 for more on this).

10 STRESS. Stress can contribute to high blood pressure. To calm down, try positive self-talk. Don’t think, “I can’t do this.” Tell yourself, “I’ll do the best I can.”

The clot-busting drug TPA can reduce a stroke’s after-effects. But TPA works only when begun within three hours after the most common kind of stroke, so experts agree that stroke patients should get to the hospital quickly.

To move FAST, remember these tips:

- FACIAL WEAKNESS. Your face feels numb or frozen, especially on one side.
- ARM WEAKNESS, especially on one side.
- SPEECH PROBLEMS. You can’t speak or understand properly.
- TIME. The faster you get treatment, the less damage to your brain.

Phone 911 or have someone call an ambulance for you immediately, even if your symptoms disappear.

Also, be aware that women are more likely than men to report unusual stroke symptoms, such as sudden nausea or pain in the face, arm or leg.
Reducing Alcohol Intake Could Add Years to Your Life

Currently, recommendations in the U.S. suggest that if you drink alcohol, you should limit your intake to 14 drinks (196 grams) per week if you’re a man and seven drinks (98 grams) per week if you’re a woman. Hold on to your wineglass, because a recent study reveals that the recommendation for men may be too high.

In the study of nearly 600,000 men and women who currently drink booze, researchers found that downing more than 7.14 drinks (100 grams) per week was linked with a higher risk for a slew of serious health issues as well as early death. The findings were published in the journal The Lancet.

THE SOBERING FACTS
For the study, researchers followed participants for about six years. They found that those who downed more than 100 grams of alcohol per week had an increased risk for:
- Stroke
- Heart disease (excluding heart attack)
- Heart failure
- Fatal aortic aneurysm

Folks who drank only up to 100 grams per week had the lowest risk for death due to any cause. The researchers estimated that for guys, reducing alcohol consumption from 196 grams per week to 100 grams or less per week could tack on one to two years to their lives.

RETHINK YOUR DRINK
Despite the widespread belief that alcohol — particularly red wine — is a heart-healthy sip, it can raise your blood pressure and take a toll on your ticker. The bottom line? Like most things in life, moderation is key. In this case, however, moderation may mean men drinking less than the current recommendations suggest.

>> Help for Substance Abuse
Find substance abuse resources at www.andersonhospital.org/community-programs/resources.
If you consume more than seven drinks per week, here are some ways to decrease your intake and reduce your risk for alcohol-related problems:

• Measure your drinks at home to make sure you’re not overpouring.
• Avoid “topping off” your glass.
• Alternate alcoholic drinks with nonalcoholic ones.
• Eat food when you drink so that the alcohol is absorbed into your system more slowly.

If you have any concerns about your health or alcohol intake, discuss them with your health care provider.

What’s the Connection Between Alcohol and Smoking?

Alcohol can make you more likely to do things without thinking about them first. That means when you drink, you may be more likely to smoke cigarettes.

In addition, drinking is typically a social activity, which may mean you are around more smokers when you drink. And being around smokers can make you want to smoke.

That’s why drinking alcohol is a trigger that makes many people — even those who have or are trying to quit — want to smoke. And drinking can make quitting smoking more difficult, too.

Smoking and drinking can also both be triggered by stress. But these behaviors are only a short-term fix. In fact, smoking or drinking may actually make you feel more stressed in the long run. Cravings for nicotine cause stress, and long-term heavy drinking can change the way your body feels and responds to stress.

While there’s no way to eliminate stress from your life, you can take steps to manage it. Try exercising regularly, relaxation techniques such as meditation or yoga, or counseling.
APPETIZING ALTERNATIVES to Junk Food

Your stomach is rumbling. You could really use a snack right about now. Habit may tempt you to head for the nearest vending machine or drive-through. But there are some healthier options for taming the beast in your belly.

Skip the chips and dip. Instead, reach for carrot sticks with low-fat salad dressing.

Have you been craving cookies or candy? An apple or banana dipped in peanut butter might just satisfy your sweet tooth.

In lieu of a Danish or doughnut, help yourself to a bagel in the morning.

Put down the ice cream bar and pick up a frozen fruit bar.

Instead of chocolate cake, try some angel food cake with berries.

When you’re hankering for a hot dog, have some whole wheat pita bread stuffed with tuna.

Rather than a milkshake, sip on a blended yogurt and fruit smoothie.

If you could really go for some corn chips, have some plain popcorn sprinkled with cayenne pepper instead.
Chicken and Broccoli Pizza on Cauliflower Crust

Ingredients
1 cauliflower pizza crust, prepared according to manufacturer’s directions
½ cup 1 percent milk fat cottage cheese
¼ cup fresh basil leaves, plus 1 tbsp. minced fresh basil leaves
½ tsp. minced fresh garlic (about 1 clove)
½ tsp. onion powder
¼ tsp. cracked black pepper
2 oz. cooked boneless, skinless chicken breast cut into small pieces
½ cup cooked broccoli florets cut into small pieces
1 small tomato (about ½ cup), cored and diced
1 tbsp. grated Parmesan cheese

Directions
Prepare cauliflower pizza crust according to manufacturer’s directions. While cauliflower pizza crust is cooking, place cottage cheese, ¼ cup basil leaves, garlic, onion powder and cracked black pepper into a food processor fitted with a standard blade. Puree until smooth.

When pizza crust is ready for toppings, switch the oven to broil. Spread pizza crust with cottage cheese puree, then top with chicken breast pieces, broccoli florets and diced tomato. Sprinkle Parmesan cheese and remaining 1 tbsp. minced basil on top. Broil on high for four to five minutes until toppings are cooked through.

Makes four servings. A serving is about two slices of pizza or ¼ pizza. Each serving contains about 180 calories, 1 g fat (0.5 g saturated fat, 0 g trans fat), 15 mg cholesterol, 480 mg sodium, 28 g carbohydrates, 2 g sugar, 2 g fiber and 10 g protein.
Baked Chicken Nuggets

**Ingredients**
- 1 ½ lb. chicken thighs (about 4 pieces)
- 1 cup cornflakes
- 1 tsp. paprika
- ½ tsp. Italian herb seasoning with no added salt
- ¼ tsp. garlic powder
- ¼ tsp. onion powder
- Vegetable oil spray

**Directions**
Preheat oven to 400 degrees. Remove skin and bone from chicken thighs and cut chicken into bite-sized pieces. Place cornflakes in a plastic bag and crush by using a rolling pin. Add remaining seasoning ingredients to crushed cornflakes. Close bag tightly and shake until blended. Add a few chicken pieces at a time to crumb mixture. Shake to coat evenly.

Lightly grease a cooking sheet and place chicken pieces on sheet so that they are not touching one another. Bake until golden brown, about 12 to 14 minutes, or until internal temperature of chicken reaches 165 degrees on a meat thermometer.

Makes four servings. Each serving contains about 210 calories, 6 g total fat (1.5 g saturated fat, 0 g trans fat), 140 mg cholesterol, 170 mg sodium, 7 g carbohydrate, less than 1 g fiber and 30 g protein.

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Delicious Oven French Fries

**Ingredients**
- 4 (2 lb.) large potatoes
- 8 cups ice water
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ¼ tsp. salt
- 1 tsp. white pepper
- ¼ tsp. allspice
- 1 tsp. hot pepper flakes
- 1 tbsp. vegetable oil

**Directions**
Scrub potatoes and cut into ½-inch strips. Place potato strips into ice water, cover and chill for one hour or longer.

Remove potatoes and dry strips thoroughly. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in a plastic bag. Toss potatoes in spice mixture. Brush potatoes with oil.

Place potatoes in a shallow nonstick baking pan. Cover with aluminum foil and place in a 475-degree oven for 15 minutes. Remove foil and continue baking uncovered for an additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Makes five servings. A serving is about 1 cup. Each serving contains about 238 calories, 4 g total fat (1 g saturated fat), 0 mg cholesterol, 163 mg sodium, 48 g carbohydrate, 5 g fiber and 5 g protein.

Source: NHLBI. Keep the Beat. Heart Healthy Recipes
You’re just one call away from finding a physician that’s perfect for you! At Anderson Medical Group, we pride ourselves on being the area’s premiere physician group, serving the Metro East and surrounding communities. We provide our patients with compassionate, quality healthcare services including family medicine, internal medicine, general and vascular surgery, endocrinology, OB/GYN and more. Our team is committed to helping you lead the healthiest lives, and this is why we always take the time to truly get to know each and every patient we serve.

Call 618-391-6495 to speak directly to a physician liaison today.
Anderson Wants Patients to Be *Strong for Surgery*

Positive patient outcomes fuel health care’s search for continuous quality improvement. One of the latest initiatives for quality is being driven by the American College of Surgeons. The initiative *Strong for Surgery* is urging physicians to optimize a patient’s health before surgery in order to provide better outcomes.

4 AREAS OF FOCUS
The *Strong for Surgery* initiative focuses on modifying four areas: nutrition, smoking, blood sugar and medications. Why the focus on nutrition? Nutrition is the most modifiable with appropriate intervention. Patients who need to lose weight, or possibly gain, can do so with the correct nutrition intervention.

Besides the multitude of health issues related to smoking, surgery for smokers brings an increased chance for surgical site infection and slowed wound healing.

One in four adults older than 65 has diabetes. Diabetes poses unique risks to surgery patients as well. Since hyperglycemia can double the risk for surgical site infection, getting your blood sugar under control is critical to good outcomes.

Finally, medications can impact outcomes. Many medications — even those herbal supplements bought over the counter — can increase your risk of bleeding during and after surgery. Discussing all the medications you are taking with your physician and making a plan to change necessary medications is also a critical step in preparation for surgery.

EYE-OPENING RESULTS
This initiative helps standardize presurgical evaluation and provides an opportunity for appropriate interventions. “Even small behavior changes are decreasing serious risks of infection and improving my patients’ overall health,” says orthopedic surgeon Kyle Shepperson, M.D. “Once patients know this, they become partners in this initiative. The
Getting Set for Surgery

Sometimes surgery is the best solution for what ails you. But even the smallest operation can seem frightening. It helps to be informed and prepared:

• Help your body get ready. In the days before your surgery, be sure to eat right and get plenty of sleep.
• Plan ahead for your at-home recovery period. For instance, you may want to prepare some meals for your first few days back at home.
• Let your doctor know if any changes in your health occur before surgery.
• Talk with your doctor beforehand about how any pain you may experience in the hours and days after surgery will be handled.
• You will be asked to sign an informed consent form before surgery. Do not sign it until you fully understand what is involved in the procedure, why you need it, what the risks and benefits are and what other treatment options you may have.

Before the procedure, ask your doctor any questions you have. For example:

• Should you steer clear of certain foods, drinks, supplements or medications before or after surgery?
• Will you need someone to drive you home after surgery?
• How long will recovery take?
• Will you need home care, special supplies or assistance?
• Will you have any short- or long-term disabilities or restrictions after the procedure?

A SUPPORTIVE TEAM

Anderson Hospital has a competent and compassionate staff of dietitians, diabetes educators and therapists to assist you in leading a healthy lifestyle. Our outpatient dietitian and diabetes education services aim to educate patients about good nutrition, healthy weight and how to manage blood sugar, which all lead to improved surgical outcomes. Group and individual classes are offered to meet specific patient needs. Outpatient physical therapy can assist with conditioning activities and exercise preoperatively to assist in postsurgical recovery.

“Our goal is to provide you with tools to help you become healthier, to have an improved outcome and the safest experience possible,” says Tara White, Anderson Healthcare’s Surgical Services Director.

Ask your physician for a referral or more information about these services.

improved safety and decrease in devastating complications have been eye-opening.”

“We’re here to help you have a successful surgery outcome,” says anesthesiologist Frederick Wagner, M.D. “This is an opportunity to promote health and wellness while improving patient outcomes after major surgical intervention.”
Anderson Hospital offers a wide variety of services, programs and support groups to help you get well and stay healthy. For more happenings around Metro East with Anderson, keep up with us on Twitter @AndersonHosp and on www.facebook.com/AndersonHospitalIL. Sign up for our email newsletter at www.andersonhospital.org.

**PRENATAL CARE AND FAMILY COURSES**
For a full list of Prenatal Care and Family course offerings, dates/times and costs, and for online registration, visit www.andersonhospital.org/pavilion or call 618-391-5983.
- Preparation for Childbirth
- Sibling Class
- Breastfeeding Class
- Here Comes Baby!

**Babysitting Class**
618-391-6700

**Outpatient Lactation Services/Lactation Supplies**
By appointment.
618-391-6057

**SCREENINGS**
- Cholesterol and Blood Pressure Screenings
  $25 per screen. Call for more information.
  618-391-6712
- Prostate Screenings
  $10 per screen. Call for more information.
  618-391-5900

**SUPPORT GROUPS**
- Air Link
  A social club for individuals with pulmonary-related conditions meeting every other month.
  618-391-6715
- AWAKE (Alert, Well And Keeping Energetic)
  Support group for people affected by sleep apnea.
  618-288-6124

**Grief Support Group**
Monthly support group in the hospital chapel. Meetings are held on the second Tuesday of every month at 7 p.m.
618-391-6456

**Ostomy Support Group**
Monthly meetings led by certified wound and ostomy nurses.
618-391-5941

**Pregnancy and Infant Loss Support Group**
Meetings are held the fourth Tuesday of every month.
618-391-5984

**SHARE (Support Has A Reinforcing Effect)**
Monthly support group for women who have been diagnosed with breast cancer.
618-391-5900

**Stroke Support Group**
618-391-5230

**Save the Dates**

**Foundation Golf Tournament**
May 13, 2019
Registration: 9 a.m.
Shotgun Start: 10 a.m.
Sunset Hills Country Club, Edwardsville, IL

**Sporting Clay Classic**
June 8, 2019
Registration: 7 a.m.
Shoot Times: 8:30 a.m. and 12:30 p.m.
NILO Farms, Brighton, IL

For more information, call: 618-391-6426

As a nonprofit organization, Anderson Hospital Foundation’s mission is to support and promote Anderson Hospital as it provides exceptional health care services for the communities it serves. The Anderson Hospital Foundation asks you to join in its mission and help to continue to make Anderson Hospital a very special place. To contribute to the Anderson Hospital Foundation, please visit our website at www.andersonhospital.org/giving/make-a-donation, or contact Amy Roller, planned giving manager, at 618-391-6427 or rollera@andersonhospital.org.
## DIABETES SUPPORT

**Online Diabetes Support**  
You have questions? We have answers. Simply visit our Diabetes Education page at [www.andersonhospital.org/services/diabetes-education](http://www.andersonhospital.org/services/diabetes-education).

## OTHER PROGRAMS

**Community Health Education**  
618-391-6712

**Congestive Heart Failure Program**  
618-391-6715

**CPR, ACLS, PALS Courses**  
618-391-6700

**Diabetes Services**  
618-391-5834

**Dietitian Services**  
618-391-5834

**Peripheral Artery Disease Supervised Exercise Therapy**  
618-391-6718

**Phase 2 Cardiac and Pulmonary Rehabilitation**  
618-391-6715

**Phase 3 Supervised Exercise Program for Adults**  
618-391-6715

**Wound and Ostomy Care Services**  
618-391-5941

## WALK FOR A CAUSE

Your feet were made for walking! Get walking and running with us at these two great events sponsored by Anderson Hospital:

Join the Anderson Hospital Team as they walk in the American Heart Walk at Busch Stadium!  
**May 18, 2019**  
Walk begins at 9 a.m.  
For more information, contact Maddie Dietz at dietzm@andersonhospital.org.

Support the American Cancer Society’s local Relay for Life event when you participate in Anderson’s Run for Your Life 5K! The date is TBD — stay tuned to [www.andersonhospital.org](http://www.andersonhospital.org) for more information.
Your FREE Health & You magazine from your friends at Anderson Healthcare

Visit us at the corner of Route 40 and Troy O'Fallon Road.

Opening April 1!