

health & you

FALL 2019

It's an Age Thing

Health Tips for Your 30s and Beyond

4 Nutrition Myths
Debunked

Do You Lie
to Your Doctor?

**Know
Your
'Girls'**

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 **Anderson Healthcare**

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Health Through the Ages

Your body and your health concerns change as you age. Take these age-appropriate health tips to heart to make sure your 30s, 40s and 50s (and beyond!) are healthy and happy.



Anderson Healthcare

Keith A. Page,
President & CEO

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Anderson Healthcare strives to meet the health care needs of the surrounding communities through a family-oriented health care delivery system that is cost-effective and quality driven.

If you do not wish to receive this community mailing, please call **618-391-6409**.



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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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Growing Together

by Keith Page, Anderson Hospital
President and CEO

Anderson Hospital has grown into Anderson Healthcare! The small hospital that opened in Maryville in 1977 has continued to grow and add services, evolving from a single hospital into a regional health care network.

As health care has transformed, there is a need to provide more coordinated care with broader geographic coverage for our patients. These entities, from hospitals to physician offices to cancer services to a freestanding imaging center, allow Anderson to coordinate care to better serve our communities.

As part of that growth, Anderson is expanding its Wellness Center model to Bethalto and Highland! Like the Wellness Center in Maryville, these facilities will offer an array of services, including primary care and specialty physician offices, as well as outpatient services.

The Wellness Center Bethalto will offer a radiology suite with limited radiology services, a lab draw station and audiology services. The physician focus will be on primary care and mother-child care. The Maryville Women's Center, an OB-GYN practice, plans to have a satellite office in that location, and A to Z Pediatrics plans to have a full-time pediatrician staffed in the center as well.

The building in Highland, which previously housed ExpressCare, will now have a new name and expanded physician specialties. Anderson Medical Group physician Oscar Florendo, M.D., has had his practice there for several years and will continue to see his patients in that facility.

Each location will also have a physician time-share office space that will afford additional Anderson physicians the ability to provide services at these locations.

While our organization has grown significantly, our mission and vision remain the same. Our 1,600 team members work together to provide area families with exceptional health care services.

Together, we are building healthy communities.

Together, we are building better health care.



The Pavilion for Women

**Anderson Hospital
is the premier
place for the birth
of your child!**

At Anderson Hospital, we're committed to caring for mothers and babies. That commitment is evident in every aspect of the Pavilion for Women — our state-of-the-art health care facility for women and newborns.

Features:

- All Private Suites
- Level II Nursery
- Family-Centered Care
- Lactation Consultant
- Free Wi-Fi Access
- Prenatal Care and Family Courses
- 24/7 Pediatrician Coverage by SSM Health Cardinal Glennon Children's Hospital Physicians

**Delivering more
babies than any
other hospital in
southwest Illinois**



Anderson Hospital

Our Commitment ...

We know there are few experiences in life as significant and memorable as the birth of your child. That's why we've gone to great lengths to create a progressive obstetrical program that emphasizes options, comfort and security.

The Pavilion for Women features Labor, Delivery, Recovery and Mother-Baby suites. After your birth and immediate recovery, you and your baby will be moved to a Mother-Baby suite where you will remain for the rest of your stay.

Moms who require a cesarean-section delivery will find our post-C-section birth suites to be private and cozy — a comfortable environment in which to recover and enjoy their new babies.

Our Expertise ...

When you're having a baby, you want an expert, experienced team with you. For more than 20 years, we've delivered more babies than any other hospital in southwest Illinois.

It's comforting to know that our newborn nursery is staffed by an SSM Health Cardinal Glennon Children's Hospital pediatrician who can provide routine and emergency care to babies around the clock, every day of the week. And the Pavilion for Women is staffed by an experienced, compassionate team of registered obstetrical nurses to meet mom's and baby's needs from admission to the trip home.

Our advanced Level II newborn nursery assures parents that we can care for their new baby even in the unlikely event of a more complicated birth.

And our care doesn't stop when you leave. During your hospital stay, a nurse will schedule a postpartum follow-up visit for you and your baby.



Our Childbirth Program ...

Although much attention focuses on the arrival of your baby, we realize that pregnancies begin months earlier. That's why we offer a comprehensive program of childbirth classes that help moms and families prepare for the new baby.

From prepared childbirth classes for mom and coach to special sibling classes that ready your other children for the new arrival, our educational classes prepare you and your family for life with your new baby.

A complete course listing can be found on page 30 — or visit our website for listing and schedule.



Check out our website for details or take a virtual tour:
www.andersonhospital.org



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.**



Visit us @ AndersonMG.Com

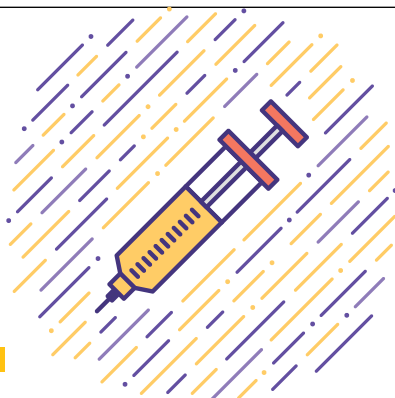
headlines in health

NEWS YOU CAN USE FOR BETTER HEALTH

Why Are Millennials So Lonely?

A survey on loneliness by Cigna revealed the country's youngest adults — the millennial generation (ages 23 to 37) and Generation Z (ages 18 to 22) — feel lonelier than older age groups. The only age group that reports feeling lonelier is later old age (ages 80 and older). Overuse of social media among younger people may be one explanation. Studies suggest that relying too much on digital connections might make it harder to connect in the real world.

Loneliness has been linked to poor sleep and symptoms of depression. It also increases the risk for heart disease and high blood pressure. To keep loneliness at bay, build new friendships by enrolling in a class or club, stay in regular contact with existing friends and put your smartphone away when spending time with others so you can enjoy their company.



Get Your Flu Shot

The CDC estimates that from October 1, 2018, through May 4, 2019, there were 37.4 million to 42.9 million flu illnesses. This resulted in more than half a million hospitalizations and between 36,400 and 61,200 deaths.

As the 2019–2020 flu season approaches, don't become a statistic. To avoid flu, everyone 6 months and older should receive an annual flu vaccine. This is especially important for people at high risk for flu complications, such as adults ages 65 and older, pregnant women and young children.

Eat Red for Heart Health

Research links a higher intake of anthocyanins — the flavonoids that give cherries, blueberries and other deeply red and blue foods their colors — to a lower risk for coronary heart disease and cardiovascular-related deaths. Previous research shows that anthocyanins have antimicrobial and anti-inflammatory effects as well. Foods rich in anthocyanins include berries, black currants, red cabbage, black carrots and purple potatoes.



PREPARE YOUR CHILD TO SUCCEED IN SCHOOL

Every parent wants to see their child do well in school. Taking these steps at each stage of your child's education can help set up your student for success.

ELEMENTARY SCHOOL

- **Take a test run.** If children are nervous about starting a new school or moving to a new classroom, go for a walk-through before the first day. Helping them find their classrooms and get familiar with their new environment can ease their minds and smooth the transition.
- **Encourage reading.** Reading at grade level by the end of third grade has been linked with continued academic success — children who read proficiently at this age may be more likely to graduate high school than their peers who fall behind in reading. Make time to read with your child every day.
- **Talk about standardized testing.** Explain to your child that standardized tests help schools and teachers know whether they're doing a good job teaching and find out how well students are learning what's being taught. Encourage your child to prepare for and do her best on a test but be careful not to put too much pressure on test scores because it can lead to anxiety about test taking.



MIDDLE SCHOOL

- **Set up a mini office.** Find a quiet spot in your child's bedroom or another area of the house for doing homework and studying. Make sure it's bright, has plenty of room to spread out and is equipped with all the supplies he or she may need.
- **Create limits for media.** Too much TV and media can negatively impact your child's learning and performance in school. Before the school year starts, create a family media plan that sets limits for when, where, what and how much media they can watch so it doesn't interfere with their schoolwork. To make a family media plan, visit www.healthychildren.org/english/media/pages/default.aspx.
- **Talk with your child about bullying.** Explain to your kids what bullying means. Let them know that the most important thing they can do is tell you or another trusted adult if they're being bullied or witness someone who is. That way, adults can take steps to stop it. To learn more about how to talk to kids about bullying, visit www.stopbullying.gov.



HIGH SCHOOL

- **Factor homework into their schedule.**

Talk with your child about his or her schedule and make sure there's enough time for homework and studying each evening. Together, you might discover that your child needs to cut back on extracurricular activities, part-time work or other commitments.

- **Prepare for college applications.**

If college is on the horizon, help your student prepare for applications in order

to streamline the process when the time comes. This includes:

- Visiting college campuses
- Thinking about essays — what accomplishments, activities and awards do they want to highlight?
- Gathering information for applications, such as their Social Security number, high school code, transcript and score from a college admission test



COLLEGE

- **Teach time management.** In college, your child will have more on their plate than ever before. Show them how to use a calendar to juggle their responsibilities effectively. This includes writing down deadlines for homework and projects; breaking long-term assignments into smaller, more manageable chunks; and scheduling meetings and other activities so they can plan accordingly.

- **Give them space.** When your child faces a challenge, resist the urge to step in and try to fix it. Giving them the room to try out different solutions will help develop resourcefulness and resilience, which are two skills that will serve them in all areas of their life. At the same time, you can always offer support and encouragement along the way.



>> Meeting Milestones

If your child has developmental issues, Anderson's Pediatric Therapy Center can help. Services include occupational, speech and physical therapy. A physician referral is needed for an evaluation. For more information, please call 618-288-KIDO (5436). Pediatric services are also available in Highland.

What **Pain** in These **Bones and Joints** Could Mean

Living with pain is, to put it mildly, unpleasant. Some people think pain is just a normal part of aging. But you don't have to accept pain as part of your life. You can get help treating and managing it.

First, it helps to find out the potential causes of your pain. Following is a guide to what pain in certain parts of your body might mean.

SHOULDER PAIN

What we call the shoulder joint is actually three bones, which combine with tendons and muscles to allow for a wide range of motion. But shoulders can also be unstable, leaving them open to many types of injury and pain.

If you're experiencing shoulder pain, it may be caused by one of the following issues:

- **Tendon inflammation**, which includes tendinitis, bursitis or tears
- **Dislocation**, which happens when the upper arm bone is forced out of the shoulder socket
- **Arthritis**, which can develop slowly as a result of wear and tear
- **A broken bone**, which can affect any of the shoulder's many bones

BACK PAIN

Back pain can be caused by a strain, sprain or injury that affects ligaments or muscles around the spine. Other common causes include arthritis, disk problems or fractures of the spine's vertebrae. But some back pain has its root in more commonplace problems, such as being overweight, experiencing a long period of inactivity or being stressed. Back pain usually gets better on its own, but if your pain lasts for more than three months, talk with your primary care provider. He or she can recommend treatment options, which may include exercise and medications.

NECK PAIN

Your neck contains vertebrae, ligaments, joints, tendons, nerves and muscles — all of which can be a possible source of pain. Neck pain is often caused by muscle strain or tension, usually from overuse, like sitting at a computer. Going too hard during exercise or sleeping in a weird position can also strain your neck muscles. Accidents or falls, including car accidents, are also common causes of neck pain.

Work with your primary care provider to manage neck pain. He or she may recommend neck stretches, ice massages, heat pads, over-the-counter pain medications, muscle relaxants or massage therapy.

HIP PAIN

Three common causes of hip pain are osteoarthritis, tendinitis and bursitis. They all have different causes and treatments. It is best to talk with your provider when you can't manage the pain on your own.

- **Osteoarthritis:** This condition causes deteriorating cartilage, resulting in pain typically felt in the hip joint, inner thigh, groin or buttocks.
- **Tendinitis:** This tissue inflammation may cause pain and swelling just outside your hip joint.
- **Bursitis:** This inflammation of the sacs of fluid that cushion your tendons can cause burning or pain on the side of your hip.

OTHER JOINT OR BONE PAIN

Sometimes experiencing pain in your joints or bones can mean you have a general condition that affects your body. These include:

- **Osteoarthritis:** This degenerative disease becomes more common with age and usually develops in the hands, neck, lower back, knees and hips. It can be treated with everything from drugs to creams to joint replacement surgery.
- **Rheumatoid arthritis:** This autoimmune disease causes pain, stiffness, swelling and reduced movement. It often develops in middle age and is most common among older adults, but teenagers and young adults can get it, too. Talk with your provider about treatment options.
- **Paget's disease:** This disease causes bones to grow too large and weak, and to break more easily. It is more common in older adults. If Paget's disease runs in your family, doctors recommend you have your blood tested starting at age 40.
- **Bone cancer:** Primary bone cancer is uncommon, but cancers from organs like the breast or prostate gland can spread to the bones and can be a cause of bone pain.

>> Help with Healing

Anderson has two outpatient rehab locations to serve you:
For Maryville, call **618-391-5827**.
For Highland, call **618-654-9600**.

Take Charge of Your Breast Cancer Risk

One in eight women will develop breast cancer in her lifetime. While some risk factors are beyond your control, there are steps you can take to keep cancer at bay. **Here's what you can do decade by decade to slash your risk.**

In Your 20s



FILL UP ON FIBER. Consuming more fiber-rich foods in early adulthood decreases your breast cancer risk by about 19 percent as you age. Reach for fruits, veggies, beans and whole grains.

LIMIT YOUR ALCOHOL INTAKE. Women who down two to five daily drinks have 1 ½ times the risk of developing breast cancer than teetotalers. Keep your sips to no more than one drink per day.

In Your 30s



In Your 40s

HIT YOUR STRIDE. Clocking about 30 minutes of physical activity, such as brisk walking, five days per week slashes your risk for breast cancer by 18 percent.

TAKE A STAND. Spending lots of time on your tush increases your risk for breast cancer by 10 percent. Take the stairs instead of the elevator, walk or bike when possible, and take breaks to walk and stretch during long car rides.

In Your 50s

In Your 60s

DRIZZLE ON THE EVOO. Women who increase their intake of extra virgin olive oil reduce their risk for breast cancer by about 62 percent. Use it to make your own salad dressing and reach for olive oil instead of butter when cooking.

>> Catch Cancer Earlier

3-D mammography can help with earlier breast cancer detection — and it's available at Anderson Healthcare's Maryville Imaging. Take charge of your breast health by scheduling a 3-D mammogram. Visit www.maryvilleimaging.com or call 618-288-4929.

How Well Do You Know Your 'Girls'?

You know you need a mammogram. But do you know when? Or what the radiologist is talking about? Test your knowledge about your 'breast friends' by filling in the blank with the correct word. Knowledge is a powerful tool to help keep breast cancer off your chest.

1. Regular clinical breast exams and _____, or X-ray pictures of the breast, are the best ways to screen for breast cancer.
2. Also known as a 3-D mammogram, digital breast _____ involves taking multiple images of the breast from different angles to construct an in-depth visual.
3. _____ is a rating system used by radiologists to categorize mammogram findings.
4. _____ breasts have more fibrous and glandular tissue and less fatty breast tissue.
5. _____ is an inflammation of the breast, commonly due to infection, and has symptoms similar to inflammatory breast cancer.
6. A _____ is a lump in the breast most common in women who are in their 20s and 30s.
7. _____ is an overgrowth of the cells lining the ducts or milk lobules inside the breast.
8. _____ genes are found in all women and can affect breast and ovarian cancer risk.

Answers

1. **Mammograms.** The American Cancer Society recommends women begin having annual mammograms by age 45. Talk with your health care provider about your risk factors and when to begin screening.
2. **Tomosynthesis.** Researchers are still studying if 3-D mammograms offer an advantage over traditional mammograms.
3. **BI-RADS.** The rating system includes seven levels, from 0 to 6, with 6 being a confirmed finding of cancer. A rating of 3 or higher means you may need your next mammogram sooner or a biopsy to rule out or confirm a diagnosis.
4. **Dense.** About half of women have dense breasts, which can make it difficult to detect

- breast cancer through a mammogram. Women with dense breasts are more likely to get called back for follow-up tests, such as an ultrasound or biopsy. They also have a higher risk of developing breast cancer.
5. **Mastitis.** Mastitis is most often seen in women who are breastfeeding. It's treatable with antibiotics.
 6. **Fibroadenoma.** These noncancerous tumors can feel like a marble under the skin.
 7. **Hyperplasia.** Several types of hyperplasia increase a woman's risk of developing breast cancer.
 8. **BRCA.** Mutations in your BRCA1 or BRCA2 gene put you at a higher than average risk of developing breast or ovarian cancer.

4 Common Nutrition Myths Debunked

There's a lot of different diet advice out there — and you've probably heard many conflicting opinions when it comes to what and how you should eat. It can be difficult to separate fact from fiction and to decide if you should jump on the latest low-carb, low-fat or gluten-free bandwagon.

Whether you're looking to lose weight or eat a healthier diet, don't fret — we've done the hard work for you! Here are four of the most common nutrition myths, and the real facts you should know about them.

1 Myth: Fat on your plate equals fat on your body. Low-fat or fat-free foods are always healthier than full-fat ones.

Fact: Fat is an important nutrient your body needs and you shouldn't eliminate it from your



diet. What's more, some low-fat and fat-free foods often have just as many or even more calories per serving than full-fat ones. Why? When fat is removed from foods, manufacturers often add other ingredients, like salt, starch and sugar, to make them taste better.

Healthy diet move: Focus on the type of fat in a food. Cut back on unhealthy saturated and trans fats found in fried foods, red meat, cheese and butter — they can increase your risk for health problems like heart disease. Aim to get your fat from healthy polyunsaturated and monounsaturated sources, such as peanut butter, avocados, nuts, seeds and plant-based oils. These fats are good for your heart and can help lower cholesterol.

2 Myth: A gluten-free diet is a healthy diet.

Fact: Just because a food is gluten-free doesn't automatically mean it's healthy. In fact, a food analysis found that there's no nutritional advantage to gluten-free foods over conventional ones. A gluten-free



diet is helpful for individuals with celiac disease, gluten allergy, gluten sensitivity or gastrointestinal issues. But a diet free of gluten isn't intended to help you lose weight. And it can even lead to insufficiencies in fiber and certain vitamins and minerals.

Healthy diet move: If you have trouble eating foods that have wheat, barley or rye, talk with your health care provider. He or she can help you determine if you should avoid gluten. Otherwise, stick to a well-balanced diet — gluten included!

3 Myth: As long as you're eating healthy foods, it doesn't matter what time of day you eat.

Fact: Eating late at night, whether you're munching an apple or potato chips, can lead to weight gain, research shows. It's all about your circadian rhythm. One study found that when people ate their last meal of the day closer to when the sleep hormone melatonin increases, they were more likely to have a higher BMI. Researchers believe your body uses fewer calories to digest a meal when you eat late compared with eating the same meal a few hours earlier.

Healthy diet move: Try to eat dinner a few hours before bedtime and avoid snacks afterward. But if the late-night munchies hit, reach for healthy snacks, like fruits or veggies with hummus.

>> Experts on Eating

The registered dietitians at Anderson provide individualized nutrition. For an appointment, call **618-391-5834** (physician referral is required).

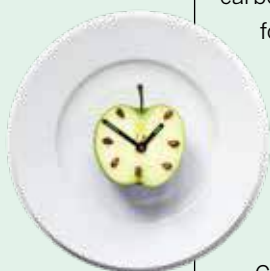
4 Myth: Carbs are the enemies of weight loss and a healthy diet.

Fact: Carbohydrates get a bad rap. Just like fats, they're an important part of a healthy diet and a key source of energy. So why do carbs get the blame for weight gain? That's because there are two types — simple and complex carbohydrates. Simple carbs are the ones found in white rice, sugar and white flour, and they can have a dramatic effect on your blood sugar. Your body digests simple carbs quickly, which causes your blood sugar to spike and then drop. This can make you feel hungry and eat more when you don't need to. Complex carbohydrates are a different story. Your body breaks these down gradually, making you feel full for longer.

Healthy diet move: Ditch the simple carbs and replace them with complex ones. Brown rice, oats, fruits, vegetables and whole-grain pastas, breads and cereals are all good options.

Choosing Fats

When you are deciding which type of fat to buy, remember that unsaturated fats are the healthiest, according to the National Heart, Lung, and Blood Institute. Good choices include margarines that are soft, light and free of trans fats, and oils such as corn, canola, olive, safflower, soybean and sunflower. Stick margarine contains trans fat, which should be limited in the diet. Butter, solid shortening, lard and fatback contain saturated fat.



HEALTH THROUGH THE AGES

How to stay healthy in your 30s and beyond

Your body and your health concerns change as you age. Take these age-appropriate health tips to heart to make sure your 30s, 40s and 50s (and beyond) are healthy and happy.



IN YOUR 30s

1. Adopt an Active Lifestyle

In your 30s, you might be busy starting a family or building a career. Don't let this keep you from being active. You don't have to hit the gym hard every day. Small changes add up. For example, bike to the convenience store instead of driving. Or listen to a podcast and go for a walk instead of watching another rerun of your favorite show.

2. Get Tested for Sexually Transmitted Diseases (STDs)

Anyone who has sex has the chance of getting an STD. But your risk increases if you've had multiple partners, or if you've had unprotected sex. If it's been a while since you've been tested for STDs, talk with your doctor. Some sexually active people may need to be tested regularly for common diseases, such as chlamydia.

3. Have Regular Heart-Health Screenings

Even if you think you're too young to have heart problems, it's a good idea to keep up

with regular heart-health screenings. If a screening shows you might be headed for trouble, you can take steps now to prevent problems later. Talk with your doctor about your heart disease risk and what screenings you need.

4. Partner with Your Doctor for a Healthy Pregnancy

If you're considering having a family, your 30s may be an especially important time to think about reproductive health. Talk with your doctor if you're thinking of adding to your family. He or she can give you advice on conceiving and test for conditions that may affect fertility.

5. Stay Safe on the Road

Unintentional injuries, such as car collisions, are the leading cause of death among people in their 30s. Avoid accidents by staying alert behind the wheel. Never text and drive, and save phone calls for when you're not behind the wheel.



You're Not Too Young to Think About Bone Density

If you are a woman in your 30s or 40s, you may think that you don't need to worry about your bone strength. Yet after age 30, you've already passed your peak bone mass. Your actions now can help protect your bones and decrease your risk of getting osteoporosis in the future. Here's what to do.

- Eat a balanced diet that provides plenty of calcium and vitamin D.
- Get regular weight-bearing exercise — the best type of exercise for maintaining strong bones.
- Don't smoke, and avoid excessive alcohol.



>> All About Moms

Anderson's Pavilion for Women is carefully designed to meet the needs of expectant moms, their families and their newborns.

Discover more about our services at www.andersonhospital.org/anderson-centers/obstetrics-pavilion-for-women.

IN YOUR
40^S

1. Slather on Sunscreen

You know sunscreen can help protect against the harmful ultraviolet rays that cause skin cancer. But did you know sunscreen is also one of the most effective anti-aging skin products you can use? A broad-spectrum sunscreen protects against UVA rays, which cause wrinkles and age spots. Choose a sunscreen with an SPF of 30 or higher.

2. Manage Stress

Constant stress puts strain on your body and may contribute to serious health problems, such as heart disease, high blood pressure, diabetes and mental disorders, like depression or anxiety. Coping with stress effectively can help you minimize these effects. Set priorities, lean on supportive friends and family members, and exercise regularly. If you feel like you just can't cope, reach out to a mental health professional for help.

3. Get the Cancer Screenings You Need

Screenings can detect cancer early, when it's easier to treat. Both men and women may be due for cancer screenings in their 40s.

- The American Cancer Society (ACS) recommends people with an average risk for colorectal cancer get tested starting at age 45, while the U.S. Preventive Services Task Force advises getting your first colorectal cancer screening at age 50.

continued on next page



Fight Age-Related Weight Gain

Middle-age spread is a real phenomenon. Some reasons for weight gain in middle age include:

- **CHANGES IN METABOLISM.** After age 25, metabolism (the number of calories your body burns through the day) slows by about 5 percent a decade.
- **CHANGES IN ACTIVITY.** Most middle-aged people are not as active as they were in their teens and 20s.
- **CHANGES IN BODY COMPOSITION.** As you age, muscle mass diminishes and fat increases.
- **CHANGES IN HORMONES.** The hormonal shifts women experience before, during and after menopause add pounds and make fat build up around the abdomen.

Avoid midlife weight gain by making these changes:

- Eat smaller portions.
- Cut calories.
- Be more active.
- Add strength training to your workout.

>> Know Your Numbers

Anderson Healthcare offers cholesterol and blood pressure screenings for \$25 per screen. For more information, call **618-391-6710**.

- The ACS recommends that at age 45, men with a higher than average risk for prostate cancer should talk with their providers about the potential risks and benefits of testing.
- In general, women should have annual mammograms to screen for breast cancer beginning at age 45. These yearly mammograms are optional for women ages 40 to 44, the ACS says. Talk with your health care provider about your risk for breast cancer and when you should begin breast cancer screening.

4. Be Tested for Diabetes

Type 2 diabetes most often develops in people older than age 45. And according to the American Diabetes Association, all adults should be screened for diabetes starting at age 45. If the results are normal, the test should be repeated at least every three years. You may need to be screened earlier if you are overweight or obese and have any additional risk factors for diabetes. Talk with your provider to learn more about your diabetes risk.

5. Shed Extra Pounds

As you move through your 40s, you may notice you have less muscle and more fat. Your metabolism changes with age. You burn fewer calories and break down food differently, which can quickly cause pounds to add up — contributing to the notorious “middle-age spread.” If you need to lose weight, consider meeting with your health care provider to discuss your plan and take baseline measurements. Make a follow-up appointment to monitor your progress.



1. Eat Like a Greek

The Mediterranean diet is well-known for its heart-health benefits and is linked to a lower risk for dementia. A

Mediterranean diet includes fruits, vegetables, nuts, grains, fish and healthy fats, such as olive oil. Red meat and salt are limited.

2. Fit in Some Cardio

At this stage of life, doing some cardiovascular exercise now can yield big returns in the next few

decades. How much exercise do you need? Government guidelines recommend adults do at least two hours and 30 minutes of moderate-intensity aerobic activity every week, such as brisk walking. But the more you can do, the better.

3. Strengthen Your Muscles

People tend to lose muscle as they age. But strength training wards off muscle loss and keeps muscles strong. In addition, strength training improves bone density. Guidelines say to strength train twice a week. Focus on all the body's major muscle groups, including your legs, buttocks, back, shoulders, arms and abdominals.

4. Fill Your Life with Friends

In general, loneliness increases throughout the 40s and 50s, research shows. But your 50s are a great time to reconnect with friends and build new connections. With the kids out of the house, you may have more time to focus on your own social life. Having a strong social life is connected with lower rates of disability and may reduce the risk for depression. Consider joining a book club or walking group. Volunteering is another meaningful way to connect with others.

Top Tips for Aging Feet

Your feet carry you through life, but when it comes to age-related changes, they might not be top of mind. Here are some tips for having happy, healthy feet throughout your golden years.

- Buy shoes that fit properly. Purchase well-fitting shoes that match the shape of your foot (that means no pointy toes or high heels!). Try before buying to ensure they don't slip or pinch. For bunions, wide-fit shoes may help. Inserts, tape, padding and over-the-counter meds can also relieve pain and swelling.
- Keep your tootsies hydrated. As you age, your skin loses moisture. To counteract dry skin, try hydrating creams, lotions and ointments. When bathing, use mild soap, and warm water instead of hot. If you think your prescriptions are worsening the issue, discuss medication side effects with your doctor.



- Watch out for fungal infections. Fungus, such as athlete's foot, thrives in the moist, dark environment of your favorite shoes. What's more, slower circulation and weaker immune systems make these infections more common in older adults. These infections are easily treatable with over-the-counter powders or creams. Talk with your doctor if symptoms don't improve within a few weeks.
- Talk with your doctor at the first sign of stiffness, pain or swelling in the joints. It could be arthritis.

Nearly half of adults have arthritis in their feet or ankles by the time they reach their 60s and 70s. If arthritis goes untreated, it may eventually become too painful to walk. Discuss treatment options with your doctor.

>> Interested in Helping Others?

Consider becoming a member of the Auxiliary to Anderson Hospital. Volunteer opportunities include delivering flowers and newspapers to patients, fundraising and more. Download an application at www.andersonhospital.org/images/pdf/Final_2.3.15.pdf or call the Volunteer Director's Office at **618-391-6721** for more information.

STEP UP

Your Foot and Leg Care with Diabetes

There's a lot involved in managing diabetes: planning meals, exercising, taking medicine and more. Yet it's worth making time in your busy schedule to take care of your feet and legs. Just a few minutes a day can help prevent serious complications.



WHY GOOD FOOT CARE MATTERS

About 60 to 70 percent of people with diabetes will develop nerve damage over time. And the nerves of the feet and legs are the ones most often affected.

Eventually, nerve damage may lessen your ability to feel pain in your feet, so you may not notice if you get a cut or blister there. To make matters worse, diabetes may also impair blood flow to your feet and legs, which makes it harder for these wounds to heal. If infection sets in, it can be serious. In the most severe cases, a toe, foot or part of a leg might need to be amputated.

Fortunately, you can greatly reduce your risk for complications by catching foot

problems early and getting them treated promptly. Check your feet daily for cuts, blisters, sores, redness, swelling, warm spots, ingrown toenails and other changes in your skin or nails.

Contact your health care provider about cuts and blisters that haven't started healing within a few days or other changes in your feet. By acting quickly, you can usually keep little problems from turning into big ones.

PUT YOUR BEST FOOT FORWARD

Even better, by adopting healthy habits, you can prevent many foot and leg problems from starting in the first place. Take these steps:

- **Manage your blood glucose levels.** Work with your provider to develop a diabetes care plan that keeps your blood glucose within your target range as much as possible.
- **Wash your feet daily with soap and warm (not hot) water.** Then dry them well afterward. Apply lotion to the tops and bottoms of your feet, but not between your toes.
- **Trim your toenails straight across, not rounded at the corners.** Gently smooth out sharp edges with an emery board.
- **Avoid going barefoot.** Wear comfortable, well-fitting shoes and lightly padded socks.



Wear comfortable,
well-fitting shoes.



- **Promote blood flow to your lower limbs.**

Prop up your feet when sitting. Several times a day, wiggle your toes and move your ankles around.

Also, schedule a complete foot exam once a year (or more often, if recommended).

Taking good care of your feet and legs is a great way to stand up to diabetes.

>> Take Control of Diabetes

Anderson's diabetes self-management program could be the first step to taking control of your life. Find program details at www.andersonhospital.org/services/diabetes-education or call **618-391-6711**.

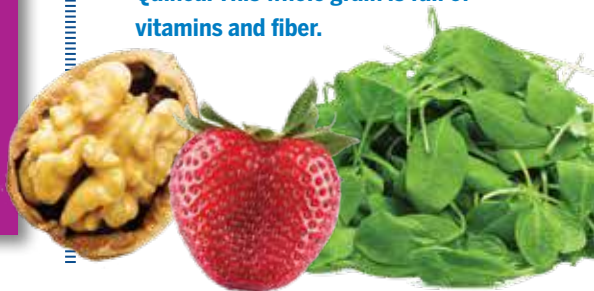
Shopping List for Diabetes

Eating a healthy diet is one important way to take charge of your health when you have diabetes. The choices you make when shopping for groceries can have a huge effect on how you feel.

So, what should be on your shopping list? According to the American Diabetes Association, look for foods that are rich in vitamins, minerals, antioxidants and fiber. Remember that carbohydrates in foods such as grains and starchy vegetables are digested into glucose, causing your blood glucose level to go up. Of course, it's still important to eat some carbohydrates because they give you energy and essential nutrients.

Here are some foods you might want to put in your shopping cart:

- **Strawberries:** Berries have everything from antioxidants to vitamins C and K.
- **Walnuts:** Nuts help you stay fuller longer because of their healthy fats.
- **Spinach:** Dark green leafy vegetables offer vitamins A, C, E and K, as well as iron, calcium and potassium, and are low in carbohydrates as well as calories.
- **Salmon:** The omega-3 fatty acids in salmon may help lower your risk for heart disease and inflammation.
- **Quinoa:** This whole grain is full of vitamins and fiber.



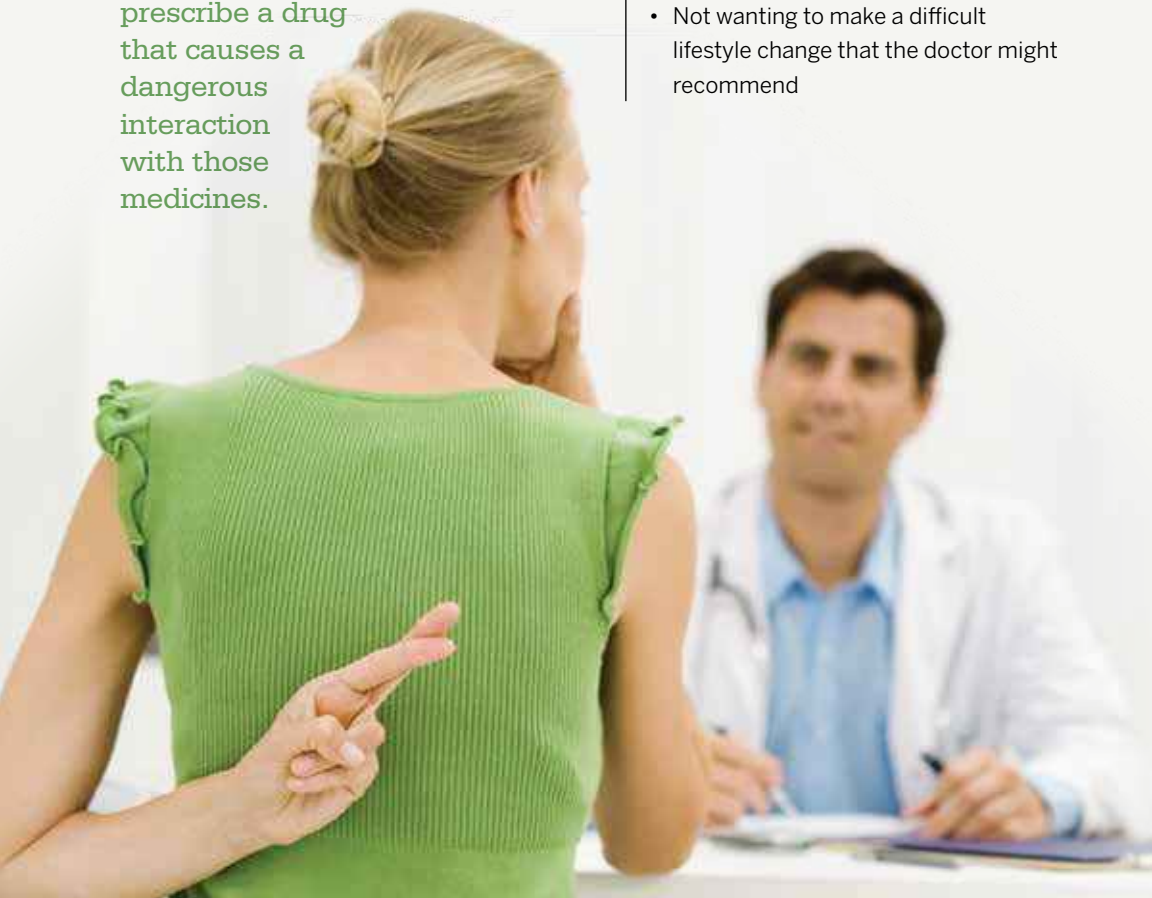
Most Americans Lie to Their Doctors

Do you always tell your doctor the truth, the whole truth and nothing but the truth? If you're like most Americans, you probably don't. Four out of five people withhold important information from their health care providers, according to one study. That's a problem because omitting key details about your health could cause you harm. For example, if you fail to mention certain supplements or over-the-counter products that you take, your doctor could unknowingly prescribe a drug that causes a dangerous interaction with those medicines.

WHY LIE?

There are a variety of reasons why patients leave out information. According to the study, some of the most common ones include:

- Not wanting to be judged or lectured
- Not wanting to hear how harmful a behavior is
- Feeling embarrassed to admit something
- Not wanting the doctor to think that you're a difficult patient
- Not wanting to take up more of the doctor's time
- Feeling like the information isn't relevant
- Not wanting the information to appear on your medical record
- Not wanting to make a difficult lifestyle change that the doctor might recommend



>> Find a Good Fit

Anderson Medical Group is proud to be the Metro East's premier physician group. Find a primary or specialty care physician by visiting www.andersonmg.com.

Withholding information can be a serious issue. In fact, researchers found that people who were sicker or had chronic medical conditions were more likely to keep information from their health care providers. This is troubling because physicians need as much information as possible in order to make safe and effective decisions about your health care.

WORKING TOGETHER FOR YOUR WELL-BEING

Both physicians and patients play a role in making sure that patients disclose as much information as possible. After asking a question — especially about sensitive topics — providers should wait and give patients time to answer before moving on.

For patients, it's always helpful to bring a list of questions or concerns with you to your health care visit. It's also important to find a provider who you feel comfortable talking with and trust. The more at ease you are and the more you know your doctor is really listening, the more likely you'll share all the information that matters.

Do This at Your Next Doctor Visit

If your doctor knows a lot about you, when you get sick, it will be easier for you to get better. The next time you go to the doctor, try these things. They will help you and your doctor understand each other.

Before your visit to the doctor:

- **Write down your symptoms or problems.** Write how you feel in detail. If you have a headache, is it sharp or dull? Where on your head does it hurt? Think about your problem: When did it start? How long does it last? What have you done for it?
- **Make a list of your questions.** Take the list with you. Check off the questions as you ask them. Or give the list to your doctor to read.
- **Write down all the medicines you take.** Be sure to include over-the-counter drugs and supplements, such as aspirin and vitamins. Give the list of medicines to your doctor. Better yet, take the medicine bottles with you.

At your visit with the doctor:

- **Be honest.** To decide on the best treatment, the doctor needs to know what is really going on. For example, don't say you quit smoking if you didn't.
- **Listen carefully to your doctor.** Take notes so you can remember what the doctor says.
- **Take someone with you.** A friend or family member can remind you what you planned to talk about. Later, this person can help you remember what the doctor said.
- **Ask questions.** Find out what you can do to feel better, such as diet changes. If you don't know the meaning of a word, ask. If what the doctor says is not clear, ask. When it comes to your health, there are no "dumb" questions.

HEALTHIER HOLIDAYS

It doesn't have to be the season of **extra calories and junk food.**

Whether it's due to trick-or-treating, office potlucks or holiday dinners, the last few months of the year are a challenging time to eat wisely. But with the help of these four tips, your family can enjoy themselves without overindulging or sacrificing.

1 Have a healthy bite before heading out. Have a light meal or healthy snack before trick-or-treating, holiday shopping, visiting relatives or attending parties. Also, take snacks with you. This will keep you from munching where less healthy options are available.

2 Consider the alternatives. Instead of handing out candy at Halloween, consider fruit rolls, pretzels, trail mix, breakfast cereal, mini boxes of raisins, juice boxes, animal crackers or graham crackers. Be a health-conscious host by serving nutritious treats, such as popcorn or nuts, at your holiday shindigs.

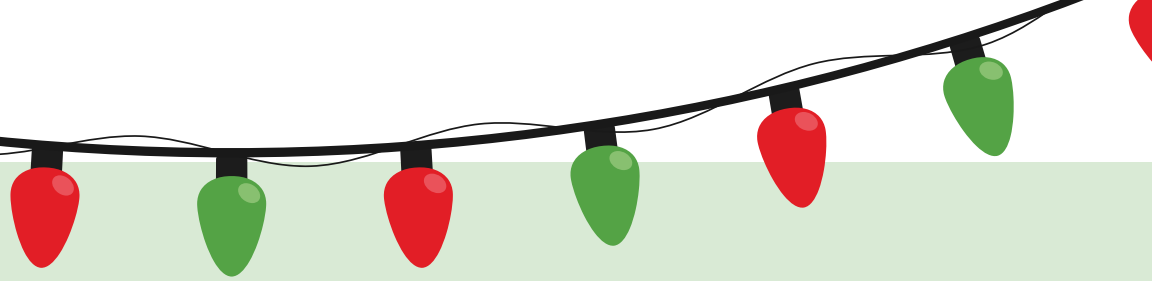
3 Pair sweets with something healthier. Most likely, you'll allow your child to indulge his or her sweet tooth a little during the fall and winter holidays. But when your child eats something sweet, pair it with something healthy, like a banana, an apple or nuts.

4 Overhaul your family recipes. Start a new tradition by putting a healthier spin on too-rich recipes. A few quick and easy substitutions:

- Replace cream with fat-free evaporated milk.
- Cook soup stock with a small amount of turkey breast or skinless chicken thigh instead of neck bones.
- Substitute fruits and veggies for some of the bread in your stuffing.

Here's another healthy idea: Try the recipes that follow!





Fruity Wild Rice Stovetop Stuffing

Perk up an old holiday favorite with the brightness of fruit and two kinds of healthy rice.

Ingredients

Olive oil spray

1 medium yellow onion, finely diced

1 pear (such as Bartlett), cored and finely diced

1 apple (such as Honeycrisp), cored and finely diced

1 tbsp. Dijon mustard

1 tbsp. maple syrup

1 tbsp. fresh lemon juice

2 cups wild rice

1 cup brown basmati rice

1 qt. low-sodium chicken or vegetable broth

2 cups water, plus 1 cup if needed

$\frac{2}{3}$ cup dried cranberries

$\frac{1}{2}$ tsp. freshly ground black pepper

2 tbsp. fresh parsley, minced

2 tbsp. fresh thyme, minced

Directions

Heat a large pot over high heat for one minute. Spray with olive oil spray; heat for 30 seconds. Add onions and sauté for one to two minutes, stirring frequently, then add pears and apples and sauté for two to three more minutes. Quickly whisk together mustard, maple syrup and lemon juice and pour over onions and fruit. Then add wild rice and basmati rice. Sauté for two minutes, then pour in broth and water. Bring to a boil. Add cranberries and cracked black pepper. Let boil for 10 minutes. If liquid level seems too low, add 1 more cup of water. Reduce heat to low, and cover and cook for 25 minutes, checking occasionally. Add parsley and thyme five minutes before done. Serve immediately.

Makes 16 servings; a serving size is $\frac{1}{2}$ cup stuffing. Each serving contains about 154 calories, 1 g total fat (0 g saturated fat, 0 g trans fat), 0 mg cholesterol, 50 mg sodium, 33 g carbohydrate, 3 g fiber, 7 g sugars and 5 g protein.





Cooked Pumpkin

Making your own pumpkin puree for pies and other recipes is so easy, you might give up canned pumpkin for good.

Ingredients

1 medium pumpkin

Directions

Preheat oven to 300 degrees. Cut pith and seeds off pumpkin and cut pumpkin into small pieces. Place cut pumpkin, skin side up, in a large roasting pan. Add $\frac{1}{4}$ cup water and bake uncovered for one hour or until tender. Remove from oven and allow pumpkin to cool. When cooled, cut away skin and mash or puree the pumpkin flesh. Use in any recipe that calls for canned pureed pumpkin.



Makes 30 servings. Each serving contains about 0 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 7 g carbohydrate, 2 g fiber, 2 g sugars and 1 g protein.

Source: Centers for Disease Control and Prevention, "Fruits and Veggies: More Matters"



Chocolate Peppermint Meringue Cookies

Why not introduce a new cookie to your holiday rotation? These bite-sized treats pack in a lot of flavor but very little sugar.

Ingredients

2 large egg whites	$\frac{1}{4}$ tsp. peppermint extract
$\frac{1}{2}$ tsp. white vinegar	$\frac{1}{4}$ tsp. vanilla extract
$\frac{1}{4}$ tsp. cream of tartar	$\frac{1}{2}$ tsp. decorative white sugar
1 tbsp. unsweetened cocoa powder	
2 tbsp. honey	

Directions

Line two large cookie sheets with silicone liners or parchment paper and preheat oven to 250 degrees. In a large glass or metal bowl, and using an electric mixer fitted with a balloon whisk attachment, whisk egg whites, vinegar and cream of tartar on high speed for about two minutes or until soft peaks start to form. Add cocoa powder and continue on high for one minute. Then add honey, peppermint extract and vanilla extract and continue on high until shiny, hard peaks form. (Hard peaks hold their shape when you turn the mixer attachment upside down.) Scoop egg white mixture into a pastry bag fitted with a star attachment or into a plastic bag with the corner cut off. Hold your hand steady and squeeze mixture onto cookie sheet for one or two seconds, just enough to create stars the size of quarters. Sprinkle decorative sugar onto stars. Bake for 40 to 45 minutes, then let cool for one hour.

Makes 9 or 10 servings; serving size is 10 mini cookies. Each serving contains about 19 calories, 0 g total fat, 0 mg cholesterol, 11 mg sodium, 4 g carbohydrate, 0 g fiber, 4 g sugars and 1 g protein.



A Patient-Focused Practice

Tibor Kopjas, M.D., recently changed his practice model to one affiliated with MDVIP. MDVIP is a national network of primary care doctors who see fewer patients so that they can focus on delivering personalized medicine, patient-centered medicine and preventive care that starts with the MDVIP Wellness Program. They offer a unique health care experience with conveniences and benefits not found in most practices today.

While Dr. Kopjas will be seeing fewer patients, this new practice model allows him to spend more quality time with them. Each year, Dr. Kopjas will take his patients through the MDVIP Wellness Program, which is paid for by a membership fee. Patients will receive comprehensive, advanced health screenings and diagnostic tests that have been shown to help detect issues earlier but are not

typically covered by commercial insurance or Medicare. The results help give a clearer view of patients' overall health.

He will discuss health test results in detail. Patients will know their numbers and understand what those numbers mean and how they can be improved. Together, they will develop an individualized action plan that will include next steps, how progress will be measured and a time frame for follow-up.

Whether you're managing a chronic illness, have a family history of disease or consider yourself the picture of health, there's always room for improvement. This is what the MDVIP Wellness Program is all about — identifying and addressing your unique needs so that you can focus on living your best.

To learn more about MDVIP, visit www.mdvip.com.



>> Care You Can Trust

Dr. Kopjas has been practicing general internal medicine in our community since 1986. His focus is general internal medicine with an emphasis on diabetes, hypertension and hospice care. He is accepting new patients into his program. His office is located within the Physician Office Building at Anderson Hospital (Suite 209) and can be reached by calling **618-391-5061**.

Welcome

Bassam Hadi, M.D.

Neurosurgery

Now seeing patients in Maryville, IL

Dr. Hadi is a board certified neurosurgeon at Mercy Clinic Neurosurgery. He is part of an entire Mercy Clinic team that wants you to have more strength, more energy and more health.

In March 2019, Dr. Hadi opened the office at Anderson Hospital in Maryville. He'll provide consult and follow-up appointments for patients at Anderson every other Tuesday morning, with hopes to have office time there every Tuesday.

Training: Completed a Spine Surgery Fellowship at the University of Alabama.

Background: Is a native of Belleville and has been in practice for about 18 years. He has been in South County at Mercy Hospital South (formerly St. Anthony's) for the past six years.

Clinical Interests: Primary interest is spine surgery, including minimally invasive spine surgery, complex reconstructive spine surgery and spinal tumors, but will see all neurosurgical issues.

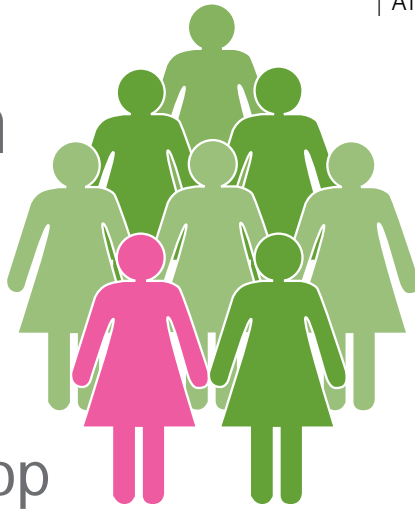
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One in
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women
will develop
breast cancer in her lifetime.



That's why Anderson Healthcare provides services and experts women need for their breast health. Whether you need a screening mammogram, diagnostic services, or surgical and cancer treatments, we have your breast health covered.



Is **3D Mammography** Right for You?

Mammograms have been shown to reduce the number of breast cancer-related deaths among women ages 40 and older. But conventional two-dimensional mammograms miss about 20 percent of cancers and they can give false-positive results, causing unnecessary anxiety.

Three-dimensional mammography, or tomosynthesis, may offer some advantages. Tomosynthesis involves taking multiple images of the breasts from many angles. Then a computer puts them together to make a 3D image of each breast.

In one study comparing 2D and 3D digital images, cancer was detected more often in 3D

scans. Women who had the 3D test were also less likely to need follow-up tests.

Keep in mind, however, that 3D imaging may not be right for everyone. Although tomosynthesis has been approved by the FDA, experts still are unsure if a 3D mammogram is better at catching breast cancer early than a 2D one. Traditional mammograms are still effective and they're less expensive.

Talk with your doctor about your breast cancer risk and screening plan. The earlier you catch breast cancer, the easier it is to treat.

CommunityCalendar

FALL 2019

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](https://twitter.com/AndersonHosp) and on www.facebook.com/AndersonHospitalLL. 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.

- Prepared Childbirth Series
- Fast Track Childbirth Class
- Breastfeeding Class
- Here Comes Baby!
- Sibling Class
- Infant/Child CPR
- Labor and Birth Options

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

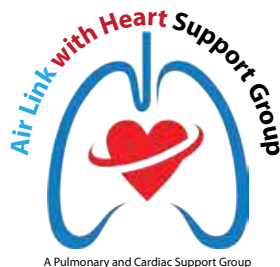
Prostate Screenings

\$10 per screen. Call for more information.
618-391-5900

SUPPORT GROUPS

Air Link with Heart

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

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Call 618-391-6426



Do you want to connect with others who have diabetes? Living with diabetes can certainly be overwhelming at times. Attending a support group is a way to find the support, help, tips and tools you need to manage diabetes. Anderson Hospital's support group will be led by a certified diabetes educator, Angela Weeks RD, LDN, CDE.

Questions? Call Angela at 618-391-6711.

Stroke Support Group

Monthly support group for anyone who has experienced a stroke or is the caregiver of someone who has had a stroke. Meetings are held the second Wednesday of every month at 3 p.m. in the dining room of The Rehab Center on the second floor. **618-391-5230**

DIABETES SUPPORT

Living Well With Diabetes meets the second Thursday of January, March, May, July, September and November from 4 to 5 p.m.
618-391-6700

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



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