

# Regarding WOMEN



## & HEALTHCARE



### OSF Center for Health—Rock Cut: A New Era in Healthcare

#### A Few Amenities at OSF Rock Cut

- ▶ PromptCare: from 8 a.m. to 8 p.m., seven days a week for medical situations that, while not life-threatening, require immediate attention
- ▶ Women's Center: digital mammography, screening mammography on a walk-in basis, ultrasound and bone density testing, all in one private area
- ▶ Java City: specialty coffees, smoothies, sandwiches and salads, beverages and bakery items; Internet access and outdoor seating
- ▶ Public wireless access
- ▶ Computers in the second floor reception area
- ▶ Rock Cut artwork, fireplaces, curved architecture and distinct seating in physician waiting areas
- ▶ Comfortable seating areas separate ill from well children
- ▶ Valet parking from 7:30 a.m. to 6 p.m., Monday through Friday
- ▶ Pagers allow visitors to visit Java City or enjoy being outdoors

rected on a hill on 30 acres, the three-story, 82,000-square-foot OSF Center for Health—Rock Cut dominates the scenery on the Route 173 corridor in Loves Park. With its flowing architecture, the building is striking. But even more impressive than the exterior is what occurs inside.

“The design of the entire facility is centered on patients and their needs,” explains Sue Fernandez, RN, executive director of ambulatory services for OSF Healthcare System. “That patient-centered focus is the heart of our identity.”

OSF Saint Anthony Medical Center, OSF Medical Group and OSF Ambulatory Services developed this facility that offers the following services:

- ▶ Primary care physicians
- ▶ Pediatricians
- ▶ PromptCare
- ▶ Full-service lab
- ▶ Open-end MRI
- ▶ PET/CT scanner
- ▶ Digital mammography and X-ray
- ▶ Ultrasound

On the third floor, OSF Home Care services include hospice, home health, a home infusion pharmacy and personal response systems.

Services are convenient, including close parking and evening and weekend hours. Physician appointments are timely. Services are coordinated, whether a patient needs lab work or X-rays.

Most important, the “human touch” pervades the entire experience, from the time visitors are warmly welcomed at the reception desk until their visit is completed.

“We recognize that when people come here, they choose us over other healthcare providers. We honor that trust by making their experiences here as comfortable and stress-free as possible,” adds Fernandez. “We know people notice the impressive building, but we hope that they’ll notice even more what happens inside.” ♦

Enter our drawing to win a \$200 Rockford Chamber of Commerce gift certificate. See the coupon on page 3.

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# Survivors' Series Provides After-Cancer Support

After enduring a year or more of treatment, most cancer patients are eager to resume "normal" life.

But how normal is life if the survivor is dealing with fear of recurrence, overwhelming fatigue, ringing in the ears, depression, changes in appetite, dry mouth or nerve pain (neuropathy) in the fingers and toes?

In recognition of these after-cancer issues, the OSF Saint Anthony Center for Cancer Care teamed up with the American Cancer Society in Rockford to implement the first Survivor Series for patients who have completed their treatments.

Key survivor issues were identified and addressed in the four sessions: living with fear of recurrence, dealing with the aftereffects of treatment, exercise for the cancer survivor and eating a healthy diet.

Healthcare professionals offer these recommendations for survivors:

- ▶ Aim for moderate exercise every day to decrease the fatigue that often follows cancer treatment.
- ▶ If you feel discouraged over your progress, use a "look-back" gauge. In

the past few months or years, you might have made more progress than you realize because it can happen slowly.

▶ For hearing loss, consult an audiologist. Using a white-noise machine at night might help you sleep if you experience ringing in the ears. Remember that hearing loss may not be permanent.

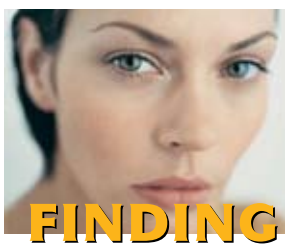
- ▶ If your sense of taste has changed, try mixing different foods and new menus.
- ▶ Some over-the-counter products, hard candies, gum and carrying a water bottle may help with dry mouth.
- ▶ If you feel "lost" after treatment, as though you had been "dropped like a hot potato" by family, friends and the healthcare community, you're not alone. For a long time, the sole focus has been cancer and treatment. Support groups or talking with others who have been through

the cancer experience can help.

- ▶ If you fear that your cancer journey will never be over, if you live in constant fear that cancer will recur, you can learn techniques for reclaiming your life.
- ▶ A healthy diet will help you feel stronger, rebuild your body and cut your risk of getting new cancers. Aim for at least five to nine servings of fruit and vegetables every day, and limit or avoid alcohol, particularly if you've had breast cancer. ✦

## Info

Due to the overwhelming response to the Cancer Survivor series, the OSF Saint Anthony Center for Cancer Care hopes to offer the program in the spring of 2009. For information, call 815-227-2618.



### People with Diabetes More Prone to Glaucoma

Your eyes are another good reason to eat right and exercise. According to an article published in the journal *Ophthalmology*, people with type 2 diabetes are more at risk for the most common type of glaucoma. Glaucoma damages the optic nerve. It's one of the leading causes of blindness. And women with type 2 diabetes are nearly twice as likely to develop it, say researchers from Harvard Medical School. Those newly diagnosed with diabetes (within four years) are most at risk. Help keep your eyes healthy by lowering your risk for type 2 diabetes.

*Ophthalmology*, Vol. 113, No. 7



### OSF DIABETES CENTER EARNS GOLD SEAL

By demonstrating excellence in managing diabetes, the OSF Saint Anthony Diabetes Education Center was again awarded the Gold Seal of Approval and Disease-Specific Care Recertification from The Joint Commission. In 2004, OSF Saint Anthony was the second healthcare facility in Illinois to earn certification for diabetes and has earned the recognition ever since.

The OSF certified diabetes educators meet with newly diagnosed inpatients and with people who receive a physician referral for ongoing education. The one-on-one consultations help diabetes patients learn about nutrition, exercise and medications.

# Animal-Assisted Therapy: The Paws that Comfort

A new group of 11 has joined the OSF Saint Anthony volunteers dedicated to making patients' lives easier. Like the more traditional volunteers, these 11 are warm, friendly and compassionate. They just happen to walk on four paws.

In fall 2008, OSF introduced Animal Assisted Therapy (AAT). At patients' requests, highly trained dogs and their handlers visit in patient rooms, offering warmth, comfort and friendship.

"The program is so successful with our patients and staff members that we want to expand it hospital-wide," explains Theresa Geraci, RN, BSN, AAT coordinator. "Patients look forward to each visit."

Research shows positive results from animal-assisted therapy. Patients report less pain and reduced stress, while hospital staff notice the patients' decreased blood pressure and lowered anxiety.

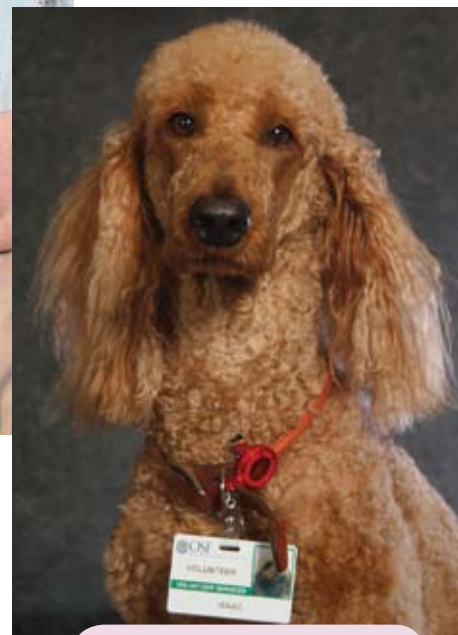
Therapy dogs help patients socially and emotionally. One patient had been having a difficult time in the hospital. She decided to request a visit from a therapy dog. "It was amazing," Geraci relates. "The woman started petting the dog, and for the first time, she started smiling and laughing. The family was just so grateful. They said she was nice to everyone after that."

The specially selected and trained dogs are available to visit patient rooms from 9:30 to 11:30 a.m.; 2 to 4 p.m. and 6 to 8 p.m. every day of the year, including holidays.



Tiger, a therapy-trained golden retriever, brings smiles to OSF patients.

Therapy dogs like Isaac instinctively know how to offer comfort.



"This is a tremendous commitment on the part of the owners and dogs," adds Geraci. "Two hours is about the maximum that any one dog and handler can volunteer. They are just drained after that time."

Stories about the dogs' visits are heart-warming and sometimes wrenching. One day while on his way through a waiting room, Isaac, a generally well-behaved, 58-pound standard poodle, started pulling hard on his leash, surprising his owner.

Isaac made a beeline to a woman sitting in the waiting room and stopped right next to her, much to the handler's chagrin. She began to apologize to the woman for the intrusion, but the visitor assured her it was OK. The woman began petting Isaac, and then threw her arms around his neck and sobbed. Isaac just snuggled closer.

When the woman finished crying, she looked up and said to Isaac's owner, "Thank you so much. You have no idea how much I needed that."

Perhaps his handler didn't know, but Isaac did. ❖

The OSF Saint Anthony Animal Assisted Therapy program is modeled after the successful Paws 4 Therapy, Inc. program which has been cited as a Joint Commission "Best Practice" and is the model for newly proposed Illinois Department of Public Health guidelines.

In 10 years of AAT offered at one Chicago-area hospital, not one case of infection has been related to a canine visit. All dogs have received their vaccinations and must be bathed at least 24 hours before their scheduled visit.

OSF Saint Anthony wishes to expand its program. To be selected for the program, dogs must follow basic commands, be friendly and complete a training program with their handlers.

If you are interested in learning more about whether your dog qualifies for the training or for more information, please call 815-227-2500 or visit [www.osfhealth.com](http://www.osfhealth.com).

## REGISTER FOR OUR DRAWING FOR A \$200 ROCKFORD CHAMBER OF COMMERCE GIFT CERTIFICATE. The certificate can be used at many restaurants, stores and services throughout the area.

OSF employees and their family members in the same household are NOT eligible for the drawing.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Send to Marketing & Communications, OSF Saint Anthony Center for Health, 5510 East State St., Rockford IL 61108-2381.

Entries must be postmarked by Saturday, April 18, 2009, to be entered into the drawing. The drawing will be held between April 27 and May 1, 2009.

CUT ALONG THE LINE

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## ADHD: Helping the Whole Child

Dr. Sreemdevi Ramarkrishan recommends that parents consult the Web site for the National Initiative for Children's Healthcare Quality, where a tool kit for helping children can be found. Both teachers and parents dealing with ADHD children can also consult **www.help4adhd.org** for tips in dealing with ADHD.

We've all seen a wiggly child who just can't sit still. He squirms at his school desk; he constantly interrupts; he is easily distracted and can rarely finish one task before he races on to another. What tasks he does complete are often messy and careless, or he forgets to do them altogether. He can't wait in line to take his turn; he rarely listens; and he runs around the room or climbs on bookshelves.

Coping with this child is a challenge for parents, teachers and classmates. What is often described as misbehavior or rudeness may actually be a symptom of attention-deficit/hyperactivity disorder (ADHD), a behavior disorder that generally begins before the age of seven, most often in boys.

### POSSIBLE LINK TO BRAIN CHEMISTRY

Doctors don't know exactly what causes ADHD, although there appears to be a genetic component. The disorder is more common in people who have a close relative with the disorder. Some studies suggest that children with ADHD don't make enough chemicals in the part of their brain responsible for organizing thought.

Those who have ADHD have trouble paying attention, following instructions or finishing tasks. They may be fidgety, talk too much and act impulsively. They may blurt out answers before a question has even been completed, or they may intrude on others' activities or conversations.

When symptoms affect relationships or schoolwork, doctors often prescribe medication.

While ADHD is often treated successfully with medication, parents, teachers and doctors can work together to help children cope with this condition.

### TEAM EFFORT

In addition to medication, measures that may help include:

- ▼ Dependable structure through simple rules and routines
- ▼ Counseling for learning and social problems
- ▼ A system of rewards for good behavior and finishing schoolwork
- ▼ Specially tailored instruction and goals at school
- ▼ Yoga, which can help with concentration and relaxation
- ▼ Massage, to help reduce muscle tension ❖

### Diagnosing ADHD

Talk with your child's doctor if you suspect your child may have ADHD. To make a diagnosis, the doctor may need information about your child's behavior in different settings from teachers and others who know your child.

If you wish to make an appointment, Drs. Sreemdevi Ramarkrishan and Rabia Manzoor, OSF Medical Group—Rock Cut Pediatrics, provide attentive, concerned and comprehensive healthcare for your child. They can answer questions you may have about ADHD or other childhood issues.

Call **815-639-8470** for an appointment.