

Healthy Transitions®

FALL 2007 A HEALTHCARE RESOURCE FOR OUR FRIENDS WHO ARE 55-PLUS

Patients and Families Learn to Live With Parkinson's Disease

Individuals with Parkinson's disease face challenges in coping with a disorder with no cure. As it progresses, Parkinson's touches many aspects of life including relationships and the ability to live and work independently. Through the Northwestern Parkinson's Disease and Movement Disorders Center, a multidisciplinary team delivers advanced medical care and support services designed to meet the many needs of patients and families.

At Northwestern Memorial Hospital, physicians and other healthcare professionals treat patients through the center, which is part of the Department of Neurology and Clinical Neurological Sciences at Northwestern University's Feinberg School of Medicine. It is the only Illinois center and one of 24 in the country designated as a Center of Excellence by the National Parkinson Foundation, Inc., which requires meeting strict standards relating to patient care, research, education and community outreach.

"Our mission is to provide comprehensive care, education and access to research trials for patients with Parkinson's disease," says

Tanya Simuni, MD, a neurologist on the medical staff at Northwestern Memorial, associate professor of Neurology at the Feinberg School and medical director of the center. The team includes physicians specializing in movement disorders; a social worker; a neuropsychologist; and physical, occupational and speech therapists.

"We conduct many clinical trials, making innovative drug therapies available to our patients," Dr. Simuni says.

More than one million people in the United States have Parkinson's disease. The average age of onset is 60 and early symptoms include slowness of movement, stiffness, poor balance and tremor at rest.

Drug therapy is the first line of treatment for Parkinson's disease, but surgery can be an option. The surgical treatment is deep brain stimulation, in which electrodes are implanted in targeted regions of the brain to deliver continuous, high-frequency electrical impulses to alleviate symptoms.

"Many patients benefit from medication. But in some, medication wears off unpredictably. Others have to take so much medication that they start to experience jerky, involuntary movements. These patients often are good candidates for surgery," says Joshua M. Rosenow, MD, a neurological surgeon on the medical staff at Northwestern Memorial and

employers and the workplace accommodations they might need," Breslow says. "We counsel patients to negotiate such situations."

Patients needing speech, physical and occupational therapy may be referred to the Parkinson's disease team at Rehabilitation Institute of Chicago through a unique partnership with

Northwestern Memorial. There, patients are evaluated by rehabilitation physicians and therapists who recommend a plan for outpatient and community-based therapies and care.

Patients with

Parkinson's disease come from as far as South Bend, Ind., to attend support groups conducted by Breslow as well as to participate in exercise classes and other activities. The disease has led many patients to self-discovery, she says. "People are challenged to live the highest quality of life they can. They often develop interests they didn't know they had or previously didn't have time for." **M**

"Our mission is to provide comprehensive care, education and access to research trials for patients with Parkinson's disease."

— Tanya Simuni, MD, neurologist

director of Functional Neurosurgery and assistant professor of Neurological Surgery at the Feinberg School. "Surgery can improve some symptoms by 60 percent."

Diane Breslow, MSW, LCSW, center coordinator and clinic social worker, helps patients and families cope with the disease. "People who are used to being independent must learn to ask for help. If they're working when diagnosed, they should consider how and when to tell their

Some Women Benefit from Mammography and Breast MRI

While recent studies show that magnetic resonance imaging (MRI) used with mammography can improve early detection of breast cancer in younger women, mammography remains the best tool for detection in many cases, especially for older, postmenopausal women at average risk, say physicians on the medical staff at Northwestern Memorial Hospital.

Physicians may recommend MRI for women with dense breast tissue because in those cases,

mammography cannot always provide the best picture, says Kevin Bethke, MD, a surgical oncologist on the medical staff at Northwestern Memorial and assistant professor of Clinical Surgery at Northwestern University's Feinberg School of Medicine.

MRI is a procedure that uses a combination of a large magnet, radio frequencies and a computer to produce detailed images of the body's organs and structures.

"As women age, their breast tissue becomes less dense," says

Dr. Bethke. "For women in their 50s and older, mammography usually provides excellent information about abnormalities."

Mammography is the only screening procedure that has shown improved survival among women with breast cancer, says Judith Wolfman, MD, medical director of Breast Imaging at the Lynn Sage Comprehensive Breast Center at Northwestern Memorial and assistant professor of Radiology at the Feinberg School.

"Studies to date have shown that breast cancer survival improves from 14 to 40 percent in women who have had regular mammography," she says.

Patients treated through the Lynn Sage Comprehensive Breast Center benefit from a longstanding collaboration with the Robert H. Lurie Comprehensive Cancer Center of Northwestern University at Northwestern Memorial Hospital that provides women with essential services in breast cancer detection and treatment.



The American Cancer Society recommends yearly mammograms for women age 40 and older.

Dr. Wolfman says that new technologies such as MRI have a place in screening and diagnosis. "There are a number of situations in which MRI and mammography should both be used to ensure accurate screening for breast abnormalities," she says. "The American Cancer Society recently issued new guidelines for the use of breast MRI in conjunction with mammography."

The guidelines include using mammography and MRI in women with a 20 to 25 percent or greater lifetime risk of the disease. "This risk will be determined by a woman's physician based on such factors as family history, previous diagnosis of breast cancer and findings of genetic testing when appropriate," Dr. Wolfman says.

Nora Hansen, MD, director of the Lynn Sage Comprehensive Breast Center and associate professor of Surgery at the Feinberg School, says while MRI is another detection tool for breast specialists, the decision to use MRI is made on an individual basis.

"MRI's are more sensitive at detecting abnormalities but they also can lead to false positive results requiring additional imaging such as ultrasound and biopsies," she says. "This can lead

to delays in surgical treatment and increased patient anxiety. In some patients, MRI is a valuable tool. But, MRI use is evolving and we still are determining its best use for breast patients."

Mammography is noninvasive and requires a low amount of radiation exposure, Dr. Wolfman says. A breast MRI does not require radiation, but it does require an intravenous injection of a contrast material that helps identify cancer.

Dr. Wolfman says MRI should not replace the need for mammography. "Women should continue to follow the American Cancer Society guidelines, which recommend yearly mammograms for women age 40 and older," she says. **M**

With the opening of Northwestern Memorial's new Prentice Women's Hospital on October 20, the Lynn Sage Comprehensive Breast Center will consolidate its services and relocate to the new Prentice with space dedicated to screenings, diagnostic mammography and a breast surgery clinic.

See the Calendar of Events on the back of this page.

Healthy Transitions Fall 2007 Calendar of Events

To register or obtain information for any of these events, call the Health Resources and Physician Referral Service at 312-926-8400, Monday through Friday between 8 a.m. and 6 p.m. or Saturday between 8 a.m. and 2 p.m.



Health Education

Latest in Cosmetic Facial Enhancement

Presented by: Douglas M. Sidle, MD
Thursday, September 6; 11 a.m. to noon
Wednesday, September 12; 6 to 7 p.m.

With so many new and minimally invasive cosmetic procedure choices, it can be difficult to decide what may be right for you. Douglas M. Sidle, MD, a facial plastic surgeon on the medical staff at Northwestern Memorial Hospital and assistant professor of Otolaryngology at Northwestern University's Feinberg School of Medicine, will discuss new options and techniques. He also will discuss the risks and recoveries for Botox®, Restylane®, collagen, face and neck rejuvenation, thread or feather lifts, rhinoplasty, blepharoplasty and chemical peels.

The Power of Memory

Presented by: Suzanne Musil, PhD
Monday, September 10; 11 a.m. to noon

Memory use is a powerful cognitive skill, yet it can be affected daily by a variety of factors, including sleep, stress, medications and hormonal changes. Suzanne Musil, PhD, clinical neuropsychologist at the Northwestern Neurobehavior and Memory Health Clinic and instructor in the Department of Psychiatry and Behavioral Science at the Feinberg School, will explain how the memory system functions and how you can increase or maintain your memory. Risk factors for dementia also will be discussed.

Let's Talk About Sex and Intimacy

Presented by: Jeffrey Albaugh, APRN, CUCNS
Friday, September 14; 11 a.m. to noon
Thursday, September 27; 6 to 7 p.m.

Sexuality is an integral part of being human and an aspect of health we do not want to ignore. Love, affection and sexual intimacy may contribute to healthy relationships and individual well-being. Many factors can affect this aspect of a person's life including serious illness, certain chronic medical conditions, commonly prescribed medications, body image changes and life changes, such as menopause. Jeffrey Albaugh, APRN, CUCNS, Advanced Practice Urology Clinical Nurse Specialist at Northwestern Memorial Wellness Institute's Sexual Health Program, will provide information about sexual dysfunction, its causes and treatment options. Information will be available on lifestyle changes to promote a healthy sexual relationship.

Sleepless in Chicago?

Presented by: Ramadevi Gourineni, MD
Thursday, October 11; 6 to 7 p.m.
Thursday, October 25; 11 a.m. to noon

Are you having trouble sleeping? Ramadevi Gourineni, MD, a neurologist on the medical staff at Northwestern Memorial and assistant professor of Neurology at the Feinberg School, will highlight factors that affect our ability to get a good night's sleep and discuss what can be done to improve your sleep. Insomnia, sleep apnea and restless leg syndrome also will be highlighted.

To register and obtain location information for all events, call 312-926-8400.

Managing Osteoarthritis: Treatment Issues

Presented by: Walter G. Barr, MD
Thursday, October 18; 11 a.m. to noon

Osteoarthritis affects more than 30 million people in the United States. Walter G. Barr, MD, a rheumatologist on the medical staff at Northwestern Memorial and professor of Rheumatology at the Feinberg School, will review how arthritis develops and highlight treatment options including injections, prescription and over-the-counter medications. Learn how to take control, minimize pain and increase flexibility.

Tinnitus: Understanding the Noise in Your Ears

Presented by: Alan G. Micco, MD and Lowery A. Mayo, AuD, CCC-A
Wednesday, November 7; 2 to 3 p.m.

Tinnitus is the sensation of hearing subtle to sometimes shattering sounds, intermittently to constantly, in the absence of an external source creating that sound. Often described as "ringing in the ears," other commonly reported sounds are described as roaring, hissing, clicking or whistling. Alan G. Micco, MD, attending otolaryngologist on the medical staff at Northwestern Memorial and an assistant professor of Otolaryngology at the Feinberg School, will review the potential causes of tinnitus and highlight evaluation methods. While there are no known cures for many forms of tinnitus, Lowery A. Mayo, AuD, CCC-A, an audiologist at the Northwestern University Audiology Clinic in Evanston, will discuss available treatments and self-care practices that may minimize tinnitus.

Innovations in Eye Care Treatment

Presented by: Lisa F. Rosenberg, MD
Friday, November 16; 1:30 to 2:30 p.m.

Lisa F. Rosenberg, MD, an ophthalmologist on the medical staff at Northwestern Memorial and associate professor of Ophthalmology at the Feinberg School, will discuss new developments in the management of glaucoma, cataracts, macular degeneration and dry eye.

Workshops

How to Handle Medical Bills

Facilitator: Yvonne Henry
Tuesday, September 11; 10:30 to 11:30 a.m.
Wednesday, October 17; 10:30 to 11:30 a.m.
(Please register for one session only.)

Are you overwhelmed by the paperwork associated with medical bills? Do you find it difficult to understand Medicare benefits? This session, led by a representative from the Billing Inquiry Unit at Northwestern Memorial, will help you keep everything straight.

Supplemental Health Insurance: Am I Covered?

Facilitator: Yvonne Henry
Tuesday, October 30; 10:30 to 11:30 a.m.
Tuesday, November 13; 10:30 to 11:30 a.m.
(Please register for one session only.)

Do you know which type of Medicare supplemental insurance plan you have? While we cannot recommend a plan, this workshop will help you to evaluate plans and choose which is right for you.

Symposium

Parkinson's Disease From Lab to Life

Saturday, November 17; 9:30 a.m. to 2:30 p.m.

This daylong conference highlights information about Parkinson's disease and its treatment. Topics include news on basic research, clinical treatment updates including deep brain stimulation and more. In the afternoon, break-out groups will include information about people with young onset Parkinson's disease, a caregivers discussion and an exercise session with music for people with Parkinson's disease.

Health Resources

Medical ID Cards to be replaced with Health Resource Directory

The Medical ID card benefit to Healthy Transitions members will be discontinued due to declining usage and replaced with a comprehensive Healthy Transitions Health Resource directory. The directory highlights services at Northwestern Memorial and Northwestern University that are frequently used by people age 55 and older. The directories will be available at no cost to attendees of Healthy Transitions lectures beginning in September. If you want to maintain an active Medical ID Card, they are available at no cost through the Office of the City Clerk's Medical ID Program. Applications and photos are taken at City Hall, 121 N. LaSalle St., Room 100, from 8 a.m. to 3 p.m. For more information call 312-744-2506.

Old ID cards will be made inactive in October.

Geriatric Program

The Geriatric program at Northwestern Medical Faculty Foundation provides assessments and consultations to older adults and their families who may have complex needs such as memory impairment and confusion, depression, incontinence, multiple medications, chronic pain, balance problems and falls. The team includes board certified geriatricians and Feinberg School faculty members, a nurse, a social worker and geriatric fellows. For more information call 312-695-4525 or visit www.nmff.org and click on "Clinical Areas and Conditions."

Osher Lifelong Learning Institute

The Osher Lifelong Learning Institute (OLLI) at Northwestern University's School of Continuing Studies offers a 20-year-old, peer-led, non-credit program in Evanston and Chicago covering various subjects. There are no grades or exams, just learning for pleasure. Intellectual stimulation and social interaction are essential for good health, alertness and memory. The program offers small discussion groups, writing for fun and the opportunity to be published in OLLI's literary journal. Fall study groups begin September 17. For more information, visit www.scs.northwestern.edu/nuilr, call 312-503-7881 or e-mail osher@northwestern.edu.

Healthy Transitions is published by the Division of Public Relations, Marketing and Physician Services, Northwestern Memorial Hospital, as a service to the community. For more information about Northwestern Memorial Hospital, please visit www.nmh.org.

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This publication is not intended to replace the advice of your personal physician. Editor: Kristi O'Brien Designers: Gary Metzler, Greg Smith

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