

# Healthy Transitions®

FALL 2008 A HEALTHCARE RESOURCE FOR OUR FRIENDS WHO ARE 55-PLUS



## Meet the Demands of Caregiving by Taking Care of Yourself

Providing care for chronically ill loved ones can be physically, mentally and emotionally draining. Studies show that as many as 70 percent of those who are serving as caregivers to family members and friends suffer from some degree of depression.

Northwestern Memorial Hospital experts say many caregivers find that their own health is compromised as they struggle to care for their loved ones and that it is important to set guidelines and seek help from others.

“Research indicates that one in 10 caregivers reports that caregiving has caused their physical health to decline,” says Darby Morhardt, MSW, LCSW, a clinical social worker in the Neurobehavior and Memory Health Service at Northwestern Memorial and director of Education and research associate professor with the Cognitive Neurology and Alzheimer’s Disease Center at Northwestern University’s Feinberg School of Medicine.

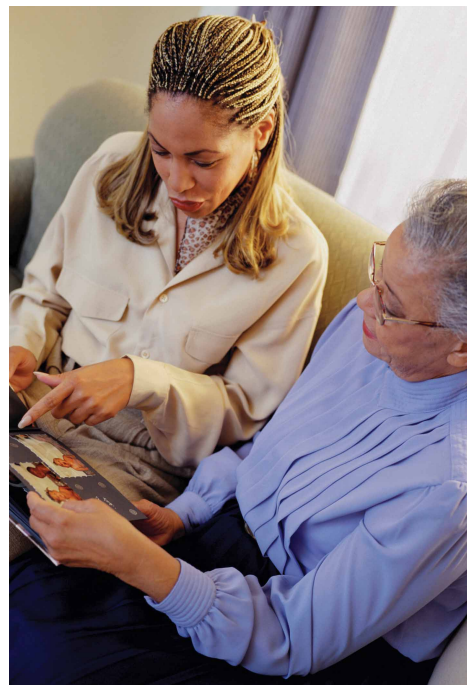
Caregivers should eat right, get enough rest and take time away from caregiving, Morhardt says. “Ensuring caregiving duties don’t eclipse other

priorities is important for both family members and patients,” she says.

Diane Breslow, MSW, LCSW, coordinator for the Northwestern Parkinson’s Disease and Movement Disorders Center, suggests enlisting family members to help and utilizing home and community-based services.

“As a caregiver, it is very hard to set limits because you want to be as helpful as you can, especially to family members who have been so good to you,” Breslow says. “But even if you are the primary caregiver, you can’t do it alone. Asking others to take on some responsibilities may alleviate some of the burden and allow you to integrate the caregiving role into your life more easily.”

Northwestern’s Alzheimer’s center offers programs that include opportunities for patients to participate in social activities independent of their caregivers. For example, the Buddy Program and the Culture Bus: Inside and Out, are available for patients diagnosed with early Alzheimer’s disease or a related illness. The Buddy Program matches patients with first-



Additionally, the Alzheimer’s and Parkinson’s centers offer support groups for families and caregivers. The groups, led by social workers and psychologists, enable participants to learn and receive support from others with similar experiences.

In addition to caring for themselves, Morhardt advises caregivers to educate themselves about their loved one’s diagnosis. Knowing more about the disease helps to relieve confusion about symptoms and allows caregivers to better understand the changes that are happening to their family member or friend, she says.

While it can be challenging, Morhardt says “when approached the right way, taking on the role of caregiving can be very meaningful and rewarding.”

For more information, attend the *Compassion and Courage of Caregiving: Information and Insights* conference on November 7 (see calendar on back side) or call Northwestern Memorial’s Health Resources and Physician Referral Service at 312-926-8400. **M**

year Northwestern University medical students who volunteer to spend at least four hours a month with the patients. The Culture Bus: Inside and Out, a collaboration with the Council for Jewish Elderly, takes members on cultural excursions in Chicago and offers programs using creative arts, discussions, media presentations and more at Northwestern Memorial.

## Understand Food Labels and Unique Needs to Control Weight

With more than 70 percent of men and women ages 55 to 74 considered overweight or obese, proper nutrition is vital in achieving a healthy weight. Research from the Centers for Disease Control and Prevention has found that obesity can increase the risk of diseases such as hypertension and stroke, Type 2 diabetes, heart disease and arthritis.

Conflicting messages about fad diets have left many adults confused about how to eat the right foods to lose weight, says Annie Neuendorf, MPH, RD, LDN, a registered dietitian at Northwestern Memorial’s Wellness Institute. “It can be daunting to tailor the information to individual needs,” Neuendorf says.

When reading food labels, Neuendorf says the serving size is important. “Someone may read the calories and fat content on a bag of chips and believe they are eating 240 calories and 10 grams of fat,” she says. “But the bag may contain three servings, so that person actually is consuming 720 calories and 30 grams of fat, which is equivalent

to almost two meals and more than half of the daily fat requirements for an average person.”

In general, Neuendorf says to consider serving size, calories, total fat and saturated fat and fiber content

evaluate sodium content and a patient with diabetes should look at carbohydrates.

Neuendorf cautions against evaluating foods based on health claims such as “trans-fat free” or “a good source of whole grains.” Just because a product’s label indicates it is free of trans-fat does not mean it is free of other unhealthy fats. And just because a product’s label indicates it contains whole grain does not always mean it is high in fiber. Likewise, diabetics shouldn’t buy products simply because they are sugar-free. They should look at the nutrition facts to ensure the food has the appropriate nutrients, she says.

A good starting point for nutritional information and weight-loss plans is the MyPyramid Food Guidance System, an interactive Web site at [www.mypyramid.gov](http://www.mypyramid.gov) developed by the United States Department of Agriculture.

“Consumers enter their age, weight and activity level to see guidelines on what portions and balanced nutrition are recommended for their specific needs.”

With tools like menu planning and food and activity tracking, the site

offers guidance and support in helping participants reach their weight-loss goals. But she cautions that it can be confusing to apply food labels to MyPyramid plans. “Food labels are based on a 2,000 calorie diet, which is not always what the average person 55 and older needs.”

She suggests examining portion sizes when using the online tool. “MyPyramid tends to recommend food items by cups or ounces and this may not always be equivalent to the serving size presented on a food label,” she says.

Neuendorf says to remember that resources such as food labels and MyPyramid are guidance tools. “Individuals should not rely solely on these tools if they have been diagnosed with a disease or condition that may require further direction from a healthcare professional, such as a physician or dietitian.”

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**Exercise:**  
Adults should be physically active for at least 30 minutes most days of the week.

Recommended Daily Amount Based on a 2,000 Calorie Diet	
Grains	6 oz.
Vegetables	2.5 cups
Fruits	2 cups
Oils	No Recommendation
Milk	3 cups
Meat and Beans	5.5 oz.

U.S. Department of Agriculture

on food labels. Those with unique health considerations may need to read further. For example someone with high blood pressure should

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

# Healthy Transitions Fall 2008 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

### Make Your Healthcare Choices Known

Presented by: Kathy Johnson Neely, MD  
Wednesday, September 10; 5:30 to 6:30 p.m.  
Friday, September 12; 11 a.m. to noon  
(Please register for one session only)

In case you cannot communicate your medical care wishes, advance directives provide information about your choices. Learn how to make sure your choices are respected. Kathy Johnson Neely, MD, chair of Northwestern Memorial's Medical Ethics Committee and associate professor of Medicine at Northwestern University's Feinberg School of Medicine, will discuss advance directives recognized by Illinois law.

### The Power of Memory

Presented by: Suzanne Musil, PhD  
Wednesday, September 17; 5:30 to 6:30 p.m.  
Thursday, September 18; 11 a.m. to noon  
(Please register for one session only)

Memory is a powerful cognitive skill, yet it can be affected by factors including sleep, stress, medications and hormonal changes. Suzanne Musil, PhD, a clinical neuropsychologist at the Northwestern Neurobehavior and Memory Health Clinic and instructor of Psychiatry and Behavioral Sciences at the Feinberg School, will discuss how the memory system functions and how you can increase or maintain your memory.

### Understanding Depression

Presented by: Michael Raida, MD  
Monday, September 29; 11 a.m. to noon

Many people are surprised to find they do not have to feel "blue" to be clinically depressed. Symptoms can include feeling anxious or uptight, having difficulty concentrating or experiencing marked changes in sleeping or eating habits. Michael Raida, MD, a psychiatrist on the medical staff at Northwestern Memorial and clinical instructor of Psychiatry and Behavioral Science at the Feinberg School, will discuss depression and treatments.

### Facts on Falls: Learn How You Can Decrease Your Risk of Falling

Presented by: Marjorie Johnson Hilliard, PT, MS and Kathy Martinez, PT, MA, NCS  
Friday, October 3; 11 a.m. to noon

Accidental falls can be serious and life-threatening problems for older adults. Many factors, including physical, functional and mental changes and environmental hazards, can increase the risk of falling. Join Marjorie Johnson Hilliard, PT, MS, assistant professor in Physical Therapy and Human Movement Sciences at the Feinberg School and Kathy Martinez, PT, MA, NCS, instructor in Physical Therapy and Human Movement Sciences at the Feinberg School, to learn about and decrease your risk for falling.

### Successful Weight Loss Program

Presented by: Julie L. Roth, MD  
Friday, October 17; 11 a.m. to noon  
Thursday, October 23; 5:30 to 6:30 p.m.  
(Please register for one session only)

Diet and exercise are two cornerstones of health and weight loss. In this session, Julie L. Roth, MD, medical director of Northwestern Memorial's Wellness Institute and assistant professor of Medicine at the Feinberg School, will discuss how the right diet and exercise can help you lose weight and prevent and treat high blood pressure, diabetes and coronary artery disease.

### Stroke Risk Reduction: Carotid Endarterectomy

Presented by: Mark K. Eskandari, MD  
Monday, November 17; 11 a.m. to noon

The National Stroke Association estimates up to 80 percent of strokes are preventable. Mark K. Eskandari, MD, a vascular surgeon on the medical staff at Northwestern Memorial and associate professor of Vascular Surgery at the Feinberg School, will review the risk factors for stroke. He will identify who can reduce stroke risk through a carotid endarterectomy, surgery removing cholesterol and fatty deposit build-up in the main artery of the neck.

## Workshops

### How to Handle Medical Bills

Facilitator: Yvonne Henry  
Tuesday, September 16; 10:30 to 11:30 a.m.  
Wednesday, September 24; 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? Led by a representative from the Billing Inquiry Unit at Northwestern Memorial, this session will help you keep everything straight.

### Supplemental Health Insurance: Am I Covered?

Facilitator: Yvonne Henry  
Tuesday, October 7; 10:30 to 11:30 a.m.  
Wednesday, October 22; 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.

## Conferences

### Sixth Annual Parkinson's Disease Patient and Family Symposium

Saturday, October 11; 9:30 a.m. to 2:45 p.m.

**Genetics of Parkinson's Disease: What Have We Learned?**  
9:30 to 10:15 a.m.

Presented by: Tatiana Foroud, PhD

Tatiana Foroud, PhD, is the Chancellor's Professor and P. Michael Conneally Professor of Medical and Molecular Genetics at Indiana University's School of Medicine, Indianapolis.

**Treatment and Research Update**

10:15 to 10:45 a.m.

Presented by: Tanya Simuni, MD

Dr. Simuni is a neurologist on the medical staff at Northwestern Memorial and medical director of Northwestern University's Parkinson's Disease and Movement Disorders Center and associate professor of Neurology at the Feinberg School.

**Why Parkinson's Patients Don't Sleep Well**

10:45 to 11:15 a.m.

Presented by: Aleksandar Videnovic, MD, MS

Dr. Videnovic is a neurologist on the medical staff at Northwestern Memorial and assistant professor of Neurology at the Feinberg School.

**Rehabilitation and Parkinson's Disease: Why Does it Matter?**

11:15 to 11:45 a.m.

Presented by: Santiago D. Toledo, MD

Dr. Toledo is medical director of the Orthopaedic Rehabilitation Program at Rehabilitation Institute of Chicago (RIC).



### Surgical Options: Past, Present and Future

12:45 to 1:15 p.m.

Presented by: Joshua M. Rosenow, MD and Cindy Zadikoff, MD

Dr. Rosenow, MD, is a neurosurgeon on the medical staff at Northwestern Memorial and director of Functional Neurosurgery and assistant professor of Neurosurgery at the Feinberg School.

Dr. Zadikoff is a neurologist on the medical staff at Northwestern Memorial and assistant professor of Neurology at the Feinberg School.

### Question and Answer Session: Physician Panel

1:15 to 1:45 p.m.

### Breakout Sessions

1:45 to 2:45 p.m.

- Caregiver discussion group
- Speech demonstration class
- Patient discussion group: coping well
- Exercise-to-music demonstration class

Breakout sessions will be led by Northwestern University and RIC Parkinson's disease care teams, including specialties of social work and speech and music and physical therapies.

### The Compassion and Courage of Caregiving: Information and Insights

Friday, November 7; 9 a.m. to noon

**What Every Caregiver Needs to Know About Advance Directives and Healthcare Decision Making**  
9 to 10 a.m.

Presented by: Kathy Johnson Neely, MD

Dr. Neely is the chair of Northwestern Memorial's Medical Ethics Committee and associate professor of Medicine at the Feinberg School.

**Trials and Triumphs of Caregiving**

10 to 11 a.m.

Presented by: Diane Breslow, MSW, LCSW

Breslow is a clinical social worker and center coordinator of Northwestern University's Parkinson's Disease and Movement Disorders Center.

### Round Table Discussions

11 a.m. to noon

- Developing your own support team
- Long and short of long-term care
- Physical activity for caregiver well-being
- The new food pyramid: Making it work for me
- Caring for persons with Alzheimer's disease and other dementias
- Caring for persons with Parkinson's disease and other movement disorders
- Finding health and caregiving resources on the Web
- Strategies for safe mobility and assistive devices
- How to facilitate advance directives
- Understanding Medicare and supplemental insurance
- Moving beyond conflict in families living with illness
- Dealing with sadness and anxiety

*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](http://www.nmh.org).

If you have comments regarding the Healthy Transitions® program, please contact: **Denise Beaufait, AM, LCSW**, administrator, Senior Membership Program, Northwestern Memorial Hospital, 240 E. Ontario St., Suite 450, Chicago, IL 60611, 312-926-4335, [dbeaufai@nmh.org](mailto:dbeaufai@nmh.org).

This publication is not intended to replace the advice of your personal physician.

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

Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.

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