

Healthy Transitions®

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

Invest in Your Health by Improving Your Fitness

Regular exercise and the health benefits of physical fitness can be experienced at any age.

Even moderate exercise improves your health and makes your muscles stronger, says Adam Bennett, MD, a family practice physician on the medical staff at Northwestern Memorial Hospital who specializes in sports medicine. He also is an assistant professor of Family Medicine at Northwestern University's Feinberg School of Medicine.

"Exercise helps prevent various diseases and reduces the risk of diabetes, hypertension and obesity," Dr. Bennett says.

Exercise improves balance, which can lessen the risk of falling, says Jill Stein, fitness class coordinator for Northwestern Memorial's Wellness Institute. "With older people, a fall can result in a broken hip, which can impact overall health," she says. "Additionally, as we age, we lose muscle mass and some of our range of motion. Exercise slows the degeneration associated with the aging process and can help people

remain independent longer."

As part of a safe exercise routine, it is important to warm up the body before working harder to reduce the chance of injury.

It is just as important to cool down at the end of exercising by reducing the activity gradually and stretching major muscles, Stein says.

Exercising during the day can help people fall asleep faster and sleep more deeply, says Karen Schumacher, MS, PT, manager of Rehabilitation Services at Northwestern Memorial.

Both moderate and more intense activities can be beneficial, she says. "Exercise burns calories, which promotes a healthy weight and overall wellness. In addition to traditional exercises like jogging or swimming, try taking the stairs instead of the elevator, walking the dog during lunch or running the vacuum cleaner during commercials," Schumacher says.

Cardiovascular exercise, like jogging or bicycling, helps improve respiratory and heart health, Schumacher says. Resistance training, such as stretching with an elastic band before

your workout, helps improve bone density and lean muscle mass.

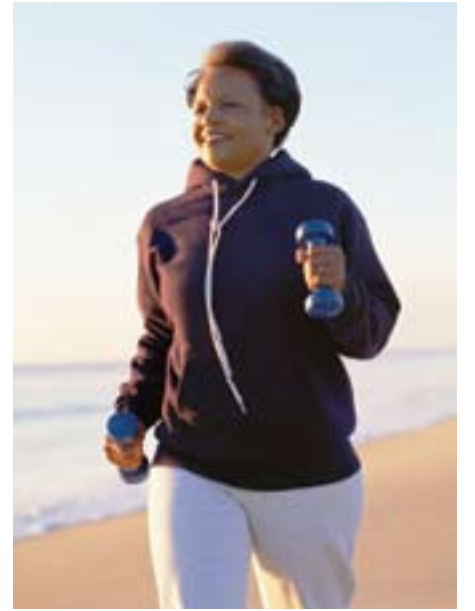
Keeping your muscles and surrounding tissues strong is crucial to maintaining support for your bones. "Strengthening muscles through exercise can help stabilize joints and reduce pain," Schumacher says. "Low impact exercises like swimming and using an elliptical machine are great choices to avoid joint stress."

To prevent injuries, Schumacher suggests warming up by doing gentle stretches.

Additionally, ease into a new exercise routine slowly and stop or slow down if you begin to feel pain. Try applying an ice pack after exercise to reduce swelling from inflamed joints, she says.

While exercise is essential for a healthy life, always talk to a physician prior to starting an exercise program to make sure it is safe, Dr. Bennett says.

Schumacher recommends setting short-term goals for exercise. "Don't expect to run 10 miles your first day," she says. "Postpone your exercise when it is extremely hot or humid or



if you have a temporary illness. Start slowly and celebrate your successes."

For those interested in starting an exercise program, fitness class coordinator Stein will host a lecture on March 6 at 11 a.m. to provide information about the benefits of various exercise classes offered at Northwestern Memorial.

For more information or to register, call Northwestern Memorial's Health Resources and Physician Referral Service at 312-926-8400. **IM**

Skin Care Is Important to Health and Wellness

When considering how to best protect your skin as part of maintaining a healthy lifestyle, it is important to consider the unique characteristics of the skin that change with age.

"Proteins in the skin, which provide elasticity and strength, degrade over time," says Meyer Horn, MD, a dermatologist on the medical staff at Northwestern Memorial Hospital and a clinical instructor of Dermatology at Northwestern University's Feinberg School of Medicine.

"With age, we bruise more easily and develop wrinkles due to the loss of these proteins. Excessive sun

exposure accelerates the changes."

To keep skin healthy, Dr. Horn recommends washing with a mild moisturizing bar soap. "Soap in its natural form is a solid, which has fewer additives and is less irritating than liquid soap," he says. "Take no more than one five- to 10-minute warm shower daily, as hot water can dry out and irritate the skin. Then, use a thick moisturizer on your skin." On a weekly or monthly basis, after your shower, check in the mirror for anything new such as changes in existing freckles, growths or moles.

Skin becomes thinner with age, providing less protection from the sun, Dr. Horn says. Prolonged time in the sun increases the risk of premature aging and skin cancer. "The sun is damaging to our immune system, so extended periods of time spent in the sun can lead to precancerous skin cells and skin cancer," he says.

There are many ways to stay protected from the sun's rays, he says. "Apply a broad spectrum sunblock with ingredients such as titanium dioxide, zinc oxide, avobenzone or mexoryl and reapply every one to two hours while you are out in the sun," Dr. Horn says.

Wearing a hat with a four-inch brim all the way around and regular use of

Wellness Also Can Include Cosmetic Options

A positive self-image can contribute to overall health and wellness, and for some, more youthful-looking skin can be important.

Julius Few, MD, a plastic surgeon on the medical staff at Northwestern Memorial and associate professor of Surgery in the Division of Plastic Surgery at the Feinberg School, says that as some people age, they look for options to give their skin a more youthful appearance. "Many safe and effective facial procedures are available," he says.

Before deciding to have a procedure, make sure the physician is licensed and accredited, Dr. Few says. The physician should be a board certified plastic surgeon, a facial surgeon, a dermatologist or an oculoplastic surgeon.

One type of procedure available is a laser-resurfacing tool used to diminish lines and wrinkles, but injectable fillers also are common, Dr. Few says. Botulism toxin is a controlled muscle relaxer given by injection that relaxes the muscles that cause deep wrinkles on the face, like the muscles that control squinting and frowning. Results typically last for three to six months, he says.

Other hyaluronic acid injectable fillers can be used to temporarily mask wrinkles, scars and laugh lines for six to nine months. A fat transfer, in which fat cells from one part of the body are transplanted through injection to fill in the lines on the face, is a permanent option, Dr. Few says.

sunglasses to protect the eyes and the eyelid skin are important, he says.

Annual skin cancer screenings are recommended after age 40 and more often if there is a family history of skin cancer or other skin problems. Additionally, Dr. Horn says a dermatologist should be consulted if a person notices new growths on the

body, moles that change in size or color or sores that fail to heal.

For more information, call Northwestern Memorial's Health Resources and Physician Referral Service at 312-926-8400. **IM**

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



Healthy Transitions Spring 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

Prostate Cancer: Screening, Diagnosis and Surgical Treatment

Presented by: Kent T. Perry, Jr., MD
Wednesday, March 5; 5:30 to 6:30 p.m.

Prostate cancer is the most common non-skin cancer in men, affecting approximately 234,000 American men each year. Kent T. Perry, Jr., MD, urologist on the medical staff at Northwestern Memorial Hospital and assistant professor of Urology at Northwestern University's Feinberg School of Medicine, will discuss the diagnosis of prostate cancer and surgical treatments, highlighting the comparison between open surgery and the use of the robotic surgical system.

Yoga, Tai Chi, Pilates, Strength and Balance Lecture and Demonstration

Presented by: Jill Stein
Thursday, March 6; 11 a.m. to noon

Northwestern Memorial's Wellness Institute offers a variety of exercise classes for older adults, including Strength and Balance, Pilates Mat, Tai Chi and Yoga. Join Jill Stein, coordinator of the Fitness Class Program at Northwestern Memorial's Wellness Institute, to learn about the benefits of these exercise programs and see demonstrations.

Manage Stress Before It Manages You

Presented by: Jenny H. Conviser, PsyD
Friday, March 7; 11 a.m. to noon

Keeping up with daily activities, especially if you have health concerns, can be stressful. Join Jenny H. Conviser, PsyD, clinical psychologist on the medical staff at Northwestern Memorial and clinical assistant professor of Psychiatry and Behavioral Sciences at the Feinberg School, to learn about the effects of stress on health. Stress management techniques will be highlighted to help you renew your energy and outlook.

Exercise and Arthritis: You Should Try It!

Presented by: Nicole LeClaire, OTR/L, Margaret McGovern-Denk, OTR/L and Amanda Murphy, DPT
Monday, March 17; 11 a.m. to noon

Do you have arthritis? Do you experience pain when you walk or move? Do you want to feel better? We can help. Physical and occupational therapists from Northwestern Memorial will discuss the effects of movement and exercise on arthritis and techniques to help reduce your pain and increase your mobility.

Stress, Self-Control and Emotional Eating

Presented by: Sarah T. Catanese, PhD
Tuesday, April 15; 5:30 to 6:30 p.m.

Obesity is a primary risk factor for diabetes, heart disease and stroke, and is among the leading causes of preventable death in the United States. Popular diets often fail because they focus only on the eating behavior and not on the emotional factors of overeating such as stress. Sarah T. Catanese, PhD, clinical health psychologist on the medical staff at Northwestern Memorial and instructor of Psychiatry and Behavioral Sciences at the Feinberg School, will discuss an innovative approach to help you identify the most common patterns of thinking and behavior that lead to emotional eating and learn how to change them.

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

An Integrative Approach to Health

Presented by: Melinda Ring, MD
Monday, April 21; 11 a.m. to noon
Tuesday, April 29; 5:30 to 6:30 p.m.

Integrative medicine seeks to embrace a more comprehensive view of healing and to care for individuals in their completeness: mind, body, spirit and community. It emphasizes the combination of the best in conventional and complementary/alternative medicine to help patients achieve optimal health and healing. Join Melinda Ring, MD, an internist on the medical staff at Northwestern Memorial, medical director of Northwestern Memorial Physicians Group's Center for Integrative Medicine and assistant clinical professor of Medicine at the Feinberg School, to learn about the holistic approach to medicine.

Women's Health: A Discussion on Urinary Incontinence

Presented by: Janet E. Tomezsko, MD and Jill Stein
Friday, May 2; 11 a.m. to 12:30 p.m.

Women often are too embarrassed to talk about urinary incontinence and may feel it is an inevitable part of aging. Janet Tomezsko, MD, director of Urogynecology and Female Pelvic Surgery at Northwestern Memorial and assistant professor of Obstetrics and Gynecology at the Feinberg School, will discuss the causes of urinary incontinence for women and treatment options. Pelvic floor rehabilitation for urinary incontinence and surgical treatment for stress urinary incontinence also will be discussed. The Total Control™ program, a non-surgical treatment option, will be highlighted by Jill Stein, coordinator of the Fitness Class program at Northwestern Memorial's Wellness Institute.

Herbals: Be Smart, Sensible and Safe

Presented by: Bill Budris, RPh and Scott Thomson, MLIS
Wednesday, May 14; 5:30 to 7 p.m.
Thursday, May 15; 10:30 a.m. to noon

Ever wonder if Ginkgo Biloba can improve your memory? Or if taking fish oil capsules will lower your cholesterol? This class will introduce you to the most reliable resources available, so you can find answers to your questions on herbal supplements, nutraceuticals, alternative medicines and more. Join Bill Budris, RPh, a registered pharmacist at Northwestern Memorial's Drug Information Center and Scott Thomson, MLIS, reference and education librarian at Northwestern Memorial's Health Learning Center, to learn how to be smart, sensible and safe when making the decision to try these products.

Ask the Pharmacist

Thursday, May 22
10 a.m. to 2 p.m. and 4 p.m. to 6 p.m.

Bring your questions and your medications to consult one-on-one with a Northwestern Memorial registered pharmacist. (By appointment only.)

Essential Tremor: Essential Information

Presented by: Aleksandar Videnovic, MD, MS; Joshua M. Rosenow, MD and Caren Jeskey, MA, MSW
Friday, May 23; 10 a.m. to noon

Essential tremor is the most common movement disorder in the United States and the risk of developing it increases with age. While it is five times more common than Parkinson's disease, essential tremor often goes undiagnosed or is mistaken for Parkinson's because tremor is a primary symptom of both. Join our healthcare professionals to learn how they can help individuals with essential tremor.

Aleksandar Videnovic, MD, MS, a neurologist on the medical staff at Northwestern Memorial, a movement



disorders specialist at Northwestern's Parkinson's Disease and Movement Disorders Center and assistant professor of Neurology at the Feinberg School, will discuss the diagnosis and medical management of essential tremor. Joshua M. Rosenow, MD, a neurosurgeon on the medical staff at Northwestern Memorial and director of Functional Neurosurgery and assistant professor of Neurosurgery at the Feinberg School, will lecture on past and present surgical options for essential tremor. Caren Jeskey, MA, MSW, a social worker at the Rehabilitation Institute of Chicago who is certified in yoga for special needs, will lead a demonstration in which participants will practice a variety of gentle yoga and breathing exercises and guided imagery.

Workshops

How to Handle Medical Bills

Facilitator: Yvonne Henry
Tuesday, April 15; 10:30 to 11:30 a.m.
Wednesday, April 23; 10:30 to 11:30 a.m.
(Please register for only one session)

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 to develop a system for keeping everything straight.

Health Resources

Audiology Service

The Audiology Service of Northwestern Medical Faculty Foundation is committed to serving individuals with hearing-related healthcare needs. Our staff of nationally certified audiologists and our diagnostic and treatment equipment ensure excellent care for patients. Services include comprehensive hearing evaluation; hearing aid selection, evaluation and dispensing; cochlear implant consultation; and rehabilitation. For further information or to schedule an appointment, call 312-695-8107.

Lifeline® Personal Response Service

Lifeline is an easy-to-use personal response service that ensures anyone at risk for falls, or who has a medical condition and is living at home, will get quick assistance whenever needed – 24 hours a day, 365 days a year. The Lifeline equipment enables a telephone to function as a speakerphone. Within seconds after a subscriber presses the waterproof button, which can be worn as a pendant, wristband or watch, a certified Lifeline monitor professional responds, assessing the situation and summoning the appropriate help. Lifeline is not just for medical emergencies; the service also allows users to answer the telephone with the same button, without having to rush and risk falling or missing an important call. For more information, call the Lifeline coordinator at 312-926-3048.

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.

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.

This publication is not intended to replace the advice of your personal physician. Editor: **Kristi O'Brien** Designer: **Paul Romejko**

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1347-08