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Respiratory Tips for the Fall & Winter Season

When winter comes, breathing is complicated by the cold air outside. Why does cold air cause breathing difficulties?

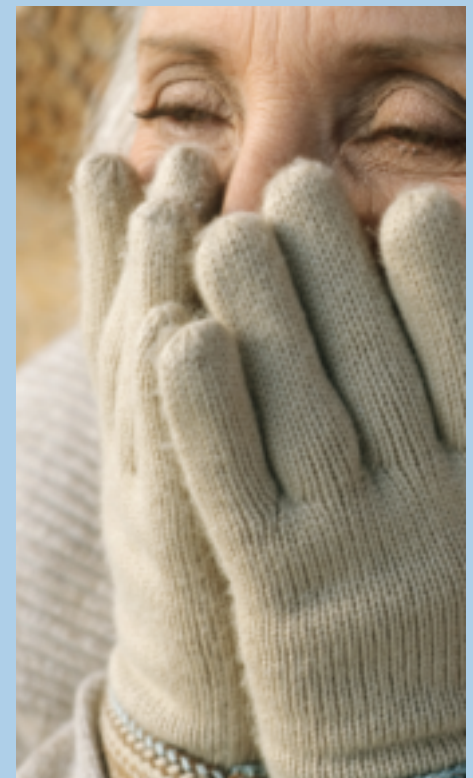
Cold air causes the airways to constrict, called bronchoconstriction. When bronchoconstriction occurs, the airways narrow, allowing less air to pass in and out of the bronchial tubes, making breathing difficult.

“Patients with respiratory conditions such as asthma or chronic obstructive pulmonary disease (COPD) can experience increased difficulty breathing in the cold weather. Some people can experience wheezing, chest tightness, and shortness of breath when exposed to the cold. Hurrying to get out of the cold can leave patients with severe lung disease gasping to breath,” says Daniel Ray, MD, FCCP, Director, Division of Pulmonary and Critical Care Medicine at Evanston Northwestern Healthcare.

“Taking steps to protect yourself from cold weather are important in order to avoid a situation requiring urgent care.”

This does not mean that you have to avoid going outside during the cold winter months. Use the following tips for breathing easier during cold weather.

- Wear a hood/head covering that covers the nose and mouth, exposing only the eyes;
- Buy a cold-air face mask from a drug store or medical supply store and wear it in cold weather;
- If you use a bronchodilator, make sure to use it 30 minutes before going outside; and
- Allow extra time to park and come indoors.



Mature Health

A COMMUNITY WELLNESS PROGRAM FOR ADULTS

FALL 2007

Spine Surgeon Improves Quality of Life for Seniors

71-year-old Merle Kramer is full of life.

“My husband and I love to travel. We went away every holiday with all of our kids and grandchildren. That’s what makes life worth while”, she said.

But her quality of life began to diminish after suffering from spinal stenosis. She had a spine problem in the lower back that consisted of bad joints and discs that resulted in a slippage. With her husband of 53-years, Mike, by her side every step of the way, Kramer prepared herself for a spinal fusion.

“I had a laminectomy but the pain came back after two years and I needed more surgery. It turned out that I needed a fusion,” said Kramer.

ENH neurosurgeon, Dr. Jeff Cozzens, referred Kramer to his colleague, Dr. Egon Doppenberg, a spine specialist.

“After my husband & I met with Dr. Doppenberg we were just so impressed with him. I did go to other doctors in the area, but no one compared to him. He was just so outstanding.”

“When I saw her she had tried several things, including all of the conservative therapies, which didn’t give her the relief she was looking for. She was complaining of a lot of low back pain and the only option that we had at that time was to perform a lumbar fusion, which is a very well tolerated operation among her age group”, says Doppenberg.

He adds, “Mrs. Kramer’s problem is rather common among her age group. Surgery should be the last step, but people in their 60s, 70s and 80s can be great candidates. Many in the mature population need to overcome the

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Merle Kramer and Egon Doppenberg, MD

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Kramer was very impressed with the team approach to her quality of care. She says “What really impressed my husband and me was that Dr. Doppenberg consulted with another ENH neurosurgeon, Dr. (James) Liu, and they both decided that I needed two fusions. I thought it took a big man to get another opinion before proceeding with my care.”

Doppenberg points out the success of administering patient care as a team at Evanston Northwestern Healthcare.

continued inside >

A New, One-Stop-Service for Men's Health

Being diagnosed with prostate cancer can be a scary and confusing time for any man.

Almost immediately questions arise about where to go for treatment, the best ways to combat the disease, life after treatment and the risk of relatives developing prostate cancer. Now, Evanston Northwestern Healthcare (ENH) is making it easy to find those answers in one location and often on a single day.

ENH has established a new Prostate Cancer Center that convenes professionals in surgery, oncology and medical oncology along with team members from genetics, psychosocial counseling, dietary science, and sexual health and rehabilitation to respond to what can now be a survivable disease with individualized recovery plans for each patient.

"The traditional approach to treating prostate cancer is very fragmented," said Charles Brendler, MD, Co-Director, ENH Prostate Cancer Center. "Historically, a patient receives his diagnosis and then has to seek out treatment options. Our new Prostate Cancer Center allows us to overcome the logistical aspect of treating the disease by bringing all of the specialists to one location, allowing the patient to meet with multiple specialists on one day and receive a consensus opinion about the best path for his treatment and recovery."

The process begins with the diagnosis. Once a patient learns he has prostate cancer he calls the Center, which is located at Glenbrook Hospital, and talks to an experienced health care provider. That initial contact



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person asks a series of questions to determine which specialists the patient needs to see during his appointment. Prior to that appointment, the patient speaks with a clinical coordinator who will work to obtain the patient's medical records before meeting the health care team and mails the patient information about prostate cancer. The patient, therefore, comes to his appointment armed with knowledge.

"In prostate cancer there are a number of health care professionals involved in the patient's treatment," said Dr. Brendler, Professor of Urology, Northwestern University Feinberg School of Medicine. "Not only do we combat the disease but we must address the issues that arise from treatment. Currently, the methods used to fight prostate cancer jeopardize both a man's urinary function and sexual health and may impact his marital relationship; we have specialists at the Center who deal with those issues and every other aspect of the disease." These specialties include:

- Urologic surgery
- Radiation oncology
- Medical oncology
- Sexual health and rehabilitation
- Nutritional and Integrative medicine
- Psycho-social services
- Genetics counseling
- Pathology
- Clinical Trials

Research is another key area of focus for the Prostate Cancer Center. Currently, physician-scientists at Evanston Northwestern Healthcare's Research Institute are conducting studies to further their understanding of what causes the disease, developing new methods to diagnose the disease earlier and improve methods for treatment.

"We believe this level of organization and multi-specialty cooperation, while not found in other health care settings, is the right way to treat prostate cancer," said Dr. Brendler. "Not only does it allow us to determine the best method of treatment for each patient, but it also gives our patients tremendous peace of mind."

To learn more about the Prostate Cancer Center at Evanston Northwestern Healthcare, please call (847) 492-5700 (Ext.1129).

ENH Wins National Patient Safety Award

Evanston Northwestern Healthcare (ENH) is the recipient of this year's John M. Eisenberg Patient Safety and Quality Award. ENH has been recognized for its methicillin-resistant Staphylococcus aureus (MRSA) Reduction Program Team.

Evanston Northwestern Healthcare was the first in the country to begin a universal MRSA surveillance program, swabbing all in-patients at its' three hospitals for the MRSA bacteria beginning in 2005, well before any recommendations from state law-makers. At its' three hospitals, ENH has been able to reduce MRSA infection rates by 60% within the first year of the program. "The goal of the program was always to reduce the risk of MRSA infection to patients cared for by ENH and all our benchmarks were achieved by the end of the program's first year", said Lance Peterson, MD, FIDSA, FASCP, Epidemiologist and a founder of the MRSA program at Evanston Northwestern Healthcare. "Everyone at ENH put a lot of effort into this initiative to benefit our patients, and it is really wonderful that ENH as a whole is recognized by this very prestigious award."

Spine Surgeon Improves Quality of Life for Seniors *continued >*

He says, "Our neurosurgical staff provides great feedback to each other. The biggest mistake a physician can make is to think they know it all. It is always good to run something by your colleagues to get your plan confirmed."

Just eight weeks after her surgery, Kramer is ready to travel again and encourages others her age to be more receptive to surgery, if their condition warrants it.

"You don't want to suffer, you want to enjoy a great quality of life. Personally, I cannot wait to get back to watching my grandchildren's sporting events and to get back on the golf course!"

For more information about spinal care, please call (847) 492-5700 (Ext. 1130).

FREE Medicare Part D Seminar!

Please join us for a very important and informative seminar to explain the latest Medicare and supplemental insurance benefits. You can sit back and relax while we explain Medicare deductibles, co-payments and benefit changes in simple manner that makes sense. We provide hand-outs and workbooks with the most up to date information, examples and phone numbers for your reference.

As part of the program, we will:

- provide resource information on Medicare and insurance;
- explain the Medicare program including changes for 2008; and
- address all of your questions immediately following the program.

The program will be held Tuesday, October 30 from 9 - 10:30 a.m. at Whitehall of Deerfield, located at 300 Waukegan Road in Deerfield. Breakfast will be provided by Whole Foods Market® Deerfield. Seating is limited, so please call (847) 492-5700 (Ext. 1133) to reserve your seat today!

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You can visit us at www.enh.org or call (847) 657-3542 for questions or information!