

# Mature Health

A COMMUNITY WELLNESS PROGRAM FOR ADULTS

SPRING 2008

## Finding Hope and Strength for Her Journey to Battle Breast Cancer

*Georgia resident Inez Turner came to Evanston Northwestern Healthcare (ENH) for surgery and other treatments to fight breast cancer.*



Last year, Turner had two negative mammograms at the Medical Center of Central Georgia.

Following the mammograms, she felt a lump in her breast, which an ultrasound diagnostic test confirmed was cancerous.

Rather than go through her cancer treatment alone in her hometown of Macon, Ga., 69-year-old Turner accepted her nephew's and his wife's invitation to live in their home in Northbrook, Ill., while undergoing surgery, chemotherapy and radiation at the ENH Hospitals. "I was in a state of shock," Turner said. "But I knew that it was better for me to be with my family. I am very close to my nephew, Al Reid, and his wife, Cheri."

At the time of Turner's diagnosis, her breast cancer was treatable but had spread to two lymph nodes. As a result of the metastasis, Turner needs a multidisciplinary team of ENH physicians. In the first stage, ENH surgeon David P. Winchester, M.D., performed a surgical mastectomy for Turner in the fall of 2007, which included removing the two lymph nodes and some surrounding tissue to be sure the cancer cells were completely eliminated.

"I couldn't have found better care than at ENH," Turner said. "The physicians, nurses and support staff

have been so knowledgeable, caring and supportive of me."

During the second stage, ENH oncologist Elaine Lee Wade, M.D., is caring for Turner through chemotherapy treatments scheduled to end in May 2008. Following chemotherapy, Turner will have radiation treatments under

*continued inside on page 3 >*



*Dr. Elaine Wade discusses Inez Turner's chemotherapy treatment for breast cancer. Dr. Wade is one of Turner's multidisciplinary team of oncologists at ENH.*

Photography by Jonathan Hillenbrand/Evanston Northwestern Healthcare



### **A Profile of Strength:** *Good Morning America's* Robin Roberts

Saturday, May 31, 2008

Michigan Shores Club

10:30 a.m.

Luncheon follows program.

Ticket Price: \$65

The American Craft Exposition presents a community education event featuring co-host of ABC News *Good Morning America*, Robin Roberts. Through her nationally televised fight against breast cancer, Roberts has discussed how she is living with the disease as a busy professional. Now she will talk to other women about her diagnosis, treatment and survival.

Proceeds from this event and the Auxiliary of Evanston Northwestern Healthcare's nationally renowned 24th American Craft Exposition, Aug. 22-24, 2008, at the Henry Crown Sports Pavilion in Evanston, benefit breast and ovarian cancer research at Evanston Northwestern Healthcare.

**For more information, contact The Auxiliary at (847) 492-5700 (Ext. 1145).**

# Prevention and Awareness are the Keys to Preserving Bone Health

By David F. Beigler, M.D., Independent Physician affiliated with Evanston Northwestern Healthcare

**Dr. Beigler serves as the Section Head of Orthopaedic Trauma at Evanston Northwestern Healthcare. He is an orthopaedic surgeon who specializes in fragility fractures.**

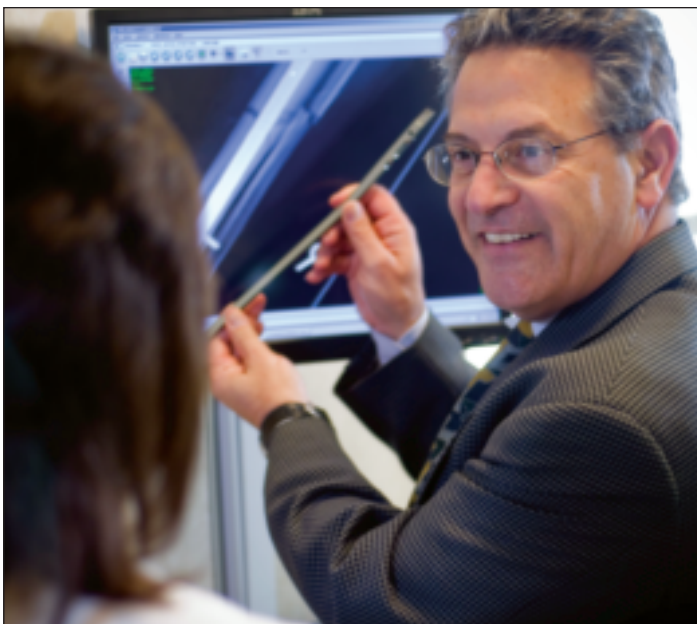
**Osteoporosis and its precursor, osteopenia, are diseases that affect the density of bones, making them thin and brittle. Bones naturally become thinner as people grow older due to existing bone cells being reabsorbed by the body faster than new bone is made. As this occurs, the bones lose minerals and structure, making them weaker and increasing their risk of breaking.**

**Question:** *Why is it so important to be aware of osteoporosis and its effects on the body?*

**Answer:** At some point, bone strength diminishes to the point where even minimal trauma can cause a fracture. Whether the fracture is of the hip, knee, shoulder, spine or wrist, the result to the patient can be devastating for short- and long-term dysfunction.

**Q:** *What are the common risk factors for osteoporosis?*

**A:** Post-menopausal women are the highest-risk group, especially thin or small-framed women of European and Asian descent. Poor nutrition, particularly a calcium or Vitamin D deficiency, is a very important factor. Only about 5 percent of osteoporosis cases are reported in men, but poor nutrition plays a large role in these instances. Smoking and excessive alcohol consumption also increase risk for osteoporosis.



Photograph by Jonathan Hillenbrand/Evanston Northwestern Healthcare

*Dr. David Beigler demonstrates the structure of the tibia, a bone from the ankle to the knee.*

**Q:** *Is there a way to measure bone density?*

**A:** A DEXA scan is the most commonly used diagnostic technique. It's a painless, outpatient radiological procedure that only takes about 15 minutes. The test looks at bone density in the hip and vertebral bones, and compares the patients' results to established standards to provide a statistical comparison. Regular DEXA scans should start at about age 50, or after menopause, for all women (no baseline age has been determined for men).

**Q:** *What are some common ways to prevent and treat osteoporosis?*

**A:** Osteoporosis is not easy to treat, which is why we strongly emphasize awareness and prevention. The physician needs to assess the extent or severity of the disease, and attempt to identify key risk factors. Some recent studies have indicated that Vitamin D deficiency plays a larger role than previously thought, particularly in men and elderly women. In general, treatment begins with calcium and Vitamin D supplements. Other medications, including Vitamin D injections, calcitonin and bisphosphates are also part of the treatment arsenal.

**Q:** *Could you give us some tips for preventing the disease?*

**A:** First, be aware of the problem and be proactive. Eating a well-balanced, nutritious diet is key to maintaining bone health. If you don't already, start taking calcium and Vitamin D supplements to prevent more loss of bone mass. (Always check with a physician before starting any supplements.) Stay active through weight-bearing exercise such as jogging or strength training. Regular bone density screenings can detect early warning signs of osteoporosis and osteopenia.

To schedule a DEXA bone density scan or speak to a physician, call (847) 492-5700 (Ext. 1146). ❖

# Medicare Part D Demonstrates Its Value

**I**nvesting in paying the monthly premiums required for Medicare Part D can pay big dividends for those 65 years old and above.

Fortunately, most men and women 65 years old and older are eligible to participate in Medicare Part D, the prescription program for those who are entitled to Medicare Part A and/or enrolled in Part B; reside in a plan's service area; or are not enrolled in another Medicare prescription drug Part D plan at the same time. But to avoid penalties, those eligible should sign up the year they turn 65.

"I advise everyone who is eligible and can afford the premiums to enroll in Medicare Part D," said Sanford Foreman, Manager of the ENH Pharmacy at Sunset Foods in Northbrook, Ill. "It's not a perfect plan, but it will save the average senior out-of-pocket expenses for prescriptions.

"Additionally, a person's health can change overnight, and that person may require very expensive prescriptions. Medicare Part D is a good form of insurance when catastrophic care becomes necessary."

The premiums for Medicare Part D vary based on benefits offered, and every participant has to make it through a coverage gap, or the donut hole, in any given year. But once an enrollee has made it through the coverage gap, Medicare Part D generally covers prescriptions at 95 percent of their cost.

In 2008, the gap in standard Medicare drug benefit starts when a patient's annual outlay in drug costs have reached



\$2,510, which includes the amount paid by Medicare and the patient's own out-of-pocket deductibles and co-payments. The beneficiary must then pay for 100 percent of the costs out of pocket for the next \$3,216, until drug costs have reached \$5,726. That's when Medicare Part D catastrophic coverage takes over. About 4.2 million people reached the gap in 2007, according to a Wolter Kluwer study.<sup>1</sup>

"Medicare Part D gives the average person adequate coverage for when his or her health takes an unexpected turn for the worse," Foreman said. ❖

<sup>1</sup> Stephanie Saul, "Strategies to Avoid Medicare's Big Hole," *New York Times*, Nov. 24, 2007.

## Free Event: Medicare BINGO

**Want to learn about Medicare benefits but hate attending lectures? Ever wonder how many vaccines, screenings or doctor visits Medicare covers?**

Join Evanston Northwestern Healthcare and Whitehall of Deerfield, a provider of post-hospital rehabilitative care, long-term care and care for Alzheimer's patients, as we present Medicare BINGO.

Medicare BINGO not only provides a detailed overview of Medicare benefits, but you can find out the types of screenings and health checks you may be eligible for under Medicare Part B in a fun, informative format.

Medicare BINGO winners receive prizes, and Whitehall of Deerfield provides light snacks.

Please call Whitehall of Deerfield at (847) 492-5700 (Ext. 1147) to reserve your seat for one BINGO session today. (Space is limited to only 40 players per session.)

May 16, 2008

Session 1: 10 to 11:30 a.m.

Session 2: 1 to 2:30 p.m.

**WHITEHALL**  
of Deerfield  
Healthcare Center



## Journey to Battle Breast Cancer *continued from page 1*

the care of ENH radiation oncology specialist Vathsala T. Raghavan, M.D.

"Each facet of her care at ENH—surgery, chemotherapy and radiation treatments—has an independent benefit of diminishing her risk of breast cancer reoccurrence," Dr. Wade said. "Inez is tolerating the chemotherapy extremely well. All of her measurable signs are good. Additionally, she has strong family support and has her eye on the target of getting well."

Turner's nephew and his wife, as well as a sister who visits and calls her regularly, are making it easier to maintain her well-being and fight against the reoccurrence of breast cancer. For example, Al and Cheri Reid have set up an exercise regimen for Turner in their home with 30 minutes on the treadmill, 30 minutes on the bike and weight training sessions.

On the medical side of her multidisciplinary care, the final step will be reconstructive breast surgery by ENH surgeon Michael A. Howard, M.D. "I know my ENH doctors are there every step of the way for me," Turner said. "I have faith that I will continue to get better."

To schedule a mammogram at an ENH facility, call Radiology/Patient Access at (847) 492-5700 (Ext. 1148). ❖



To find an ENH physician near you:  
[www.enh.org/findadoctor](http://www.enh.org/findadoctor)  
(847) 492-5700 Ext. 1181

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## Walk Away Your Stress: Fitness for Healthy Living

**H**arriette “Hennie” Elisco offers easy, sound advice: “Keep moving every day and set progressively more strenuous goals for exercising.” This 79-year-old grandmother walks the way she talks—taking 10,000 steps each day (equivalent to five miles), engaging in strength training every other day and practicing yoga once a week.

When Elisco visited ENH Integrative Medicine two years ago, Leslie Mendoza Temple, M.D., told her that 10,000 steps daily would give her a better level of health and well-being. “I used to have trouble sleeping,” said Elisco, who wears a pedometer to ensure she achieves her daily 10,000-step goal. “Now I fall asleep when my head hits the pillow.”

While Elisco makes exercise her priority, she juggles other strenuous activities that include caring for her 83-year-old husband, Morrie, who has mild cognitive impairment; managing her husband’s part-time business; and tutoring one day a week at the Mark Twain



Elementary School in Wheeling.

“ENH Integrative Medicine can help support a healthy lifestyle by unblocking the physical and emotional barriers that keep a person from exercising, sleeping well or having the energy to complete routine activities,” said Dr. Mendoza Temple, who heads up ENH Integrative Medicine. “Combining complementary and alternative medicine with an individual’s medical care creates the most well-rounded approach to staying healthy and dealing with problems as they arise.”

“Getting enough physical exercise helps me to cope better emotionally and mentally, so I can be a better caregiver to my husband,” Elisco said. “If I feel down, I take a walk—either on the treadmill or around our complex when the weather is good.

“I would recommend regular visits to Dr. Leslie Mendoza Temple at ENH Integrative Medicine to anyone who wants to enhance their well-being,” said Elisco, who schedules appointments three times a year for her husband and herself.

**To schedule an appointment with ENH Integrative Medicine Program, which does accept Medicare, call (847) 492-5700 (Ext. 1149). ❖**