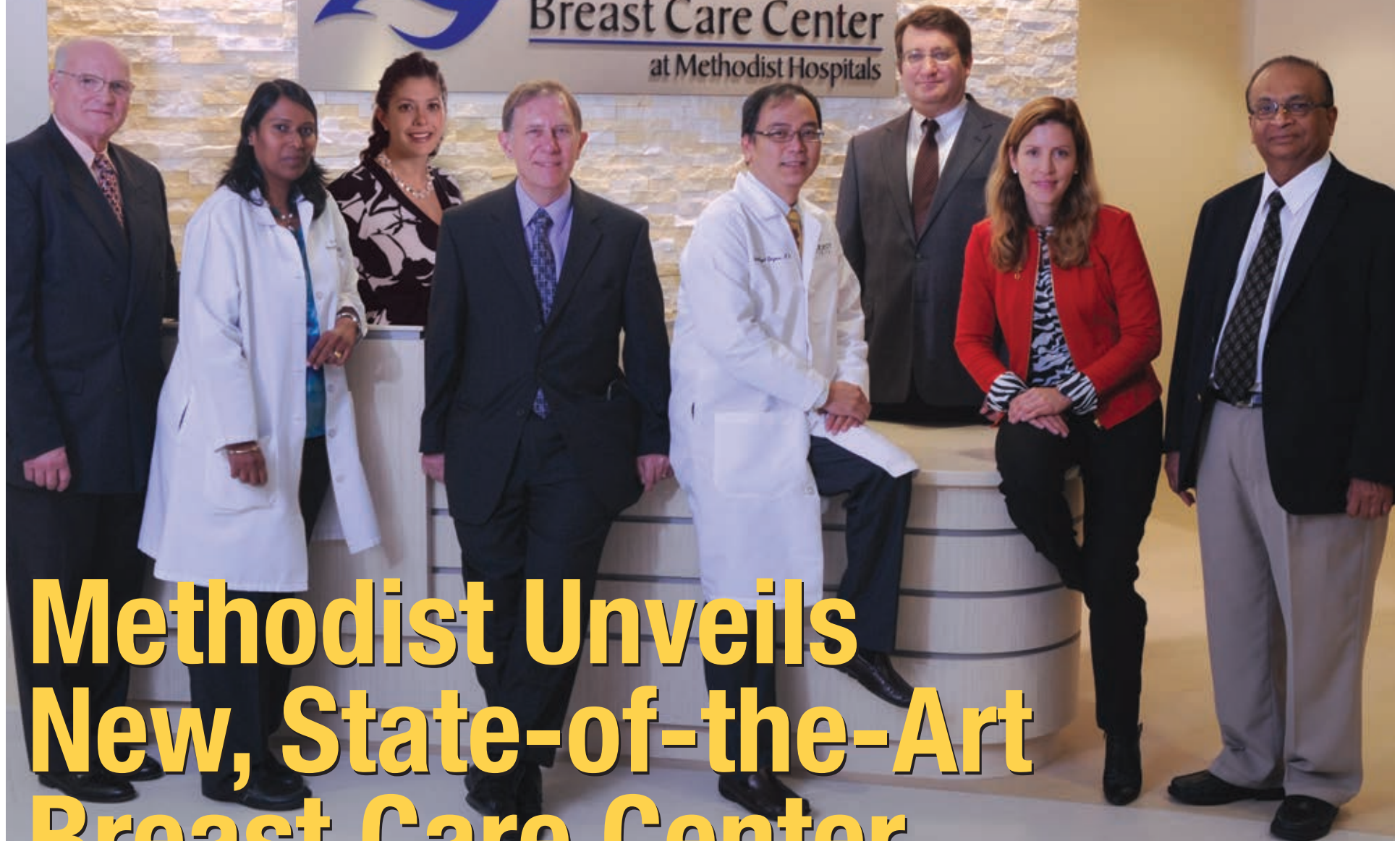


# HEALTHWISE

THE MAGAZINE OF METHODIST HOSPITALS



NORTHWEST INDIANA  
Breast Care Center  
at Methodist Hospitals



## Methodist Unveils New, State-of-the-Art Breast Care Center

### *In this issue:*

- New technologies in lung diagnosis at Methodist
- Methodist achieves Accredited Chest Pain Center status
- Meet the new Northwest Indiana Center for Bariatric Surgery team
- ...and much more.



**METHODIST**  
HOSPITALS

LEADING THE WAY TO BETTER HEALTH.

## WELCOME FROM THE CEO



In this issue we are proud to unveil a beautiful new state-of-the-art facility – the Northwest Indiana Breast Care Center at Methodist Hospitals. The Center combines the region's first 3-D mammography suite and full imaging capabilities with a spa-like atmosphere to bring area women the best possible breast care experience. And we invite you to join us October 27 for an open house to tour the facility and meet our

caring staff, including our newest breast radiologist, Dr. Anastasia Siatras.

Also in this issue, you will find news of other Methodist accomplishments and investments in technology to benefit our physicians and patients. Plus, we feature stories on the latest in weight loss surgery, concussion treatment, mind-body medicine, foot health, and Multiple Sclerosis.

We welcome your feedback. Call our Marketing and Corporate Communications department at 219.886.5972 or email us at [corporatecommunications@methodisthospitals.org](mailto:corporatecommunications@methodisthospitals.org)

Sincerely,



Ian E. McFadden, FACHE  
President/CEO

## Methodist Hospitals Foundation's FIRST 100 Initiative

A goal of the Methodist Hospitals Foundation is to raise \$1 million to support the mission and activities of the hospital. The First 100 Initiative, which launched the Foundation, will come to a conclusion on December 31, 2012.

First One Hundred Giving Levels include:

<b>Bronze Circle</b>	<b>\$ 5,000</b>	<b>Honor Circle</b>	<b>\$ 750</b>
<b>Heritage Circle</b>	<b>\$ 2,500</b>	<b>Commitment Circle</b>	<b>\$ 500</b>
<b>Friendship Circle</b>	<b>\$ 1,000</b>	<b>Loyalty Circle</b>	<b>\$ 250</b>

In 2012, the Foundation has used the funds it has raised to purchase new bassinets for the Neonatal Intensive Care Units at both the Northlake and Southlake Campuses and to provide digital scales for all heart patients to take home with them after discharge to track their weight.

Participating in the Foundation is an ideal way for community members to take part in furthering the hospital's mission. There are many ways to participate in the Foundation. Become a member of a Foundation Krewe. Attend the 2012 Founders Society Ball, October 27, 2012 in the Empire Room of the Palmer House Hotel in downtown Chicago. Or consider making a bequest to the Methodist Hospitals Foundation in your will. To find out more, or to make a donation, call the Foundation office at 219.886.4468 or visit [www.methodisthospitals.org](http://www.methodisthospitals.org) and click on the Foundation tab.

# Breast Care Center

After more than a year of planning and preparation, Methodist Hospitals has realized a dream in the newly opened Northwest Indiana Breast Care Center at Methodist Hospitals.

The center unites the most up-to-date, state-of-the-art equipment and technologies with optimum efficiency and a top-notch staff in a relaxed, welcoming atmosphere. As beautiful as it is functional, the center features earth tones, etched glass accents and comfortable furniture.

Efficiency has been built into the center's layout and operation. Women arriving for mammograms are greeted and shown to a private inner waiting area with dressing rooms and secure lockers, where they change into patient gowns that are warmed for comfort.

Patients who require additional testing, from diagnostic views and ultrasound to cyst aspiration and biopsy, are promptly taken care of without having to leave the center.

### Timely, Conscientious Care

Dennis Streeter, DO, Medical Director of Surgical Oncology and Chair of the Breast Leadership Team explains, "Methodist is on the fast track to helping women, and that includes reducing that stressful waiting period. Whenever possible, we perform biopsies the same day."

The Breast Care Nurse Navigator, Stacy Knox, is located in the center and serves as the "go-to" person for all patients. Knox said, "My job is to make life easier for patients and their families, answering questions, assisting with scheduling, providing resources and giving them the continuity of having one person to guide them along their journey."

Streamlining both workflow and patient service, the center contains consultation rooms, a high-risk breast clinic, a bone density scanning area, and all tech work areas including the radiologist reading room.

An interactive breast health education suite houses an extensive array of information and hands-on learning tools.

"We're really trying to promote prevention and early detection," said mammography supervisor, Jennifer Sanders. "Since we only see them once a year, it's important that women take ownership of their breast health."

### First with 3D Mammography

Methodist was the first hospital in Northwest Indiana to offer 3D mammography.

Kenneth Segel, MD, Lead Interpreting Radiologist for Mammography said, "Digital 3D tomography makes it easier to find these cancers when they're small and more treatable and curable, but if people don't come in, we can't help them. With the center, we're trying to make it as convenient and comfortable as possible to encourage patients to have their mammograms."

"As part of our Breast Leadership Program, specialists come together to thoroughly discuss all breast cancer cases twice a month," Dr. Streeter said. "Patients truly receive individualized care in every respect."

Methodist's Breast Program includes genetic counseling and lymphedema treatment.

Methodist is accredited by the American College of Surgeons' National Accreditation Program for Breast Centers and by their Commission on Cancer, in addition to being awarded a Breast Imaging Center of



Breast Care Center Waiting Area



Dressing Room Waiting Area



# Unites the Best of the Best

Excellence designation by the American College of Radiologists.

“In our last accreditation we received seven out of seven commendations. We’ve always had a top quality program in every respect and having the center completes the picture,” said B. H. Barai, MD, Medical Director of the Oncology Institute at Methodist Hospitals.

Radiologist Anastasia Siatras, DO, sums it up, “At Methodist, family is important to us and we treat our patients as though they are part of the Methodist family. We are proud to provide them with the very best care that they can get, give them the best techniques, and use the most advanced technologies.”



A Breast Care Center Dressing Room



3D Mammography Suite

**“In our last accreditation we received seven out of seven commendations. We’ve always had a top quality program in every respect and having the center completes the picture.”**

## ON THE COVER:

Methodist Hospitals’ Breast Care Center Physicians and Surgeons Left to Right: Dr. Dennis Streeter, Medical Director of Surgical Oncology, Chair of Breast Leadership Team; Dr. Geeta Kurra, Medical Oncologist; Dr. Anastasia Siatras, Breast Radiologist; Dr. Marion Trybula, Medical Oncologist; Dr. Juan Limjoco, Clinical Pathologist; Dr. Kenneth Segel, Breast Radiologist; Dr. Susan Schneider, Plastic and Reconstructive Surgeon; Dr. B. H. Barai, Medical Director of the Oncology Institute, Chair of Cancer Committee.



**Methodist Hospitals’ Multi-Disciplinary Breast Care Team**  
Seated: Breast Care Nurse Navigator, Stacy Knox; Dr. Dennis Streeter; Cancer Registry Coordinator, Lorraine Stage; Oncology Institute Director, Mary Jo Hagan; Dr. Kenneth Segel; Mammography Supervisor, Jennifer Sanders; Dr. B. H. Barai; and Dr. Geeta Kurra. Standing: Dr. Marion Trybula; Oncology Research Coordinator, Marie Bates; Oncology Clinical Coordinator, Shellie Rowe; Dr. Susan Schneider; Dr. Juan Limjoco; Radiation Oncology Manager, Catherine Allen; and Cancer Registry Assistant, Leann Tanaskovic.

**3D MAMMOGRAPHY:**  
**Detects Breast Cancer Earlier**  
**At Methodist Hospitals**

**3D SCREENING MAMMOGRAM ONLY \$125**  
**Same Day Appointments Available.**  
**Call 219-981-5440**

Includes Radiologist Reading. Schedule your 3D mammogram between 10/1/12 and 11/15/12. Cash, check or credit card payment due in full at time of service.



# Methodist Earns Top Distinction as *Accredited Chest Pain Center*

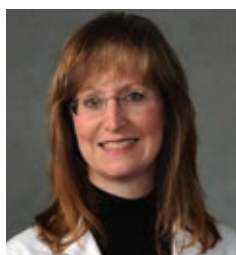


Dr. Nazzal Obaid

After a year of intense scrutiny and hard work, Methodist Hospitals has achieved the honor of becoming an Accredited Chest Pain Center. The certification was awarded by the Society of Chest Pain Centers (SCPC), an international organization committed to leading the fight against heart disease.

The SCPC assists hospitals in improving and streamlining critical care processes, adopting best practices and implementing new ideas that will ensure the highest quality of care for cardiovascular patients.

Nazzal Obaid, MD, Co-Medical Director of the Methodist Hospitals Heart and Vascular Institute, stated it is an honor to have earned this certification, which has been awarded to only about 15 to 20 percent of hospitals in the U.S.



Connie Adams

"The sooner you come to the hospital with chest pain, the better your chances are for survival," Dr. Obaid said. "National guidelines dictate a 90 minute maximum time between the moment a heart attack victim arrives and being treated with an angiogram or stents. Our 'door to balloon time' is 75 minutes."

## A Team Effort

He emphasized that earning the accreditation has been a team effort.

Cardiovascular Clinical Nurse Specialist Connie Adams has served as Chest Pain Coordinator throughout the process.

"It's been an honor to work with the Society of Chest Pain Centers and with our very talented team," Adams said. "The process involves a very rigorous set of criteria. Everyone worked together so we could provide the very best care possible for our patients, who are at the heart of everything we do."

The Chest Pain Center designation is a patient's assurance that they will receive the very best care.

"This designation is not given lightly," said Ruby Long, MD, Emergency Department Director of Quality.

Victor Garcia, Director of Emergency Services and Critical Care stated, "I think it represents our commitment to patients as well as our leadership. It tells the community we are willing to provide the gold standard of care."

## Fast Response to Heart Attack

The accreditation also involves educating paramedics to recognize the signs of a heart attack, respond more quickly, and do the appropriate electrocardiogram on site in the field or in the ambulance.

"Our ER and cath lab personnel are truly living the lives of firemen," Dr. Obaid added. "We sleep with our clothes at our bedside, ready to be called and respond within 30 minutes."

Marcia Brewer, Director of Cardiovascular Services, said "The accreditation requires everyone, from the moment a patient arrives with symptoms, to respond immediately and assure they get proper care as quickly as possible. We're extremely proud of receiving the full accreditation at both Northlake and Southlake campuses."

"I'm really excited for Northwest Indiana," Dr. Long said. "I think it means a lot to people to know they can go right around the corner and get state-of-the-art care. Our ability to treat their heart attacks more quickly means they will have better outcomes."



Dr. Ruby Long



Victor Garcia



Marcia Brewer







# Methodist brings lung diagnosis breakthrough technologies to Northwest Indiana



Dr. Olusegun Apata



Dr. Sharon Harig



Dr. Hakam Safadi



Dr. Charles Rebesco

**“The EBUS allows us to make more rapid diagnoses, less invasively. The earlier cancer is diagnosed, the better the prognosis.”**

Methodist Hospitals continues to lead the way in Northwest Indiana with the addition of the area’s only Electromagnetic Navigation Bronchoscopy (ENB) and the area’s most advanced Endobronchial Ultrasound (EBUS) systems.

These two cutting edge technologies represent the biggest step forward in lung diagnostics since the bronchoscope was introduced in the 1960’s.

A breakthrough in diagnosis and treatment, the ENB enables the physician to navigate through areas that were unreachable with traditional bronchoscopy. It relies on a technology similar to GPS to guide a scope through a patient’s small airway passages to reach lung nodules. During this minimally invasive procedure, the physician can evaluate the lungs and take tissue samples.

“Small nodules in the distal areas of the bronchi may not be reachable with a regular bronchoscope. In the past, we sent patients to a thoracic surgeon for surgical removal. Now we can use the GPS system and go after them,” said Pulmonary, Critical Care and Sleep Medicine Specialist, Olusegun Apata, MD.

“The procedure ensures more accurate sampling of the nodules and reduces the risk of puncturing the lung and other complications.”

Hakam Safadi, MD, Methodist Hospitals’ Director of Respiratory and Critical Care, said “Once we locate the lesion, we can perform a biopsy. If the lesion will need to be surgically removed, we can tattoo it with ink during this procedure, making it much faster and easier for the surgeon to identify.”

“There is a high incidence of lung cancer in this area, which is the number one killer among all cancers,” Dr. Safadi added. “The earlier you detect it, the better the survival rate and the better it is for the patient.”

ENB may also be used to place a marker for radiation therapy.

According to Pulmonologist Sharon Harig, MD, the ENB is ideal for those cases in which just a small area needs radiation.

“Now the radiation oncologist can more easily confine treatment without affecting the lung tissue outside of that specific area,” Dr. Harig said.

Lung cancer is typically diagnosed after it has spread, but surgeons at Methodist are now able to assess lymph nodes earlier using the Endobronchial Ultrasound (EBUS).

“The EBUS allows us to make more rapid diagnoses, less invasively. The earlier cancer is diagnosed, the better the prognosis. A lot of other conditions can affect the lymph nodes, and in the Midwest there is a lot of exposure to fungus. If we can prove it’s a fungus and not cancer, that certainly brings a large measure of relief to the patient and obviously shifts our treatment focus,” explained Pulmonologist Charles Rebesco, MD.

Dr. Rebesco added, “ENB and EBUS technologies represent a meaningful advance for patients in this area.”



# The Northwest Indiana Center for Bariatric Surgery *New Name, New Outlook...New YOU!*



Dr. James Siatras

**“The Center provides a comprehensive array of services for people seeking surgical weight loss solutions.”**

Having completed a fellowship in Bariatric Surgery at Indiana University has enabled me to bring the latest advancements in the field of bariatrics and metabolism here. My vision is to deliver care that is comparable to that found in a university setting, in a hospital close to home.

Methodist Hospitals has changed the name of our bariatric surgery center to reflect our renewed focus on providing the highest quality of care.

I think it's important that all staff members are involved in caring for patients throughout the entire weight loss process. For example, our full-time registered dietitian sees patients as often as I do, meeting with them every time they come to the office. Along with me, she will follow their progress for years. The surgery is just a tool in this process and patients need the proper support over the long term.

## Wide Range of Surgical Weight Loss Solutions

The Center provides a comprehensive array of services for people seeking surgical weight loss solutions. Procedures include Vertical Sleeve Gastrectomy, Roux-en-y Gastric Band, and Laparoscopic Adjustable Gastric Band, and we are now able to accept a greater number of complex cases. Services include pre-operative psychological counseling, supervised pre-surgical weight loss, and monthly support groups.

## Pre-Surgery Consultation

Support groups are a vital component for sharing experiences, discussing issues and hearing how other patients' journeys are going. Relevant monthly themes, such as how to read food labels, cooking class, exercise class, and others add interest to the sessions.

We encourage potential patients to attend one of the free seminars offered at the Center each month. Here, they receive a complete overview of every aspect of the surgeries, including what to expect. Following the seminar, attendees have the opportunity to talk with our Bariatric Nurse Coordinator and schedule a pre-surgical consultation right there.

At the consultation, I review the patient's health history and discuss surgical options.



**Meet the Center for Bariatric Surgery team.** Dr. James Siatras (second from right) is joined by Registered Dietitian, Kristina Green; Medical Assistant, Mary Robinson; and Bariatric Coordinator, Karen Krutz.

The patient then meets with our registered dietitian who explains their weight loss diet. Many insurance companies require that patients diet for three to six months prior to surgery.

Whether their insurance requires it or not, my policy includes at least three months of medically supervised weight loss. It helps patients get in tune with what their routine will be like after surgery as they get down to a healthier pre-surgery weight. It also makes for a smoother transition. Patients meet with our dietitian and with me for monthly monitoring and dietary adjustments.

The specialized staff at the Center for Bariatric Surgery and I find it gratifying to help people reach

their weight-loss goals and improve some of the conditions that are often associated with obesity, such as diabetes, hypertension and sleep apnea.

I became a surgeon because I loved using my hands to help correct someone's problem. When I started doing bariatric surgery, I saw the profound health effects morbid obesity was having on people and discovered that this surgery essentially gives people their lives back.

James Siatras, DO, is the Director of Bariatric Surgery at the Northwest Indiana Center for Bariatric Surgery at Methodist Hospitals. He is a graduate of the Chicago College of Osteopathic Medicine/Midwest University. He recently completed a Bariatric Surgery fellowship at Indiana University.

## Is Weight Loss Surgery Right For You?



**Attend a FREE informational Seminar to learn how weight loss surgery can help you reclaim and restore your life.**

**Northwest Indiana Center for Bariatric Surgery**  
Methodist Hospitals • Southlake Campus • Pavilion A, Suite 430

**TUESDAY, OCTOBER 23, 6:00 P.M.**  
**THURSDAY, NOVEMBER 8, 6:00 P.M.**

*See more November/December seminar dates on page 11.*

**Make your reservation today.**  
**Seating is limited.**

**1-888-909-DOCS (3627).**



# Understanding the Mysteries of MS



Dr. Mridula Prasad

**“Twice as many women as men develop MS. It is usually diagnosed between the ages of 20 and 50 but we have seen cases as early as two and as late as 75.”**

Multiple Sclerosis (MS) is a complicated disease that affects the central nervous system. There is currently no cure, but our understanding of the disease and its causes has grown and treatments have improved.

MS not only behaves differently in different people, it behaves differently at different times in the same person. Always unpredictable, symptoms may come and go, appear in different parts of the body, and change in severity and duration.

## The Symptoms

One of the most common symptoms of MS is fatigue, which can be physical and/or cognitive, causing an inability to think, solve problems or multi-task. A person with MS may be walking when motor fatigue strikes, causing a foot to drop or the legs to stop functioning properly.

Double or blurred vision can occur, or a sudden loss of vision may last from an hour to two days. Many patients start out with vision loss that doesn't recur for years. If it happens in both eyes, it is more likely to go into MS.

Sensory disturbances include abnormal pain, weakness, lack of coordination, bladder or bowel

problems, difficulty swallowing or talking, and emotional or cognitive disturbances. Young people especially are reluctant to mention experiencing strange sensations such as a feeling of cold water on the head.

## Causes

Determining the cause of MS is a complicated process involving genetic, environmental and climactic factors. In the general population, the chances of having MS are one in 750. Having a close family member with MS increases the risk to one in 140.

An important recent discovery is that Vitamin D deficiency can make you more susceptible to MS. Specialists advise that those with a family member with MS should have their Vitamin D levels checked and if found to be deficient, start taking supplements immediately.

## Diagnosis

Twice as many women as men develop MS. It is usually diagnosed between the ages of 20 and 50 but we have seen cases as early as two and as late as 75. Increased knowledge about the disease and diagnostic tools such as the MRI have improved our ability to detect it.

A new category of the disease has been discovered, called Clinically Isolated Syndrome (CIS). It is not fully developed MS but these people may go on to develop it if they do not start treatment.

## Treatment

There are currently seven FDA-approved drugs for MS, with at least three more expected by year's end or early 2013. Medications do more than lessen exacerbations (flare-ups); some can reduce the progression of the disease. What's more, lessening exacerbations can lead to preventing disability.

It is critical that people realize that the earlier they start treatment, the better their chances are of preventing disability. Don't wait until you have pronounced symptoms. The course of the disease is unpredictable, so instead of waiting for it to worsen, it's better to treat it early.

**Mridula Prasad, MD, is a Neurologist practicing at Methodist Hospitals.**



# Concussions:

## *A Potential Sports Injury to be Taken Seriously*



Dr. Hiren Italia

**“Participation in all kinds of sports is good for fitness, the brain and the heart. But if we don’t pay attention to head injuries, our kids will be at risk.”**

Concussions are traumatic brain injuries that can result from a direct blow or even a trivial injury to the head, face or neck. They are most commonly caused by accidents or playing contact sports.

Common sports in which players are most likely to sustain a concussion are football, soccer, basketball and lacrosse. Every year, six to eight percent of high school football players sustain a concussion.

Although concussion can be a serious problem for children, injured student athletes tend to stay quiet, not wanting to be pulled from the game. Parents must educate their children to report a head injury immediately. Further, if another

concussion happens soon after, the child can struggle for longer to recover, rather than just four to five weeks.

### Baseline Concussion Testing

My training in Primary Sports Medicine includes training in ImPACT, which provides baseline and immediate post-concussion assessment and computerized testing. ImPACT serves as a valuable tool in determining an athlete’s ability to return to play or an individual’s readiness to resume normal activities following a concussion.

However, there are no clear rules for determining the existence or severity of a concussion. Symptoms generally fall into three categories. Physically, the victim may feel drowsiness or fatigue or experience a headache. Cognitive symptoms include feeling in a fog, difficulty concentrating, becoming uninterested in one’s surroundings or activities, or feeling depressed. Emotional signs can involve mood swings, confusion or trouble falling asleep.

If it seems that your child has sustained a concussion, take him or her to a sports medicine physician to be evaluated.

In treating concussion patients, it is sometimes necessary to shut down all activities including cognitive, meaning no newspaper, television, mobile phone activity, or games. Complete physical rest is required. Once there are no symptoms, we can allow minimal physical activities and then advance to allowing cognitive functioning. Athletes can gradually recover, and resume activity in their sport in a stepwise approach.

### Concussion Recovery

It takes seven to ten days for about 80 percent of all concussions to heal. 20 percent of concussions linger two or three weeks and may require additional testing to rule out structural issues.

Our awareness and understanding of concussions and how to manage them is continually evolving. Every four years, an international concussion group meets and makes changes in concussion management protocols. And over the last few years, the National Football League has established new guidelines for its players. Schools are also becoming

more concerned. Many are adopting the NFL concussion guidelines and trying to change certain rules.

Participation in all kinds of sports is good for fitness, the brain and the heart. But if we don’t pay attention to head injuries, our kids will be at risk.

Hiren Italia, MD, is a Methodist Physician Group Family Medicine and Sports Medicine physician.



### FREE Shoulder Pain Seminar

Can you reach as far as you want to? Have you sustained a sports-related shoulder injury? Dr. Italia will discuss reliable, effective solutions to help you address chronic pain and regain motion.

**Thursday, November 15, 5:30 p.m.**

Methodist Hospitals  
Southlake Campus - Pavilion B  
200 East 89th Ave., Merrillville

### FREE Chronic Pain Relief Seminar

Dr. Italia will demonstrate how Prolotherapy, also known as nonsurgical ligament reconstruction, can help relieve a variety of musculoskeletal pain, including arthritis, back pain, neck pain, fibromyalgia, sports injuries and more, at this free seminar.

**Wednesday, January 9, 5:30 p.m.**

Methodist Hospitals  
Southlake Campus - Pavilion B  
200 East 89th Ave., Merrillville

**Make your reservations today.**

Seating is limited.

**Call 1-888-909-DOCS (3627)**





# Diabetes Calls for Vigilant Foot Care



Dr. Ahmad Elsamad

**“My advice to diabetic patients is to check their feet daily for any signs of deformity and lack of sensation.”**

The incidence of diabetes has dramatically increased and problems with the lower extremities are one of its most common complications. When I see a diabetic patient, I check for four critical components, each of them a risk factor for eventual amputation.

First, we look for Peripheral Artery Disease (PAD), which causes decreased blood flow to the lower extremities. Patients with undiagnosed PAD may be unaware that their feet are slowly dying.

Performing a Doppler ultrasound test, often followed by an angiogram, can make a diagnosis. A positive result calls for aggressive treatment, and I recommend seeing a cardiologist to try and bring more blood flow to the area.

Next, diabetic neuropathy can affect the nerve endings of the lower extremities, leading to a lack of sensation. With an inability to feel pain or numbness, the signs and symptoms of serious complications such as PAD go unnoticed.

### Patient Education

While it can't be reversed, we can stop the progression by educating the patient and trying to control their blood sugar before treating the symptoms.

A third issue, foot deformation and joint stiffness, poses a serious threat. When I see things like bunions or hammertoes in a diabetic patient who also has neuropathy, I immediately advise them of their risk of losing that foot.

The problem lies in repeated injury to an area that can eventually become a wound. Initial treatment involves taking pressure off the foot by fitting them with a custom diabetic shoe. A further step is prophylactic minimally invasive surgery.

The fourth component I check for, uncontrolled blood sugar, decreases a person's ability to heal from a wound or surgery. When surgery is indicated, I work with the patient's endocrinologist to try and get their blood sugar under control.

The complication rate is much higher in patients with Type 2 diabetes and results from long-lasting, uncontrolled diabetes. Because Type 2 appears later in life, these patients tend to be more set in their ways and are therefore often less willing to make the necessary changes to control it. What's more, we are conditioned to find a “magic pill” that will cure us.

### Daily Diligence

My advice to diabetic patients is to check their feet daily for any signs of deformity and lack of sensation. I tell them to have their eyes, kidneys, heart and lower extremities examined by a doctor at least once or twice a year, even if they don't have any problems. Because if they wait until there is a problem, it can be too late.

Most importantly, I advise them to take matters into their hands.

Type 2 diabetes is the only disease that can be beaten by lowering blood sugar levels. Everyone has the power to change their lifestyle, start exercising, and lower their carbohydrate intake. I suggest thinking of their doctor as a personal trainer who is there to guide and advise them. You don't lose weight in the gym without working out – by the same token, you are not going to drop your blood sugar by taking a magic pill.

Ahmad Elsamad, DPM, FACFAS, is a Podiatrist and Foot and Ankle Surgeon, who is certified in foot and ankle reconstructive surgery.



## FREE SEMINAR

### Living with Diabetes: Keys to proper foot care

For people with diabetes, preventive foot care is vital to avoiding potentially devastating consequences. At this free seminar, Dr. Elsamad will review the signs, symptoms, diagnosis and treatments for diabetic foot care.

**Presented by Dr. Ahmad Elsamad**

**Thursday, November 8, 5:30 p.m.**

Methodist Hospitals  
Southlake Campus – Pavilion B  
200 E. 89th Ave., Merrillville

**Refreshments will be served.**

### REGISTER TODAY!

Seating is limited!

**Call 1-888-909-DOCS (3627)  
or visit MethodistHospitals.org**

NORTHLAKE CAMPUS

MIDLAKE CAMPUS

SOUTHLAKE CAMPUS



# Treating Chronic Pain through Mind-Body Medicine



Dr. Nadezda Djurovic

**“Only when patients understand what’s going on in their body can they begin to manage the condition, and gain a measure of control.”**

Pain can be classified as either acute or chronic.

Acute pain is usually brought about by surgery or a trauma, such as a fracture, and can last up to three months. Pain medication effectively manages acute pain over this relatively short duration. When pain endures for three months to a year, it is considered to be chronic. Chronic pain can be very complex, and requires a lot of support for the person in pain.

Most of the time, chronic pain is brought about by a medical condition that may never go away completely, such as fibromyalgia, cystitis, or arthritis. The first step toward living with it is to accept that it will likely be a constant presence. Otherwise, the expectation of complete pain remission may bring more chronic illness.

People must also understand the medical condition that is causing the pain. Only when they understand what’s going on in their body can they begin to manage the condition, and gain a measure of control.

Developing a good, trusting relationship with a doctor is a must. A doctor who knows and understands a patient can provide needed guidance, and not merely prescribe pain medication. While some patients go from doctor to doctor seeking relief, managing chronic pain involves much more than medication. The solution often lies within the people themselves, and is attainable through mind-body medicine.

## The Mind-Body Connection

Mind-body medicine has existed for centuries. Over the past 50 years, scientists have proven its effectiveness. It is the most effective approach for treating patients with chronic pain. The body is not just a pedestal for the head – whatever happens in the mind will happen in the body.

Establishing mind-body awareness in patients is an involved, time-consuming process. For this reason, I am leading group sessions, held for an hour and a half each week, over eight weeks.

In these sessions, the emphasis is on understanding what stress does to the mind and body. We also incorporate elements including relaxation

response, nutrition, sleep, exercise, positive thinking and spirituality to counteract the effects of stress.

## Putting Stress in its Place

To effectively function with pain, people must also be aware of their response to stress and how long they allow it to persist.

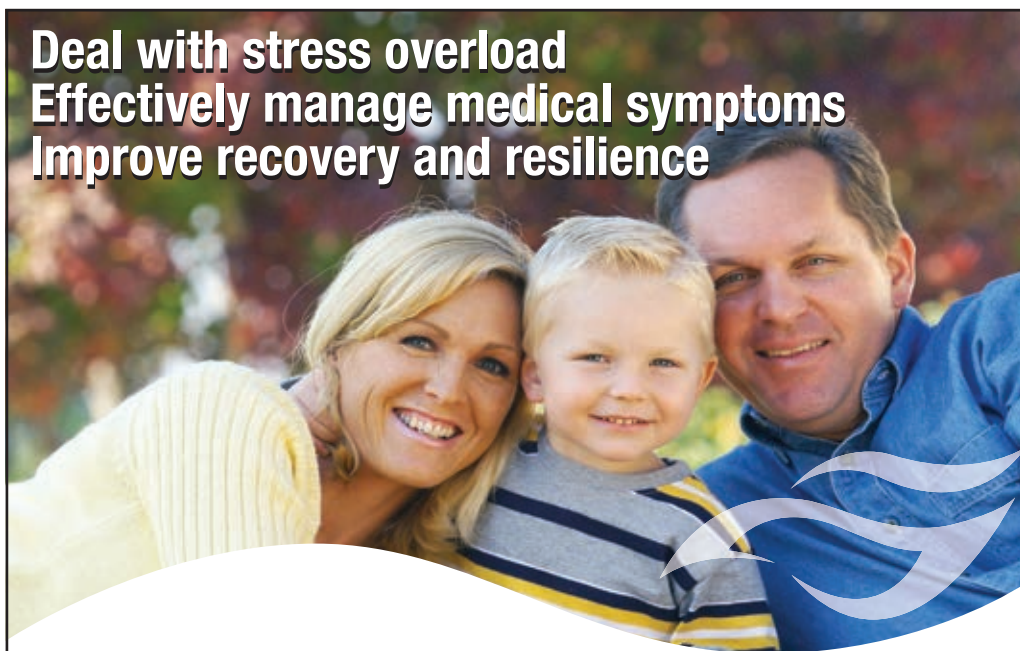
It’s a vicious circle. Pain can cause stress and stress can cause pain. Ideally, the body’s response to stress should be a short cycle followed by the return to a normal state. Otherwise, the person will continue to manage everything in his or her life – even small things – through a stress response.

When a body is continually under stress, it changes the balance of the mind and the chemicals in the body. Pain will continue to grow and other conditions such as chronic fatigue, hypertension and obesity may develop on top of the initial illness.

From the beginning of treatment, the goal is to improve the function of the patient. By harnessing the power of our thoughts and emotions, you can achieve the best possible outcomes in living with chronic pain.

**Nadezda Djurovic, MD, is an Internal Medicine physician with the Methodist Physician Group.**

**Deal with stress overload  
Effectively manage medical symptoms  
Improve recovery and resilience**



## Mind-Body Health Program

**Directed by Dr. Nadezda Djurovic**

This 8-week program is designed to teach patients the connection between the mind and body and how they can incorporate various mind-body principles and practices into their daily lives.

### Learn about

- The link between stress and physical and emotional problems
- The importance of diet and physical activity in supporting wellness
- The role of positive thoughts and beliefs in supporting wellness
- Techniques to reduce stress, promote resilience and mind-body health

This program is for those with anxiety-related symptoms, chronic health problems such as headaches, gastrointestinal problems, asthma, fatigue, sleep disorders, autoimmune diseases or any condition that is complicated by stress.

Includes 3 individual office visits reimbursed by most insurers, and 8 weekly 90-minute group sessions.

**Groups are forming now.**

**For more information about the course, or to register, call 1-888-909-DOCS (3627)**

NORTHLAKE CAMPUS

MIDLAKE CAMPUS

SOUTHLAKE CAMPUS





# Community Event Calendar

## screenings & seminars:

**Free Scoliosis Screenings**  
Southlake Campus, Pavilion B, Neuroscience Institute  
200 E. 89th Ave, Merrillville  
*By Appointment. For information call 219-738-4926.*

**Back and Neck Pain Seminars**  
The New Spine Care Center takes an innovative team-oriented approach to treatment. Identify your back or neck pain and learn about the most effective treatments available.

Southlake Campus, Pavilion B, Center for Advanced Clinical Studies  
200 E. 89th Ave, Merrillville • 4:00 p.m.  
• November 7      • December 5  
• November 21      • December 19  
*To register call 1-888-909-DOCS (3627).*

**Health Matters Seminars**  
*Presented by Methodist Hospitals*  
YWCA of Northwest Indiana, 150 W. 15th Avenue, Gary  
All Health Matters seminars begin at 12:15 p.m.  
• October 26      • November 9      • December 14

**classes:**  
**Diabetes Self-Management Education Classes**  
Comprehensive diabetes education involving all aspects of treatments as well as prevention of chronic complications.  
Southlake Campus,  
Pavilion D, 303 E. 89th Ave., Merrillville  
• Tuesdays, 1 p.m. to 4 p.m. or 5 p.m. to 8 p.m.  
(3 Tuesdays in a row)  
*To register call 219-944-4160.  
Must have physician referral.*

**Prepared Childbirth Classes**  
A five-week course to help pregnant mothers and their partners learn about labor, delivery and the immediate post partum period. Recommendation for attendance is 7 – 8 month of pregnancy.  
Southlake Campus, Pavilion B,  
Center for Advanced Clinical Studies,  
200 E. 89th Ave, Merrillville • 6:00 p.m. to 9:00 p.m.  
• November 13  
*To register call 1-888-909-DOCS (3627).*

**Sibling Classes**  
Classes are designed help to prepare children and their parents for a new family member.  
*\$15 per child;  
Free if parents are delivering at Methodist.*  
Southlake Campus, Pavilion B,  
Center for Advanced Clinical Studies,  
200 E. 89th Ave, Merrillville • 6 to 9:00 p.m.  
• November 3  
*To register call 1-888-909-DOCS (3627).*

**Stroke and PAD Screenings**  
Free Stroke risk assessment and PAD Screenings:  
Blood Pressure and Carotid Bruit Check  
Methodist Hospitals Midlake Campus,  
2269 25th Ave, Gary • 12 to 2:00 p.m.  
• November 6  
*To register call 1-888-909-DOCS (3627).*

**Free Weight Loss Surgery Seminar**  
An informational seminar about weight loss and surgery options. The session is open to all interested persons and their families or friends.  
Southlake Campus, Pavilion A • Restart Center  
101 East 87th Ave, Ste, 430, Merrillville • 6:00 p.m.  
• October 23      • December 8 (10:00 a.m.)  
• November 8      • December 13  
• November 17 (10:00 a.m.)      • December 20  
*To register call 1-888-909-DOCS (3627).*

**clinics:**  
**Genetics Clinic**  
Identify your potential genetic health risks in order to make informed decisions about your genetic health. The clinic also helps identify your genetic results, and provides support throughout the process.  
Southlake Campus, Pavilion B, Oncology Institute,  
200 E. 89th Ave, Merrillville  
*By Appointment. Call 219-757-7212.*

**Lymphedema Clinic**  
Patients with lymphedema and/or other edemas can learn proper skin care, diet & exercises, massage and other compression techniques  
Southlake Campus, Pavilion D, 303 E. 89th Ave, Merrillville  
1st and 3rd Wednesday of the month.  
*By Appointment. Call 219-944-4160.*

**FREE Outpatient Congestive Heart Failure Clinic**  
The goal of this clinic is to assist heart failure patients in learning how to monitor and control their symptoms, improve their quality of life and prevent hospital stays.  
Cardiac Rehab, 753 E. 81st Place, Merrillville, IN 46410  
*By Appointment. Call 219-738-1075.*

**We’re Holding a Jacket for You.**  
**Become a Methodist Hospitals Volunteer**

We can never have too many helping hands and smiling faces. Volunteering is a wonderful way to make a difference in the life of someone else. Methodist Hospitals’ Volunteer Services offer unique opportunities for anyone 15 years or older to share their time, talents and interests to support our mission. As a volunteer, you’ll be providing vital support, assisting with many of the services that contribute to the care and comfort of our patients.  
*For more information on volunteer opportunities, call Northlake Campus, Gary: 219-886-4257 or Southlake Campus, Merrillville: 219-738-5622*

# Straight Talk for Guys Over 50

**FREE Men’s Health Seminar**  
*Presented by Dr. Ayo Gomih*  
Dr. Gomih will present useful information about prostate health, urinary incontinence and erectile dysfunction at these free seminars.

**Wednesday, November 7 at 6:00 p.m.**  
Methodist Hospitals, Southlake Campus – Pavilion B  
200 E. 89th Avenue, Merrillville  
**Thursday, November 8 at 4:00 p.m.**  
Methodist Hospitals – Midlake Campus  
2269 W. 25th Ave., Gary

**Reserve your seat today! Space is limited.**  
**Call 1-888-909-DOCS (3627)**  
**or visit MethodistHospitals.org**

**support groups:**  
**Diabetes Support and Education Groups**  
A wide variety of topics related to diabetes are discussed. For persons with diabetes and their family members.  
• Methodist Hospitals Midlake Campus,  
2269 25th Ave, Gary  
• Free. Classes meet the 4th Tuesday of every month from 10:30 a.m. to 12 noon or 5:00 p.m. to 6:30 p.m.  
*To register call 219-944-4160.*

**Multiple Sclerosis Support Group**  
A support group for friends and family of people with multiple sclerosis.  
Southlake Campus,  
Center for Advanced Clinical Studies,  
200 E. 89th Ave, Merrillville • 11:30 a.m. to 1:00 p.m.  
• November 16      • December 21  
Midlake Campus, 2269 West 25th Ave, Gary • 12 noon  
Third Tuesday of each month.  
*For more information call 219-738-4926.  
No registration required.*

**Living After Loss**  
A support group for adults grieving the death of a loved one.  
Northlake Campus, South Pavilion Auditorium,  
600 Grant St., Gary • 4:00 p.m.-5:30 p.m.  
Every Wednesday  
Southlake Campus, Lower Level, Classroom 2  
8701 Broadway, Merrillville • 6:00 p.m.-7:00 p.m.  
Every Monday  
*For more information call 219-886-4522.*



# METHODIST FALL Community Health Fair



**SATURDAY  
OCTOBER 27  
9 AM - 12 NOON**



**Methodist Hospitals  
Southlake Campus**

**Pavilion A  
First Floor**

**101 E. 87th Avenue  
Merrillville**

## **FREE Health Screenings**

Blood Pressure / Blood Sugar\* / PSA  
Cholesterol\* / Blood Oxygen Level  
Body Mass Index / Bone Density  
Heart Attack and Stroke Risk  
Assessment

*\*fasting required*

## **FREE Health Information**

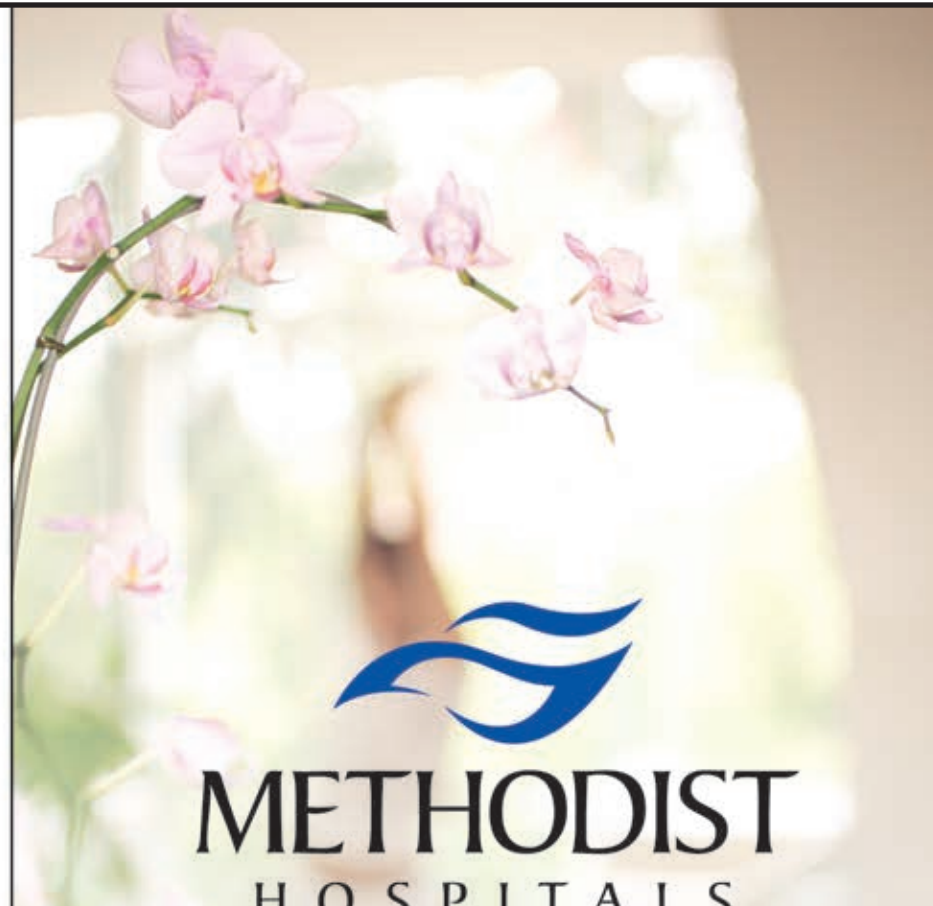
Ask-A-Doctor / Breast Health  
Cardiology / Diabetes  
NeuroScience Institute / Nutrition  
Oncology Institute  
Rehabilitation Services  
Volunteer Services / Women's Services

**Plus RAFFLES and more  
FREE Information from  
Other Healthcare  
Organizations!**



**METHODIST  
HOSPITALS**

*Leading the Way to Better Health*



**METHODIST  
HOSPITALS**

**Help us celebrate  
the opening of our**

**NEW, State-of-the-Art  
Breast Care Center**

**OPEN  
HOUSE**

**Saturday · October 27  
9 am - 12 noon**

**Methodist Hospitals • Southlake Campus  
Pavilion A • Second Floor  
101 E. 87th Avenue • Merrillville**

**Tickle yourself pink!  
We're celebrating with a SPA DAY!**

Tour the new Breast Care Center  
See the Region's **FIRST** 3D Mammography Equipment:  
**FREE** Chair Massages • **FREE** Hand Parafin Waxes  
**FREE** Refreshments • **FREE** Raffles • **FREE** Gifts