

Northwest Indiana's ONLY
Ranked Hospital by U.S. News & WORLD REPORT

FALL 2013 ISSUE

#13 in Indiana
#30 in Metro Chicago

HEALTHWISE

THE MAGAZINE OF METHODIST HOSPITALS



Intentional Caring

Chicago Bears help Methodist provide mammograms to women in need

In this issue:

- Methodist's new GERD Center treats Upper Digestive Disorders
- Revolutionary comprehensive Parkinson's disease care close to home
- Keys to living a full life with chronic heart failure
...and much, much more.



METHODIST
HOSPITALS

LEADING THE WAY TO BETTER HEALTH.



WELCOME FROM THE CEO

In this issue of *HealthWise* we are proud to announce that Methodist Hospitals is the only Northwest Indiana hospital to earn a spot on this year's *US News & World Report's* Best Regional Hospitals rankings. Read about this honor

in greater detail on this page.

In the following pages you will also learn about new programs and facilities we are introducing to better serve you.

Our Fall Issue includes features about the diagnosis and treatment of gastroesophageal reflux disease (GERD) and diabetes, which affect many Northwest Indiana residents. Our Diabetes Center, which has been recognized by the American Diabetes Association for its excellence in education, offers a diabetes self-management program that has helped hundreds of people with diabetes to live healthier lives. And we just launched a new GERD Center to quickly and effectively diagnose and treat those who suffer from GERD and similar diseases.

For those with Parkinson's disease, we developed a new comprehensive program of diagnosis and treatment that is the first of its kind in Chicagoland and in Indiana.

This issue also includes useful information about managing heart failure, joint replacement, men's health issues, our new grant from the Chicago Bears' Bears Care foundation and more.

As always, we welcome your feedback.

Call our Marketing and Corporate Communications department at 219.886.5972 or email us at corporatecommunications@methodisthospitals.org.

Sincerely,



Ian E. McFadden, FACHE
President/CEO

Methodist Hospitals is Northwest Indiana's Only Hospital to Earn *U.S. News & World Report* Ranking



Methodist Ranks 13th in entire state of Indiana; 30th in Metro Chicago

U.S. News & World Report has ranked Methodist Hospitals in its 2013-2014 Best Hospitals Guide. Methodist is the only Northwest Indiana hospital to be ranked in the publication's annual guide recognizing hospitals that excel in treating the most challenging patients.

The same ranking revealed that Methodist placed 13th out of 175 hospitals in all of Indiana; 30th in the Chicago Metro area, while earning recognition for its advanced care in Neurology and Neurosurgery.

"This achievement is a reflection of our commitment to being Northwest Indiana's leader in specialty care," said Methodist President and CEO, Ian McFadden.

U.S. News Health Rankings Editor, Avery Comarow, explained, "A hospital that emerges from our analysis as one of the best has much to be proud of. Only about 15 percent are recognized for their high performance as among their region's best.

The Best Hospitals guide is designed to assist patients who need a high level of care for such things as a particularly difficult surgery or a challenging condition, as well as those whose age or health problems place them at added risk. McFadden added, "These rankings allow patients to compare hospitals and determine where they might seek treatment."

Chief Nursing Officer Shelly Major commented, "It is significant that we have been recognized for our care. We work hard to ensure that our patients have the best possible experience."

Rankings and data are produced for U.S. News by RTI International, a leading research organization. Objective measures used include patient survival and safety data, the adequacy of nurse staffing levels and other pertinent data. To see the complete rankings and methodology, visit <http://health.usnews.com/best-hospitals>.

Methodist Hospitals Foundation's Third Annual Founders Society Ball

Fun and fundraising will go hand in hand on Saturday, October 26 at Methodist Hospitals' third annual Founders Society Ball. Created to recognize generous benefactors and volunteer support, the event will take place at the US Steel Steelyard Baseball Stadium in Gary.

Entering the stadium through the VIP entrance via red carpet, attendees will be escorted by "flight attendants" for an "International Journey" to the skyboxes. Guests will enjoy refreshments and entertainment from nine international regions that represent the melting pot that was Northwest Indiana in the early 1900's: The United Kingdom, France, Italy, India, Thailand, Kenya, Brazil, Mexico and Japan.

The gala event continues with a theme of Black-Tie, Mom, Apple Pie and Baseball, which unfolds under a clear-top tent on the field. The evening will include a five-course meal, entertainment, benefactor and volunteer recognition, and a spectacular grand finale of fireworks and a sky lantern launch in a tribute to our armed forces.

Methodist Hospitals Foundation reaches out to benefactors and holds fundraisers and special events throughout the year to help further the hospital's mission. Now in its third year, the Foundation has experienced a surge of generosity from the community, which it greatly appreciates.

The Founders Ball promises to be a

memorable and fun experience. For more information and reservations, please contact Rob Hanrahan, Executive Director, by phoning 219-886-4389 or by email at rhanrahan@methodisthospitals.org.



2012 Benefactor and Volunteer Honorees

Methodist's evolution and expansion continues

Raising the bar to change the way healthcare is delivered in Northwest Indiana

Methodist Hospitals strives to respond to the unique needs of our community. Through the addition of new programs and services, we continue to change the way healthcare is delivered in Northwest Indiana.

As we evolve, we will keep you up-to-date on the newest programs, services and more...because every change we make is designed to serve you better!

Endoscopy Center

Methodist Hospitals has acquired the IMA Endoscopy SurgiCenter, located at 8895 Broadway in Merrillville. This will increase the number of endoscopic procedures we are able to conduct by more than 2,500 each year.

"We are happy to have this opportunity to improve our facility and equipment and more closely align with Methodist Hospitals," said Daniel Hurwich, MD, President of Digestive Medicine Associates.

Methodist President and CEO, Ian McFadden added, "We are pleased to partner with such an outstanding group of physicians and look forward to the excellent care delivery this brings to the communities we serve."

Partnerships of this nature are key elements in the formation of accountable care organizations, a component of care delivery in the future.

Orthopedic and Spine Centers

New orthopedic and spine care facilities are in the works at both the Midlake and Southlake campuses. These patient-friendly centers will feature spacious waiting areas, physician offices and exam rooms. The new

designs will facilitate patient flow.

The centers will offer an extensive array of specialties.

Medical Stabilization Unit

The Northlake campus, 600 Grant Street, Gary, has welcomed a new Medical Stabilization Unit. The unit provides medically supervised, in-patient stays where patients who are under the influence of alcohol or drugs and are considered medically unstable are closely monitored.

Candidates for admission include those in withdrawal or overdosed, as well as those who are motivated to break their addictions. An important first step in effective, long-term addiction management, Medical Stabilization improves the odds for successful recovery.

Catheterization Lab

Already equipped with Northwest Indiana's only Biplane Catheterization Lab for neurovascular procedures, considered the "gold standard" for such interventions, Methodist Hospitals has obtained the next generation of this advanced equipment.

Methodist's new GE Imaging Suite provides a cohesive treatment center that delivers three-dimensional images for faster diagnosis and treatment. All of this is accomplished using less dye and radiation.



Architect's rendering of Methodist's new Orthopedic and Spine Center reception area.



Methodist Hospitals recently unveiled its newly renovated Surgery Waiting Area on its Southlake Campus. Its design is modeled after a fine hotel lobby. The comfortable furniture, soft lighting and warm tones blend together to create a gentle, relaxing environment for patient families.

Valet Services

We understand hospital stays can be stressful for everyone concerned. To help ease your experience, Methodist Hospitals has enhanced our valet services. Caring, compassionate valet is available daily from 7:00 a.m. to 9:00 p.m. at both our Southlake and Northlake campuses.

Methodist Hospitals is proud to deliver the best patient experience in Northwest Indiana. We are "leading the way to better health" through continuous improvement and growth!

A 30-Year Tradition of Award-Winning Cancer Care.

The American College of Surgeons Commission on Cancer has awarded its 3-YEAR ACCREDITATION WITH COMMENDATION to Methodist Hospitals' Cancer Program.

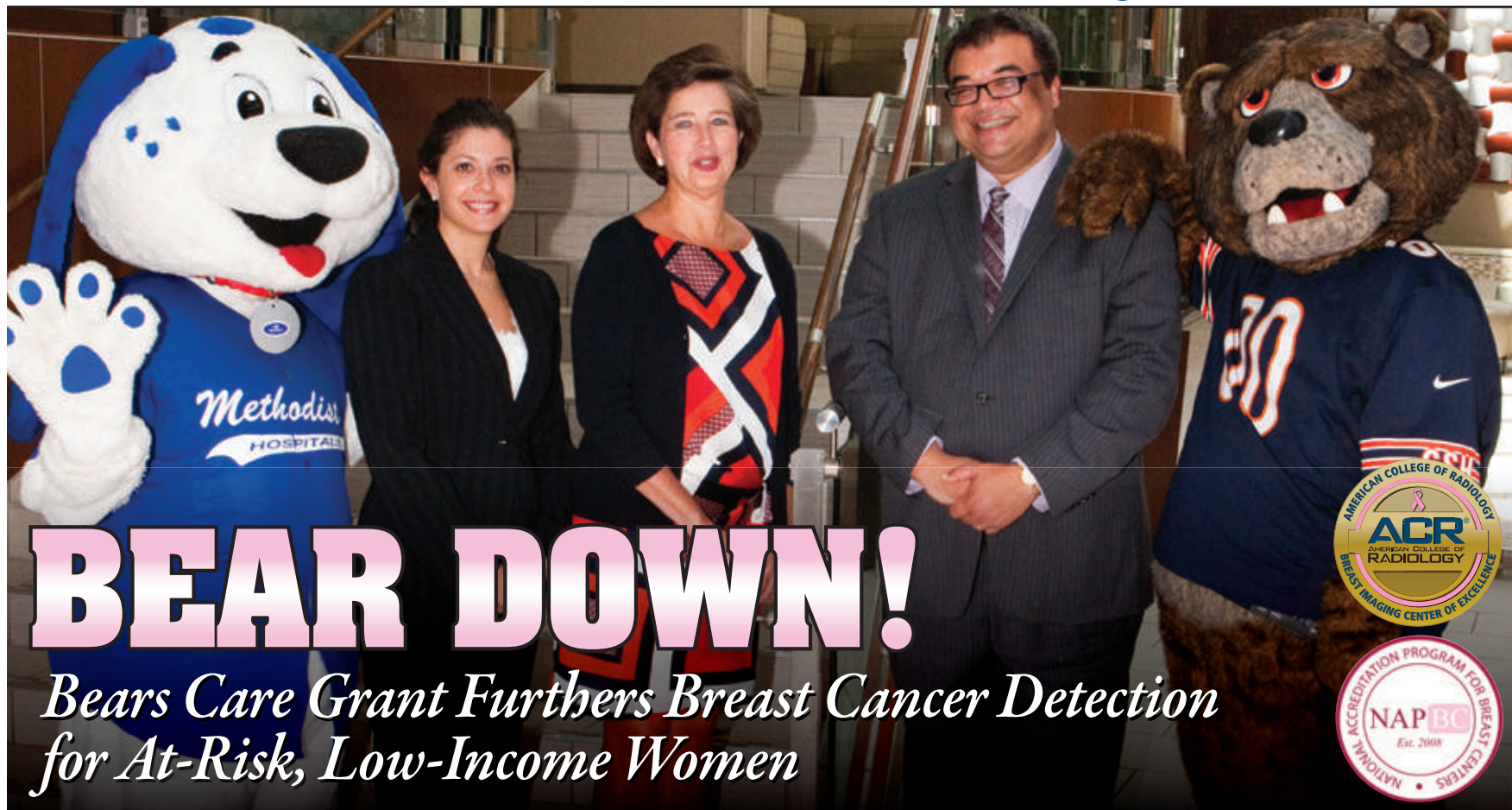


This is the third consecutive commendation awarded to Methodist Hospitals. Each time, we have achieved the maximum number of commendations, earning 9 out of 9 in 2007, 7 out of 7 in 2010 and this year, 8 out of 8.

As a CoC-accredited cancer center, Methodist takes a multidisciplinary approach to treating cancer as a complex group of diseases. It requires consultation among surgeons, medical and radiation oncologists, diagnostic radiologists and other cancer specialists. Such partnerships result in improved patient care.

"Our staff is committed to continually improving and this achievement demonstrates the results of that dedication. It is proof that members of our community do not have to travel outside of Northwest Indiana to receive the best cancer treatment available," said Methodist President and CEO, Ian McFadden.

Northwest Indiana deserves the best cancer care. And you can find it right here in your own backyard at the Methodist Hospitals.



Methodist Hospitals was pleased to accept a \$25,000 grant awarded by Bears Care, the charitable beneficiary of the Chicago Bears. The award will help Methodist provide at-risk women with access to essential breast cancer detection and diagnostic services.

Made possible by Bears Care's annual "Real Bears Fans Wear Pink" campaign, the grants were awarded to nine Chicagoland and Northwest Indiana organizations.

"This is such an amazing opportunity for Methodist Hospitals and for our Breast Center," observed Methodist Hospitals Radiologist and Fellowship-trained Breast Imager, Dr. Anastasia Siatras. "We are honored and thrilled that the Bears Foundation recognized our vision to serve the people of our community in the best manner possible."

Community outreach is an essential element of Methodist Hospitals' mission.

Ian McFadden, President & CEO of Methodist Hospitals said, "This grant will enable us to establish a program to provide annual free screening mammograms for high risk, low income and/or minority women in Northwest Indiana."

As part of a program named "No Woman Left Behind," the hospital will be matching the grant. This will double the total number of free mammograms provided from 250 to 500.

"Our program's long-term goal is to provide early diagnosis and improved outcomes for breast

cancer treatment among this group of women," McFadden said.

"Lake County, which is one of the counties we serve, has one of the highest mortality rates from breast cancer in the State of Indiana," explained Dr. Siatras. "We need to reach out to these women because they do not have the means of getting screening mammograms. The key to breast cancer is early detection."

"When we screen, we know that many women will need additional follow-up," said Methodist Hospitals Mammography Manager, Jennifer Sanders. "Thanks to the Methodist Hospitals Foundation, we can offer that follow-up care."

One of the Methodist Foundation's auxiliaries, Krewe Athena, is dedicated to fundraising for the breast center. Through this krewe, the foundation raised \$15,000 last year, \$10,000 of which has been earmarked for covering additional views and ultrasounds for low-income women.

"When women come in for these screenings, we want them to know we really care and will do what we can to help them stay on track with their screening guidelines," Sanders said. "We are a very compassionate department and we treat people with respect. We're making a difference in a woman's life."

Methodist Hospitals has achieved the Breast Imaging Center of Excellence designation from the American College of Radiology. This designation recognizes

Methodist Max (left); Dr. Anastasia Siatras, Methodist Radiologist; Marge Hamm, Director of Bears Care; Ian E. McFadden, Methodist President & CEO; and Chicago Bears Mascot, Staley da Bear celebrate the new partnership between the hospital and Bears Care.

institutions that deliver the highest level of care for patients. Our high standard of care includes the use of 3-D mammography at both the Southlake and Northlake campuses. 3-D mammography greatly improves cancer screening and detection.

This fall will mark the sixth season of the "Real Bears Fans Wear Pink" campaign. The team and Bears Care will officially recognize National Breast Cancer Awareness Month when they take on the New Orleans Saints on Sunday, October 6.





*Breakfast with Your
Breast Care Health Team*

Saturday, October 5, 9:00am - 12noon



Southlake Campus – Pavilion A • 101 E. 87th Avenue, Merrillville

FREE
Breast Cancer
Risk
Assessments

FREE Continental Breakfast Buffet

With bagels, fruit, yogurt, granola, coffee and juice

- Tour the state-of-the-art Breast Care Center
- See our advanced equipment, including 3D Mammography
- Meet our Breast Care Center Radiologists & Staff

Bring a friend and
**Enter to Win
a SPA DAY
BASKET!!!**

- FREE** Gifts For All Attendees!!!
- FREE** Chair Massages
- FREE** Bone Density Screenings
- FREE** Paraffin Hand Treatments
- FREE** Glucose & Cholesterol Screenings*

*12-hour fast required

Register today!

Call **1-800-909-DOCS (3627)**
or visit **MethodistHospitals.org**

Relief for Upper Digestive Disorders

Methodist's new GERD center delivers comprehensive approach



Dr. Daniel Hurwich

“The clinic is designed to streamline diagnosis and improve care for chronic sufferers.”

Have you been suffering from heartburn? If so, you're not alone. About 40 percent of all Americans live with heartburn. And it's a chronic condition for one in 10 Americans.

Methodist Hospitals' new GERD Center provides access to a full array of diagnostics and treatments for heartburn, Gastroesophageal Reflux Disease (GERD), and similar disorders. We offer therapy options from the most conservative to the latest advanced techniques.

The clinic is designed to streamline diagnosis and improve care for chronic sufferers. Once patients are welcomed into the clinic, our goal is to take them from complaint to diagnostic method, to a therapy plan within one to two weeks.

GERD Symptoms include discomfort or a burning feeling in the chest, burning in the



Say Good-bye to Acid Reflux Pain & Discomfort

FREE SEMINAR

***Presented by Daniel Hurwich, MD;
Peter Mavrelis, MD; Kumar Venkat, MD***

You don't have to live with chronic heartburn or acid reflux pain and discomfort. Learn about the latest effective treatments to relieve upper digestive disorders at this free seminar presented by Methodist Hospitals physicians.

Thursday, Sept. 19 at 5:30 p.m.
Wednesday, Oct. 23 at 5:30 p.m.
Wednesday, Nov. 13 at 5:30 p.m.

Methodist Hospitals
 Southlake Campus – Pavilion B
 200 East 89th Drive, Merrillville

Community Invited.
FREE REFRESHMENTS.

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

throat, an acidic taste in the back of throat, trouble swallowing, a cough and hoarseness. Those symptoms are considered chronic when they occur at least two to three times a week, or are disabling in terms of interrupting a patient's lifestyle

Left untreated, patients may develop Barrett's esophagus, a precancerous change in the lining of the esophagus. Others may develop Stricture disease, in which the esophagus narrows and makes swallowing difficult.

The incidence of Adenocarcinoma of the esophagus is growing at the fastest rate of all cancers. We believe its increase can be partly attributed to our diets and our weight. By evaluating the symptoms and recognizing the damage caused by reflux disease we hope to make a dent in the increased incidence of this cancer.

The evaluation tools at our disposal enable us to determine who may be a candidate for various therapies. Among them are endoscopy and the Bravo pH system, which offers a non-invasive method of measuring acid in the esophagus over a 48-hour time frame.

Methodist Hospitals is also acquiring a state-of-the-art, high resolution Esophageal Manometry System for evaluating functional swallowing disorders.

For patients with mild disease, medications and behavioral or diet modifications can help. Dietary changes often involve avoiding fatty, spicy, or fried foods, as well as peppermint, mint, garlic, onions, tomato sauce, caffeine and alcohol. Behavioral changes may include not eating late at night, elevating the head of the bed, eating smaller meals, and smoking cessation.

As a multi-disciplinary facility, the GERD Center offers an array of surgical solutions.

Among them is the Transoral Incisionless Fundoplication (TIF) procedure, a newer, highly successful technique. Laparoscopic Fundoplication is another option. Because patients with a Body Mass Index of 35 or higher may benefit from weight loss surgery, we work closely with the Northwest Indiana Center for Bariatric Surgery at Methodist Hospitals.

The new GERD Center is located in Methodist Hospital's Outpatient Surgery Center on the Southlake Campus. Patients may call 219-757-7534 directly, or be referred by their physician. A Registered Nurse Navigator will help guide them through the system.

Daniel Hurwich, MD, is a board certified gastroenterologist, and medical director of the Methodist Hospitals GERD Center.

Coping with Diabetes

Understanding diabetes is key to prevention and management

“Simple changes such as eating right, managing your weight, and keeping your blood sugar level under control may be enough.”

Every day, in the United States, more than 2,000 new cases of diabetes are diagnosed. Type II diabetes, the most prevalent form of diabetes worldwide, often shows few or even no symptoms!

After eating, food is broken down into what is known as glucose, a sugar carried by the blood to cells throughout the body. Using a hormone known as insulin, made in the pancreas, cells process glucose into energy.

Because cells in the muscles, liver, and fat do not use insulin properly in the body of a person with type II diabetes, they have problems converting food into energy. Eventually, the pancreas cannot make enough insulin for the body’s needs. The amount of glucose in the body increases, and the cells are starved of energy.

This starvation of the cells, paired with the high blood glucose level can damage nerves and blood vessels. This leads to complications such as kidney disease, nerve problems, blindness, and heart ailments.

Many factors can impact the likelihood of diabetes, including lifestyle, environment and heredity. Those who are at risk should be screened regularly to prevent diabetes, and those who are already diagnosed with diabetes should aim to keep their glucose level under control.

But how do you know if you have type II diabetes? After all, it has few symptoms, often no symptoms in some patients. However, if you notice an increased thirst or hunger, a change in weight, or blurred vision, getting tested for type II diabetes is necessary, as only your doctor will be able to help you find the treatment steps necessary to being able to manage your life with diabetes.

Simple changes such as eating right, managing your weight, and keeping your blood sugar level under control may be enough. However, your doctor may prescribe diabetes-regulating medications to assist you in controlling your type II diabetes.

Diabetes is a serious ailment with extreme consequences if it isn’t treated properly. But if you follow your doctor’s advice and maintain both your lifestyle and blood sugar levels, you can help to prevent the more serious consequences from occurring.

The incidence of diabetes in Northwest Indiana is greater than the national average. Methodist Hospitals Diabetes

Center was established to directly address that community need.

See your physician for more information about the proper diagnosis and treatment of diabetes.



Self-Management Course Offers Valuable Information for Those with Diabetes



Carol Sakelaris

Whether patients are newly diagnosed or have been living with diabetes for many years, Methodist Hospitals’ Diabetes Self-Management Course is designed to help them successfully manage the disease. Many attendees are long-term patients referred by their physicians to help them gain control of their diabetes.

Topics include diet and exercise; when to check blood sugars; foot, eye and skin care; as well as kidney and heart health. By teaching patients how to keep blood sugars in a healthy range, we hope to keep them out of the hospital and prevent long-term complications.

The Diabetes Self-Management Course begins with a one-hour intake assessment followed by three, 3-hour class sessions. Classes are held on the first three Tuesdays of every month at the Methodist Hospitals Rehabilitation Center on the Southlake Campus. Methodist is also offering the course at the Valparaiso Family YMCA. Additionally, this course includes a quarterly 2-hour follow-up session free of charge.

Medicare/Medicaid as well as most private insurers will cover the cost of the Diabetes Self-Management Course. A physician’s order is required.

In addition to classes, Methodist hosts a free support group that is open to the general public fourth Tuesday of each month at its Midlake Campus.

Family members and friends of diabetes patients are strongly encouraged to attend. It’s helpful to have two sets of eyes and ears to absorb the information, and the in-depth information dispels misconceptions and assists them in providing informed support.

Carol Sakelaris is an Acute Care Clinician/Educator and a Certified Diabetes Educator at Methodist Hospitals.

For more information, call 219-738-5802.

Methodist's New Comprehensive

Intensely individualized program is the first in Indiana - and the entire to diagnosis and long-term treatment.



Dr. Arif Dalvi

There is no such thing as a single Parkinson's disease.

Parkinson's disease is generally considered as being a tremor disorder. However we have come to understand it as a complex disease state that can present with a variety of symptoms. Like other neurological disorders, there are no two cases of Parkinson's disease that are exactly alike. Symptoms can vary greatly from one individual to another.



Dr. Kevin Waldron

These include motor symptoms, such as tremor, slowness of movement, muscle stiffness, change in gait, and stooped posture. Patients may also experience non-motor symptoms including anxiety, depression, memory disorder, bowel and bladder symptoms, fluctuations of medication

response, fatigue, and lack of motivation.

Parkinson's disease is an intensely individual condition that requires carefully tailored diagnostic and treatment methods.

As a result, Methodist Hospitals has developed a Comprehensive Parkinson's Disease Program that uses a multidisciplinary approach, quantitative rating scales, and a quality approach based on guidelines from the American Academy of Neurology to accurately diagnose Parkinson's and map individualized treatment strategies.

It is the first program of its kind in the entire state of Indiana, as well as the entire Chicago metropolitan area. Until now, local residents had to travel to the Mayo Clinic for such a comprehensive diagnostic and treatment program.

accomplished by involving the right specialists from the start.

At Methodist, that process begins with a preliminary assessment in which we evaluate presenting symptoms to determine which specialists will participate in the diagnosis.

It is during the second visit that we assemble our multidisciplinary team to dig deep into each symptom. It is then that our patient is assessed by physical therapists, pharmacists, nutritionists and social workers based on the symptomatology. DaTscan imaging technology is used to measure dopamine levels in the brain. The patient is also evaluated according to the Unified Parkinson's Disease Rating Scale, which is the most complete tool to measure and predict progression of the disease.

Setting the Clock Back on Parkinson's

The information we gather at the second visit is used to determine a plan of medication adjustments, physical therapy, other nonpharmacological measures, and, where necessary, assessment for surgical intervention.

Because there is no cure for Parkinson's disease our objectives are to control it, and whenever possible set back the clock on its progression. To accomplish that, everything is on the table.

Parkinson's is essentially caused by the loss of dopamine-generating cells in the brain. There are medications available to restore the dopamine levels. However, older medications have a higher incidence of side effects, such as dyskinesia, involuntary movements that are sometimes worse than the original tremors. As a result, it is vitally important to take a measured, long-term approach to mapping a medication strategy using a combination of newer medications and the older approach that relies only on dopamine replacement.

In addition to medication and physical therapy, we work with patients on diet and nutrition. That often includes modifying the timing of

Diagnosis Beyond the Tip of the Iceberg

According to researchers, Parkinson's disease is incorrectly diagnosed in about one in five people. That's because the most recognized Parkinson's symptoms, such as tremors and shaking are likely just the tip of the iceberg. There are often a variety of underlying symptoms, including anxiety, depression and fatigue that can and should be addressed.

In order to fully understand a patient's Parkinson's disease it is important to have a comprehensive evaluation of that patient's disease state. That can best be



Parkinson's Disease Program

Chicago area - to take a true multidisciplinary approach

medications to avoid interaction with the protein in their diets. We also encourage patients to be active and exercise. These and other holistic actions are known to blunt the progression of Parkinson's disease.

Deep Brain Stimulation, in which a neurosurgeon implants electrodes to specific parts of the brain to improve Parkinson's disease symptoms, is an option for more advanced cases.

"This is a well-proven, relatively safe procedure, which has been FDA-approved for approximately 10 years," said Dr. Kevin Waldron, a Methodist Physician Group neurosurgeon. "Deep Brain Stimulation is not in the first line of treatments for Parkinson's disease. However, this procedure, which is performed using a local anesthetic, has helped to make it more livable in the appropriate cases."

I came to Methodist Hospitals from the University of Chicago and North Shore Health System to build a complete Parkinson's disease program from the ground up. With the support of the Methodist Hospitals Board

New Advances and Opportunities in Parkinson's Disease

FREE SEMINARS

Presented by Dr. Arif Dalvi

Dr. Dalvi will discuss the latest life-changing tools now available for those with Parkinson's disease at these free seminars.

Wed., October 9, 4:00 p.m.

Midlake Campus
2269 W. 25th Ave., Rm. 149 • Gary

Wed., October 30, 5:30 p.m.

Southlake Campus, Pavilion B
200 E. 89th Drive • Merrillville

Wed., November 20, 5:30 p.m.

Valparaiso Family YMCA
1201 Cumberland Crossing Drive • Valparaiso

Community Invited.
FREE REFRESHMENTS.

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

of Directors, Administration and staff we have done just that.

Our new Comprehensive Parkinson's Disease Program is now ready to help Parkinson's disease patients treat their symptoms beyond the tip of the iceberg, set back the

clock on the disease and maintain their quality of life.

Arif Dalvi, MD, is a board certified neurologist and director of the Methodist Hospitals Parkinson's Disease Program. He has published widely in medical literature on this subject.

A PATIENT'S STORY:

How's the Parkinson's?

For more than eight years, Dr. Arif Dalvi has greeting Terry Murphy with the same words, "How's the Parkinson's?"

In 2005, what began as twitching in his right thumb progressed to where he had his doctor check it out. It was then, at the age of 45, that Terry learned he had Parkinson's disease.

"I didn't know much about it then," Terry said. "I really just laughed it off and went out to lunch with my wife right after my appointment. But as time passed, I knew I had to do something about it."

It was then that he first saw Dr. Dalvi, who immediately took steps to control Terry's Parkinson's disease.

To accomplish that Dr. Dalvi prescribed diet modifications, an exercise program, and proper rest and plenty of sleep. Dr. Dalvi also started Terry's medication strategy, which is specifically designed to control his symptoms while minimizing side effects, such as involuntary movements, called dyskinesia.

"Dr. Dalvi has taken a conservative, precise approach to my care," Terry said. "He had a plan that looked out five years, ten years, and even 20 years out."

The primary goal is to slow the progression of Terry's Parkinson's disease and preserve his quality of life. Now, eight years later, Terry has maintained an active life with a demanding position in manufacturing, and can say that his Parkinson's disease has never caused him to miss a day of work.

"The Parkinson's annoys me more than anything else, but it's not keeping from doing the things I want to do," he said.

The Valparaiso resident believes that Northwest Indiana

movement disorders patients are fortunate to have access to Dr. Dalvi and his treatment philosophy so close to home.

"Dr. Dalvi is my number one weapon against this disease," Terry said. "He's more than just a doctor to me."



Dr. Arif Dalvi (left), director of the Parkinson's disease program, greets his patient, Terry Murphy at the Methodist Hospitals Neuroscience Institute.

Heart Failure

Don't let the name scare you



Dr. Andre Artis

“In Methodist Hospitals’ Heart Failure Program, we coach and mentor patients to prepare them for the level of care they need outside of the hospital.”

Contrary to its name, heart failure does not mean your heart is going to stop beating at any moment. What it does mean, is your heart isn't working as well as it should.

The good news is heart failure is very manageable. In many ways, how well you do is directly related to how well you follow the steps of good care.

First, let's define what we're talking about...

Q. *What is heart failure?*

A. Heart failure is a serious condition where your heart doesn't pump blood through your body as well as it once did. Because your body needs oxygen-rich blood with lots of nutrients to function properly, this can make you feel tired or weak.

Q. *What are the symptoms of heart failure?*

A. In addition to feeling tired or weak, heart failure patients may experience shortness of breath, frequent coughing, increased heart rate, a feeling that their heart is racing, swollen ankles and legs, loss of appetite and weight gain.

In acute episodes, shortness of breath can leave you gasping for air. Patients who have fluid buildup in their lungs can feel like they are drowning.

Q. *What are the treatments when heart failure “acts up”?*

A. Patients usually need to be hospitalized when their heart failure gets worse or they experience an acute episode. Different intravenous (IV) drugs are used for treatment in the hospital.

Q. *What can I do to help prevent heart failure episodes?*

A. Fortunately, heart failure is a condition that a patient can somewhat control. How much or how little you do to take care of your condition will directly affect your quality of life.

Basically, heart failure patients need to do the following:

- Manage their weight and symptoms
- Quit smoking
- Eat a heart-healthy, low sodium diet
- Weigh themselves daily, watching for gains of 3 pounds in a day or more than 5 pounds in a week
- Be aware of and watchful for symptoms of worsening heart failure
- Be prepared with a plan for worsening symptoms

Many patients are afraid to exercise, but light to moderate activity is actually very helpful. It's also best to reduce stress as much as possible.

Because every heart failure patient is different, you will need to work out a specific plan of care with your heart specialist. Various medications can be prescribed which need to be taken on a regular schedule.

In Methodist Hospitals' Heart Failure Program, we coach and mentor patients to prepare them for the level of care they need outside of the hospital. While every plan is tailored to the needs of each specific patient, they share common goals. These include:

- Control these symptoms
- Maintain the best quality of life possible
- Stay out of the hospital
- Take an active role in self-management

The most important thing for a patient to remember is, you are in charge of your personal healthcare team. The quality of the life you're living with heart failure is up to you!

Andre Artis, MD, is a Methodist Physician Group, board certified cardiologist and co-medical director of the Methodist Hospitals Heart and Vascular Institute.



Why Men Should Turn “No” to “Know”

Prostate and ED issues are very common, and often treatable



Dr. Manoj Rao

The fact of the matter is, sooner or later almost every man will experience some kind of problem.

It's safe to say most men are notorious for ignoring health issues. Guys, you know who you are. And when those health issues involve anything “down there,” men can be even less willing to talk about what's going on.

The fact of the matter is, sooner or later almost every man will experience some kind of problem. Most of these problems have to do with the prostate gland.

For starters, many men don't even know what the prostate is. That's because, while it is part of a man's sexual organs, the prostate is hidden away. The gland is about the size of a walnut, located below the bladder and wrapping around the urethra. Its purpose is to supply the fluid that carries your sperm during ejaculation.

If you're a man over 50, you need to be aware of the number one prostate problem, benign prostatic hypertrophy. It happens when this hidden “walnut” becomes enlarged, putting



Problem below the belt? Don't ignore it. Fix it.

FREE SEMINAR

Presented by Dr. Manoj Rao, MD

Improving men's health and quality of life is what this free seminar is all about. Dr. Rao will provide information about the latest treatment options for prostate and ED issues in a relaxed, discreet forum.

FREE TICKET RAFFLE!
See Bears vs. Saints on Oct. 6

Community Invited.
FREE REFRESHMENTS.

Wed., Sept. 25, 5:30 p.m.
Methodist Hospitals
Southlake Campus – Pavilion B
200 East 89th Drive, Merrillville

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

pressure on the urethra and causing urination and bladder problems.

This is a benign condition that is far more common than prostate cancer, but it's important to identify it so it can be treated.

Another common prostate problem affecting older men is prostate cancer. Prostate cancer occurs in about as many men as breast cancer in women. Yet it doesn't get nearly the press breast cancer does, possibly due to reluctance of men to talk about “private” matters.

Though prostate cancer and benign prostatic hypertrophy are unrelated, they share similar symptoms. Some of these symptoms can include leaking and dribbling during urination, a weak urine stream or trouble getting it started and even small amounts of blood in the urine. The two conditions may they can go hand in hand, so it's good to be on the lookout for both.

Not all prostate issues are reserved for men of a certain age. Prostatitis is an extremely painful infection of the prostate that can affect men as young

as teenagers. This swelling of the prostate can cause fever, a burning sensation during urination and fatigue.

Any discussion of men's health issues would be incomplete without mentioning erectile dysfunction. As far as we've come, the topic is still so sensitive, there are no good figures on how many men suffer from this.

Erectile dysfunction can have many causes, including various medical conditions, physical injuries, lifestyle choices such as heavy alcohol consumption or smoking, and psychological issues. Treatments are just as varied, tailored to the cause. But one thing

is certain – if you don't discuss it with your doctor, it's not likely to disappear on its own.

If you're dealing with sensitive health issues, it should be comforting to know you've got plenty of company. And while denial has long been the standard approach, you really have everything to gain by sharing your symptoms with a medical professional who can get to the bottom of things.

Manoj Rao, MD, is a urologist affiliated with Methodist Hospitals.

Free Prostate Cancer Screenings

Thursday, Sept. 19, 4:30pm-6:30pm

Prostate cancer outcomes are best when treated early. Men ages 40 to 70 are invited to register.

Southlake Campus, Pavilion B
200 E. 89th Ave, Merrillville • 4:30 p.m.

To register call 1-888-909-DOCS (3627)

Methodist's Total Joint Replacement Program Improves Quality of Life



Mike Scamihorn (seated) takes a break from a recent physical therapy session with his orthopedic surgeon, Dr. Vineet Shah and his physical therapist, Ma Maunes.

Methodist Hospitals has established a center of excellence for joint replacement in Northwest Indiana. For patients, this translates to improved quality of life.

Patient Mike Scamihorn suffers from severe osteoarthritis affecting all of his joints.

Over a period of about five years, Mike's knees had worsened to the point where stairs were painful and he was unable to walk very far. His hip pain came on quickly and with a vengeance. Within the space of two or three months, it was so excruciating, Mike was unable to walk or even lie on an MRI table.

He received hip and knee replacements through Methodist's Total Joint Replacement Program and can attest to the program's effectiveness.

"Now I feel fantastic. I have absolutely no pain in my hip whatsoever and my knee is great," Mike said.

At 58 years of age and having never had a hospital admission or surgical procedure, Mike found the prospect of joint replacement a little daunting. He said, "Fortunately, Dr. Shah is an outstanding people person, who has been fellowship trained in hip and knee replacements."

During initial patient evaluations, Vineet Shah, DO,

explains the full length of the surgical experience, from pre-operative evaluation, to the actual surgical experience and post-operative recovery.

"It's my firm belief that patients' outcomes are significantly impacted by their preparedness for surgery," Dr. Shah said.

Mike agrees. "It was very important to me to understand exactly what my problem was, what they were going to do, and what was expected of me," he said. "Dr. Shah is excellent at communicating what to anticipate."

Reduced tissue trauma surgery is another key feature of Methodist's Total Joint Replacement Program.

"I place a great deal of emphasis on reduced trauma, which involves the gentle handling of tissue during surgery," Dr. Shah said.

Dr. Shah has also developed a multi-modal surgical pain management technique that eliminates the need for nerve blocks, epidurals or pain pumps.

He explained, "By controlling pain in this manner, patients feel 'normal' when they wake up. In fact, all of my patients walk the same day of surgery."

Thanks to Methodist's Total Joint Replacement

Program, residents of Northwest Indiana can find technologically advanced options for knee and hip replacement without having to leave the area. In addition to standard knee replacements, options include computer-guided surgical navigation or patient-specific matched knee replacement.

Standard hip replacements involve using a posterior incision. Methodist also performs a minimally invasive anterior approach that renders greater overall stability, as well as the ability to bend the leg more than 90 degrees and to cross the legs.

Mike's advice to anyone considering joint replacement is to research and understand it, and find good medical professionals to do the procedure.

"I got lucky because Dr. Shah was recommended," Mike said. "I'm looking forward to having the right knee replaced next."

"I am very pleased and impressed with my entire experience with Methodist Hospitals, from the nurses, surgical staff, and pre-op people, to the valet parking guys," he added. "Whatever Methodist is doing, they're doing it very well."

Experience Freedom from Smoking!

Are you ready to become a non-smoker?

Take advantage of Methodist Hospitals' smoking cessation classes!

Methodist Hospitals' classes start in early October, and are based on the highly successful American Lung Association's Freedom from Smoking Program. Considered "America's gold standard in smoking cessation programs," it has helped people across the U.S. take control of their health by quitting smoking.

The program offers a structured, systematic approach to quitting based on proven addiction and behavior change models.

Because not all cessation techniques are effective for all smokers, the program includes a comprehensive variety of effective, evidenced-based best practices. Over the course of the curriculum, attendees are given valuable instruction to develop:

- Assertive communication skills
- Coping skills
- Self-monitoring skills
- Stress management skills
- Weight management

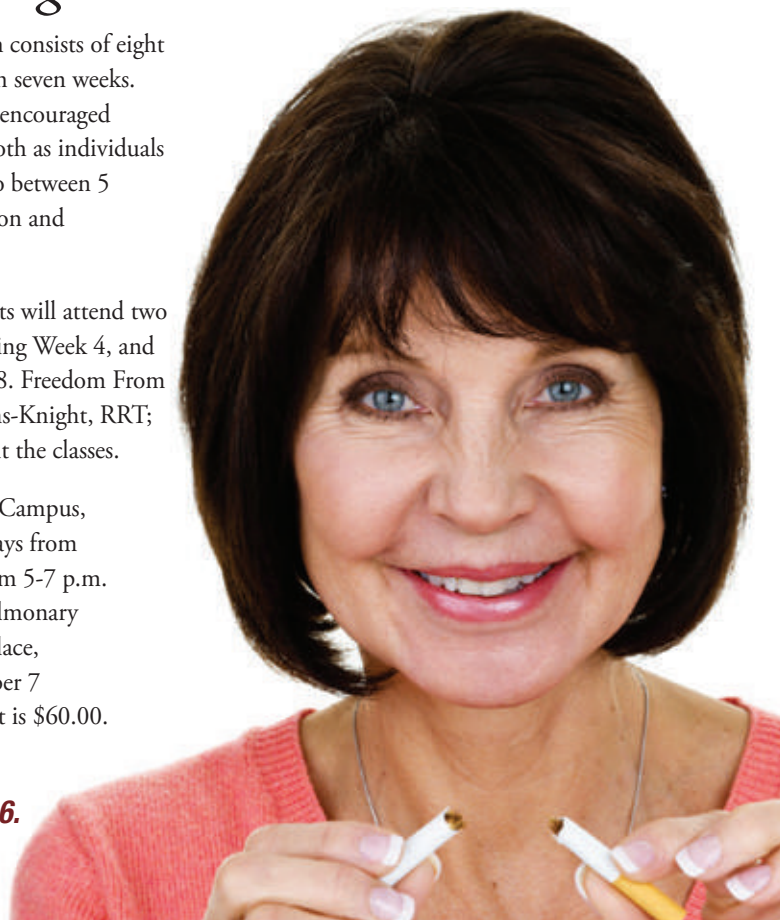
The classes also provide insight into nicotine addiction, relapse prevention and the proper use of smoking cessation medicine. Attendees are also taught the value of physical activity and social support in smoking cessation.

The Freedom from Smoking Program consists of eight 90-minute to two-hour session within seven weeks. During each session, participants are encouraged to work on the process of quitting, both as individuals and as a group. Class size is limited to between 5 and 16 people to facilitate participation and individualized attention.

Within those seven weeks, participants will attend two sessions when they quit smoking during Week 4, and participate in a celebration on Week 8. Freedom From Smoking facilitators, Maryln Hawkins-Knight, RRT; and Kathryn Jercha, RRT, will present the classes.

Classes will be held at the Northlake Campus, 600 Grant Street, Gary, on Wednesdays from October 2 through November 13 from 5-7 p.m. Southlake classes are at the Cardiopulmonary Rehabilitation Facility, 753 E. 81st Place, Merrillville, on Mondays from October 7 through November 18, 6-8 p.m. Cost is \$60.00.

**For more information, call
219-738-1075 or 219-738-5516.**



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More and more Northwest Indiana families are turning to **Methodist Physician Group** doctors every day, where compassionate, experienced doctors deliver quality, personal care, at convenient locations near you.



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Physician Directory

Family Medicine

| | |
|---|--|
| Candice Anderson, MD 6111 Harrison St., Ste. 331, Merrillville | 219-980-2801 |
| Angelique Brown, MD 6111 Harrison St., Ste. 331, Merrillville | 219-887-1340 |
| Hiren Italia, MD 200 E. 89th Ave., Ste. 3-C, Merrillville 600 Grant St., 4th Fl., Gary 1201 Cumberland Crossing Dr., Valparaiso | 219-757-7566 219-757-7566 219-464-1006 |
| Jerry Kuna, MD 11496 Broadway, Crown Point | 219-663-1150 |
| Winifred Oniah, MD 2269 West 25th Ave., Gary | 219-944-4187 |
| Frank Quint, MD 704 State Rd. 2, Hebron | 219-996-2641 |
| Internal Medicine | |
| Bernadette Aghaji, MD 2269 West 25th Ave., Gary | 219-944-4187 |
| Adolphus A. Anekwe, MD 3195 Broadway, Gary 6101 Miller Ave., Gary | 219-887-0900 219-938-0700 |
| Nadezda Djurovic, MD 99 E. 86th Ave., Ste. D, Merrillville | 219-769-3233 |
| Tonya Harvey, NP 3195 Broadway, Gary 6101 Miller Ave., Gary | 219-887-0900 219-938-0700 |
| Anemaria Lutas, MD 10200 Wicker Ave., Ste. 1, St. John | 219-365-6728 |
| Shashikant Rane, MD 10 N. Michigan Ave., Hobart | 219-942-1131 |

Cardiology

| | |
|--|------------------------------|
| Andre Artis, MD 5800 Broadway, Merrillville | 219-884-9180 |
| Venkatrama Garlapati, MD 5800 Broadway, Merrillville | 219-884-9180 |
| Mihias Kodenchery, MD 5800 Broadway, Merrillville | 219-884-9180 |
| Neurology | |
| Arif Dalvi, MD 200 E. 89th Ave., Merrillville 9250 Columbia Ave., Ste. C, Munster | 219-738-4926 219-836-0039 |
| Sanjeev Maniar, MD 200 E. 89th Ave., Merrillville 9250 Columbia Ave., Ste. C, Munster | 219-738-4926 219-836-0039 |
| Mridula Prasad, MD 200 E. 89th Ave., Merrillville | 219-738-4926 |
| Obstetrics & Gynecology | |
| Otito Anaka, MD 2269 West 25th Ave., Gary | 219-944-4187 |
| Debra Equihua, CNM 2269 West 25th Ave., Gary | 219-944-4187 |
| Michael Linton, MD 2269 West 25th Ave., Gary | 219-944-4187 |
| Arnita Reed, MD 2269 West 25th Ave., Gary | 219-944-4187 |
| Podiatry | |
| Mark Jones, DPM 9105 A Indianapolis Blvd., Ste. 102, Highland | 219-923-9090 |
| George Tsoutsouris, DPM 9105 A Indianapolis Blvd., Ste. 102, Highland | 219-923-9090 |

Bariatric Surgery

| | |
|--|------------------------------|
| James Siatras, DO 101 East 87th Ave., Ste. 430, Merrillville | 219-738-5617 |
| General Surgery | |
| Paul Nyongani, MD 6111 Harrison St., Ste. 252, Merrillville | 219-980-1348 |
| Reuben Rutland, MD 119 E. 89th Ave., Merrillville | 219-769-6221 |
| Henrique Scott, MD 801 West Glen Park Ave., Griffith | 219-924-3379 |
| Dennis Streeter, DO 119 E. 89th Ave., Merrillville | 219-769-6221 |
| Neurosurgery | |
| Kevin Waldron, MD 200 E. 89th Ave., Merrillville | 219-738-4926 |
| Orthopedic Surgery | |
| Alfred Bonjean, MD 99 E. 86th Ave., Ste. C, Merrillville | 219-769-4835 |
| Vineet Shah, DO 99 E. 86th Ave., Ste. C, Merrillville 600 Grant St., 4th Fl., Gary | 219-769-4835 219-769-4835 |
| Judson Wood, MD 200 East 89th Ave., Ste. 3-C, Merrillville 600 Grant St., 4th Fl., Gary | 219-757-7566 219-757-7566 |
| Plastic and Reconstructive Surgery | |
| Susan Schneider, MD 200 East 89th Ave., Ste. 3-C, Merrillville | 219-757-7566 |
| Spine Surgery | |
| Elian Shepherd, MD 9235 Broadway, Merrillville | 219-738-2255 |

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.

Bone Health / Back and Neck Pain Seminar

Learn about overall bone health and the prevention and treatment of osteoporosis. Identify your back and neck pain and learn about the most effective treatments available.

Southlake Campus, Pavilion B,
200 E. 89th Ave., Merrillville • 4:00 p.m.

• October 2 • November 6 • December 4

To register call 1-888-909-DOCS (3627).

Bone Density

Free screenings along with education and information about bone health and the prevention and treatment of osteoporosis. Screening is performed on the heel of the foot: participants must be able to remove their shoes.

Southlake Campus, Pavilion B
200 E. 89th Ave., Merrillville • 4:00 p.m.

• October 17 • November 7

To register call 1-888-909-DOCS (3627).

Health Matters Seminars

Presented by Methodist Hospitals

YWCA of Northwest Indiana,
150 W. 15th Ave., Gary

All Health Matters seminars begin at 12:15 p.m.

• September 27 • November 15
• October 25 • December 13

Heart Attack and PAD Risk Assessments and Stroke Screenings

Heart Attack and PAD Risk Assessments and Stroke Screening: Blood Pressure and Carotid Bruit Check.

Methodist Hospitals Midlake Campus,
2269 25th Ave., Gary • 12 to 2:00 p.m.

• November 5

Methodist Hospitals Southlake Campus, Pavilion B
200 East 89th Ave., Merrillville • 4:00 to 6:00 p.m.

• October 1 • December 3

To register call 1-888-909-DOCS (3627).

Free Prostate Cancer Screenings

Prostate cancer outcomes are best when treated early. Men ages 40 to 70 are invited to enroll.

Southlake Campus, Pavilion B
200 E. 89th Ave, Merrillville • 4:30 to 6:30 p.m.

• September 19

To register call 1-888-909-DOCS (3627).

Healthy Eating & Smart Moves

An information seminar about healthy eating and activity during and after cancer treatment. The Cancer Support will meet immediately after.

Methodist Hospitals Southlake Campus, Pavilion B,
Oncology Institute Resource Library
200 East 89th Ave, Merrillville, IN 46410
3:00 to 3:30 pm

• October 1 • November 5 • December 3

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.

Northwest Indiana Center for Bariatric Surgery
at Methodist Hospitals
Southlake Campus, Pavilion A
101 East 87th Ave., Ste. 430, Merrillville

• September 26, 6:00 p.m.
• October 10, 6:00 pm
• October 19, 10:00 am
• October 28, 6:00 p.m.
• November 9, 10:00 a.m.
• November 18, 6:00 p.m.
• November 25, 6:00 p.m.
• December 7, 10:00 a.m.
• December 19, 6:00 p.m.

To register call 1-888-909-DOCS (3627).

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, 200 E. 89th Ave., Merrillville
6:30 p.m. to 9:00 p.m.

• October 15 • November 19

To register call 1-888-909-DOCS (3627).

Smoking Cessation Classes

Take control of your health by quitting smoking. Classes are based on the American Lung Association's Freedom from Smoking Program.

Northlake Campus, 600 Grant St, Gary

• Wednesdays, October 2 to November 13,
5:00 - 7:00 p.m.

Cardiac Rehab, 753 E. 81st Place, Merrillville

• Mondays, October 7 to November 18,
6:00 - 8:00 p.m.

Cost is \$60.00.

Registration is required.

For more information, call 219-738-5516.

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

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

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: 219-886-4969 or Southlake Campus, Merrillville: 219-738-5622*

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 Southlake Campus Pavilion D, 303 East 89th Ave., Merrillville

- 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.

Cancer Support Group

A support group for patients during and after cancer treatment.

Methodist Hospitals Southlake Campus, Pavilion B, Oncology Institute Resource Library
200 East 89th Ave, Merrillville, IN 46410
3:30 p.m. to 4:00 p.m.

- October 1
- November 5
- December 3

To register call 1-888-9090-DOCS (3627).

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.-7:30 p.m.
Every Monday

For more information call 219-886-4522.

Multiple Sclerosis Support Group

A support group for friends and family of people with multiple sclerosis.

Methodist Hospitals Southlake Campus Pavilion B, 1st Floor Conference Room
11:30 a.m. to 1:00 p.m.

- September 20
- October 18
- November 15

Methodist Hospitals Midlake Campus
2269 25th Ave, Gary
12 noon to 2:00 p.m.

- September 17
- October 15
- December 17

For more information call 219-738-4926.

No registration required.

Parkinson's Disease Support Group

A group for friends and family with Parkinson's disease.

For more information call 219-738-4926.

No registration required.

Methodist Hospitals Southlake Campus, Pavilion B Conference Room
200 East 89th Ave, Merrillville, IN 46410
11:00 am to 1:00 pm

- September 26
- November 21
- October 24
- December 19

Stroke Support Group

A support group for stroke survivors, their friends and family.

Methodist Hospitals Southlake Campus Pavilion B, 1st Floor Conference Room
6:00 p.m. to 8:00 p.m.

- September 26
- October 24
- December 11

For more information call 219-738-4926.

No registration required.

ER DISPATCH



Dr. Cynthia Galvan

When to go to the Emergency Room with flu...

It won't be long until flu season comes, and brings its coughs, aches and pain to Northwest Indiana and possibly your household.

In most cases, the flu and other respiratory viruses are a nuisance, not a life-threatening issue. For many flu victims, rest, staying at home, drinking fluids and taking over-the-counter pain, fever reducing, and cold medicines are all they need.

But there are exceptions, and in those cases people should seek immediate assistance. Those at high risk of developing flu-related complications include children younger than five, pregnant women and adults age 65 and over.

So, when do you tough it out? When do you head for the Emergency Room? Here are some emergency warning signs from the Centers for Disease Control and Prevention..

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child doesn't want to be held
- Flu-like symptoms improve, then return with fever and worse cough
- Fever with rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve, then return with fever and worse cough

It is recommended you call or see your primary doctor if you are sick. The Emergency Room is available if you are unable to reach or see your doctor in a timely fashion or if you have any moderate to severe flu-like symptoms as listed above.

FREE SEMINARS:

Problem below the belt? Don't ignore it. Fix it.

Presented by Dr. Manoj Rao, MD

Improving men's health and quality of life is what this free seminar is all about. Dr. Rao will provide information about the latest treatment options for prostate and ED issues in a relaxed, discreet forum.

Wed., Sept. 25, 5:30 p.m.

Methodist Hospitals Southlake Campus – Pavilion B
200 East 89th Drive, Merrillville

FREE Bears Game Tickets Raffle!

Say Good-bye to Acid Reflux Pain & Discomfort

Presented by Daniel Hurwich, MD; Peter Mavrelis, MD; Kumar Venkat, MD

You don't have to live with chronic heartburn or acid reflux pain and discomfort. Learn about the latest effective treatments to relieve upper digestive disorders at this free seminar presented by Methodist Hospitals physicians.

Thursday, Sept. 19 at 5:30 p.m.

Wednesday, Oct. 23 at 5:30 p.m.

Wednesday, Nov. 13 at 5:30 p.m.

Methodist Hospitals Southlake Campus – Pavilion B
200 East 89th Drive, Merrillville

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

Community Invited.
FREE REFRESHMENTS.

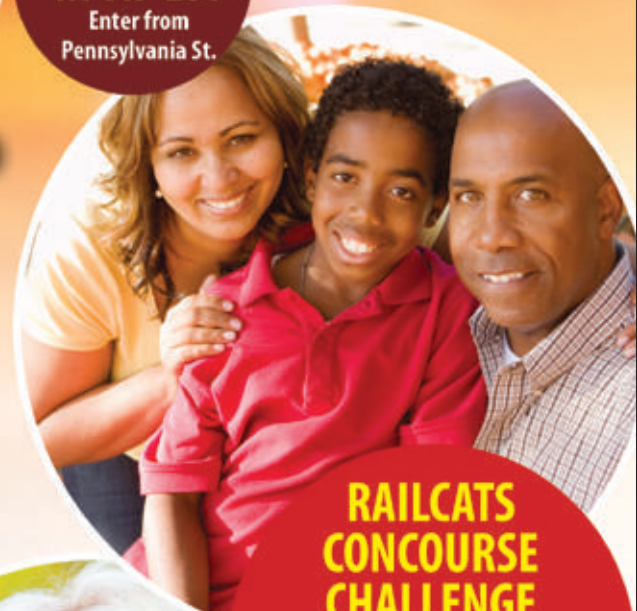
METHODIST HOSPITALS' *free fall community* health fair

Open to the public. No registration required.

Saturday, October 12
9:00 am-12 noon

U.S. Steel Yard • Diamond Center
Gary Southshore Railcats Stadium
One Stadium Plaza • Gary

**FREE
PARKING
IN VIP LOT**
Enter from
Pennsylvania St.



**RAILCATS
CONCOURSE
CHALLENGE**

Walk or Run around the stadium! Starts at 8AM

Call 1-888-909-DOCS (3627)
Sign-up today!



**GET THE
LATEST
AFFORDABLE
HEALTHCARE ACT
ENROLLMENT
INFO.**

**FREE
RAFFLES
& PRIZES**

free health screenings

- Blood Pressure
- Blood Sugar*
- Body Mass Index
- Body Fat Analysis
- Bone Density
- Cholesterol*
- Foot Screenings
- Heart Attack and PAD Risk Assessment
- Oximetry (Blood Oxygen %)
- PSA (Prostate Blood Test)
- Scoliosis Screenings
- Stroke Risk Assessments

free health information

- Ask A Doctor
- Bariatric Services
- Breast Health
- Diabetes
- Heart & Vascular Institute
- Home Health Services
- NeuroScience Institute
- Nutrition
- Oncology Institute
- Orthopedics & Spine Care
- Rehabilitation Services
- Senior Sneaker Preview Classes
- Volunteer Services
- Wound Care Services
- Zumba Preview Classes
- Other Health Care Exhibitors

Some tests are limited & are provided on a first come first serve basis. *12 hour fasting required.

METHODIST HOSPITALS THANKS OUR CO-SPONSORS:



**METHODIST
HOSPITALS**

Leading The Way To Better Health

Event Calendar

Methodist Hospitals and the Valparaiso Family YMCA: Partners in Wellness

ALL SCREENINGS & SEMINARS FREE to the public and YMCA members

All events held at the
VALPARAISO FAMILY YMCA
1201 Cumberland Crossing Dr., • Valparaiso



seminars:

*Seating is limited.
Reserve your seats at our seminars today!*
**Call 1-888-909-DOCS (3627),
or visit MethodistHospitals.org**
*Sign-up sheets will also be available
in the Y Lobby.*

Diabetes Awareness

Education is the first step to preventing or managing diabetes. Learn how a healthy lifestyle can prevent or delay the onset of type 2 diabetes at this free seminar.
*Presented by Carolyn M. Sakelaris, RN, BSN, MPA, CDE
Methodist Hospitals Certified Diabetes Educator*

- **Wednesday, September 25, 1:00 p.m.**

Heart Failure

Learn about the risk factors and warning signs of heart failure. Also learn what causes heart failure, steps you can take to prevent it, and today's treatment options at this free seminar.

*Presented by Connie Adams, MS, RN, CCNS, CCRN
Methodist Hospitals Cardiovascular
Clinical Nurse Specialist*

- **Thursday, October 24, 5:30 p.m.**



YMCA events

50 Fit and Fabulous Style Show

A fabulous event for a wonderful cause, our Annual Community Assistance Campaign. Please join us on Thursday, September 26th at 6:30 pm at the Old Town Banquet Center located at 712 Calumet Avenue in Valparaiso. This event includes a unique shopping experience, hors d'oeuvres, a fashion show, raffle, and a cocktail reception.

***Tickets are \$50 per person (\$60 after September 20th).
For more information or to purchase tickets,
please call Carol Misch 462-4185 ext. 225 or
visit the Y Courtesy Desk.***

Youth Soccer Clinic

Hosted by Valparaiso University Men's Soccer
Get prepared for the upcoming indoor soccer league and get an autograph from your favorite VU soccer players!

- **Thursday October 10, 5:30-7:30 p.m.**
Ages 4-10
Y Members \$10, Community \$20

Halloween at the Y

Ghosts, goblins, games and treats.
Fun for the whole family!

- **Saturday October 19, 6:30-9:00 p.m.**

**Purchase tickets in advance at the
Y Courtesy Desk for \$5; or purchase the night
of the event for \$6**

Members and community welcome

LIVESTRONG at the YMCA

Would you or someone you know benefit from an exercise program specially designed for adult cancer survivors? LIVESTRONG at the YMCA is a twelve week, small group exercise program. The program focuses on improving cardiovascular endurance, muscle strength, flexibility, balance, energy and confidence. Please contact Lee Baker lbaker@valpoyymca.org to learn more about this program.

Breakfast with Santa

Enjoy pancakes, sausage, eggs and beverages. Visit with Santa, do crafts, play Bingo and enjoy a cake walk. Fun for the whole family!

- **Saturday December 7, 7:30-9:00 a.m.**
\$3 per child, \$6 per adult

Members and community welcome

screenings:

Bone Density

Free screenings with education and information about bone health and the prevention and treatment of osteoporosis. Screening performed on the heel of the foot: participants must remove shoes.

- **October 9, 8:00 a.m.**
- **November 13, 8:00 a.m.**
- **December 11, 8:00 a.m.**

Total Cholesterol/HDL/ Blood Sugar

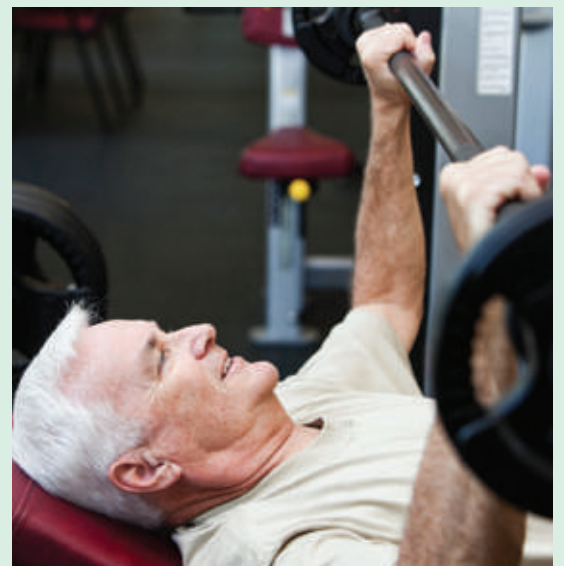
A screening for those who have not had their cholesterol checked in the past six months. A 12-hour fast is recommended but not required. Pre-register at the YMCA or call 1-888-909-DOCS (3627).
8:00 a.m. - 10:00 a.m.

- **Thursday, September 19**

Peripheral Artery Disease (PAD)

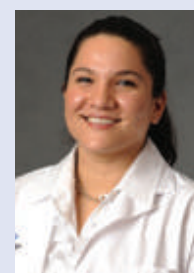
A free, simple and painless screening that will identify most cases of peripheral artery disease. Pre-register at the YMCA or call 1-888-909-DOCS (3627).

- **Tuesday, September 24, 9:00 a.m. - 11:00 a.m.**
- **Thursday, September 26, 3:00 p.m. - 5:00 p.m.**





ER DISPATCH



Dr. Cynthia Galvan

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But there are exceptions, and in those cases people should seek immediate assistance. Those at high risk of developing flu-related complications include children younger than five, pregnant women and adults age 65 and over.

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In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child doesn't want to be held
- Flu-like symptoms improve, then return with fever and worse cough
- Fever with rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve, then return with fever and worse cough

It is recommended you call or see your primary doctor if you are sick. The Emergency Room is available if you are unable to reach or see your doctor in a timely fashion or if you have any moderate to severe flu-like symptoms as listed above.

FREE SEMINARS:

Problem below the belt? Don't ignore it. Fix it.

Presented by Dr. Manoj Rao, MD

Improving men's health and quality of life is what this free seminar is all about. Dr. Rao will provide information about the latest treatment options for prostate and ED issues in a relaxed, discreet forum.

FREE Bears Game Tickets Raffle!

Wed., Sept. 25, 5:30 p.m.

Methodist Hospitals
Southlake Campus – Pavilion B
200 East 89th Drive, Merrillville

Don't Suffer with Migraine Pain Anymore!

Presented by Sanjeev Maniar, MD

Migraine pain can impact every facet of your life. Learn about the causes and the latest treatment options for migraine pain at this free seminar.

Wed., Oct. 23, 5:30 p.m.

Valparaiso Family YMCA
1201 Cumberland Crossing Drive
Valparaiso

New Advances and Opportunities in Parkinson's Disease

Presented by Arif Dalvi, MD

Dr. Dalvi will discuss the latest life-changing tools now available for those with Parkinson's disease at these free seminars.

Wed., Nov. 20, 5:30 p.m.

Valparaiso Family YMCA
1201 Cumberland Crossing Drive
Valparaiso

Space is Limited! Reserve your seat today.
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WALK-INS WELCOME

Mon. 1:00 - 4:00 p.m. / Wed. 8:00 a.m.- 4:00 p.m.
or call **219-464-1006** for an appointment

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