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SAINT ANTHONY
MEDICAL CENTER

regarding women

Unwrapping Drive-Thru Diets

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For millions of Americans, drive-thru dining is a quick, easy and relatively inexpensive way to fill up. In fact, it's estimated that one in four people eats fast food every day. Experts say this may be one reason for expanding waistlines across the nation.

To appeal to concerned consumers, many chains now offer low-calorie choices, including smart swaps such as grilled chicken instead of fried, apple slices in place of greasy fries and tacos topped with salsa rather than sauces and cheese. And you've probably seen the ad campaigns claiming miraculous weight-loss results from these so-called drive-thru diets. But can convenience eating really be that healthy?

The Real Deal

A fast-food diet can help you lose weight—if you're already eating fast food on a regular basis. New, healthier fast-food options are lower in calories and fat than regular menu items so, by comparison, they're better for you.

For example, if you normally choose a double cheeseburger and large fries with ketchup, you're getting at least 955 calories and 48 g of fat. But if you opt for lighter fare, such as a single hamburger and a side salad with low-fat vinaigrette, you'll consume only about 310 calories and 12 g of fat.

"The small number of healthy choices



may also limit your intake of important nutrients, like antioxidants and phytochemicals, that a wide variety of foods provides," says Julie DeRoush, certified diabetes educator and coordinator for the OSF Saint Anthony Diabetes Education Center. "This is especially true if you eat fast food several meals a week."

But even when you trim the fat and calories, many fast-food items contain lots of sodium, so they still present health risks. For a fast-food diet to work, you have to faithfully adhere to the limited selections, skipping the fries and other add-ons and choosing diet beverages or water instead of soda.

More Menu Makeovers to Come

The best way to reduce your calorie intake and lose weight is still the old-fashioned way: Eat more whole grains, fresh fruits

and vegetables, fat-free or low-fat dairy products and lean meats, and exercise regularly. Cooking meals at home from healthy recipes remains the most nutritious path.

"If you add up the time it takes to drive to the drive-thru, place your order and drive home—not to mention the wasted fuel—it really can save time and money to eat at home," adds DeRoush. "Just make sure you stock your refrigerator and shelves with good food choices."

If you choose to cruise the drive-thru, you can eat better by adding tomato, onion and lettuce (spinach leaves are even better) to your selection; requesting grilled, not fried, foods; bringing a no-fat dressing spritzer from home and using condiments sparingly.

To further help cut calories on the go, the FDA is working on a national standard for menus as part of the new healthcare bill. All chain restaurants with 20 or more locations will have to prominently display the calorie count for every menu item.


"We are hoping that the new requirement will help people make healthier choices and drive demand for more variety in food selections," DeRoush adds.

DeRoush reminds people that obesity and diseases related to expanding waistlines, such as heart disease and diabetes, continue to affect our long-term health costs. She cautions, "Eating from the dollar menu may cost you much more in the long run."

Are you overweight? And if you are, what's a healthy weight for you? Our Healthy Weight Calculator at www.osfsaintanthony.org will help you determine what you should weigh, based on your age, height and size of your body frame.

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HEALTH TIP: Having a skilled and experienced plastic surgeon guide you through the complex process of reconstructive breast surgery is vital. In determining what is best, your surgeon will consider your life as a whole, from your age, health and anatomy to family demands, work issues and workout habits, to help you choose the best type of breast reconstruction for your lifestyle.

Read more about your options after a mastectomy. Or listen to our mastectomy podcast. Check out our Health Library at www.osfsaintanthony.org.

Reconstruction Following Mastectomy: Know Your Options

A breast cancer diagnosis brings a cascade of emotions, from fear to anger to disbelief. Accompanying the tidal wave of emotions is a dizzying array of treatment choices.

For some women, particularly those who have more than one cancerous lesion or those who want to avoid the prolonged radiation treatments following a lumpectomy, a full or partial mastectomy is the best option.

“Women battling breast cancer feel better about themselves, suffer less depression and anxiety, when they opt for any form of immediate breast reconstruction as opposed to mastectomy alone,” says Sarah Hagarty, MD, OSF plastic and reconstructive surgeon with OSF Specialty Clinic–Guilford Square.

Not only is it much harder to go through

mastectomy without reconstruction, but it often limits a woman’s options. If reconstruction follows radiation, the ability to heal is significantly decreased and, more often, the more aggressive skin flap surgery is then the only option.

Implants or Your Own Tissue?

Options for reconstruction include the use of implants or the patient’s own tissue. Implants are generally quicker and less painful and involve a shorter recovery time. Implant reconstruction has also improved vastly in the past decade, with new biologic materials which mold the implant into a more natural form and shorten the overall process.

If a woman prefers to use her own tissue, the plastic surgeon takes tissue from the abdomen, similar to a tummy tuck

procedure. The surgeon could also opt to use one of the back muscles, rotated around into the chest.

Using a woman’s own tissue provides lifetime durability, but recovery is longer since there are more incisions. If a woman is too thin, she may not have sufficient tissue in the abdomen or back region. Women who are heavier, however, might be pleased with the more sculpted look following surgery.

“Today, breast reconstruction is so advanced that there are options for almost every woman,” explains Dr. Hagarty. “Regardless of whether chemotherapy or radiation is indicated, a woman can go through the entire process feeling whole, with her breast reconstructed right from the start.”

The plastic surgeon works closely with the oncology physicians. “The whole team works toward the same goal of a healthy, happy and whole woman surviving breast cancer,” Dr. Hagarty adds. “We can help you maneuver through the trials of breast cancer with grace and hope.”

Surprisingly, in this day of easily accessible electronic information, only one-third of the women who undergo mastectomy have breast reconstruction.

“A significant number of women are not even given the option of reconstruction, nor are they advised to see a qualified plastic surgeon,” says Dr. Hagarty. “The information really needs to get out there.”

For more information or to schedule a consultation, call **815-484-7070**.

OSF Fertility Center: *Conceiving a Baby, Naturally*

Having a baby should be the most natural thing in the world. For some couples, however, achieving pregnancy and carrying a baby to term can seem almost impossible.

The OSF Saint Anthony Fertility Center helps couples achieve pregnancy by following a safe, effective and natural method. OSF implemented the Creighton Model FertilityCare System (CrMS), developed at Creighton University School of Medicine by Thomas Hilgers, MD, a specialist in reproductive medicine and surgery.

The system teaches a woman how to identify and track the fertile and infertile days in her cycle. The couple then uses this information to plan or avoid a pregnancy.

“This is not your mother’s rhythm method,” stresses Mary O’Grady, OSF Saint Anthony fertility care coordinator. “This system is comprehensive because it is based on 30 years of research on reproductive health.”

CrMS assists with evaluation and treatment of infertility based upon a new women’s health science called NaproTechnology™ (natural procreative technology). This approach is highly successful and cost-effective.

Although CrMS is consistent with Catholic teachings, it is not intended solely for Catholic couples. “This system is for anyone who wants to manage her reproductive health in a safer, more natural way,” O’Grady adds.

CrMS has a 99.5% degree of accuracy in avoiding pregnancy and a high degree of accuracy in achieving pregnancy. Women can also use the system to monitor their gynecological health, such as premenstrual syndrome, ovarian cysts and polycystic ovarian disease.

The first appointment at the OSF Fertility Clinic includes a private, confidential meeting with O’Grady, a certified fertility care practitioner who teaches a professional, standardized format to determine times of fertility. No internal examinations, calendars or test strips are involved.

Women who are breastfeeding, are experiencing long cycles or are in perimenopause can use this system effectively.

Charting cycles can identify reproductive issues and assist the physician in diagnosing and treating problems. Any hormones prescribed by a physician trained in this technology are bioidentical, avoiding some of the serious side effects of other medications.

Besides safety and health benefits, the system provides respect and dignity for women. “Using the natural method is a true example of empowering women,” O’Grady explains. “They realize that they have choices and can take charge of their reproductive health.”

For more information or an appointment, call **815-227-2870** or visit www.osfsaintanthony.org.



No matter the cause of infertility, the OSF Fertility Center may help you have that much-loved baby through a safe and effective method for conception.



Win a **\$200** Gift Card
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Register for our drawing for a \$200 American Express Gift Card!* Just clip and send the mail panel to:

Marketing & Communications

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Entries must be postmarked by Saturday, September 25, 2010, to be entered into the drawing. The drawing will be held between October 4 and 8, 2010.

*OSF employees and their family members in the same household are **NOT** eligible for the drawing.

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Yoga for the Deskbound

Feeling tight, sluggish or wired at work? Skip the coffee break and try yoga instead.

Practicing yoga can reduce stress, lower blood pressure and heart rate, and relax muscles. It can also boost mood and energy levels. Plus, it can relieve back pain and even help with carpal tunnel syndrome.

Power Up

Start with Mountain Pose. Stand with your feet hip-width apart, equal weight on both feet. Draw in your abdomen, lift your chest and keep your shoulders relaxed and down. Arms hang down at your sides. Relax your neck and feel as if your spine is being lengthened each time you inhale. Take three deep breaths.

Sit Tall

Stuck at your desk? Sit on the chair edge with feet on the floor about hip distance apart. Place palms on thighs and lengthen the spine as you inhale. Hold the pose for three breaths.

Next, inhale and lift arms overhead. Take hold of the left wrist with your right hand and as you exhale, bend right. Stay for three breaths. Inhale as you straighten back up, release arms and roll your shoulders. Repeat on the opposite side.

For more tips on improving your health, interactive quizzes, healthcare podcasts and much more, check out our Health Library at www.osfsaintanthony.org.

OSF Center for Health Meets Individual Needs

The OSF Center for Health Fitness, 5501 East State Street in Rockford, offers a relaxed, friendly, noncompetitive atmosphere, personal trainers and a number of classes to help you reach your fitness goals.

Golden Motion—a conditioning fitness program for people age 50 or better. Held twice a week, classes include strength and resistance training, balance, flexibility and core work. Fees are \$54 for 12 classes for OSF Health Fitness members (only \$4.50 per hour) and \$67 for non-members (approximately \$5.60 per class).

Senior Aerobics—designed to keep people engaged and having fun. Classes are held on

Monday, Wednesday and Friday mornings. Punch cards cost \$54 for 18 classes for OSF Health Fitness members (only \$3 per class) and \$67 for those who are not members.

Participants are welcome to try their first Golden Motion or Senior Aerobics class for no charge.

Safety and Self-Defense classes, “Water Walking” on an underwater treadmill, children’s Tae Kwon Do and the Golf Advancement Program (GAP) are also offered at the OSF Center for Health Fitness.

Call **815-395-4505** for information, membership or reservations for classes.

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Regarding Women is published by OSF Saint Anthony Medical Center. The information is intended to educate women about subjects pertinent to their health, not to substitute for consultation with a personal physician. © 2010 Printed in U.S.A.