

January/February 2012

 Rush-Copley

stayinformed



# Know Your Numbers for Heart Health

## Managing Your Heart Health: Knowing Your Numbers

To learn more about your screening results join Courtney Virgilio, M.D., cardiologist with Fox Valley Cardiovascular Consultants who will discuss how cholesterol numbers and blood pressure affects your heart health. A personal trainer will provide fitness strategies to help you get your numbers to a healthy range.

Wednesday, March 7 • 6 to 7 p.m.  
Rush-Copley Heart Institute, Aurora  
To register, visit [rushcopley.com](http://rushcopley.com)  
or call 866-4COPLEY  
(1-866-426-7539).

Up to 35 percent of people who experience a heart attack have no previous symptoms. That's why knowing your cholesterol and blood pressure numbers are important in helping to prevent heart disease. Join Rush-Copley during American Heart Month for a cholesterol and blood pressure screening — ONLY \$10 dollars! Results will be given at time of the screening. Screening dates and locations include:



### Rush-Copley Pediatrics and Family Medicine

4789 Route 71, Oswego  
Wednesday, February 1, 8 a.m. to Noon

### Rush-Copley Internal Medicine

2088 Ogden Avenue, Suite 270, Aurora  
Wednesday, February 8, 8 a.m. to Noon

### Yorkville Primary Care

1100 W. Veterans Parkway., Ste. 200, Yorkville  
Wednesday, February 15, 8 a.m. to Noon

### David & Josephine Mante, M.D.

Primary Care West SC  
1300 N Highland Avenue # 2, Aurora  
Tuesday, February 21, 8 a.m. to Noon

Registration is required. To reserve your screening time and location, call 866-4COPLEY (1-866-426-7539).

## Freedom From Smoking

Rush-Copley can help you quit in 2012.

Join us Mondays, January 9 – February 27 • 6:30 to 8 p.m.



## Join in January!

Rush-Copley Healthplex is the area's premier fitness facility. Learn about membership at [rushcopley.com/Healthplex](http://rushcopley.com/Healthplex).

## Heart Care in Kendall County

Rush-Copley cardiologists are close to home for Yorkville residents. Learn more at [foxvalleycardio.com](http://foxvalleycardio.com).

# Diabetes 101 at Rush-Copley

Diabetes affects more people than ever. An estimated 26 million Americans have diabetes and 7 million are undiagnosed. Pre-diabetes, a condition in which blood glucose (sugar) levels are slightly high, but still below the level of a diagnosis, affects 35 percent of adults age 20 and older, and half of Americans age 65 and older.

Diabetes 101 brings together Rush-Copley Medical Group physicians, Rush-Copley Diabetes Center and Rush-Copley Healthplex to educate the community through three informative sessions packed with the latest diabetes information reviewed and approved by Rush-Copley's medical director and endocrinologist. Whether you or a loved one has been diagnosed with diabetes, or suspect pre-diabetes, you can benefit from learning more!

## Know Your Numbers 101

*Speakers: John Davine, M.D. and Donna Carter, Diabetes Educator*

*Tuesday, January 24, 7 p.m. • Rush-Copley Heart Institute*

Glucose. Insulin. Blood sugar. Simply understanding diabetes, the monitoring process and the treatment options is the first step in successfully managing the disease. This session outlines the basics for successful self-management. Attend and receive a free glucometer to measure your sugar level and a pedometer to count your "footwork."

## Menu Mastery 101

*Speakers: Kristen Ufferman, M.D.*

*and Veronica Wagner, Nutritionist*

*Tuesday, February 28, 7 p.m.*

*Rush-Copley Heart Institute*

Eating the right amount of the right foods is a smart move to avoid or control diabetes. This session provides helpful tips for ensuring your meals work to keep you healthier. You'll learn how to make smart and tasty food choices. Attend and receive a free cookbook and Weight Watchers® vouchers.



## Move & Groove 101

*Speakers: Deepak Patel, M.D. and Russ Zalkin, Healthplex Trainer*

*Tuesday, March 28, 7 p.m. • Rush-Copley Healthplex*

Exercise is incredibly valuable in preventing and managing diabetes. This session presents strategies for aerobic exercise as well as emphasizes the importance of strength training. Plus, you'll tour the Healthplex and explore fitness options you may never have considered!

**Attend all three sessions and receive a FREE 30-day Healthplex Pass! To register visit [rushcopley.com](http://rushcopley.com) or call 866-4COPLEY (1-866-426-7539).**

## Minimally-Invasive Spine Procedures

Minimally-invasive and image-guided spine procedures allow neurosurgeons to treat a wide range of conditions in any area of the spine – from common diseases such as



**Dmitry Ruban, M.D.**

herniated discs to the most complex conditions like fractures, tumors and deformities.

Traditional surgery typically involves a large incision and stripping muscles off the bone, which leads to muscle damage and atrophy.

Minimally-invasive surgery involves much smaller incisions, typically no more than an inch long, and spreading the muscle fibers rather than damaging them. What this means for patients is much lower blood loss, less chance of infection and other complications, faster recovery, and often going home the same day.

Image-guided surgery uses an intraoperative CT scanner connected to a navigation system that creates a 3D picture of the patient's spine, allowing surgeons to be more precise with placing implants and instrumentation. This means that the risk from surgery are significantly lower. Rush-Copley is the only hospital in the western suburbs currently using this technology to provide optimal outcomes for patients.

Learn more about minimally-invasive spine surgery at Rush-Copley by visiting [rushcopley.com/Neuro](http://rushcopley.com/Neuro).

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*Dmitry Ruban, M.D., is a neurosurgeon specializing in spine disorders with Rush-Copley Neurosurgery.*



# HealthyU

Rush-Copley's lifestyle program, HealthyU, features screenings, online tools and community education programs aimed at keeping you informed and aware about a balanced approach to your health. Registration is required. To view the online tools or register for a class, visit [rushcopley.com/HealthyU](http://rushcopley.com/HealthyU) or call 866-4COPLEY (1-866-426-7539).

## L E A R N

### **Freedom From Smoking®**

This seven-week program promoted by the American Lung Association will provide you with the support and skills needed to quit smoking.  
*Mondays, January 9 – February 27*  
*6:30 to 8 p.m.*

**Cost:** \$20, refundable upon completion.

## C O N N E C T

### **Cost of Smoking Calculator**

Smoking can cost you more than your health. Find out what you spend on smoking at [rushcopley.com/HealthyU](http://rushcopley.com/HealthyU).

## L E A R N

### **It's a New Year! Women and Weight Loss**

Get a start on your New Years weight loss resolution. Join Brett Cassidy, M.D., from A Beautiful You: Weight Management & Cosmetic Center, to learn strategies especially for women that can help you stay on track for a healthier you in 2012.

*Wednesday, January 11 • 6:30 to 7:30 p.m.*  
*Rush-Copley Healthcare Center, Yorkville*

## C O N N E C T

### **BMI Calculator**

Determine your body mass index with this tool at [rushcopley.com/HealthyU](http://rushcopley.com/HealthyU).

## L E A R N

### **The Best Year Ever!**

Create the life you love. Julia Skeesick, Personal Development Coach, will talk about

all aspects of life, health and fitness including resolutions, setting goals, careers, relationships, and having fun!

*Wednesday, January 18 • 6:30 to 8 p.m.*  
*Rush-Copley Heart Institute, Aurora*

## C O N N E C T

### **Healthplex Tour**

Take a virtual tour of the Rush-Copley Healthplex at [rushcopley.com/Healthplex](http://rushcopley.com/Healthplex).

## L E A R N

### **From Girl to Young Woman**

Puberty can be a confusing time for both mothers and daughters. Learn how to effectively communicate with each other and learn how to make sense of body changes during this time.

*Saturday, January 21 • 10 a.m. to Noon*  
*Rush-Copley Heart Institute, Aurora*

## C O N N E C T

### **Growth Chart**

This calculator, at [rushcopley.com/HealthyU](http://rushcopley.com/HealthyU), estimates your child's weight and height.

## L E A R N

### **Music Together**

Music Together is an internationally recognized early childhood music and movement program for children from birth to five years of age and the grown-ups who love them. Join Ree Kline, sixteen-year veteran of musical and drama productions for a fun program for children from birth to 5 years of age. Join us as we sing, dance, laugh and play instruments.

*Monday, February 27 • 6:30 to 7:15 p.m.*

## C O N N E C T

### **Kids Fun Pages**

Find fun online puzzles for kids at [rushcopley.com/HealthyU](http://rushcopley.com/HealthyU).

## L E A R N

### **Managing Your Heart Health: Knowing Your Numbers**

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*Wednesday, March 7 • 6 to 7 p.m.*  
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## C O N N E C T

### **Heart Alert**

Visit [rushcopley.com/HealthyU](http://rushcopley.com/HealthyU) to try the Heart Alert tool to learn the risk factors that can contribute to heart disease.

## L E A R N

### **Caring Forward — Cancer Survivorship Program**

This program designed to help cancer survivors will address survivorship, ongoing medical care and healthy living, nutrition and healthy emotional living.

*Tuesday, February 28 • 6 to 8 p.m.*

## C O N N E C T

### **Meet the Team**

Learn about Rush-Copley's Cancer Care team at [rushcopley.com/CancerCare](http://rushcopley.com/CancerCare).

# New Year, New You

R U S H - C O P L E Y H E A L T H P L E X

Join Rush-Copley Healthplex in January for the New Year, New You program. The program, facilitated by certified personal trainers, will combine exercise, nutrition and fitness instruction to help participants meet their weight and fitness goals.

Each participant will attend three weigh-ins that will track: weight and body measurements, push up test, sit up test and one timed lap around the track. Participants will be offered fitness classes and seminars at the Healthplex to help stay motivated and will be assigned a personal trainer to help guide them to get the most out of the program.

The program is open to members and non-members. Cost for members is \$35 and non-members is \$55.

Learn more about New Year, New You at [rushcopley.com/Healthplex](http://rushcopley.com/Healthplex) or call 630-499-2401.

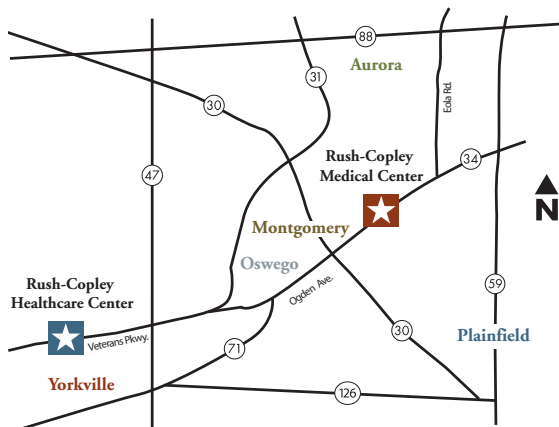


## Join in January

Whether your goal is to feel stronger or more energetic, lose weight or to be healthier, Rush-Copley Healthplex has something for everyone.

Visit [rushcopley.com/Healthplex](http://rushcopley.com/Healthplex) for New Year's membership specials.

Stay Informed is published by Rush-Copley Medical Center. The information is intended to inform and provide education about subjects pertinent to health, not a substitute for consultation with a personal physician.



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