

# Journey to Health

You and Your OSF Team

Spring 2014

Living Well Together

**ARE YOU  
Raising Your  
Neighbors'  
Health Costs?**

PAGE 2

**HEAD TO  
BED EARLY  
TO AVOID  
WEIGHT GAIN**

**SURGERY GETS  
LOCAL GOLFER BACK  
ON THE GREEN**

**LEARN AND  
LOWER YOUR  
HEALTH RISKS  
PAGE 5**

**COULD FEWER  
WORKOUTS  
BOOST YOUR  
HEALTH?**



alltogetherbetter

**OSF**  
HEALTHCARE



## AT OSF HEALTHCARE, WE CARE ABOUT YOU AND YOUR HEALTH!

We are pleased to offer our new publication, *Journey to Health*, to our patients and friends in and around central Illinois to promote good health and to update you on our efforts to serve your community. Enjoy relevant facts, interesting stories, and tasty recipes and connect with us through fun contests, Web resources, and more. OSF HealthCare wants to be your partner to help you meet your goals. Stay active, be well, and enjoy your journey to health!

### TRENDING NOW

You want to live healthier, but maybe you've had a hard time getting started or staying motivated. Consider this: A healthy lifestyle can equal a longer life span, allowing you to enjoy more years with your spouse, walk your daughter down the aisle, and attend your grandchild's graduation. Healthy living can keep your health care costs low—and cut your neighbors' costs, too.

Welcome to the world of accountable care.

#### What Is Accountable Care?

Accountable care is part of a comprehensive plan to improve patients' overall health and reduce health care costs in the U.S. OSF HealthCare was selected by Medicare as a Pioneer Accountable Care Organization (ACO) in 2011. ACOs are groups of hospitals, doctors, and other health care providers who join forces to provide coordinated care to defined groups of patients, such as Medicare patients. ACOs help make sure you get the right care at the right time, all the time.

## Are You Making Your Neighbors' Health Care Costs Rise?



#### What Does OSF Do as an ACO?

OSF manages the overall health of a group of Medicare patients in central and northern Illinois. By securely accessing Medicare claims, OSF found patients who used medical services the most to help those patients improve their health. Many of them struggled with complex or chronic diseases, so they had higher medical costs. Those patients represented just 5 percent of ACO patients, but they accounted for 50 percent of the group's total cost of care.

#### How Can OSF Lower My Costs?

OSF care managers help patients identify and remove barriers to good health. We've already seen a decrease in the overall cost of care for patients, especially by reducing hospital and emergency department (ED) visits. Fewer hospital and ED visits lower a community's overall health costs.

Medicare reviews and rewards ACOs for achieving high-quality care and cost improvements. When patients in an ACO become healthier and use medical services appropriately, the ACO shares in those savings. Medicare pays ACOs less when they fail to meet patient health improvement goals.

Now you see how your good health can help lower your health care costs—and those of others. It pays to live well!



### Connect with Us

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Explore with us on YouTube [youtube.com/OSFHealthCare](https://youtube.com/OSFHealthCare)

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Email us at [journeytohealth@osfhealthcare.org](mailto:journeytohealth@osfhealthcare.org) or call 309-677-0785

# SPOONFULS

## HEAD TO BED EARLY TO WARD OFF WEIGHT GAIN

Early to bed and early to rise may keep your weight from reaching new highs. People who stay up late and sleep in tend to be heavier, according to a study in the journal *Obesity*.

When compared with those who had earlier bedtimes, so-called late sleepers ate twice as much fast food and half as many fruits and veggies. In total, they averaged about 250 more calories per day, many eaten after 8 p.m.

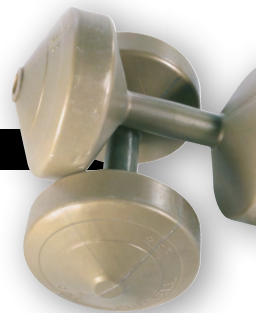
If you don't feel tired until late, make some changes in your routine. Relax before bed with a hot bath, a good book, or some soothing music.



## Could Fewer Workouts Be Better for Your Health?

Exercise can help prevent and treat conditions from obesity to heart disease to dementia. In a recent study, researchers asked 72 older women to exercise two, four, or six times per week. Surprisingly, the women who hit the gym only four times per week burned more total calories than those who did six workouts.

When starting your own workout routine, be sure to include aerobic exercise, such as brisk walking, and strength training, such as lifting weights. If you haven't been active in a while, talk with your doctor first. Then, start slowly. Walk for 10 minutes at a comfortable pace or do strength-training moves with 1-pound weights. Over time, increase the amount of time spent exercising and the difficulty of your workouts.



## Healthier Day

A healthy community is a happy community! That's why OSF has launched a community initiative called "A healthier day in central Illinois." The OSF Street Team will hit the streets in many communities to show we care and to promote healthy living. Learn more at [osfsaintfrancis.org/healthierday](http://osfsaintfrancis.org/healthierday).

## READERS RULE! WHAT'S ON YOUR MIND?

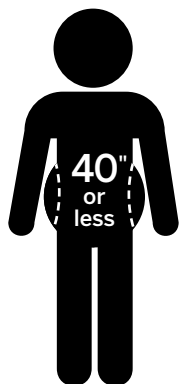
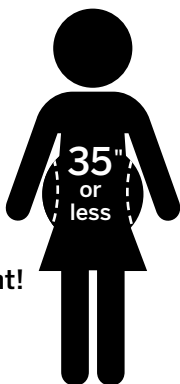
The best ideas come from you. Is there a health topic you'd like to learn more about? Send us your story ideas, and they just might end up in the next issue. Email us at [journeytohealth@osfhealthcare.org](mailto:journeytohealth@osfhealthcare.org).



## 3 Drug-Free Ways to Lower Cholesterol

### 1 Change Weight

Maintain your waist measurement!



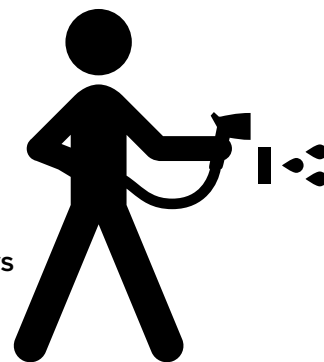
### 2 Change Diet

Make healthy food choices!



### 3 Change Workout

30 minutes of moderate activity most days of the week—including daily chores!



► Track your "good" (HDL) and "bad" (LDL) cholesterol levels in **OSFmyHealth!** Go to [osfmyhealth.org](http://osfmyhealth.org).



# Innovative Surgery Helps East Peoria Retiree Enjoy Golf Again

At 74, age was nothing more than a number to Gene Shurtz, an active East Peoria retiree. Shurtz loved playing golf, exercised regularly throughout his life, and walked more than two miles nearly every day. That is, until he noticed something was wrong with his health.

"All of a sudden, when I walked from my house to the corner—it's only three houses

between mine and the corner—I had to stop halfway, lean up against a tree, and catch my breath," Shurtz says.

Soon, Shurtz couldn't walk from his garage to his kitchen without resting against a counter to take a break. "That was the point when I said, 'Maybe I've got a problem,'" he says.

## Uncovering the Issue

Shurtz had a problem, indeed—and a severe one at that. According to OSF cardiac experts, Shurtz suffered from severe aortic stenosis, a narrowing of the aortic valve opening that blocks normal blood flow. It can be caused by a birth defect, radiation therapy, or advanced age.

Shurtz needed a heart valve replacement, but wasn't healthy enough to undergo open-heart surgery. Without treatment, half of those with the condition die within about two years.

## A Groundbreaking Solution

Aortic valve replacement through open-heart surgery is the most common treatment for severe aortic stenosis. But if a patient

Gene Shurtz, 74, regained his energy and got back on the green after heart surgery at OSF Saint Francis Medical Center.

is at high risk for complications or too ill for open-heart surgery, transcatheter aortic valve replacement (TAVR) may be an option.

TAVR is an innovative procedure that allows surgeons to replace the diseased aortic valve without opening the chest. Through a small incision in the groin, surgeons insert a catheter to transport the new valve to the heart.

Because of his age and weak condition, Shurtz was eligible for TAVR. He was the second central Illinois resident to undergo TAVR at OSF.

Shurtz's surgery went well, and soon he regained his energy. "It's a miracle," Shurtz says. "I feel like I'm 20 years old again. Before, I had a death sentence. Now, I have a life, thanks to OSF Saint Francis Medical Center and their heart team."

## Cutting-Edge Heart Care

The OSF Heart Valve Team, a group of cardiologists and surgeons skilled in new valve repair and replacement procedures, has successfully treated many patients using TAVR. Currently, OSF Saint Francis Medical Center in Peoria and OSF Saint Anthony Medical Center in Rockford provide the TAVR procedure.



**COULD YOU BE ELIGIBLE FOR TAVR?** If you have severe aortic stenosis and you are too ill for open-heart surgery, you might be eligible for TAVR. For a comprehensive evaluation from an OSF cardiologist, call **1-800-352-4410**.

# LEARN—AND LOWER— HEALTH RISKS WITH OUR FREE ASSESSMENTS

Life can't always be measured by numbers. But when it comes to your health, key numbers—such as your cholesterol, blood pressure, and blood glucose levels—help show your risk for illnesses. Knowing these numbers can help you focus on keeping your risk factors low and staying healthy.

## Tracking Crucial Numbers

Experts suggest that adults have their cholesterol checked at least every five years and their blood pressure screened every two years. Your doctor should also test you for diabetes every three years after age 45. You might need screenings more often based on your personal risk factors, such as family history.

In general, you have:

- High blood pressure if your reading is 140/90 mmHg or higher
- Diabetes if your fasting glucose level is 126 mg/dl or higher.

The number that means “high” cholesterol can vary based on your health history and other factors.

## Assessing Risk for Specific Diseases

Your blood pressure, blood sugar, and cholesterol levels—in addition to other risk factors, such as whether you smoke—can affect your risk for many conditions, including stroke, heart disease, sleep apnea, and peripheral artery disease.

To learn your risk for these illnesses, OSF HealthCare offers quick, free online risk assessments. See below for details on how to access the online assessments. Remember, the first step to lowering your risk for illness is learning where you stand. Talk with your doctor about your results.

## Practice Prevention

Some risk factors, such as getting older, are out of your control. But other risk factors,

## Know Your Numbers

To protect your health, you should aim for these general numbers:

- ▶ HDL, or “good,” cholesterol of 60 mg/dl or higher
- ▶ Triglycerides less than 150 mg/dl
- ▶ Blood pressure of 120/80 or lower
- ▶ Target goals for LDL, or “bad,” cholesterol differ for everyone. Your doctor can help you set goals that are right for you.

such as what you eat and how much you exercise, are factors you can control. These habits can help you stay healthy:

- **Get active.** Getting moderate exercise about 30 minutes most days helps lower blood pressure, increase good cholesterol, control blood sugar, and control body weight.
- **Eat better.** Vegetables, fruits, whole-grain products, lean meats, and fat-free or low-fat dairy products pack a powerful nutrient punch without a lot of calories. Include more of these foods and reduce your intake of salt and highly processed or high-fat foods.
- **Stop smoking.** Smoking increases the risk for heart disease, especially if you have other risk factors.

## Take a FREE Health Assessment

Visit [osfhealthcare.org/assessments](http://osfhealthcare.org/assessments) today!

- ▶ Heart Health
- ▶ Sleep Apnea
- ▶ Stroke
- ▶ Peripheral Artery Disease

If you discover that you are at high risk for a health condition, your doctor can help you create a plan to lower your risk.







The OSF Richard L. Owens Hospice Home offers patients a comfortable, homelike setting and cuddly pet companions like BOGGS (pictured), whose name stands for “Beams of God’s Grace.”

# Home Away from Home

## Compassionate Hospice Care at OSF Richard L. Owens Hospice Home

What makes you feel at home? Perhaps it’s a friendly dog greeting you at the door, or the aroma of freshly baked chocolate chip cookies. Whatever home means to you, the OSF Richard L. Owens Hospice Home in Peoria is a place that makes each and every patient feel well taken care of and comfortable in a homelike setting.

This March marked the one-year anniversary of the OSF Hospice Home. It’s one of only four of its kind in Illinois. “Hospice home is a place where patients facing terminal illness experience the care and support they need in a setting close to their home,” says Donna Medina, director of Hospice for OSF Home Care Services.

### From Your Home to Ours

The home provides three different levels of care:

- 1) General inpatient care** for those who require a high level of 24/7 medical and nursing attention
- 2) Routine care** for patients who normally could receive care in their home or a nursing home
- 3) Respite care** for patients

already on hospice service whose caregivers need a short break of one to five days from caregiving.

“One area that we focus a great deal of attention to is pain management, but not just physical pain—we focus on ‘total pain,’ which includes physical, emotional, spiritual, and mental pain,” says Felicia Schafer, executive director of the home. The care team—including a physician, registered nurses, aides, chaplain, clinical manager, social workers, food service staff, and volunteers—addresses patients’ total well-being.

### Making Memories

What truly sets the home apart is its staff’s dedication to caring not only for patients, but also for those who love them most. That’s where the daily cookies baked by the home’s kitchen staff, homemade soup, and children’s playroom for visiting relatives

really make a difference.

Also, each of the home’s 16 rooms has a pullout couch for overnight guests, and there’s a visitors’ laundry room and shower for family use.

The care team here also includes man’s best friend—four trained dogs that serve as pet companions. “Each dog has a special personality and has made a huge difference for patients and families,” Schafer says. “There was one patient, a dog lover, who was unresponsive for days,” Medina says. “We put one of our small dogs on the bed and she put her hand on the dog’s fur, smiled, and stroked the dog. The patient’s daughter realized her mom could hear her when she said, ‘We’re here for you, we love you.’ The dog created that miracle.”

That’s what the staff hopes to achieve every day—creating heartwarming memories in the time families have together at the hospice home.



### CELEBRATING ONE YEAR OF SPECIAL MEMORIES!

Visit our anniversary page at [osfhomework.org/hospice-home](https://osfhomework.org/hospice-home) to watch video reflections from staff and read our newsletter.

## FEATURED EVENTS

- Interested in learning more about the many weight loss options we offer? Choose the path that's right for you:

### **OSF Surgical Weight Loss Center of Excellence Information Meeting**

Have all your questions answered regarding surgical weight loss.

**Dates and Time:** Meetings are the first and third Monday of every month, 5:30 to 7:30 p.m.

**Location:** RiverPlex, Peoria, Illinois

**Register:** No registration is required. Visit [osfsaintfrancis.org/weightloss](http://osfsaintfrancis.org/weightloss) for more information.

### **OSF Weight Loss Center Information Meeting**

Learn more about the variety of nonsurgical weight loss options available to you.

**Dates and Times:** Call 309-282-1648 for details.

**Location:** RiverPlex, Peoria, Illinois

**Register:** Go to [osfsaintfrancis.org/weightloss](http://osfsaintfrancis.org/weightloss) for more information and to register.



## Check It Out!

### Your One-Stop Shop for Free Online Health Resources

Want to learn more about improving your health and wellness? See some of the online resources we offer below and directions on how to find them.

#### **Weight Loss Doesn't Have to Be Hard: A Guide to Weight Management**

*What is it?* Nuts and bolts of nutrition, guidelines to help you start an exercise program, and tips on eating healthier.

*Where is it?* [osfhealthcare.org](http://osfhealthcare.org). Click "Health Library" > "Healthy Living" > "Weight Management"

#### **Keep It Healthy in the Kitchen: A Virtual Cookbook**

*What is it?* Recipes that are diabetes friendly, heart smart, low sodium, and healthy in other ways.

*Where is it?* [osfhealthcare.org](http://osfhealthcare.org). Click "Health Library" > "Library" > "Healthy Recipes"

#### **Get Fit, Have Fun**

*What is it?* Easy exercise ideas.

*Where is it?* [osfhealthcare.org](http://osfhealthcare.org). Click "Health Library" > "Healthy Living" > "Fitness" > "Older Adults" > "Exercise Ideas for Older Adults"

#### **OSF HealthCare Partners with Mayo Clinic: You Can, Too!**

*What is it?* Health- and medicine-related articles and tips.

*Where is it?* [mayoclinic.org/healthy-lifestyle](http://mayoclinic.org/healthy-lifestyle)

#### **Tap the Power of Water**

*What is it?* Find out exactly how much water you need each day.

*Where is it?* [osfhealthcare.org](http://osfhealthcare.org). Click "Health Library" > Type "Water" in the search bar and click "Tap the Power of Water"





OSF HealthCare was invited to join the Mayo Clinic Care Network in 2013. Through this collaboration, our OSF physicians, specialists, and clinical teams have direct access to Mayo Clinic providers, rich research libraries, and online documentation. This allows local OSF patients to benefit from the combined expertise of OSF and Mayo Clinic, close to their homes. Learn more at [osfhealthcare.org/mayo](http://osfhealthcare.org/mayo).



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## Oatmeal: An Outstanding Option for Your Health

If awards were given out for the healthiest foods, whole grains would win a gold medal every time. Compared with refined grains, they have more fiber and disease-fighting antioxidants. Whole grains are also a healthy way to control weight because they contain fiber and help you feel full longer.

What's an easy way to fit whole grains into your diet? Try oatmeal.

### All About Oatmeal's Benefits

According to the U.S. Department of Agriculture, oatmeal is good for your health in the following ways:

- The fiber in oatmeal helps reduce your cholesterol levels and may lower your risk for heart disease. Fiber may also reduce constipation.
- Magnesium found in oatmeal helps keep bones and muscles healthy.
- Selenium found in oatmeal helps the immune system function efficiently.

- Consuming at least 3 ounces of oatmeal a day may help keep your weight under control.

### Tasty Oatmeal Toppers

Make your oatmeal with low-fat or nonfat milk. Then, to finish off your meal, try adding some of these toppings:

- Sliced banana or strawberries
- Diced apples
- Dried cranberries
- A handful of chopped walnuts

### READY FOR A CHALLENGE?

Send us your favorite oatmeal recipe. Winners will receive an OSF extra-large golf umbrella!

We'll highlight your recipe at [osfsaintfrancis.org/healthierday](http://osfsaintfrancis.org/healthierday).

Send your healthy and delicious oatmeal recipe to [journeytohealth@osfhealthcare.org](mailto:journeytohealth@osfhealthcare.org) by May 26. Winners will be notified via email.



**FREE**  
online health  
assessments

FLIP TO  
PAGE 5