

HealthyMan

» work hard, play hard, be healthy

Going Old School With
Isometrics

Fire Up
the **Grill**

Make It
a **Daddy
Day**

Prevention
Lower Your
CANCER
RISK



ROCKFORD HEALTH
system

Feeling the Pressure?

Question: How Can I Lower My Blood Pressure?

According to the American Heart Association, one in three American adults has high blood pressure. For men, the risk of high blood pressure increases around age 45, however it can develop much earlier.

Try these tips from **John Dorsey, M.D.**, internal medicine physician at Rockford Health Physicians, to lower your blood pressure—and keep it there.

- **Eat right**—Cutting back on your salt intake and adding more fruits, vegetables and low-fat dairy products to your diet can greatly reduce your blood pressure.
- **Get moving**—Incorporate at least 30 minutes of exercise into your daily routine to shed extra weight and lower your blood pressure.
- **Take a breather**—If you experience stress on a daily basis, such as in the office, chances are it's affecting your blood pressure. Try relaxation techniques such as yoga, deep-breathing exercises or long walks.

Say Goodbye to Stress

You may not feel at your best when you are stressed, and there's a reason why. Stress adversely affects your health, leading to conditions such as high blood pressure and a weakened immune system. To avoid letting stress mount up, follow these helpful tips.

Take Care

- Eat healthfully, exercise regularly and try to get eight hours of sleep each night.
- Take a yoga or tai chi class.

Organize

- Plan your activities, but be flexible if something comes up.
- Ask friends and family for help if you have too much on your plate.

Express

- Keep a journal with a list of your future goals.
- Make time to laugh.

Divert

- Listen to your favorite music or read an entertaining book.
- Leave yourself some free time to just sit back and relax.



Get to know **John Dorsey, M.D.**, internal medicine physician at Rockford Health Physicians, by taking a sneak peek at some of his personal interests.

Family: Wife, Sue Hessian; children, John (29), Meaghan (28), Patrick (25), Michael (24) and Alec (13)

Favorite TV shows: *Seinfeld* and *Family Guy*

Last concert attended: Bruce Springsteen

Favorite book: *The Great Gatsby*

Exercise routine: running and biking

Hobbies: playing guitar, reading, traveling

Your “Welcome to Medicine” moment: I was just out of residency and was trying to convince an elderly Italian woman with diabetes to cut back on her carbohydrates—specifically, her pasta. After she shook her finger at me and told me what she thought of my idea, I realized the art of medicine was listening, compromising and having the patient be a partner in treatment decisions.

Dr. Dorsey is currently accepting new patients at his office at Rockford Health Physicians-North Rockton Avenue, Building 2. To make an appointment, call (815) 971-2000.

Get the Ball Rolling

Inflatable exercise balls are available in a variety of sizes and weights, offering versatility that can enhance the effectiveness of any athletic training program.

“Exercise balls can offer variety to your workouts and provide results that include increased flexibility and muscle tone,” says **David Mitchell, M.D.**, internal medicine physician at Rockford Health System. “Because they are multifunctional, exercise balls are great for everything from stretching and rehabilitation to strength and speed training.”

Consider adding a few of these exercises to your fitness routine to make the most out of your workout time.

• **Pushups.** Lie facedown across the exercise ball and walk your palms out on the floor until the ball is resting between your hips and ankles. Perform a traditional pushup while working to keep the ball steady.

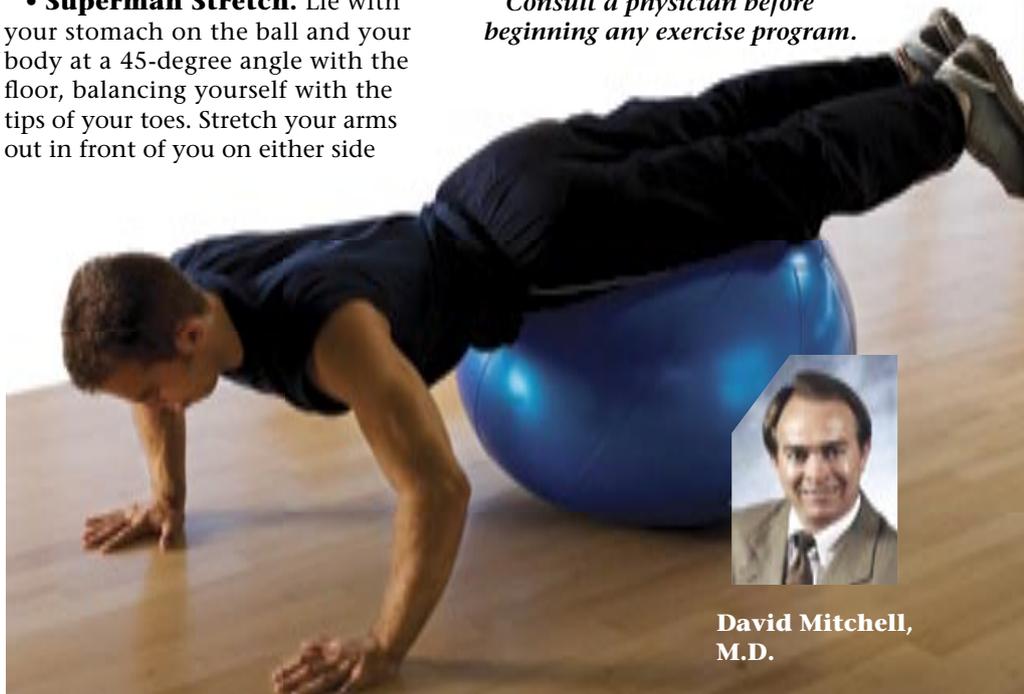
• **Squats.** Place the ball between your lower spine and the wall. Bend your knees slowly, continually

keeping contact with the ball. Return to standing position.

• **Superman Stretch.** Lie with your stomach on the ball and your body at a 45-degree angle with the floor, balancing yourself with the tips of your toes. Stretch your arms out in front of you on either side

of your head as if you’re flying, and maintain the position for 15 seconds.

Consult a physician before beginning any exercise program.



David Mitchell, M.D.

Back to Basics With Isometrics

If you’re looking for a great way to build muscle without the clutter of exercise equipment, isometrics are just what the doctor ordered.

Isometric exercises involve strengthening muscles by maintaining static positions. Two types of muscle action—submaximal and maximal—can be achieved using isometric exercises. An example of submaximal action would be holding a weight steady with your arms out to the side, while achieving maximal action is as simple as pushing against an immovable object.

“Isometrics are great exercises because of their simplicity,” says **Dennis Norem, M.D.**, internal medicine physician at Rockford Health Physicians-Mulford. “Because you don’t need a lot of equipment or space, isometrics are perfect when you need a break from office work or you are stuck in a hotel room on a business trip.”

Give It a Try

These examples of full-body isometric exercises are sure to add variety to your workout.

- **Plank Bridge**—Lie face down on the ground with your elbows and forearms under your chest. Make a bridge of your body using your toes and forearms while keeping your back flat. Hold the position for 10 to 30 seconds and repeat two to three times.
- **Side Bridge**—Lie on the ground on your side and press up with your right forearm to make a bridge. Hold the position for 10 to 30 seconds and repeat two to three times.

To find a Rockford Health System physician for your family, call the Rockford Health System Physician Referral Service at (815) 971-DRDR.



Dennis Norem, M.D.



Lower Your Cancer Risk

The American Cancer Society (ACS) estimated that nearly 295,000 men in the United States died of cancer in 2008, making cancer the second leading cause of death. While the numbers might seem staggering, there are ways you can lower your risk.



The Top 10 Causes of Death in Men

1. Heart disease
2. **Cancer**
3. Accidents
4. Stroke
5. Chronic obstructive pulmonary disease (COPD)
6. Diabetes
7. Influenza and pneumonia
8. Suicide
9. Kidney disease
10. Alzheimer's disease



The most prevalent cause of cancer death among men is lung cancer—a condition that is often caused by smoking or exposure to secondhand smoke. Lung cancer makes up 15 percent of new cases of cancer diagnosed in men each year. In addition to causing lung cancer, smoking is also a major cause of larynx, mouth, throat, bladder and esophageal cancers.

“For decades, people smoked without an awareness of the consequences,” says **Katherine A. Andersen, M.D.**, pulmonologist at Rockford Health Physicians.

“In the early 1980s, the U.S. Surgeon General reported that cigarette smoking was the single largest cause of cancer deaths. The same is true today—smoking is responsible for nearly one in five cancer deaths.”



Katherine Andersen, M.D.

While lung cancer leads to the most deaths among men, prostate cancer is the most commonly diagnosed cancer. Because prostate cancer is highly treatable when found in early stages, men are encouraged to speak with their physicians about having a prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) annually beginning at age 50.

Some men, including African Americans and those with a family history of prostate cancer, may need to begin testing at an earlier age, depending on advice from a physician. Symptoms of prostate cancer can include the need to urinate frequently, difficulty starting or stopping urination, painful or burning urination, painful ejaculation or blood in urine or semen.

Other prevalent cancers among men are colorectal, bladder and melanoma.

Get Proactive

You can reduce your risk of developing one of the numerous forms of cancer with a few lifestyle changes. The ACS recommends taking the following steps:

- » **Maintain a healthy weight.** A body mass index (BMI) between 18.5 and 25 is considered normal. Another way to determine if your body size is healthy is by measuring the size of your waist—no more than 40 inches is considered healthy for men, while 35 inches is the highest recommended size for women.
 - » **Be physically active.** Adults should get at least 30 minutes of moderate exercise—enough that you break a sweat but can still carry on a conversation—on most days of the week.
 - » **Eat a healthy diet.** Aim for meals filled with plenty of fruits and vegetables, whole grains, low-fat or nonfat dairy products and lean proteins, such as turkey or tofu.
 - » **Limit alcohol intake.** While some wine consumption has been shown to have positive effect on heart health, too much can be a detriment. If you do consume alcohol, drink a moderate amount—one drink per day for women and two per day for men.
 - » **Don't smoke.** If you don't smoke, don't start. If you do smoke, quit. There are numerous resources available to help with smoking cessation. Call the Illinois Tobacco Quitline at 1-866-QUIT-YES for counseling, customized cessation programs and a quit-kit, which includes information about nicotine replacement medications.
 - » **Use sunscreen.** Apply a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher. Use about a palmful of sunscreen to cover all exposed skin at least 30 minutes before going outside. Reapply every two hours, or more often if you sweat or swim. Try to avoid staying outside between 10 a.m. and 4 p.m., when the sun's rays are most intense.
 - » **Have regular checkups and screenings.** Keeping a careful eye on your health is a key part of detecting and treating cancer early. Regular visits with your physician can ensure you receive age-appropriate screenings, including those for prostate, colorectal and skin cancers.
- To find a Rockford Health System physician for your family, call the Rockford Health System Physician Referral Service at (815) 971-DRDR.*



The Future of Surgery...Today

When you think of surgery, you likely think of days spent in the hospital, painful incisions and a lengthy recovery period. With new technologies, including the da Vinci® Surgical System, that doesn't have to be the case.

“With the da Vinci system, we are able to utilize robotic technology to conduct a more precise surgery,” says **Michael J. Fumo, M.D.**, urologist at Rockford Urological Associates. “A da Vinci surgical procedure provides patients with a number of benefits, including less post-operative pain and scarring, minimized blood loss, reduced risk of infection, shorter hospital stays and faster recovery times.”

The da Vinci system works by translating the surgeon's hand movements into precise robotic movements of small instruments within the surgical area. Rockford Health System physicians currently use the system to treat prostate cancer and other urological conditions, as well as perform a number of gynecological procedures.



Michael Fumo, M.D.





Make It a Daddy Day

The Father/ Child Bond

Fathers, including biological, stepdads and other father figures, play a vital and influential role in their children's lives. Children whose fathers take part in their lives have fewer behavioral problems, better results in school, improved health, close friendships and even have longer, stronger marriages of their own than those children who grow up without a father figure. As a result, it is important for fathers to realize that spending time and having a strong relationship with their children—whether they live in the same household or not—has a big impact on their children's lives.

Fathers play an essential role in their children's lives as they grow, including how they eventually build relationships with their own kids. That's one reason why it is important for you to take time out of your busy schedule to spend with your children.

Spending time with your children can show them how much they mean to you. The following fun activities can help you revitalize your father/child bond this spring.

- **Have a kids' day.** Designate one day a month as "Kids' Day." Let your children pick a fun activity for the family, whether it's teaching you to play their favorite video game or assembling a jigsaw puzzle.
- **Build something.** If you are stuck inside on a rainy day, try constructing a kite, building a birdfeeder or making origami figures. You can find plenty of instructions for indoor projects on the Internet or at your local library.
- **Make it a movie night.** Grab the popcorn, blankets and pillows and watch one of your child's favorite movies.
- **Take it to the park.** Surprise your children by taking them to the local park for a picnic. While there, play hide-and-seek, take a nature hike or go fishing.
- **Try something new.** A fresh experience usually brings a new perspective that can help revitalize your relationship with your children. Tour a local museum, historic site, zoo or county fair.

Pork Perfection

Fire up the grill and show your friends how well you can cook by preparing this simple, delicious dish—grilled rosemary pork tenderloin.

Ingredients

2 pound pork tenderloin
1/4 cup olive oil
1 tablespoon balsamic vinegar
2 cloves garlic, crushed
1 rosemary sprig, chopped
freshly ground black pepper
salt, to taste

Directions

Mix the oil, vinegar, garlic, rosemary, salt and pepper, and brush on the pork tenderloin. Refrigerate for at least 30 minutes or overnight. Preheat the grill. Sear the pork on all sides, and

then cook over medium heat for about 10 to 14 minutes, until the pork reaches an internal temperature of 160 degrees. Let the tenderloin rest on a carving plate for 1 to 2 minutes. Serves 8.

Nutrition Information (per serving)

Fat: 5g
Saturated Fat: 2g
Protein: 13g
Sodium: 70mg
Carbohydrate: 5g

Source: www.foodfit.com



Higher Level Gardening



You don't have to achieve the rank of master gardener to elevate your garden to the next level—you only need to raise the bed. Raised garden beds are easier to tend, grow large healthy plants, keep your plants free of weeds and pests, and provide great drainage.

Your raised garden should be constructed on a flat area in a position that gets sunlight at least six hours a day. It also will be more convenient to build your garden near sources of electricity and water.

What You Will Need

For step-by-step instructions on building your own three foot by six foot raised garden, visit www.eartheasy.com and click on "Grow." Then, check your toolbox for a saw, hammer and drill, and head to your local hardware store to stock up on the following materials:

- eight 2x6 cedar boards for the sides
- four 4x4s for the corner posts.
- 3.5 inch galvanized spiral nails (about 40)

Building a raised garden can be a fun project for you and your kids. Best of all, it can be built in less than a couple of hours.

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

A close-up photograph of a baseball player in a white uniform sliding into a white base on a dirt field. The player is wearing a red jersey and black cleats. The background is a blurred green field.

Life moves fast. We're ready for you.

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