

HealthyMan

» work hard, play hard, be healthy

Let's Go
Fishing

**Snap,
Crackle,
Pop,**
Says Your Body

When Seconds Count
**STOPPING
STROKE**

+ Pushups
for a Pump Up



ROCKFORD HEALTH
system

IT'S CALLED COMMITMENT

Quench Your Thirst

Question: Are sports drinks better than water for re-hydrating?

“The answer to this question may surprise you, because it isn’t clear-cut,” says **Ken Petersen, M.D.**, internal medicine physician at Rockford Health Physicians. “Whether or not you should grab a bottle of water or an electrolyte-filled sports drink depends on how hard you’ve exerted yourself.”

As a general rule, water is the best thirst-quencher. It has no calories or artificial sweeteners. If you’ve been engaged in low-impact activities such as walking around the block or a leisurely

bicycle ride through your neighborhood, or if you’re just thirsty, drink water.

If you’ve been engaged in serious physical exertion such as a long-distance run or soccer game, the electrolytes and sodium found in sports drinks may help you recover more quickly. However, there also are downsides to choosing a sports drink. Many sports drinks contain unneeded calories and high amounts of sucrose and glucose that may make some people nauseated.

ASK THE EXPERT



Can You Take the Heat?



Whether you’re a competitive athlete, a little league coach or the resident grilling expert, here is what you need to know to beat one of your toughest competitors—the summer heat.

Heat-related illness, also called “heat stress,” ranges in severity from heat cramps to heat stroke, which is a true medical emergency. The following tips can help you prevent heat stress when you are outdoors.

- Stay in the shade when possible.
- Wear sunscreen with a sun protection factor (SPF) of at least 15.
- Wear light-colored, breathable fabrics and a wide-brimmed hat.
- Take regular breaks and go indoors to cool off.
- Avoid alcohol and caffeine consumption.
- Drink plenty of water, even when you don’t feel thirsty.

Call 911 if you or someone you’re with experiences vomiting, confusion, high fever, rapid breathing or a weak pulse.



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

Family: wife, Kelly; children, Christine and Andrew

Hobbies: singing with the church praise team and men’s choir, playing the viola and boating with the family

Exercise routine: using a treadmill at home, toning exercises and cycling

If I weren’t a doctor, I’d be: a teacher or perhaps in research of chemistry or zoology

Favorite movie and TV show: *Raiders of the Lost Ark* and *M.A.S.H.*

Your “Welcome to Medicine” moment: While shadowing an internist during my first year of medical school, I saw a patient with nonspecific fatigue symptoms. My preceptor was able to make a diagnosis of panhypopituitarism, a relatively rare condition. His energy and excitement at being able to figure out the problem and start effective treatment to help this man affirmed my decision that this was what I wanted to do.

Dr. Petersen is currently accepting new patients at his office at Rockford Health Physicians-Alpine. To make an appointment, call (815) 971-2000.

Got a Minute?
Meet the Doc.

► Take Your Medicine Like a MAN



Medicine balls are available in a variety of shapes, materials, colors and weights, offering versatility that can enhance the effectiveness of any athletic training program.

Medicine ball training is categorized as functional training, which means it integrates multiple muscles or muscle groups and mimics everyday muscle use. Medicine ball workouts require you to use your core muscles to stabilize the torso, which helps prevent back injuries. In addition, the ball's weight helps build "explosive" strength to put more power behind your movements.

Getting Stronger

The following exercises can be used to provide a quick medicine ball workout. Aim to complete three sets of 12 to 15 repetitions of each exercise.

- **Hip Crunch.** Lie back with your knees bent and the ball between your knees.



Contract your abdominals and pull your knees toward your chest. Slowly lower your feet back to the ground and repeat.

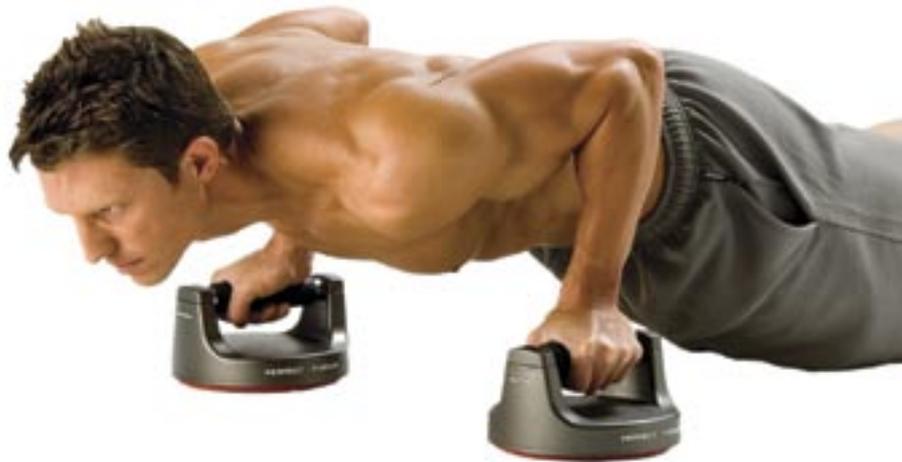
- **Slams.** Stand with your feet parallel and knees slightly bent. Pull the medicine ball back behind your head and forcefully throw the ball down on the ground. Catch the ball on the bounce and repeat.
- **Pushups.** Position the medicine ball under one hand and perform a pushup. Switch the medicine ball to the other hand and repeat.



For a list of more medicine ball exercises, visit www.sports-fitness-advisor.com.

Pushups With a Twist

Work more muscles and reduce strain on your joints wherever you go by using the Perfect Pushup® Ultimate Pushup Handles.



The pushup has probably been part of your exercise repertoire since grade school—and for good reasons. Pushups build strength in your pectoral muscles, triceps, deltoids and core. However, the standard pushup can put undue stress on your wrist, elbow and shoulder joints because they do not rotate as they would naturally.

Problem Solved

Perfect Pushup Ultimate Pushup Handles allow your muscles to rotate, mimicking the natural movement you employ when swinging a golf

club, swimming or hitting a punching bag. The padded, rotating grips are attached to a non-skid base to minimize injury and maximize your desired results while letting you work out in the comfort of your own home.

The Perfect Pushup Handles also come in a travel size. Weighing only two pounds, the Perfect Pushup Travel Edition is compact enough to fit in your suitcase and take on the road. Just because you are stuck in a hotel room on a business trip doesn't mean you can't complete your workout.

Always consult your physician before beginning any exercise regimen.



Stopping Stroke

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



You've heard that seconds count when you're experiencing a stroke, but do you know why? It's because the people who recognize stroke symptoms quickly and get prompt medical treatment have the best opportunity for survival and a better outcome.

When you experience an ischemic stroke, a blood vessel that supplies blood to the brain becomes blocked and prevents the brain from receiving the oxygen it needs to function. As a result, the cells within the brain begin to die, often causing temporary and permanent disability.

"Many people incorrectly believe that there is nothing that can be done to treat a stroke, but that's not the case at all," says **Lawrence Verfurth, D.O.**, Director of Adult Hospital Medicine at Rockford Health System. "The faster you get to the hospital, the better chance you have of a positive recovery."

Reacting to the Emergency

According to Dr. Verfurth, the biggest barrier physicians experience for stroke treatment is not getting patients to come to the hospital quickly enough. Because strokes don't necessarily hurt, many patients don't realize they are medical emergencies that require immediate medical attention.

"Stroke symptoms are usually pretty vague, so many patients will sit around their homes for hours before they put two and two together and realize that they're experiencing a stroke," Dr. Verfurth says. "By that time, it's too late for us to provide



Lawrence Verfurth, D.O.

Dr. Verfurth says. “This medication—which is administered intravenously—can break down the clot and restore blood flow to the brain.”

In addition, the multidisciplinary stroke team at Rockford Health System works closely to educate patients about what caused the stroke and what can be done to reduce their risk for future strokes (see “Prevention Is the Best Medicine”). Following a patient’s discharge from the hospital, patients can either attend inpatient or outpatient rehabilitation at Van Matre HealthSouth Rehabilitation Hospital or they can access specialized home care through the Visiting Nurses Association.

“Statistics tell us that having a stroke dramatically increases your risk for a second stroke, and that almost half of all men who have a stroke after age 40 will die within five years of their stroke,” Dr. Verfurth says. “We want to do everything we can to educate our patients, make them healthier and prevent more strokes from happening.”

For more information, call the Rockford Health System Physician Referral Service at (815) 971-DRDR.



5-Star Stroke Care

At Rockford Health System, our stroke care has been nationally recognized for outstanding patient outcomes.

If you’re experiencing a stroke, there’s no better option for stroke care in the Rock River Valley than Rockford Health System. Here, our fully integrated, multi-specialty stroke care provides patients with the finest evidence-based stroke care available locally.

In 2007, the stroke care at Rockford Health System became nationally recognized for outcomes when it received a 5-star rating—the highest available—from HealthGrades, the nation’s leading independent rating system in health care. According to HealthGrades research, patient outcomes are significantly better at hospitals with 5-star ratings.

clot-busting medications that can stop—and sometimes even reverse—the effects of a stroke.”

If you think you or a loved one might be experiencing a stroke, use the National Stroke Association’s “Act FAST” guide to perform a quick stroke check:

Face: If the person smiles, does his or her face droop on one side?

Arms: Does one arm drift downward if the person raises his or her arms?

Speech: Can the person repeat a sentence correctly without slurring words?

Time: Time is of the essence. If any of the above symptoms are present, call 911.

Efficient Stroke Care From Experts

Once you arrive at the Emergency Department at Rockford Health System, you’ll undergo an immediate evaluation from an emergency medicine physician. If he or she suspects you’re experiencing a stroke, our stroke team will be activated. The laboratory will immediately take and process tests; the hospital’s computed tomography (CT) scanner will be cleared and the results of the CT scan will be interpreted immediately; and the stroke team neurologist will determine the next treatment steps.

“When patients come to the hospital immediately and we’re able to diagnose their stroke within three hours of the onset of symptoms, they’re eligible for a clot-busting medication called tissue plasminogen activator (tPA),”

Prevention Is the Best Medicine

While physicians have made great strides in treating stroke, prevention is always the best option.

Take these tips from the National Institute of Neurological Disorders and Stroke to reduce your risk of having a stroke:

- **Reduce your blood pressure.** If you have high blood pressure, lower it. You can achieve this by losing weight, eating healthier foods and exercising. Your physicians also may be able to prescribe medication to help lower your blood pressure.
- **Stop smoking.** According to the American Heart Association, smoking increases your risk of a stroke by almost double.
- **Manage your heart disease.** Those with existing heart disease are at an increased risk of stroke.

Talk with your physician about managing your heart disease with lifestyle modifications and medication.

- **Control your diabetes.** According to the American Diabetes Association, two out of three people with diabetes die of either a heart attack or stroke. Speak with your physician about managing your diabetes through lifestyle modifications.
- **Seek help for transient ischemic attacks (TIAs).** TIAs—also known as mini-strokes—are serious indicators that you’re at risk for a larger stroke. When these occur, seek emergency help.

What Are Your Joints Saying?



Are your joints creaking and grinding like a rusty chain? Will a few drops of ointment have you back in action, or are these sounds something to worry about?

“The body makes a variety of sounds for several reasons, most of which are natural and painless,” says **Jon Monkemeyer, M.D.**, internal medicine physician at Rockford Health Physicians–Mulford. “However, if these sounds are accompanied by aches and pains that over-the-counter topical creams and anti-inflammatory medicines don’t alleviate, you should schedule an appointment with your family physician.”



When tendons slide past each other, they can create friction that is indicated by a snapping sound most common in the ankle, hip and shoulder blade. If your muscles are stiff, the snapping may occur more often. To help loosen your tendons and prevent future damage, stretch throughout the day, especially in the mornings and before working out.



The most common sound coming from joints is a cracking noise, occurring most frequently in the knuckles and neck. The joints there are surrounded by a protective fluid, which contains gases like nitrogen, oxygen and carbon dioxide. When the joints are pushed or pulled, a cracking sound occurs due to the release of these gases. While parents everywhere discourage the habit, it has not been shown to damage the joints and actually may relax surrounding muscles and improve movement.



If you do shoulder presses or pull-downs with heavy weights, you may experience a popping sound in your shoulder. This occurs when the joint comes out of its socket and then pops back into place. Over time, this kind of exercise can harm the tissue surrounding the joint. Performing exercises with light weights or resistance bands can help strengthen and protect the rotator cuffs.



Cartilage exists between the joints to prevent bones from rubbing together and wearing down. However, cartilage can grow thin over time and cause these surfaces to come in contact with each other, creating a grinding sound. This sound usually does not indicate a problem unless it occurs in the knee. Grinding in the knee can be a sign of improper knee alignment, which often requires surgery to correct. To prevent grinding in your knee, stretch your thighs and quads regularly.

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



Jon Monkemeyer, M.D.

Gone Fishing

Lake Michigan provides some of the best fishing for steelhead, salmon, trout, bass and walleye in the Midwest. Best of all, it's just a short drive away. Load up your fishing gear and get out on the water. Then, bring your catch home and enjoy this tasty recipe that can be used for any fish.

Ingredients

2 trout fillets with skin removed
1/4 cup low-sodium soy sauce
1/4 cup bourbon
1 cup water
1/4 cup brown sugar
1 teaspoon Worcestershire sauce
1 tablespoon lemon juice

Directions

Cut each fillet into 2 pieces.

Mix all other ingredients in a medium, non-metal bowl. Add trout fillets to mixture and marinate for 2 hours in refrigerator.

Remove from marinade and broil or grill fillets 5 minutes per side until they flake easily.

Serves 4.



Nutritional Information

Calories: 154

Total Fat: 3g

Total Carbohydrates: 15g

Protein: 9g

Source: www.lakemichiganangler.com

Creating a Backyard

Have you always wanted to sit in your backyard and enjoy the sights and sounds of your own goldfish pond? You can make this dream a reality, and best of all, it can be completed in just one day.

For step-by-step instructions, visit www.essortment.com and search for "goldfish pond." To get started, here are some tips for planning your nautical paradise.

- ✓ First, choose the design of your pond. Are you looking for a formal shape or will your pond be irregular in shape? Determine what kind of liner your pond will have. Preformed ponds may seem like an enticing option, but they are limited in designs.
- ✓ Choose a location for your pond. Consider electrical access, soil type, trees and land slope when picking a location.
- ✓ Lay out the design of your pond using a rope or garden hose. As you plan the design, consider what type of fish you want to keep. Goldfish are the best option for beginners—they are less fussy about water quality and need only 18 inches of water.
- ✓ Figure out what kind of pond plants will work best with the species of fish you select. Plants should cover about 60 percent of the pond's surface area. Once you hammer out the details, it's all a matter of acquiring the proper materials and getting down to work. You can also make building the pond a family project that everyone can enjoy—plus, it never hurts to have an extra set of hands for measuring, lifting and digging.



The Awards are STACKING UP

For the second straight year, Rockford Memorial Hospital has been named a Distinguished Hospital for Patient Safety™ by HealthGrades®, the nation's leading health care ratings company.

This distinction reflects Rockford Memorial Hospital's performance among the top 5 percent nationally for patient safety outcomes, according to HealthGrades' fifth annual Patient Safety in American Hospitals Study, the largest of its kind. Rockford Memorial Hospital is one of only 13 hospitals in Illinois and the only hospital in Rockford to receive this recognition.

In 2005, Rockford Memorial Hospital received the HealthGrades Distinguished Hospital Award for Clinical Excellence putting us in the top 5 percent of hospitals in the nation.



Visit our Web site at www.rockfordhealthsystem.org.



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.

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IT'S CALLED COMMITMENT

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