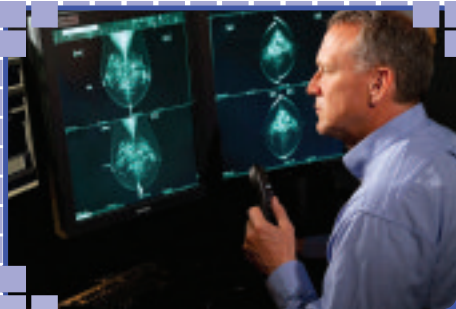


Morris Daily Herald Special Section — Friday, February 22, 2013

# HEALTH & FITNESS

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2013State expands  
Tdap mandate

Immunization required for all junior high, high school students in 13-14

SPRINGFIELD, Ill. — Although we're just over half way through the current school year, it is not too early for parents to start making appointments to meet next year's student immunization requirements.

The Illinois State Board of Health recently approved recommendations from the Illinois Department of Public Health (IDPH), Illinois State Board of Education (ISBE) and the Immunization Advisory Committee to require all sixth- through twelfth-grade students to receive one Tdap vaccine, an immunization against tetanus, diphtheria and pertussis.

"We've seen an increase in pertussis, or whooping cough, in Illinois during the last six years. Medical experts have found whooping cough has been on the rise in pre-teens and teens, indicating a waning immunity from infant and childhood immunizations," said Illinois Department of Public Health Director Dr. LaMar Hasbrouck.

"To combat the rise, last year Illinois required sixth and ninth grade students to receive the vaccine. For the 2013-2014 school year, the state is expanding this prevention effort and requiring all sixth- through twelfth-grade students to receive a Tdap booster shot."

Students must show proof of having received this vaccination, must have an appointment to get the vaccine or have an approved medical or religious exemption on file.

See "Tdap" • PAGE 4B

## Feeling Dizzy? Vertigo and 'lightheadedness' most common causes of frequent problem

Watching the patient's eye movement tells us different things...

Elaine Gengenbacher — Physical therapist



Photo courtesy of Morris Hospital & Healthcare Centers  
Elaine Gengenbacher administers physical therapy intervention for vertigo at the Diagnostic & Rehabilitative Center of Morris Hospital.

Have you ever had a sensation of spinning or dizziness? How about feeling like the room is whirling around you?

If your answer is yes, you're not alone. More than 40 percent of Americans experience dizziness that is serious enough to warrant a visit to the doctor. Half of the cases are caused by a condition called vertigo, and the other half are diagnosed as "lightheadedness."

Lightheadedness is a type of dizziness that may make you feel like you are about to faint. If you've ever gotten up too quickly from sitting or lying down, you may have felt lightheaded.

But other times, a lightheaded feeling can come out of nowhere and for no apparent reason. This is commonly caused by a drop in blood pressure or blood sugar, or excessive fast or deep breathing known as hyperventilation. More serious causes of lightheadedness might be heart problems, respiratory problems, stroke, bleeding or shock.

While treatment depends on the cause, someone who becomes lightheaded due to a drop in blood pressure or blood sugar may be able to resolve the feeling by eating something sugary or drinking water. Sherwin Ritz, M.D., an otolaryngologist on the medical staff at Morris Hospital, says the first step to diagnosing dizziness generally involves a visit with the primary care physician.

"If the primary care physicians rules out lightheadedness as the diagnosis, that's when patients are usually referred to an otolaryngologist," says Dr. Ritz. "Our next step would be to evaluate the patient for vertigo."

Whereas dizziness typically occurs just occasionally, vertigo is a frequent sense of motion, swaying or spinning, even when everything is stationary. Often caused by inner ear problems or even eyesight problems, vertigo can be accompanied by nausea, vomiting, and unsteadiness.

According to Dr. Ritz, it's time to see your doctor when you're worried that feelings of light-

headedness, dizziness or spinning could cause a fall or accident.

"When the problem goes from being bothersome to affecting your daily activities, you should definitely see your doctor," says

Dr. Ritz. "Dizziness is very common, especially among the older population. The tests that we use to diagnose the condition are neither painful nor dangerous. Sometimes treatment is as simple as avoiding the head position that triggers the spinning."

If your doctor suspects vertigo, you may get referred to the outpatient physical therapy department at Morris Hospital for a simple diagnostic test called the Dix-Hallpike maneuver. During the examination, the patient lies with his head extended over the side of the therapy table while the physical therapist holds and moves the head in different positions.

"What we're actually doing is trying to reproduce the symptoms of dizziness and spinning," explains Elaine Gengenbacher, a Physical Therapist at the Diagnostic & Rehabilitative Center of Morris Hospital. "Watching the patient's eye movements tells us different things, including whether and where the problem is in the inner canal."

If vertigo is present and a result of a disturbance within the inner ear, patients can return for a therapy procedure called Epley's Maneuver, which again involves turning and tilting the head in various positions.

"Through the maneuvers, we're working to get the crystals in the ear to settle back where they belong," Gengenbacher says. "After the first therapy session, we tell patients to avoid laying flat or bending their neck. They come back in a week, and we reassess and repeat the therapy if needed. About 80-90 percent of the time, the vertigo is gone after two to three sessions."

To learn more about vertigo therapy at Morris Hospital, call (815) 364-8919, ext. 7834.

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Morris Daily Herald Special Section — Friday, February 22, 2013

## Energy... but at what cost?

Apparent health concerns not sufficient to keep young adults away from drinks

BY RYAN WOODEN  
Herald Correspondent

As people struggle to keep up with the rapid pace of the information age, energy drinks have surged in popularity and have become a major segment of the beverage industry. Despite the health warnings associated with such products, the market tripled in size between 2006 and 2011, and it is expected to nearly double again over the next five years.

According to a New York Daily News report, energy drink sales will wind up closing at around \$12.5 billion in 2012. That's compared to just \$3.4 billion in sales in 2006. Furthermore, the trade publication "Packaged Foods" reports those sales could hit \$21.5 billion by 2017.

Yet, all of this happened despite the fact emergency room visits linked to their use doubled between 2007 and 2011. The FDA is currently investigating Monster energy drinks about the deaths of four people, but in general, researchers are still trying to pin down the substances as the

direct cause of health problems. Regardless, most will agree that the correlation is far too strong to be coincidental.

The Drug Abuse Warning Network (DAWN) published the recent study referencing the number of emergency room visits, which climbed from 10,068 visits in 2007 to 20,783 in 2011. Granted, 42 percent of the visits related to energy drinks that were consumed with a combination of drugs, prescription medication or alcohol. However, 58 percent of all reported instances were related to energy drinks alone.

The study wasn't conclusive, as the nature of reporting ER statistics leaves many

counted variables, but DAWN project leader Albert Woodward noted a strong correlation.

"If you're in public health as we are, you have a strong hunch that something is going on here," Woodward told FoodNavigator-USA.

Meanwhile, energy drinks are as popular as ever, thanks in large part to targeted marketing campaigns that are generated towards teenagers and young adults. In gas stations and convenience stores across the country, entire sections of cooler space are devoted to these products.

Morris resident Mathieu Aspel is an assistant manager at the BP on the corner of Illinois 47 and George Street. Mathieu worked as an attendant before taking a managerial position and he's worked at several gas stations throughout Morris over the past five years.

"(Sales) have definitely gone up since I started working at gas stations. New flavors equals more reach for customers, and there's been a spike in new products, so I see a lot more



Herald Photo Illustration by Lisa Pesavento - lpesavento@morrisdailyherald.com

One AMP Energy drink contains as much sugar as six glazed doughnuts.

people buying them," Aspel said. "Mostly men are the ones buying them, mainly from their teens into their thirties. The only form of energy I normally see females get is the Starbucks mocha coffees. They don't buy as many actual energy drinks."

Considering their strategy, it's really no surprise that the demographics for these drinks skew towards young males. Drinks like Monster, Rockstar and Full Throttle all have testosterone-injected names and they're all major sponsors of motor racing and the X Games, both of which are

growing interests of the critical 18-34 male demo.

As for Aspel, he also drinks energy drinks on a regular basis. He's been using them since he was in high school, but he's become increasingly aware of the risks involved, as well.

"When I first started using them, it was for the weekends in high school to stay up late. But as time progresses you see more and more studies about the side effects, as well as all the stories of people dying or having heart attacks," he said.

For now, Aspel's comfortable with the continued use of these products because

the extra energy they provide him, but as more information continues to come out he'll be exceedingly cautious. However, one area he agrees needs to be immediately addressed is getting these drinks out of the hands of adolescents.

"Kind of like myself in high school, I see younger kids around 13 buying them on the weekend. Their parents probably gave them money for snacks for a sleepover, and they get them that way," he said. "Most parents don't buy them for their kids, although I do see that happen once in a while."

See 'Drinks' • PAGE 4B



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Morris Daily Herald Special Section — Friday, February 22, 2013

# Happy pets require healthy lifestyles

Like their owners, animals need good food, exercise, regular trips to doctor

BY JEANNE MILLSAP  
Herald Correspondent

Our pets trust that we give them what they need to be happy throughout their lives, and that involves more than just water and a cheap bag of food.

When we adopt a pet, it becomes part of our family, to be loved and cared for every day. And Tammi Janel, owner of Blackbird's Bowl in downtown Morris, said a diet of quality ingredients goes a long way to keeping our dogs and cats feeling great. "It's important that very high quality ingredients go into their food," Janel said. "It should be natural food that is the most unprocessed you can get."

Janel sells natural pet foods at her shop, and with a college background in biology, along with work experience as owner of a progressive healing arts center in LaGrange, her passion is holistic animal wellness. "From a holistic perspective, natural foods are better for our pets," she said. "That can mean anything

from a dry food made with U.S. ingredients and no preservatives to nothing artificial, no colorings, and no by-products and with grains that are whole."

Janel said raw food is also good for pets, as it is more natural to them.

"Their cells can receive the nourishment better with natural foods," she said. "They need them to thrive... they are ingredients that create health."

Janel said the good health that comes with a good diet can be seen in subtle ways, such as a shiny coat, or in deeper ways, such as less suffering from itching, ear infections, tear stains, watery eyes, and even anxiety and aggression.

Her Bernese mountain dog is a breed that is disposed to developing cancer, she said, and she wants to do everything she can to keep him at optimum health.

"I think the key to keeping them the healthiest is to feed them the best nutrition possible to avoid disease over the long term," she said. "They'll reap the rewards long down the line."



Tammi Janel, owner of Blackbird's Bowl, a natural pet food store in downtown Morris, arranges the "Apawthecary" section of her store, which offers a variety of high quality all natural supplements that promote wellness in pets.

Janel said another important way to keep pets healthy is "to let your animal be an animal." Let him have time and a place to dig, she said, and make sure to take them out to walk and mark their territory and to just be a dog.

Cats, also, she said, need to be able to feel some sunshine on their faces and to scratch a tree. If it's not possible to take them outside, give them a lot of attention

inside.

Other ways to keep pets healthy and happy are to keep a good relationship with their veterinarian and remember to get pets to regular check-ups, even if there is nothing noticeably wrong.

Veterinarian Dr. Todd Gay, of Lakewood Animal Hospital in Morris, said once-a-year vet appointments are important, or twice-a-year after the age of

7 or 8, which is mature for dogs and cats.

Janel said a vet will check a pet for heart and lung health, dental health, and for enlarged lymph nodes that may indicate an infection.

He will also check their

eyes for all kinds of conditions such as cataract formation, their abdomen for masses, their ear drums and external ears for problems and will look for external parasites such as ticks and fleas.

There are also internal parasites he tests for. That's important, he says.

"You may not know your pet has internal parasites," he said. "That can also pose a human risk. People can potentially get affected, too."

Veterinarians know how to spot problems that even the most conscientious pet owner might not see, and if caught early, Gay said, a problem may be able to be handled in a less involved way than if it's in a more advanced stage.

Heartworm pills are also important for pets, too, all year round, even in the winter.

"Especially in years like this," Gay said, "when there are such odd fluctuations in the weather, you never know when that last bug is gone."

Many heartworm pills also work against the most common intestinal parasites, too, he said.

See 'Pets' • PAGE 5B

## Tdap

Continued from Page 2B

Students who do not meet one of these three conditions by October 15, 2013, will not be allowed to attend school until they do.

For sixth- and ninth-grade students who received the Tdap vaccine last year or previously, they do not need to receive another vaccine, but only show proof of having received it before.

Vaccination continues to be the single most effective strategy to reduce illness, and even death, caused by pertussis and other vaccine preventable diseases.

"Immunizations are an easy and safe way to make sure our children are healthy and ready to learn," said State Superintendent of Education Christopher A. Koch. "Please take a moment to make sure your children are up to date on required immunizations so they do not miss very important classroom time and, importantly, protect themselves and others from preventable illnesses."

For more information about pertussis, log onto [www.idph.state.il.us/public/hb/hbptus.htm](http://www.idph.state.il.us/public/hb/hbptus.htm), or for information on vaccines and school requirements, go to [www.idph.state.il.us/about/shots.htm](http://www.idph.state.il.us/about/shots.htm) or [www.isbe.net/school\\_health.htm](http://www.isbe.net/school_health.htm).

## Drinks

Continued from Page 3B

"I think they need some restriction age wise, but then people will view it as infringing on their rights," Dieticians seem to agree.

Dr. Lianne Holloway is a family physician at Morris Hospital and serves as the institution's wellness manager. Holloway stated that the health risks associated with these beverages applies to everyone in certain quantities, but she is also worried about the drink's effect on the developing bodies of young children.

"The FDA regulates soft drinks to where they can only have (70) milligrams of caffeine per 12 oz. soft drink, but because energy drinks are touted as 'natural supplements' they can get away with not having to follow those same regulations," Dr. Holloway said. "Everyone's body reacts a little bit differently, but in some people (caffeine) can cause tachycardia and heart racing."

"These energy drinks are being marketed to children and adolescents, and kids' bodies are still growing because they're not adults yet. And that's where you really see more issues, and in some instances kids might not even be reporting (ill effects) because they don't know what's happening."

Ultimately, Holloway supports regulating energy drinks in an effort to either dramatically modify the amount of caffeine in these supplements or to keep them out of the hands of adolescents.

"I think if we don't start regulating some of the things were counting as natural supplements — you know, that word natural can mean anything — then any kind of supplement can call themselves natural and it doesn't have to be regulated," she said. "Again, this is just my opinion, but I think that they should be regulated just like we regulate cigarettes because a lot of people think, 'Oh, it's just caffeine. It's no big deal.' But, the amount that some of these drinks have in them, it really is a big deal."

Despite all this, people seem willing to ignore the adverse side effects, choosing to focus instead on the added energy and increased alertness these products provide. Over the last 50-plus years, the average night's sleep has decreased from eight hours a night to roughly six and a half hours a night. Information moves even quicker now and distractions like e-mail, text messaging and social media are making sleep seem increasingly inconvenient.

The allure to these drinks is obvious, but the risks associated make safer alternatives heavily desired. Brands like FRS and Chicago-based Solixir both market themselves as all-natural alternatives.

For now, don't expect natural energy drinks to supplant the laboratory-created concoctions that dominate industry sales. However, the health risks involving energy drinks definitely merits paying attention to, and at the very least, these drinks should be avoided by children and pregnant women, and they should not be mixed with drugs or alcohol.

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Morris Daily Herald Special Section — Friday, February 22, 2013

## MORRIS HOSPITAL & HEALTHCARE CENTERS

# Exams for Women: When & Why?

### Annual exams best way to detect medical problems

Ladies, have you had your well-woman exam in the past 12 months? When was your last mammogram?

If you haven't been keeping up with these recommended screenings and tests, it's time to schedule an appointment with your physician to verify that you are in good health.

According to Erik Muraskas, M.D., chief of obstetrics and gynecology at Morris Hospital & Healthcare Centers, the female organs are complex, and women should be aware of the many health concerns that are unique to them.

"While some women are uncomfortable or embarrassed about having female exams, it's important to see a physician regularly," Dr. Muraskas said. "Our goal is to detect and treat any new or ongoing problems. Essentially, these tests can save your life."

So what kind of exams are we talking about? There's the Pap test, which involves gathering a sample of cells from the cervix and testing them for changes. The Pap test can tell if you have an infection, cervical cancer, or abnormal or unhealthy cervical cells that can become cancerous.

The pelvic exam is also recommended for women. This is when a physician examines a woman's reproductive organs to check for any number of health issues related to the female reproductive organs, including fibroids (non-cancerous masses), ovarian cysts, vaginal cancers, irregular tissue, vaginal infections, and early signs of pregnancy. The pelvic exam is the best screening test for ovarian cancer.

So when should women start having these exams and how often?

Most health care providers agree a woman should have her first pelvic exam and Pap test at age 21. (Women who are sexually active before age 21 should talk to their doctor about having Pap testing at an early age to check for sexually transmitted diseases.) If the results are normal, Pap tests should be repeated every two years after age 21.

Even if a Pap test isn't needed, an annual well-woman visit and pelvic exam is still recommended.

Once a woman has three normal Pap tests in a row after age 30, The American Congress of Obstetrics & Gynecology (ACOG) says it's OK to have a Pap test every three years. It's best to speak to your physician about the right schedule for you.

A baseline mammogram is recommended between ages 35 and 40. This is one that future mammograms will be compared to for changes. Beginning at age 40, ACOG recommends mammography screenings every year or two.

See 'Women' • PAGE 6B

## Pets

Continued from Page 4B

Pet owners can also brush their pets' teeth, every day or a few times a week. Special pet toothpaste is a good purchase, as it doesn't foam and is not harmful if the pet swallows some.

And even in the winter, pet owners should consider making sure their animals get exercise.

"Exercise is very important," Gay said. "It keeps their weight under control. When pets are overweight, it's harder on their joints and on their hearts and lungs, and they have a higher tendency for diabetes."

As far as diet, make sure pets get the majority of their daily calories in a good, quality dog food, he added, and not in treats. And ideally, no human food.

"It could throw off a balanced diet," Gay said, "and can set up a bad habit."

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Jodie Baudek — Owner, Essence of Life

# Avoiding the 'fear factor'

### Making exercise fun, different is best way to ensure you stick with it



Health & Fitness  
2013

BY KRIS STADALSKY  
Herald Correspondent

If you want to be successful in your fitness program, find something you like to do.

If you love to run, do it. If you hate running or hate the treadmill, stop and find something else, says Joe Spiker, owner of Morris Athletic Club, Peak Fitness in Minooka and Metabolic Fitness Management in Lockport.

Those are wise words, because as many as 60 percent of people who join a fitness program drop out within six months.

You know why you should exercise — it prevents heart disease, hypertension and diabetes. Exercise burns calories, builds muscles and gives you an all over good feeling about yourself.

So why would anybody not want the wonderful benefits that could be theirs for the taking?

One big factor, according to fitness and wellness professionals, is the fear factor. People commonly avoid situations where they think they may fail.

Some people don't want to be singled out during a class or corrected. They may be afraid of looking silly doing a particular move or exercise, or feel like they are being judged by others more advanced.



Herald Photos by Lisa Pesavento

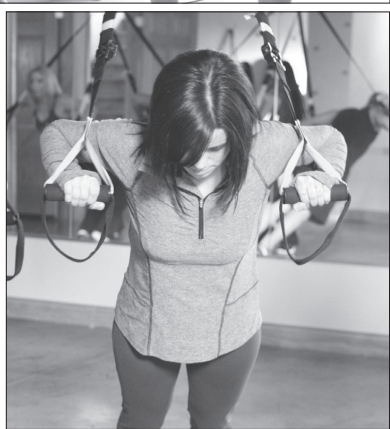
ABOVE: Jodie Baudek, owner of Essence of Life in Shorewood, helps participants in a couples yoga class stretch to the proper form.

RIGHT: Jacqueline Gibson uses TRX bands while working out with a group at Essence of Life

"Many classes develop their own subculture," said Spiker.

One way to combat some of the fear and make a fitness class or routine more likable is to increase the fun factor.

See 'Fun' • PAGE 6B



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Herald Photo by Lisa Pesavento - lpesavento@morrisdailyherald.com  
 Stephanie Cardwell, middle, of Joliet, participates in a cycling class at Essence of Life in Shorewood. Essence of Life also offers yoga, pilates, TRX training, and airbrush spray tanning.

## Fun

Continued from Page 5B

Zumba, or Latin Hip Hop, is one form of exercise that many people still love. And the reason is because it doesn't feel like exercise.

Zumba is still popular at Peak Fitness, Spiker said. Making a fitness routine fun is more than half the battle of doing it.

That's why Jodie Baudek, owner of Essence of Life in Shorewood, offers so many different fitness programs. Each month the schedule is evaluated and if classes aren't filling up, something new may be added.

"Yoga is our base for the mind, body and spirit," Baudek said. "The rest are classes that fill different wants and needs. It's how we keep it fresh."

She recently had a set of ballet barres put in. They accomplish several fitness

goals – the Essence Method, which is a combination of yoga, Pilates, ballet and resistance training, and adult ballet.

"The girls turn 16 or 18 and they are done (with ballet)," Baudek said. "Everyone seems to love it."

Everybody knows of yoga. But have you tried a Yoga and wine class? Most everyone pours a glass of wine to take into class.

The moves are a little more relaxed and simple and every so often participants lift their glasses and say something to cheer about.

"It's a great way of celebrating life and music," she said. "It's more of a fun class. We laugh a lot. You come with a little different attitude."

Then there's couple's yoga, which is held several times a year. Most recently Baudek held the ever popular Valentine's yoga class.

When couples start taking each other for granted, they miss opportunities to connect like looks and embraces, she said. In couple's yoga, participants rely on each other for stretching.

"It's a lot about communication," she said.

There are so many more types of classes and pieces of fitness equipment available, from TRX suspension training, to group spinning classes, to sand bells that are not only good for strength training, but are really fun to throw around and release pent-up aggression.

Whatever it is you like to do, whether it's a dance class, a little wine with your yoga or hitting the pavement with your dog, find something that says "fun" and exercising will be less of a chore and more a part of your life.

## Women

Continued from Page 5B

Women age 50 and older should have an annual mammogram.

Not to be forgotten is a bone density test to check for osteoporosis, a potentially dangerous disease that puts women and men at high risk for fractures.

This fast and painless test uses advanced technology to safely and accurately measure the bone mineral content and density of specific bone sites.

According to the National Osteoporosis Foundation, some women lose 20 percent of their bone density during the five to seven years following menopause.

Having a history of osteoporosis, being

of Caucasian or Asian race, smoking cigarettes, drinking excessive amounts of alcohol, being thin or having a small frame are all factors that put women at higher risk of experiencing bone loss.



Dr. Erik  
 Muraskas

Post-menopausal women should ask their physician when they should have a bone density test.

"Remember, the purpose of an annual check-up is to confirm that you are in good health," Dr. Muraskas said.

"If there is a problem, we need to find out early so we can do something about it. That's why it's so important to see your doctor on a routine schedule, even when you appear to be healthy."

For the name of a gynecologist on the medical staff at Morris Hospital & Healthcare Centers, go to [www.morrishospital.org/doctors](http://www.morrishospital.org/doctors).

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**SUPPLEMENTAL INCOME**  
Vitamins, supplements can be  
'basic necessities' for health  
**PAGE 5C**



**BELIEVE IT OR NOT**  
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**PAGE 7C**



Heidi Litchfield  
HEALTH & FITNESS

Photos provided  
Heidi Litchfield,  
who weighed  
244 pounds,  
lost 119 pounds  
in the matter of  
months through  
the help of  
gastric bypass  
surgery.

## Half the battle

### Litchfield loses 119 pounds, gains health

BY CHRISTINA  
CHAPMAN-VAN YPEREN  
cchapman@morrisdailyherald.com

Heidi Litchfield was born and raised in Morris, but now people she has been surrounded by her whole life don't recognize her on the street. "This is because Litchfield has lost just about half her weight after having gastric bypass surgery by Dr. Brian Lahmann. When Litchfield underwent the procedure at Bariatric & Minimally Invasive (BMI) Surgery in Joliet, she weighed

244 pounds. Now, eight months later, she weighs 125 and is still dropping. Her goal was originally to reach 120 pounds, but since the weight loss has happened so quickly, she's lowered her goal to 110. About two to three years after the surgery, people usually gain 10 to 15 pounds back, which she said will be perfectly fine. "I don't think there should be any shame involved," Litchfield said. "I've never lied to anyone about how I lost the weight because, if a person could cure their diabetes or their sleep apnea, I think they

should go for it." The surgery has put her diabetes into remission, and her high blood pressure and high cholesterol are both now at a normal rate. She also no longer needs an asthma inhaler. In her high school years, Litchfield weighed close to what she does now, so when she runs into old high school friends, they tend to recognize her. But people she has known her whole adult life don't know who she is at all.

See 'Litchfield' • PAGE 6C



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Valentine's Day  
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Heart transplant makes it possible

Bloomington, Ind. — February is the month to celebrate love and hearts. For the Motzko family of Eden Prairie, Minn., February truly is a month to celebrate hearts ... and selfless gifts from the heart.

Three-year-old Gavin is alive, growing and was able to celebrate Valentine's Day this year because of the heart donation he received when he was only 10 months old.

Sara and Shannon Motzko were blessed by and able to celebrate Valentine's Day this year because of the heart donation he received when he was only 10 months old.

Pediatric asthma treatments, however, were ineffective and the family was sent to a specialist who diagnosed the baby with Laringomalacia, a floppy voice box. Sara and Shannon were told no treatment was necessary and were also told Gavin would likely outgrow this condition.

That was not to be the case. Sara remembers that her baby boy's breathing started to get worse, not better. Eventually, she took Gavin to the pediatrician who x-rayed the baby for possible pneumonia. The x-ray instead showed an enlarged heart and within days of that x-ray, a cardiologist diagnosed Baby Gavin with dilated cardiomyopathy.

The family was sent to Mayo Clinic in Rochester, Minnesota, for further testing. After evaluating the baby, the team at Mayo told Sara and Shannon that seven-month-old Gavin would not live to see his 5th birthday without a heart transplant.

They were devastated, but quickly got to work listing Gavin for a heart transplant because he was slowly wasting away — unable to eat, sit up or roll over. Sara and Shannon were literally watching their son die and there was nothing they could do.

During these days of helplessness, Sara remembers hearing about the Children's Organ Transplant Association (COTA).

School  
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According to Sara, "COTA was there for us at a time when we really needed a dose of hope. It is so hard to hear the news that your child needs a transplant to live."

"But then to have to show the transplant center how you are going to pay for the transplant makes the process even more difficult. By working with COTA, our friends and family were able to join together to raise funds for transplant-related expenses, which allowed Gavin to be listed for a new heart. That gave us hope."

Gavin was listed in February 2010 and the Motzkos were sent home to wait for the call. Sara remembers how hard it was to wait while watching Gavin's health quickly deteriorate.

On Easter Sunday 2010, Gavin became gravely ill and Sara worried he would not live through the night. The next day they drove him to Mayo Clinic, where he was admitted and immediately sent to ICU. Sara and Shannon were told his heart had grown so large that his left lung had collapsed and his organs were starting to shut down.

The medical team worked tirelessly that night to keep the baby alive. Finally, the decision was made to hook him to a Left Ventricular Assist Device (LVAD) because his heart could no longer beat on its own; he was very close to dying without intervention.

Sara and Shannon knew there was no other choice and on April 8, 2010, Gavin underwent heart surgery to have the LVAD attached to do the work for his heart. They were told that Gavin would be fully intubated for this and would remain unconscious until a heart became available.

See 'Heart' • PAGE 4C

## BHA finds niche in training

Alliance's goal is  
to offer accessible  
affordable services

The Behavioral Health Alliance of Grundy County is a young network of professionals who serve Grundy residents with behavioral health issues, ranging from anxiety and depression to substance abuse and domestic violence to medically-diagnosed conditions such as bi-polar and schizophrenia.

The vision of the Behavioral Health Alliance of Grundy County is a holistic system of unified behavioral service delivery that is accessible and affordable. The BHA identifies and eliminates gaps in services by (1) communicating, collaborating, and coordinating a unified system of care, (2) advocating for and supporting additional services, and (3) providing education and outreach to the community.

Providing education and outreach to the community, is where BHA has found its niche. Since forming a few years ago, the BHA has already hosted:

- Wrap-Around Case Management Training (Fall 2011)
- Mandated Reporter Training (Spring 2012)
- EMS Mental Health Trends (Fall 2012)
- Mental Health First Aid (sponsored by the Grundy County Health Department Division of Mental Health and Substance Abuse) (Fall 2012)
- Post-Traumatic Stress Disorder (Winter 2013)

At first, the BHA hosted these events



The Behavioral Health Alliance of Grundy County held a Mandated Reporter Training program last spring to help area reporters further understand their role of recognizing and reporting child abuse.

because it was our opinion that they were needed. Then, as each workshop filled to capacity, it learned that the local service providers are in total agreement that these workshops and trainings are needed and want them kept coming.

Reasons for these sold-out workshops include that hosting them locally saves professionals the time to travel into Chicago/the suburbs; local costs are lower; professionals are always looking for additional Continuing Education Units/Credits; the quality of the training; and, most importantly, mental health is becoming a much larger issue than ever imagined and the professionals are doing their best to not be overwhelmed by the requests for services.

Behavioral health touches all of our lives and sectors, not just the health care industry. For example, Mental Health First Aid was attended by many first responders, such as fire, police, and paramedics. A second training is already scheduled for April.

Another collaboration around training is the recent PTSD (post-traumatic stress disorder) workshop. Many of us connect PTSD with military personnel, but many people experience it, such as children who are abused, victims of domestic violence, crime victims, and more.

According to Ken Buck, superintendent of the Grundy County Veterans Assistance Commission, "PTSD has become a buzz word from the current military operations in Iraq and Afghanistan. TBI (Traumatic Brain Injury) is another buzz word we hear often."

"It's important to educate the public, service providers, first responders, and others as to what PTSD really is, that it is not only a military thing, but can occur as a result of any trauma."

"It can affect not only the individual, but also those around them. It can occur shortly after the event or years later."

See 'BHA' • PAGE 4C

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Morris Daily Herald Special Section — Friday, February 22, 2013

*Good mental health is when we feel we are in control of our lives and our thoughts.*

**Susan Hudson** — Director of mental health and substance abuse, Grundy County Health Department

## Having a bad mental health day

### Hudson: Grundy County Health Department seeing trends among those seeking psychological help

BY JEANNE MILLSAP  
Herald Correspondent

Grundy County residents say they have more bad "mental" health days than physical ones, according to Illinois Department of Public Health research compiled by the Community Foundation of Grundy County.

About 16 percent of area residents surveyed in 2008 said they had more than eight bad mental days a month, as compared to 12 percent who said they had more than eight bad physical days during the same time period. That date ties in with the fact that requests for mental health services at the Grundy County Health Department rose 47 percent from 2010 to 2011. More patients in mental crisis are being seen at the Morris Hospital emergency room, too.

The reasons are several, according to Susan Hudson, director of Mental Health and Substance Abuse at the health department. The economy is a big reason, she said, with many out of work, insurance, money, and even their health. That can cause a whole lot of stress, which can bring on or exacerbate a host of mental health problems.

"People can feel overwhelmed by their situations," Hudson said, "when they don't have enough money for bills or for medication."

There is also a greater awareness of mental health issues today, she said, and people tend to recognize them earlier and seek help.

Hudson said she defines having a "bad mental health day" as being in a bad mood or feeling

stressed out or having trouble coping with problems life brings along.

"I think stress is an enormous factor in the problem," she said. "As a society, we're experiencing a great deal more stress, and part of it happens when others demand perfection from us or when we demand perfection from ourselves."

Having mental health problems can even manifest in physical symptoms, she said, such as having symptoms of a heart attack when feeling anxiety.

A bad mental health day can be attributed to such hard and fast conditions as schizophrenia, depression,

or anxiety, or it can be brought on by poor coping skills. Some people going through a difficult time might cope by smoking marijuana or drinking or doing drugs. That sets them up for additional difficult times, compounding the initial problem.

Good coping skills can help give a good mental health day, Hudson said.

"Good mental health includes being able to manage your emotions," she explained. "Yes, you have moods, but you are able to put things back in perspective and balance... Good mental health is when we feel we are in control of our lives and our thoughts. It involves having good coping skills and having a good outlook on things."

It means learning how to lessen tension without resorting to self-medicating with drugs or alcohol.

Another coping skill is denial, which can be good or bad. If you hide an uncomfortable subject away, Hudson said, it may eat away at you until you bring it out and deal with it. Or, in other



Herald Photo Illustration by Lisa Pesavento - lpesavento@morrisdailyherald.com

About 16 percent of area residents surveyed in 2008 said they had more than eight bad mental days a month, as compared to 12 percent who said they had more than eight bad physical days during the same time period. "Bad mental health days" are defined as being in a bad mood, feeling stressed or having trouble coping.

circumstances, denial can be a positive coping mechanism. When you're feeling down, distracting yourself with a good movie or a book can help you feel better.

The Grundy County Health Department's mental health division sees outpatients as young as 7 years old. They must be able to function without needing the intensive care of a hospital.

The most common mental health problems the department sees are depression, anxiety, and bipolar disorder. Some of the less common but very serious disorders treated there are schizophrenia and psychosis.

Hudson said the department is seeing a few trends right now. One is an increase in co-occurring disorders, such as a combination of a mental health problem and a substance abuse problem in one patient.

They are also seeing more

hoarding that Hudson believes has nothing to do with the popular show "Hoarders" on cable television. Hoarding can be an anxiety disorder or an obsessive/compulsive one, she said.

She sees the condition most frequently in the older population that grew up during the Great Depression, where their families lost their money and their things. Now they try to hold onto everything they have.

Hoarding can also be a compulsive disorder where a person feels if he or she has one thing, they must obtain more.

Another trend Hudson is seeing are more court referrals for mental health and/or drug-alcohol incidents involving domestic violence.

"I believe the court is making a pretty strong stand on whether drug or alcohol issues have anything to do with particular domes-

tic violence cases," she said. She also believes there are more cases of domestic abuse recently, due to economy stressors.

One trend that has her bothered is the increase of referrals for children thought to have attention deficit hyperactivity disorder. ADHD. The referrals are good if that's really what is going on, she said, but the trend lately is an increase in bad parenting. Many young parents didn't have good parenting themselves, she said, and they haven't learned how to cope with the responsibility of raising children.

They don't know how to set limits and boundaries well, then when their children don't behave, they blame it on something external like ADHD.

Another disturbing trend is an increase in suicides and overdoses in the area.

See "Mental Health" • PAGE 4C

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### BHA

Continued from Page 2C

Yes, the Behavioral Health Alliance is responding to a need, but there is also an effort toward prevention. If our professionals continue training, if services are available when needed, and individuals seek professional help, the goal of prevention can be met.

### BHA BACKSTORY

The Behavioral Health Alliance initially came together as a result of members having identified serious gaps in behavioral health services in Grundy County and applying for a specific grant. While the BHA did not receive that grant, the group stayed together in order to continue to make plans toward meeting some of those needs.

There is an updated clip from the original grant application identifying the gaps identified at that time. Happily, some of them have since been realized; however most continue to be unmet:

- Gaps in Resources and Services in Grundy County
- There are numerous resource and service gaps in the area of primary care, both in terms of mental health and substance abuse, including:
  - Psychiatric care for children from age 7 and adolescents is extremely limited, and non-existent for children under age 7.
  - The administration of psychiatric medications is fragmented and inadequate.
  - There are no hospital beds for mental health or addictions, short-term or long-term, within the county.
  - There are no Intensive Outpatient Program (IOP) services for children and adolescents.
  - There are very limited mental health services avail-

able for children under 7 in low-income families.

- There are not enough mental health and addiction services for children and youth in low-income families, creating problematic and damaging wait times.
- Affordability is a serious problem for families who need to access mental health or addiction services.
- There are no Narcotics Anonymous (NA) or Alcoholics Anonymous (AA) support groups for youth.
- Many, if not most, behavioral health service providers for youth come from outside of Grundy County and their service is often unpredictable or sporadic.
- There are no structured parenting education opportunities for parents of children over the age of 5 and adolescents.
- All behavioral health systems in Grundy County suffer from fragmentation, little communication between parts of the system, and no one following up on individual cases.

Beginning with the fall of 2010, the Behavioral Health Alliance of Grundy County formed its Vision, Mission, Goals and Objectives. The Alliance has also taken the next step of organizing leadership, committees and determining a system of membership.

### VISION

The vision of the Behavioral Health Alliance of Grundy County is a holistic system of unified behavioral service delivery that is accessible and affordable.

### MISSIONS

The Behavioral Health Alliance of Grundy County identifies and eliminates gaps in services by (1) communicating, collaborating, and coordinating a unified system of care, (2) advocating for and supporting addi-

### MENTAL HEALTH FIRST AID

- A Mental Health First Aid Training & Certification will take place from 8 a.m. to noon April 22, 23 and 24 at Morris Fire Station #2, 2300 Ashton Road
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tional services, and (3) providing education and outreach to the community.

### GOALS AND OBJECTIVES

- Increase the capacity to implement a unified system of care
  - Pilot a web-based case coordinating system
  - Implement a survey of providers to document existing services and identify gaps
  - Identify and implement specific strategies to increase communication and coordination
- Increase behavioral health services to Grundy County
  - Establish a grant writing committee that will strategically seek funding opportunities
  - Develop LAN services for Grundy County
  - Assist and support members as they seek additional funding/services
  - Develop an advocacy plan to communicate service needs to prospective funders, donors, and legislators
  - Strengthen the promotion of behavioral health and wellness
    - Develop a communication plan to promote behavioral health and wellness
    - Provide collaborative educational opportunities

### COTA

Continued from Page 2C

In addition, they were told he would only be able to survive for a few months on the LVAD before his body would shut down and he would die.

On the evening of April 8, Sara remembers reaching out and asking the COTA team and friends and family members to say a prayer for a new heart. Then she went to sleep.

When she awoke the next day, a group of doctors approached her and told her the Mayo transplant team was flying to the East coast to bring a heart home for Gavin.

On the evening of April 9, Gavin received his new heart ... and his second chance at life.

"Gavin's new heart was a huge miracle. We were in the hospital with our sick baby, and we knew he was struggling tremendously. We literally asked everyone we knew to start praying for a new heart, and the next morning we received the call that a new heart was on its way," according to Sara.

This Valentine's Day, three-year-old Gavin was able to do his favorite things ... reading books, watching Toy Story, and playing with trucks and tractors while his baby sister, Katelin, tries to get in on the fun. Sara and Shannon will likely be remembering their son's heart donor angel with love.

A true COTA miracle of the heart!

### ABOUT COTA

The Children's Organ Transplant Association is a national charity that provides fundraising assistance to transplant families.

Since 1986, COTA's priority is to assure that no child or young adult is denied a transplant or excluded from a transplant waiting list due to lack of funds. One hundred percent of all funds raised in honor of transplant patients are used for transplant-related expenses.

For more information about the Children's Organ Transplant Association, or to find a COTA family in your area, please email kim@cota.org.

### Mental Health

Continued from Page 3C

"This is a very alarming trend," Hudson said. "It goes up a few people more each year."

Area mental health facilities are also trying to cope with the closure of the nearest state-operated mental health inpatient facility — The Tinley Park Mental Health Center — last July.

Lack of health insurance has also caused a spike in those suffering with mental health crises going to emergency rooms or immediate care centers for help.

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## Supplementing a healthy regimen

Certain vitamins, supplements are 'basic necessities' to optimize workouts

BY RYAN WOODEN  
Herald Correspondent

The first couple months of every new year always seem to see a rush of new fitness fanatics as "Resolutions" make their way to gyms and fitness centers armed with trial-offer coupons.

Eventually, many will slowly revert back to old habits and trips to the gym will go by the wayside, but some will stick around in hopes of becoming healthier versions of themselves.

Chances are those people will need to put together a vitamins and supplements package in an effort to optimize their workouts.

Vitamins and supplements have become a convenient commodity for not just gym junkies, but anyone looking to develop a well-balanced fitness plan. As of 2011, global vitamin and supplement sales totaled roughly \$27.9 billion, an increase of 3.9 percent over the previous year, according to a PRWEB report.

Those sales are expected to have climbed to \$29.2 billion in 2012, another 5 percent growth.

Projected sales will continue to grow annually by 4.5 percent up until 2016, when sales are expected to broach nearly \$35 billion. The explosive growth of the industry is due, in large part, to the breakthroughs in the science.

"People are always going

to be looking for some sort of an edge, whether they're competing in sports or just trying to become more physically fit," Morris' Nutrition Direct sales rep and avid weight-lifter Jerry Mutz said. "They want to get results faster and they want to perform better, and things like that."

"And also I think they've come a long way with supplements. They had protein powder 20 years ago, but it didn't taste very good and it didn't absorb very well. Now they're a lot better and people actually do get results from the things that they're taking, depending on what it is they buy."

Coming out of the recession, the industry saw a slight lull in sales, but with provided health care plummeting, people have turned to staying physically fit as a preventive measure to offset out-of-pocket health care costs. That's why, despite heavier expected regulations during Obama's second term as president, the aforementioned PRWEB report still projects continued growth in the industry.

However, in most instances, it's not just about taking whatever supplements you can get your hands on. It's about developing a package that works best for the individual consumer.

"You can do it on your own, but you really can't compare the kind of knowledge that you gain from real-



Herald Photo Illustration by Lisa Pesavento - lpesavento@morrisdailyherald.com

When used properly, vitamins and supplements can be a convenient way to optimize workout results and obtain some of the nutritional substances you may be lacking in your diet.

world training and coaching, both for safety reasons and for results," Mutz said. "You can go online and do research and figure it out, but usually you're going to be lacking in one area or another when you don't get some sort of professional advice."

However, if you're looking for the basic necessities and can't necessarily afford a personal trainer, most sales reps at supplement stores are happy to help you get started.

"I would definitely encourage people to take multivitamins, Vitamin C, and definitely whey protein powder. There are other things, too. Your healthy fats — your

essential fatty acids. Those are a few things that pretty much every athlete and people from every activity level can benefit from," Mutz said.

Most of these things are naturally occurring substances that can be garnished from a well-balanced diet, but with the difficulty of dieting in this day and age, the proper use of vitamins and supplements can really help optimize a workout routine. On the other hand, if vitamins and supplements are used haphazardly, there are also some serious health risks.

The September 2012 issue

of Consumer Reports magazine published a very thorough list of 10 potential dangers that arise from taking vitamins and supplements. The general consensus is that people should always be cautious of what they're putting in their bodies and that it's important to thoroughly research any and all supplements you may be interested in taking.

Another important derivative of their list is that you can actually overdose on simple vitamins and minerals. So take all products with care and follow the instructions to a T.

"I've seen a lot of people

who tend to abuse certain energy supplements. Things that are supposed to help with their pre-workout or are supposed to help burn fat — where they're basically just abusing the caffeine content," Mutz stated. "They're taking something with a lot more caffeine than they should be taking a day. If they take it as directed for the time period directed, there's no problem, but you do see some people abusing those substances and we try to discourage that here and push people in the right direction."

"We want people to know, it's not about how much you take of something. It's more about your workout habits and your diet and other things like that."

Ultimately, working out doesn't require that you take vitamins and supplements, but if you're looking to add a bit of convenience to your workout plan and to optimize the results, using sensible vitamins and supplements are a reasonable course of action.

"Some people can go without protein shakes and get the amount of protein they need from food if they have time to eat every two or three hours, whereas other people take supplements out of simple convenience," Mutz said.

"It's very hard to get the amount of vitamins that you need if you're really taxing your body heavily, but if you can do it, that's great. Unfortunately, sometimes between work, and working out and living your day-to-day life, you're not eating a balanced diet."



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## Litchfield

Continued from Page 1C

Although Litchfield was living out of her hometown for many years, she was always working in the community. About five years ago, she moved back. With that life change, she found herself more active here and lost about 15 pounds on her own before the surgery.

"In my mind, and when I looked in the mirror, I didn't look big anymore," she said. But then her daughter got married last year on the beach in Florida, and her whole family took a vacation. She bought a new dress for the occasion.

"I got our pictures back and I was mortified," Litchfield said. "It was not me in the pictures. I wore this beautiful black and white dress, but I felt I looked like an Orca whale."

To top it off, when her family returned home, her son, Kyle, told her she wasn't as much fun on this vacation as previous ones, because she wouldn't go swimming and couldn't last as long doing other activities.

"I live for my kids so that hurt me," she said. "It was my 'ah-ha' hurtful moment," she said.

That was when she started doing her research.

### THE SURGERY

BMI Surgery in Joliet had multiple weight loss options and accepted Litchfield's insurance. The first step was a weight loss seminar on the different options offered through BMI. At the seminar, they discussed gastric banding (known as a lap band), gastric bypass and gastric sleeve procedures.

Litchfield thought she would want the lap band, but after the seminar, she was leaning toward the gastric bypass.

With a normal gastrointestinal tract, a person

puts food into their mouth, which mixes with digestive enzymes of the saliva and is chewed, according to the BMI Gastric Bypass Book. The chewed food passes through the esophagus and into the stomach. The normal stomach can hold almost a quart and at maximum about two quarts. Food is further digested in the stomach by digestive enzymes and acid produced by cells of the stomach.

With gastric bypass, it divides the stomach to create a small stomach, referred to as a pouch that limits the amount of food that can be eaten. The pouch is about the size of a person's thumb and holds about 2-3 tablespoons of food. The remaining stomach is stapled closed and is surgically separated from the small pouch.

"Everyone who sees how little I eat, says aren't you still hungry? No I'm not," Litchfield said. "You don't feel hunger the same."

The main portion of the stomach no longer receives food, but has a normal blood supply, allowing for the delivery of oxygen and nutrients to the stomach tissue, which keeps it healthy even though it is no longer being used, according to the BMI book.

"The surgery is done laparoscopically," said Litchfield. "I have five little holes, that's it."

When Litchfield had her labs done before the surgery, her blood sugar was at 272, which means she was diabetic. Now it is at 72.

"While it is a weight-loss surgery, and it is great that I am thin now, the medical rewards are amazing to me," she said.

Once leaving the hospital, the food a person can take in is very limited.

For the first two weeks, a person is limited to pureed food, three tablespoons for three meals a day, plus required vitamins. They must eat slowly, taking 20

minutes to eat those three tablespoons. The vitamins and eating slow are permanent changes.

For the rest of that first month, they are allowed 1.5 to 2 ounces of solid food, but limited to soft protein, such as eggs, cheese, fish and meat. In month two, they can have all proteins in 2- to 2.5-ounce portions. By month three, vegetables can be introduced, but only up to three ounces of protein can be eaten per meal.

By the fourth month, at which point the person should be at 75 percent of their weight loss goal, protein can go up to 5 ounces and fruits can be added, but only one fruit at a time. After meeting the 75 percent goal, starches can be added and portions are 5 ounces at the max per meal.

People think gastric bypass is the "easy" way to lose weight, Litchfield said, but the life-long dedication to this diet is far from easy.

Eating too fast or too much for the pouch can cause the person to get sick, especially introducing a new food, she said. And sugar is under extreme moderation because it hits the intestines too quick and can make you ill. Litchfield's typical meals include a protein shake for breakfast, two chicken wings, 3 ounces of lunch meat and cheese or a slice of pizza for lunch. For dinner, she eats whatever she feels her family.

"I eat what I feed my family only modified. If I make spaghetti for the kids, they'll have noodles with the sauce on top," she said. "I have sauce with a couple of noodles. If I make chicken and potatoes, I just eat the chicken. I eat just 3 to 4 ounces of it."

"You are full. You feel full. I don't ever feel deprived ever," Litchfield said. "The only thing I miss is a donut from the Morris Bakery."

The diet has changed what she likes. She went from

being addicted to pop to not being able to take the taste of it. Now she drinks water or Crystal Light.

In place of having dessert everyday, she will have a piece of toast with low or sugar free jam. But she does have dessert on occasion. When she's at a birthday party, she has a piece of cake, just a small one.

### FEELING THE DIFFERENCE

"The weird thing about it is, I still look in the mirror and I see fat me," she said. "The funny thing is the fat me didn't see me as fat, but the skinny me only sees fat."

Litchfield said she physically has to look at pictures of herself to see the difference in her weight. She thinks she feels this way because of the extra skin she has with the weight loss, which she will have removed when the weight loss comes to a stop, which will be 18 months to two years after the surgery.

Being thin just is not part of her mentality yet. When she goes shopping, she still walks automatically to the plus-size section.

Although an extensive surgery, because of Litchfield's diabetes and other health issues due to her weight, her medical insurance covered it.

"The most expensive part of the surgery is the clothes," she said. "I have learned to shop every resale shop in a 100-mile radius. It's the only way I can do it."

In the beginning, Litchfield was losing pounds by the day, but it has slowed to one to two pounds a week, which makes clothes shopping a bit easier now.

In addition to shrinking

clothes sizes, she's lost a shoe size, and took her wedding ring down a size and a half and has to get it sized again.

One of the most exciting victories was, after two months, she was able to cross her legs for the first time in years. Although she struggles with physically seeing her accomplishments, she can feel the difference.

"The most amazing thing for me was when we went on a Christmas cruise (like they do every year). My husband and I were dancing in the hallways; I went down the really big slide and ran up the steps that I couldn't walk up before; I went jet skiing, and walked and shopped for five hours straight . . . it was a night and day difference," Litchfield said. "The energy is fantastic."

"I used to have to try and keep up with them. Now I don't have to try. I just do it. I always had the fun in me, but my body didn't cooperate."

There are side effects, but the only one Litchfield has had is some hair loss, but nothing that anyone else would notice.

The biggest adjustments have been learning to take 30 minutes to eat a meal, and not being able to drink while you eat, she said. It's not easy, but once you have adjusted your life, it's doable.

She focuses on the small conquests, such as learning to skip the chips as a work-time snack and stick with water. Or buying sugar-free Oreos and only eating one instead of a handful.

"While my kids never said I was an embarrassment, I felt I was embarrassing them," she said. "To not embarrass them with how I look right now is all the motivation I need."

"The recovery is painful and I didn't go through all that pain to get fat again."

### SUPPORT SYSTEM

A support system is a necessity to be successful.

There are numerous tests to go through before you have the surgery, including a psychological test and therapy. Litchfield chose to continue her therapy after surgery to keep her motivated. The therapy helped her to ask herself why she wanted to eat outside of hunger, such as stress eating.

But in addition, her husband Greg and four children are the only reason she got through the tough beginning.

"My husband just beams about it. He's always saying he is proud of me," she said. "I couldn't do it without him. When I first got home, I couldn't sit up by myself."

Both her husband and kids have a hard time when she has gotten sick introducing a new food, or taking in too much at a time. They've all said at one time or another that they wished she had not done the surgery.

Her family had to make some sacrifices, too. They were not allowed to bring McDonald's into the house for the first month, Litchfield said with a laugh.

But the change in her energy is remarkable, said Greg Litchfield, her husband of 18 years. On the weekends, she wants to do activities with the family rather than stay home and relax on the couch like she did before.

"There is good and bad with the surgery," Greg said. "But watching that smile on her face and her confidence is awesome."

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## Drug deaths rise significantly

**BY JESSICA COHEA**  
Herald Correspondent

Heroin overdose deaths in Will County rose from 30 deaths in 2011 to 54 deaths in 2012. Last year, Grundy County suffered two heroin overdose deaths.

Those numbers may not seem comparable, but Grundy County Coroner John Callahan believes they are when the population of each area is considered.

"You have to take into account the population size," Callahan said. "We're considerably smaller than Will County ... If you do the math, I think you'd find that two is a lot, obviously two too many for Grundy County."

The county also saw five prescription overdose deaths in 2012, bringing the total overdose deaths to seven. Those numbers do not include the deaths in which drugs were found in the body, but were not overdoses.

"A lot of suicides, while they may commit suicide by hanging or a gun, drugs play

a role in those, too, even though they aren't overdoses," Callahan said.

The coroner said one way drug overdose deaths have been stopped is through the use of a drug called naloxone, also known as Narcan.

By definition from stopoverdose.org, naloxone is "a prescription medicine that reverses an opioid overdose. It cannot be used to get high and is not addictive."

Callahan said emergency medical services use Narcan in cases where an overdose is suspected, immediately reversing the effects of heroin and other drugs, therefore reducing the number of potential overdose deaths.

"It's an awesome drug," Callahan said about Narcan.

In Grundy County, citizens have several options for help against addictions. Therapists and counselors are available for communication on addictions and prevention groups, such as the No Tolerance Task Force, also educate the community of the harmful effects of

drugs.

"Our mission is to build a strong and healthy partnership between family, school, business and community to reduce the use of drugs and violence and help youth make positive life choices while taking pride in themselves and their community," reads the NTTF's Facebook page, [www.facebook.com/pages/Grundy-County-NTTF](http://www.facebook.com/pages/Grundy-County-NTTF).

NTTF hosts seminars and meetings to educate the public on the harmful effects of drugs and more.

"Locally, our coalition has been working to reduce and prevent medicine abuse by teens and adults through education, community engagement and local policy changes," said Paula Goodwin, NTTF coordinator and prevention specialist, in an article printed in the Morris Daily Herald on Saturday, Oct. 13. "By bringing together parents, educators, health professionals and other concerned citizens for this community forum, we hope we can prevent further misuse and abuse involving prescription drugs or over-the-counter medicines."

## Vaccinations

Continued from Page 7C

- MMR (Measles, Mumps, Rubella) – 1 or 2 doses from ages 19-55
- Pneumonia – 1 dose at age 65

These vaccines can protect against diseases, which can lead to serious illness, hospitalization and even death. In the United States, more than 50,000 adults die each year from vaccine-preventable diseases. Other diseases like the Human Papillomavirus, which is preventable by the HPV vaccine, can cause cervical cancer in women and anal cancer in men and women.

Certain adults with risks related to their job, lifestyle or health can put them at higher risk for serious diseases. For example, if you're a grandparent who often takes care of your grandkids, you might consider getting the pertussis vaccine to protect your grandchildren. If you've had a bone marrow transplant, it's usually a good idea to get the shingles vaccine earlier. Talk to your doctor about the vaccination schedule that's best for you.

"Overall, I think it's important to get these vaccines to protect yourself, your family, and the community," Dr. Bolden says. "People who don't vaccinate are taking a major risk and putting their children and family members at risk."

## Wraps

Continued from Page 7C

They will either walk on a Gazelle or get on the rebounder, which is a small trampoline. They do this for an hour or so with some breaks. A television and DVD player is set up for the client to watch a movie from the spa's library or that they bring, or they can watch an exercise video.

The light exercise maintains circulation since the body is wrapped tightly, Tatum said, and it allows for the minerals to move throughout the body.

After the activity, the wraps are removed.

"Then they usually give me a big hug and kiss," Tatum said.

There is no need to shower after. The clients feel clean and are asked not to shower so the skin can continue to absorb the minerals for increased inch loss.

Kyleigh Cain of Morris is a new client of Body Shapers and experienced her second wrap this week. She lost 12.5 inches with

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her first wrap and continued to lose more with her second.

"I was looking into programs to lose weight and she said she could help me," Cain said. "It's amazing. She really knows what she's doing."

Tatum recommends exercise and eating healthy, along with the body wrap program to keep your body as healthy as possible.

"But I can achieve in one hour what I can achieve in one month just dieting and exercising," said Tatum.

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## FINDING THE MOTIVATION

The key to exercising at home is keeping motivation, support

PAGE 3D



## THE PERFECT FIT-NESS

Area fitness clubs looking to mold programs to individuals

PAGE 5D

# Bouncing Back

## Hussey's fall doesn't keep her down

BY T.G. SMITH

tsmith@morrisdailyherald.com

A fall from grace would have been preferred, although any fall for a gymnast or cheerleader could be viewed as similar in nature. Then there's the case of Morris native Maggie Hussey, and she'll be the first to tell you that a bruised ego can be the least of your worries if you don't stick the landing.

In Hussey's case, there was no such thing to feel — especially when her fall resulted in a broken neck.

Fortunately, with the help of doctors, surgeons and therapists, Hussey's story did not end there. In fact, 10 months after the fall, she was back in a Redskins uniform and cheering again.

Three years later, and she's still going strong as a cheerleader for North Central College.



Maggie Hussey

Health & Fitness  
2013

at the age of four, and she continued in that sport until she was 14. She said that she was genetically inclined to be a gymnast.

"Gymnastics is a big sport in my family due to its strong background on the Hussey side. My grandpa (Robert) was a gymnast and then a coach. He coached my dad (Kelly) and his siblings. My dad was always like a second coach to me and my younger sister, Morgan, who was also both a gymnast and cheerleader," Maggie Hussey said. "My dad, himself, tumbled until he was 52 years old. He was knowledgeable about tumbling skills. He would take me and Morgan to the gym at the high school over the summer and throughout preseason to keep up and improve our skills. He always pushed us to increase our ability and consistency in our tumbling abilities."

At the age of 14, Maggie found little time for gymnastics due to playing volleyball, although she gave that up after her freshman year, and cheerleading.

See 'Hussey' • PAGE 6D



Photos submitted

Maggie Hussey, at center in the photo above, stands with her father, Kelly, and her mother, Hussey broke two vertebrae in her back during a tumbling accident in 2009. It took her many months to heal, but Maggie has bounced back from the injury and is now a member of the North Central College cheerleading squad. At left, Maggie stands with three of her teammates.



## BORN INTO THE SPORT

Hussey took her first gymnastics class

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Photo courtesy of Morris Hospital & Healthcare Centers  
Kara Jirgl, an obstetrical nurse and certified lactation consultant, provides education to a breastfeeding mom in the Family Birthing Suites at Morris Hospital.

# Breastfeeding has important benefits

## Studies show it helps both baby, mother

There's a lot to consider when deciding whether to breastfeed or formula feed a baby.

The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first six months, and then breastfeeding in conjunction with solid foods

for a year or longer. The majority of women follow this advice, with 77 percent of women choosing to breastfeed their babies.

According to the AAP, human milk is the healthiest option for your baby. It has all the nutrients, calories and fluids a baby needs to be healthy, as well as growth factors to ensure the best development of baby's organs. Plus, human milk protects baby from ear infections, diarrhea, pneumonia and other bacterial and viral infections.

Kara Jirgl, RN, certified lactation consultant at Morris Hospital, says there are other benefits associated with breastfeeding for baby, as well as mom.

"Human milk has also been proven to decrease the risk of juvenile diabetes and childhood obesity," Jirgl says. "For moms, breastfeeding has been proven to reduce the incidence of breast, ovarian and uterine cancer."

While the list of benefits goes on and on, here are some key reasons breast milk is the best choice for your baby.

■ **Breastfeeding provides baby protection.** Known as the "first immunization," breastfeeding can help your baby avoid a long list of illnesses down the road.

■ **Breastfeeding protects babies from allergies.** Babies who are fed a formula based on cow's milk or soy are likely to have more allergic reactions than breastfed babies. Breast

milk also provides a layer of protection to baby's intestinal tract.

■ **Breastfeeding promotes brain power.** Studies have found a link between breastfeeding and cognitive development, resulting in higher IQ scores.

■ **Breastfeeding keeps baby from being overweight.** Some formulas have unhealthy ingredients, like corn syrup and sugar. Breast milk has several factors that are linked to a decrease in childhood obesity and teen obesity.

■ **Breastfeeding is safe for baby.** Breastfeeding cuts the risk of SIDS (sudden infant death syndrome) in half.

■ **Breastfeeding is affordable.** Breastfeeding moms don't have to buy formula. And, since breastfeeding babies are healthier, that means fewer doctor visits and less days mom has to take off work.

See "Breastfeeding" • PAGE 4D

## MORRIS HOSPITAL & HEALTHCARE CENTERS

# Having the 'clear advantage'

## Hospital using the latest technology to improve imaging

When it comes to early detection of breast cancer, the American Cancer Society remains steadfast on its position: mammography is the most effective screening test for early detection of breast cancer.

Four years ago, Morris Hospital & Healthcare Centers replaced both of its conventional film mammography units with digital so every woman who schedules her mammogram through Morris Hospital can have her exam with the latest technology.

Since then, Morris Hospital has gone one step further to enhance its breast imaging services by adding breast MRI (magnetic resonance imaging). It's all part of a commitment to providing the community with convenient access to the most advanced breast services.

### DIGITAL MAMMOGRAPHY

"Mammography is a simple test that can find breast cancers early when they're smaller, easier to treat, and the chances of survival are higher," says David Vanderkin, M.D., board-certified radiologist at Morris Hospital.

From a patient's perspective, a digital mammogram is similar to conventional film mammography in that both use X-ray and compression

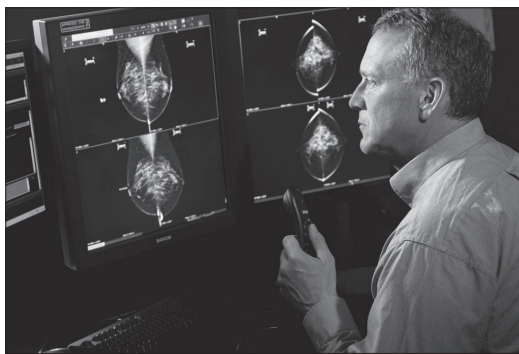


Photo courtesy of Morris Hospital & Healthcare Centers  
David Vanderkin, M.D., board-certified radiologist at Morris Hospital, studies breast images obtained through digital mammography.

sion to generate images of the breast. However, instead of using film to capture and record images, a digital mammogram uses a special detector to capture and convert X-ray energy into a digital image.

This allows the radiologist to view the images on high-resolution computer monitors. The radiologist can also adjust brightness and contrast, and zoom in on specific areas to help detect small calcifications, masses and other changes that may be signs of early cancer. Morris Hospital also uses computer-aided detection (CAD), which flags potential abnormalities, further assisting the radiologist in making a diagnosis.

"Digital mammography has clear advantages," says Dr. Vanderkin. "Previously, we had to ask women to come back for a repeat exam when we needed magnified views, but now we can zoom in on the area of concern on the computer."

"We're definitely finding small

cancers sooner, even lesions as small as 3mm. We can also better distinguish non-cancerous calcifications, avoiding unnecessary repeat exams. The digital technology has been a significant enhancement for us here at Morris Hospital."

### BREAST MRI

One of the most exciting capabilities of Morris Hospital's 1.5T Vantage TitanTM MRI is the ability to offer breast MRI studies. While breast MRI doesn't replace mammography, the American Cancer Society does recommend screening with MRI and mammography for most high risk women beginning at age 30.

Breast MRI is also useful for young women with very dense breasts, as well as women with palpable lumps that can't be detected on a mammogram or ultrasound.

See "Imaging" • PAGE 4D



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## Exercising at home is matter of motivation

**BY KRIS STADALSKY**  
Herald Correspondent

According to a 2009 New York Times article, consumers spend nearly \$4 billion on exercise equipment that they seldom, if ever use.

It's not that home exercise equipment or programs don't work, but it's hard for many people to stay motivated when they don't have the support of a group or club.

Motivation and support are two big keys to keeping up with a fitness program, whether at home or in the gym.

Erin Gallagher of Shorewood has tapped into her own support system of family and friends to keep motivated while exercising at home.

The group uses the popular *Insanity* total body conditioning program made for Beachbody by exercise guru Shaun T.

Gallagher started the first round of *Insanity* with her 17-year-old son, Jeremy Miller. It was Gallagher's younger daughter, Jessica, who was introduced to the program last year through her Minooka Junior High physical education class.

Gallagher saw it on TV and didn't put much stock into it. But when she found out the school was using it, she thought she'd give it a try. Once Gallagher and Miller ran through the entire program — they admit to skipping the recovery portions, which is not a good idea they now say — they recruited friend Signe Vik-Saavedra to join in. All three do the workouts on an average of six days a week. Sometimes one or two other friends join in for a random session.

"It's highly motivational," Gallagher said. "We motivate each other."

During the workouts, Shaun T screams at you to keep going, Gallagher said. At the same time, words run across the bottom of the TV screen, reminding you to take a break or get water when you need it.

Each day of the *Insanity* program is different, said Gallagher. There are 10 DVDs in the set and they workout everything. Some days are strength-oriented, while others focus more on cardio. But each workout is a killer with lots of push-ups, squats, power jumps and drills.

One of the things that keeps the group motivated is knowing how hard it will be if they stop and have to start over. "I love it," said Miller. "It's painful (sometimes) but it's fun and it works."

Miller has noticed a big difference in his muscle strength and endurance, as have both Gallagher and Vik-Saavedra.

All three are also martial artists at Family Martial Arts in Shorewood. One of the reasons they added the *Insanity* program to their fitness regime was to be in better shape for TaekwonDo classes.

"TaekwonDo used to be hard and now it feels easy," Gallagher said.

See 'Motivation' • PAGE 4D

Exercising  
at home

HEALTH &  
FITNESS



Photos by Lisa Pesavento

**ABOVE:** Jeremy Miller and his mom Erin Gallagher push through the Plyometrics portion of the *Insanity* workout program DVD in their Shorewood home.

**AT FAR LEFT:** Signe Vik-Saavedra stretches during the *Insanity* workout DVD.

**LEFT:** Erin Gallagher and her son Jeremy Miller stretch during a portion of the *Insanity* workout DVD with trainer Shaun T.



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## MORRIS HOSPITAL &amp; HEALTHCARE CENTERS

## Joint replacement can get you moving again



Dr. Meyer



Dr. Ortinau



Dr. Rezin

Whether it's the knee, hip, shoulder or finger, people with joint pain know all too well what it's like to have stiffness, limited range of motion, and even swelling or popping that makes every day activities difficult to perform.

The real heartache comes when they have to limit or altogether give up the things they love doing most.

Joint replacement can change all of that. With advances in orthopedic medical care, more and more people are turning to joint replacement surgery when non-surgical treatment options no longer relieve the pain. The results can be life-changing.

The joint is the place where two or more bones come together. Cartilage is the tissue that cushions the ends of bones within the joint so they don't rub together. Healthy cartilage allows the joint to move without friction or pain. But when the cartilage becomes damaged, the joints become stiff and painful.

So what causes damage to the cartilage? Arthritis is often the culprit. One type of arthritis — osteoarthritis

— causes cartilage to break down due to wear and tear or decay, sometimes leaving bone on bone. There's also rheumatoid arthritis, an inflammatory disease that attacks and destroys cartilage.

"Cartilage can also become damaged as a result of prior trauma or injury, particularly to a joint where a fracture occurred," explains Keith Rezin, M.D., board certified orthopedic surgeon at Morris Hospital. "Yet for most people, damaged cartilage is a result of wear and tear that occurs over time."

Painful joints can bring on more than discomfort.

"When you have symptoms resulting from joint pain, you tend to avoid using the painful joint or extremity as much as you can," says Raymond Meyer, M.D., board certified orthopedic surgeon.

"The less you use the joint, the weaker it becomes."

"I've had patients who stop performing certain work, sporting or recreational activities altogether. Some get to the point where they stop going to events and stay home because of the pain and the inability to use the joint."

Besides the physical implications of inactivity, joint pain can also lead to isolation, especially for older adults.

"Joint pain can actually have a negative effect on your mental health, especially if you become immobile," says Eric Ortinau, M.D., board certified orthopedic surgeon. "We see a difference as soon as patients get relief from their pain. They have a better mind set, they are more positive, and they are able to get out and be active."

There are many non-surgical treatments for joint pain that are very successful, including exercise, physical therapy and medications. These more conservative options are usually used first. If, however, non-surgical treatments no longer provide relief from pain, it may be time to consider joint replacement surgery.

"The vast majority of people tend to put up with varying degrees of pain until it really starts to affect their quality of life," says Dr. Rezin. "In the more advanced stages, pain can occur at night, causing poor sleep. For many people, that's the driving factor that tells them it's time for surgery. You have to ask yourself if the pain has gotten so bad that it's affecting your quality of life."

While joint replacement of the hips and knees is most common (these are, after all, weight bearing joints that we all stress every day simply by walking), joints in the shoulders, fingers, ankles and elbows can also be surgically replaced.

During surgery, the orthopedic surgeon removes a small amount of bone and the diseased cartilage and new parts are inserted in their places. The new, prosthetic joint is typically made of metal or plastic and allows a person to move and bend again with little or no pain. The specific surgical technique varies depending on the joint and the patient.

"The evolution and progression of joint replacement techniques over time has improved patient outcomes," says Dr. Ortinau. "We are always striving for the most minimally invasive approach and the fewest complications. Our goal is to restore patient function as soon as possible, the safest way possible."

"I don't recommend putting off treatment for joint pain," Rezin adds. "Joint replacement surgery can dramatically improve a person's quality of life. Most people say afterward that they wish they had done it sooner."

## Imaging

Continued from Page 2D

"MRI uses radio waves and magnetic fields instead of x-rays to produce very detailed, cross-sectional images of the breast," explains Dr. Vanderkin.

"Along with screening for high risk women, breast MRI can be useful when your doctor needs more information than a mammogram, ultrasound or clinical breast exam can provide."

For women who are diagnosed with cancer, breast MRI may be used to assist the doctor in treatment planning, to check the opposite breast for tumors, or to differentiate scar tissue from a tumor.

"By no means does breast MRI replace mammography. However, there are situations where MRI is the preferred method of imaging for high risk women, those with newly diagnosed cancers, and following lumpectomy surgery," he says. "Having this technology at Morris Hospital means women won't have to travel far from home for breast care."

Digital mammography appointments can be scheduled at Morris Hospital or the Morris Hospital Ridge Road Campus in Channahon. Breast MRI is available at Morris Hospital. For scheduling, call 815-942-4105. A physician's referral is required.

## Motivation

Continued from Page 3D

Vik-Saavedra likes having other people to count on to keep her going. She has a Bowflex home gym and a treadmill that she doesn't use.

"I just can't do it on my own, it's boring," she said. "I need someone to kick my butt."

Even in TaeKwonDo, you are being instructed and assisted, Vik-Saavedra said. Gallagher agreed.

"You are accountable (in a group)," she said. "When you are by yourself you

can slack off."

Although Gallagher and Miller are on their second run through the Insanity program and Vik-Saavedra is on her first, they will all likely do it through one more time before moving on to another at-home program.

There are all kinds to choose from, like Hip Hop Abs, Rockin' Body and even Insanity Asylum — if you can keep motivated.

"I can't wait to start all over again," Gallagher said. "It's a challenge and there's such a sense of accomplishment because you have finished."

## Breastfeeding

Continued from Page 2D

■ **Breastfeeding is good for mom, too.** Along with reducing mom's risk for certain types of cancer, breastfeeding can also reduce mom's stress and risk of postpartum depression.

"Breastfeeding is the natural way to feed your baby," Jirgl adds. "There's no question it's better for your baby in the short and long-term."

Morris Hospital provides support and education to breastfeeding mothers through free lactation consulting services. The service is even available for moms who deliver at other hospitals.

Morris Hospital also offers breastfeeding classes on a regular basis, where lactation consultants discuss the benefits of breastfeeding, problems that may arise with breastfeeding, pumping, and going back to work.

Registration for breastfeeding classes is available online at [www.morrishospital.org](http://www.morrishospital.org). To speak with a lactation consultant at Morris Hospital, call (815) 705-7301.

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**Fitness On Request, a virtual workout program offered at Morris Athletic Club, allows club members to try a variety of workouts on a variety of fitness levels with a group of friends or by themselves. Located in a separate room from the main workout area, it provides a more private setting and more space to accommodate larger groups.**

Herald Photo by Lisa Pesavento — lpesavento@morrisdailyherald.com

## A perfect fit-ness

### Exercise is no longer 'one-type suits all'

**BY KRIS STADALSKY**  
Herald Correspondent

If you keep hearing more and more about metabolism and metabolic training when it comes to fitness and losing weight, you are not alone.

One size fits all programs that do exactly the same thing for every type of person are quickly becoming a thing of the past.

Joe Spiker, owner and creator of Metabolic Fitness Management in Lockport, Ill., as well as owner of Peak Fitness in Minooka and the Morris Athletic Club, looks at each individual person before deciding the best way to help them accomplish their goals.

While 90 percent of people who come to one of his gyms want to lose at least some weight, they also want to feel better, move better and eat better.

But each person has a different goal and a different set of circumstances. His trainers look at the whole person, their pre-existing injuries, fitness level and history, nutrition and even range of motion.

"Everybody is different," Spiker said. "We (ask) how we can affect your metabolic rate using nutrition, resistance training and cardio."

Spiker's program focuses on using fundamental, compound movements to achieve weight loss, build strength and increase endurance.

He uses the example of things you would do in your everyday life, such as picking a box up off the floor and putting it on a shelf above your head.

Many different muscle groups are used to get the box from the floor to the shelf. By combining squats with upper body resistance, you would be working those specific muscles.

Each session with a trainer is different, said Spiker. By creating "muscle confusion," the muscles never get a chance to plateau.

Spiker's goal is to educate his clients, to get them thinking outside the box. He doesn't believe people should be dependent on any one place or type of exercise.

"Ideally, three months down the road they should know what they are doing at any gym," Spiker said. "We want to break

that mold, get them off machines and doing things they could do at their house."

At Essence of Life in Shorewood, owner Jodie Baudek has brought in Metabolic Testing equipment that takes a client's metabolic measurements. A 10-minute breath test collects information that is used to calculate an individual's daily calorie needs.

She also provides V02 testing that tells what exertion level, or zone, each person should be training in to maximize their calorie burn and increase fitness levels.

"This is teaching you how to be smart (about fitness)," said Baudek.

With that knowledge, Baudek and her staff help each client to accomplish their fitness goals by utilizing in-house classes and equipment, such as resistance training on the Reformer or TRX suspension training, cardio with spinning class or

circuit training and yoga and Pilates for core work and stress relief.

"What clients are accountable for are cardio and strength workouts a certain number of days and turning in their food journals," said Baudek. She also meets with clients in a group setting monthly to talk about results, share frustrations and provide a pep talk to keep everyone on track.

"Everyone here is on board, so if someone needs to reach out, we are here for them," Baudek said.

Another new fitness regimen at Morris Athletic Club that steps outside the box is the virtual classroom. It's a new concept to the Morris area, said Spiker, who has had the system for about two years.

Clients can come into MAC whenever they want and choose from more than 40 classes on a kiosk. The class then plays on a large screen in the front of the room. There is everything from yoga and Pilates, to aerobics, dance and spinning classes.

"The beauty is, there are no time constraints," Spiker said. "They get to pick the level and the class. I update it every month."

A client can take a class alone or arrange for a group of friends or fitness buddies to join in. The classes can be a 20-minute core workout or a 45-minute cardio class.

The floor of the classroom is padded, but every piece of equipment needed for any of the classes stands at the ready on one side of the room, everything from steppers and yoga mats to kettle balls and dumbbells.

"It's really popular," Spiker said. "It's not oversized, it's not crowded. You don't have to be at the gym at 5 p.m. sharp. You can knock out a class in addition to resistance weight training."

## Dreams of ideal flu vaccine are nearing

**BY SANDY KLEFFMAN**  
Contra Costa Times

WALNUT CREEK, Calif. — Despite modern advances, the half-century-old method of producing flu vaccine still takes six months and requires hundreds of millions of fertilized chicken eggs.

That makes it nearly impossible to act quickly when a deadly new flu strain appears, threatening severe consequences before protection is available.

But change is on the horizon.

Scientists at Stanford University and institutions around the country are researching new ways to boost the immune system and create a more effective vaccine that could be produced faster, without chicken eggs.

Some of the new approaches already are coming to market.

"No one thinks that the standard flu vaccine is a very good vaccine," said Mark Davis, director of Stanford's Institute for Immunity, Transplantation and Infection. "You're making a new drug every year. It's incredibly cumbersome and expensive."

Some researchers are focusing on the as-yet-unattainable ideal: a vaccine that would protect against all forms of the virus, with just one immunization every 10 years or so.

"We could persuade many more people in the United

States to get vaccinated, if indeed we had a better vaccine," said Dr. William Schaffner, chairman of the department of preventive medicine at Vanderbilt University Medical School. Though egg-based vaccines will remain predominant, the assault on flu has made notable progress since late last year.

In November, the Food and Drug Administration approved Flucelvax, manufactured by Novartis, the first U.S.-licensed flu vaccine that uses cell culture technology. The virus is grown in dog kidney cells, instead of eggs. The cells can be frozen, ready to go quickly into vaccine production if a new virus is discovered. As Schaffner put it: "You don't have to wait for the roosters and hens to do their thing."

Two vaccines will be available next season that protect against four strains of the virus, instead of the standard three: a nasal spray by FluMist and an injectable vaccine by GlaxoSmithKline.

In January, the FDA approved Flublok, by Protein Sciences. It is made in insect cells using a protein from the virus — hemagglutinin, instead of a live virus. Most antibodies that prevent infection are directed against hemagglutinin.

Because the fickle virus is constantly changing, flu protection requires annual immunization with a vaccine designed for the newest strains.

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