Health and Wellness Programs
Northwest Suburbs - Spring 2020
Breastfeeding Support, Close to Home

Northwestern Medicine offers support and resources for breastfeeding mothers at the hospital after delivery, but how do you ensure continued success when you bring your baby home?

New moms can find a variety of resources and services at the Northwestern Medicine McHenry Hospital Breastfeeding Center and Northwestern Medicine Huntley Hospital Breastfeeding Center. These include:

- Breastfeeding classes (before your baby is born)
- Weekly drop-in support groups led by certified lactation consultants
- Experts available to answer questions about breastfeeding
- Breastfeeding equipment for purchase or rent
- Private nursing bra fittings
- Coordinating care between mother, baby and physician
- One-on-one breastfeeding consultations with a certified lactation consultant, which may include counseling, milk intake assessments, education and a customized breastfeeding plan

All are welcome. You do not have to be a Northwestern Medicine patient to seek support at one of our breastfeeding centers.

For additional information, please call 224.654.0360. TTY for the hearing impaired 815.759.8020.

See page 5 for more educational opportunities for new parents.
Registration is required for all classes unless otherwise noted. To register, please call 877.236.8347. TTY for the hearing impaired 815.759.8020.

For fee programs, please pay at time of registration. If fees apply, a cost will be noted in the class description. If you have any special needs including, but not limited to, physical accommodations, language/sign interpretation services or financial assistance, please bring them to our attention at the time of registration. Fees are subject to change.

A menos que se indique lo contrario, necesita inscribirse para asistir a cualquier clase. Para inscribirse llame al 877.236.8347. Las personas con deficiencias auditivas que usan TTY pueden marcar 815.759.8020.

Para programas con tarifas, por favor, pague al momento de inscribirse. Si hay alguna tarifa implicada, el costo se indicará en la descripción de la clase. Si tiene alguna necesidad especial, incluyendo pero no limitado a, adaptaciones físicas, servicios de interpretación, lenguaje de señas o ayuda financiera, por favor, déjenos saber en el momento en que se inscriba. Las tarifas están sujetas a cambios.

If you no longer wish to receive this or other health-related information from Northwestern Medicine McHenry Hospital, Northwestern Medicine Huntley Hospital or Northwestern Medicine Woodstock Hospital, kindly call 877.236.8347 to have your name removed from our list. TTY for the hearing impaired 815.759.8020.
Stay on top of your health with the new MyNM app.
The MyNM app combines the experience of NM MyChart with new ways to access your information.

Download the app today.
Close to home

All classes are conveniently located in the northwest suburbs near major highways. If you have questions about the location of a class or require more detailed directions, call us at 877.236.8347. TTY for the hearing impaired 815.759.8020.
Get informed.
Get inspired. Be well.

To help you and your family stay healthy, Northwestern Medicine offers wellness classes on a wide range of topics, from pregnancy and child care to heart health, cancer care, fitness and weight control. Classes are available for both children and adults. Registration is required unless otherwise noted. To register, call 877.236.8347 unless an alternate number is provided.

Pregnancy, childbirth and baby

**Breastfeeding Support Group**
Bring your baby and meet other breastfeeding moms to receive support, encouragement and assistance with issues you and your baby may be having with feeding. Topics are guided by a Northwestern Medicine lactation specialist. No registration required.

**Mondays, 10:00 - 11:30 am**
OB Education Room, 3rd Floor
Huntley Hospital, Huntley
For more information, call 815.759.4864.

**Wednesdays, 4:30 - 6:30 pm**
OB Education Room, 3rd Floor
Huntley Hospital, Huntley
For more information, call 224.654.0360.

**Childbirth Education Class**
Join us for this four-week series designed to prepare you and your support person for the birth of your baby. It is recommended to take this class between the sixth and eighth month of pregnancy. Topics include variations in labor and delivery, pain management, basic baby care, pediatrician Q&A and car seat safety. This is not a Lamaze or Bradley-style birthing class. A tour of the hospital/unit is included.

Light refreshments provided, but please feel free to bring your own.

**Tuesdays, Feb. 4 - 25, Mar. 3 - 24, Apr. 7 - 28 or May 5 - 26**

**Wednesdays, Feb. 5 - 26, Mar. 4 - 25, Apr. 8 - 29 or May 6 - 27**

7:00 - 9:30 pm
OB Education Room, 3rd Floor
Huntley Hospital, Huntley
$75/couple

To help you and your family stay healthy, Northwestern Medicine offers wellness classes on a wide range of topics, from pregnancy and child care to heart health, cancer care, fitness and weight control. Classes are available for both children and adults. Registration is required unless otherwise noted. To register, call 877.236.8347 unless an alternate number is provided.
Breastfeeding Basics
International board-certified lactation consultants provide guidance for moms-to-be on the importance of breastfeeding, where to find evidence-based information and support, and how labor decisions can impact your breastfeeding experience. Your support person is strongly encouraged to attend.

Saturdays, Feb. 8 or Apr. 11
9 am - 12 pm
Northwestern Medicine Orthopaedics, Crystal Lake

Saturdays, Mar. 14 or May 9
9 am - 12 pm
OB Education Room, 3rd Floor
Huntley Hospital, Huntley
$30/couple

Lactation Consultations
Lactation consultants provide outpatient consultations, retail purchases, pump rentals, bra fittings and weight checks.

Appointments available at McHenry Hospital and Huntley Hospital. Availability varies by location.

For fees and to schedule an appointment, call 224.654.0360.

Infant Safety and CPR
This non-certification program teaches basic CPR techniques and demonstrates how to recognize and respond to infants who are choking. The program is taught by a certified American Heart Association CPR instructor.

Thursday, Apr. 16
6 - 10 pm
OB Education Room, 3rd Floor
Huntley Hospital, Huntley
$20/person
$40/couple
Weight management

Weight Loss Surgery Information Session
If obesity is keeping you from living the life you want to live, learn more about weight loss surgery options.

Saturdays, Feb. 8, Mar. 14, Apr. 11 or May 9
10 am – 12 pm
Wednesdays, Feb. 26, Mar. 25, Apr. 22 or May 27
6 – 8 pm
Lower Level Conference Rooms
Huntley Hospital, Huntley
To register, call 847.802.7230.

Weight Loss Surgery Support Group
This group brings together those who have already had weight loss surgery and those who are looking to do so in the future, regardless of where treatment occurs. No registration required.

Mondays, Feb. 10, Mar. 9, Apr. 13 or May 11
6 – 8 pm
Saturdays, Feb. 8, Mar. 14, Apr. 11 or May 9
10:00 – 11:30 am
Lower Level Conference Rooms
Huntley Hospital, Huntley
For more information, call 847.802.7230.
HMR™ Weight Management
This program combines a highly structured diet with classes and coaching to achieve rapid weight loss and long-term weight management. HMR was ranked No. 1 in 2018 for fast weight loss diets in *U.S. News & World Report*.

Northwestern Medicine Crystal Lake Health & Fitness Center, Crystal Lake
Northwestern Medicine Huntley Health & Fitness Center, Huntley

For more information or to attend an information session, call 847.802.7046.

* Average weight loss at 26 weeks is 43-66 lbs for HMR Decision-Free® and 28-37.5 lbs for Healthy Solutions® clinic patients who completed ≥ 12 weeks.


Seniors

**Sit n’ Swing**
Dance exercise program for seniors. Stretch straps, sticks, Tai-chi, Qigong and light weights are used in class. Participants must be able to stand unassisted. No registration required.

**Tuesdays and Thursdays**
2 – 3pm
Northwestern Medicine Rehabilitation Services, Cary
For more information, call 847.516.8095.

Northwestern Medicine’s team of registered dieticians offer a variety of programs as well as consultations to help you incorporate healthy nutrition habits into your daily routine. Dietitians develop personalized meal plans based on an individual’s medical, cultural and nutrition history including weight management, food allergies, sports nutrition, heart health and more.

For information about insurance coverage or to learn more, call 847.802.7046.
Heart disease, also called cardiovascular disease, coronary heart disease, or coronary artery disease, refers to most conditions caused by atherosclerosis, or the buildup of plaque in the heart’s arteries.

The four main forms of heart disease are:

- Heart Attack
- Stroke
- Arrhythmia
- Heart Valve Problems

According to the 2016 Heart Disease and Stroke Statistics Update from the American Heart Association:

**Fact #1**

Heart disease is responsible for 14% of US deaths each year.

**Fact #2**

Heart disease claims more lives than all forms of cancer combined.

**Fact #3**

Approximately 750,000 Americans have a heart attack each year.

**Fact #4**

More than 1 in 4 Americans live with some form of heart disease or the after effects of stroke.

Sources:

- http://www.heart.org/HEARTORG/Caregiver/Resources/WhatIsCardiovascularDisease/What-is-Cardiovascular-Disease_UCM_301852_Article.jsp#.VpZpuWQrJeU
- http://circ.ahajournals.org/content/early/2015/12/16/CIR.0000000000000350
An estimated 43 million women in the US live with some form of heart disease.

Heart disease is the #1 KILLER OF WOMEN.

Nearly half of all African-Americans live with some form of heart disease.

Over the last several decades, there has been a 50% decline in the number of deaths due to heart disease or heart attack. Our work is far from over, but we can fundamentally change heart health with the tools in play today.

– Clyde W. Yancy, MD, MSc, Chief, Division of Cardiology, Associate Director, Bluhm Cardiovascular Institute
Cancer

Young Ribbons
Women ages 45 and younger diagnosed with breast cancer share their unique experiences with the physical and emotional changes associated with their diagnosis.

Third Tuesday of each month
7:00–8:30 pm
McHenry Hospital Cancer Center, McHenry
To register, call 815.344.8000.

Pink Strong
This monthly group is for women who have been diagnosed with breast cancer. Each meeting is designed to help with the physical and emotional changes associated with breast cancer.

First Tuesday of each month
4:00–5:30 pm
McHenry Hospital Cancer Center, McHenry
To register, call 815.344.8000.

Creating Expressions
This monthly expressive arts program links arts with psychoeducation and support for people affected by cancer. No art experience is required, and all materials are provided at no cost.

Second Thursday of each month
3–5 pm
McHenry Hospital Cancer Center, McHenry
To register, call 815.344.8000.

Water Fitness
This weekly class offers those affected by cancer an opportunity to increase body strength and fitness through exercise in water.

Saturdays, 10–11 am
Crystal Lake Health & Fitness Center, Crystal Lake
To register, call 815.344.8000.

Yoga
This weekly class offers those affected by cancer an opportunity to experience increased calmness and relaxation while enhancing body strength and fitness through the practice of yoga.

Mondays, 5:30–6:30 pm
McHenry Hospital Cancer Center, McHenry
To register, call 815.344.8000.

Wednesdays, 5:15–6:15 pm
Crystal Lake Health & Fitness Center, Crystal Lake
To register, call 815.344.8000.

Wig Boutique
This American Cancer Society program helps patients with cancer select a complimentary wig.

McHenry Hospital Cancer Center, McHenry
To schedule an appointment, call 800.227.2345.
Cancer Transitions
This six-week group focuses on the needs of cancer survivors who have finished treatment within the last two years.

Mondays, Feb. 3 – 24 and Mar. 2 – 9, 2:00 – 4:30 pm
Wednesdays, Apr. 15 – 29 and May 6 – 20, 6:00 – 8:30 pm
McHenry Hospital Cancer Center, McHenry
To register, call 815.344.8000.

Diabetes
Diabetes Support Group
Certified diabetes educators lead this monthly support group for anyone who has diabetes. Discuss topics and receive support related to diabetes and overall health. No registration required.

Tuesdays, Feb. 25, Mar. 24, Apr. 28 or May 26
5:30 – 6:30 pm
Medical Office Building 1, Room 220
Huntley Hospital, Huntley
For more information, call 815.356.2382.
Counseling and support

Care for the Caregiver
Connect with others who understand the unique experience of being a caregiver to a loved one.

Third Thursday of each month
10 – 11 am
McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To register, call 815.344.8000.

Living with Grief
This six-week group provides emotional support and connection for adults who have experienced the loss of a loved one.

Thursdays, Jan. 23 – 30, Feb. 6 – 27, Apr. 16 – 30 and May 7-21
7 – 9 pm
McHenry Hospital Cancer Center
McHenry Hospital, McHenry
To register, call 815.344.8000.

Survivors of Suicide Loss Support Group
This support group is for those 18 and older who have lost a loved one to suicide.

First Thursday of each month
Third Wednesday of each month
7 – 9 pm
Conference Room D
McHenry County Mental Health Board, 620 Dakota Street, Crystal Lake
No registration is required. For questions or more information, call 815.206.3459.
Health and wellness

Community Lipid Screenings
Get your blood pressure checked and have a fasting blood test (finger stick) for cholesterol, triglycerides and glucose levels. Receive education with your results. Participants should fast a minimum of 8 hours prior to screenings, with nothing to eat or drink except water.

Wednesday, Feb. 5 or Apr. 8
6:30 – 9:00 am
Huntley Health & Fitness Center, Huntley

Wednesday, Mar. 4 or May 6
6:30 – 9:00 am
Crystal Lake Health & Fitness Center, Crystal Lake

To schedule an appointment, call 815.788.2269.
$25/members, $30/community

Courage to Quit®
This seven-week program focuses on the behavioral approach to quitting smoking and offers countless techniques to learn how to give up smoking for good. Participants should be at least 18 years of age.

Thursday, May 7 (information session), May 21-28, June 4-18 and July 2
6 – 7 pm
Crystal Lake Health & Fitness Center, Crystal Lake

For more information or to register, call 815.788.2269.
$15/person

Lifesaving Screening Packages
Heart disease and stroke are the leading causes of death, affecting one person every 40 seconds. The Northwestern Medicine Wellness on the Move Mobile Health Unit makes it convenient to identify your risk and to get screened for other potential health issues. Some tests may require fasting. A physician order is not required.

Thursday, Mar. 12 or May 28
9 am – 2:40 pm
McHenry Hospital, McHenry

Thursday, Mar. 26
9 am – 2:40 pm
Huntley Hospital, Huntley

Thursday, Apr. 23
9 am – 2:40 pm
Woodstock Hospital, Woodstock

Thursday, May 21
9 am – 2:40 pm
Crystal Lake Medical Arts, Crystal Lake

To schedule an appointment, call 815.788.2269.
$129 – 299/person
Speakers Bureau

The Northwestern Medicine speakers bureau program is a free service provided to the community. The purpose of this program is to educate and support the community by providing exceptional speakers on a variety of medical, health and wellness-related topics and specialties. The bureau is composed of highly knowledgeable, respected and qualified members of Northwestern Medicine’s clinical and professional staff.

For more information, contact Sarah at sarah.santoria@nm.org.
Treat Acid Reflux Without Medication - Minimally Invasive Procedure for GERD
Tuesday, Apr. 21, 6–8 pm
Northwestern Medicine
Huntley Hospital
Join Amir J. Heydari, MD, surgeon at Northwestern Medicine Medical and Surgical Weight Loss Center, for an educational session to learn about LINX®, a minimally invasive procedure used to treat gastroesophageal reflux disease (GERD).

Your lower esophageal sphincter (LES) controls the opening and closing of your esophagus to the stomach. If your LES is weak, it may allow stomach contents to come up into the esophagus, a situation known as acid reflux. Chronic or severe acid reflux is known as GERD.

LINX is a device that your surgeon implants around the LES to help the sphincter stay closed. The LINX procedure generally takes less than an hour, and most patients go home the same day. This procedure has been shown to relieve heartburn, bloating and regurgitation without medication.

To register, call 847.802.7230. TTY for the hearing impaired 815.759.8020.

Wellness for kids

Teen Echo Screening
Many active teenagers do not show symptoms of heart abnormalities, yet they could still be at risk for cardiac arrest or even death. A simple heart screening known as an echocardiogram can help identify risk. Screenings are for teens ages 13-18.

To schedule an appointment, call 815.788.2269.
$85/child
While riding, you should:
Always wear a properly fitted helmet.
Look and listen for cars and people walking.
Avoid riding at night or in poor weather.
Parents and children should take time to check that their helmets fit properly before each ride. Families can practice bicycle safety together to make riding fun and safe for everyone.
The correct method to fit a helmet:
Choose a helmet that fits snugly. Foam pads may be used to adjust fit.

Position the helmet flat on top of the head — no more than two finger widths above the eyebrows.

Straps on each side form a “V.” The bottom point of the “V” should be right below the ear. Adjust straps so the helmet continues to sit flat on top of the head.

After the straps are adjusted and the buckle is fastened under the chin, only one finger should fit between the chin and the strap.

When properly adjusted, the helmet should stay on top of the head and not slide around. The chin should be comfortable. If the helmet is adjusted correctly, it will be more comfortable to wear and compliance will increase.

To learn more and watch videos about bicycle safety, proper helmet fitting, or for more resources to teach children bicycle safety visit:

https://www.nm.org/search?terms=ride+smart+bike+safety
thinkfirst.org/bicycle-safety
cdc.gov/headsup/helmets
nhtsa.gov/road-safety/bicycle-safety
safekids.org/bike