

newsQuest

Centre Club Member Newsletter

September/October 2011 200 W. Golf Rd., Libertyville • 1405 Hunt Club Rd., Gurnee • advocatehealth.com/condell/centreclub • 847.990.5750 • 847.625.4750

Early Detection, Still the Best Policy



*Eileen Morrison, M.D.
Obstetrics and
Gynecology at Advocate
Condell Medical Center*

It was the morning after the biopsy. My kids were off to school, I was getting ready for work when my doorbell rang. It was my partner, Jennifer Schaefer. My heart sunk as I knew there was only one reason she would show up at my door on a work morning. "It's malignant," she said. No reason to beat around the bush, right? I had just turned 44. Happy birthday.

My reaction to hearing I had breast cancer was not unlike anyone else, disbelief, despair, worry (about myself and my kids). How do I tell my family? What do I tell the kids? Get this thing out of me!

I was lucky. My tumor was an early stage and biologically "polite", as I say (meaning non-aggressive). I have a lumpectomy and radiation. I now take Tamoxifen to prevent recurrence.

200,000 women get breast cancer every year. 40,000 women die from their disease every year. Clearly we have work to do to decrease those numbers. Much of the focus has been on early detection. We all hear about the need for mammograms. But when should you start? How often should it be done? What about the radiation exposure from mammography? In 2009, the US Preventive Task Force published their recommendations that screening should begin at age 50, be only every other year, and end at age 74. They also concluded that monthly self-breast exams were not necessary. This was a risk/benefit analysis that defined "risks of mammography" to include radiation exposure, unnecessary biopsies and treatment of disease that would likely never become a problem.

As you may remember, this caused quite an uproar from organizations such as The American Cancer Society, American College of Radiologists, American Academy of Family Practitioners and the American

Congress of Obstetrics and Gynecology. These reputable organizations all still agree that screening does in fact benefit those age 40 and older of average risk. These opinions are based on the incidence of breast cancer at all ages, the sojourn time for breast cancer growth (the time when cancer can be detected by screening before it becomes clinically symptomatic), and the potential for reduction in mortality.

As a care provider (Ob/Gyn) and a patient, I have to agree. Although, I don't think screening should be based on fear, I believe women of today should have the right to decide for themselves.

Educate yourself as best you can. Ask questions of your health care providers. And make an informed decision. Then go get your mammogram!

Advocate Condell uses digital technology that has been shown to increase detection especially in younger women. Appointments are readily available. Then come over to the Centre Club for exercise and weight management programs. Maintaining a healthy weight has been shown to decrease the risk of breast cancer. The Club also offers a Cancer Exercise Program for those who have been affected. Exercise can also help in your recovery. See page 2 for program information. And come run with us in the annual 5K Pink Ribbon Run hosted by The Centre Club. See page 2 for race information.

Cancer Exercise Program

Advocate Condell Centre Club introduces the **Cancer Exercise Program**. This is a free 60-day membership which includes one-hour of personal training with a cancer exercise specialist. Additional specially priced training sessions available. Exercise can aid in the recovery from this disease. Learn to control the things you can control during your treatment and recovery. Call 847.990.5740 to arrange a consultation with a Cancer Exercise Specialist.

Wellness Services of Condell Medical Center

*Please call Wellness Services in
Libertyville at 847.990.5770 to schedule
an appointment for either location, or for
further information on these tests.*

**September and October Member
Special—Coronary Risk Screening
\$25** (total cholesterol, HDL, LDL,
and triglyceride levels). Eight to twelve
hour fast required. Take a few minutes
out of your busy schedule to have these
important numbers checked and possibly
prevent the potential for heart disease.
Call Wellness Services at 847.990.5770
for appointments in Libertyville or
Gurnee.

**Advocate Condell Medical Center—
Lecture and Flu Shot Clinic at
Centre Club Gurnee—What Women
Should Know About Flu Season,”** a
lecture and flu shot clinic, from 5:30-8
pm on Monday, Oct. 10, at the Gurnee
Centre Club, 1405 Hunt Club Road in
Gurnee. Mobola Campbell-Yesufu, MD,
board certified in infectious disease, will
talk about how to stay healthy during
flu season. Flu shots are available after
the lecture for \$10 and a non-perishable
food item, to be donated to a local
food pantry. The programs are free,
but registration is required by calling
Advocate Condell Health Advisor at
800.323.8622. The registration code for
this program is 5W26.

Beginning Running—Gurnee

This program, taught by Sharon Kuhn,
will prepare you for Centre Club's 5K
Pink Ribbon Run on October 22, 2011.
Class broken into two parts: education
and performance. Program meets
Wednesdays, September 8 – October
19, 7 p.m. Fee \$45/member, \$57/non-
member.

Centre Club Announces

2011 5K Pink Ribbon Run and 1-mile Run/Walk

Benefiting Cancer Care Services at
Advocate Condell Medical Center

Saturday, October 22, 2011, 8:45 am

University of St. Mary of the Lake Mundelein Seminary
1000 E. Maple Ave., Mundelein, IL 60060

Recognizing the challenges many cancer patients experience during
a difficult time, the hospital seeks philanthropic support to expand its
holistic approach to care.

8:45 am – One Mile Run

9:15 am – 5K Run/Walk

Bring the whole family!

AWARDS • FOOD • PRIZES • FUN • T-SHIRTS

Race Fees: \$18.00 – One mile \$30.00 – 5K Race Day: \$20 – One mile \$35 – 5K	Register at signmeup.com/77026 847.990.5741
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About Advocate Condell Medical Center

Advocate Condell Medical Center is the leading provider of
comprehensive medical and surgical services in Lake County,
with state-of-the-art heart, neurosurgical, maternity and
emergency services.

Condell's emergency department is the only Level 1 Trauma
Center in Lake County, Illinois, treating the area's most
seriously injured patients. It also features the only dedicated
pediatric emergency department in the county. Recognized
for its quick treatment of heart attack patients, Condell holds
full accreditation from the Society of Chest Pain Centers.

Advocate Condell is the only hospital in Lake County to feature
all private adult patient rooms. U.S. News & World Report
ranked Advocate Condell one of the best hospitals in the
Chicago area in 2011.

Programs and Events

advocatehealth.com/condell/centreclub

Call Kim Smith with any questions regarding Centre Club programs or leagues at 847.990.5741.

Register at the respective Front Desk or call 847.990.5750 in Libertyville or 847.625.4750 in Gurnee.

Classes

Boot Camp for Women—Libertyville & Gurnee

For those who want to take it up a notch, this eight-week class is a no-nonsense, get-down-and-dirty, aerobic-based strength training program. Our staff uses time-tested exercises with new techniques to increase muscle strength. Join Clo Martinez **in Gurnee**, Tuesdays, September 27 – November 15, 9 – 10 am, **OR** Fridays, September 30 – November 18, 9:30 – 10:30 am **OR** join Ashley Carlson **in Libertyville**, Fridays, September 23 – November 11, 9:30 – 10:30 am. Classes meet on the Gym Floor. Fee: \$65/member, \$80/non-member.

Co-Ed Boot Camp—Libertyville & Gurnee

Join this eight-week aerobic-based strength training class to boost your workouts and train like a soldier! Join Ashley Carlson **in Libertyville** Fridays, September 9 – October 28, 2011, 5:05 am on the Gym Floor. **Or** Join Clo Martinez **in Gurnee** Fridays, September 30 – November 18, 5:05 am on the Gym Floor. Fee: \$65/member, \$80/non-member.

Hip Hop—Gurnee

Instead of running on the treadmill, try boosting your heart rate with Hip Hop Dance Aerobics. Hip Hop Dance Aerobics is one of the best aerobic workouts you will ever get. This class is a medium to high ENERGY aerobic workout. Set to today's latest Hip Hop and R&B music, you will not only learn new dance moves but also tone and shape your body. With a combination of fun music and energetic beats, it's sure to make you forget you are working out. One-hour class meets on the Centre Club Gurnee Gym Floor, Saturdays, September 10 – October 22, (no class October 8) 8:30 am. Fee: \$40/member, \$60/non-member.

Brick Body Workout—Libertyville

Intense full body workout combines dynamic strength training and explosive, heart pumping cardio intervals. Push your body to its limits and ignite performance. Burn up to nine times more calories than steady-state cardio training. Sculpt a new body brick by brick! Class meets Wednesdays, September 7 – October 11, 9:30 – 10:30 am on the Gym Floor. Fee: \$45/member, \$57/non-member.

Swim Club—Gurnee

Swim skills are required for this program designed to increase your swim endurance and technique

proficiency. Swimming, snorkeling and scuba can be more fun. Take advantage of Swim Club coached by Centre Club's John Cargill and start preparing now for increasing your speed and stamina for your next vacation or triathlon. Lap it up! Six-week session begins in Gurnee, Sundays, October 2 – November 6, 6 – 7 a.m. Fee \$40/members, \$60/non-members per session. Check in at Front Desk *before 6 a.m.*

Just for Kids/Teens

Children's Basketball Private Lessons with Cerci Mahone

Cerci Mahone, former MVP of the NCC and player with the Denver Nuggets will offer private basketball skills lessons at Centre Clubs. Lessons are designed to develop and improve each player's game both mentally and physically on the basketball court. Call Kim Smith at 847.990.5741 with questions and to set up times and dates. One hour lesson, \$40/child.



Children's Basketball Skills Clinic—Libertyville and Gurnee

Join Coach Cerci Mahone, former MVP of the NCC and player with the Denver Nuggets for this fun and motivating clinic designed to develop and improve each player's game both mentally and physically on the basketball court. Focus will be on: dribbling and ball handling drills, passing and catching techniques, post moves, proper footwork and pivoting technique, solid shooting form, game related full court drills and most importantly fun! 3rd – 7th grade clinics meet September 10 – October 15 in Gurnee 1 – 3 p.m., and in Libertyville 4 – 6 p.m.. Fee: \$160/member's child and \$200/non-member's child.

Leagues

Basketball League—Libertyville

30+ Basketball League – Libertyville Thursday night, five on five, full court basketball. Registration deadline Thursday, September 8 or when registrants tally 64 players, whichever comes first. League starts Thursday, September 15. Space is limited. Registration forms available in the Member Information Center, submit with your payment to The Libertyville Front Desk. Fee: \$122/member, \$195/nonmember. Call Kim Smith with questions at 847.990.5741.

Fall Co-ed Racquetball League—Libertyville & Gurnee

Looking to have a little fun this fall? Join our co-ed racquetball league and put your skills to the test. Rate yourself as an “A”, “B”, or “C” player and we’ll place you in the appropriate division. Registration forms are available in the Member Information Center. Registration deadline is Tuesday, September 6. Co-ed league begins Monday, September 12. Register at the respective Front Desk. Fee: \$25/member and \$125/non-member,

Labor Day Holiday Hours

Monday, September 5th, 2011

Centre Clubs open 7 am – 1 pm.

Karing for Kids open 8:15 am – 1 pm.

Free Guest Days

Share the benefits of exercise with your friends and family. Bring a guest for **FREE** on **Saturday, September 17th and Sunday, October 16th**. Remember, only one guest per member and the guest must be a minimum of 16 years of age.

 Advocate
Condell Medical Center
801 S Milwaukee Ave
Libertyville, IL 60048-3204

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Member Specials

September Member Special: Book your holiday party now—**10% off Centre Club rental**. Club facilities are available for private use Saturdays and Sundays after regular club hours. For more information in Libertyville contact Rich Schoeneman at 847.990.5755 or in Gurnee Craig Blevins at 847.625.4758.

October Member Special: Bring a friend and have some fun. **Guest fee only \$10** this month. A \$2 savings.

Introducing

ALL FRUIT SMOOTHIE \$4.00

127 calories

GRILLED CHICKEN FILLET SANDWICH \$3.75

On whole wheat bun

Served with Romaine, tomatoes & onions

TURKEY AND CHEDDAR WRAP \$5.25

Made with Sundried tomato wrap

Served with carrots, cucumber, pickle and cup of potato salad

SOUP OF THE DAY \$3.25

Now serving all new variety of delicious soups



At Centre Club Gurnee.

Le Jardin will be closed

Saturday, September 3rd through

Monday, September 5th and

re-opening on Tuesday, September 6th.

**Wishing you all a
safe holiday weekend.**