Stop the flu before it stops you

What’s a good way to protect your health and the health of those around you this fall? Get a flu shot! The best time to be vaccinated is from October through December.

Aurora VNA of Wisconsin’s Shoo the Flu & Pneumonia Too! community clinics are coming soon (see page 6).

Because flu strains vary from year to year, an annual vaccination is recommended for everyone, every year. People at high risk for flu complications are especially encouraged to get an annual flu shot. This includes men and women age 50 and above, as well as people of any age who have chronic medical conditions (such as asthma, diabetes and heart failure). Last year, two flu shots were needed: one for seasonal flu and one for the novel H1N1 flu strain. This year, you only need one flu shot, as the H1N1 strain will be included in the seasonal flu shot.

Why don’t people get vaccinated?

Many people who should be vaccinated are not. Here are a few of the common reasons and some facts to consider:

“I’m not likely to get the flu.” If you have never had the flu, that’s great – but it doesn’t mean you are immune to it. Influenza is a serious disease; more than 36,000 people die from it each year. It’s even possible to have a mild case of the flu and not realize it. If this happens, you could be passing the germs on to your family and friends. By being vaccinated, you are protecting yourself and others from this potentially dangerous disease.

“The flu shot will give me the flu.” The flu shot is made from killed or “dead” viruses so you cannot get the flu from it. However, it does take a couple weeks for antibodies to build up in your body to protect you. In the meantime, you could get the flu, but it would not be from the shot.

“I don’t think the flu shot works.” Medical research has shown that the yearly vaccine is the single best way to prevent the flu. Again, once you’ve been vaccinated, you are still at risk for getting the flu until the antibodies build up in your body. That’s why it’s best to get vaccinated early in the fall, before the flu season really gets under way.

“I’m concerned about the side effects.” The most common side effects from the flu shot are soreness, redness or swelling at the injection site, and/or low fever. If these side effects occur, they usually last one to two days after the shot.

Who should not get a flu shot?

In general, you should not get a flu shot if you:
- Have a severe allergy to eggs or other parts of the vaccine
- Have a current major illness with fever
- Have a history of Guillian-Barre Syndrome

Talk with your doctor if you have questions or if you think there are other reasons you should not get a flu shot.

Can you get the FluMist vaccine?

FluMist is a live but weakened vaccine given as a nasal spray. At this time, FluMist is an option for family members under age 50.

What else can you do to help prevent the flu?

In addition to getting your flu shot, you can:
- Keep yourself healthy – get plenty of sleep, eat a well-balanced diet, be physically active and manage your stress.
Twenty-five percent of older adults take five or more medications on a regular basis. They count on these medications to keep them healthy and to enhance their well-being.

Aurora Pharmacy locations now offer Medication Therapy Management (MTM), a personalized approach to improving your health. With MTM, pharmacists work one-on-one with you to promote safe and effective use of medications while saving you money.

The goals of Medication Therapy Management are:
- To ensure you are getting the most benefits from your medications
- To engage you in your own care
- To save you money

Through MTM, pharmacists work closely with you and your doctor. As an accessible and knowledgeable health care provider, the pharmacist serves as a care coach to promote safety, communication and education.

**How the program works**

**Medication Therapy Review**
You will meet one-on-one with the pharmacist for an initial consultation. They will review your medications, including prescriptions, nonprescriptions and dietary supplements (e.g., vitamins, minerals and herbal products). Through this review, they find and address possible side effects, allergies, adverse reactions and drug interactions.

**Medication Action Plan**
The pharmacist encourages you to take an active role in your own care. Through a personalized Medication Action Plan, the pharmacist shares easy-to-use information on important medication and health concerns and what you need to do to address these concerns. The plan also allows you to track your actions and progress.

**Personal Medication Record**
You and the pharmacist create a comprehensive record that includes a list of all the medications you are taking and why you are taking them. The Personal Medication Record is to be kept updated and should be carried with you at all times and presented to other health care providers as needed.

Regular contact with your pharmacist ensures that you’re properly taking your medications; helps you stay on track in controlling your disease; identifies other health concerns or problems that may require medical attention; and promotes a personal relationship between you and the pharmacist, which allows for more accessible and open communication.

Medication Therapy Management is more than taking the right pill at the right time. It is you and the pharmacist working together to optimize the use of medications. It’s also an opportunity for you to take an active role in your health care with the assurance of knowing that you have an added resource that is both accessible and knowledgeable.

To get started on the path to improving your health care quality and reducing avoidable medical expenses, talk with your Aurora pharmacist for more information on “fee-for-service” Outcomes Medication Therapy Management consumer plans. For an Aurora Pharmacy in your area, please call 888-973-8999 or visit www.AuroraPharmacy.org.

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**Aurora Adult Day Center ... a home away from home**

The Aurora Adult Day Center addresses the issue of isolation and inactivity so that older adults can remain living at home in their communities longer. The day center offers a variety of daily therapeutic activities, such as exercise, games, music, arts and crafts, gardening, cooking classes, memory-stimulating activities and community outings that lift the spirits of program participants. Nutritious snacks and meals are provided, as well as bathing and health monitoring.

In addition, caregivers are given the freedom to maintain a healthy balance between family, career and personal interests.

To learn more about Aurora Adult Day Services in Milwaukee, call 414-374-4000.

Join us for our homecoming dance in October. Call Aurora Adult Day Services for more information.
Aurora Medical Center in Grafton to open Nov. 1

The Aurora Medical Center in Grafton will open for patient care on Monday, Nov. 1, 2010. Conveniently located off I-43 at Highway 60, the regional medical center will offer patients in greater Ozaukee County high-quality, cost-effective health care with the most advanced options for diagnosis and treatment.

Aurora’s newest medical campus will offer a full range of services and an environment designed for healing, confidence and comfort. The medical center will bring fully coordinated care to Aurora and Aurora Advanced Healthcare patients in greater Ozaukee County. Currently, Aurora and Aurora Advanced physicians provide care for more than half of the residents in the Village of Grafton. The addition of the new medical center will ensure that these patients will have access to all of the care they need, close to home.

Movin’ and groovin’ after cancer treatment: A new program at Aurora West Allis Medical Center

By Joan Stevenson, OTR, CLT

Fatigue is the number one complaint of approximately 90% of people who have undergone treatment for cancer. Thirty to fifty percent of cancer survivors can continue to experience fatigue for months or even years after treatment is completed. Cancer-related fatigue does not reduce with rest. There are multiple reasons for experiencing fatigue including anemia, low blood counts, low thyroid, as well as stress, deconditioning, depression, anxiety, insomnia and side effects from recent cancer treatment (chemotherapy and radiation). These complaints can be very distressing and affect a person’s functional abilities.

Communication with a physician is essential to determine the reason for the fatigue, as well as the best way to manage the symptoms. Exercise is one effective tool to combat fatigue following a health assessment. Multiple medical problems need to be assessed before starting a program. Occupational and physical therapists use exercise as an integral part of their plan of care following a thorough musculoskeletal evaluation. The Rehabilitation department (therapy) is one part of the cancer team that works closely with the physicians involved with each person’s treatment plan. The goal of rehabilitation is to assist patients in recovering from the side effects from cancer treatment, which can include weakness, pain, fatigue, limited flexibility, strength and balance. In turn, this affects their ability to perform everyday activities. Starting a walking program of 20 to 30 minutes three to four times a week is encouraged as a lifelong routine or lifestyle change.

Research continually supports exercise for all people of various cancer diagnoses during and after cancer treatment. Exercise has been proven to improve survival, as well as reduce the chance of developing cancer. Side effects from treatment can affect bone density, muscle strength, cardiovascular function, musculoskeletal flexibility, endurance and ability to perform everyday activities. Starting a walking program of 20 to 30 minutes three to four times a week is encouraged as a lifelong routine or lifestyle change.

The American Cancer Society advocates a regular exercise program during and after cancer treatment. Exercise can promote well-being by improving quality of life, reducing feelings of depression and anxiety while improving the majority of areas affected by cancer treatment.
Behavioral health team joins Summit

A urora Behavioral Health Services is pleased to announce that it has added new locations at the Aurora Medical Center in Summit, as well as in Oconomowoc. Whether you’re feeling stressed, anxious or depressed, or struggling with an unhealthy relationship, Aurora Behavioral Health Centers address a full spectrum of needs.

At our Oconomowoc location, Kathy Kowalke, MD, and Joe Cunningham, PhD, provide consultation and outpatient treatment for patients who require behavioral health services.

Dr. Kowalke is a board-certified psychiatrist who evaluates and treats adult patients ages 18 through 64. She provides ongoing medication management for a wide range of conditions related to mood, anxiety and psychosis. Dr. Cunningham is board certified in clinical neuropsychology. He specializes in assessment for neurological disorders affecting geriatric and adult patient populations including brain injury, dementia, stroke, epilepsy and multiple sclerosis.

At the Aurora Medical Center in Summit, Jeni Heinemann, PhD, provides inpatient consultation and outpatient treatment for adults and seniors. Dr. Heinemann is a licensed clinical psychologist who assists patients in coping with health-related issues, chronic illness, anxiety, grief and depression. Her emphasis includes cardiac-related conditions, chronic illness and pain, coping with disability and providing pre-surgical evaluations.

Together, these providers support the dynamic and integrated programming at the Aurora Medical Center in Summit. For more information regarding a behavioral health provider in your area or to schedule an initial assessment, call Aurora Behavioral Health Services at 877-666-7223 or 414-773-4312.

Holiday Pops Spectacular with Jeff Tyzik

Sunday, December 5 • 2:30 p.m.

Uihlein Hall • Marcus Center for the Performing Arts

T hrill to the spectacle of the season with carols, sing-alongs and more, when Jeff Tyzik returns to lead this sparkling holiday celebration with the Milwaukee Symphony Pops. Ticket orders must be received by Monday, November 15. For more information, call Audrey Baird at the Milwaukee Symphony, 414-226-7845.

Holiday Pops Spectacular

Name ___________________________ Phone ___________________________
Address __________________________________________________________
City ___________________________ State ___________ ZIP ___________

Number of Tickets:  _____ Orchestra, Main Floor @ $37.75 ea.
                   0 _____ Center Loge @ $30.00 ea.
                   0 _____ Orchestra, Side Rear @ $25.50 ea.
                   0 _____ Rear Loge, Balcony @ $17.00 ea.

TOTAL number of tickets ______TOTAL amount enclosed $________

Make check payable to: Milwaukee Symphony Orchestra.
Mail your check, this completed form and a self-addressed, stamped envelope to:
Audrey Baird
Director of Group Sales
Milwaukee Symphony Orchestra
700 N. Water Street, Suite 700
Milwaukee, WI 53202-4278

Ticket prices include a special 35% discount and facility fee.
Seeing into the future

It takes 30 minutes of your time and is completely painless – yet many people neglect to follow through with recommended annual eye exams. We all know how important it is to have regular physicals and routine dental check-ups, but we don’t always give the same thought to our vision.

While eye examinations may be more frequently required for those who have special concerns, an annual eye exam is the best way for healthy adults to ensure a lifetime of good vision. Your eyes also function as a window to your body, and certain eye issues can reveal the presence of undiagnosed conditions throughout the body.

What to expect
A comprehensive eye exam will include a variety of tests to evaluate near and distance vision, color vision, depth perception and alignment of the eyes, as well as glaucoma screening and checks for cataracts and retinal abnormalities.

Many serious eye diseases often have no symptoms. Glaucoma is commonly known as the “sneak thief of sight” and is the second leading cause of blindness. Conditions such as macular degeneration or cataracts develop so gradually that you may not even realize your vision has decreased. Diabetic retinopathy is a condition that may develop in diabetic patients. Early detection of these and other eye diseases is important for maintaining healthy vision.

Filling prescriptions in style
When your exam is completed, your eye care specialist may prescribe glasses or change your existing prescription to ensure that your vision is the best that it can be. Aurora Vision Center has 13 convenient locations that carry the latest fashion and quality eyewear. Each center offers highly skilled, certified opticians to assist you in selecting the appropriate lenses and frames to meet your individual vision needs, as well as your personal style.

Taking care of your vision doesn’t have to break the bank. Aurora Vision Center provides professional care and quality products at an affordable price.

Call 866-986-2777, or visit www.Aurora.org/VisionCenter to find an Aurora Vision Center location near you.

Aurora QuickCare offers treatment, screenings and vaccines

Aurora QuickCare is a fast, convenient, affordable way to address many of your common medical concerns. For example, seniors often need a TB skin test before entering an assisted-living facility or senior housing. A visit to an Aurora QuickCare can take care of that with no appointment – days, evenings or weekends. Other screenings available at an Aurora QuickCare include those for diabetes and cholesterol, as well as tests that will quickly diagnose severe sore throat, sinus infection, seasonal allergies, minor rashes, bladder infections, bronchitis, insect stings and more.

Aurora QuickCare also offers tetanus, flu and pneumonia vaccinations. Prices for visits vary, and most visits are covered by insurance, Medicare and Medicaid.

Aurora QuickCare is staffed by certified nurse practitioners and physician assistants who are supported by the extensive network of resources of Aurora Health Care. The nurse practitioners and physician assistants are qualified to assess medical conditions, write prescriptions if needed and refer patients for additional and/or follow-up care.

For more information or to find an Aurora QuickCare near you, call 877-784-2502 or visit us on the web at www.Aurora.org/QuickCare.
Follow us on Twitter or become our fan on Facebook ... but what does that mean?

Aurora Health Care is now on Facebook and Twitter, but what does this actually mean? Both Facebook and Twitter are just two types of social media that allow you to network with your friends and family. Unlike traditional media, where readers/viewers/listeners are unable to contribute their thoughts or opinions in the creation or development of the content, social media allows users to generate content, engage in conversations and freely exchange information.

Facebook
Facebook is a social utility that allows users to communicate with friends or family. To get started, you must register to become a Facebook member. Log on to www.facebook.com. Once you sign up, you can then begin to create your own home page, where you can post messages, photos, videos and website links (just to name a few features). You will then be on your way to begin social networking within a larger group by inviting family and friends to join your list of “friends.” Your friends can view your page and leave comments for you or even send you private messages. No one but your selected group of friends will see your updates. Facebook is also a great way to connect with old friends.

Twitter
Twitter is a free online service that allows you to post messages known as “tweets.” Friends or family can view these messages on their mobile phone and/or computer. To get started, you must create an account at www.twitter.com. Once you create an account, you can begin your tweets.

Aurora Health Care offers a variety of social media tools to keep you connected with reliable resources that you can depend on. We invite you to join us on facebook at www.facebook.com/AuroraHealth and become a fan or follow us on Twitter at www.twitter.com/Aurora_health. These resources are sure to help you make the best choices and decisions for your current and future health care needs.

Stop the flu from page 1

• Avoid close contact with people who are sick. If you are sick, keep your distance from others.
• Prevent the spread of germs by covering your mouth and nose with a tissue when you cough or sneeze.
• Wash your hands often.
• Talk to your doctor if you think you might have the flu. Flu symptoms may include fever, sudden headache, severe muscle aches, tiredness, weakness and cough.

To find out where to get your flu shot, ask your doctor or see below for information on Aurora’s Shoo the Flu & Pneumonia Too! community clinics.

Shoo the Flu & Pneumonia Too!
A program of the Aurora Visiting Nurse Association of Wisconsin

Several hundred flu vaccination clinics will offer vaccinations against both flu and pneumonia.

Flu shots are recommended for everyone over 6 months of age, especially all men and women age 50 and above.

A pneumonia shot is recommended for people 65 and older and those under 65 who have certain chronic health conditions (such as diabetes, heart or lung disease) or who smoke cigarettes and have never received a pneumonia shot. If you are interested in receiving a pneumonia shot, ask the Aurora VNA nurse at your flu clinic.

Where: More than 400 community locations throughout eastern Wisconsin.
When: From September 27 through December 4. Clinics will be offered during daytime, evening and weekend hours. No appointment is necessary.
Cost: Medicare Part B and most Medicare Advantage Plans cover the cost of both vaccines. For people not covered by Medicare, the cost of the flu shot is $30. The cost of the pneumonia shot is $55.

For locations and dates, call the Shoo the Flu & Pneumonia Too! hotline at 800-548-7580 after September 15, or visit our website at www.Aurora.org/Flu.
New options for skin cancer treatment

Skin cancer is the most common form of cancer and the most curable when detected early. In fact, "skin cancer" is not one type of cancer, but rather a group of different unique types of cancer. The most common are:

**Basal cell carcinoma ...**
Often starts as a small, flesh-colored or pearl-looking bump. It may look like a pimple that doesn’t quite heal. This type of tumor may bleed or it may have no symptoms at all.

**Squamous cell carcinoma ...**
Often starts as a rough (scaly) patch or growth on the skin. It can develop quickly and hurt a bit if touched. Squamous cell carcinoma usually appears in one place on the skin and rarely spreads to other parts of the body. However, if left untreated, it may grow locally within the skin and destroy surrounding tissues and structures such as nerves and muscles. This carcinoma can spread to nearby lymph nodes or other areas.

**Melanoma ...**
Occurs less commonly and is more serious. It often begins as a dark patch or odd-looking mole. If left untreated, melanoma can spread to other parts of the body. Early detection and treatment is critical. P. Kim Phillips, MD, is one of a very few fellowship-trained procedural dermatologists in southeastern Wisconsin. She brings a wealth of experience and adds significantly to Aurora’s skin care and cancer treatment services.

As a board-certified dermatologist, Dr. Phillips focuses on procedural dermatology and is skilled in dermatologic surgery including Mohs micrographic surgery, one of the most successful treatments for removing skin cancer.

Mohs surgery, created by general surgeon Frederic Mohs, removes all of the cancerous tissue while leaving as much of the healthy tissue as possible. It is recommended for skin cancers that contain rapid and deep growing cells, have returned following treatment, and are situated in places such as the face, scalp and neck. To better assist patients, a new Dermatology Outpatient Surgery Center was established in July at Aurora Health Center in Waukesha.

Dr. Phillips offers a number of other treatments and services including chemical peels, filler injection, cosmetic dermatology and Botox injection. To make an appointment or to learn more, please call Aurora Health Center in Waukesha at 262-896-6350.

Would you like to save money on purchases with discounts on computers, cell phones, flowers, clothing, gifts, restaurants, travel and more? Log onto www.AuroraFreedom.Perkspot.com and register for this exclusive members-only discount program.

Aurora Medical Center from page 3

Features and benefits of the new Aurora Medical Center include:
- A modern, efficient design emphasizes patient comfort and convenience
- Full spectrum of surgery and an extensive orthopaedic program
- Cardiac and neuroscience care
- Complete obstetrical and neonatal care, including an infant security system
- Diagnostic and therapy services
- 24/7 emergency care
- Comprehensive electronic health record system
- Aurora eICU® Care, providing an extra level of monitoring for intensive care patients
- Attached medical office building with physician specialists
- Aurora Pharmacy
- Full-service café with patio

The Aurora Medical Center in Grafton will be Wisconsin's first "green" medical center, designed and constructed according to LEED (Leadership in Energy & Environmental Design) certification requirements. Other environmentally-friendly elements include: recycling nearly 90% of the construction waste, installation of low-flow plumbing fixtures and automated controls to conserve water, use of high-efficiency lamps and sensors that turn lights off when a room is unoccupied, and dedicated parking spaces for hybrid vehicles.

To learn more about the new Aurora Medical Center in Grafton, visit www.Aurora.org/Grafton or join us on Facebook (search “Aurora Grafton”) and Twitter (follow @Aurora_Grafton).
Aurora West Allis Medical Center is one of the Aurora hospitals identified as a National Accreditation Program for Breast Center. It was also a recipient of the Commission on Cancer Outstanding Achievement Award, which demonstrates excellence in the areas of cancer committee leadership, cancer data management, research and community outreach and quality improvement. Patients who choose Aurora Health Care can be confident they will receive the highest level of cancer treatment, providing a “special touch” that goes beyond just the needs of each patient.

The Aurora cancer core team is aware of the challenges that go along with survivorship. As a result, a new program was started at Aurora West Allis Medical Center called Movin’ and Groovin’. This is an exercise class for those who have completed treatment and want some assistance in continuing their exercise goals. Our mission is to facilitate a lifelong exercise habit, which is implemented safely. The class provides demonstrations on a variety of different types of exercise that may motivate a consistent routine including Pilates, Nia, Zumba, Tai Chi and Yoga. The class meets weekly for 8 weeks in the Aurora Women’s Pavilion. Components of the class include:

**Education**
- Posture
- Body mechanics
- How to stretch safely
- Balance
- Goal setting
- Perceived exertion scale

**Exercise**
- Static and dynamic stretches
- Aerobic (low-impact) exercise
- Strengthening

Movin’ and Groovin’
**Cost:** $45 (8 weeks)

**Saturdays**
September 11 – October 30
9 to 10:15 a.m.

Aurora Women’s Pavilion
Aurora West Allis Medical Center
Rejuvenation Suite

For more information or to register, please call 414-328-6640.

*When starting an exercise program, consult with your primary care physician first.*