

HEALTH & WELLNESS

Fitness Feature GETFIT NAPERVILLE

WHAT'S ON THAT MENU

Has this ever happened to you: you're on a diet, you've been exercising, you're doing great, and then you go out to a restaurant and blow it?

Carla Linder Mayer, founder of Get Fit Naperville, has this same issue - even today. She held a Walk to Breakfast walk and talk at Flat Top Grill on a Saturday morning in July to help others learn how to make healthy choices.

"My first step is eliminating the items that are not healthy items at all. Then I look at the rest and sort out the ones that are my best options. This is something I'll always have to do," says Linder-Mayer. "Often I like to order off the appetizer list just to help me control portion size."

Sometimes we know what the better choices are, and just need the encouragement. Sometimes it is simply difficult to discern what would be considered a healthy choice. That is not to say that a person shouldn't treat themselves once in a while. It is said that our bodies actually crave the things it needs.

Often, however, when a person is exhausted or our olfactory senses are being tempted, we get out of balance and tend to eat or drink things that are not going to truly fulfill that craving. Slow down to discern the right choice.

As coach, William Londen, once eloquently said, "To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."

MORE MONTHLY ACTIVITIES:

- August 8th from 9-10am. Come on over to Dick Pond Lisle / Naperville store for a healthy way to start your weekend. We will start at the store and walk on the local neighborhood paths. Half hour to one hour walk at a leisurely pace for those just getting started on a fitness program. We have a pace to meet your needs and plenty of encouragement along the way.
- August 16th Rotary Century Ride Sponsored by the Rotary Club of

Naperville Sunrise, this recreational ride is for beginners as well as veteran riders. Proceeds will benefit DuPage PADS and other Rotary projects. Ride starts at Crone Middle School, 4020 111th Street, Naperville. For info, www.napervillesunrise.com.

"August 30th beginning at 8am. Windrunners 10K - Take part in this 10K, which is run within the forest preserves of Danada and Herrick Lake. A portion of the proceeds will benefit the Illinois Special Olympics. Hosted by the Lisle Windrunners running club. Race begins at the DuPage Forest Preserve Headquarters, 3S580 Naperville Road, Wheaton. For info, www.windrunners.org.

MONTHLY TIP: " Call ahead or look online for menu information. When you make your choices ahead you are less likely to feel pressure to order more or things you don't need. It also helps if you have allergies, for example, a dear friend of mine who was gluten intolerant used to bring her own pizza crusts to pizzerias that would allow it - all she did was call ahead and speak with the cook or manager. While she had them on the phone she would ask about ingredients and whether they could steam instead of fry veggies!

WHERE TO FIND YOUR DAILY INSPIRATION:

www.getfitnaperville.com

ABOUT THE WRITER

Michelle LeBlanc is the Communications Chair for GetFit Naperville. She is also the founder of the Naperville Cultural Center and a corporate accounting graduate from North Central College, as well as a freelance writer. She is an expert in local and regional media relations and a frequent contributor to newspapers, radio and television. She joins Glancer Magazine with a contributing monthly column for our new Get Fit Corner. Her column, titled Get Fit Naperville, will provide monthly updates and easy tips to getting fit. The concept of Get Fit Naperville is to encourage getting fit in a non-intimidating, natural way. Every month, Michelle will highlight quick and easy fitness suggestions that anyone could incorporate into their lives or feature a success story. Each month will also have a calendar item, a fitness tip and a GFN web address.



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Nesreen Suwan, M.D

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When Less Is More in Medicine

Back pain sufferers traditionally resorted to back surgeries to address the pinched nerves pain associated with their bulging discs, when conservative modalities failed. Pinched nerves pain may affect back, neck and even arms and legs. Unfortunately, traditional surgeries, though the most invasive form of treatment, were not necessarily the most effective in relieving pinched nerve pain.

"Now, with the development of minimally invasive procedures in our field, we can offer our patients more hope," said DR. Elborno, the Medical Director of Adventist Hinsdale Hospital Pain Center of Excellence and a specialist in minimally invasive spine surgery.

Dr. Elborno was trained at Loyola University Medical Center in Surgery and Anesthesia with multiple board certifications in Pain Medicine. "Patients no longer have to feel compelled to undergo invasive surgeries as a last chance to relieve back pain when conservative management fails." Said Dr Elborno. "This is why minimally invasive procedures are such a breakthrough."

WHY DID YOU SPECIALIZE IN PAIN MEDICINE? AND WHAT ARE THE MOST COMMON PAIN CONDITIONS TREATED IN THE ADVENTIST HINSDALE HOSPITAL PAIN CENTER OF EXCELLENCE?

Pain is considered the fifth vital sign along with blood pressure, pulse, temperature and respiration. Aside from being the most common cause for physicians' visits, pain is a symptom that should be thoroughly evaluated and treated. Our Mission at the practice is to find the origin of the pain, not to mask it. Our goal is to enhance our patients' quality of life, their ability to enjoy daily activities and their functionality. Since pain is a symptom that can be related to various medical conditions ranging from simple to serious, seeking and treating the source of pain is our goal. We treat bulging discs, pinched nerve pain, failed back or neck syndrome, neck Pain, shoulder pain, arm & hand pain, back pain, hip pain, knee pain, leg pain, and fibromyalgia.

WHAT DO YOU MEAN BY MINIMALLY INVASIVE SPINE PROCEDURES? AND WHAT ARE THEIR ADVANTAGES OVER CONVENTIONAL/ TRADITIONAL SURGERIES?

Basically, it is the performance of a procedure through injections and/or a very small incision. Minimally invasive spine procedures had developed out of the need to effectively overcome the complications of traditional invasive surgeries when possible. Minimally invasive spine procedures may treat disorders of the spinal bulging discs with very small incision, rapid recovery and no hospital stay. Traditionally, conventional / invasive surgical approaches such as spine fusion necessitated large incisions with placement of rods, screws and bone grafts that required prolonged recovery time. This old invasive surgical approach may produce surgical pain that requires another layer of pain management on top of their primary cause of pain. Also, they may produce progressive scar tissue formation that has been related to future worsening of pain and loss of function. In medical terms, this is called failed back surgery. Because of the significant injury that may be associated with traditional and invasive surgical approaches to the spine, the need existed for the development of less invasive surgical techniques. Minimally invasive techniques offer several advantages that include but are not limited to; reduced surgical complications & surgical blood loss, reduced use of postoperative narcotic pain medications, avoidance of failed back surgeries, no hospital stay and increased speed of functional return to daily activities.

CAN YOU TALK TO US ABOUT SOME SPINE MINIMALLY INVASIVE PROCEDURES?

Epidural Steroid Injections: This procedure is a common treatment



option that can relieve low back pain/neck pain, and leg/arm pain associated with bulging discs and pinched nerves, by reducing swelling and irritation. At times the injection alone is sufficient to provide relief.

Medial Branch Nerve Block: This procedure may bring relief, when neck pain/back pain is caused by inflamed (irritated & swollen) small joints of the spine.

Discography: This simple diagnostic procedure confirms or denies the bulging disc(s) as a source of back or neck pain. It may determine the level of the bulging disc and pinched nerves, even if spine MRI is negative.

Disc Decompression: This procedure is minimally invasive surgical treatment for bulging discs and pinched nerve pain, performed in an out patient setting without hospital stay or surgical incision, with quick recovery and less pain, compared to conventional back surgery .

Spinal Cord Stimulation: This procedure would replace the pinched nerve pain with a pleasant feeling, giving patients better quality of life and functionality. It may help with severe sciatic pain or numbness, in patients who are not surgical candidates or had failed back surgery.

Minimally Invasive Spinal Fusion (TruFUSE): This procedure has revolutionized how back pain is treated. It eliminates the "cause" of the pain without drugs, screws, rods or major surgeries. Patients who undergo the TruFUSE procedure experience more complete recovery and more active lifestyle.

For more information please visit: <http://controlchicagopain.com>
Central Scheduling (630) 420-8080

Attention **Back Pain** Sufferers Stop Your Back Pain and Start Enjoying Your Life

Introducing many treatment options for back or neck pain associated with bulging discs and pinched nerves.

- Over 20,000 procedures performed
- Outpatient setting
- Quick recovery
- No surgical incision
- Covered by most insurance plans
- High patient satisfaction

Pain conditions that we treat include:

Neck Pain
Back Pain
Herniated Discs
Pinched Nerve Pain
Chronic Pain Conditions
Complex Regional Pain Syndrome
Fibromyalgia
Failed Back Surgery
Failed Neck Surgery
Diabetic Neuropathic Pain



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