

## Prevention Is Your Best Medicine

ADVOCATE GOOD SHEPHERD PROVIDES A NUMBER OF KEY SCREENINGS TO HELP YOU STAY HEALTHY AND INFORMED

ADVOCATE  
GOOD SHEPHERD HOSPITAL



**TO SCHEDULE ANY  
OF THESE SCREENINGS AT  
ADVOCATE GOOD SHEPHERD  
HOSPITAL CALL:**

**1-800-3ADVOCATE**

**(1-800-323-8622)**

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**R**egular screening tests and check-ups with a doctor are good ways to take control of your health. Screenings can spot issues at earlier stages when treatment can be more effective.

Dr. Shoeb Sitafalwala, Vice-President of Medical Management at Advocate Good Shepherd Hospital in Barrington, sees screenings as two of the major factors changing in medicine. "Two things are definitely changing. One is the incorporation of technology on patients, including apps, smartphones, and wearable devices. Also, there's a greater emphasis on prevention rather than just focusing on sickness. In other words, how do we keep people healthy?" By combining technology and screenings, Advocate Health Care has made it easier than ever before for patients to schedule screenings.

But which screenings are right for you? Below are some screenings offered locally that could help you stay on your path to wellness.

### HEALTHY HEART CT SCREENING

According to the American Heart Association, almost half of all heart-related deaths occur in people with no previous history of heart disease symptoms. A cardiac calcium scoring is a safe,

painless, noninvasive screening test that determines coronary artery calcium content and can assist your physician in determining whether you are at risk for a heart attack. This screening is recommended for people who have at least two of the risk factors listed below:

- Diabetes
- High Blood Pressure
- High Cholesterol
- Family History of Premature Heart Disease
- Men > age 45
- Overweight
- Women > age 55
- Smokers

### COLON SCREENING

The American Cancer Society (ACS) recommends that adults ages 50 and older be regularly screened for colorectal cancer. Yet, one in three Americans – about 23 million – don't follow the recommendation. The Direct Access Screening Colonoscopy (DASC) program at Good Shepherd streamlines the scheduling process for screening colonoscopy. While Colon Cancer can be an uncomfortable topic to discuss, a colonoscopy can prevent cancer

from developing because it allows your doctor to remove polyps. For more in-depth information or direct scheduling please contact 847-620-DASC or GSHP-dasc@advocatehealth.com.

### MAMMOGRAPHY SCREENING

With breast cancer as the number one type of cancer in women and the second leading cause of death due to cancer in American women, screening for breast cancer is critical. That's why getting a mammogram is so important. Mammography has been proven to detect early breast cancer and is an effective screening tool known to reduce mortality from breast cancer. Most experts suggest that women should begin scheduling annual mammograms starting around 40-45 years old.

### LUNG SCREENING

Are you a current smoker or quit in the past 10-15 years? The Low-dose CT (LDCT) Lung Screening is a test used to detect lung cancer before any symptoms appear. Screening with LDCT scans can reduce deaths in those at high risk. While the LDCT requires a physician order, it can be a very effective tool for individuals at higher risk of lung cancer. Talk to your doctor to see if you are eligible.