

Compassionate Care Chronicle

Compassionate Care Network



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Living with Arthritis

by AYESHA SULTANA, MD

Arthritis means inflammation of the joint. The inflammation could be caused by bacteria, virus, autoimmune disease, or injury. There are about 100 or more different types of arthritis. The most common one, OSTEOARTHRITIS (OA), is caused by degeneration of the joint.

In OA, the “shock absorber” of the joint, the cartilage, is worn out. This causes changes in the bone and the surrounding muscles and soft tissues. Joint surfaces of the bone get rough and irregular. These changes are responsible for the pain in arthritis sufferers. OA involves one or more joints mostly the bigger and weight bearing joints like the hips, knees and spine. Hands and feet may be involved also. The joint may be swollen but the most prominent symptom is PAIN and STIFFNESS causing limitation of mobility.

OA affects 20-40 million Americans and it is suggested that as the population ages, 70 million more people will be at risk by the year 2030. 40 % of the people suffering are under the age of 65. OA is the second leading cause of disability. For 16 million people, their activities of daily living are limited. OA costs \$51 billion in medical care and \$35 billion in lost wages.

Treatment Choices

There is NO CURE for OA. Treatment is aimed at reducing pain, stiffness and disability. To gain control of arthritis the person should become an expert patient with knowledge and skills to make good decisions in self management. Patients need to learn about exercise, nutrition, pain management and medications. They need to create goals, weekly action plans, and strategies for solving problems and getting feedback. Such programs will reduce pain by 20% and reduce the doctor visits by 40%.

The following suggestions are helpful in dealing with pain, stiffness and disability. Consult with your doctor and your physical therapist before you start a program.

• Exercise & Weight Loss

Abdominal breathing for 5 minutes a day. Breathe deeply through your nose, hold it few seconds, then breathe out through the mouth.

Getting the muscles loose and relaxed by tensing and relaxing each muscle group at a time from the head to the foot.

Mind over matter. Divert your attention. Keep yourself busy. Daydreaming about something pleasant that will relax you. Be positive. No negative self talk or self pity. Get rid of phrases like “I can’t” or “If only I could...”

Get moving. Many people think that exercise is dangerous with arthritis. *In fact, the most dangerous exercise they can do is no exercise.* A well rounded program should include stretching, strengthening and aerobic activity. 30 minutes of moderate physical activity 3-5 days a week will reduce pain and disability.

Build muscles. Do strengthening exercises. Aerobic exercise like walking is the most convenient. It is as effective as strengthening exercises. This will also improve mood, energy and sleep. Bicycling, aerobic dancing, and swimming are other good choices. Aquatic exercise is ideal for people with arthritis because water supports the body.

Pace yourself. You need the rest also. Put yourself on a schedule of activity and rest. Do not work to the limit of your pain; stop before pain starts. “No pain no gain” does not apply in arthritis.

Know your pain relievers. Heat or Cold. In other types of arthritis, it helps to apply heat before exercise to relax the muscles and cold after exercise to reduce pain and swelling.

continued on page 2—Arthritis

Influenza (The Flu)

The flu season runs from November to April each year. Every winter, 10 to 20 percent of us will come down with the flu (Influenza). It is usually caused by one of three viruses:

continued on page 2—Flu

Inside This Issue:

Living with Arthritis 1, 2

Influenza (The Flu) 1, 2

Health Screening Schedule 3

CCN Primary Care Physicians (PCPs) 3

CCN Photo Gallery 4

Conversations in Health Winter 2006

MCC

Anxiety & Depression
Sun., Dec. 17, 2006, 12-1 PM

Coronary Artery Disease
Sun., Jan. 21, 2007, 12-1 PM

Diabetes
Sun., Feb. 18, 2007, 12-1 PM

Indo American Center

Hypertension
Sat., Dec. 23, 2006, 12-1 PM

Islamic Comm. Center—IL

Obesity
Sun., Jan. 14, 2007, 12-1 PM

Celestial Church of Christ

Obesity
Sun., Jan. 28, 2007, 12-1 PM

IFN and ISNS

Diabetes
Sun., Feb. 11, 2007, 12-1 PM

Immaculate Heart of Mary

Hypertension
Sun., Feb. 25, 2007, 12-1 PM

Flu (cont.)

Influenza Type A, Influenza Type B or Influenza Type C. The flu tends to come on suddenly, with chills, fever, headaches, muscle aches and pains. It is highly contagious getting transmitted through the air and through touch. The period of infectivity usually lasts for about 3 days from the onset of symptoms. Influenza needs to be differentiated from the common cold, a much milder form of the viral infection. Comparisons are shown in the table below.

Differences between the Flu & the Common Cold		
	Influenza	Common Cold
Fever	High (over 100°F) Lasts 3-4 days	Rare
Headache	Prominent	Rare
Muscle aches and pains	Usual; Often Severe	Slight
Tiredness and weakness	Can last up to 2-3 weeks	Very mild
Chest discomfort	Common	Mild
Stuffy nose	Sometimes	Common
Sneezing	Sometimes	Common
Sore Throat	Sometime	Common

Getting Flu Shots

Each year people debate whether to get the flu shot. The answer is simple: get it. In most cases, it will reduce your risk of getting the flu by 85%. The body takes 2-4 weeks to produce the antibodies. Therefore, you need to get the shot between mid-October to mid-November. And due to the change in the viral strains every year, you need to get it every year.

Relieving Symptoms for aches, pains and fever

Tylenol™ (acetaminophen) is the preferred pain / fever reliever particularly in children. It does not irritate the stomach and it will not cause a rare but potentially fatal neurologic condition in children, called Reyes Syndrome. Aspirin sometimes may cause stomach irritation and bleeding and should be taken with food. May cause Reyes Syndrome in children so do not give to children. Advil, Motrin, Nuprin (ibuprofen) works well for muscle aches but avoid using in the last 3 months of pregnancy. Aleve (naproxen) should never be taken in the last 3 months of pregnancy.

For stuffy nose

Many choices here in the decongestants and typically they contain pseudoephedrine, which can cause nervousness, sleeplessness, palpitation, rise of blood pressure and difficulty in urinating. Many of these will also have antihistamines, which can make you drowsy and sleepy.

For sore throat

There are plenty of lozenges and sprays (chloraseptic), which can help. Gargling with some warm salt water can be just as useful. If the sore throat is not getting better, check with your doctor to make sure you don't have strep throat.

For cough

You may need to take cough suppressives in cases when it is a dry cough, or expectorants to loosen the phlegm and help get rid of it.

Each year people debate whether to get the flu shot. The answer is simple: get it.

General measures

Get plenty of rest and take plenty of fluids (approximately 8-10 glasses per day).

Arthritis (cont.)

But in OA, heat and ice are personal choices. Do not use heat or ice for more than 20 minutes at a time.

Weight loss. Excess weight puts excess stress on the joints. If you are overweight, for every pound you lose, you subtract 4-pounds from the load your knee has to support. Some studies suggest that just a 15-pound weight loss can also subtract 50% of your pain.

• Medications

CAPSAICIN is a hot topical cream that depletes the chemical from the nerves that sends the message of pain to the brain, thus relieving the pain.

ACETOAMINOPHEN (like Tylenol™) works well with the other non-drug methods mentioned above.

NSAIDS: No single one is better than the other. Advil is better for some people and some will find relief with Aleve. However, with NSAIDS the risk of stomach ulcers and gastrointestinal bleeding is significant. The cox-2 inhibitor Celebrex is less harsh on the stomach and relieves also pain, people with heart disease should not take Celebrex.

GLUCOSAMINE (1,500mg) and CHONDROITIN SULFATE (1,200mg) are the most popular nutritional supplements tested by The National Institutes of Health. Taken in these doses and in combination, these supplements offered help in moderate arthritis. Do not take if allergic to shellfish.

• Surgery

Weigh surgical solutions. Not everyone with OA needs joint replacement. If everything else failed to relieve your pain and disability, its worth considering joint replacement surgery. Synthetic joints have come a long way. An artificial knee can last 10-20 years and an artificial hip can last 30 years. As a surgical procedure, it is unmatched in terms of how it has relieved pain and made people's lives so much more pleasant.

The material for this article was taken from AARP Magazine (Nov-Dec 2006) and from the following resources.

- 1) Arthritis Foundation: (800) 568-4045 www.arthritis.org
- 2) Centers for Disease Control (CDC): (770) 488-5464 www.cdc.gov/arthritis
- 3) National Institute of Arthritis & Musculoskeletal, Skin Diseases: (877) 226-4267 www.niams.nih.gov.

Free Health Screenings by CCN Winter 2006

Muslim Community Center (MCC)
4380 N. Elston Ave., Chicago, IL 60641
3rd Sunday of each month, 10AM—12PM

Dental Screening & Diabetes, Obesity & BP Screenings
Sunday, Dec. 17, 2006, 10AM—12PM

Diabetes, Obesity & Blood Pressure Screenings
Sunday, Jan. 21, 2007, 10AM—12PM

Glaucoma & Cataract and Diabetes & BP Screenings
Sunday, Feb. 18, 2007, 10AM—12PM

Islamic Community Center- Illinois (ICCI)
6435 W. Belmont Ave., Chicago, IL 60634
Once every 3 months
Sunday, Jan. 14, 2007, 10AM—12PM

Blood Pressure, Diabetes, Heart Risk (Cholesterol),
Obesity, Dental, Glaucoma & Cataract Screenings

Islamic Foundation North (IFN)
1751 O'Plaine Rd., Libertyville, IL 60048
Once every 3 months
Sunday, Feb. 11, 2007, 11AM—2PM

Blood Pressure, Diabetes, Heart Risk (Cholesterol),
Obesity, Dental, Glaucoma & Cataract Screenings

Islamic Society of NW Suburbs (ISNS)
3950 Industrial Ave.,
Rolling Meadows, IL 60008
Sunday, Feb. 18, 2007, 11AM—2PM

Blood Pressure, Obesity, Body Fat, & Diabetes Screenings

Screenings at Area Churches & Community Centers

Blood Pressure, Diabetes, Obesity, Dental, Glaucoma &
Cataract Screenings at the following centers:

Indo American Center (IAC)
6328 N. California Ave., Chicago, IL 60659
Saturday, Dec. 23, 2006 11AM—1PM

Celestial Church of Christ (CCC)
4100 N. Troy St., Chicago, IL 60618
Sunday, Jan. 28, 2007, 11AM—1PM

Immaculate Heart of Mary (IHM)
3817 N. Christiana Ave., Chicago, IL 60618
Sunday, Feb. 25, 2007, 11AM—1PM

Please note: for Diabetes & Cholesterol screenings, an 8-hour fasting blood sample is recommended.

For more information, please call:

CCN: (773) 775-3600 www.ccnchicago.com
MCC: (773) 725-9047 www.mcccchicago.org
IFN: (847) 604-2365
ISNS: (847) 253-6400
ICCI: (773) 637-3755
IHM: (773) 478-1157
CCC: (773) 509-9613
TC: (773) 561-7953
IAC: (773) 973-4444

CCN Provider Dinner Meeting

Sher-e-Punjab Restaurant
2113 63rd Street, Downers Grove, IL 60516
Phone: (630) 971-8300
Friday, Dec. 15, 2006, 6:00—9:00 PM

Current CCN Primary Care Physicians (PCPs)

PCPs from Chicago:

- * Zareena Abbas: (773) 561-5000, 1008 W. Foster, 60640
- * Azizuddin Ahmed: (773) 465-3500, 6348 N. Western, 60659
- * Ayoade Akere: (773) 776-8800, 5500 S. Damen, 60636
- * Anees Fatima: (773) 561-5000, 1008 W. Foster, 60640
- * Shaheen Humayun: (773) 784-2101, 5140 N. California, 60625
- * M. Iqbal: (773) 973-2400, 2054 W. Devon, 60659
- * Mehboob Kapadia: (773) 262-1300, 6346 N. Talman #102, 60659
- * Nasreen Khan: (773) 275-7500, 4633 N. Clark, 60640
- * Ghousia Khan: (773) 281-8855, 1923 W. Montrose, 60613
- * M. Masood Ali: (773) 548-0800, 4501 S. State St., 60609
- * Farkhunda Mazheruddin: (773) 465-3500, 6348 N. Western, 60659
- * (773) 278-8727, 1802 W. Chicago Ave., 60622
- * Sanjida Mirza: (773) 561-5000, 1008 W. Foster, 60640
- * Fatima Mohiuddin: (773) 761-9774, 2812 1/2 W. Devon
- * Syed Saaduddin: (773) 274-4060, 1768 W. Devon, 60660
- * Badar Zaheer: (773) 539-8000, 3334 W. Lawrence, 60625
- * Amjad Zureikat: (773) 878-4000, 4754 N. Lincoln Ave., 60625

PCPs from Suburbs:

- * Misbahuddin Ahmed: (815) 935-2525, 555 W. Court, Kankakee, IL 60901
- * Fatima Mohiuddin: (847) 390-7122, 9120 Golf Rd., Niles, IL 60714

- * Shakir Moiduddin: (708) 361-0913, 7530 W. College Dr., Palos Heights, IL 60463
- * Abdul Qadir: (630) 301-7366, 1177 N. Highland Ave., Aurora, IL 60506
- * Debiani Roy: (847) 952-9330, 2101 S. Arlington Heights Rd., Arlington Heights, IL 60005
- * Nasreen Hamidani: (708) 354-1546, 418 Sherwood Ct., La Grange Park, IL 60526
- * Muhammad Gafoor: (708) 450-4950, 675 W. North Ave., Melrose Park, IL 60160
- * Anjum Hameeduddin: (708) 747-7720, 4847 W. Lincoln, Matteson, IL 60443
- * Sher Ahsan Niazi: (815) 741-8888, 1721 W. Glenwood Ave., Joliet, IL 60435
- * Sitara Shariff: (630) 968-1700, 4121 Fairview Ave., Downers Grove, IL 60515
- * Mohammed Saeed: (630) 543-5454, 276 W. Fullerton Ave., Addison, IL 60101
- * Mohammed Khaleeluddin: (815) 726-7600, 300 N. Ottawa, St., Joliet, IL 60431
- * Mohammed Vaseemuddin: (847) 891-6850, 1375 E. Schaumburg Rd., Schaumburg, IL 60193
- * Syed A. Moeed: (708) 422-6415, 3900 W. 95th St. Ste. 9, Evergreen Park, IL 60642
- * Hasan Khan: (708) 352-0300, 6170 Joliet Rd., Countryside, IL 60525

**Compassionate Care
Network**

Serving the uninsured

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From the Director's Desk

CCN's current Providers include over 90 physicians, 8 imaging centers and 4 labs. There are around 400 enrolled and we continue to explore avenues for increasing enrollments. We have expanded our health education and health screening programs. A list of these on-going initiatives are to be found in this newsletter as well as a list of currently participating primary care physicians.

We applaud the recent offering of retail chain pharmacies at Wal-Mart, Kmart, and Target for providing the \$4 per month generic prescription drug program to the public. This obviously relieves many of the uninsured from the burdensome expense of prescription drugs and is a huge benefit. If you would like to receive a fax copy of the available drugs in this program from each of these companies, please contact us.

We are grateful to the continued support of many of our volunteer health care partners, which now includes physicians, medical students, nurses, and other allied health care workers, without whom our services would not be possible.

**Azher Quader, MD
Executive Director, CCN**

 **CCN Photo Gallery**

