

ALEXIAN BROTHERS HEALTH SYSTEM

Alexian Brothers welcomes you to our growing network of top healthcare facilities.

www.AlexianBrothersHealth.org

HOSPITALS AND FACILITIES

Alexian Brothers Medical Center

800 Biesterfield Road
Elk Grove Village, IL 60007
847.437.5500
TDD 847.956.5116

Alexian Rehabilitation Hospital

935 Beisner Road
Elk Grove Village, IL 60007
847.640.5600

Niehoff Pavilion

955 Beisner Road
Elk Grove Village, IL 60007

Alexian Brothers Center for Mental Health

3350 Salt Creek Lane, Suite 114
Arlington Heights, IL 60005
847.952.7460

Alexian Brothers Corporate Office

3040 Salt Creek Lane
Arlington Heights, IL 60005
847.385.7100

St. Alexius Medical Center

1555 Barrington Road
Hoffman Estates, IL 60169
847.843.2000

Alexian Brothers Behavioral Health Hospital

1650 Moon Lake Boulevard
Hoffman Estates, IL 60169
1.800.432.5005

Alexian Brothers Medical Plaza

1786 Moon Lake Boulevard
Hoffman Estates, IL 60169

St. Alexius Breast Care Center at Bartlett*

864 W. Stearns Road
Bartlett, IL 60103
847.839.3951

* Includes Diagnostic Imaging Center operated by St. Alexius Medical Center

ALEXIAN BROTHERS MEDICAL GROUP

Primary Care/Immediate Care Occupational Health Services

1339 Lake Street**
Addison, IL 60101
Main: 630.930.5600
Primary Care: 847.981.5767

126 Biesterfield Road
Elk Grove Village, IL 60007
Main: 847.981.5910
Primary Care: 847.981.3500

1515 Lake Street
Hanover Park, IL 60133
Main: 847.472.1500
Primary Care: 630.483.3200

1060 S. Elmhurst Road**
Mt. Prospect, IL 60056
Main: 224.265.9000
Primary Care: 224.265.9049

50 S. Northwest Highway
Palatine, IL 60067
Main: 847.202.6060
Primary Care: 847.202.6020

* Includes Diagnostic Imaging Center operated by St. Alexius Medical Center

** Includes Diagnostic Imaging Center operated by Alexian Brothers Medical Center

Occupational Health Services Immediate Care

1240 Busse Road
Bensenville, IL 60106
847.228.6407

347-361 W. Golf Road*
Schaumburg, IL 60195
847.952.7447

Primary Care

304 Bartlett Avenue
Bartlett, IL 60103
847.952.7393

114 S. Northwest Highway
Barrington, IL 60010
847.381.0174

1015 Summit Street
Elgin, IL 60120
847.289.8355

Doctors Office Building 3
1555 Barrington Road, Suite 3450
Hoffman Estates, IL 60169
847.882.2400

4949 Euclid Avenue
Palatine, IL 60067
847.303.1100

25 E. Schaumburg Road, Suite 200
Schaumburg, IL 60194
847.985.9390



Alexian Brothers Advanced Weight Solutions

LIVE YOUR LIFE... THE WEIGHT IS OVER!

Treating you like one of the family



ALEXIAN BROTHERS HEALTH SYSTEM

A Healthy Community Begins with Alexian Brothers.



American
Diabetes
Association®
Cure • Care • Commitment®

The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education



Is Your Weight Keeping You from Living Life to the Fullest?

If excess weight is causing health problems, making life less enjoyable, impacting your self-esteem, or just weighing you down, you probably know you “should lose weight.” But how? Where to begin? The thought can be overwhelming.

That’s why Alexian Brothers Advanced Weight Solutions offers you an individualized, medically sound plan, based on your health status, and supported by an interdisciplinary team to guide you every step of the way. Our weight-loss professionals create a customized plan just for you, including a combination of behavioral, dietary and lifestyle changes designed to help you meet your goals in a way that is sustainable, supportive and healthy. We know that being overweight is not simply due to a lack of self-control. We know the task ahead is daunting. And we are here to help.

At Alexian Brothers Advanced Weight Solutions, individuals who are overweight find the help they need to lose weight, modify their lifestyles, manage diseases resulting from obesity, and live their lives to the fullest.

What Might be Causing Your Weight Problem?

The causes for obesity vary from person to person. The first step is to identify the causes that have led you to be overweight. For most people, the main culprit is ***eating more calories than you burn***. Calories not used as a source of energy are stored in your body as fat.

Here are some other factors that contribute to excess weight:

- **Genetics.** Genetics can affect the hormones that regulate fat. If one or both of your parents are overweight or obese, then you too may suffer from obesity.
- **Overeating and eating too often.** Eating too much food or eating too often can lead to weight gain, especially if the food you eat is high in fat content.
- **Physical inactivity.** Sedentary women and men burn fewer calories than active people.
- **Medications.** Some medications are associated with weight gain.
- **Psychological factors.** Boredom, stress, anger, sadness are emotions that cause some people to eat.
- **Medical conditions.** Hypothyroidism, insulin resistance, polycystic ovarian syndrome and Cushing's disease can contribute to excess weight gain.



Is the Extra Weight Really Harmful to Your Health?

Every year in the United States, approximately 300,000 adults die from conditions related to excess body weight. Excess weight puts stress on different parts of your body from your heart to your joints to your emotions. This extra weight can result in serious health issues that affect your well-being and may worsen with time. It is not uncommon for people who are overweight to develop life-threatening health complications such as:

- Type 2 diabetes
- Metabolic syndrome
- High cholesterol
- High blood pressure
- Heart disease
- Stroke
- Sleep apnea
- Reproductive organ cancers
- Back, hip, knee, and ankle pain
- Depression
- Anxiety
- Eating disorders

How Can We Help You Manage Your Diabetes?

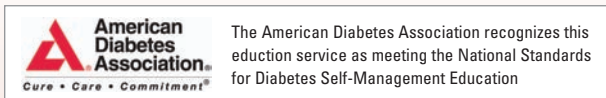
Whether you were recently diagnosed with diabetes, or you've been living with it for years, staying informed is the key to staying healthy. Continuous advances in the understanding and treatment of diabetes have produced tools that can help you manage your disease and preserve your quality of life. We offer the following services to assist you on the road to health.

Individual Appointments:

- Taught by a certified diabetes educator
- Develop custom nutrition and exercise plans
- Teach monitoring of blood glucose
- Address your personal needs in managing your diabetes

Group Classes:

- Designed to deliver basic diabetes education to ensure proper day-to-day care
- Encourage and support diabetes self-management
- Provide education to promote long-term health maintenance
- Based on National Standards for Diabetes Self-Management Education



In December 2006, the American Diabetes Association accredited our diabetes patient education program certifying that it meets the National Standards for Diabetes Self-Management Education.

How Can a Team Approach Help You Get Your Weight Under Control?

Medical research has shown that a team approach contributes to the success of people dealing with weight issues. Weight treatment and management involves your body, mind, and spirit. You don't have to go it alone. To help ensure your success the Alexian Brothers Advanced Weight Solutions team has developed a holistic approach to assist you on your journey to achieving a healthier weight and lifestyle.



The team will offer a comprehensive treatment plan with specific recommendations for special treatment or education that may include:

- Medical physician consultation and management
- Nutritional counseling
- Diabetes education
- Emotional/psychological counseling
- Cognitive behavioral therapy
- Treatment for depression
- Treatment for eating disorders
- Pharmacological treatment (medicine) if appropriate
- Physical therapy, if necessary, to properly prepare you for increased activity
- Referral for a surgical solution, if appropriate candidate

Will Your Team Work with Me if I'm Having Bariatric (Weight Loss) Surgery?



The Alexian Brothers Advanced Weight Solutions team works with many people preparing for bariatric surgery and beyond. Often insurance companies require a prescribed period of medical weight management addressing issues regarding eating and physical activity prior to approval for weight loss surgery.

Our comprehensive approach can assist you greatly in your preparation for surgery and maximize your success after your procedure. The behavioral, dietary and lifestyle changes that support long-term weight maintenance are the focus of our interdisciplinary team.

I'm Ready – How Can I Get Started?

The Weight is Over – Get Started Today!

Alexian Brothers Advanced Weight Solutions is standing by to support and encourage you. Use our checklist below to direct your next steps:

- Ask your physician for a complete evaluation of your health and weight, including having your body mass index (BMI) and your waist circumference measured.
- Have a list of all the medications you are taking, including those prescribed by other doctors so that they can be evaluated for impact on your weight and ability to lose weight.
- Be willing and prepared to describe your current diet and activity level.
- Think about how much change you're willing to make. This is a critical step.

Call us today!



ALEXIAN
BROTHERS

Advanced Weight Solutions

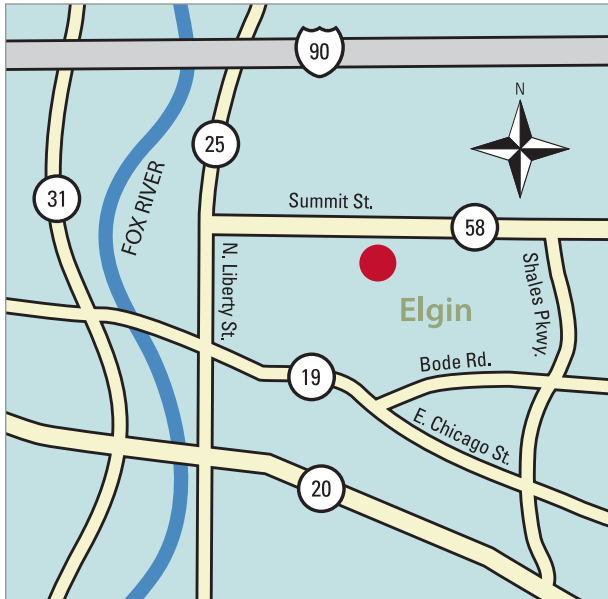
800-433-3130

www.AlexianWeightSolutions.com

It's not just about the pounds. It's about the person.

Our Location

The Alexian Brothers Advanced Weight Solutions is conveniently located in Elgin just six miles from our St. Alexius Medical Center campus. Please contact us for more information.



Alexian Brothers Advanced Weight Solutions
Alexian Brothers Medical Group
1015 Summit Street
Elgin, IL 60120

To reach our office during business hours:

847-695-5362

www.AlexianWeightSolutions.com

ALEXIAN BROTHERS HEALTH SYSTEM

Located in the northwest suburbs of Chicago, Alexian Brothers Health System includes four hospitals and conveniently located outpatient facilities serving more than two million people in our growing community.



Alexian Brothers Medical Center
Elk Grove Village, IL



St. Alexius Medical Center
Hoffman Estates, IL



Alexian Rehabilitation Hospital
Elk Grove Village, IL



Alexian Brothers Behavioral Health Hospital
Hoffman Estates, IL

For more than seven hundred years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire health care team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the health care ministry.

Alexian Brothers Health System carries out the healing mission of the Catholic Church through the Alexian Brothers ministries by identifying and developing effective responses to the health and housing needs of those we are called to serve.



AlexianConnects
PHYSICIAN APPOINTMENT SERVICE

1-866-ALEXIAN
(1-866-253-9426)