



Danielle Devine (on left) has been a trainer since 1999. She has her degree in Exercise Physiology from NIU and over the years she has been certified in ACE, AFFA, ACEP, YogaFit I and II, Pilates Apparatus Level I and II, Oncology Exercise, M.S., Fibro, and is a Master Trainer in A Matter of Balance. Jen Frey (center) is the director of the Advocate Good Shepherd Health and Fitness Center. Deb Kamholz NPCP, LMT RYI (right) is a Pilates Coordinator, Nationally Certified Pilates Teacher, Polestar Pilates Practitioner, Licensed Pilates for Buff Bones Instructor, Licensed Massage Therapist, 200 Hr. Yoga Instructor.

Healthy BMI's Significant Role in Surgery Success

A HEALTHY BODY MASS INDEX (BMI) contributes significantly to post-operative recovery. A BMI calculation is based on your height. Those with a BMI of more than 30 are considered overweight/obese. Your health care provider can discuss what BMI you should have. Here are common questions about BMI and surgery.

Would weight loss decrease any of my pain?

Yes. For every pound you are overweight, it adds four pounds of pressure to your knees. Weight loss will relieve some of this pressure and discomfort. The added benefit is the decreased fat with weight loss. Fat cells store chemicals that cause inflammation in the body. Less fat, less inflammation.

What other benefits are there to a lower BMI prior to surgery?

There are major risk factors for those with higher BMI's. "Weight loss prior to surgery is, in some cases, quintessential to lowering one's risk profile for complications such as infection, instability, etc.," Marc Angerame said. Other risk factors to having a higher BMI pre-surgery include heart problems, blood clots, a need for a second surgery

due to infections and/or damage to replaced joints, and less successful results post-operation. Dr. Angerame also stated that, "there are numerous studies detailing that higher BMI's increase the risk of infection 3-5 times that of patients with a BMI's lower than 30kg/m2."

How do I increase my success rate for a surgery?

The overall goal is to seek lifestyle changes that you can continue with long-term. Studies have shown that a strong support system is key. This is where Good Shepherd Hospital as well as the Health and Fitness Center can help you be successful in your fitness journey.

The Health and Fitness Center has a 12-Week Medical Weight Loss Program available to members, as well as non-members. The program includes two fitness assessments, for appointments with a Behavioral Specialist, for appointments with a Registered Dietitian, 23 (one-hour) appointments with a Degreed and Certified Personal Trainer. To learn more, contact Mark Henrichs at mark.henrichs@advocatehealth.com.

The Health and Fitness Center also offers Wellness Coaching. This is designed for anyone

who is looking for change but doesn't know where to start. Your coach will help you identify your strengths, and then together, you will build a framework to address the challenges. For more information, contact jenifer.anderson@advocate-health.com.

Good Shepherd Hospital offers many weight loss options, including bariatric surgery and the development of a comprehensive weight management program. It will include our bariatric program, outpatient dietary counseling, and a new medically supervised meal replacement program called HMR. Patients can meet with the coordinator to review different options to best fits their needs. For more information, contact grace.todd@advocatehealth.com.

The Health and Fitness Center offers degreed and certified trainers to develop a program around your fitness goals and work with you to attain them. Working with a trainer both before and after surgeries can help keep you safe and on track. For more information, contact mark.henrichs@advocatehealth.com.

PILATES FOR WHOLE BODY HEALING

The Health and Fitness Center has a Pilates Studio and certified Pilates instructors who can work with any limitation. Approaching surgery with a plan that includes Pilates bridges the gap between rehab and fitness. People live with pain prior to surgery and pain causes compensation strategies in the body. Joint replacement reduces the pain, but the faulty movement patterns remain. Pilates is a whole-body method that restores the body to proper alignment, improves balance, core strength, flexibility, and stability. It is low impact, easy on joints and surrounding tissues, and assists in rebalancing movement patterns. The exercises are adaptive and offer progressions to meet the client's situation.

The healthier you are prior to surgery, the quicker your recovery to a full active life. For more information on all Good Shepherd Health and Fitness packages, contact Deb Kamholz by email at debra.kamholz@advocatehealth.com, or call 847-620-4514. [U](#)