

Q&A

with dr. lisa sullivan

I was deeply saddened to learn that a Chicagoland youth recently died from asthma on the football field. It brings up the uncomfortable realization that, even in this day and age, asthma remains a life threatening disease. There is no cure, but there are many good ways to manage it and identify those at risk.

continue, the branches then begin to swell and fill with mucus. This process narrows the airway further and makes it increasingly hard to breathe. If left unchecked, this process will continue to progress until there is no room for air to move through the bronchial tubes, resulting in hypoxia (low oxygen) and eventually death.

What is asthma?

Simply put, asthma is a problem of 'twitchy' bronchial tubes. It can happen at any age, and generally, once it develops, it sticks around for awhile, waxing and waning over a period of years. To understand asthma, picture the respiratory system as an upside down tree.

What are the triggers for asthma?

Numerous triggers have been discovered for asthma, including: Infections; environmental allergy; exercise; fumes/odors; smoke/pollution; weather/barometric pressure changes; extremes in temperature and humidity levels; hormones; stress/anxiety/emotion; acid reflux; excess weight; med-

"If your student has asthma, watch for possible triggers, frequent inhaler use, and worsening at school or on the field."

The trachea (windpipe) and bronchial tubes comprise the trunk/branches and the alveoli (lung air sacs) are the leaves. The leaves (alveoli) in asthmatics are completely normal, at least to start. The tree branches (bronchial tubes) are not though. For reasons stemming from both nature and nurture, the inside of the tree branches tend to become twitchy or annoyed from a variety of triggers.

ications; foods; and food additives/preservatives. Individuals with asthma may have any variety, or all, of these triggers and will find they are additive when exposed to more than one. Knowing your triggers and being able to make educated decisions about your own risk on a given day is one of the first steps in managing asthma.

These triggers initially cause the branches to spasm and clamp down, narrowing the airway and causing symptoms of cough and shortness of breath and/or wheeze. As the spasms

Are there different types of asthma?
Yes. All asthmatics have a twitchy airway but differ in terms of severity, frequency of symptoms, and risk.

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Survivors, Supporters to Walk for Breast Cancer

Breast cancer survivors, caregivers, and supporters in Lake County will join tens of thousands of American Cancer Society volunteers in Illinois and across the U.S. at the *Making Strides Against Breast Cancer Lake County* walk on Sunday, October 18. This year, *Strides* celebrates its 10th anniversary in Illinois, and has raised more than \$8.4 million to save lives by helping people stay well and get well, by finding cures and by fighting back.

This non-competitive event – scheduled at nine locations throughout Illinois

– unites the community to honor and celebrate breast cancer survivors, educate women about their cancer risk, and raise money to fund lifesaving research and support programs to further the progress against this disease.

The walk will debut this year at Independence Grove in Libertyville on Sunday, Oct. 18. Registration begins at 8am and the 5K walk starts at 9am. For more information, visit Makingstridesillinois.com or call 847-317-0025.

Dusting is a good example of the futility of trying to put things right. As soon as you dust, the fact of your next dusting has already been established.

George Carlin

Family Network

Parents with children (newborn to age four) can meet others, relax, play, learn, and exchange ideas at the Family Network Parent/Child Center, located at 330 Laurel Avenue, Highland Park, Tuesday through Friday from 9:30-11:30am. Call Terry Beem at 847-433-0377 for more information, or visit Familynetworkcenter.org.

Benson, M.Ed., is a consultant at the Fussy Baby Network of Erikson Institute in Chicago, and has many years of experience with infants and their families.

You and Your Baby in the First Year of Life: Sleep, Soothing and Temperament – This free program for parents of infants will be held at 10am, Friday, Oct. 9. The speaker, Karen

The Parent Wellness Toolkit: Taking Care of Yourself So You Can Be There For Everyone Else – This free program for parents with young children will be held at 10am, Tuesday, Oct. 20. The speaker, Ruth Field, M.S.W., L.C.S.W., has many years of experience with young children, adolescents, and families.

Bernard Weinger JCC

300 Revere Drive, Northbrook. www.jcfs.org

Staying Motivated In A Tough Job Market – Thursdays, Oct. 1-22, 10:30am-12pm. Learn to understand the personal barriers to motivation, manage stress, and find support and encouragement to create an action plan that works for you. No fee. Contact Rosalie Greenberger, LCSW (JCFS) 224-625-2819 or Roberta Glick, LCPC, NCC (JVS), 847-412-4304.

Sibshops, for children ages 6-12 – Sunday, Oct. 18, 2:30-5:30pm. Sibshops offer brothers and sisters of children with special needs an opportunity to meet other siblings in a relaxed supportive and recreational setting. \$25 per Sibshop. Contact Tamara Besser, LCSW 773-467-3751.

Group Firefly – Tuesdays, Oct. 6- Dec. 8, 6:30-7:30pm. For boys ages 11-13 years of age who have been diagnosed with PDD, High-Functioning Autism, or Asperger's Disorder. This therapeutic play group focuses on developing effec-

tive skills to build friendships, enhance cooperation and conflict resolution, read social cues, and maintain peer relationships. Registration meetings are required to match children who are a good fit and have similar needs. \$250 series fee for 10-week group. Contact Melissa James, PsyD 847-412-4396. **Survive and Thrive: BRCA Previvors Learning Alliance** – Monday, Oct. 19, 6:30-8pm. A new, professionally run, education and support group that will serve as a source of empowerment for women, and an opportunity to gather information and resources. No fee. Teresa Woodruff, MD, an oncology expert, will discuss cutting edge technology for preserving your fertility while reducing your cancer risk. A group discussion will follow. Northwestern Memorial Hospital, Chicago (room location to be determined). Contact Rosalie Greenberger, LCSW, 224-625-2819.

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Free Wheelchair Mission Fundraising Event



The Free Wheelchair Mission North Shore Chapter will host the 2nd Annual Magic of Mobility Event on Friday, Oct 16, 7:30pm at Pinstripes, 1150 Willow Road, Northbrook. Enjoy drinks, appetizers, and a silent auction. Tickets are \$59.20 each.

Free Wheelchair Mission has distributed over 369,000 wheelchairs throughout the world. Last year, the North Shore Chapter reaped over \$50,000 and allowed a local team to deliver two shipments of Wheelchairs to the people of Ecuador. This year's goal is to provide at least 1,000 more chairs to those waiting for mobility.

Career Resource Center Events

Resume Preparation and Presentation

– Monday, Oct. 5, 10:15am. Fee: Free for members; \$10 for non-members.

Transition: No Longer a Game of Chance

– Thursday, Oct. 8, 1:30pm. Fee: Free for members; \$10 for non-members.

Learn What the Best Salesmen Know

– Wednesday, Oct. 14, 1:30pm. Fee: Free for members; \$10 for non-members.

Networking: Making Connections/Gathering Information

– Tuesday, Oct. 20, 7pm. Fee: Free.

Make Your 1st Impression Positively

Powerful – Friday, Oct. 23, 10am–12pm. Fee: Free for members; \$10 for non-members.

How to Answer Behavioral Based Questions

– Wednesday, Oct. 28, 1:30pm. Fee: Free for members; \$10 for non-members.

Career Resource Center, Inc.® is located at Grove Cultural Campus, 40 E. Old Mill Road, Suite 105, Lake Forest. For more information, call 847-295-5626, or visit CareerResourceCenter.org.

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Severity is classified as mild, moderate or severe and relates to the amount of chronic swelling (inflammation) in the airways. Frequency is classified as intermittent or persistent and relates to how often someone experiences symptoms. Risk is classified as low, moderate, or high and relates to how quickly or likely someone may have a life threatening attack from asthma. It is important to realize that even a mild intermittent asthmatic can be “high risk” and that all types of asthma can change in terms of severity, frequency, and risk over time.

How is asthma treated?

A comprehensive treatment plan should include: Classification of disease; identification of triggers; asthma education; medication management and development of an action plan; good adherence strategies; and routine checkups every three-four months (minimum).

Medication management should focus on daily therapy that controls inflammation (airway swelling) and when to use a rescue inhaler for quick relief of bronchospasm (twitchiness). A plan should also outline the signs/symptoms of worsening asthma (such as frequent rescue inhaler use) and what to do if this occurs.

What can I do to help myself, child or student with asthma?

If your student has asthma, watch for possible triggers, frequent inhaler use, and worsening at school or on the field. Often, parents are unaware because these triggers and symptoms are not present in the home environment. If you or your child has asthma, ask your doctor to help identify asthma triggers and develop an action plan to help manage your risk.

Contributed by Lisa Sullivan, MD of Highland Park. Specializing in pediatric and adult allergy, asthma, and immunology. Lisasullivanmd.com.



financial focus | by karen derose

cfp of derose & assoc., lincoln financial advisers

Do You Need a Living Will?

The health care reform has created buzz about the end-of-life decision, which is made at the end of one’s life about the end of one’s life. One of the most commonly misunderstood documents is the living will.

A living will is just one type of advance directive which lists a person’s wishes to either receive or forego medical treatments as they near the end

and, if more detailed, there can even be gray areas since no one can foresee every possible situation. How you feel today as an active, healthy person can often change your perspective once you become dramatically ill. Lastly, there is no state that makes a living will legally binding upon healthcare professionals. If your family member disagrees with the medical provider, odds are they favor the family wishes.

“How you feel today as an active, healthy person can often change your perspective once you become dramatically ill.”

of life. Living wills can take effect when you are unconscious or incapable of making your own decisions. This document is no longer applicable once you die. Your will and/or trust now become effective for final distribution of your estate.

Why is it important to have a living will? It let’s your family members know what your desires are so they can carry out your wishes. It can prevent legal battles and family disagreements, and also provide honest conversations with your family in ensuring the best decision is made with hopefully no regrets and/or guilty conscious.

What are common problems with living wills? Statistically, only 20% of people complete them and 62% of patients do not give their living will to anyone (Corgenius). The document is often vague and unspecific in language

I still encourage you to have a living will that is specific and detailed as possible. Make sure that it is signed, witnessed, and given to family members, a primary care physician, and any hospital involved in your care. Review the document at least annually and make sure updates are given to all parties. Remember, this is about your *life*.

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Conversations in Commerce: A monthly Q&A with North Shore business owners

Dorothy Collins started Organization Administrators, Inc. in 1990 as a multiple-management company to provide administrative services for five not-for-profit associations. Because of her passion to better serve people, Dorothy, a Mac and PC trainer, added computer software issues to her company’s scope in 1999, thereby becoming Computer Coaching, Inc.

Q: Tell us about a work experience from which you learned a valuable lesson.

A bad work experience, actually. I was hired as the executive director of an international membership association. Unfortunately, I allowed myself to feel indispensable. Boy was I wrong. My narcissistic attitude put me in conflict with the association’s volunteer president. Needless to say, I did not last long in my position.

Q: What’s your favorite way to relax after work?

My favorite way to relax after work is knitting. I belong to the Prairie Knitters and Sit-N-Knit groups.

Q: What’s your favorite book/movie/music?

My favorite movie of all time is *City Slickers* with Billy Crystal. My favorite music is traditional jazz. My husband and I go to at least three jazz festivals every summer.

Q: The world would be a better place if...

Everyone could just get along.

Q: The one business tool you can’t live without is...

My Nokia PDA.

Q: What’s the next technological innovation that will change the way we all do business?

The next technological innovation that will change the way we all do business has to be video telecommunication and online help desks. This technology is just beginning to catch on and, when it does, there will be no commuting to offices. Everything will be done remotely.

Q: Outside of your current field, what other occupations, if any, have you pursued?

Before moving to the Chicagoland area, I was a Certified Dental Assistant in Oakland, California. I was very involved in the dental assistant societies and rose to the level of president of the Northern California Dental Assistant’s Association, in San Francisco. Later, I successfully ran for office as a director of the Kensington (CA) Community Service District (similar to a village board of trustees).

Upon moving to Deerfield, IL, I became very involved in the League of Women Voters, where I chaired the community improvement committee. Later, Mayor Bernie Forest appointed me to the Deerfield Village Center Development Committee, which led to a career as Executive Vice President of the American Economic Development Council (AEDC), in Schiller Park from 1981-1988.

Q: How did you get your start in business?

I got my start in business with the financial help of my husband. Fortunately, a small economic development council heard about me and, after a lengthy interview, hired my company. This was the beginning of Organization Administrators, Inc.

Q: But why the North Shore?

Well, one reason is because it is where I live. Another reason is that the people of the North Shore have been very receptive to what my business has to offer. I have never been in such a welcoming, encouraging environment as I have received here.

Q: How does this clientele affect your business?

My North Shore clients are very happy to refer me to their friends and neighbors. This has had a tremendous affect on the growth of my business. So many of my clients have been repeat customers, some working with me for the entire nine years since I changed my business name to Computer Coaching, Inc. I thoroughly enjoy working with all of them.

Q: What aspect of your business are you most proud?

It has to be when my clients have been struggling with a software problem I am

able to resolve in a very short time. I love to see the ‘a ha’ moment when they see a problem resolved.

Q: What’s your best advice for someone starting a business?

My best advice for someone just starting a business is *believe in yourself*. Amass at least six months of funds before you start because it normally takes six-12 months to get your new business up and running. Also, do a market analysis. If there is no market for your product or service, you are just spinning your wheels.

Q: What was your very first job?

A carhop for a hamburger drive-in restaurant in Clinton, Iowa at the age of 14.

To nominate a candidate for Conversations in Commerce, send a brief description of the company or person to: editorial@whatshappeningonline.com.

OCTOBER 2009 PUZZLE SOLUTIONS

CROSSWORD SOLUTION

1	B	U	D	4	M	A	T	H	5	6	M	O	A	12
2	A	S	A	8	B	R	A	I	N	10	C	O	R	N
3	L	U	C	R	A	T	I	V	E	7	A	R	E	E
4	S	A	H	I	B	23	E	A	G	L	E	O	W	L
5	A	L	A	B	A	M	24	K	O	L	O			
6					25	N	O	U	27	T	A	V	E	28
7	E	R	A	13	E	N	D	E	D	14	S	E	R	A
8	R	I	P	S	15	K	I	L	I	M	16	R	I	N
9	S	P	A	T	S	17	T	I	R	E	S	18	E	K
10	T	E	R	E	T	19	E	C	E	N	T	21	S	
11					20	L	O	N	22	G	R	U	I	29
12	E	P	I	L	O	G	U	E	26	R	I	F	L	E
13	R	U	R	A	L	30	I	M	P	O	R	T	A	N
14	S	L	I	T	S	31	D	I	O	D	E	32	G	A
15	E	L	S	E	33	E	R	R	E	D	34	E	S	O

SUDOKU SOLUTION

2	6	9	1	5	3	4	7	8
7	5	8	4	6	2	3	9	1
4	3	1	9	8	7	6	2	5
6	1	7	3	9	4	5	8	2
9	4	2	5	7	8	1	6	3
5	8	3	2	1	6	7	4	9
8	2	4	6	3	1	9	5	7
1	9	6	7	2	5	8	3	4
3	7	5	8	4	9	2	1	6

TURBO TRIVIA: 1.d, 2.h, 3.e, 4.p, 5.q, 6.j, 7.m, 8.c, 9.t, 10.a, 11.j, 12.f, 13.s, 14.b, 15.g, 16.a, 17.k, 18.n, 19.o, 20.i, 21.c, 22.l, 23.o, 24.s, 25.r