

# Going Green in Grafton

At Aurora Health Care, we recognize that serving our communities is about more than providing excellent patient care—it's also about being good stewards of our environment. At the new Aurora Medical Center in Grafton, which will be the greenest hospital in the state, we plan to do just that.

**"A**s a not-for-profit health care provider, it is important that we be good stewards of our resources. We're continually challenging ourselves to find better ways. This applies to how we care for patients, how we contribute to the communities we serve and how we operate as a health system," says Mary Reinke, vice president of Corporate Affairs for the Kettle Moraine Region of Aurora Health Care. "Managing our consumption of energy and finding ways to protect and conserve our natural resources are important to us and to the communities we serve."

## Reducing Our Environmental Impact

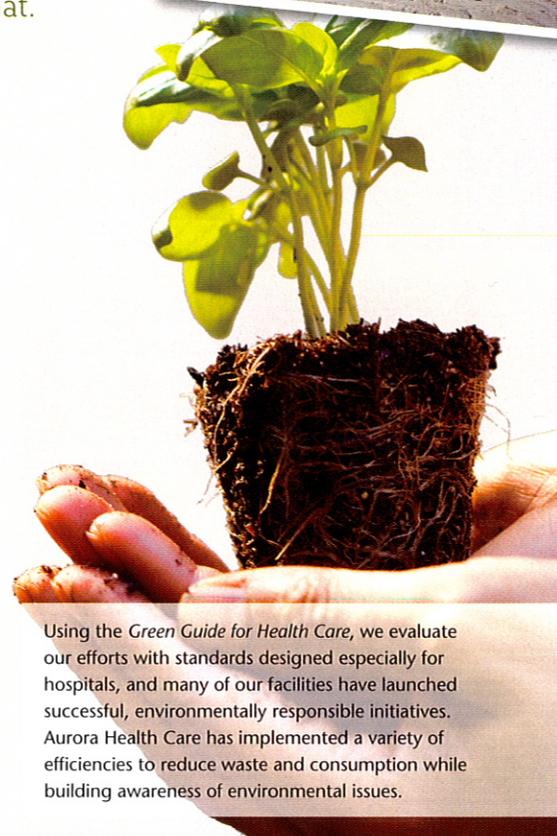
The design and construction of the new Aurora Medical Center will incorporate many environmentally friendly elements. Just a few of the ways we are making a difference for our environment include adopting technologies and processes to conserve energy and water use and reducing and recycling waste.

"Incorporating the use of natural light into the design of the hospital may help conserve energy and provide for a more natural healing environment," Reinke says.

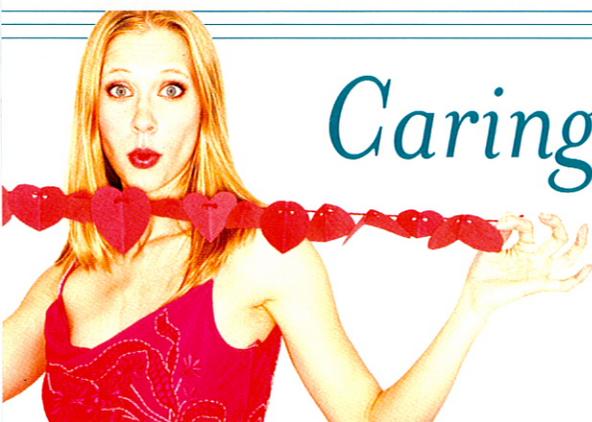
Mother Nature won't be the only beneficiary of the hospital's design. Studies have shown that patients also benefit from green features such as natural light.

"Exposure to sunlight and natural areas such as gardens can reduce physical and mental stress for our patients," says William Ebinger, M.D., internal medicine physician at Cedar Creek Clinic in Grafton and member of the board of directors of Aurora Advanced Healthcare. "Patients can heal faster and more quickly get back to doing the things they love."

To learn more about the new Aurora Medical Center in Grafton or to subscribe to receive e-mail updates and invitations to special events, visit [www.Aurora.org/OzaukeeCounty](http://www.Aurora.org/OzaukeeCounty).



Using the *Green Guide for Health Care*, we evaluate our efforts with standards designed especially for hospitals, and many of our facilities have launched successful, environmentally responsible initiatives. Aurora Health Care has implemented a variety of efficiencies to reduce waste and consumption while building awareness of environmental issues.



## Caring Straight to the Heart

Heart disease is the number one cause of death for women in the United States, killing twice as many women as all forms of cancer combined. Courtesy of Aurora's Women's Heart Care program, our physicians and staff are working to raise awareness about this startling figure.

**F**or women, heart disease can present an entirely different set of symptoms than a man might experience. Symptoms often experienced by women—such as paleness, indigestion and lightheadedness—may all be ignored simply because they are not the signs typically associated with a cardiac incident. Do you know...

- your blood pressure?
- your cholesterol levels?
- your blood sugar (glucose) count?

These key health factors—along with general health information such as whether you smoke, your body weight, how physically active you are and your family medical history—all play an important role in your risk for heart disease. Discussing these important topics with your doctor can help you identify any additional tests you should have to evaluate your risk and can help you plan any lifestyle modifications that will lower your risk.

"We hope to arm women with the information they need to understand the risks of heart disease," says Ijaz Malik, M.D., cardiologist for Aurora Health Care. "The more women understand the disease they face, the more likely they will be to seek help."

To take our online health risk assessment, please visit [www.Aurora.org/MyHeart](http://www.Aurora.org/MyHeart). For more information on Aurora's Women's Heart Care program, call 888-388-5881 or visit our Web site.