

Insight

A publication of FHN

Volume 2, Issue 2

**You should
know about these**

**Hospitalists
at FHN**

**A vital member
of your
healthcare team**

Bladder
Pacemaker
**Puts You
Back in
Control**

**10
TOP**

Health Screens



We're here. For you.

FHN

DR. MICHAEL PERRY, PRESIDENT AND CEO

We're Proud to be a Part of Your Community

One of the last sections completed for this issue of Insight is the photo spread on page 14, featuring some of the sights of this year's FHN's Pretzel City Festival. Along with the Freeport Park District and the Pretzel City USA organization, FHN is proud to sponsor this fun day full of activities for area families. Freeport's proud Pretzel history is one of the things that sets the city apart, and we're happy to celebrate that history – and community health!

I believe that FHN is another of the things that sets our community apart. We take pride in bringing services and technology you'd expect to see in larger metropolitan hospitals to our small-town healthcare organization right here, close to home.

One example of that can be found just a few pages away in our story about new developments at the FHN Leonard C. Ferguson Cancer Center. The linear accelerator behind our two cancer specialists in the photo on page 10 is one of the most technologically advanced weapons to fight cancer available anywhere. We are extremely proud to have it

here, available close to home if you or someone you love should need it.

The Cancer Center is affiliated with the University of Wisconsin Carbone Cancer Center, one of just 40 comprehensive centers in the United States, as designated by the National Cancer Institute. Another affiliation, this one with UW Health e-Care of Wisconsin, allows us to deliver round-the-clock critical care right here to patients who once would have had to spend time in the ICU unit of a larger hospital farther away. The eICU® at FHN Memorial Hospital keeps patients closer to home, where their families can play a bigger part in their recovery. Our partnership also helps us to save more lives in the ICU overall, where we handle the most serious, life-threatening situations every day. Since the beginning of our partnership with UW Health last September, the number of deaths statistically expected in the eICU at FHN Memorial Hospital has decreased by one-third.

Have a wonderful, healthy summer!



Photos available online

Do you have a smartphone? Would you like to see more photos from FHN's Pretzel City Festival? The black and white box here and on page 14 is a QR code. You can access more photos from the Pretz Fest by simply scanning or taking a photo of the QR code with your smartphone. If you don't have a smartphone, simply visit www.fhn.org to view the extra photos!



Have You Heard?

Dial-a-Doc Puts FHN Providers on the Radio

Catch the health news each Tuesday morning when Scott Thompson welcomes an FHN provider into his "Morning Mess" for Dial-a-Doc. A different FHN provider – and service or promotion – is featured each week in the 7:35 a.m. spot on Big Oldies 93.7.

You can catch the 10-minute Dial-a-Doc interview LIVE at 7:35 Tuesday mornings on Big Oldies 93.7, and in commercials on all of the Big Radio stations:

- Music Radio Q102.1
- Kickin' Country K92.1
- Big Oldies 93.7
- WFRL-AM 1570
- Classic Country WEKZ-AM 1260

Once the live interview is done, a copy comes back to us at FHN, and we make it available to you on the www.fhn.org website!

Visit our radio archives page soon to catch up on Dial-a-Doc, and remember to listen live at 7:35 Tuesday mornings! It's another way that FHN is able to be here for our patients and for the communities we serve.

A Season of Blessings

Dr. Nicolai Hinds' Spring Includes Mission Trip, Surprise Spectacular

FHN Ob/Gyn specialist Nicolai Hinds, MD, FACOG, had a busy spring. In addition to his regular schedule of helping his patients with pregnancy and family planning, teaching courses at the University of Illinois College of Medicine in Rockford and spending time with his busy family, Dr. Hinds participated in a mission trip to help the survivors of the Haitian earthquake.

Dr. Hinds traveled to Cap-Haïtien, Haiti, with a group led by Pastor Jeff White from the Freeport Church of Christ. Before leaving, he sent out an appeal within FHN for donations of children's underwear and hygiene and toiletry kits.

"The FHN family responded with such love and generosity that I was, quite frankly, overwhelmed," Dr. Hinds says. "So many items were donated that we not only filled the extra room we had in our large suitcases, we now have supplies for a future mission trip Pastor White already has planned."

If you'd like to contribute supplies for future mission trips, visit www.freeportchurch.net.

A chance to say 'thank you'

Before he left for Haiti, Dr. Hinds had one other commitment: He was a part of "Oprah's Spectacular Surprise."



Dr. Hinds' link to Oprah Winfrey goes way back – all the way to when he was an undergraduate student at Morehouse College in Atlanta. As he wrote for his church's Newsletter:

"In 1990, I was chosen to receive a new scholarship that had been created by Oprah Winfrey at the college. Oprah created the scholarship fund by writing a check for a million dollars a few years earlier during a Morehouse graduation ceremony she was attending. She traveled to Atlanta after the first scholarships had been awarded and met with us. After that, I carefully put away the photos and memorabilia from what I thought would be a once-in-a-lifetime experience.

However, I was recently invited to participate in "Oprah's Surprise Spectacular" at the United Center in Chicago on May 17. Along with other Morehouse Men, we paid special tribute to Oprah and expressed our gratitude for the help she gave us in completing our education.

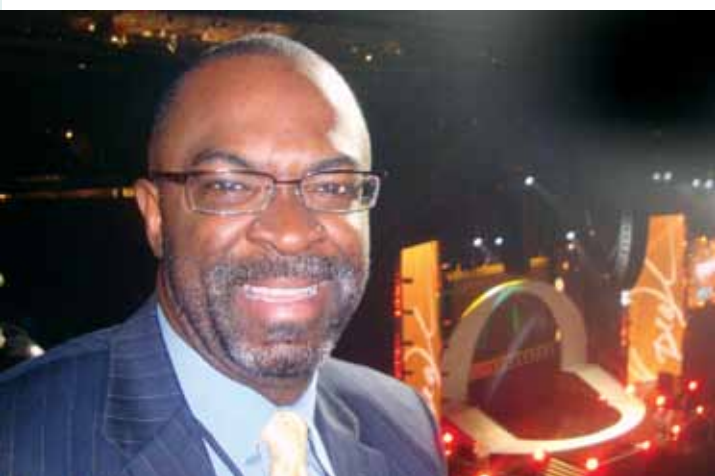


As I went through the rehearsals, the show, and bumping into superstars backstage, I had to almost pinch myself. After I had seen Tom Hanks, Queen Latifah, Simon Cowell and Michael Jordan walk right by

me backstage, the significance of the moment finally began to dawn on me.

I am grateful to have been involved in this tribute to a woman who has given so much to so many. Oprah has spoken many times about feeling blessed by God to be in the position she is in with her success, and it is clear she also feels the importance of passing that blessing on to others. She truly inspires me."

Finally, Dr. Hinds attempts to capture the meaning of this season of blessing in his life in the following way: "I am really grateful to God for all the ways he has chosen to bless me and try to pass that blessing on to others. I enjoy living and working here in Freeport and getting to know all the families we serve. I enjoy working for FHN and all the support I have received from the network, both formal and informal, that allows me to do things like leave my practice for a week to go overseas and help others. I have always enjoyed the coming of Spring with the warmer weather and the chance to be outdoors a lot, but this Spring, in particular, is one I will not soon forget!"



Putting **You** Back in Control

Device Serves as Bladder Pacemaker to Help Control Urinary Problems



Dr. DiDomenico implants the InterStim® device near the tailbone, where it acts as a sort of pacemaker for the bladder.

The device can be used at the same time as a regular cardiac pacemaker.

Not a lot of people are eager to talk about urinary incontinence or overactive bladder problems, but quite a few of us are way too familiar with the topic. About 1 in 6 adults in America today – that’s more than 33 million people – suffer from bladder control issues.

You might be hesitant to bring it up with your healthcare provider because you’re embarrassed, or you might think that bladder issues are just part of growing old. Or perhaps you have talked to your provider about it, and the medications you’ve tried aren’t working.

“If you’ve tried the medications and can’t tolerate the side effects or they’re just not working, there’s still hope for relief,” says FHN urologist David DiDomenico, MD, DO, FACS. Dr. DiDomenico helps patients experiencing bladder control issues reclaim control of their urination – and their life – with InterStim® therapy.

“InterStim is a small device that’s implanted near the tailbone,” Dr. DiDomenico says. “Some incontinence problems are caused by a communication problem between your brain and your bladder – your bladder isn’t getting the message to hold urine or to void urine properly. The InterStim device helps correct the

“ I’m very familiar with the procedure, and I’ve seen that it really can make a difference in patients’ lives. ”

~Dr. DiDomenico



information and signals received and acted upon by the bladder. This is done by stimulating the local bladder nerves, which results in being able to more effectively tell your bladder when to hold your urine and when to 'go'."

Trial Assessment

Patients who are candidates for InterStim therapy have already tried medications and other methods of relief such as biofeedback, exercises, physical therapy, and fluid and diet changes.

"When you find yourself having to go to the bathroom every half hour or having to use a catheter to completely empty your bladder, that is usually having a significant impact on your life," Dr. DiDomenico says. "InterStim is certainly worth a try at that point." Patients are literally able to "try out" the device during a trial assessment period.

The trial for InterStim involves a simple in-office procedure during which the doctor inserts a tiny wire by the sacral nerves near your tailbone (buttocks). The area will be anesthetized so it won't hurt. The small wire connects to a small pager-sized instrument you'll wear on your belt or waistband for a few days or sometimes up to a week. The instrument is an external version of the InterStim

device, and you and Dr. DiDomenico will work together to adjust the device's controls to a setting that's right for you.

The doctor removes the wires after the testing period. The wire simply slides out, leaving no marks or side effects. If your symptoms improve while you're wearing the test device, the doctor will recommend you schedule the permanent implantation of the device.

Relief

The InterStim device is similar to a cardiac (heart) pacemaker. Like a cardiac pacemaker, it is permanent and must be implanted during a brief surgical procedure. The procedure is done on an outpatient basis under both local anesthesia and IV sedation, so the patient is awake but comfortable; no hospital stay is required.

"The device is smaller than a (cardiac) pacemaker and is generally very well tolerated," Dr. DiDomenico says. "The patient can change the settings or turn the device on or off using a wand held over the device, either in my office or at home. No one will know you have the device, you'll just have to go to the bathroom less often, and you'll get your life back." Unlike medications, the InterStim device works immediately and can be tailored to the patient's needs.

Though the procedure is new to northwest Illinois, Dr. DiDomenico has been using InterStim therapy to help patients for seven years. Before coming to FHN, he was a part of one of the largest practices using the device in central Illinois. The procedure has been FDA and Medicare approved since 1997. It recently received additional approval for implantation in patients experiencing fecal incontinence; many doctors who had implanted the device for bladder control issues noticed improvement in fecal control, as well.

"I'm very familiar with the procedure, and I've seen that it really can make a difference in patients' lives," Dr. DiDomenico says.

If you are dealing with bladder control issues, call 1-877-6000-FHN (1-877-600-0346) ext. 942 to make an appointment with one of FHN's urologists.

To Your Health **FHN Providers'**



How can I get and stay healthy? That's a challenge every one of us faces.

One of the best ways to take good care of your health and the health of your family is through the medical home, also called the patient-centered medical home concept. This concept has nothing to do with a building – it's just another name for teamwork. Quite simply, you work with your primary healthcare provider (or, as a parent, with your child's provider) to achieve and maintain your best health.

If you have high blood pressure, for example, your provider might recommend changes to your diet, exercise or medication to bring the problem under control and keep you healthy. If, at some point, you develop a sinus infection, your provider knows that he or she is treating you for high blood pressure and can prescribe a medication that won't interfere with your blood pressure medication.

As a part of your healthcare team, your provider and his or her staff will keep an eye on your vital statistics such as blood pressure, weight and blood cholesterol levels depending on your general health. Your provider also may suggest some routine screenings.

Many healthcare providers have a few screenings they recommend for their patients. Some of the screenings are traditionally part of a regularly scheduled exam. Others aren't "physical exams" at all but instead a series of questions your provider may ask.

Some of these tests may be covered by your health insurance; check with your insurance company for what is covered. Your healthcare provider can help you figure out which of these tests may be beneficial for you.



Cardiovascular calcium screening – this scan can help identify issues that could lead to a heart attack. It utilizes special electron beam-computed tomographic techniques to visualize the coronary arteries and search for signs of plaque. The examination is noninvasive, painless and can be completed in just a few minutes.

Your provider should have the results within a week or two of the screening.



Cervical cancer screening – this screening is typically part of a routine gynecological exam and should include a pelvic exam, Pap test and an HPV (human papillomavirus) screen.

During the pelvic exam, your provider will check your uterus, ovaries and other organs to make sure there are no problems. During the Pap test, the provider will examine the vagina and cervix, and collect a few cells and mucus from the cervix and the area around it. The cells are then placed on a slide or in a bottle of liquid and sent to a laboratory.

Your provider will get results from the lab within a week or two, which will be shared with you through his or her office.



Colorectal cancer screening – this test will differ according to your age. If you are under 50 years old, you'll likely have a fecal occult blood test (FOBT). If you're over 50, your provider will probably prescribe a colonoscopy.

A fecal occult blood test finds blood in the stool by placing a small sample of stool on a chemically treated card, pad or cloth wipe. Some providers may ask you to do this yourself with a kit they provide; others may do so themselves during a physical or other exam.

A colonoscopy is a more involved procedure and requires advance preparation in the form of a special short-term diet. Someone should also be available to take you home after the test because sedatives are used. The provider uses a long, flexible, lighted tube called a colonoscope, or scope, inserted rectally to view the colon. The scope inflates the large intestine with carbon dioxide gas to give the provider a better view. A small camera mounted on the scope transmits a video image to a computer screen, allowing the provider to carefully examine the intestinal lining. The provider may ask you to move periodically during the test for better viewing.

Your provider can remove growths, called polyps, during a colonoscopy and later test them in a laboratory for signs of cancer. A colonoscopy

Health Screens



Your children's health is a priority for you – and for FHN. Students entering preschool, kindergarten, 6th and 9th grades must have a complete physical including certain immunizations to start school in the fall. Students entering kindergarten, 2nd and 6th grades in fall 2011 must have a dental exam by May 15, 2012. Make your child's appointments today!

Student athletes must have a sports physical on record to participate in their chosen sport(s). FHN is offering a series of sports physical clinics at schools and FHN satellite locations throughout the summer. The physicals meet IHSA and WIAA eligibility requirements for sports, but do not meet the requirement for a 9th grade school physical or for new out-of-state students.

FHN Sports Physicals are just \$20, and all proceeds are donated back to area schools. For more information and a listing of school physical clinics, visit www.fhn.org.

usually takes 30 to 60 minutes and results are generally available through your provider within a week or two.



Lipid measurement – this is actually a group of tests that can help determine your risk of coronary heart disease or heart attack and stroke. The tests check for blockage of blood vessels or hardening of the arteries (atherosclerosis).

A lipid profile typically includes:

- Total cholesterol
- High density lipoprotein cholesterol (HDL-C) – often called “good cholesterol”
- Low density lipoprotein cholesterol (LDL-C) – often called “bad cholesterol”
- Triglycerides

An extended profile may also include:

- Very low density lipoprotein cholesterol (VLDL-C)
- Non-HDL-C

A blood sample is obtained by inserting a needle into a vein in your arm. You will need to fast for 9 to 12 hours before having your blood drawn for a lipid profile; only water is permitted. Results are communicated to you through your healthcare provider.



Mammogram – this important test allows your healthcare provider to get a good look at any changes in breast tissue that cannot be felt during a physical breast exam. A mammogram is a low-dose x-ray exam of the breasts to look for abnormalities. At the all-digital FHN Women's Diagnostic Center, the results are sent directly to a computer for a provider called a radiologist to examine.

During a mammogram, you will stand in front of the x-ray machine while the technician places your breasts, one at a time, between a compression paddle and a detector plate. These plates are attached to the x-ray machine

and compress the breasts to flatten them. This spreads the breast tissue out to obtain a clearer image.

You will feel pressure on your breast for a few seconds. It may cause you some discomfort; you might feel squeezed or pinched. This feeling only lasts a few seconds, and the flatter your breast can be for the x-ray, the better the image. Most often, two images are taken of each breast – one from the side and one from above.

A screening mammogram takes about 20 minutes from start to finish. Results are available from your provider within a week or two.



Prostate cancer screening – this blood test measures the amount of prostate specific antigen (PSA), which is a protein produced by the prostate. Although many men with prostate cancer have an elevated PSA concentration, a high level does not necessarily mean there is a cancer. Other causes

include benign prostatic hyperplasia (BPH), which is a noncancerous enlargement of the prostate; prostate infection (prostatitis); or trauma, such as from bicycle riding.

Detecting the cause of the problem is necessary before it can be treated. You should avoid ejaculating or riding a bike for at least 48 hours before having a PSA test. In addition to this test, a rectal examination often is recommended. Your provider will communicate the results of the test to you.

(Continued on page 16.)

Say Hello to Hospitalists

Physicians Specialize in Caring for Hospitalized Patients

ONE OF THE BENEFITS of seeing a provider inside a healthcare network is that you both benefit from being part of a larger team. Your healthcare provider might specialize in family practice medicine, but he or she can easily call upon the knowledge of experts in more than 30 medical specialties at FHN.

Some of the newest specialists available to FHN patients are hospitalists*, physicians who specialize in caring for patients in the hospital. Many of FHN's physicians have chosen to work with the hospitalist team to provide care for their hospitalized patients.

“As your primary healthcare provider, I am a part of your team – the group of people who take care of your health,” says Lawrence Luy, MD. “You work with me, through checkups and appointments as needed, to maintain your best health. But if you need to be hospitalized, the hospitalist team at FHN Memorial Hospital will join your team for a while to take care of you while you’re in the hospital.”

“Once you’re discharged, you and your primary healthcare provider are still a team,” says Dr. Ghani. “Part of my responsibility is to keep your provider updated on your health, and once you check out of the hospital, I turn your care back over to him or her.”

Let's meet the hospitalists at FHN Memorial Hospital:

Beth Kalnins, MD

Dr. Kalnins earned her medical degree from the University of Illinois College of Medicine in Chicago and served her residency at the University of Illinois College of Medicine at Rockford.

She has been practicing medicine since 1997, most recently caring for patients at FHN Family Healthcare Center – Pecatonica. While there, she was named a Rural Physician of Excellence by the Illinois Rural Health Association.



Syed Ghani, MD

Dr. Ghani earned his medical degree from Dow Medical College in Karachi, Pakistan, where he graduated in the top 5 percent of his class. He served his residency at Michigan State University (Hurley Medical Center) in Flint, Mich. and at the University of Illinois (St. Francis Hospital) in Evanston, Ill.

He has served as a hospitalist with a number of hospitals, including Tobey Hospital in Wareham, Mass.; Brockton Hospital in Brockton, Mass.; Pekin Hospital in Pekin, Ill.; and SwedishAmerican Hospital in Rockford.

Brenda Snyder, DO

Dr. Snyder earned her medical degree from the Chicago College of Osteopathic Medicine of Midwestern University in Downers Grove, Ill. She served her residency at Midwestern University, St. James Olympia Fields Hospitals in Olympia Fields and Chicago Heights, Ill.

Dr. Snyder has been caring for patients for five years. Her research into vitamin supplements and their effect on heart rhythms has been published in the journal *Annals of Internal Medicine*.

* FHN employs most of the providers that care for you. However, in order to provide our patients with the most comprehensive care possible, we also contract with other companies to provide services we don't. These Non-Network Providers take care of FHN patients and use our hospital facilities, but they are not FHN employees and we do not control the care they deliver. Our non-network providers include, but are not limited to, hospitalists, Emergency Department physicians, radiologists and anesthesiologists.

We're Here for You ... On Your Schedule

FHN Providers Offering Extended-Hours Appointments



Life can get pretty hectic, and it can be difficult to fit preventive healthcare for your family into your already-busy schedule. That's why providers across FHN are offering expanded-hours appointments – early in the morning and later into the evening – to fit your schedule! These extended-hours times are in addition to each provider's normal appointment schedule.

You can now book extended-hours appointments with providers across the area, including:



FHN Family Healthcare Center – Lena
Lynda Borsdorf, BC-FNP (family practice)
Monday: 7 a.m. – 6 p.m.
Wednesday and Thursday: 7 a.m. – 4 p.m.
Friday: 7 a.m. – 5 p.m.
Every 3rd Saturday: 9 a.m. – noon

FHN Family Healthcare Center – Stockton
Michael McFadden, MD (family practice)
Monday: 2 – 5:30 p.m.
LuAnn Jordan, BC-FNP (family practice and weight loss services)
Monday: 7 a.m. – 4 p.m.
Wednesday: 7 a.m. – 7 p.m.



FHN Family Healthcare Center – Forrester
Lucio Martinez, MD (family practice)
Monday: 1 – 7 p.m.
Thursday: 1 – 6 p.m.

FHN Family Healthcare Center – Warren
Michelle Wurster, BC-FNP (family practice)
Thursday: 7 a.m. – 6 p.m.



FHN Family Healthcare Center – Pecatonica
Susan Korf, BC-FNP (family practice)
Monday: noon – 6 p.m.
Tuesday: 7:30 a.m. – 6 p.m.
Danielle Siedschlag, BC-NPWH (ob/gyn)
Monday: 1 – 6 p.m.

In Freeport, you can book extended-hours appointments at **FHN Family Dental** or at our **Burchard Hills location**:

Adam Angelilli, MD (pediatrics)
Monday until 7 p.m.

Donald Hay, DO (family practice and women's healthcare)
Beginning at 7 a.m. Tuesday
Until 7 p.m. Wednesday

Valerie Hay, MD (pediatrics)
Tuesday until 7 p.m.
Beginning at 7 a.m. Wednesday and Friday
Noon – 1 p.m. Friday

Tracy DySard, BC-FNP (family practice and women's healthcare)
Beginning at 7 a.m. Monday and Thursday
Noon – 1 p.m. Monday through Wednesday
Until 6 p.m. Monday and Thursday

FHN Family Dental Care in Freeport
Razvan Mirza, DDS & John Thompson, DDS
Monday - Thursday: 7 a.m. – 6 p.m.

If you need help finding a healthcare provider, call FHN's physician referral line toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 945. For more information about FHN healthcare providers, locations and services, visit www.fhn.org.



IF YOU'RE FEELING UNDER THE WEATHER, have a rash, minor sunburn or swimmer's ear, you don't need an appointment at all at FHN FastCare inside Shopko in Freeport. FastCare is quick, and many services are covered for just \$52 a visit.

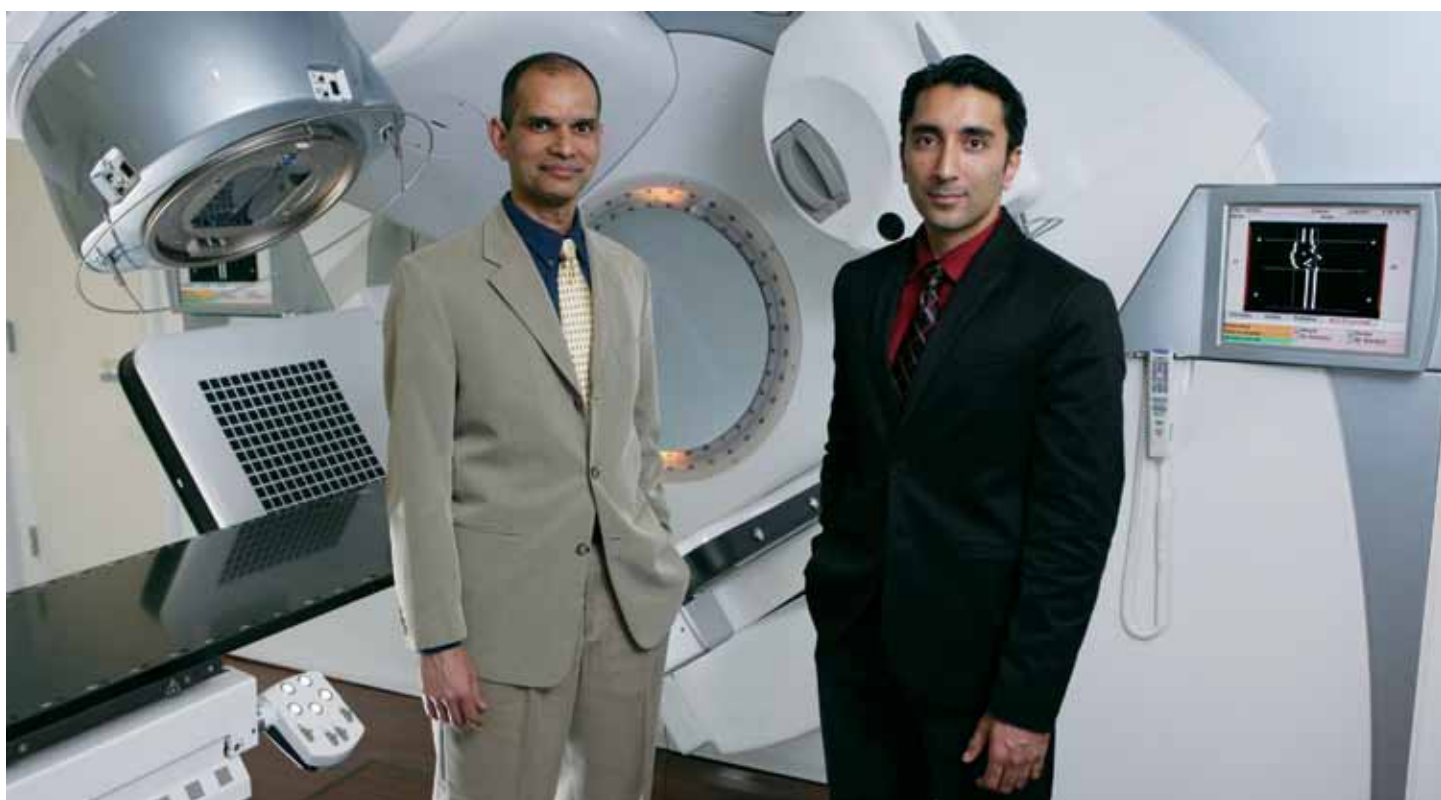
FHN FastCare is open:
Monday – Friday 8:30 a.m. – 8:30 p.m.
Saturday 8:30 a.m. – 5 p.m.
Sunday 10 a.m. – 5 p.m.
Holidays 10 a.m. – 2 p.m.

Located in Shopko,
555 W. South St., Freeport

New Technology, More Room at the
FHN Leonard C. Ferguson Cancer Center

SmartArc Therapy, Chemo Expansion Bring Cancer Care Close to Home

Exciting things are happening at the FHN Leonard C. Ferguson Cancer Center in Freeport!



A new linear accelerator, installed at FHN's Leonard C. Ferguson Cancer Center in 2010, makes it possible to deliver an advanced form of radiation therapy called VMAT – Volumetric Modulated Arc Therapy, also called SmartArc or RapidArc therapy.

“With the new machine, we are able to utilize very sophisticated imaging tools, such as our new 4D CT scanner, to localize and verify treatment delivery precisely to the site of the tumor,” says FHN Radiation Oncologist Patrick Fernandes, MD. With the new CT scanner, radiation treatment planning can be done at the Cancer Center, which is more convenient for the patient.

The Cancer Center is also expanding to make more room for medical oncology patients. The demand for chemotherapy services at the Center has grown so much that patients sometimes had to undergo treatment in the radiation waiting room area, making it difficult to provide privacy for a calm, peaceful environment.

The construction of an addition to the medical oncology wing of the Center will begin this year, providing room to serve existing patients as well as room to expand for years to come. The FHN Leonard C. Ferguson Cancer Center is affiliated with the University of Wisconsin Carbone Cancer Center, one of just 40 comprehensive centers in the United States, as designated by the National Cancer Institute.



Nurse navigator certified

We are proud to announce that for patients diagnosed with breast cancer, Certified Breast Patient Navigator Jennifer Schierer, RN, is here to help every step of the way. Jennifer, the nurse navigator at the FHN Women's Diagnostic Center at FHN Memorial Hospital in Freeport, received this certification from the National Consortium of Breast Centers (NCBC), which means that she has been educated and trained to guide patients through the complex and highly individualized process of breast care and breast cancer care.

When an abnormality is detected on a patient's mammogram, Jennifer works with the patient and her healthcare team to coordinate further testing and any necessary procedures and treatments. She serves as a patient advocate and educator, supporting the patient and her family and helping them to make the best choices about treatment.

"Detecting cancer early, at its most treatable stages, through regular mammograms is the best way we have to fight breast cancer," Jennifer says.

The FHN Leonard C. Ferguson Cancer Center, along with the Freeport High School Pretzels baseball and softball teams, took breast cancer awareness to the fields May 9. All of the players wore pink t-shirts for the day's games against Guilford, and FHN staffers were on hand for some fun games and to sell pink lemonade and pink t-shirts. The day raised \$2,705 for the Cancer Center.



Meet Our Doctors ...

You're probably used to hearing about new healthcare providers to FHN – and we're proud to be bringing new providers and new specialties and capabilities to northwest Illinois.

But we're also proud of the providers who are already part of FHN. You may know them as your family's healthcare provider, a member of your church, your neighbor or the parent of your child's classmate. In INSIGHT, we like to take a chance to introduce you again, so say hello to two of our healthcare providers!

Michael McFadden, MD

Dr. McFadden is a northwest Illinois native who grew up on a dairy farm and graduated from Warren High School. He is board certified in family practice, so he can care for all of the members of your family, no matter their age. He sees patients at the FHN Family Healthcare Center – Pecatonica and at the FHN Family Healthcare Center – Stockton.

"I enjoy caring for multiple generations of patients, from the youngsters in the house and their parents to grandparents who are looking to their own children for help," Dr. McFadden says.

Dr. McFadden earned his medical degree from Rush Medical College in Chicago, and served his residency at the University of Illinois College of Medicine at Rockford after receiving a bachelor's degree in biology from Knox College in Galesburg, Ill.

Dr. McFadden has expanded office hours in his Stockton office, seeing patients through 5:30 each Monday.



Anthony Zappia, MD

Dr. Zappia is a board certified general surgeon who sees patients at FHN Specialty Care – Stephenson Street in Freeport. He is skilled at both traditional and laparoscopic surgery and also offers safe, effective EVLT (endovenous laser treatment) for the treatment of varicose veins and BOTOX® Cosmetic therapy and collagen replacement for wrinkle relief.

"A patient I treat today for varicose veins can be up in just a few hours after the procedure, and back to normal life within a week," says Dr. Zappia. He performs the EVLT procedure in his Stephenson Street office; no hospital stay is required.

Dr. Zappia earned his medical degree from the Indiana School of Medicine in Indianapolis and served his residency at Henry Ford Hospital in Detroit. He holds an undergraduate degree from the University of Notre Dame.

To make an appointment with Dr. McFadden or Dr. Zappia, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 945.

The FHN Foundation is proud to introduce three new board members. Please welcome ...

Adrienne Becker

- Stephenson County Treasurer
- Graduate of Freeport High School and Highland Community College
- Earned a bachelor's degree in health administration from Northern Illinois University
- Served as a candy-striper at FHN Memorial Hospital and worked in the county treasurer's office while she was in high school



Mark Wright

- President and Co-CEO of Midwest Community Bank
- Graduate of Macalester College in St. Paul, Minn.
- Past president and member of board of directors and executive committee of Freeport Area Chamber of Commerce
- Served on boards of Highland Community College; Freeport Economic Development Foundation (now NIDA); YMCA of Northwest Illinois; Community Development Corporation; and was past chairman of United Way of Northern Illinois 2003-04 fundraising campaign



Teresa Winter

- Accountant for Winter and Associates
- Graduate of Freeport High School and Florida Atlantic University
- MBA from Northern Illinois University
- Served as president of Big Brothers Big Sisters of Northwest Illinois board of directors and Jane Addams board of directors, and served on boards of the YMCA of Northwest Illinois and Amity Society



As we welcome new members, the FHN Foundation board would like to thank outgoing members Dan Retzke, who served on the board for nine years, including a term as Chairman, and Louanne Vedra-Glisan, who served for six years, including a term as Secretary.

In Memory Of ...

Loved Ones Live on in FHN Hospice Gifts

"In lieu of flowers, a memorial has been established for FHN Hospice."

It's a phrase found frequently in local obituaries, but the true meaning of these solemn words might escape you.

"The gifts given to FHN Hospice in honor of loved ones who have died help us care for and comfort more people," says Barb Untersee, RN, BSN, FHN Hospice nursing director. "You are honoring your loved one in the most compassionate way, by caring for others."

The generosity of many donors recently enabled FHN Hospice to purchase laptops and software designed to increase efficiency and assist in delivering high-quality care to hospice patients. The Care Anywhere software package brings all of hospice's processes together – patient

information, care plans, reports and schedules; the new laptops put all of this information at the fingertips of each FHN Hospice team member.

"With the software and new laptops, every member of the hospice team is able to have access to the latest patient information he or she needs," Barb says. "At the same time, we're able to keep that important, private information secure."

"Our hospice nurses, for example, see more than one patient a day, but have had to keep 'checking back' at the office to make sure they had the latest information," Barb says. "Now that information is at the nurse's fingertips, so he or she can concentrate on helping patients."

Like so many other purchases from clinical equipment to toys and games for pediatric patients, this investment in software and computers was made possible through memorial gifts to FHN Hospice in the name of loved ones who have passed. Because of those gifts, the memory and spirit of our friends and relatives lives on in caring.

If you'd like to learn more about FHN Hospice, visit www.fhn.org or call toll-free 1-877-6000-FHN (1-877-600-0346) ext 946.

If you'd like to make a gift in support of Hospice, you can donate securely online at www.fhn.org or call the FHN Foundation toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 947.

2011 Pretzel City Festival

June 25



Scan this with your
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Pretzel City Festival photos
or see them on the web at
www.fhn.org/pretzelfast2011

Journal-Standard Readers Vote

FHN Gift Shop One of the Best in the Region

CONGRATULATIONS TO THE FHN GIFT SHOP, which was named one of the best gift shops in the region by the readers of The Journal-Standard. This year's Readers Choice Award, announced in a special section of the paper Monday, is a point of pride – though not unexpected – for Kay Brooks, FHN director of volunteer resources.

"We've always felt we're one of the best-kept secrets in town," Kay says. "But apparently, the word has gotten around! We're so proud and happy for this recognition."

Kay and a number of FHN administrators surprised gift shop coordinator Sally Kahler with the news – and some treats – April 21. "I was totally surprised – I had no idea!" Sally says.

Sally, who will celebrate 14 years with

FHN in May, keeps the gift shop, which is located on the first floor of FHN Memorial Hospital in Freeport, running and packed with the kinds of unique gifts people love.

"We go on buying trips twice a year, and to the Merchandise Mart in Chicago," Sally says. "We look for unique, interesting, special items that we haven't seen in our area."

Before joining FHN, Sally spent 23 years helping customers find just the right gift in the gift shop at Lang's Garden Center, so she knew the gift shop business well when she began at FHN.

"It's a lot of work, but I really do enjoy spending time with the customers and the volunteers. We have wonderful volunteers here at the gift shop and we work really well together as a team."

THE FHN GIFT SHOP IS OPEN

Monday - Friday 8 a.m. – 6 p.m.

Saturday - Sunday 1 – 4 p.m.



Freeport Memorial Day parade

Approximately 30 FHN staff and providers marched in the 2011 Freeport Memorial Day Parade. Conditions were ripe for a good time with sunny skies, 25 mile an hour winds, and temperatures that approached the 90's. FHN marchers held banners, wore sandwich boards, and pulled wagon loads of kids. Nearly 75 pounds of candy were distributed by FHN marchers along with many smiles and waves along the route.



(Continued from page 7.)

7

Depression screening – depression is a medical condition that can seriously affect your quality of life. A depression screening is like a survey; your provider may go through it with you in person or ask you to fill it out at home and bring it in to his or her office to review your results with you. Depression is often caused by hormonal imbalances or other physical conditions that can be effectively treated to reduce or even completely eliminate depression symptoms. Results from a depression screening will be reviewed with you by your provider, often at the time of the screening.

8

Sleep apnea testing – sleep apnea is a common disorder in which you have one or more pauses in breathing or instances of shallow breathing while you sleep. It is a chronic (ongoing) condition that disrupts your sleep, resulting in poor sleep quality that makes you tired during the day. Sleep apnea can occur in anyone and, left untreated, it can:

- Increase your risk of high blood pressure, heart attack, stroke, obesity and diabetes
- Increase your risk of or worsen heart failure
- Increase your risk of developing irregular heartbeat or arrhythmias (ah-RITH-me-ahs)
- Increase your chance of having work-related or driving accidents

Your healthcare provider will determine if you have sleep apnea by asking you a number of questions. Some patients may be asked to spend some time being observed in a sleep clinic.

Lifestyle changes, mouthpieces, surgery and/or breathing devices usually can treat sleep apnea successfully.

9

Skin cancer screening – skin cancer is the most common form of cancer, with more than 1 million new cases diagnosed each year. It has been estimated that nearly half of all Americans who live to age 65 will develop skin cancer at least once.

Fortunately, skin cancer found early is also one of the most easily treated forms of cancer. The most common warning sign of skin cancer is a change in the appearance of the skin, such as a new growth or a sore that will not heal.

Your provider will visually examine your skin during a skin cancer screen. If there are any concerns, further tests may be scheduled.

10

Dental exam – regular dental exams are an important part of preventive healthcare and can provide symptoms of other health issues beyond your mouth! During a dental exam, your dentist or hygienist will clean your teeth and look for gum inflammation or bone loss, as well as evaluate

your risk of developing tooth decay or other oral health problems. Your face, neck and mouth also will be checked for abnormalities.

A dental exam may also include dental x-rays or other diagnostic procedures. Any problems, such as cavities, are usually identified during the exam and then addressed in follow-up appointments.

These screenings can help you and your healthcare provider assess your overall health and move forward with keeping you healthy. If you have any questions about whether you would benefit from a screening or how you can improve your health, talk to your healthcare provider. If you don't have a primary healthcare provider, call the FHN Physician Referral Line toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 945 and we can help.



FHN offers a number of free screenings every month that can help you keep track of your blood pressure, cholesterol and blood sugar. For a listing of upcoming screening events, visit www.fhn.org.

FHN's Parent Enrichment Program

(PEP) infant massage instructors discuss with parents the benefits of infant massage and demonstrate proper massage techniques. PEP provides information, support and encouragement that parents need to help their children develop optimally during the crucial early years of life.



Insight

Insight is published by FHN
1045 West Stephenson Street
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FHN

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