

Insight

A publication of FHN

Volume 2, Issue 3

**Healthy
Eating**
with USDA's
MyPlate

Cryosurgery
for Prostate
Cancer

Lewis U
**RN to BSN
Program**



We're here, for you.

FHN

We're Proud to Be Here Whenever You Need Us

If summer is the season of no schedules and enjoying long days outside, autumn is the season of focus – students are focusing again on their schoolwork, families are bringing their focus back inside the

house and, like all of you, we at FHN are adjusting our focus, too.

A big effort to improve parking on the campus of FHN Memorial Hospital in Freeport is nearing completion, and we're making plans and coordinating fall events like flu shot clinics, our popular health-related school programs and even the upcoming FHN Festival of Trees!

Our patients are always FHN's first priority. Whether we are helping you recover from an illness or injury, assisting you in staying as healthy as possible or educating you through a speakers series presentation, you are the reason we are here.

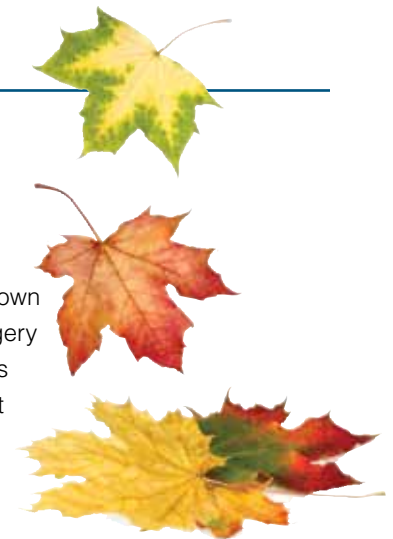
One of FHN's commitments to the communities where we serve is to be there when you need us – whenever that may be. If you're feeling chest pains in the middle of the night, our cardiology staff is here for you all night, every night. If your daughter injures her shoulder during a weekend volleyball game, you can rely on the expertise of our orthopaedics team.

FHN is proud to offer you 24/7, in-town coverage from our cardiology, surgery and orthopaedics teams, as well as emergency primary care. You don't have to go far to get help. And as you recover, you can make appointments with your specialist in Freeport or, in many cases, even closer to home; for example, our cardiologists travel to Lena and Pecatonica each week to see patients.

As medical technology advances, we're also advancing to make more services available to you. We highlighted an innovative treatment for incontinence in the last *Insight*; read on to learn about a leading-edge treatment for prostate cancer now available at FHN.

From angioplasties and pacemaker insertions to the latest in cancer treatment, wound care and stroke prevention and intervention, FHN is proud to offer you advanced healthcare close to home. So go ahead and focus on the details of your family's life – we're here, for you, when you need us.

Have a wonderful autumn!



Healthy Eyes in Sight

FHN Welcomes Ophthalmologist Hanny Isawi, MD

FHN is pleased to welcome ophthalmologist Hanny Isawi, MD to the team at FHN Specialty Care – Harlem Avenue in Freeport.

Dr. Isawi is a Freeport native and graduate of Freeport High School. He earned his medical degree from the University of Pittsburgh School of Medicine and interned at the University of Pennsylvania

– Presbyterian Hospital in Philadelphia. He served his residency at Penn State University Hershey Eye Center in Hershey, PA.

"Your vision is an irreplaceable resource," says Dr. Isawi. "With regular checkups and early intervention in the case of eye disease, my goal is to help people keep their eyesight all through their lives."

Dr. Isawi has completed extensive study and training in the treatment of cataracts and the use of intraocular lenses and other forms of eye surgery. He will lead FHN's eye care services department after the November retirement of Vinod Wadhwa, MD.

If you'd like more information about FHN's eye care services, ranging from regular vision checkups to cataract surgery, visit www.fhn.org or call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 912.

Now Available at FHN

Cryosurgery Stops Prostate Cancer Cold

A medical technique that dates back to the 19th century is back, and it's one of the latest technologies available to treat the most common cancer in men.

"Today's better screening means that we find prostate cancer much earlier than we did 15 to 20 years ago, and that gives the patient so many more treatment options," says FHN urologist David DiDomenico, MD, DO, FACS. "Cryosurgery – freezing the prostate – is one of the most promising therapies."

Cryosurgery was used in the early 1900s to treat cervical and breast cancers. Back then, an ice and salt mixture was implanted to kill the cancerous tissue.

Today, Dr. DiDomenico uses argon and helium gases, along with ultrasound probes allowing him to visualize and precisely control the amount and rate of freezing. "We're able to rapidly freeze and then warm up the prostate, which kills the cancer cells with less damage to the surrounding tissue," he says.

Cryosurgery is one of a number of treatments available for prostate cancer – others include traditional surgery to remove the prostate and the use of radiation to kill the cancerous cells. One of cryosurgery's advantages is that it can be repeated if the cancer recurs or even used after radiation therapy has failed.

Another cryosurgery advantage is that the procedure is minimally invasive. "There's no real incision involved," says Dr. DiDomenico, "so the patient can go home that day or at most have an overnight stay." Other than having a catheter for a week or so after the procedure, the patient feels very little discomfort.



Cryosurgery also usually costs less than traditional surgery or radiation therapy.

Dr. DiDomenico is excited about the future of cryosurgery. "There is a lot of interest in using cryosurgery to treat just the cancerous area of the prostate, leaving the healthy tissue alone. That can lead to even better quality of life, and it still leaves the option open to go back and re-treat if needed."

Dr. DiDomenico completed special training to perform cryosurgery and has been using the technique for five years, and is proud to offer FHN patients this leading-edge treatment option close to home. If you are a man age 50 or older – or age 40 or older of African-American descent or with a family history of prostate cancer – talk to your healthcare provider about prostate cancer screening.

For more information on prostate cancer treatment options available at FHN, call our urology department toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 956.

This year's *Tour for Cancer Century* bike tour in June drew 43 riders to raise money for cancer research. Riders could choose a 30-mile, 70-mile or 100-mile path along the hilly roadways of northwest Illinois. The Tour was organized by the ChainLink Cyclists of northwest Illinois. There was no fee to ride, but participants and their supporters raised \$2,600 for the FHN Leonard C. Ferguson Cancer Center, affiliated with the University of Wisconsin Carbone Comprehensive Cancer Center.

Congratulations, ChainLink Cyclists, and thank you!



MyPlate:

Your Guide to Healthy Eating

In 1992, we had the USDA (United States Department of Agriculture) food pyramid, with its solid base of bread, cereal, rice and pasta. In 2005, the USDA gave us MyPyramid, which had a stick figure climbing stairs over a colorful vertically striped chart. This year, the USDA debuted its placemat-shaped MyPlate to help us choose the best foods for a healthy lifestyle.



The original food pyramid came out in 1992 and was updated in 2005.

Why do we need a food pyramid – or a food stairs, or food placement – anyway? Because while eating is pretty easy, feeding your body the nutrients it needs, and staying away from the bad stuff it doesn't need, is more difficult.

The MyPlate program offers a colorful reminder that fruits, vegetables and grains are the basis of a healthy diet, along with protein and dairy in smaller amounts. The graphic doesn't specify how many servings you need a day, or exactly how much a serving is – you can find out your specific needs and plan your diet with some great tools available at the USDA's website, www.ChooseMyPlate.gov.



LET'S TAKE A LOOK AT MYPLATE:



Fruits and Vegetables

One of the first things you may notice about MyPlate is that fruits and vegetables account for half the plate. What happened to the "base level" of grains from the first food pyramid?

Traditionally, grains have been considered one of the best sources of dietary fiber, which our bodies need every day. But many fruits and vegetables are also a great source of fiber, too.

Along with fiber, fruits and vegetables are an excellent source of vitamins and minerals. When you eat carrot and celery sticks for a snack, you're giving your body the nutrients it needs. If you'd chosen to have a candy bar instead, you'd be feeding your body "empty" calories – sugar and fat with no nutritional value.



Grains

The USDA says that any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Some examples of grain products include bread, pasta, oatmeal, breakfast cereals and tortillas.

But don't reach for that box of sugary breakfast cereal just yet. Processed foods (like many breakfast cereals, white breads and pasta) are made primarily from *refined* grains. That means their grain content has been milled to increase the product's shelf life and give it a finer texture. It also means that the really good stuff – the bran and germ of the grains – has been removed.

Many products made with refined grains have been *enriched*, which means iron and some B vitamins have been added back after the refining process. This improves their nutritional content, but still doesn't bring it up to the level of *whole grain* foods, which contain the entire grain kernel.

Whole grains are important because they contain essential nutrients – like iron, magnesium and many B vitamins, including folic acid, thiamin, riboflavin and niacin. They also are rich in fiber, which is necessary for proper bowel function and can help reduce your blood cholesterol level.

Aim to make at least half of your grains each day whole grains. When you're shopping, look first for products made from whole grain, such as whole wheat bread and crackers, brown rice and whole grain pastas. Your next-best choice is foods made from refined, enriched grains – look for "enriched" on the label.



Dairy

Though it's represented in the graphic as a glass of milk, there's more to the dairy group than milk. Foods containing milk such as yogurt, pudding, ice cream and, of course, cheese can also help you give your body the nutrients it needs. Dairy foods contain essential nutrients like potassium, vitamin D, protein and calcium, which is vital for bone health.

When you're choosing foods from the dairy group, reach for fat-free or low-fat milk and foods made from fat-free or low-fat milk. Whole milk is best for young children, but for most adults and older children, 1 percent or skim milk is the healthiest choice.

If you are lactose intolerant, choose calcium-fortified soymilk, lactose-free milk, cheese and yogurt or take the enzyme lactase before you consume milk or dairy products.

If you choose not to consume dairy products, you can fulfill your body's need for calcium with soymilk, rice milk or almond milk as well as calcium-fortified juices, cereals and breads. Canned fish, soybean products (like tofu and soy yogurt), collard greens, spinach, turnip greens, white beans and Chinese cabbage also are good sources of non-dairy calcium.



Protein

The MyPlate protein group contains everything from meats and fish to beans and peas, nuts, seeds and eggs.

When you're choosing meats for your diet, the key is to keep it lean. Choose lean meats like skinless chicken and turkey, pork loin and extra-lean ground beef (the label should say at least 90 percent lean). Instead of frying, broil, grill, roast or poach your meat and fish, and drain off any fat that appears during cooking. Try to have seafood at least twice a week.

Make a couple meals a week meatless – try split pea, minestrone or white bean soup, black bean enchiladas, rice and beans or veggie burgers. How about a chef's salad with garbanzo or kidney beans for lunch, or even a nice peanut butter sandwich on whole wheat bread?

It's important to pay attention to how you're consuming the foods in each food group, especially in the protein group. Coating a chicken breast in batter and frying it, or frying an egg in grease or butter, or munching on a big handful of salty almonds may sound healthy, but the fat and salt you're adding to these choices negates the healthy choice you've made!

Fats, Oils and Sweets

You may also notice that MyPlate doesn't include what was at the top of the old food pyramid – fats, oils and sweets. The 2005 "food stairs" version had a little yellow sliver for this category, but it's completely gone in 2011. That's because most of us already consume much more of this category of food than we need!

No one expects you to completely cut sweets and fatty foods from your diet, but consider MyPlate as a reminder that they really aren't one of the major food groups your body needs. Enjoy cookies, sodas, pizzas and hot dogs in moderation and as part of a diet rich in fruits, vegetables, grains, protein and dairy.

If you'd like more information on eating healthy, talk to your healthcare provider or visit www.fhn.org.

The Quiet Killer

Chronic Kidney Disease Caught Early Can be Controlled

About 20 million Americans have a serious disease that doctors call the “quiet killer.” It strikes twice as many people as does cancer and is more common than diabetes, yet its symptoms are often overlooked. In fact, many of the people affected by this disease, Chronic Kidney Disease (CKD) don’t even know they have it.



“Your kidneys pull toxins out of your blood through tiny filters called *nephrons*,” explains FHN nephrologist Farhan Khan, MD. “Over time, those nephrons can become impaired, especially in people with certain conditions, and you can lose kidney function.”

Poor kidney function can have some very serious consequences, including anemia, osteopenia (bone disease), cardiovascular disease and death.

Diagnosing CKD

The symptoms of chronic kidney disease are easy to miss. You may feel tired or weak, not have much of an appetite, not sleep well or have cramping in your legs or swelling of your feet and ankles.

CKD can strike people of any age or nationality, but people who have diabetes or hypertension (high blood pressure) are considered to be at high risk for developing CKD. Being overweight or obese can also increase your chances of developing CKD.

There is no one test for CKD. If you are at risk of developing the disease, Dr. Khan recommends you talk to your healthcare provider about the need to do a metabolic panel which is a blood test to check how well your kidneys are filtering your blood. Protein in the urine is also an indicator of kidney trouble.

“Ideally, we want your kidneys to be working at over 60 percent efficiency,” Dr. Khan says. “The majority of patients referred to me are at stage 3 of the disease, where their kidneys are operating at between 30 and 59 percent.”



Dr. Khan goes over a patient's test results with Terese Hawley, RN.

Treating CKD

The focus for patients at this stage of the disease is to prevent further damage to the kidneys by managing the amount of protein in the urine. CKD is controlled through dietary and lifestyle modifications and prescription medications.

"Protein is toxic to your kidneys," says Dr. Khan. "I prescribe blood pressure medication for many of my patients, even if they have normal blood pressure, because it helps to lower the protein in their urine."

Dr. Khan's patients quickly learn his four rules:

- Diabetes control
- Blood pressure control
- No ibuprofen (it decreases blood flow to the kidneys)
- No dark sodas (dark-colored sodas – with the exception of root beer – contain phosphorous, which can damage the kidneys)

He also suggests his patients maintain a diet low in sodium. Dr. Khan likes to check back on his Stage 3 CKD patients every three or four months, asking that the patient go in for a blood and urine test a few days before his or her appointment.

"If you have your lab work done, we can have that in front of us and talk about all your variables; protein in your urine, your calcium level and your levels of phosphorous and vitamin D," says Dr. Khan. "Most of my patients keep a blood pressure log and a blood sugar log to help track how their diet and activity levels are affecting their kidney health."

These preventative measures and regular check-ups are aimed at keeping patients at Stage 3 of the disease, says Dr. Khan. At Stage 4, a patient's kidneys are working at between 15 and 29 percent capacity. Anything below 15 percent is considered Stage 5, at which the patient must undergo regular dialysis treatments to filter toxins from the body.

"At Stage 5, the only treatments are dialysis or kidney transplant," Dr. Khan says. He refers Stage 5 CKD patients to Madison, where they can be put on a waiting list for a donor kidney and undergo dialysis three times a week at DaVita Kidney Center in Freeport.

Early Detection

Chronic Kidney Disease has been getting some increased attention lately, thanks to Oprah Winfrey and Mehmet Oz, MD. Oprah featured Dr. Oz on her television show and in her *O, The Oprah Magazine*. Thanks to this attention, Dr. Khan is seeing some patients in the early stages of CKD.

"Some providers in the area are referring patients to me when they're just showing signs of protein in their urine screen," Dr. Khan says. "Catching it early like that gives us a chance to make some adjustments in your diet and lifestyle that can delay or even fend off chronic kidney disease."

Dr. Khan hopes that the increased awareness of CKD will encourage everyone to work toward their best kidney health.

"If you have high blood pressure or diabetes, work with your provider to keep those conditions under control," he says. "Those are the biggest risk factors for chronic kidney disease."

The best way to avoid CKD is to maintain a healthy diet, get some exercise each day and stay hydrated.

"Everyone talks about staying hydrated when it's hot outside, but it is vital that you give your body enough water all the time," says Dr. Khan. "Hydration is really the single best way to keep all of your organs happy."



'A Time for Laughing and Chatting and Being Happy and Proud' FHN Hospice Program Honors Veterans

"If it weren't for the Navy, I wouldn't be here," laughs Deanna Carlson at a recent sunny morning gathering in honor of her father, Howard, a Korean War veteran, Navy man and FHN Hospice patient.

"The Navy played matchmaker for my parents," Deanna says; her father met her mother, Irma, while both were serving in the Navy in the late '50s. More than a half century later, photos of Howard and Irma in uniform, and photos of Deanna in uniform – she followed family tradition and served in the Navy for eight years – are passed around as friends and family reminisce.

The occasion for the get-together is a new FHN Hospice program to honor and serve veterans nearing the end of their lives, says FHN Hospice Volunteer Coordinator Sheryl Wolff. Hospice patients who have spent time in the armed forces are honored with a special ceremony during which they receive a pin and certificate honoring and thanking them for their service.

Caring for Vets' Special Needs

"FHN Hospice is proud to honor the men and women who served their country, and helps them make the very best of the time they have left," Wolff said. "A veteran who has had military or combat experiences may require special care at the end of his or her life. Some veterans may not have shared that part of their lives with family, but want to talk about their experiences now. Others may never have really been thanked for serving their country, and it's an honor to be able to thank them and show them just how much their service means."

The pinning ceremony brought together Howard's family and friends, his FHN



PICTURED FROM LEFT TO RIGHT ARE (back row) FHN Hospice Social Worker Becky Lindenmeyer, Air Force Airman First Class Dustin Edwards, Air Force Staff Sergeant Jon Modler, FHN Hospice Nurse Nancy TerHark, and Air Force Technical Sergeant Mark Chamberland. In front (l-r), wearing the pins they received from FHN Hospice, are Deanna Carlson, Howard Carlson and Irma Carlson.



Hospice caring team and area active duty military representatives for a chance to celebrate his life. Air Force Technical Sergeant Mark Chamberland, Staff Sergeant Jon Modler and Airman First Class Dustin Edwards were on hand to present Howard Carlson, his wife Irma and daughter Deanna their pins.

Howard was an "instrument man" in the Navy, maintaining and repairing equipment on board an aircraft carrier and in Korea late in the Korean War. He served for five years.

After the ceremony, Howard and his family swapped stories with the Air Force men about basic training and their time in the service, passing around a photo album and choosing from a selection of sweets laid out on the dining room table.

"The ceremony gives everyone a chance



to step back from the 'end-of-life' mode and enjoy each other's company," Wolff said. "It's a time for laughing and chatting and being happy and proud."

For more information about FHN Hospice, visit www.fhn.org or call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 977.

Opening Doors for Nurses

Accelerated RN to BSN Program Lets Nurses Pursue a Degree While They Work

Cindy Smith started her nursing career with a diploma from Freeport Memorial Hospital School of Nursing and a job taking care of patients in the Medical/Surgical unit of the hospital. These days, she helps other nurses care for their patients from her office at FHN's Burchard Hills facility in Freeport.

As a clinical development specialist for FHN, Cindy serves as a resource for healthcare staff at FHN provider offices throughout northwest Illinois and southwest Wisconsin. She accepted the position in 2008, with the understanding that she would have to go back to school and earn a bachelor's degree in nursing.

FHN and Lewis University's accelerated RN to BSN program, offering classes in Freeport and a flexible schedule to fit with a full-time nursing job, was a perfect fit.

"This job was really the ideal position for me," Cindy says, "and God kept opening the doors! The Lewis program allowed me to stay at work and still be a part of my family while I earned my bachelor's degree in nursing. It worked out very well."

Program is Open to All

The FHN – Lewis University partnership is the only satellite RN to BSN program in northwestern Illinois, and is open to any student interested in a baccalaureate nursing degree. Students participating in the program take a mixture of online and in-person classes. Nursing professors from Lewis University in Romeoville travel to Freeport for class sessions.

"The first time I actually went to the Lewis University campus was this May for our pinning ceremony, a week before our graduation," Cindy says.

The accelerated program packs a lot of learning into a short time – the students complete what would traditionally be 16-week courses in just eight weeks.

"It seemed daunting at first, but I liked that it went so fast," Cindy says. "I had to take some 'regular' 16-week general education classes from Highland, and they seemed to go so slow in comparison." The schedule did require some understanding from her husband and family. "They got used to me working on my schoolwork. I'd be the one dragging my book along to read or having to go upstairs to do homework, but it was definitely worth it. I would do it again."

The program is structured to encourage students to work cooperatively, a feature that meshes well with nursing. "Everyone in my cohort got to know each other very well," Cindy says. "Each person brought a different perspective and a wealth of knowledge to the group, and we were all able to help each other.

I learned a lot about myself, too, and we all started asking questions of ourselves like 'what can I do with this degree to better myself, my community, my healthcare organization?' The atmosphere of learning and working together was really energizing."



FHN's goal for the RN to BSN program is to encourage nurses to further their careers and encourage more young men and women to continue their education.

"Nurses play a vital role in healthcare today," says FHN Vice President of Nursing and Chief Nursing Officer Nancy Cutler. "We have been really impressed with the Lewis program, and pleased that it has opened doors for more students to continue their education and further their careers."

The FHN-Lewis University Accelerated RN to BSN program is open to any interested individual with a current RN license.

If you're interested in nursing, whether you're at the beginning of your academic career or already have a nursing job, contact Roxie Blackbourn toll-free in the FHN Learning Center at 1-877-6000-FHN (1-877-600-0346) ext. 945.

Don't Let the Flu Get You Down

FHN Offering Seasonal Flu Shot Clinics



Healthcare providers take influenza – “flu” – seriously, and so should you. A bout of influenza can make a healthy, strong adult sick for a week or more, and it can be deadly for the very young, people over the age of 65 and people with compromised immune systems. The disease kills about 36,000 people each year and hospitalizes more than 200,000.

Flu, like the common cold, is a respiratory disease caused by a virus. Its symptoms include fever, a runny or stuffy nose, headache, dry cough, sore throat, muscle aches and extreme tiredness. The flu doesn't give you an upset stomach – if you're experiencing vomiting or diarrhea, you likely have gastroenteritis.

Flu seems to share a lot of symptoms with the common cold. How can you tell the difference between a cold and the flu? Here are some tips from the U.S. Department of Health and Human Services:

- If you have the symptoms listed above and develop a fever, it's likely you have the flu.
- Colds don't usually cause headaches; they are a common symptom of the flu.
- A cold might make you feel run-down; the flu can cause extreme exhaustion, fatigue, weakness and severe aches and pains. Flu symptoms can last as long as two or three weeks.
- You'll usually have a stuffy nose, sneezing and a sore throat with a cold; these are only occasional symptoms of the flu.
- Chest discomfort can be mild to moderate with a cold; it can become severe with the flu.

Flu spreads from person to person when we're in close quarters. As kids get settled into school and colder weather brings us all inside, the viruses that carry colds and flu can spread like wildfire.

Practicing good hygiene (see box) can help you and your family stay healthy, but the very best way to avoid the flu is to get vaccinated. Because each year's influenza virus is different from past years, you need a flu shot every year.

The Centers for Disease Control (CDC) is recommending “universal vaccination”

again this year, which means everyone six months of age and older should get a flu shot.

FHN is sponsoring a series of flu shot clinics throughout the area to help you and your family stay healthy. The clinics will follow CDC guidelines regarding eligibility for the vaccine, and will depend upon the availability of the vaccine. These clinics are for adults; if you want your child to be immunized, you will need to obtain a written prescription from his or her healthcare provider indicating the correct dosage.

KEEP THE FLU AWAY FROM YOU

- Wash your hands thoroughly and often with soap and water, or use an alcohol-based sanitizer containing at least 60 percent alcohol
- Avoid touching your eyes, nose or mouth whenever possible
- Cover your mouth and nose with a tissue or handkerchief when you cough or sneeze, and avoid coughing or sneezing in the direction of others
- Avoid crowds when the flu is most prevalent in the area



The FHN flu shots are \$25 cash or check payable to FHN. This price applies only to immunizations available at these sites; other rates may apply in FHN provider offices. You will have no out-of-pocket expense if you are covered by a Medicare HMO accepted by FHN – there will be a list available at each flu shot clinic. If you are covered by an accepted Medicare

HMO, you MUST present that HMO card instead of your Medicare card for billing purposes. If you are covered by Medicare Part B, you must present your Medicare card.

Because of federal guidelines to prevent identity theft, you must present a photo ID to receive an immunization.

Persons with allergy to eggs or the flu vaccine, those with an illness accompanied by a fever or depressed immune system should not receive the flu immunization at these locations; please speak to your healthcare provider.

For the latest information on FHN flu shot clinics, visit www.fhn.org.

This year's clinics include:

OCTOBER

Oct. 12	8 – 10:30 a.m.	Carroll County Senior Center, 306 N. Main, Mt. Carroll (BP)
Oct. 12	1 – 3 p.m.	Mest Manor, 525 3rd Street, Savanna
Oct. 13	8 – 10 a.m.	Doll Apartments at Lena Living Center, 1010 S. Logan, Lena
Oct. 16	11:30 a.m. – 1 p.m.	First Lutheran Church, 301 S. Clay Street, Mount Carroll
Oct. 18	10 a.m. – noon	Golden Meals, 524 W. Stephenson Street (BP)
Oct. 20	1 – 4 p.m.	Davis Bank, 100 IL Route 75, Davis
Oct. 21	1 – 3 p.m.	Sullivan's Foods, 201 Dodds Drive, Lena
Oct. 21	4 – 6 p.m.	Sullivan's Foods, 103 W. North Avenue, Stockton
Oct. 22	9 a.m. – noon	Sullivan's Foods, 217 Chicago Avenue, Savanna
Oct. 26	9 a.m. – noon	SR Center, Lincoln Mall, 1237 W. Galena Avenue, Freeport (BP)
Oct. 27	11 a.m. – 1 p.m.	Wesley Chapel at Bethel United Methodist Church, 217 S. Hickory, Shannon
Oct. 28	9 a.m. – noon	Oakley Courts, 3117 Kunkle Boulevard, Freeport
Oct. 29	11 a.m. – 3 p.m.	Immanuel Lutheran Church, 1993 W. Church Street, Freeport

NOVEMBER

Nov. 3	8 – 11 a.m.	Lake Summerset, 1202 Lake Summerset Road
Nov. 3	3 – 6 p.m.	Sullivan's Foods, 703 N. Elida Street, Winnebago
Nov. 4	3 – 6 p.m.	Sullivan's Foods, 2002 W. Galena Avenue, Freeport
Nov. 6	8 – 10 a.m.	Faith Methodist Church, 1440 S. Walnut, Freeport
Nov. 8	9 a.m. – noon	St. John's Lutheran Church, 625 Country Lane, Lena
Nov. 9	8 – 11 a.m.	Carroll County Senior Center, 306 N. Main, Mount Carroll
Nov. 9	4 – 7 p.m.	FHN Family Healthcare Center – Burchard Hills, 1010 W. Fairway Drive, Freeport
Nov. 10	1:30 – 4:30 p.m.	State Bank, 1718 S. Dirck Drive, Freeport
Nov. 17	10 a.m. – noon	Westport Village Community Room, 26 Greenfield Circle, Freeport
Nov. 20	10:30 a.m. – noon	St. John's Lutheran Church, 229 S. First Street, Pearl City

DECEMBER

Dec. 1	8 – 10 a.m.	Carroll County Senior Center, 306 N. Main, Mount Carroll (BP)
Dec. 1	noon – 2 p.m.	Oakley Courts, 3117 Kunkle Boulevard, Freeport

(BP) indicates there will be a free blood pressure screening at that location.

Meet Our Doctors ...

You're probably used to hearing about new healthcare providers joining 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 the opportunity to introduce you again, so say hello to two of our healthcare providers!



Jeffrey Schleich, MD

Dr. Schleich is a Freeport native and an Aquin High School graduate. He is board certified in family practice and sees patients of all ages at the FHN Family Healthcare Center – Orangeville and at the FHN Family Healthcare Center – Burchard Hills in Freeport.

"I think the key to helping you achieve your best health is good communication," says Dr. Schleich. "The more you know about your health in general, the better you are able to make good choices that can keep you healthy. I enjoy working with my patients to make sure they're well-equipped to make those choices."

Dr. Schleich earned both his undergraduate degree (in chemistry) and his medical degree from Creighton University in Omaha, NE. He served his residency at the University of Illinois College of Medicine at Rockford – SwedishAmerican Hospital. He also worked as a laboratory technician with the United States Army Corps of Engineers.

John Gluscic, MD

Dr. Gluscic is a board-certified orthopaedic physician who specializes in arthroscopic reconstruction surgery, which reduces recovery time and can help you get back to your regular activities as quickly as possible.

"I am glad to be able to help people regain their strength and mobility," says Dr. Gluscic. "Something as minor as a sprained ankle can really affect how you move through your day, and I enjoy helping my patients get over their injuries, whether it's a sprained ankle or a rotator cuff repair, and get on with their lives."

Dr. Gluscic holds a medical degree from the University of Pennsylvania in Philadelphia and served his internship and residency at Geisinger Medical Center in Danville, PA. He is a Fellow of the American Academy of Orthopaedic Surgeons. He sees patients at FHN Family Healthcare Center – Burchard Hills in Freeport.



TO MAKE AN APPOINTMENT with Dr. Schleich or Dr. Gluscic, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 975.

New Members Join FHN Board of Directors

Finance, Quality and Planning Committees Gain New Expertise

FHN is proud to add three well-respected area professionals to our Board of Directors this year. Please welcome Steven Kneubuehl, Neal Richardson and Carol Schuster.

STEVEN KNEUBUEHL is president and CEO of Berner Foods and Beverage, a family-owned business that employs 300 people. A lifelong resident of Stephenson County, he also serves on the Freeport Chamber of Commerce Board of Directors and is a member of the Freeport Area Manufacturers Council. Kneubuehl serves as a trustee of the Highland Community College Foundation, and is also the Foundation's vice president and chair of its Finance and Investment Committee. In addition, he is a member of the Illinois Governor's Agricultural Export Advisory Committee.



As a member of the FHN Board of Directors, Kneubuehl serves on the Finance/Planning Committee, the Strategic Planning Ad-hoc Committee and the Quality Assurance and Safety Improvement Committee.

a member of the Freeport Chamber of Commerce Finance Committee.

Richardson currently is involved with the Planning/Finance, Audit/Compliance and Pension committees for FHN.

Director of Compliance at the University of Illinois College of Medicine at Rockford, **CAROL SCHUSTER** brings 20 years of professional work experience in healthcare administration to the board. Her expertise is in the areas of compliance, health information management/information services and healthcare quality. She is a member of the American College of Healthcare Executives and the American Health Information Management Association.



In addition to her work at the University of Illinois, Schuster also is a partner in IQueu Consultants, which specializes in assisting healthcare organizations with improving services within their medical record departments.

Schuster is the chair of the FHN Quality Committee and a member of the Audit/Compliance Committee.

ALLEN WORKMAN, MD, who practices family medicine at FHN Family Healthcare Center - Highlandview Drive, also has been appointed to the position of chair, Physician Council.



NEAL RICHARDSON is a Certified Public Accountant (CPA) and partner in the Freeport office of Wipfli LLP, one of the largest accounting and business consulting firms in the country. A resident of the area since 1982, he also is a member of the King's Daughter's Children Trust Board. Previously, he served on the Board of Directors for several other local organizations, including Amity, New Horizons Counseling Center and the Family YMCA of Northwest Illinois. He also was

Jingle All The Way!



The leaves may still be falling, but we're already busy working on our holiday events. Our theme this year is *Jingle All The Way* and as always, the FHN Festival of Trees has something for everyone.

Our popular Community Festival of Trees at the Freeport Public Library will once again bring talented tree decorators from non-profit organizations throughout the region together

to showcase their skills. A panel of judges will award cash prizes in several categories. The public also can vote for its favorite and the People's Choice award also includes a cash prize. Trees will be decorated by Sunday, Dec. 4 – come to the Library to enjoy them all!

There'll be Singin' at the King as area schools gather Thursday, Dec. 1 at the King Community

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Campus for this popular holiday music program. Songs from different cultures join traditional favorites as these children sing out at their holiday best. There's nothing like a children's choir to set a great tone for the season.

The FHN Festival of Trees Holiday Family Movie Series kicks off Saturday morning, Nov. 19 with *Happy Feet 2*. Every Saturday morning until Dec. 10 brings a different fun family movie at a special price with costumed visitors or other surprises, courtesy of FHN. Watch our website, www.fhn.org, for more details on this year's movies!

Also on Nov. 19, mark your calendar for the FHN Festival of Trees Holiday Par-tini! We'll be celebrating the season at the Masonic Temple with martini tastings, great food, silent and live auctions to enhance your holiday shopping, and dancing to the music of the Blue Olives, a Chicago-area band that's regularly booked at Chicago's House of Blues and features Freeport's own Bob Wertz on trumpet. Proceeds benefit the FHN Leonard C. Ferguson Cancer Center and we're thankful in advance for your participation at this event because when it comes to providing leading-edge cancer care close to home, every "tini" bit helps!

Santa visits at the Freeport Public Library round out the Festival, which we're proud to host for our friends and neighbors in northwest Illinois. Spending time with your friends and family is a great way to reduce the stress that often accompanies the year-end holiday season, so join us at any or all of these events as we

Jingle All The Way!



TERRY EGAN, EXECUTIVE DIRECTOR

AT HOME, ONLINE

FHN Foundation Debuts New Web Presence

There were no lazy, hazy days of summer for us at the FHN Foundation! We are glad to have been very busy over the past few months, from our "Be Cancer Free" capital campaign to raise funds for renovations and new technology at the FHN Leonard C. Ferguson Cancer Center to celebrating *Peace, Love and FHN* as part of this year's FHN 2011 Partners in Giving campaign.

In between, we have met a lot of wonderful people and worked on our new FHN Foundation page at www.fhn.org.

If you recall visiting the old FHN Foundation page, it was a single page with solid text that didn't include much personal content. We wanted to be able to tell the stories of the people who have given, and the stories of the people who have been helped.

We're very proud to present a colorful, interesting new web presence.

Here's what you will see:

Inviting Landing Page: A landing page filled with color, photos and compelling stories.

Real Donors' Stories and Pictures:

We are currently running a story of donor Lori Garkey, who established the Bonita Shilling Endowed Scholarship. We'll share more stories and upcoming events throughout the year.

Your Gifts at Work:

A look at what your charitable gift has done. The page also now profiles wish lists for the Partners in Giving (PiG) campaign and a new Capital Items Wish List for all donors to consider.

Servant Leadership: Meet the FHN Foundation Board and staff!

Plan Your Will: This is a very deep and extensive new service on the Foundation's site where you can learn about making charitable gifts through estate planning to benefit your heirs, charity, and even perhaps yourself.

Instruments such as wills, trusts, annuities and life insurance are profiled, and you can set up your own login profile to do estate planning privately with access to the latest legal information.

Online Giving: You can make contributions from anywhere on the FHN website by clicking on "Give Now" in the navigation bar at the top right-hand side of every page.

Annual Report: See 2010 in review complete with Foundation accomplishments, donor profiles and memorials of loved ones.

Please take a few minutes and look at our new online home. If you have a story to share or would like more information about FHN Foundation, give us a call toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 978.



Say Goodbye to Vein Pain

No Hospital Stay Required for EVLT Varicose Vein Treatment

Shorts and sandals season may be almost over, but that doesn't mean you should just breathe a sigh of relief and go back to long pants if you suffer from varicose veins.

Varicose veins are more than a cosmetic problem. These twisting, rope-like cords on the legs are actually malfunctioning blood vessels that can lead to ankle sores or skin ulcers and bleeding, phlebitis (inflammation of the leg), pain and throbbing in the leg and restless leg syndrome.

How do varicose veins develop?

Your arteries carry oxygen rich blood from your heart throughout your body. After that oxygen is "delivered," the blood, now a bluish color, goes back to your heart through your veins. Small, one-way valves in all of your veins open to allow blood to move upward toward the heart and then close to prevent the blood from flowing backward.

As you can imagine, quite a bit (nearly 75 percent) of your body's blood is found in your legs, so the veins in your legs have a lot of work to do, fighting gravity to get your blood back to your heart! The deep veins in your legs get some help from your muscles to push the blood upward toward your heart. The superficial veins, outside the muscle layer and closer to your skin, don't get that help. The largest superficial vein is called the Great Saphenous Vein (GSV), beginning at the ankle and ending at the groin.

When the superficial veins in your legs lose elasticity, the small interior valves may not be able to close completely, which allows blood to flow back down into the legs. The blood collects in the veins of your lower legs, causing them to get larger and become varicose.

What causes varicose veins, and can they be prevented?

Varicose veins can affect anyone, but are more prevalent in women. About 40 percent of women and 25 percent of men will be affected by varicose veins in their lifetime. Some of the factors that lead to varicose veins include:

Age – our vein walls lose elasticity as we age, causing the valve system to fail.

Heredity – if your parents and grandparents had varicose veins, chances are you will develop them, too.

Hormones and pregnancy – women's hormones and the increase in blood volume during pregnancy increase women's chances of being affected by varicose veins.

Prolonged standing – standing for long periods of time makes the veins in your legs work even harder against gravity and increases the volume and pressure of blood in the lower legs.

Obesity – the increased abdominal pressure associated with weight gain can worsen vein problems.

Physical trauma – an injury to your lower legs can damage your blood vessels and make you more likely to develop varicose veins.

You can't prevent varicose veins, but you can delay their formation and keep any you have from getting worse. The National Heart, Lung and Blood Institute suggests the following actions to help keep your veins healthy:

- Avoid standing or sitting for long periods without taking a break. When sitting, avoid crossing your legs. Keep your legs raised when sitting, resting, or sleeping. When you can, raise your legs above the level of your heart.
- Do physical activities to get your legs moving and improve muscle tone. This

helps blood move through your veins.

- If you're overweight or obese, try to lose weight. This will improve blood flow and ease the pressure on your veins.
- Avoid wearing tight clothes, especially those that are tight around your waist, groin (upper thighs), and legs. Tight clothes can make varicose veins worse.
- Avoid wearing high heels for long periods. Lower heeled shoes can help tone your calf muscles. Toned muscles help blood move through the veins.
- Wear compression stockings if your doctor recommends them. These stockings create gentle pressure up the leg. This pressure keeps blood from pooling in the veins and decreases swelling in the legs.

What can be done about varicose veins?

Varicose veins interfere with the normal circulation of blood. Because your legs have two sets of veins carrying blood back to your heart, closing or removing the areas that have become varicose actually improves your blood circulation.

In the past, varicose veins were treated by surgically "stripping" them from the leg. Today, the healthcare providers at FHN use endovenous laser treatment (EVLT), also known as ELAS (endoluminal laser ablation of the greater saphenous vein), to treat varicose veins.

EVLT is a minimally-invasive treatment for varicose veins done under mild sedation in your FHN general surgeon's office – there is no hospital stay required. During the procedure, the surgeon uses a laser, inserted into the vein through a catheter, to close off the varicose vein. There is very little pain, and you can get back to your normal activities within a day or two.

If you'd like to learn more about laser varicose vein removal, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 946.

Healthy, Beautiful You

FHN Offers Cosmetic Services in Pecatonica

Taking good care of yourself has its rewards – maintaining a healthy diet, getting regular exercise and enough water and rest can help you stay healthy throughout your life. A healthy lifestyle can help to fend off all kinds of ills, from heart disease to diabetes and high blood pressure.

Living well and feeling your best can make it easy to look good at any age, but time does catch up with many of us, leaving facial lines and wrinkles. If you've done your best to take great care of yourself, these signs of aging can be troublesome.

FHN is proud to offer a number of cosmetic services to help you look and feel your best. Our cosmetic services medical team has been specially trained in a number of procedures that can reduce the signs of aging.

Anthony Zappia, MD, FACS and Danielle Siedschlag, BC-NPWH provide cosmetic services at FHN Family Healthcare Center – Pecatonica. With the help of their professional, caring staff, they offer:

BOTOX® Cosmetic Therapy for temporary smoothing of forehead lines, frown lines, wrinkles and creases between your eyebrows. This simple, quick service

takes less than half an hour, with no recovery time necessary.

JUVEDERM™ fillers to smooth wrinkles and folds caused by decreased production of hyaluronic acid. As we age, our skin produces less of this naturally hydrating substance, causing facial wrinkles and folds like the “parentheses” lines around the mouth. This injectable gel smooths away lines for up to a year with just one treatment.

If you'd like more information on feeling – and looking – your best, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 947.



Bring It Inside

Get Fit INFINITE Can Help You Stay Fit All Year Long

It's easy to be enthusiastic about fitness when you can “play outside” – golf, tennis, swimming, bicycling and daily walks are nice when the weather is warm. But summer is over, and the weather is getting colder. How are you planning to bring that enthusiasm for fitness inside?

FHN's popular Get Fit program expanded this year to a year-round schedule, offering fresh ideas, great recipes, support and prizes whenever you want it. FHN's Get Fit INFINITE is the only local health and fitness program that includes both baseline and ongoing screenings for important health indicators including weight, blood pressure and cholesterol as well as other optional tests.

Get Fit INFINITE gives you a chance to earn points for eating healthy, getting exercise and learning about health throughout the year, as well as appropriate health screenings for your age and gender. You get the best of our traditional annual Get Fit program elements in an updated, online health and fitness program that you can start any time and stay with as long as you'd like. We've kept the great benefits, like free trial memberships to area fitness centers to help you find the right place for your workout, health screens to help you measure your progress, and, of course, prizes.

As a Get Fit INFINITE participant, you'll receive e-newsletters and reminders and invitations for activities and events specially designed with Get Fit INFINITE members

in mind. You can keep up with your friends in the program and get health tips, recipes and more on the Get Fit INFINITE Facebook page.

Participants must commit to a minimum of 13 weeks with Get Fit INFINITE. The cost is \$3 per week, with free weeks available for 26, 39 and 52 weeks of participation. Points are awarded for regular exercise, drinking water and eating five servings of fruits and vegetables a day. Additional points can be earned for attending educational sessions, having health screens and wellness checks done, attending check-ins, getting an annual flu shot and giving blood.

Watch your newspaper and www.fhn.org for some fun Get Fit INFINITE promotions coming up to help you fend off holiday pounds!

For more information on Get Fit INFINITE, visit www.fhn.org or call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 976.



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We're here, for you.

FHN

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