

Insight

A publication of FHN

Volume 3, Issue 1

**Diabetes—
Are You
at Risk?**

In Bloom...

FHN Cancer
Center Expands

Private Rooms
at FHN
Memorial Hospital



We're here, for you.

FHN

Quality Care, Close to Home

Whether it's trying to fit a healthcare visit into a busy lifestyle or the comfort of not having to travel far when you or someone you love isn't well, we know that when it comes to healthcare, being close to home is important. In

2012, we'll continue our commitment to bring you the quality care you need, when and where you want it.

We've started the year with a number of improvements for our patients, starting with **all private rooms for overnight stays at FHN Memorial Hospital.**

We're proud to be the first in the area to be able to offer patients all the advantages that accompany this benefit, as you'll read later in this issue, and we're sure it will contribute to a positive healing environment.

FHN Leonard C. Ferguson Cancer Center Renovation

We're also completing a **renovation at the FHN Leonard C. Ferguson Cancer Center.** Our expansion is enlarging the chemotherapy treatment area to allow for more treatment stations, as you can read in more detail in this publication.

We began the renovation last year when we installed a new Image Guided Radiation Therapy (IGRT) radiation machine that provides two- and three-dimensional imaging and image guiding prior to treatment. This improves accuracy in targeting tumors with a higher dosage delivery of radiation while sparing healthy tissue. We also purchased a new four-dimensional CT scanner that allows the provider to view more angles more easily and can account for tumor movement during breathing, which is particularly helpful for lung cancer patients. These new pieces of equipment made it possible for us to offer Volumetric Modulated ARC Therapy (VMAT), which can significantly reduce patient treatment time, before any of the Rockford hospitals.

Since the Center's opening in 1995, patients have received almost 15,000 chemotherapy treatments, and 2,700 patients have undergone radiation treatment here. With such great need, we know this expansion is important for us to be able to

serve all existing patients as well as allowing for expansion over many years to come.

State-of-the-Art Wound Care

The Center for Wound Healing at FHN also had a busy first year in 2011. Opened in April, the Center is staffed by a team of wound care experts led by wound care-certified FHN surgeon Rafael Castro, MD, FACS, WCC. The multidisciplinary specialists at the Center employ **state-of-the-art wound care techniques** including dressings, antibiotics and hyperbaric oxygen therapy to help heal patients who suffer from chronic wounds.

Painless and non-invasive, hyperbaric oxygen therapy, or HBOt, is done in two state-of-the-art hyperbaric oxygen chambers. The patient simply relaxes inside the chamber, where he or she breathes pressurized, highly oxygenated air. This helps the blood carry an increased amount of oxygen to organs and tissues, which can help the body fight off infection and heal the wound.

More Upgrades at FHN Memorial Hospital

You may have also noticed our **newly redesigned parking lot at the hospital,** making it easier for patient pick-up and drop-off and expanding the number of available parking spots. Inside the hospital, we've installed faster elevators and updated and expanded the menu offerings at our Fresh Inspirations Café.

The year closed on a high note of which I'm particularly proud. In November, **FHN achieved a perfect score on every CMS measurement.** CMS stands for The Centers for Medicare & Medicaid Services. This is a federal agency within the United States Department of Health and Human Services (DHHS) that administers the Medicare

program and works in partnership with state governments to administer Medicaid, the State Children's Health Insurance Program (SCHIP), and health insurance portability standards. These are quality of care measurements required by the U.S. government and it's important to all of you that we score well on them. I congratulate every member of the FHN team on this accomplishment, and I'm very proud to be able to report this great news to the public.

Thank You for Choosing FHN!



In Bloom...

FHN Leonard C. Ferguson Cancer Center Expands

Few things found in nature communicate across cultures throughout the world as well as a beautiful flower. They brighten our days and lift our spirits – and they can be very perseverant. Did you know that a flower will still expand even when the sun may be in shadow? It blossoms because it needs to, and it grows more vibrant and beautiful out of necessity.

The FHN Leonard C. Ferguson Cancer Center in Freeport is also expanding. Winter Construction of Freeport is in the process of building an addition that will accommodate eight more treatment stations, with room to spare for future expansion. This is the second phase of a multi-year renovation project at the Cancer Center. The first phase began with the installation of a new linear accelerator in 2010 to bring an advanced form of radiation therapy called VMAT – Volumetric Modulated Arc Therapy – to FHN.

For Mark Winter of Winter Construction, this project has taken on considerable importance. Not only did his construction team build the original Center in 1994, but seven years ago, Mark's wife Beth was diagnosed with breast cancer. "If it hadn't been for the Leonard C. Ferguson Cancer Center, we obviously would have driven however far we needed to go," Mark said. "Beth and I only lived six blocks away, though, which made treatment so much simpler, and Beth was able to receive excellent treatment every day for six or seven weeks."

"Beth fell in love with the good people there," said Mark. "She's still very vocal about the support she received." Today Mark proudly hangs two framed photos in his office meeting room. One photo spotlights the original Cancer Center, and the other, the Center's original linear accelerator (radiation machine). When asked how Mark felt about adding on to the building he had built so many years ago that would eventually house the friendly staff and state-of-the-art technology that would help Beth overcome breast cancer, he said "I'm always proud to construct buildings, but with this project we're building so much more!"

"This expansion will enable us to provide our chemotherapy patients a more comfortable, private and peaceful space to receive their treatments," said Sue Hartje, Center director. "Our patients benefit from receiving their chemotherapy treatments here, close to home, but the demand has been so great that sometimes patients had to undergo treatment in the radiation waiting room area."

Sharon Summers, FHN Chief Operating Officer, stresses the importance of being able to take care of our community right here at home. "This expansion will allow FHN to better serve our community, and not require our patients who are not feeling well to take long drives to receive their therapy. Our goal

**“
I'm always proud to construct buildings, but with this project we're building so much more!”
Mark Winter**

is to serve cancer patients' needs conveniently and comfortably, and keep them close to friends and family for moral support."

Along with an expansion of the building, a Healing Garden will be added to the Center. It will be a place for patients to relax, enjoy the environment and find peace. Pavers with messages of inspiration and names in honor of cancer survivors or in memory of loved ones will line the garden. Terry Egan, executive director of the FHN Foundation, has been raising funds for the expansion through paver sales. "These pavers are a great way to support, encourage and remember our loved ones in a beautiful and inspiring atmosphere," said Terry. "With your contribution, you will be honoring the courage of those who battle cancer every day with the enhancement of a comforting, healing environment, while supporting their caring providers with new equipment."

If you'd like to purchase a paver and have your own message etched into it – or otherwise contribute to the renovation project or the Healing Garden – contact the FHN Foundation at 815-599-6900.

So the next time you cross a patch of daisies or a bed of manicured roses, don't just stop and smell the flowers. Take a moment to remember what those flowers went through to become what they are. The FHN Leonard C. Ferguson Cancer Center and all the staff there are committed to helping their patients continue to blossom too.



Diabetes is Common, Disabling and Deadly... and Preventable and Controllable



That's what the Centers for Disease Control has to say about the virtual epidemic of diabetes in the U.S. If you've already been diagnosed with diabetes or are at risk, you're not alone: **Diabetes affects over 8 percent of the American public.** That's **more than 25 million people**, and of those, probably a third are undiagnosed. It is also estimated that there are **about 80 million people over age 20 who have pre-diabetes**, meaning that they are at risk for developing it (blood glucose levels higher than normal but not high enough yet to be classified as diabetes). According to a study from the Centers for Disease Control, up to **a third of the population could be impacted by the disease by 2050**, based on current trends.

March 27 is American Diabetes Alert Day, so it's a good time for a reminder about what you need to know when it comes to a disease that is impacting many more people every day.

So What IS Diabetes?

Once contracted, diabetes is a lifelong (chronic) disease in which there are high levels of sugar in the blood because of an imbalance in insulin, a hormone produced by the pancreas to control blood sugar. Diabetes can be caused by too little insulin, resistance to insulin, or both.

Insulin plays a role in creating fuel for our bodies from the foods we eat, so to understand diabetes, one must understand how the body normally breaks down food and uses it for energy. When food is digested, a sugar called glucose enters the bloodstream where it becomes a source of fuel for the body. Insulin moves glucose from the bloodstream into muscle, fat and liver cells, where it can be used by the body as fuel.

People with diabetes have high blood sugar because their body cannot move sugar (glucose) into fat, liver and muscle cells to be stored for energy. This may happen because their pancreases do not make enough insulin, their cells do not respond to insulin normally, or both. The result is a high level of sugar in the blood, which can be readily detected in a blood test, and if not managed, various types of damage to the body including the serious conditions outlined earlier and even death.

Symptoms of high blood sugar levels include

- Blurry vision
- Excess thirst
- Fatigue
- Frequent urination
- Hunger
- Weight loss

Three Types

There are three major types of diabetes, each with different causes and risk factors:

TYPE 1 DIABETES is most often diagnosed in children, teens, or young adults. With Type 1, the pancreas produces little or no insulin, so daily injections of insulin are needed. Symptoms of type 1 diabetes develop over a short period of time and people may be very sick by the time they are diagnosed. The exact cause is unknown.

MOST DIABETES CASES ARE TYPE 2, which most often develops slowly in adulthood. However, due to high obesity rates, more and more teens and young adults are now being diagnosed with it as well. Many people with type 2 diabetes do not know they have it because their symptoms have developed so gradually over time. Pre-diabetes precedes type 2 diabetes.



THE THIRD TYPE IS GESTATIONAL DIABETES,

where high blood sugar develops at any time during pregnancy in a woman who does not have diabetes. Blood sugar levels usually return to normal once a woman delivers, but women who have had gestational diabetes have a 35 to 60

percent chance of developing diabetes in the 10–20 years following their pregnancy.

DIABETES IS SERIOUS BUSINESS

Diabetes is a major cause of heart disease and stroke, and the seventh leading cause of death in the United States. Overall, the risk for death among people with diabetes is about twice that of people of similar age but without diabetes. It is also the leading cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in this country.

The impact of diabetes can also be measured in dollars and cents. Medical expenses for people with diabetes are typically more than two times higher than for people without diabetes. The cost of the disease in the US, both direct and indirect, is estimated at \$175 billion, with almost \$120 billion of that in direct costs alone.

Testing to Confirm

A urine analysis may be used to look for high blood sugar. However, a urine test alone cannot accurately diagnose diabetes; blood tests are required. Because the amount of sugar in your blood is impacted by what you eat, your provider will ask you to not eat for several hours prior to a blood test. Oral glucose tolerance tests are also sometimes done.



Risk Factors

There are a number of risk factors for both type 1 and type 2 diabetes, including:

- Being overweight, including overweight children who also have other risk factors
- A family history of diabetes
- A mother who had gestational diabetes while she was pregnant with you
- Age – usually 45 years or older
- Heritage – compared to non-Hispanic white adults, the risk of diabetes

is 18 percent higher among Asian Americans, 66 percent higher among Hispanics, and 77 percent higher among non-Hispanic blacks

Treating Diabetes, and Helping to Prevent It

While there is no cure for diabetes, its symptoms can be managed to help prevent further problems. Diet, exercise and insulin injections or oral medication to lower blood sugar levels can help treat and manage the disease.

People with type 1 diabetes must have insulin delivered by injection or a pump. Many people with type 2 diabetes can control their blood glucose by taking oral medication and following a healthy eating and exercise program to control their weight. People with diabetes often also need to take medications to control their cholesterol and blood pressure.

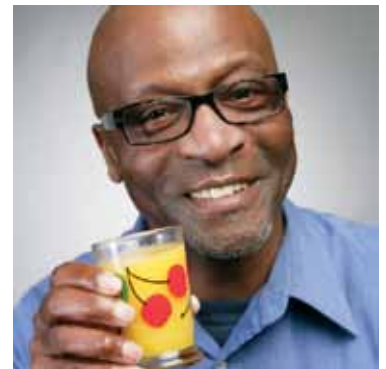
There is no way to prevent type 1 diabetes, but many providers and healthcare professionals believe that type 2 diabetes **can** be prevented by eating right, keeping an ideal body weight and an active lifestyle, not smoking, and drinking only moderately or not at all. Regular visits to your healthcare provider also can help to ensure that any developing symptoms associated with the disease are identified as early as possible to keep it at bay.

Wound care is especially important for diabetics. For example, diabetic foot ulcers occur in about 15 percent of diabetic patients and are the leading cause of non-traumatic lower extremity amputations. They develop due to a combination of factors, including poor circulation, foot deformities, irritation (friction or pressure) and trauma. They may also be the result of neuropathy, which is a reduced or complete lack of feeling in the feet due to nerve damage because of elevated blood glucose levels over time or poor nutritional status. These wounds can be difficult to heal, especially since many of the ulcers are on the bottom of the feet and walking or standing can further impede healing. Patient education regarding foot hygiene, nail care, proper footwear and daily inspection of the feet can help to reduce the risk of an injury that can lead to ulcer formation.

Healthy Lifestyle Benefits

As our headline says, even though diabetes is common, disabling and deadly, it's also preventable and controllable. Although we may all sometimes grow tired of the reminders, there are clearly tangible benefits to having a healthy lifestyle and in this case, they can be directly connected to the management or even prevention of diabetes.

Talk to your provider if you have questions or concerns, and remember that it's never too late to live a healthy lifestyle!



LEARN MORE

- Presenters from the Center for Wound Healing at FHN and FHN Food and Nutrition Services, who work with Sodexo to provide dietary services for FHN, will discuss **how to help prevent or delay diabetes** as well as how to treat and manage it in a free Speakers Series presentation:
 - March 15, 5:30-6:30 p.m.
 - FHN Family Healthcare Center – Burchard Hills (1010 W. Fairway Drive, Freeport)
 - Register online at www.fhn.org/diabetes or call 877-6000-FHN (877-600-0346), ext. 901.

- Reverse your risk for diabetes with what you can learn at FHN's **Small Steps Big Rewards pre-diabetes class**. In two hours, you'll learn important facts about diabetes and find out how to take the first steps toward a healthy lifestyle. The class is free and open to the public. To find out more, go to www.fhn.org or call 1-877-6000-FHN (1-877-600-0346) ext. 952.
- Sara Wise, RN offers the presentation **Foot Care and You** as well as other presentations on diabetes-related topics (and healthcare subjects in general) throughout the year as part of FHN's Top 50 program for seniors. She can bring this and many other presentations to your organization upon request. For more information, call 815-599-7437.
- A wealth of information can be found at www.diabetes.org



When You Need it, We
Have Room for You at
FHN Memorial Hospital.

YOUR Room.

Privacy is important to almost everyone. Not having privacy or having your privacy invaded can be a stressful and uneasy situation at any time, so it's easy to see how that situation can be exacerbated during a hospital stay. That's no longer an issue at FHN Memorial Hospital, where all patients now benefit from the many advantages of private patient rooms for overnight stays.

According to FHN President and CEO Michael Perry, MD, there are multiple reasons behind going to this new arrangement, which is the first of its kind in the area. "From a patient perspective, perhaps the biggest benefit is the fact that when you're not feeling well, you have a room to yourself where you can control the television, the visitors, and other potential interruptions and disturbances, even down to being able to choose if the curtains and door are open or closed," Perry said. He went on to describe additional private-room benefits related to greater protection from hospital-acquired infections (HAIs) and the assurance of complete confidentiality for private provider/patient conversations as well as general patient information.

Benefits of Private Hospital Rooms

Most hospitals in the U.S. have both private and semi-private or shared rooms, but there is a trend moving toward all private rooms for those hospitals able to make this change. There are many clinical reasons, such as reducing the incidence of hospital-acquired infections (HAIs), but there are also important psychological reasons. For example, because private rooms reduce hospital-acquired infections, falls and other clinical challenges, patients in these rooms have shorter hospital stays, which in and of itself is surely a benefit.

Private rooms for overnight stays can help patients and their families through stressful times by providing the privacy needed to be able to communicate clearly without worrying about disturbing another patient or patient family. It is believed that healthcare professionals may have longer, more thorough discussions with their patients – and often the patients' families – in a private room. This is clearly beneficial in that everyone has a better understanding of the patient's situation and how it will be addressed, leading to less stress for both patients and their families. It also helps to ensure that both patients and families are as well informed

as possible on the roles they should (or shouldn't) play in the healing process.

More culturally sensitive environments are also possible with a private room, such as being able to bring more items from home to make the patient comfortable. There is less possibility of embarrassment of any kind for the patient too.

Roommates and Remote Controls

It's no surprise that hospital roommates can contribute to a patient's stress. In fact, it's been proven that roommates who are unfriendly, have too many visitors, or are seriously ill can have negative effects on other patients.

A patient in a private room also has much more control over his or her environment in ways that are not possible in a shared room. Noise tolerance, for example, can be much lower during illness, and control of noise can be an important factor in patient recovery. Excess noise can lead to increased anxiety, inaccuracies in perceiving pain, loss of sleep, and eventually, prolonged convalescence. Something as seemingly simple as being able to control the volume on the television (or if it's on or off) or if the shades are drawn or open can help the patient to feel more capable and so improve his or her self-image as related to strength and ability to heal more quickly.

Having all private patient rooms can also improve the satisfaction of nurses and other healthcare providers, which obviously also enhances the environment for healing.

Cost-effective Quality

The transition to this level of privacy was accomplished without capital expenditures through cost-effective redecorating and re-use of the former Skilled Nursing Unit (SNU) area. "We've been able to develop and enhance restful, healing patient rooms throughout the hospital without incurring the additional expense of building additions or remodeling, and we're pleased to have been able to do so to help maximize patient comfort while still controlling costs," Perry said.

FHN's Cindi Runte Named Parent Educator of the Year

PaT Program Assists Parents in Creating a Learning Environment

Cindi Runte, a parent educator with the FHN Family Counseling Center's Parent Enrichment Program, was one of just five individuals honored as Parent Educator of the Year at a recent Parents as Teachers (PaT) Conference in St. Louis, Mo.

Runte, along with four other parent educators from Connecticut, Georgia, Missouri and New Mexico, accepted the Parent Educator of the Year award before conference participants representing early

childhood, child care, health, mental health, social services, government and business professionals from across the nation and the world November 6, 2011.

"The Parent Educator of the Year awards are intended to honor those individuals and affiliate programs whose practices exemplify the mission of Parents

as Teachers," said FHN PaT program supervisor Beth Johnson. "No one is more deserving of the award than Cindi. She has touched so many lives and we are so lucky to have her as part of our program."

FHN Family Counseling Center's Parent Enrichment Program has supported hundreds of area families through the past 20 years with the Parents as Teachers program. The program provides parenting information and support to local families throughout pregnancy and until their child enters kindergarten. Children are born learners and learn the most from the people they love – their parents. The Parent Enrichment Program assists parents as their child's first and most important teacher and helps to promote a strong and healthy parent-child relationship.

Parents as Teachers champions the critical role of parental involvement and early intervention in a child's development. Parents as Teachers supports a network of professionals and organizations who serve more than 300,000 families across the country and around the world through a proven parent education model. For more information, visit www.ParentsAsTeachers.org. For more information on the Parents as Teachers program at FHN Family Counseling Center, visit www.fhn.org.

"All the support, encouragement and teaching Cindi has given us makes us feel as though she is a part of our family! Cindi is an incredible parent educator who truly cares about the families she works with. She would do just about anything for us and we would do the same for her. We are blessed to have Cindi in our lives!"

Quote submitted by appreciative parents to National Parents As Teachers



LEFT to RIGHT: Anna Ferguson, Renata Dadez-Hepler, Cindi Runte, Marci White and Alicia Koegel

Increase Your Health IQ – Tune in Tuesday Mornings on Big Radio!



WANT TO STAY UP-TO-DATE ON IMPORTANT HEALTHCARE TOPICS?

Then listen to the latest health news at 7:35 Tuesday mornings on Big Oldies 93.7. Each week, an FHN healthcare provider steps into Scott Thompson's "Morning Mess" for Dial-a-Doc. You'll learn about a different health issue each week on this 10-minute live interview. If you miss a broadcast, you can easily catch up on Dial-a-Doc — and all our other interviews — at our online archives. Stay smart! Check out www.fhn.org/newsRadio.asp.

Executive Director of FHN Family Counseling Reflects On Positive Changes For Mental

A lot has changed since 1985, when Dan Neal accepted the position of executive director of Jane Addams Community Mental Health Center.

Dan and his wife, Diane, have raised their three daughters, seen them marry and have children of their own. The Jane Addams organization itself moved a couple times and in 1999, merged with Freeport Health Network (now FHN).

One thing, however, has remained the same. “I have met some really good people in my career – caring, dedicated people who have helped a lot of people and will continue to help a lot of people,” Dan says.

The caring and dedication of the FHN Family Counseling Center staff made his decision to retire at the end of 2011 a little bit easier. “I am proud to be working with the people here, and I think their passion for this work speaks well for the future of the whole caring profession.”

Big Picture View

Dan’s career began with a master’s degree in social work from the University of Chicago and stretched through working at both inpatient and outpatient mental health care centers before his move to Freeport. When Jane Addams merged with FHN in 1999, Dan became the FHN Executive Vice President of Behavioral Health.

“There have been a lot of changes, for Freeport and for us as a provider of mental health services,” Dan says. “One of the changes that I’ve been happiest to see is that healthcare in general is taking a ‘big picture’ view of patients’ health. For years, mental health professionals have focused on a variety of tools and treatments to help their patients take action and reduce their suffering – encouraging a healthy environment, doing healthy things in addition to medication if it’s needed.”

“Now more people are focusing on creating a healthy environment and living a healthy lifestyle and how that affects their overall health and their mental health,” Dan says. “It feels like we (mental health care providers) have been a little bit ahead of the curve on that idea.”

Dan is proud of the progress he and his colleagues at FHN Family Counseling Center have made in bringing awareness and acceptance of mental health issues to the region.

“We’ve developed a strong set of prevention services, both in Freeport and at FHN Counseling Center in Jo Daviess County,” Dan says. “There is always room to improve, but we have been successful in helping people realize that things like developing conflict resolution and anger management skills can really make a difference. We’re teaching people skills that can lessen conflict in their marriages, reduce domestic violence and prevent making bad choices that can land them in correctional facilities.”

Health Services

Reducing the Stigma

Part of the reason for the organization's success, Dan says, was the merger with FHN. "Your overall health and your mental health are connected, so it's a good thing for us to be part of the region's healthcare system."

Dan credits FHN's reach, along with the willingness of famous people to talk about their health problems, in helping to reduce the stigma of mental health services: "Mental health services, throughout our society and here in northwest Illinois and southwest Wisconsin, are more accepted as a 'legitimate' healthcare service today."

"When Jane Addams first merged with FHN, we had two locations – a commercial pay location at the Meadows Shopping Center, and what was seen as the 'community' location, the old nurses' dorm on the hospital campus," Dan says. "Now all of our services, whether they are grant funded, publicly funded or privately paid for, are offered in the same place, and that is how it should be."

"More famous people have been willing to come forth and acknowledge that they've had mental health issues. 'Regular' people can look at that and think, 'look at what they've accomplished – I can do that, too, and I don't have to be ashamed if I need help.'"

Though some of the stigma of seeking help for mental health issue is gone, Dan knows that more education is needed. "Healthcare providers are starting to see that a person's mental health affects his or her overall health. I've spoken to doctors who have patients with gastrointestinal issues, and they see that it is sometimes related to anxiety or stress."

"People can make themselves physically sick if they don't know how to lessen their depression, stress or anxiety," says Dan. "We're seeing now that as we try to reduce the overall cost of healthcare, taking care of a person's mental health is a very good investment."



The Caring Continues

As 2011 wound down and he worked to pack up his office, Dan looked forward to spending more of his time with his family and friends and indulging in hobbies like traveling, reading and playing tennis. He remains confident that his FHN Family Counseling colleagues will continue doing excellent work for their communities.



"The people who work here are really good people, doing very good work. Their energy, caring and dedication have kept me charged up all these years. I thank them all and wish all of them well, and hope that they maintain that wonderful passion for this work."

FHN Provides Nearly 50 Women With Non-Invasive Birth Control During First Year

For just more than a year, FHN has offered an in-office tubal ligation procedure that allows a provider to perform permanent sterilization for women. Trusted by over a half million women and their doctors since 2002, this procedure, named Essure, is simple, non-surgical and hormone-free. “We are really pleased to offer this state-of-the-art procedure right here in Freeport,” said Nicolai Hinds, MD, FACOG.

Essure is a simple office procedure that allows permanent sterilization by blocking a woman’s Fallopian tubes using a specialized instrument that leaves no scars. An Essure-certified doctor places soft, flexible inserts into each Fallopian tube through the natural pathways of the vagina and cervix. No incision is necessary. Over the next three months, the body works with the Essure inserts to form a natural barrier within the Fallopian tubes that prevents any sperm from reaching the eggs.

The procedure is so minimally invasive that in most cases, women are able to return to full activity within two or three days. FHN has provided Essure to nearly 50 women since late 2010. “Patients are very pleased with the convenience of having it done right here in our office,” Dr. Hinds said, “They’re glad that they can return so quickly to their busy lives.”

“In the past, patients who wanted to get their ‘tubes tied’ faced surgery, up to 2 weeks off from regular activities, and an incision scar,” Dr. Hinds said. “The Essure method allows us to provide permanent birth control through a simple office procedure with no scar, no hospital stay and very little recovery time.”



Essure has been FDA-approved since 2002, and has been proven to be a safe and effective method of permanent sterilization. Three months after the procedure, the patient returns for a confirmation X-ray test to confirm that the inserts are in place and the Fallopian tubes are fully blocked.

FHN is the only Freeport-based healthcare provider offering in-office sterilization. This state-of-the-art procedure is available locally at FHN Obstetrics and Gynecology, located on Harlem Avenue in Freeport.

For more information or to schedule an appointment, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 969.



11/11/11 Jersey Day!

To raise money for the United Way of Northwest Illinois, FHN celebrated this unique date with Jersey Day. Staff were encouraged to wear a sports jersey and contribute \$5 toward the fund raiser. Pictured: Monte Moore, Margo Trimble, Kay Brooks, Nanette Daniels, Leanne Namio, Mary Pat Gordon and Suzo McDearmon.



We're Here for You!

Continuing our commitment to bring you quality healthcare when and where you need it, we're expanding services available in our Lena office. Physical therapy is now being provided by Michelle Dunker, MS, PT, on Mondays, Wednesdays and Fridays from 8 a.m. to 4 p.m. Cardiology and urology services are also available in Lena in addition to family care offered by Shokry Tawfik, MD.

Extended hours and days are offered throughout FHN for a variety of services from family and women's care to specialties like pediatrics and dental care. For example, internal medicine, rheumatology and physical therapy are also all offered in our Mount Carroll office, and Saturday appointment times are available for colonoscopies in Freeport.

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.



Sports Physicals Do Double Duty

For many area athletes, getting a sports physical during the summer is as inevitable as mowing the lawn or swatting mosquitoes. To make the task a little easier for frenzied families, FHN once again coordinated convenient clinics throughout the area in 2011. Not only were the physicals affordable and accessible at numerous sites, area schools also got a monetary "shot in the arm" for each completed appointment.

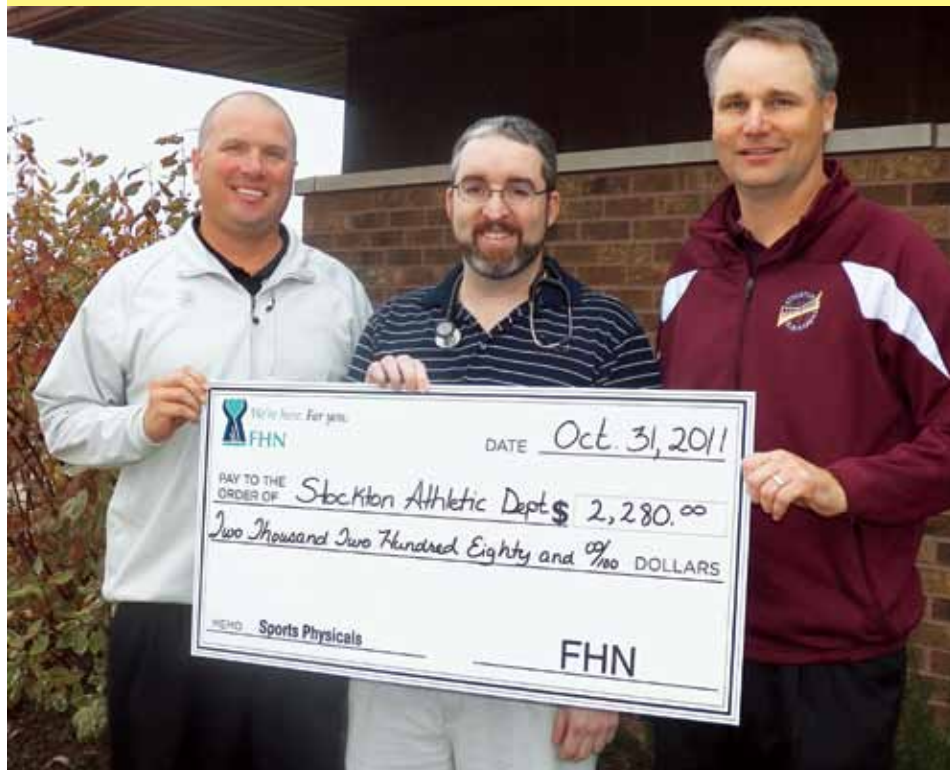
The sports physical clinics were held throughout the summer, both at schools and FHN satellite locations across northwest Illinois. The cost was just \$20. Turnout of almost 900 athletes made it possible for FHN to donate proceeds of \$17,780, divvied up based on each district's turnout. Score!

Schools Benefitting from Sports Clinics

(amounts based on completed physicals)

Aquin High School	\$1,020	Orangeville High School	\$320
Eastland High School	\$1,240	Pearl City High School	\$660
Forreston High School	\$1,380	Pecatonica High School	\$2,520
Freeport High School	\$1,980	Savanna/Mount Carroll -	
Lena-Winslow High School	\$2,000	West Carroll High School	\$2,120
Milledgeville High School	\$940	Stockton High School	\$2,280
		Warren High School	\$1,320

We're here for you on the go, too! FHN FastCare, located inside Shopko in Freeport (555 W. South Street) is open Monday through Friday from 8:30 a.m. to 8:30 p.m., Saturday from 8:30 a.m. to 5:00 p.m., and Sunday from 10:00 a.m. to 5:00 p.m. No appointment is needed.



Tim Timpe and Bob VenHuizen are happy to accept a check from FHN's Michael McFadden, MD for the Stockton Athletic Department.

SmarTrack Makes Surgery Progress Easy for Family and Friends to Follow

Undergoing any type of surgery can be stressful not only for the patient but for friends and loved ones who are eager to know “how it’s going.” A new system at FHN surgical services makes it easy to follow the progress of patients through their surgeries and helps to ease that stress while increasing the comfort level of those waiting for updates.

SmarTrack is a visual information technology system that displays the location of surgical patients throughout their procedures. On the day of surgery, patients are given a unique patient identification code that only they can then share with friends and family as they choose. Those individuals can then use the code to track patient progress through surgery, recovery and back to their rooms by viewing this information on large TV monitor screens in the surgical waiting area and the hospital cafeteria.

Sarah Rogers, a recent surgical patient, and her family were impressed with the system. “In the past, I have been the one waiting at the hospital for news about how surgery went for my Mom or Dad, so when I had surgery myself to help repair a broken ankle I was glad

that my husband Jeff could follow my progress,” she says. “There is a matching board in the pre-op area, so I could see the nurse noting that I had talked to my doctor and my anesthesiologist before the procedure. It made me feel better, knowing that Jeff could see what was happening, too.”

SmarTrack helps the surgical team too, by promoting a smooth flow of patients through surgery, resulting in improved patient, family and staff satisfaction.

FHN is proud to offer SmarTrack, one more way to help make a surgical procedure as positive an experience as possible.

Waiting Room LCD			
Surgery Waiting Room			
<input checked="" type="checkbox"/>	Patient	Surgeon	Current Location
<input type="checkbox"/>	AmCa0605	Brinkman MD, Larry	z5266_1
<input type="checkbox"/>	BoRi0820	Brinkman MD, Larry	OR3
<input type="checkbox"/>	BoMa1213	Levine MD, Toni	PREOP_HOLD
<input type="checkbox"/>	BrDa0814	Castro MD, Rafael	NOTARRIV
<input type="checkbox"/>	CaHe0404	Barnes MD, Barry	INPTUNIT
<input type="checkbox"/>	CoNo0518	Dickey DPM, Ronald	z5259_1
<input type="checkbox"/>	GoSo0204	Dickey DPM, Ronald	NOTARRIV
<input type="checkbox"/>	KrAm0212	Castro MD, Rafael	NOTARRIV
<input type="checkbox"/>	LaAm0229	Levine MD, Toni	z5262_2
<input type="checkbox"/>	MeHa0114	Levine MD, Toni	PACU
<input type="checkbox"/>	OpPe0830	Isawi MD, Farouk	PACU
<input type="checkbox"/>	QuTi0402	Isawi MD, Farouk	z5267_1
<input type="checkbox"/>	RaDa0122	Castro MD, Rafael	REG
<input type="checkbox"/>	ScRo0912	Brinkman MD, Larry	z5264_1
<input type="checkbox"/>	ShDu1230	Brinkman MD, Larry	PREOP_HOLD
<input type="checkbox"/>	StJ 0301	Brinkman MD, Larry	PACU
<input type="checkbox"/>	YeJa0507	Isawi MD, Farouk	PREOP_HOLD

Status

- Admitting
- In Patient Unit
- ACU
- Imaging/Lab
- Preop Holding
- Operating Room
- Recovery Room
- PostOp ACU/PEDS
- DC Surg Svcs
- Case Cancelled
- No Status

Carolyn Reeser, Systems Coordinator OR (Operating Room) and Ben Summers, RN, of the FHN surgical team were instrumental in assisting with the implementation of the SmarTrack system.





The FHN surgical team is trained in the latest techniques, and the FHN surgical suite is state-of-the-art. For example, the suite has been outfitted with television-like equipment for some time to aid in laparoscopic surgeries, but was recently upgraded with the addition of new information technology to optimize the surgeons' view for laparoscopic and other procedures. New high-definition cameras, HDTVs, industry-leading lighting and other related devices provide digital video, audio and information routing capabilities as well as crystal-clear views of extremely small body parts such as capillaries and nerve endings. SmarTrack is another example of the type of advanced information technology used by FHN surgical services that complements the unparalleled personalized care offered by our general surgeons, below, and the other providers of surgical services also listed.



FHN general surgeons Rafael Castro, MD, FACS, WCC; Barry Barnes, MD, FACS; and Anthony Zappia, MD, FACS

Other FHN Providers Offering Surgical Procedures

Larry Brinkman, MD	Orthopaedic Surgery
David Cheng, MD	Urology
David DiDomenico, MD	Urology
Kevin Draxinger, MD	Orthopaedic Surgery
John Gluscic, MD	Orthopaedic Surgery
Hanny Isawi, MD	Ophthalmology
Toni Levine, MD	Otolaryngology
Roland Tolliver, DPM*	Podiatric Surgery

* Affiliated with the Center for Wound Healing at FHN; not an employee or agent of FHN

Speakers Series

PRESENTATIONS

Every month, providers and staff from FHN present information on a health or wellness topic of interest to the public. We often partner with local organizations to add related perspectives, too! The Speakers Series is scheduled for the third Thursday of every month. All are free. Hope to see you there!

MARCH

Diabetes Discussion



Presenters from the Center for Wound Healing at FHN and FHN Food and Nutrition Services, who work with Sodexo to provide dietary services for FHN, will discuss how to help prevent or delay diabetes as well as how to treat and manage it.

Thursday, March 15 • 5:30-6:30 p.m.

**FHN Family Healthcare Center – Burchard Hills
(1010 W. Fairway Drive, Freeport)**

Register online at www.fhn.org/diabetes or call 1-877-6000-FHN (877-600-0346), ext. 901

APRIL

Warm up for Spring!



As the weather warms up, many of us are motivated to begin an exercise program, join a spring sports league, or just tackle overdue projects around the house and yard. That can mean using different muscles and joints that haven't had a good

workout all winter! Join members of FHN Rehabilitation and Massage Therapy Services as they discuss how to spring into action safely. They'll address preventive tips for both you and your kids (Little League is quite a workout!) to help minimize potential problems and what to do if you overdo it, as well as providing an overview of FHN rehab services. There'll be gardening tips, materials from the University of Illinois Extension Master Gardeners, and you can enter a drawing for complimentary massages!

Thursday, April 12 • 5:30-6:30 p.m.

FHN Family Healthcare Center – Burchard Hills

Register online at www.fhn.org/spring or call 1-877-6000-FHN (877-600-0346), ext. 901

Meet Our Doctors ...

You're probably used to hearing about new healthcare providers to FHN, and we're proud to be bringing you new faces, specialties and capabilities.

We're also proud of the providers who are already a 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 them to you again, so say hello to Dr. David DiDomenico and Dr. Harmston!



David DiDomenico MD, DO, FACS

David DiDomenico joined FHN in 2010. Board certified in urology, he sees patients experiencing problems with their urinary tracts or kidneys and men with reproductive health issues.

He and fellow FHN urologist David Cheng MD, FACS offer state-of-the-art care including neuromodulation, cryosurgery, urodynamics, ESWL (shock wave lithotripsy), holium laser treatment, urinary incontinence slings for men and women, no-scalpel vasectomy and more.

Dr. DiDomenico also offers InterStim® therapy. The InterStim device acts as a

“pacemaker for the bladder.” According to Dr. DiDomenico, “No one knows you have the device. You just have to go to the bathroom less often.”

Dr. DiDomenico holds a medical degree from Ross University School of Medicine in Dominica, West Indies and a doctor of osteopathic medicine degree from the University of Osteopathic Medicine and Health Sciences in Des Moines. He completed residencies in urology, basic surgery and urologic surgery at the University of Illinois at Chicago and its hospitals.



Greg Harmston, MD

Dr. Harmston is a board-certified family practice physician who sees patients at FHN Family Healthcare Center – Mount Carroll. He chose to specialize in family practice because he enjoys getting to know his patients and helping them to understand and improve their health.

Being a part of FHN, he says, gives him the ability to act fast on his patients' concerns. A recent patient, for example, made an appointment with Dr. Harmston for a gastrointestinal issue:

“I was able to call a specialist that day and get the patient in to see Dr. Vyas or Dr. Mehta the next day. Within two days, the patient underwent a colonoscopy.

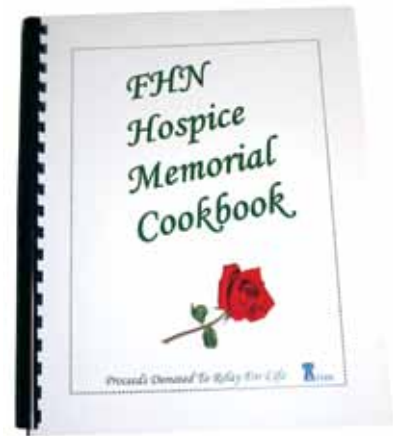
They found a tumor, and within a week's time, the patient was recovering from surgery to remove the tumor.”

“That kind of a timeline might not be possible at a larger organization. With FHN, I can get the ball rolling very quickly to take care of my patients. It saves them time and worry, and I know they're receiving excellent care.”

Dr. Harmston earned his medical degree from the Southern Illinois University School of Medicine at Springfield, and served his residency at the University of Illinois at Peoria Methodist Medical Center in Peoria.

TO MAKE AN APPOINTMENT with Dr. DiDomenico or Dr. Harmston, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 945.

'Food Memories Don't Need Words'— FHN Hospice Memorial Cookbook Benefits Relay for Life



It's amazing how the taste of Grandma's Gravy or the aroma of Tater Tot Casserole can conjure up a vivid memory of someone special.

In that spirit, FHN Hospice is sharing the love of treasured family recipes with a new cookbook perfect for giving at any time of the year. The FHN Hospice Memorial Cookbook features recipes from families of former patients, contributed in memory of their loved ones.

"Last spring, a family member of one of our former patients stopped by the office," said Nancy TerHark, FHN Hospice nurse and member of the FHN Hospice Relay for Life team fundraising committee. "She said that they missed their mother greatly, but they had arrived upon a wonderful way of keeping her memory alive. While going through cupboards and cabinets, they had come upon her 'stash' of favorite recipes. Now, at least once a week, they would make a dish that their Mom used to serve them – and what wonderful memories they enjoyed!"

"As we discussed this, it became clear that we all had specific memories of those whom we had loved and lost that were associated with foods they either made for us or shared with us," TerHark continued. "So we thought it would be a great idea to ask families who were served by FHN Hospice if they would share

their memories of their loved ones through recipes. Food memories don't need words; they don't need explaining. All that is required to bring beautiful and poignant memories tumbling through our heads is the smell or taste of that favorite meal or casserole or cookie or pie. And the FHN Hospice Memorial Cookbook was born."

Funds raised through the sale of the cookbooks go to the FHN Hospice Relay for Life team. The Relay for Life benefits the American Cancer Society, which plays a leading national role in cancer research and offers programs and education for people with cancer.

The cookbook is just \$5 and can be purchased at the FHN Hospice office (773 W. Lincoln Blvd., Freeport), the FHN Memorial Hospital Gift Shop or by contacting Nancy TerHark at 815-599-7249 or nterhark@fhn.org.



Oatmeal Cookies

In Memory of: Mae Black
Submitted by: Jeanette Roach

- 2 C sugar
- 1 C butter
- 3 C flour
- 4 eggs
- 1 tsp. cinnamon
- 2 tsp. baking powder
- 4 C rolled oats
- 1 C hot water
- 1 box raisins
- 1 tsp. soda

Dissolve soda in hot water then mix all together and drop from spoon onto greased pan. Bake at 350° to 375° until browned.

My mom, Mae Black passed away at age 54 from an enlarged heart and lung problems. This is her oatmeal cookie recipe which I love eating still today.



FHN's Mike Weaver Named Pharmacist of the Year



Weaver
is a
Winner!

FHN Director of Pharmacy Mike Weaver has been named the 2011 Pharmacist of the Year by the Illinois Council of Health-System Pharmacists (ICHP). He was honored at ICHP's October 2011 annual meeting in Oakbrook Terrace.

Mike was truly touched by the recognition. His response? "Wow," he exclaimed. "What an honor! It's important to me to be involved in my profession and in my community and this nod really reinforces that commitment. It also acknowledges the impressive accomplishments of the FHN pharmacy staff, along with the medical staff, nursing staff and administration who have supported our improvements in the field of pharmacy over the years."

"This is the highest honor that ICHP awards to its members," said Scott Meyers, ICHP executive vice president. "Mike Weaver has been selected because of his dedication to pharmacy

FHN PHARMACY INNOVATION TIMELINE

FHN was an early adopter of many innovations in pharmacy, some even before most of the larger teaching and non-teaching institutions in the state. A few examples include:

Early-1990s

Initiated pharmacist-to-dose program for select medications to help maximize effectiveness while minimizing associated toxicities and side effects of drug therapy.

Mid-1990s

Spearheaded antibiotic stewardship program to contain the use of newer, more potent, and more costly antibiotics to ensure best practice use and to limit potential for organism resistance.

Early 2000s

Implemented automated dispensing systems to improve availability of first doses for quicker initiation of therapy.

2005

One of the first hospitals in the state of Illinois to introduce patient and medication bar-code scanning technology to improve accuracy in medication administration.

2005

One of the first in Illinois to adopt electronic documentation of medication administration – a major change in nursing staff workflow processes which resulted in improvement in administration tracking and timing.

2010

Began bar-code scanning of medicines in the pharmacy department for more accurate dispensing.

2011

Partnered closely with supply chain partners to diligently monitor potential drug shortage issues, ensuring top quality patient care.

–Director of Pharmacy Hailed for Achievements, Dedication to Community

practice improvement that benefits all the patients at FHN, but also because he represents pharmacy outside the profession as a leader with the Kiwanis, Girl Scouts and United Way of Northwest Illinois. Mike does not limit his service to just one specific group but does whatever he can wherever he can.”

The award is given annually, if applicants meet the stringent criteria, to an individual of high moral character, good citizenship and high professional ideals who has made significant contributions affecting the practice of health-system pharmacy throughout the state. These contributions may have been in the form of sustained exemplary service in health-system pharmacy, or a single outstanding achievement, or a combination of accomplishments benefiting health-system pharmacy and, through it, humanity and the public health.

Weaver was ICHP president from 2006-07, is the current ICHP treasurer and has been a member of ICHP since 1980. He has served as FHN director of pharmacy since 1987 except for a

Mike Weaver is featured on the February 7 broadcast of Dial-a-Doc, sharing important information about generic vs. brand-name drugs and other information on how to be a wise healthcare consumer. Listen and learn at www.fhn.org/newsRadio.asp.

break from 1997-2002 when he served as FHN director of information and telecommunications.

According to FHN CEO Mike Perry, “Mike Weaver is an excellent pharmacist whose skill and dedication to his field are impressive. Through the years, he and his team have introduced many pharmacy-related innovations

that improve patient care and enhance our organization. He’s also a great guy, and this award recognizes not only his professional dedication to his discipline but also his personal commitment to our community. We are lucky to have him oversee our operation.”

ICHP is a state association of pharmacy practitioners who practice in inpatient, outpatient, home-care and long-term care settings, as well as pharmacy students, support personnel, faculty and industry representatives. ICHP strives every day for the advancement of pharmacy practice and improvement of patient care in the state of Illinois and across the nation. For more information about ICHP, visit www.ichpnet.org.

FHN Healthcare College Fair

Each year, FHN hosts a free college fair for anyone interested in pursuing a career in the healthcare industry. “It’s a chance for high school students preparing to transition into college and adults who are looking into a career change to learn about what area colleges are offering relating to healthcare education degrees and certificate programs,” said Roxann Blackburn, FHN Learning and Development Specialist. “By inviting representatives from colleges to bring information on course offerings and requirements, and providing a forum for a variety of healthcare professionals to share their experiences, those who attend are given great information to begin or continue their personal journey towards a career in healthcare.”

Fourteen universities and colleges in the area gathered at FHN Memorial Hospital on September 16, 2011 to set up information booths. The five Healthcare Career Exploration Sessions scheduled throughout the day offered a panel of professionals currently working in the fields of nursing, physical and occupational therapy, imaging, laboratory, pharmacy, behavioral health, respiratory, and certified medical assistants to speak on their career experiences. “We had a great turnout this year with lots of colleges, lots of people and lots of information,” said Roxann.

For more information on careers available in healthcare, check out the careers section at www.fhn.org or “like” us on facebook – Careers at FHN.

FHN Welcomes Two New Providers

– Freeport, Monroe, Orangeville Offices to Grow

Seema Kumar, MD, Joins the Neurology Department



FHN welcomes neurologist Seema Kumar to northwest Illinois. Dr. Kumar sees patients at FHN Specialty Care – Harlem Avenue in Freeport, and has experience treating patients with a wide range of neurological conditions including stroke, migraines/headaches, seizures/epilepsy, muscular dystrophy, Parkinson's disease, Alzheimer's disease, dementia, tremors, neuropathy and muscle/nerve disorders. She enjoys working with her patients and helping them better understand their unique situations. She

emphasizes, "I have experience in treating a broad range of conditions, and I believe that education is one of the most important parts of good health.

Dr. Kumar earned her medical degree from Dayanand Medical College in Ludhiana, Punjab, India. After her residency at the University of Mississippi Medical Center in Jackson, Mississippi, Dr. Kumar completed a fellowship in epilepsy at University of Michigan Health Systems in Ann Arbor, Michigan.

The neurology department welcomes Dr. Kumar, who will see patients both at her Harlem Avenue office and at FHN Memorial Hospital in Freeport. To make an appointment, call toll-free 1-877-6000-FHN (1-877-600-0346) ext 976.

Tanya Guntly, PA-C, Sees Patients in Monroe and Orangeville



Tanya Guntly, Physician Assistant-Certified (PA-C), has joined FHN and is seeing patients at FHN Healthcare Center – Monroe, Wis., and FHN Family Healthcare Center – Orangeville.

Tanya has a master's degree in physician assistant studies from Marquette University in Milwaukee, where she also

earned her undergraduate degree in biomedical sciences. As a physician assistant, she is working collaboratively with Jeffery Schleich, MD to deliver team-based, patient-centered

care. Physician assistants are trained to conduct physical exams, treat patients' illnesses and injuries, develop and carry out treatment plans, provide preventive healthcare counseling, suture wounds, order and interpret lab tests and write prescriptions. She is certified by the National Commission on Certification of Physician Assistants and has experience in family medicine, neurosurgery and pain management.

To make an appointment with PA-C Tanya Guntly at FHN Healthcare Center – Monroe call toll-free 1-877-6000-FHN (1-877-600-0346) ext 921, or for FHN Family Healthcare Center – Orangeville, toll-free 1-877-6000-FHN (1-877-600-0346) ext 904.

FHS Volleyball Went Pink to Raise Funds for FHN Cancer Center

The Freeport High School volleyball teams were decked out in pink for their games on October 17 against Hononegah. No, the Lady Pretz hadn't gotten tired of orange and black; the teams donned pink t-shirts in support of National Breast Cancer Awareness Month.

FHN Imaging Director Robin Scalise and Nurse Navigator Jennifer Schierer were on hand for the game to give spectators treats and information about the importance of regular mammograms. Many of the fans wore pink too. Team members sold special t-shirts designed for the occasion and together with other fundraising efforts, raised \$650 for the FHN Leonard C. Ferguson Cancer Center. **THANK YOU, LADY PRETZ!**

FHN Nurse Navigator Jennifer Schierer (left) and Foundation Executive Director Terry Egan accept a check from the team.





FHN's Festival of Trees

Each year, FHN celebrates community health during the holidays with the FHN Festival of Trees. The festival is a series of events including Community Tree Lighting at FHN Memorial Hospital, Santa visits at the library, Singin' at the King and other holiday choral events, the FHN Family Holiday Movie Series, and of course a special gala.

This year's gala, the FHN Holiday Partini, featured a 1950's theme. All proceeds from ticket sales and donated auction items went toward the FHN Leonard C. Ferguson Cancer Center expansion. Thank you all for making this year's Festival of Trees a special success!



[more photos >>>](#)

NIHP on the Move – Now Serving Customers at Freeport's Lincoln Square

Northern Illinois Health Plan (NIHP) moved from its long-time Stephenson Street location to Lincoln Square, 773 West Lincoln Boulevard, Suite 402 (in the former Lincoln School building). The move provides clients with ample parking and easy access to NIHP offices and representatives. Many area employers utilize NIHP's insurance-related services, so thousands of local people interact with them on a regular basis while relying on their strong customer service team.

Phone numbers and e-mail addresses remain the same for all NIHP contacts. Anyone with questions about the relocation may call 815-599-7050 or 800-723-0202.

Northern Illinois Health Plan is a regional supplier providing PPO and third party administration services, care management and more to self-insured businesses throughout northern Illinois and southern Wisconsin. For more information about Northern Illinois Health Plan, visit www.nihp.com.



FHN's Festival of Trees Continued



Insight

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