

Inight

A publication of FHN

Volume 5, Issue 1



Delivering Excellence in Stroke Care

M.O.M. Cleans Up Infection Statistics!

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FHN
1045 W. Stephenson St.
Freeport, IL 61032



We're here, for you.

FHN



Welcome to 2014!

For our first issue of INSIGHT this year, we're featuring stories about our achievements in stroke care and patient safety, along with information to help you stay healthier by learning about diabetes and how to stop smoking.

We're also including an insert about the Affordable Care Act, sometimes referred to as Obamacare. It includes some frequently asked questions and answers, and gives you details about where you can learn more and register for coverage. As our legislatures work through the many

nuances of this new law, we'll try to share more insights and information from our perspective as your healthcare provider.

Your wellbeing is important to us at FHN, and we'll be providing many fun and educational opportunities to get and stay fit throughout the year; you can read here about a number of events and activities already planned for this spring.

Speaking of spring, I'm sure that you're as eager as I am for our cold, snowy winter to be over! I hope to see you out and about when I'm walking my dog, biking, or participating in the many community events Northwest Illinois has to offer.

I look forward to sharing the year with you, and to reporting on good news from FHN on these pages during 2014. We're here for you, and we thank you for choosing FHN!

SPRING EVENTS!

2014

Mark your calendar now for these upcoming FHN events!

March 26

Speaker Series: Kidney and Urologic Health

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport
5:30-6:30 p.m.

Many people don't realize the connection between urologic functions and kidney health. Dysfunction in any one of this related group of organs — including your kidneys, bladder, and prostate (for males) — can impact your overall health. Join FHN's Urology and Nephrology Health Team — David Cheng MD, FACS, David DiDomenico MD, DO, FACS, and Farhan Khan MD — in a discussion about how to keep these important organs functioning properly for both men and women.

April 23

Speaker Series: Pediatric Therapy

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport
5:30-6:30 p.m.

Learn about pediatric speech and occupational therapy, what each can provide for children, and the types of treatments available at FHN. Our therapists will also discuss community programs for children and support groups for parents that are offered in the area. Help choose a date for a free therapy screening, sometime after the presentation, for your child or children!

May 17

FHN Family Health Spring Fair

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

Enjoy a multitude of hands-on displays and exhibits to keep you and your family healthy this summer at the FHN Family Health Fair from 10 a.m. to 1 p.m. Visit with pediatricians and other healthcare providers, get tips and recipes for healthy summer eating, enjoy a bike safety rodeo, and have your child's car seat checked for safety checks, along with many other fun and educational activities!

May 28

Speaker Series: Stroke Care

FHN Memorial Hospital – Globe Room (lower level, enter through main east entrance and follow signs)
1045 West Stephenson St., Freeport
5:30-6:30 p.m.

Stroke is a stop in the flow of blood to the brain either by blockage (clot) or by hemorrhage (bleeding) in the brain. It is the fourth leading cause of death in our country and is a medical emergency, but do you know how to recognize a stroke or what to do if one is happening to you or someone you love? Learn the signs and symptoms of stroke, how you can help prevent one, and the treatment options available in a discussion with FHN Stroke Program Coordinator Tracy Love, RN, BSN. Tracy will also demonstrate new state-of-the-art diagnosis equipment used in FHN's emergency department.

A Warm Welcome

Primary Care, Radiation Oncology Providers Join FHN



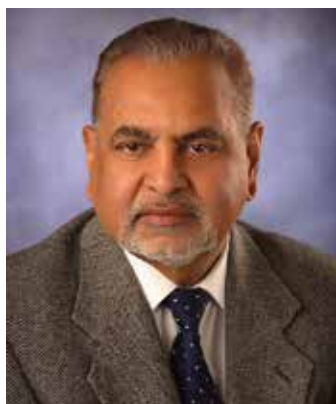
Internal medicine/pediatrics physician **Sandra Jackson, MD**, has joined the caring team at FHN.

Dr. Jackson earned her medical degree from Rosalind Franklin University of Medicine and Science in North Chicago, Ill., and served her med/peds residency at Rush University in Chicago.

Before medical school, she earned a bachelor's degree in biology and chemistry from Xavier University of Louisiana in New Orleans. She began her postgraduate medical studies in the Chicago Public Schools Practical Nursing Program, where she graduated with high honors and certification as a Licensed Practical Nurse.

Dr. Jackson is board-eligible in internal medicine and pediatrics and a member of the American Academy of Pediatrics. She can serve as a primary healthcare provider for patients of all ages, and sees patients at the FHN Family Healthcare Center – Burchard Hills in Freeport. To make an appointment with Dr. Jackson, call her office toll-free at 1-877-6000-FHN (1-877-600-0346) ext. xxx.

Board-certified radiation oncologist **Jyoti Kalra, MD**, has joined the FHN cancer care team.



Dr. Kalra holds a medical degree from Gajra Raja Medical College in Madhya Pradesh, India. He served his residency at the University of Wisconsin Hospital in Madison, Wis. He was named Chief Resident during his final year in the program.

After his residency, Dr. Kalra completed a fellowship in radiation oncology at Michael Reese Hospital in Chicago, where he received the American Chemical Society Fellow Award.

He has served as faculty member at University of Illinois Hospital in Chicago Illinois and also as a faculty member at Cooper University Hospital in New Jersey. Dr. Kalra is trained in Intensity-Modulated Radiation Therapy (IMRT), Image-Guided Radiation Therapy (IGRT), and stereotactic radiosurgery (SRS) radiation oncology procedures and is an experienced Radiation Oncologist with more than 25 years of experience in the field.

Dr. Kalra sees patients at the FHN Leonard C. Ferguson Cancer Center. To make an appointment with him, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. xxx.

Nancy Hunziker, BC-FNP, has been caring for FHN patients since 1991, and is now seeing patients as a board-certified family nurse practitioner at the FHN Family Healthcare Center – Burchard Hills in Freeport.

While working as a registered nurse at FHN Memorial Hospital, Nancy earned her master's degree in nursing from St. Anthony College of Nursing in Rockford. She holds a bachelor's degree in nursing from Rockford College and a nursing diploma from the St. Anthony Medical Center School of Nursing in Rockford.



In her new role at FHN, Nancy is trained and certified to diagnose and treat routine or minor ailments, manage acute illnesses and injuries and stabilize long-term chronic illnesses. She works in cooperation with FHN physician Lawrence Luy, MD, and can order tests and prescribe medications.

Nancy can serve as a primary healthcare provider for people of all ages. To make an appointment with her, call her office toll-free at 1-877-6000-FHN (1-877-600-0346) ext. xxx.

Happy New Baby!

FHN Welcomes New Year's Baby Elias Beasley

Haley Gischer and Brian Beasley welcomed their son, Elias Anthony Beasley, to the world at 6:36 p.m. Jan. 1, 2014 at FHN Memorial Hospital in Freeport. Freeport's New Year's Baby Elias weighed 9 pounds, 1.5 ounces and measured 20 inches long. Congratulations, Mom and Dad, and we're glad to meet you, Elias!



Critical Care Close to Home

FHN Making Strides in Stroke Care

Stroke is the No. 4 cause of death and one of the biggest causes of disability in our country. The numbers are staggering:

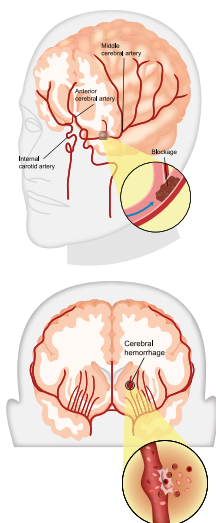
- Stroke kills more than 137,000 people each year
- Stroke claims the life of someone every 4 minutes
- Every 40 seconds someone in the U.S. has a stroke
- Approximately 795,000 Americans each year suffer a new or re-occurring stroke

A stroke can leave a person with a wide range of disabilities, from mild to life-threatening. Some disabilities can range from trouble reading, writing or talking to paralysis, seizures, memory loss, difficulty walking, and more. According to the American Stroke Association, stroke-related medical costs and disability amounted to about \$73.7 billion in 2010.

What Is a Stroke?

A stroke happens when blood flow to a part of your brain is stopped. There are two types of stroke:

- A blood clot or blockage in a vessel in the brain, which is called an **ischemic stroke**
- A blood vessel “breaking” and bleeding into the brain, which is called a **hemorrhagic stroke**



Both types of stroke are a medical emergency, and every minute of delay can mean brain cells lost. If you or someone you are with may be having a stroke, call 9-1-1 immediately.

Stroke symptoms can include:

- Sudden numbness or weakness of the face, arm or leg (especially on one side of the body)
- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

At the Hospital

When you get to FHN Memorial Hospital, your care team will work quickly to assess what type of stroke you are experiencing and begin treatment as soon as possible.

The care begins in the hospital's Emergency Department. As a patient enters the hospital with symptoms of stroke and their symptom onset is less than eight hours from when they were last known to be symptom-free, the Acute Stroke Team is called to action. The Stroke Team includes the hospital's Rapid Response Team, Emergency Department nurses and physicians, remote neurologists (see Teleneurology on page 5), the Imaging and Laboratory departments, and the stroke program coordinator.

“The Imaging and Laboratory departments work with the Emergency Department or inpatient unit, if the patient is already hospitalized, to expedite tests based on national

The best way to remember the symptoms of a

STROKE
is the word
F.A.S.T.!

Face

Does one side of the face droop? Ask the person to smile. Does one side of the face look different than the other (drooping)?

Arm

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech

Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly or do the words sound thick or hard to understand?

Time

If the person shows any of these symptoms, **CALL 911** and get to the hospital ASAP

standards of best practice for stroke care,” says FHN Stroke Program Coordinator Tracy Love. “There have been some amazing advances in what doctors can do for patients who are experiencing a stroke. Since time is of the utmost importance in treating a stroke, every minute counts. If the patient is having an ischemic stroke (caused by a clot), our stroke team may be able to treat the patient immediately with a medication to dissolve the clot and restore flow of blood to the brain.”

If the patient isn't a candidate for this medication but may be a candidate for advanced interventional treatments, the stroke team works via a physician-to-physician transfer line with the specialists at Alexian Brothers Health System in Elk Grove, Ill., a Joint Commission Certified Comprehensive

(continued, page 5)

Stroke Center, to determine if the patient is a candidate for any of the advanced services available there. If further advanced treatment is needed, transfer is facilitated from FHN.

Continuing Care

Once the emergency is over, the stroke patient and his or her loved ones can shift their focus to getting better.

FHN's extended stroke team includes an inpatient nursing staff trained in caring for stroke patients as well as social workers and case managers who work with patients and their loved ones to coordinate resources and get them back to what might be a "new normal" after stroke.

"Our team of physical and occupational therapists and speech language pathologists begin to work with stroke patients right away while they are in the hospital," Tracy says. "Recovery can take a while, so patients often continue physical and occupational therapy after they leave the hospital. Working with this team can ease that transition."



From Left to Right: Paul Stadel BSN RN, Shelly Kostenbader R.T. (R)(C.T.), Tracy Love BSN RN, Laura Shelly RN, Diane Bardell BSN RN-BC, Doug Toepfer EMT-P, CHEC II

Teleneurology Expert Care Close to Home

Since late 2013, FHN has been collaborating with Eagle Physician Telemedicine to offer a teleneurology program at FHN Memorial Hospital. This specialized solution enables a neurologist at a different location to be brought to a stroke

patient's bedside via a "robot-like" computer screen brought into the care area. The physician and patient are able to interact with each other through camera, video and sound.

This interactive approach to care allows the FHN Stroke team and remote neurologists to communicate with each other as they assess symptoms, discuss a diagnosis and prepare a treatment plan. The remote presence neurologists are available within minutes, 24 hours a day, 7 days a week, 365 days a year.

The Eagle Physician Teleneurologists are highly qualified physicians who specialize in caring for stroke patients. When called in for consultation, they have access to your records and charts and work directly with your FHN team to coordinate your care. The remote neurologist will answer any questions you or your family may have via the computer screen.

"This program enables us to care for patients who previously may have had to transfer to a more distant facility for critical care," says FHN Stroke Program Coordinator Tracy Love, BSN RN. "Patients receive state-of-the-art emergent neurologic care close to home, where family and friends can provide the support they need."



FHN is an active participant in the American Stroke Association's Get With the Guidelines®-Stroke registry program, which sets research-based guidelines for treating stroke patients. FHN has received the Bronze Quality Achievement Award from the Get With the Guidelines® Registry this year. The Bronze award is the first level of achievement for this program. From left, Kathleen O'Neill, American Heart Association Regional VP, Quality and Systems; Tracy Love, RN, BSN; Michael Perry, MD, FHN President and CEO

TOP 10 QUESTIONS



What is the Affordable Care Act (ACA)?

The Patient Protection and Affordable Care Act (ACA), sometimes referred to as Obamacare, is a Federal law passed in 2010 that is designed to provide healthcare insurance coverage for everyone, even if they haven't been able to find or afford insurance in the past. The first enrollment for coverage began October 1, 2013 and ends March 31, 2014.

The ACA makes it illegal for health insurance companies to

- Deny coverage to children because of a pre-existing condition like asthma or diabetes
- Put a lifetime limit on how much care they will pay for if you get sick
- Cancel your coverage when you get sick by finding a mistake on your paperwork

The ACA also:

- Requires insurance companies to spend 80 cents of every premium dollar on healthcare or improvements to care – or you get money back
- Allows young adults under the age of 26 to stay on their parents' health plans
- Increases the availability of free preventive care to many Americans. Some of the services available with no co-pay or deductible include:
 - Mammograms and other cancer screenings
 - Vaccines
 - Blood pressure and cholesterol screenings
 - Birth control
 - Depression screenings



Who needs to have health insurance?

All U.S. citizens and permanent residents are required by law to have health insurance by March 31, 2014 or pay a fee. There are some exceptions, but they aren't broad – you will be able to see what they are when you enroll or you can check www.getcoveredillinois.gov.



DID YOU KNOW?

If you make \$45,960 or less a year as an individual (or \$94,200 for a family of four), you can apply for a tax credit to help pay for health insurance coverage

If you make \$15,856 or less a year as an individual (or \$32,499 for a family of four), you may be eligible for Medicaid coverage

"Pre-existing conditions" like asthma or diabetes are no longer a barrier to getting affordable health insurance

Insurance companies can't put a "lifetime limit" on your healthcare spending

Learn more about the nation's new health insurance law, the Affordable Care Act (ACA)!

About the New Health Insurance Law

3

How can I be covered?

There are a number of ways you can be covered, including:

- Medicaid – the ACA has expanded eligibility and benefits for Medicaid
- Medicare
- Plans bought through the Health Insurance Marketplace
- Private plans, including employer-provided insurance (including retirement plans and COBRA)

If you have a question about insurance offered at your place of employment, please ask your employer; even if coverage is offered by your employer, you may still be eligible for and/or interested in checking out healthcare insurance coverage at the Health Insurance Marketplace.

Other plans like CHIP, TRICARE, and certain other plans for veterans and Peace Corps volunteers are also valid. And remember, young adults up to the age of 26 can remain on their parents' plans.

Please note: If you are already covered by Medicaid or Medicare, you don't need to do anything, and re-applying will not get you a "better deal."

4

How do I know if I'm eligible for the expanded Medicaid coverage?

The screening questions at www.getcoveredillinois.gov will confirm this for you. For the first time, Medicaid will be available to all low-income adults regardless of parenting or health status. The following new groups of people are eligible as of January 1, 2014 because of the expansion:

- Adults age 19-64 without dependent children making \$1,321 or less per month as an individual (\$15,860 annually) or \$1,784 or less as a couple per month (\$21,400)
- Former foster children age 18-25, regardless of income, who were on Medicaid when they exited foster care because of their age

5

I'm not eligible for Medicaid or Medicare – how can I get enrolled?

Go to www.getcoveredillinois.gov and answer the screening questions there. Based on your responses, mostly related to income, you will be connected to apply for Medicaid or directed to the online Illinois Health Insurance Marketplace (also sometimes referred to as an exchange) to apply for coverage.

6

What is a Health Insurance Marketplace?

This is a website where you can compare private health insurance plans, choose the one that's best for you, and apply for coverage. You may also apply there for federal financial assistance to lower your costs.

You can also complete this process over the phone, on paper (through the mail), or by arranging an appointment with a local resource such as the Stephenson County Health Department (815-599-8421). For Illinois, you can reach the Health Insurance Marketplace at www.getcoveredillinois.gov.



7

Who is eligible to shop for coverage at the Health Insurance Marketplace?

All Illinois residents, regardless of income. (Small businesses with 50 or fewer full-time equivalent employees may also shop at the Marketplace for their businesses – if you are a business owner, please see your business insurance agent for more information.)

8

What is the income level to apply for federal financial assistance with insurance bought at the Health Insurance Marketplace?

At the Health Insurance Marketplace website, you can apply for a tax credit to help pay for your insurance coverage if you make \$45,960 or less as an individual or \$94,200 for a family of four. More details can be found online at www.getcoveredillinois.gov. (Tax credits are also available for small businesses meeting specific criteria – again, if you are a business owner, contact your business insurance agent for more information.)

9

What will it cost to buy healthcare coverage insurance at the Health Insurance Marketplace?

This will depend on the benefits you want and the plan you choose, as well as your eligibility for federal financial assistance (see Question No. 8). The Marketplace will allow you to compare plans and provide pricing options. Remember that the goal of the ACA is to provide health coverage for everyone, so you should be able to choose insurance to fit your budget.

10

What if I don't have healthcare coverage insurance by March 31, 2014?

Unless you have an exemption or a qualifying life event, you will pay a fee when you file taxes. There are some exemptions, and the fees are done on a sliding scale depending on your income. Also, if you're uninsured for less than three months of 2014 (for example, if you don't apply until the March 31 deadline), you will not have to pay a fee. For more details, visit www.getcoveredillinois.gov.

If you have questions about the ACA or would like help signing up, visit www.fhn.org/affordable-care-act-signup.asp or call the Stephenson County Health Department at 815-599-8421. You may also call an FHN Patient Account Representative for help at **877-720-1555** or reach the Illinois Department of Human Services Family Community Resource Center at **815-232-6123**.

For more information online, visit www.getcoveredillinois.gov.

Paying it Forward



Julie Cahoon, and Orangeville grade school teacher, lost her husband in a snowmobiling accident in December 2012. To help herself and her three children deal with their grief, she decided to “pay it forward” to other people who need a helping hand. Since then, she and her family have delivered snippets of support – always in threes, one for each child – to a variety of local causes, from flowers for seniors in a nursing home to pink gift bags filled with little indulgences for breast cancer patients at FHN’s Leonard C. Ferguson Cancer Center in October. The bags were given to breast cancer patients selected by the staff at the Cancer Center.



Quitting is Winning

FHN Offering Tobacco Cessation Classes

Quitting tobacco use is the best decision you'll ever make, but it is difficult. That's why there are so many kinds of help available for when you're ready to quit.

Your healthcare provider can prescribe medications that can help you quit smoking or using tobacco. You can also find tips and advice online – the American Lung Association has some very good information available at www.lung.org.

Research indicates that people achieve more success when they participate in their cessation effort with others! If you think quitting as part of a team could help you, sign up for the FHN Quit Smoking/Tobacco Cessation Group. Participation is limited to the first 20 people who sign up for each group, and it can be helpful whether you smoke cigarettes or use tobacco another way.

"Each group meets for six consecutive weeks, and focuses on a different



aspect of quitting for each session," says Jennifer Aurand, PsyD, FHN Family Counseling Center Director. The Evidence Based session topics include:

SESSION 1 – Risks of smoking and nicotine use; benefits of quitting; physical and mental health consequences of smoking.

SESSION 2 – Identify your level of dependence on nicotine; methods of preparing to quit smoking; triggers and

reasons individuals use nicotine; link between smoking, behaviors, thoughts, and feelings.

SESSION 3 – Myths about quitting smoking or using nicotine; techniques for coping with withdrawal symptoms; concerns and fears regarding quitting; reasons for quitting smoking; anger management techniques to more appropriately handle emotions.

SESSION 4 – Methods of preparing to quit smoking; psychoeducation on medications and nicotine replacement therapies; strategies for changing habits.

SESSION 5 – Psychoeducation on withdrawal symptoms; techniques for managing withdrawal symptoms and minimizing urges to use; 5-step model for problem solving; thinking errors and how such errors contribute to relapse; identify and correct irrational thinking.

SESSION 6 – Relapse prevention plans; alternatives to smoking; stress management techniques to use healthier alternatives to cope with stress and nicotine cravings.

The cost of the group is \$60 and must be paid at the time of enrollment.

The Quit Smoking / Tobacco Cessation Group will be offered three more times in 2014:

First-session dates are: April 22 ▪ July 22 ▪ October 21

Each class meets from 5:30 – 6:30 p.m. Tuesdays at FHN Memorial Hospital in Freeport

For more information or to enroll in the next class, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 999.

The FHN Casino Loyale Gala 2013 was a great success – and a lot of fun!

The event raised funds – administered by the FHN Foundation – for for FHN's Beyond Words animal-assisted therapy dog program, which will debut later this year, and for Friends Forever Humane Society.

FHN President and CEO Michael Perry, MD, right, presented a \$4,000 check to Carol Falconer, Shelter Manager at Friends Forever, and Doug Toepfer, Friends Forever Humane Society president at the time.

This year's donations were made possible through the generosity of our Gala table sponsors, including:

- Winter Design, Inc.
- Winter Construction, Inc.
- Berner Foods and Beverage, Inc.
- Rockford Anesthesiologists
- Sodexo
- FHN Infectious Diseases Department
- State Bank of Freeport
- McPherson Law Offices
- Dr. Vivek Mehta
- Furst-McNess Company
- Savant Capital Management
- FHN Orthopaedics
- FHN Cardiology
- Loescher Heating & Air Conditioning
- Lingle Design Group, Inc.
- Highland Community College Foundation
- Big Radio
- US Bank
- FHN Surgical Services

M.O.M. is FHN's Infection-Fighting Superhero

UV Light Disinfection Helping Keep Patients Safe

It didn't take long for M.O.M., FHN's portable disinfection robot nicknamed the Microorganism Obliterating Machine or MOM, to produce results. FHN started using the machine, which is manufactured by Xenex and uses UV light to disinfect hospital rooms, in June 2013, and saw a dramatic drop in infections after surgery.

"We report our infection numbers to the National Healthcare Safety Network, a part of the Centers for Disease Control, at the end of each year," says FHN Infection Preventionist Margie Kochsmier. "In 2012, we had four cases of post-surgical infection; in 2013, we had zero."

FHN Environmental Services (ES) Director Kris York ensures that ES technicians receive special training in UV disinfection before they use M.O.M. to disinfect patient rooms, areas of the FHN Leonard C. Ferguson Cancer Center, and the hospital's surgical suites.

Before the hospital had M.O.M., surgical patients who had tested positive for MRSA had to be scheduled as the last patient of the day to allow time for extra-thorough cleaning. Now, these patients can be scheduled any time. The room is cleaned using the seven-step cleaning process, and is disinfected with M.O.M. in 5 - 10 minutes and is ready for the next patient.

"When I talk to patients about our Xenex machine, they have



a sense of security in knowing that we have taken steps to keep them safe, reducing infections that could cause them extra time in the hospital and additional treatment or medications," Margie says. "Using this new technology is a good example of our commitment to patient safety and healthcare excellence, and another way to offer our community excellent patient care."

How Does M.O.M. Kill Germs?

Ultraviolet disinfection is common in everything from laboratories to vacuum cleaners. FHN's Xenex robot uses high-energy ultraviolet light produced by xenon gas powered bulbs to super-disinfect rooms.

The UV-C energy passes through the cell walls of bacteria,

viruses and bacterial spores. Once the energy is inside the microorganism, it is absorbed by the DNA, RNA, and proteins. The energy fuses the microorganism's DNA, rendering it unable to replicate and no longer infectious.

After cleaning the room using the seven-step cleaning process, sweeping and mopping the floor and wiping surfaces clean, the Environmental Services technician brings the Xenex machine into the room, opens doors and drawers to expose the most surface area for disinfection, and leaves the room. The machine emits blasts of UV light that destroy bacteria and germs in the empty room. (The light cannot pass through glass or other materials so it is harmless to people outside of the room; no one can be in the room, though, while it is being disinfected.)

Diabetes 101:

Does Your Diet Matter?

You hear a lot about diabetes these days, from commercials for blood testing gadgets and insulin “pens” to news stories about “America’s newest epidemic.” But what is diabetes? How do you get it? And, most importantly, can you prevent it?

The American Diabetes Association estimates that a little over 8 percent of the U.S. population – more than 25 million children and adults – have diabetes, a disease in which the glucose (sugar) levels in your blood are too high. Glucose comes from the foods you eat.

When it is functioning properly, your body makes insulin, a hormone that helps your body use glucose for energy. Some people’s bodies don’t make insulin at all – they have Type 1 diabetes.

The most common type of diabetes is Type 2, in which your body doesn’t make or use insulin well, and can’t use up the glucose in your diet.

Having too much glucose in your blood can cause a lot of problems, like heart disease, stroke and damage to your eyes, kidneys and nerves. People who have diabetes must control their glucose levels through diet, exercise and sometimes medication.

“Our goal is to help our patients control their blood sugar levels through diet and exercise,” says FHN Diabetes Educator Nicolette Drane, RD, LDN, CDE. Nicolette, a registered dietitian, teaches FHN’s Diabetes Basics courses as well as the upcoming **Small Steps. Big Rewards.** pre-diabetes class, which is free and open to the public.



“Taking a few steps today to make your diet and lifestyle healthier can actually reduce your risk of developing diabetes,” Nicolette says. “And if you’ve been diagnosed with diabetes, following a healthy diet and getting enough exercise may reduce the amount of medications you need to take to control your glucose levels.”

Diabetes Education – Take Small Steps and Get Big Rewards!

FHN offers a range of diabetes education for adults, whether you’re simply curious, recently diagnosed, or a long-term diabetic. Education is provided in a variety of ways including individual appointments and group sessions. Even small steps can reap big rewards in delaying or preventing diabetes, or living better and longer with a manageable condition. All classes are FREE and held at FHN Memorial Hospital in Freeport.

Call 1-877-6000-FHN, ext. 970, to register or learn more.

Small Steps, Big Rewards –

Learn risk factors for developing diabetes, and how to delay or prevent it.

March 20, 5-7 p.m.

Diabetes Basics – Group sessions that teach the skills needed to manage this disease.

March 17, 9-11 a.m.
March 19 & 20, 9 a.m. – noon

April 14, 1-3 p.m.
April 16 & 17, 9 a.m. – noon

May 12, 9-11 a.m.
May 14 & 15, 9 a.m. – noon

Diabetes Support Group –

For anyone in the general public with diabetes. No registration required.

April 7, 5-6 p.m.
May 5, 1-2 p.m.

Learn more about FHN’s diabetes education at www.fhn.org.





Meet Our Doctors ...

You're probably used to hearing about new healthcare providers at 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 re-introduce them to you, so say hello again to Dr. Terry Miller and Dr. Toni Levine!



Toni Levine, MD, FACS

Dr. Levine is board-certified in otolaryngology and has been caring for patients at FHN Specialty Care – Stephenson Street in Freeport since 2007. Otolaryngologists are often called ENTs and treat diseases and conditions of the ear, nose and throat.

“Earaches, sinus problems and sore throats are common afflictions, but many people don't realize how much their ears, nose and throat affect their overall health,” says Dr. Levine. “I'm often able to help my patients overcome balance problems, dizziness and even problems stemming from lack of sleep due to snoring.”

Dr. Levine earned her medical degree from the University of Illinois College of Medicine in Chicago and served her otolaryngology residency at Northwestern University in Chicago.

She is a Fellow of the American College of Surgeons, of the American Academy of Otolaryngology Head and Neck Surgery, the American Academy of Otolaryngologic Allergy and of the American Society for Head and Neck Surgery.



Terry Miller, MD

Board-certified family practice physician Terry Miller, MD, has been caring for patients at FHN Family Healthcare – Highlandview Drive in Freeport since 1992.

He holds a degree from Southern Illinois University School of Medicine in Springfield, Ill. and completed his residency at the University of Illinois College of Medicine in Rockford.

“My goal is to help my patients achieve and maintain the best health possible,” says Dr. Miller.

“As a family practice physician, I care for people of all ages and whether I'm working with an adult, an older adult or the parents of a child, I believe it's important to talk with them about how their diet and lifestyle choices affect their health.”

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

Insight

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