

# Insight

**Complete Cancer Care, Close to Home**

**Vaping and Teens**

**Join Our Allied Health Team**

**Spring Event Calendar**



*We're here, for you.*

**FHN**



MARK GRIDLEY, PRESIDENT AND CEO

## Stay Warm, Spring is On the Way!

It has been a challenging winter! The truly historic cold was a reminder of how powerful Mother Nature is – and how we need to be prepared at all times. FHN was indeed well prepared and I'm very thankful for that, although I am certainly looking forward to the bright colors of springtime ... soon!

In this issue of INSIGHT, we're **highlighting the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital**, where patients receive university-level treatment close to home. Cancer treatment can really take over someone's life, and the convenience of having treatment nearby, without giving up anything in terms of treatment excellence, allows friends and family to assist more readily and also lets patients rest and heal in the comfort of their own homes. That is the power of community-centered care!

We provide an **at-a-glance summary of five of our key service areas** – cardiology, cancer care, wound care, vein care, and bone and joint care (orthopaedics) – that highlight our strengths in each, as well as summarizing what's new and including patient comments about their experience.

You'll **learn about the dangers of vaping**, which is unfortunately becoming more prevalent among teens as well as adults. Our experts weigh in on the

### save the date

## Family Health Fair/Healthy Kids Day

9 a.m. – noon • Saturday, April 27  
Family YMCA of Northern Illinois • 2998 W Pearl City Rd, Freeport

Join dozens of healthcare providers and staff to learn more about healthcare for you and your family, from infants to seniors, at this free event featuring games, giveaways, and great ideas for everyone. FHN is joined this year by the All Our Kids (AOK) Early Childhood Network and the Stephenson County Health Department in presenting information specific to babies and newborns as their New Baby Expo becomes part of the Family Health Fair. Bring everyone for a taste of Spring and lots of motivation to stay healthy all year!

**Join us April 10 for an Open House at the FHN Vein Center!**  
(see details, page 3)

## FHN Speaker Series Stroke Care – Every Minute Matters

5:30 – 6:30 p.m. • Wednesday, May 8  
FHN Family Healthcare Center – Burchard Hills  
1010 W. Fairway Drive, Freeport

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 fifth leading cause of death in our country; someone has a stroke every 40 seconds, and someone dies of

harm this habit causes. You'll **meet our newest Podiatry team member, our Patient Financial Counselors, the recipients of our annual scholarships, and the first baby of 2019** welcomed at the Birthing Center at FHN Memorial Hospital. You'll also **read about an open house coming up soon at our Vein Center as well as a number of other springtime and summer events** that we'll be enjoying in the warmer weather to come and **how some special donors helped provide a makeover for our Family Centered Care Room and Lounge**, which are typically used by FHN Hospice Care patients and their families.

Finally, you'll **learn about the many career opportunities at FHN in Allied Health**. What's Allied Health? Read the story and find out! And if you are interested in any of these positions – or know someone who might be – please send them our way. We'd be delighted to visit with them.

We've got a lot on our calendar for 2019, including a really **fun spy-themed Gala for this year's Festival of Trees** – check out the information and get your tickets early at a discount. I'm looking forward to seeing you there and at many other events throughout the year, but as we go about our busy days, I don't want to miss the opportunity to thank you for the privilege of caring for you – we are honored to provide healthcare excellence for our communities, and strive to do so for every person, every time. **Thank you for choosing FHN!**

stroke every 4 minutes. Stroke also is a leading cause of serious long-term disability, reducing mobility in more than half of stroke survivors over age 65. 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. Register online at [www.fhn.org/strokecare](http://www.fhn.org/strokecare) or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

## FHN Speaker Series It's Never Too Early to Plan Ahead

5:30 – 6:30 p.m. • Wednesday, June 12  
FHN Family Healthcare Center – Burchard Hills  
1010 W. Fairway Drive, Freeport

You probably have thought about how to get a will done or make sure that your family has insurance to help cover expenses when you die, but have you thought about what you want for you? While no one really likes thinking about how we'd like to spend our last days, weeks or months on Earth, making decisions about your care is just as important as deciding your insurance beneficiary. It's actually much easier to do when we're in good health and can talk less emotionally with our healthcare providers, and it's a great feeling to know that you have those personal decisions all handled and in place. Join Rebecca Pedersen, MD – well-known in the community for her ability to matter-of-factly address this topic – in an open discussion about end-of-life care in this free presentation. Register online at [www.fhn.org/advancedirectives](http://www.fhn.org/advancedirectives) or by calling toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.

# Come Get a 'Leg Up' at the FHN Vein Center Open House



**Valerie:** "I couldn't believe how much better I felt – almost immediately. Now I feel no pain. Thanks FHN!"

Do varicose veins run in your family? Are your legs tired, painful, or heavy feeling? If so, please plan to visit us at the FHN Vein Center Open House to learn more about ways to rejuvenate your gait. You don't have to suffer!

## Join us ...

**What:** FHN Vein Center Open House, featuring our Vein Center Team – includes wine, cheese, and other refreshments; door prizes; and registration for free vein screenings.

**When:** 3–6 p.m. Wednesday, April 10

**Where:** New location! FHN Vein Center has moved to the 1st floor of FHN Memorial Hospital. New rooms provide a more private and updated look and feel.

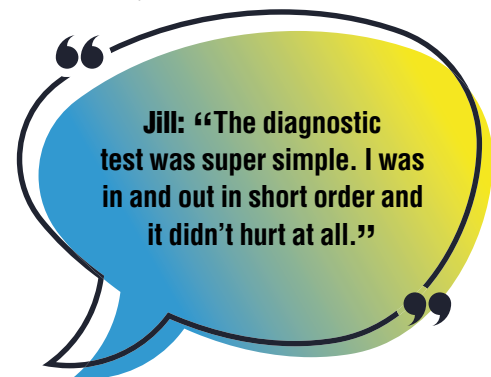
**Who:** Anyone who suffers from leg troubles is encouraged to come by and learn more about non-invasive diagnostic testing and innovative medical procedures that can eliminate pain, swelling, tenderness, and limited mobility. If you want healthier legs, this event is well worth your time.

**Why:** It is estimated that 40 percent of people in the United States have chronic venous insufficiency. It occurs more frequently in women than in men (though many men are also diagnosed), and is most common in people over age 50. Related non-cosmetic conditions are often easily treated and are usually covered by insurance, including Medicare. Please plan to come and meet our Vein Center team for answers to your questions about leg health.



## Did You Know ...

- Heredity is the No. 1 risk factor for varicose veins.
- "Standing" or "sitting" professions increase your risk of venous insufficiency (think retail clerks, cashiers, computer programmers, and pilots).



**Jill:** "The diagnostic test was super simple. I was in and out in short order and it didn't hurt at all."

- Aching, cramping, burning, throbbing, swelling, numbness, and itchiness can all be symptoms of venous disease.
- All procedures at the FHN Vein Center are performed on an outpatient basis with typically rapid recovery.

Come to our Open House to find out more about the FHN Vein Center, and how the professionals there can help give your legs new life!

If you'd like more information but can't attend the Open House, call 815-599-VEIN (8346).

*\*This event is sponsored in part by AngioDynamics, an FHN supplier of innovative vascular technologies.*



# The Leonard C. Ferguson Cancer Center: Combining State-of-the-Art Treatment Technology with a Personal Touch, Close to Home

The last thing you want after you or a loved one gets a cancer diagnosis is to wait to discuss treatment options, and then travel far from home to receive that treatment in a large, potentially impersonal facility.

The Leonard C. Ferguson Cancer Center at FHN Memorial Hospital in Freeport provides the latest state-of-the-art treatment usually only found at university hospitals, allowing patients to receive timely, outstanding, personalized treatment and care without traveling far from family, friends, and other support systems.

According to Cancer Center Director Julie Nampel, the Center treated nearly 400 new patients in 2018, administering more than 4,000 chemotherapy and radiation treatments. “We provide individualized care with board-certified, experienced physicians and staff through a team-focused approach,” Nampel says. “Each patient’s therapy is determined and planned by a team of highly skilled, caring specialists. We also provide hematology services for patients in need of that care.”

## Dr. Shaikh Provides the Latest in Chemotherapy Treatment



FHN’s board-certified hematologist and medical oncologist, Arshad Shaikh, MD, has provided leading-edge chemotherapy to FHN patients for more than 10 years, and has recently seen promising results from immunotherapy treatments. A revolutionary approach for treating certain types of cancer, immunotherapy boosts the body’s natural defenses to fight cancer, allowing one’s immune system to do the heavy lifting in battling the cancer cells.

“Immunotherapy has been one of the cornerstone treatments of the future of cancer and we at the FHN Cancer Center have been on the front line in the usage of immunotherapy,” Dr. Shaikh says. “There are many tumor types that can now be considered for treatment and the indications are only expected to broaden. I have seen a remarkable benefit across various cancers with immunotherapy, particularly melanoma.”

Dr. Shaikh says that while utilizing the latest in research and technology in treatment is imperative, a holistic personal and spiritual approach can’t be overlooked. “Establishing a heart-to-heart connection is personally the most important criteria to me,” he says. “While I strongly believe in modern medicine and carefully selecting treatment strategies for patients that would both reduce side effects while enhancing the chance for cure, I am a person of faith and have seen the benefit of this application when approaching patient care.”

4 FHN We’re here, for you.



Director Julie Nampel (third from the left) meets with (left to right) oncology medical social worker Kelly Schleich and registered nurses Shannon Roberts and Katy Lartz in the chemotherapy room of the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital.

## Dr. Koneru and POG Provide Leading-Edge Radiation Therapy

FHN’s alliance with Paramount Oncology Group (POG), an innovative cancer care organization based in Dubuque, Iowa, allows us to provide state-of-the-art stereotactic radiosurgery that precisely targets radiation in fewer high-dose treatments than traditional therapy, which can help preserve healthy surrounding tissue, greatly improving patient outcomes.

Bobby Koneru, MD, board-certified radiation oncologist, founder and president of POG, provides treatment to Cancer Center patients four days a week, giving local patients the very latest in research-driven care.



While Dr. Koneru is a national speaker in the high-tech world of radiation treatment, he doesn’t lose sight of his patient-centered approach.



“Every patient is different. Everyone is unique. I try to understand what the patient’s needs are and try to make a collaborative decision between standard recommendations and what the unique needs are for the patient and their family,” explains Dr. Koneru.

“I’ve worked in large academic centers and several smaller clinics, and what really stands out about this facility is the quality of the staff, the personal touch that they add, and how much they genuinely care about their patients. They really take their time to get to know them and their needs.”

“Even though this is a smaller center, we offer all of the latest technologies that any major academic center would offer in the radiation world,” Dr. Koneru shares.

## The Latest in Radiation Treatment Technology

Made possible by generous gifts contributed by FHN Foundation friends, an upgrade was recently completed for the Cancer Center’s external beam radiation machine, or linear accelerator. This state-of-the-art technology performs Image Guided Radiation Therapy (IGRT) along with Intensity Modulated Radiation Therapy and Volumetric Arc Therapy that can deliver the dose to the entire tumor in a 360-degree rotation, typically in less than two minutes. “This upgrade will allow for much greater precision in targeting tumors, thus minimizing the damage to adjacent tissues,” Nampel says. “It will also extend the life of the equipment for an additional six years.”

Radiation therapists Barb Horton and Ben Fellows prepare a patient to receive Image Guided Radiation Therapy using the Cancer Center’s newly upgraded external radiation beam machine. The upgrade was funded by generous gifts donated through the FHN Foundation.

## All Without the Wait

FHN guarantees a follow-up appointment within three business days after a patient receives the report that he or she has cancer.

“Patients at other treatment centers may wait weeks or even months to consult with a specialist and start setting up treatment plans,” Nampel says. “That time can be filled with stress, anxiety, and uninformed dread. Our quick follow-up can help patients come to terms with their situation and address it with leading-edge, university-level medical oncology and radiation therapy under one roof, close to home.”



To find out more about the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital, visit [fhn.org](http://fhn.org) or call 815-599-7000.



Letter From Tonya Meyer, FHN Foundation Executive Director

## Special Room Made Over by Special Donors

In late 2018, our Hospice and Inpatient Care teams decided it was time to give the **Family Centered Care Room and Lounge** a makeover. *What's that, you ask?* These are two very special rooms on the third floor of FHN Memorial Hospital.

The Family Centered Care Room and the adjoining lounge are typically used by FHN Hospice patients and their families. When a loved one is nearing end of life and may require some hospitalization, this room allows them a comfortable, calming environment. It also has furniture that converts into beds should family members want to remain close.

The adjacent lounge, accessible both from the corridor and the patient room, includes a sink, couch, table with chairs and small refrigerator. It provides a warm, quiet place for family members to gather for discussion, prayer or rest.

When the **Freeport Community Foundation** contacted Hospice about donating funds from the **Craig Wilson Memorial Fund**, we decided it was the perfect time to brighten up the space.

Not long after, Sharon Kunas, the daughter of former FHN volunteers **Paul and Carolyn Crank**, along with her brother Andy

Crank, expressed interest in dedicating their parents' memorial gifts to support a Hospice project.

Jack Ross generously donated the memorial gifts of his wife, **Margie Ann Ross**, to support the new artwork.

Sharon Kunas and Andy Crank were excited to see their parents' memorial gifts support this project. "FHN, and especially FHN Hospice, were an important part of our parents' lives. They believed strongly in supporting those facing health-related challenges and their loved ones. It brings us great peace knowing the gifts from their friends and family will provide comfort to so many future FHN Hospice patients and their families."

Thanks to the generosity of the Crank/Kunas families, the Wilsons, Jack Ross and many other Hospice donors, both rooms have a new coat of paint, blinds, furniture, cabinets and sink, and resurfaced floors.

All artwork was purchased from Fine Print Photography by Frank Lefevre, local photographer and FHN employee. We very much appreciate those who have supported and continue to support the important work of our Hospice team!

## Fun Events Raise Funds for a Healthy Community

The FHN Foundation has a fun-packed Spring planned!

Join friends of the FHN Leonard C. Ferguson Cancer Center Friday, April 5 for our annual **Food Fight Against Cancer**.



Guests will dine on hors d'oeuvres and desserts from local caterers, restaurants, and bakeries and enjoy the music of Rockford's very own Harmony Road. A cash bar will be available.

This year's theme is The Colors of Cancer, to illustrate and show support for those impacted by the many different types of cancer. Guests are invited to wear an outfit with the color or colors that represent any cancer that has touched someone in their lives. (You can find a helpful chart at <http://bit.ly/FoodFightColors>.)

Tickets are \$35 each or \$65 for a couple. The fun begins at 6 p.m. at the Grand River Hall, 101 S. Liberty Avenue in Freeport.

Thanks to our premier sponsor for the evening, McPherson Law Offices, all proceeds from the evening will benefit the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital.

For more information or to purchase tickets, visit [www.fhn.org/FoodFight](http://www.fhn.org/FoodFight) or contact the FHN Foundation at 815-599-6441.

You've got all Spring to warm up for this year's **FHN Healthy Heart Hustle**, set for Saturday, July 20.



We've added a longer option to this fun, healthy event, featuring 5K and 10K timed runs along with a Victory Lap for kids and families who have benefited from cardiac care at FHN. All the runs will begin and end at the FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive in Freeport. Day-of-race registration begins at 6:45, and the race begins at 8 a.m.

Proceeds from this event will go to FHN's Cardiac Care team, who provide state-of-the-art heart care close to home in northwest Illinois.

There's a discount if you register early: Online registration through July 12 is \$25 for adults and \$10 for ages 17 and under. If you register by July 5, you're guaranteed to get a T-shirt.

After July 12, online registration is \$35 for adults and \$12 for ages 17 and under.

For more details on the race and to sign up online, visit [www.rockfordroadrunners.org](http://www.rockfordroadrunners.org). Find the FHN Healthy Heart Hustle by clicking on Race Calendar on the home page and searching races in July.

**THANK YOU** to our team of talented staff committed to delivering healthcare excellence to our community.



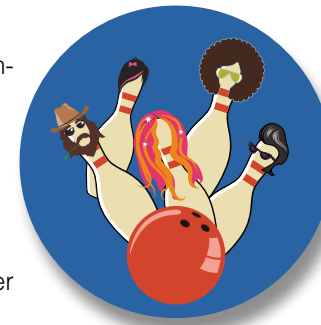
VP of Patient Services and Chief Nursing Officer Kathy Martinez talks about the Connect the DOTS community initiative at February's Slice of Time event at Cannova's in Freeport.

**The DAISY Award**  
FOR EXTRAORDINARY NURSES  
IN MEMORY OF J. PATRICK BARNES

Look for more **DAISY/BEE winners** in the next **Insight** – and if you'd like to nominate your caregiver, visit <http://bit.ly/FHNDAISYBEE2019>.

**The BEE Award**  
FOR EXCEPTIONAL CAREGIVERS

On April 25, bring the whole family for **Striking Success for Children**, a fun-filled evening of bowling with friends. Our theme this year is Rocking Through the Decades, so you're encouraged to dress up as your favorite singer or band!



We're signing up teams of up to 6 to participate, with each participant raising at least \$50 as an entry fee. That fee will cover shoe rental, bowling expenses, and even a portion of the food provided during the evening.

All proceeds from this fun event will benefit the FHN Family Counseling Center in its mission of expanding behavioral health programming for at-risk youth in our community.

The fun starts with registration at 5 p.m. at The 4 Seasons Bowling Center, 1100 W. Galena Avenue in Freeport.

For more information or to register, visit [www.fhn.org/strikingsuccess](http://www.fhn.org/strikingsuccess) or call the FHN Foundation at 815-599-6900.

If you're unable to attend the event, but would like to make a contribution in support of the FHN Family Counseling Center, please visit the registration page or stop by the FHN Foundation office at FHN Memorial Hospital in Freeport.

## FHN Welcomes Syeda Roshan, DPM

We're proud to welcome podiatrist Syeda Roshan, DPM, to our Podiatry and Wound Care teams!



Dr. Roshan is a graduate of the Dr. William M. Scholl College of Podiatric Medicine in North Chicago. She completed her residency in podiatric medicine and surgery at Sacred Heart Hospital and Swedish Covenant Hospital in Chicago, where she earned an added credential in reconstructive rearfoot and ankle surgery.

She has a special interest in and has done research on the care of chronic and diabetic wound management.

Dr. Roshan is accepting new patients in the podiatry department at the FHN Family Healthcare Center—Burchard Hills in Freeport and at the FHN Family Healthcare Center—Pecatonica. To make an appointment with her at either location, call the Podiatry Department at 1-815-599-7150 or call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 965.



## Five Reasons You Can Turn to Us for Healthcare Excellence

What have we at FHN done to enhance your healthcare options close to home? A lot! Here's a summary of five key disciplines, along with a quick look at what's new.



FHN also offers many other services to help you and your loved ones live a better life. Stay tuned to upcoming issues of **Insight** for more details on Ob/Gyn, Family Care, and many other important specialties.

### Specialty

### Key Strengths

### What's New

### What Patients Say



#### Heart Care

An all-digital lab and comprehensive diagnostic services, including a state-of-the-art imaging system with CT scanner and nuclear Gamma camera. This allows physicians to see the vessels and anatomy of the heart, as well as the finest vessels all the way to the fingertips. Vascular lab uses non-invasive diagnostic technology with no dyes, x-rays, or needles to visualize veins and arteries and determine the best course of treatment. Services include exercise and pharmacological stress tests; EKG; echocardiogram; carotid studies; and a 30-day event monitor.

A new reporting platform for both stress tests and the cath lab allows for greater efficiency. New stress test computers with updated software provides patients with quicker, more accurate readings. We are also excited to have Laura Mack MSN, RN-BC CNL, serving as our new clinical nurse leader. She will be a huge asset to our patients, and assist cardiac services in providing quality care and outcomes for them.

"I knew my heart was in the right place. I can't thank FHN enough for making a stressful life event a very good experience."

—Larry Feiner



#### Cancer Care

Sophisticated imaging diagnostics with a 3-day follow up guarantee, along with surgical expertise for a broad range of cancer diagnoses. The Leonard C. Ferguson Cancer Center at FHN Memorial Hospital provides state-of-the-art treatments usually only available in university hospitals. Equipped with an Image Guided Radiation Therapy (IGRT) machine and a 4-D CT scanner to increase accuracy and enable our experts to use a higher dose of radiation while detecting and planning for the smallest movements. This technology allows us to offer Volumetric Modulated ARC Therapy (VMAT), also called SmartArc or RapidArc radiation therapy.

A recent upgrade to our Linear Accelerator (radiation machine) allows us to target a patient's tumor from more angles and with greater precision, causing less damage to healthy tissues. In addition, we are very excited about upcoming growth in the field of Immunotherapy. This therapy enhances an individual's own immune system and gives it the power to fight certain cancer cells. Research on Immunotherapy continues to grow and will allow us to fight more types of cancer with these medications.

"Everyone was so encouraging and professional. After surgery, Dr. Barnes came back with four beautiful words: 'We got it all.' What a relief!"

—Tyoni Martin



#### Wound Care

Proven wound care practices and advanced clinical approaches, including the latest in wound care products, dressings, antibiotics, and hyperbaric oxygen therapy (HBOt) to help heal patients who suffer from chronic wounds. HBOt enhances the body's natural healing and strengthens the immune system. It is a non-invasive, effective treatment option for most chronic wounds. Our team of multidisciplinary specialists at the Center for Wound Healing at FHN achieves some of the best healing rates and fastest healing times in the nation.

The Center for Wound Healing is looking into expanding our wound center, as well as the number of treatment rooms, to meet the needs of our patients. Advanced wound care continues to evolve and we hope to increase our footprint with our state-of-the-art hyperbaric oxygen treatment.

"Throughout my treatment, I really grew to count on and respect these specialists and the entire staff. They were determined to make me better."

—Jerry Gill



#### Vein Care

Innovative diagnostics and treatment services can relieve leg pain and provide long-term solutions to venous diseases like varicose veins, leg sores, or even more serious circulation problems like blood clots. Services offered at FHN's Vein Center include endovenous laser ablation, among others. All procedures are performed on an outpatient basis with typically rapid recovery. Non-cosmetic treatment options are covered by most commercial insurance carriers, including Medicare.

We are focused on continuing to give patients an intimate team approach that will successfully treat their venous insufficiency. Patients meet their personal 'Vein Team' at their first consultation and stay with them throughout treatment. We have also added a female provider to our team and moved our treatment center to the first floor of FHN Memorial Hospital to offer greater access and convenience.

"The whole process was simpler than I anticipated. I couldn't believe how much better I felt – almost immediately! Now I feel no pain."

—Valerie Schubert



#### Bone & Joint Care

A wide variety of services including orthopaedic diagnosis, treatment and surgery, physical therapy and occupational therapy, as well as a full range of sports medicine capabilities. We treat conditions from broken bones and strained or sprained ligaments to issues with the spine and joints – including total joint replacement. Our TruMatch™ knee replacement system is customized to fit each patient and helps FHN's surgeons operate more efficiently, eliminating some steps in the surgical process and offering the best possible outcome. FHN is the first hospital in the area to offer TruMatch.

FHN Orthopaedics now offers an anterior approach to total hip replacement surgery. This technique is less invasive and allows the patient to recover more quickly. We also have a new Surgical Nurse Navigator who gives helpful guidance to patients throughout the entire orthopaedic surgical process. In addition, Rehab Services is excited to bring back the Pelvic Rehab program, which provides assessment and treatment to patients with various types of urinary incontinence and pelvic pain syndromes.

"When I first stood after the procedure, my normal knee pain – the pain I had lived with for years – was completely gone. It was amazing. I would recommend TruMatch™ to anyone. It changed my life."

—Jim Kerr



## Vaping 'Epidemic' Puts Teens at Risk

Just how serious is the problem of teens using e-cigarettes? Very, according to both the U.S. Surgeon General and the FDA commissioner.

At a January public hearing on e-cigarettes and teen vaping, FDA Commissioner Scott Gottlieb said he is "horrified" at the recent rapid rise in teenagers using e-cigarettes, and threatened to take the products off the market if tobacco companies don't stop marketing to teens:

**"I'll tell you this. If the youth use continues to rise, and we see significant increases in use in 2019, on top of the dramatic rise in 2018, the entire category will face an existential threat."**

**"It could be 'game over' for some these products until they can successfully traverse the regulatory process. I think the stakes are that high."**

Late last year, U.S. Surgeon General Jerome Adams, MD, issued an urgent advisory, calling the widespread use of e-cigarettes by teens an epidemic:

**"The recent surge in e-cigarette use among youth, which has been fueled by new types of e-cigarettes that have recently entered the market, is a cause for great concern. We must take action now to protect the health of our nation's young people."**

According to one report<sup>1</sup>, E-cigarette use among high school students increased 78 percent in 2018, reaching 20.8 percent. That means more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, currently use e-cigarettes.

### Not 'Harmless'

One of the most popular e-cigarettes on the market today, the JUUL, looks like a USB flash drive. It comes in kid-friendly fla-

vors like mango and mint (menthol) and minimizes the amount and odor of "smoke" exhaled, making it easy to conceal.

All JUUL e-cigarette pods have a high degree of nicotine—about as much as a pack of 20 cigarettes, according to the Surgeon General's report. They also use nicotine salts, which allow particularly high levels of nicotine to be inhaled with less irritation than with other e-cigarettes or traditional cigarettes.

Nicotine is highly addictive, and studies suggest it can harm the developing adolescent brain, affecting learning, memory, and attention. Using nicotine in adolescence also can make a person more prone to addiction to other drugs later in life.

### An Alternative to Smoking

Most e-cigarette brands, including the JUUL, advertise themselves as a healthier alternative to regular cigarettes, or even as an aid to help smokers quit. Researchers are studying the effectiveness of using e-cigarettes in this manner, and the evidence so far is mixed.

The evidence is quite clear, however, on the risk of youth using e-cigarettes: A 2018 National Academy of Sciences, Engineering and Medicine report states that any e-cigarette use among young people is unsafe, even if they do not progress to future cigarette smoking.

### FDA Action

Last year, the U.S. Food and Drug Administration (FDA) proposed a nationwide age limit of 18 to buy e-cigarette products, and announced plans to further restrict the marketing and sales of flavored nicotine products.

This January, the FDA also announced it is exploring ways to help teens break their addiction to nicotine. Healthcare providers don't have much information on how to treat teens for nicotine addiction: Commonly available drugs and patches aren't approved for use by people under the age of 18.

<sup>1</sup>Cullen KA, Ambrose BK, Gentzke AS, Apelberg BJ, Jamal A, King BA. Notes from the Field: Increase in use of electronic cigarettes and any tobacco product among middle and high school students – United States, 2011–2018. MMWR Morbidity & Mortality Weekly Report 2018; 67(45):1276–1277.



## HELP YOU QUIT SMOKING?

E-cigarettes have some of the same health risks as regular cigarettes, including raising your risk of heart attack, heart disease, and stroke. "If you're just replacing cigarettes with e-cigarettes, you're not really reducing your health risk," says FHN Chief Physician Executive James Kolka, DO. "The best thing you can do, if you smoke, is to work with your provider to find the best way to help you quit."

A recent study found that people who used e-cigarettes to help them quit smoking were more likely to be successful for at least a year than those who used nicotine patches, lozenges or gum, so for some people, using e-cigarettes to "ease" your way away from nicotine instead of going "cold turkey" may help you to quit.

Quitters using e-cigarettes were asked to follow the same regimen as those using nicotine gum, patches or lozenges: Set a quit date and use the nicotine replacement when cravings struck.

The study's author reported that the subjects using e-cigarettes were nearly twice as likely to have been successful at one year than the other subjects. When the other subjects had the help of prescription medications like Chantix®, however, one-year success rates were the same as or higher than for those who used e-cigarettes.

### Choose What You and Your Provider Decide is Best for You

The FDA hasn't approved e-cigarettes as a stop-smoking device, but that is how many people start vaping. Most experts agree they're at least slightly less dangerous than smoking, but e-cigarettes still expose you to nicotine and a host of other potentially harmful chemicals.

And though they don't pose the fire hazard of cigarette smoking, e-cigarettes can malfunction and literally blow up in your face – an exploding e-cigarette killed a man in Texas earlier this year.



Get to Know FHN's  
Patient Financial Counselors!



Left to right: Burchard/Hospital Financial Counselor Sandy Ethridge, Financial Resource Coordinator Misty Potts, and Hospital Financial Counselor Shirley Bowen

Our FHN Patient Financial Counselors are responsible for all customer service interactions regarding billing inquiries and general insurance or coding-related questions.

But FHN's Financial Counselors can do a whole lot more for you, too! They can help you navigate through insurance changes or additions, individual year-end tax/payment reports, inquiries about motor vehicle accidents and related billing, third-party liability billing and workmen's compensation billing, and handling of specialized accounts such as bankruptcy and billing for deceased individuals.

They are experts on the types of financial assistance available to patients, including eligibility for discounts and potential other funding sources, as well as FHN payment plans. They process payments in person and by phone, and can help with any billing concerns. The Financial Counselors also can connect you to a team of Certified Application Consultants who can help you enroll in Medicaid Managed Care plans or the Affordable Care Act Marketplace insurance plans, either during open enrollment or in special enrollment situations.

Our Patient Financial Counselors are located in the hospital cashier's office at FHN Memorial Hospital (just inside the main atrium entrance), at the FHN Family Healthcare Center–Burchard Hills (1st floor), and the FHN Central Business Office at 421 W. Exchange St. (3rd floor) in Freeport. You can reach them by phone at 815-599-7950 or 1-877-720-1555, or feel free to stop at these offices 8 a.m.–5 p.m. Monday-Friday. FHN's Patient Financial Counselors – they're here, for you!

## Save the Date! FOR YOUR EYES ONLY

Our Festive of Trees Gala will feature a spy theme that we'll be having fun with throughout the year—watch for spy-worthy clues.

Whether your favorite sleuth is Sherlock Holmes, Austin Powers, Inspector Clouseau, Maxwell Smart, or 007 himself (or even if you're more intrigued by the evil villains they all pursue), you're invited to **CASINO ROYALE**, where when it comes to supporting healthcare in your community, "nobody does it better"—than you!



**Friday, November 22**  
Grand River Hall  
101 S Liberty Ave, Freeport  
7 to 11 p.m. • \$65/person

Enjoy a huge hors d'oeuvres buffet, music, dancing, and a holiday silent auction while trying your hand at James Bond-quality casino games from roulette to blackjack.

**Reserve early and save at [www.fhn.org/gala](http://www.fhn.org/gala)**  
Purchase your ticket by Friday, April 19  
for \$65 for a single ticket or \$120 for two. After 19 April,  
ticket prices are \$75 for a single ticket or \$130 for two.

## Welcome to FHN's Wellness Calendar .....

FHN is proud to offer many opportunities for you to learn about health and wellness—from informational programs and events to free health screenings all year long. We hope you'll take advantage of some of these free, quick chances to "check up" on your health!

(This information was correct at the time of publication. Please see FHN's online calendar at [www.fhn.org](http://www.fhn.org) for additions or changes.)

### Blood Pressure Screenings<sup>1</sup>

Location	Time	Date	Details
Joseph's Pantry Faith Center	4–6 p.m.	Mar. 19   Apr. 16   May 21	203 W. Pleasant, Freeport
New Jerusalem Church of God	11 a.m.–1 p.m.	Mar. 21   Apr. 18   May 16	4 E. Iroquois Street, Freeport
Pecatonica United Methodist Church Food Pantry	10 a.m.–noon	Mar. 26   Apr. 23	528 Washington Street, Pecatonica
Salvation Army	9 a.m.–noon 8 a.m.–noon	Mar. 28   Apr. 25   May 23 Apr. 11 <sup>3</sup>   May 9 <sup>3</sup>	106 W. Exchange Street, Freeport
Mt. Calvary Church of God in Christ	10 a.m.–noon	Mar. 23   Apr. 27	420 Challenge Street, Freeport
Golden Meals	10:00 a.m.–12:30 p.m. 10:30 a.m.–noon	Apr. 12 <sup>2</sup>   May 10 <sup>2</sup> Apr. 9   May 14	524 W. Stephenson Street, rear entrance, lower level, Freeport
Liberty Village Estates	10:30–11:30 a.m.	Apr. 10   May 8	2140 Navajo Drive, Freeport
Gospel Outreach Food Pantry	9–11 a.m.	Apr. 6   May 4	211 W. Spring Street, Freeport
St. John's Lutheran Church	12:30–1:30 p.m.	Apr. 10   May 8	625 Country Lane, Lena
Pearl City Methodist Church	9–11 a.m.	Apr. 27   May 11	411 S. Main, Pearl City
Freeport Area Church Cooperative (FACC)	9–11:30 a.m.	Apr. 3   May 1	514 S. Chicago Avenue, Freeport

<sup>1</sup> No cost or registration required; open to the public.

<sup>2</sup> Free glucose and foot health screening. Please do not eat or drink anything other than water for 8 hours before the glucose screening test.

<sup>3</sup> Free glucose screening. Please do not eat or drink anything other than water for 8 hours before the test.

### Vein Screenings

Location	Time	Date	Details
FHN Memorial Hospital	3–6 p.m. (by appointment)	Apr. 16   May 15	Achy, tired legs can be a symptom of venous disease. Schedule a free screening at the FHN Vein Center to see if our experts can help. Non-cosmetic treatment options are covered by most insurance carriers, including Medicaid. For an appointment, call 815-599-VEIN (8346).

## Community Programs

Program	Time	Date	Details
Talk – Insomnia*	1–2 p.m.	March 22	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
Food Fight Against Cancer	6–10 p.m.	April 5	Grand River Hall, 101 S. Liberty Avenue, Freeport Join friends of the Leonard C. Ferguson Cancer Center at FHN Memorial Hospital for taste-tempting treats, music, and fun, all to benefit the Cancer Center! Tickets are \$35 each or \$65 for a pair. Music by Harmony Road; appetizers courtesy of area restaurants and caterers. For more information or to purchase tickets, visit <a href="http://www.fhn.org/FoodFight">www.fhn.org/FoodFight</a> or contact the FHN Foundation toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 947.
Striking Success for Children	5 p.m.	April 25	4 Seasons Bowling Center, 1100 W. Galena Avenue, Freeport <b>Rocking Through the Decades</b> , a fun-filled evening of bowling, will benefit the youth served by the FHN Family Counseling Center. Raise or donate \$50 entry fee; register online at <a href="http://www.fhn.org/strikinguccess">www.fhn.org/strikinguccess</a> .
Talk – Hearing Changes*	1–2 p.m.	April 26	Prairie View Assisted Living, 500 E. McNair Road, Winnebago
Family Health Fair*	9 a.m.–noon	April 27	Family YMCA of Northwest Illinois, 2998 W. Pearl City Road, Freeport FHN and the YMCA invite kids of all ages to join us for a morning of fun activities and learning about good health.

\*No cost or registration required; open to the public.

## Training and Education

Class	Time	Date	Details
Prenatal Class	5–9 p.m.	March 19 April 16 May 21	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport—Conference Dining Room This class provides information about pregnancy, labor, delivery, cesarean sections, and postpartum recovery. Registration is required; call 815-599-6221.
Heartsaver® Pediatric First Aid, CPR & AED	8 a.m.–4:30 p.m.	March 23	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Hands-on learning program to teach high-quality CPR, first aid, and proper Automated External Defibrillator (AED) use specific to infants and children. The course is \$60, which includes student workbook and CPR certification card that is valid for 2 years. Registration is required; call 815-599-6707 or email <a href="mailto:coil@fhn.org">coil@fhn.org</a> for more information or to register.
Breastfeeding Class	7–9 p.m.	Apr. 2	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport—Conference Dining Room Instructor is Annette Gielenfeldt. Registration is required; for more information or to register, call 815-599-6221.
Heartsaver® First Aid, CPR & AED	8 a.m.–4:30 p.m.	April 18	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Hands-on learning program to teach members how to perform high-quality CPR, first aid, and proper Automated External Defibrillator (AED) use in adults, children, and infants. The course is \$60, which includes student workbook and CPR certification card that is valid for 2 years. Registration is required; call 815-599-6707 or email <a href="mailto:coil@fhn.org">coil@fhn.org</a> for more information or to register.
BLS for Healthcare Professionals	8 a.m.–noon	April 20	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Hands-on course designed to teach healthcare professionals how to perform high-quality CPR individually or as part of a team. Basic Life Support (BLS) skills are applicable to any healthcare setting. Course is \$40, which includes BLS provider manual and certification card valid for 2 years. Open only to healthcare professionals; registration is required. Call 815-599-6707 or email <a href="mailto:coil@fhn.org">coil@fhn.org</a> for more information or to register.
Sibling Class	6:30–7:30 p.m.	May 1	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport—Conference Dining Room Designed to help siblings adjust to a new baby in the family. Instructor is Danielle Wittig. Registration required; for more information or to register, call 815-599-6221.
Stop the Bleed	5:30–7:30 p.m.	May 23	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport—Conference Dining Room Nationally-recognized program designed to teach non-medical people the importance of stopping hemorrhage in a trauma situation. Course is \$25, which includes a Stop the Bleed kit (tourniquet, bleeding control supplies, gloves, and instructions). Open to the public; registration is required. For more information or to register, call 815-599-6707 or email <a href="mailto:coil@fhn.org">coil@fhn.org</a> .

## Support Groups

Group	Time	Date	Details
<b>The First Steps Grief Support Group*</b>	10–11:30 a.m.	March 19 April 16 May 21	FHN Memorial Hospital cafeteria meeting rooms—Lower Level For more information, call FHN Spiritual Care Coordinator Sean Huguenin at 815-599-6160.
<b>Managing Early Grief: The First Nine Months After a Loss</b>	6–8 p.m.	March 20 & 27 April 3, 10, 17 & 24 May 1, 8 & 15	FHN Hospice, 773 W. Lincoln Boulevard, Suite 403, Freeport This 9-week support group is designed for anyone who has lost a loved one during the past nine months. There is no charge, but registration is required to attend. For more information or to register, call FHN Hospice at 815-599-7240.
<b>Living Through Grief*</b>	6–7:30 p.m.	March 25   April 8 April 22   May 13	FHN Memorial Hospital Cafeteria Dining Rooms—Lower Level For more information, call 815-599-7240.
<b>Adult Diabetes Support Group*</b>	1–2 p.m.	April 2	FHN Memorial Hospital Globe Room—Lower Level Topic is diabetes complications and prevention. For more information, call 815-599-6253.
<b>Adult Diabetes Support Group*</b>	1–2 p.m.	May 7	FHN Memorial Hospital Private Dining Rooms 1 & 2—Lower Level Topic is insulin pump therapy. For more information, call 815-599-6253.
<b>Parkinson's Support Group*</b>	1:30–2:30 p.m.	April 8	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena Liz Moshure from RAMP will talk about community resources.
<b>Perinatal Loss Support Group</b>	6:30–8 p.m.	April 18 May 16	FHN Memorial Hospital Private Dining Rooms 1 and 2—Lower Level A safe and supportive space for parents who have lost a child through miscarriage, stillbirth or shortly after birth to cope with and share their emotions. Call 815-599-6160 for more information or to register.
<b>Memory Cafe*</b>	1–3 p.m.	March 28 April 25 May 23	Senior Resource Center, 216 E. Stephenson Street, Freeport

\*No cost or registration required; open to the public.

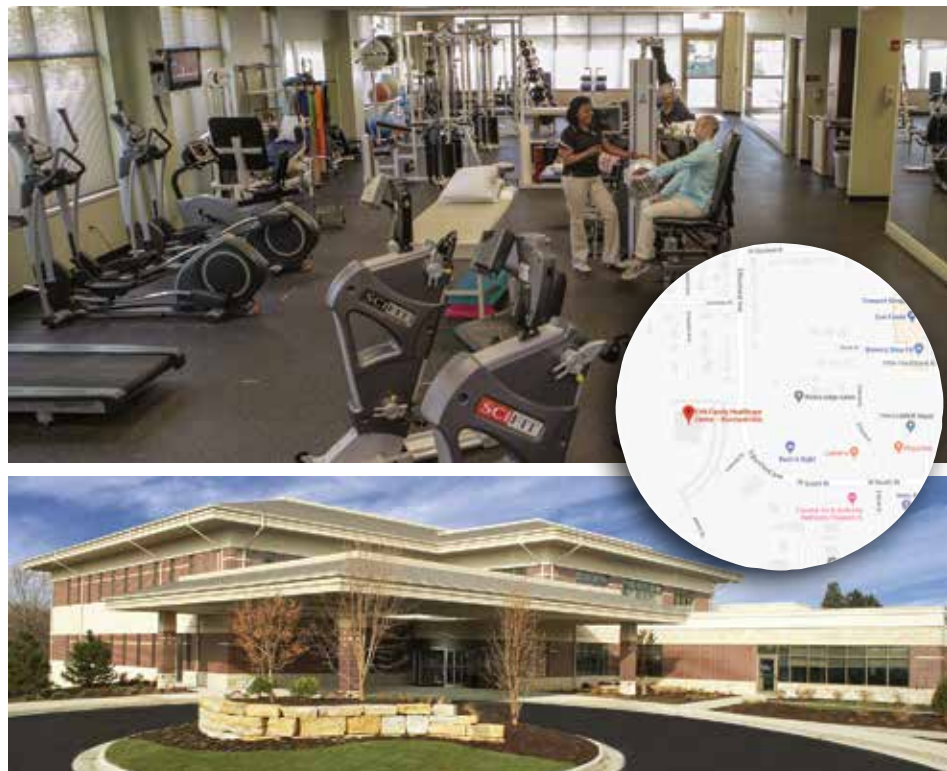
## Physical Therapy on the Move

### NIPT Services Move to Burchard Hills

At the beginning of March, FHN transitioned staff and patients from our Northern Illinois Physical Therapy Services (NIPT) location to the FHN Memorial Hospital Rehabilitation department at Burchard Hills.

The move improves patients' access to high-quality, patient-centered physical therapy services, with appointments available from 7 a.m.–6 p.m. Monday through Friday at the Burchard location's large state-of-the-art, open gym.

The FHN physical, occupational, and speech therapy team is more than 40 people strong and offers patients of all ages a full-service rehab environment on both an inpatient and outpatient basis, including physical therapy, occupational therapy, sports medicine, and speech therapy with specialists in all areas for both adult and pediatric patients.



## Allied Health Professional Career Opportunities at FHN

### Consider a Career in Allied Health Health Professionals Specialize in Imaging, Nutrition, Therapy, and Much More



When people think of careers in healthcare, they often focus on the traditional professions of doctor or nurse. While it's true that these are high-profile positions in the industry, there are a whole host of other important, rewarding occupations in healthcare.

According to the Association of Schools of Allied Health Professions, there are 5 million allied health professionals in the United States—that's 60 percent of the nation's total healthcare providers!

Allied health professionals work with physicians, nurses, dentists, and pharmacists to provide comprehensive, patient-centered care. They are specialists in imaging, physical and occupational and respiratory therapy, exercise, nutrition, health education, speech, laboratory and other professions.

to providing an outstanding place to work, unlimited opportunities, and the chance to work with excellent people with a shared commitment to compassion and quality.

FHN's **Total Rewards Philosophy** represents a broad spectrum of plans and programs designed to reward, recognize, motivate, and develop our staff members throughout their careers. We invest in our staff by providing highly competitive compensation and benefits packages. We offer flexible schedules in a family-oriented work environment to help keep work and life in balance. Our exceptional continuing education programs and generous educational assistance foster opportunities for continual career growth.

If you share our commitment to providing personal and professional healthcare for patients and you'd like to join our team—or know someone who might—check out the allied health career opportunities available at FHN.

#### Current Allied Health Opportunities at FHN

- Computed Tomography (CT) Technologist, Flexible Full-time (2:30–11 p.m.)
- Computed Tomography (CT) Technologist, Ad Lib (Variable hours)
- Echocardiography (Echo) Technologist, Flexible Full-time (6:30 a.m.–3 p.m.)
- Licensed Clinical Social Worker, Full-time (8 a.m.–5:30 p.m.)
- Licensed Clinical Therapist, On Call (5 p.m.–8 a.m.)
- Medical Technologist/Medical Laboratory Technician, Flexible Full-time (2:30–11 p.m.)
- Non-Licensed Clinical Therapist, Full-time (9 a.m.–5 p.m.)
- Speech Language Pathologist, Full-time (8 a.m.–6 p.m.)
- Pharmacist Assistant, Full-time (6:30 a.m.–11 p.m., rotating 10-hour shifts)
- Sterile Processing Technician, Full-time (9 a.m.–5:30 p.m.)
- Surgical Technologist, Full-time (Variable Hours)

For more information about career opportunities at FHN, visit [www.fhn.org/careers](http://www.fhn.org/careers) or call us toll-free at 1-877-6000-FHN.



"Working in Imaging Services feels like working with family. Our department is friendly and welcoming and I truly enjoy coming to work."

—Kayla Dewald,  
Charge Technologist,  
Imaging Service

"At FHN, we have an extremely talented and dedicated team of allied health professionals," FHN Talent Acquisition Specialist Carol Boeke says. "Our workforce is comprised of more than 200 allied health staff members providing world-class healthcare to our patients every day."

Our staff members are always a priority at FHN, as they are the key to providing quality healthcare for those we serve. We work hard to attract, develop and retain a talented and committed workforce. In return for our staff's dedication, we are committed



# FHN Awards Healthcare Scholarships



Scholarship winners, left to right: Hanna Metzger; Rebecca Kuhlmeier; Tyler Munson; FHN President and CEO Mark Gridley; Marshae Bowen; Rachel Harn. Emily Offenheiser was not able to be present for the photo.

Each year, FHN awards a number of scholarships to students in our service area who are pursuing healthcare-related majors in college.

Applications for the Healthcare Career Scholarship (\$1,000), the Volunteer Resources Scholarship (\$500), and the Diversity Healthcare Scholarship (\$1,000) all are due at the beginning of September each year, and are accepted from any student enrolled in an accredited program of study involving the following healthcare careers:

- Medical Technology / CLS / MLS
- Nursing (BSN)

- Health Information Management
- Rehabilitation Services (PT, OT, PTA, COTA, SP)
- Pharmacy
- Cardiac Ultrasound
- Vascular Ultrasound
- Certified Medical Assistant

Applicants write an essay about their career path, describing how their personal strengths and goals may help them support the healthcare needs in FHN's service area. The top candidates for the Healthcare Career Scholarships are invited for in-person interviews with the scholarship committee.

More than 41 students applied for the 2018 FHN Healthcare Career Scholarships. The winners were:

- **Rachel Harn** of Freeport, who is pursuing a physical therapy degree at Carroll University in Waukesha, WI.
- **Rebecca Kuhlmeier** of Davis, who is pursuing a nursing degree at Highland and plans to continue her education at a four-year university
- **Hanna Metzger** of Forreton, who is pursuing an occupational therapy degree at St. Ambrose University in Davenport, IA.
- **Tyler Munson** of Freeport, who is pursuing a physical therapy degree at Northern Illinois University in DeKalb
- **Emily Offenheiser** of Elizabeth, who is pursuing a speech pathology degree at the University of Missouri in Columbia, MO.

The 2018 Diversity Healthcare Scholarship winner is **Marshae Bowen** of Freeport, who is pursuing a nursing degree at Western Illinois University in Macomb, IL.

For more information on the healthcare scholarships available through FHN, visit [www.fhn.org/scholarships.asp](http://www.fhn.org/scholarships.asp).



## New Year's Baby 2019 **Welcome to the World, Lydia!**

Tonya and Jeff Pennington of Mt. Morris are the proud parents of Lydia Ella Mae Pennington, the first baby born at FHN Memorial Hospital in 2019.

Lydia arrived at 8:04 a.m. Tuesday, January 1, weighing 8 lbs. 5 oz. and measuring 19½ inches long. Tonya, a nurse in the emergency department at FHN Memorial Hospital, was at work when Lydia decided it was time to meet her mom. Tonya's due date had been somewhat later, but Mother Nature intervened! So, Lydia was greeted into the world by Tonya's extended FHN family and then her immediate family moments later when Jeff, who works in the Water Department of the City of Oregon, arrived. Lydia poses here with her sisters BreAunna (21) and Alleah (7). Congratulations, Pennington family!

# Insight



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