

# Insight

A publication of FHN

Volume 6, Issue 4



## FHN Gives Back 12 Schools, Over \$14,000

Focus on Sports Medicine

Emergency Department  
Expansion



*We're here, for you.*

**FHN**

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Freeport, IL 61032

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# Welcome to the Fall Issue of INSIGHT!



Summer certainly flew by! Now it's time for football and leaf raking and enjoying crisp fall weather. Speaking of football, **we're proud to introduce Hometown**

**Throwdown**, a social-media-based website hosted by Rockford's Channel 17 and featuring all of the smaller schools in northwest Illinois and southern Wisconsin that often don't receive television sports coverage. We hope you'll support your favorite teams by checking frequently at [www.mystateline.com/hometown-throwdown](http://www.mystateline.com/hometown-throwdown) – the schools with the most page views will win prize money from FHN!

There are plenty of other stories too. In addition to a great reminder about **the experienced and caring providers in our Ob/Gyn department and Ortho and Sports Medicine group**, you'll also read about **our plan to start fundraising to expand and remodel our Emergency**

**Room**, probably the busiest department at the hospital. Whether it's a sprained ankle or chest pain, we're here for you 24/7, and we'll continue to be the whole time the ER is being expanded and receiving new technology to serve you even better.

We have two other events I wanted to mention that are still being finalized as we go to press. The first is **our annual women's event during October**. This year we'll be headed to Cannova's on October 19 for a ladies' night out that will include both fun and information – and of course, pizza! On another front, **our flu shot clinic schedule was just finalized** too – you can find a date and time somewhere close to you by heading to our website at [www.fhn.org](http://www.fhn.org).

**Enjoy this issue ... and autumn!**

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## Healthy Lifestyle Classes at FHN

### Start Changing Your Lifestyle in Just 45 Minutes



We hear a lot these days about eating and living healthier, *but where do you start?*

This fall, you can learn about good nutrition from a registered dietitian at FHN. The Healthy Lifestyle Series will address some popular topics to help you choose the right foods to make every day a little healthier.

Presented by FHN and Sodexo in the conference rooms adjoining the FHN Fresh Inspirations Café in the lower level of FHN Memorial Hospital in Freeport, the classes cost \$20 each, payable at each class.

Thursday, Oct. 22 – 5:30 p.m.

**Adult Weight Management**

Thursday, Nov. 5 – noon

**Handling Holiday Stress with Smart Food Choices**

A drawing will be held at each class for a free meal at the Café.

Registration is required for these classes; visit [www.fhn.org/lifestyles](http://www.fhn.org/lifestyles) or call toll-free 1-877-600-FHN (1-877-600-0346) ext. 901 to register. A healthier lifestyle is just 45 minutes away!



# Moveable You



## FHN's Orthopaedic and Sports Medicine Team Takes Care of all Your 'Moveable Parts'

We all ask quite a bit of our bodies every day. Simple actions like getting out of bed, going to the bathroom, and eating a meal involve an intricate series of bends, twists and movements that most of us don't even think about.

But when something goes wrong, like an injury or arthritis ... OUCH! The simple act of living can be painful and difficult.

Whether it's pain from worn-down joints or an ankle swelling up after football practice, the FHN Orthopaedics and Sports Medicine Team is here to help.

### FREE Saturday Sports Injury Clinics

Fellowship-trained sports medicine physician Gregory Dammann, MD is the lead physician for the team that offers a free Saturday Walk-In Sports Injury Clinic for sport-related injuries. Each Satur-

day morning this fall, check in between 8 and 9 a.m. (patients under the age of 18 must be accompanied by a parent or legal guardian) to have a trainer or physical therapist examine your injury.

"If it's a sprain or strain that will get better with ice and rest, we'll tell you how to care for it and you can be on your way," says FHN Director of Rehabilitation Services Jessica Currier, MPT. "If the trainer thinks it could be more serious, we have x-ray facilities right there to help us diagnose the problem."

The consultation is free. Necessary x-rays, supplies and follow-up appointments will be charged accordingly.

### Joint Repair and Replacement at FHN

The FHN Orthopaedics and Sports Medicine team offers complete care for all your "moveable parts," from

caring for broken bones to repairing tendon injuries, replacing joints and arthroscopic surgery. FHN has three orthopaedic surgeons on staff, each of whom specializes in problems affecting different areas.



**Gregory Dammann, MD**

is fellowship trained in sports medicine and has trained in hip and knee replacement



**Kevin Draxinger, MD**

specializes in helping patients recover from elbow and ankle conditions



**John Glusic, MD**

specializes in arthroscopic reconstruction of the shoulder and knee

### Welcome, Dr. Dammann!

FHN is pleased to welcome a Lena native back home: Orthopaedic Surgeon Gregory Dammann, MD has joined FHN.

Dr. Dammann, the son of retired local dentist Gordon Dammann, DDS, has a special interest in helping athletes of all ages prevent and recover from sports injuries, and sees patients at the FHN Family Healthcare Center—Burchard Hills in Freeport.

He holds a medical degree from the University of Illinois College of Medicine at

Rockford. He is fellowship trained in sports medicine from the Uniformed Services University in Bethesda, Md. and residency trained in family practice medicine at DeWitt Army Community Hospital in Fort Belvoir, Va. and in orthopaedic surgery at Tripler Army Medical Center in Honolulu, Hawaii and at the University of Nebraska Medical Center in Omaha, Neb.

He is accepting new patients. To make an appointment with Dr. Dammann, call 815-599-7730.

After your surgery, the FHN Rehabilitation Team is close at hand with two Freeport locations to help you recover. Our dedicated physical and occupational therapists will help you regain your strength and get back to normal as quickly as possible.

So, next time you feel a twinge or hear a pop, don't fear – help is close by.

# 2015 TOUR FOR CANCER

## Fonda Battles Cancer on His Bike for a Joyful Tour

Since 2004, bicycling enthusiasts from across the area have come together every year for the Tour for Cancer, a bike ride through scenic northwest Illinois to raise money for the **FHN Leonard C. Ferguson Cancer Center** in Freeport.

For the participants and volunteers who help make this event happen, this year held a deeper meaning.

Over the past eight years, FHN Foundation volunteer Dave Fonda has displayed dedication and strong leadership in coordinating the Tour for Cancer. So, when Dave was diagnosed with stage 4 cancer last fall, this year's Tour of Cancer became so much more important to him.

"After I started treatment, I cycled more joyfully and with new purpose," Dave says. "Battling cancer on my bike is really a major arrow in my quiver."

Since his diagnosis, Dave has received quality care through numerous procedures and treatments. Michael Perry, MD, President and CEO of FHN and fellow biking enthusiast, conferred with Freeport physicians and the Mayo Clinic to help Dave take the necessary steps in treatment. This decision and the steps that followed allowed Dave to coordinate and ride in his ninth Tour for Cancer last summer.

"Our entire team is dedicated to finding the best treatment for our patients, wherever that may be," Dr. Perry says. "That was the case with Dave."

With treatment under way, Dave continued to coordinate the one-day tour that collects generous contributions from riders



that go **directly to the Cancer Center**. With help from his fellow riders and community members, Dave's efforts this year raised more than \$7,500. Since the tour's first trek back in 2004, the total amount raised has topped \$35,000!



Arshad Shaikh, MD

With Dave's ninth Tour for Cancer in the books, he continues his therapy at the FHN Leonard C. Ferguson Cancer Center.

"Dr. Shaikh and his staff are absolute treasures." Dave says. "They added a new meaning to our preparation for this year's Tour for Cancer biking fundraiser."

## Cash Prizes for Area Schools

### FHN Sponsoring Hometown Throwdown

As the fall sports season begins, students across northwest Illinois are ready to cheer on their school's teams – and so is FHN!

FHN is the sole sponsor of the Hometown Throwdown, a new website and contest presented by WTVO Channel 17 (also Fox 39, Bounce, MyTV, and My Stateline.com) in Rockford.

Hometown Throwdown is a social-media-based website hosted by Channel 17 and featuring all of the smaller schools in northwest Illinois and southern Wisconsin that frequently don't receive any television sports coverage.

Each school will have its own page, and the content will be provided by student "sports reporters" chosen by the schools. Content will include live scores, stories, interviews, and highlights in both stories and film clips (all content will be reviewed by the station before posting).

**4 FHN** *We're here, for you.*



The site will also provide access to information about FHN services like sports medicine, wellness, and athletic training on the site. The contest and the site will be promoted on all four stations mentioned above.

The three schools with the most page views after the Spring 2016 sports season will win cash prizes from FHN:

- \$2,000 for first place
- \$1,000 for second place
- \$500 for third place

Help your school district win by checking out its Hometown Throwdown site regularly! You'll find the main site at [www.mystateline.com/hometown-throwdown](http://www.mystateline.com/hometown-throwdown).



**BRINGING SUICIDE  
OUT OF THE DARK**

# **Out of the Darkness Walk to Prevent Suicide**

## **Out of the Darkness Walk**

**10 a.m. Saturday, Oct. 10  
(registration begins at 9 a.m.)**

**Koenig Theater (band shell)  
at Krape Park, Freeport**

**For more information:**

**Call: 815-275-4775**

**Email: [Illinois@AFSP.org](mailto:Illinois@AFSP.org)**



**A** suicide attempt is made every minute of every day in the United States, and someone dies by suicide every 12.8 minutes. Each person who commits suicide, experts estimate, leaves behind at least six and as many as 25 survivors who are significantly impacted by his or her death.

No group or community is immune: Suicide affects people of all ages, genders, races, faiths, and socioeconomic status.

But help – for those who may be contemplating suicide and for those who are left behind – is available.

“More than half of the people who die by suicide suffer from major depression,” says FHN Clinical Operations Leader and Psychologist Laura Bonsky, PsyD, citing statistics from the American Foundation for Suicide Prevention. “And depression is among the most treatable of psychiatric illnesses.”

Laura will be one of the speakers at northwest Illinois’ Out of the Darkness Community Walk, scheduled to begin at 9 a.m. Saturday, Oct. 10 at Krape Park’s Koenig Theatre (band shell). The walk

is a fundraiser for suicide prevention efforts and a visible way to get the word out about the help that is available for anyone who needs it.

“More than anything, the Out of the Darkness Community Walk is about bringing behavioral health, depression and suicide out of the shadows, and letting people know that there is help available,” Laura says.

Participants will walk a course through Krape Park but are also welcome to attend the event and not walk, or only walk as far as they are comfortable. You can register for the walk, or donate to registered participants, at the event’s website:

<http://tinyurl.com/FHN-Prevent-Suicide>.

There will be speakers and information on a number of topics, from behavioral health services available locally to support for survivors and what to do if you think someone may be thinking about suicide.

“You don’t have to be depressed to the point of suicide to reach out for help,” Laura says. “We’ll have information available on local resources including the FHN Family Counseling Center,

CONTACT, and the National Suicide Hotline.

The walk is also a chance for people who have lost someone to suicide to meet out in the community, where we can all support each other,” Laura says. “So often, people don’t know what to do for a friend who has lost a loved one to suicide. But it’s not always about doing – sometimes it’s just about being: Being there, being empathetic; sometimes just someone being with you can make all the difference in the world.”

## **Do You Need to Talk to Someone?**

Call CONTACT of  
Northern Illinois

24-hour  
crisis hotline

**815-233-4357**



# The Room That's Here For You 24/7

## FHN Begins Fundraising for Emergency Room Expansion



The Emergency Room never sleeps – there is someone here to help 24 hours a day, every day, including holidays, weekends and late, late nights.

The Emergency Room as it is now opened in 1994, and has undergone several updates to keep pace with demand and accommodate new technology. Back then, we saw about 1,830 patients each month, and the department team numbered 50.

Last year, our Emergency Room staff cared for about 29,000 patients. That's about 80 people a day (2,400+ a month) coming through our doors, with injuries and illnesses ranging from stomach flu and poison ivy to victims of vehicular or household accidents and those suffering from heart attack or stroke. We expect to see about 30,000 patients this year.

### Increased Demand Requires Increased Capacity

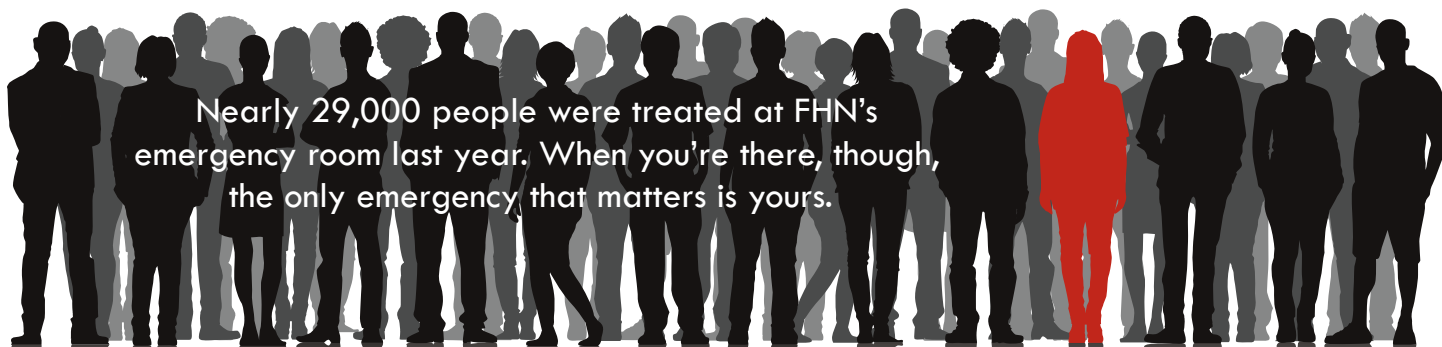
From our state-of-the-art teleneurology capability that can instantly connect the FHN Acute Stroke team to the nation's leading neurologists – one of the criteria that helped FHN earn designation as an Emergent Stroke Ready Hospital from the Illinois Department of Public Health for 2015 – to our commitment to help train local emergency management teams in the latest emergency response techniques, the FHN Memorial Hospital ER leads the way in emergency care for northwest Illinois and southern Wisconsin.

We plan to continue that role, and part of our plan is to invest in renovations and an expansion of the Emergency Room.

**T**he emergency room at FHN Memorial Hospital has, in one way or another, been serving northwest Illinois residents in urgent need of medical care since 1902, when the Globe Hospital opened on upper Stephenson Street in Freeport.

The hospital has seen many changes since then, but emergency care has always been a priority.

The FHN Memorial Hospital Emergency Room has a staff of about 65 people, from physicians and nurses trained in emergency care to the people who register patients at bedside, ER techs and unit secretaries, who draw blood, do EKGs, transport and coordinate communication and patient diagnostics, and environmental services staff who make sure we are always ready for our next patient.



Nearly 29,000 people were treated at FHN's emergency room last year. When you're there, though, the only emergency that matters is yours.



We've reviewed processes and statistics for the ER and FHN Memorial Hospital, benchmarked nationally recognized ER practices, and analyzed our community's ER expectations, and it's clear that it's time for us to begin the journey taking the FHN Memorial Hospital ER to the next level. Our ER expansion project will ...

- Allow more patient visits
- Provide single-patient rooms throughout the ER for increased privacy
- Equip the ER for special-needs patients

New information technology will help increase the efficiency of our team members, which will also increase patient safety and satisfaction. Having single-patient rooms for everyone will also increase patient safety and satisfaction, and a new group of rooms for patients with behavioral health conditions will let us address the lack of facilities to care for these individuals in the face of many recent closings of mental health institutions in the state of Illinois. A new security office is also part of the design.

We are still in the early stages of this project, so we don't yet have a firm start or end date. We are sure of one thing, however: Even when we begin construction on the new Emergency Room, we'll still be here to care for you. **The FHN Memorial Hospital Emergency Room will never close.**

With the help of the public, the FHN Foundation hopes to raise \$8.5 million to help offset the costs of this important project. You'll see details about our

fundraising campaigns in the future, beginning with this year's FHN Festival of Trees celebration. If you're interested in giving, please contact the FHN Foundation at 815-599-6900 or visit [www.fhn.org/foundation.stm](http://www.fhn.org/foundation.stm).

We look forward to serving our community in our updated, expanded space and appreciate your support and understanding as we begin this project. We're very proud to be able, even as we grow, to be here for you.



## igrow: Giving Kids an Early Start, Bright Future



FHN is proud to be a partner in igrow Stephenson County! The group works to ensure that parents are connected to all of the services they need, as early

as possible, so that their children will enter school ready to learn. Some of the services available through igrow include WIC for mothers and families; home

visits, kindergarten readiness, Parent Cafés and regular learning checkups.

The igrow Stephenson County partners include:

- All Our Kids Network of early childhood providers (Stephenson County Health Department)
- Healthy Families Illinois program (Stephenson County Health Department)
- Parent Enrichment Program (FHN Family Counseling Center)
- Family Ties Home Visiting Program

igrow Stephenson County is partially funded from the Maternal and Infant Early Childhood Home Visit Program. For more information, call 815-801-GROW (4769) or visit [igrowsc.org](http://igrowsc.org).

# Meet Our Ob/Gyn Providers

## FHN's Women's Healthcare Team

You've heard about the renovations to our Ob/Gyn offices, and, if you've been watching your mail, you've met all the members of our Women's Healthcare Team.

We're proud to have a group of providers with diverse interests and a broad range of specialties—from helping young women understand the changes of puberty to helping moms have their babies and working with women as they enter menopause.

No matter what phase of life you are in, you'll find the right women's healthcare provider for you at FHN.

If you'd like to work with a member of our Women's Healthcare team, call our office toll-free at 1-877-600-0346 ext. 980.

**MEET DANIELLE SIEDSCHLAG BC-WHNP**  
Ob/Gyn Nurse Practitioner  
Specializes in adolescent care  
Runs for fun and fitness

**MEET NICOLAI HINDS MD, FACOG**  
Obstetrician/Gynecologist  
Specializes in minimally invasive surgery  
Values mission work in Haiti

**MEET KIM VITTORIO BC, CNM**  
Nurse midwife  
Specializes in holistic pregnancy and childbirth  
Loves to dig in the dirt

**MEET COURTNEY DANPULLO MD**  
Obstetrician/Gynecologist  
Specializes in high-risk pregnancies and gestational diabetes  
Enjoys cooking

**MEET M. FAROUK ISAWI MD, FACOG**  
Gynecologist  
Has special interest in pelvic reconstructive surgery  
World traveler

**MEET RUHEE SIDHU MD**  
Obstetrician/Gynecologist  
Passionate about women's wellness and preventive care  
Enjoys crossword puzzles

## FHN Sport Physicals Return More Than \$14K to Area Schools

FHN's summer sports physical clinics give parents an easy way to fulfill a requirement for their student-athlete and give back to their school.

The proceeds from each \$20 physical are donated back to the schools by FHN. This year, a total of 18 sports physical clinics were held at FHN satellite offices across northwest Illinois. Healthcare providers performed 711 physicals through the program, raising \$14,220 to donate back to 12 area schools.

At FHN Family Healthcare Center – Burchard Hills in Freeport, a total of 203 students had their physicals completed during two clinics, which ultimately gave \$4,060 back to Freeport High School.

These physicals meet IHSA eligibility requirements for sports but do not meet the requirement for 9th grade school physicals or for new students from out-of-state. The physicals are offered every year in the area during the summer months.

# Insight

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