

# Insight

A publication of FHN

Volume 2, Issue 1

Do You Have a  
Wound That Won't Heal?

**Center for  
Wound Healing  
at FHN Debuts**

**FHN Women's  
Healthcare Team**  
Offering a Broad  
Range of Services

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How FHN Going  
Digital Affects You



*We're here. For you.*

**FHN**

## Spring Into Good Health



Hello again, and welcome to FHN's spring Insight. Spring's warmer temperatures bring many of us outside, whether it's for our daily exercise or to get the yard and garden ready for growing season.

All that activity can mean some aches and pains as our bodies get used to moving around again. In March, FHN orthopaedic surgeon Larry Brinkman, MD, gave a very well-attended presentation about joint pain – what causes it, how you can fight it and even prevent it. We followed up that popular program with a great presentation from FHN physical therapist Jena Zientek, PT, who talked about getting our bodies ready for more activity and avoiding those aches and pains.

One of the most important things FHN does is help people to get and stay healthy. Our Speakers Series presentations are a part of that, with healthcare professionals offering useful information and making themselves available for discussion with the participants. Watch your newspaper and our website, [www.fhn.org](http://www.fhn.org), for information on upcoming Speakers Series presentations.

Your own healthcare provider is your best resource for help in achieving and maintaining your best health. FHN has 24 family practice providers, four internal medicine providers

and four pediatricians at 14 locations across northwest Illinois and southwest Wisconsin to care for you and your family's health.

If the need should arise, you and your provider can call on one of FHN's 35+ specialists for help with certain conditions, injuries or diseases. In the past year, FHN has added a pulmonologist (lung specialist) and a nephrologist (kidney specialist) to our team, and a number of our providers have completed wound care certification in conjunction with our new Center for Wound Healing at FHN.

We're proud to share news about our providers and how they're helping people live healthier lives. Farhan Khan, MD, our nephrologist, is working with more than 200 patients who are at risk of developing kidney disease. You'll hear more about him in the next Insight. In this issue, we've got news about our new hospitalist program, the debut of electronic medical records at FHN Memorial Hospital and much more.

## Enjoy!

## Congratulations, Dr. Perry! FHN Leader Elected to Illinois Hospital Association Board

FHN President and CEO Michael Perry, MD, has been elected to the board of directors of the Illinois Hospital Association.

As one of 29 IHA board members, Dr. Perry helps to direct the organization's policy and advocate for the 210 Illinois hospitals on a state and national level. Dr. Perry represents Region 1A, which includes hospitals in Rockford, Sterling, Dixon, Morrison and DeKalb.



"As an Illinois Hospital Association trustee, I represent our region's interests in healthcare matters," Perry said. "This gives the residents of northwest Illinois a voice in designing and implementing new healthcare policies that affect us all."

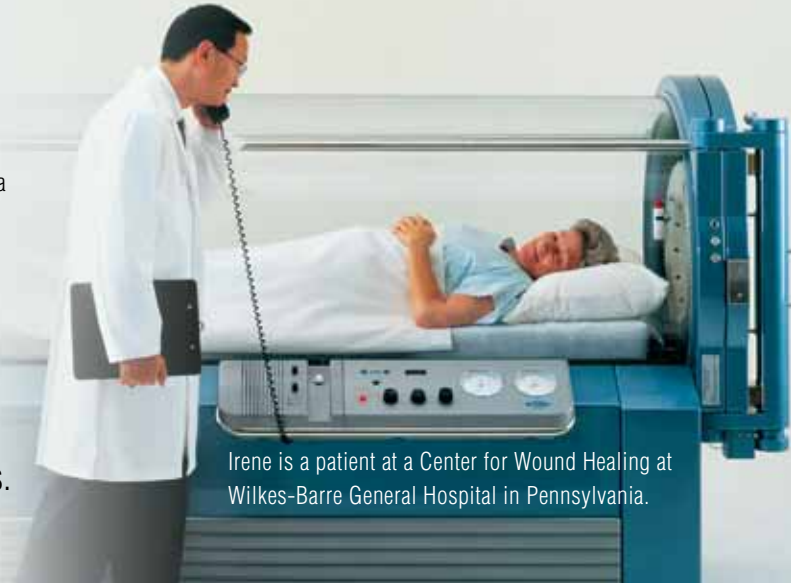
Dr. Perry was elected to the IHA Board of Trustees by the leaders of the other hospitals and healthcare organizations in Region 1A. For more information on the Illinois Hospital Association, visit [www.ihatoday.org](http://www.ihatoday.org).

**A**t age 77, Irene had always enjoyed good health. A retired secretary, she watched her weight, didn't smoke and exercised regularly. But when a seemingly minor accident led to a serious leg infection, her health suddenly became front-and-center in her life.

"I had difficulty getting around, which was hard to deal with," the Pennsylvania native says. After several specialists offered a discouraging prognosis – some even going so far as to recommend amputation – Irene saw a provider who prescribed hyperbaric oxygen (HBO) therapy at a nearby wound center.

HBO therapy uses pure, pressurized oxygen to enhance the body's natural healing process. In Irene's case, several weeks of HBO therapy and skin grafts helped heal and save her leg.

**"The oxygen therapy was amazing," Irene says.  
"It's made all the difference in the world."**



Irene is a patient at a Center for Wound Healing at Wilkes-Barre General Hospital in Pennsylvania.

## Helping You Heal

### The Center for Wound Healing at FHN Brings Hyperbaric Oxygen Therapy, Specialized Wound Treatment to Northwest Illinois

Wounds can be a serious complication for people who have diabetes, poor circulation or other chronic diseases. A wound that won't heal can cause pain and disability, and could even make amputation necessary.

The new Center for Wound Healing at FHN, in partnership with The Center for Wound Healing, utilizes leading-edge technology and proven wound care practices to help you heal. Our caring team uses tools and techniques ranging from specialized dressings and antibiotics to hyperbaric therapy to augment your body's healing process.

The Center for Wound Healing at FHN, located at FHN Specialty Care – Stephenson Street in Freeport, offers full-spectrum care for chronic wounds in an outpatient setting, so you can heal at home.

#### **HBO Therapy**

Hyperbaric oxygen (HBO) therapy is a non-invasive, painless treatment that has been proven effective in treating hard-to-heal and infected wounds.

FHN's state-of-the-art hyperbaric chambers are designed to provide a comfortable patient experience. Patients receiving HBO therapy simply lie inside the chamber and relax. The wound does not have to be exposed.

The air pressure inside the hyperbaric chamber is about 2½ times greater than normal air pressure. This helps your blood carry an increased amount of oxygen to your organs and tissues. This richly oxygenated blood can help your body fight off infection and heal your wound.

#### **A Team of Experts**

When your provider refers you to The Center for Wound Healing at FHN, a specially trained team of wound care experts collaborates on your care plan. FHN surgeon Rafael Castro, MD, FACS, leads The Center for Wound Healing at FHN team as its medical director.

"We work with our patients and their healthcare providers to develop a treatment plan that will enable the quickest, most complete healing of

the wound," Dr. Castro says. "The specialized products and treatments we use can often help patients whose wounds wouldn't heal under other circumstances."

If you'd like more information on The Center for Wound Healing at FHN, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 992.

#### **Do You Have a Wound That Won't Heal?**

The Center for Wound Healing at FHN treats wounds caused by a number of medical conditions and traumatic events. We can help with:

- Slow-healing wounds (4+ weeks)
- Diabetic wounds
- Bone infections
- Ulcers or sores of the foot, leg or body
- Radiation-related wounds
- Crush injuries
- Burns
- Skin grafts



# Bone Up on Your **Bone Health**

Most people remember hearing it at some point during their childhood: “Drink your milk, so you can grow up big and strong!”

Your mom was right – getting enough calcium in your diet played an important part in helping your bones develop. All the running around and playing outside you did helped, too, as well as the sunshine that helped your body manufacture vitamin D.

But your bone-building didn’t end when you were a kid. No matter how old you are, your body is constantly breaking down old bone tissue and building new tissue to take its place.

When you’re young, your body is able to build bone faster than it deteriorates. In your early 30s, however, your body starts to break down bone tissue faster than it can build it up. This is a natural part of the aging process, but it does mean

all of us – no matter our age – have to think about our bone health.

Osteoporosis is a disease that causes bone tissue to break down, weakening our bones and making them more likely to break. Though older women are more likely to develop osteoporosis, the disease can strike anyone.

In fact, as many as one in four men over the age of 50 will break a bone due to osteoporosis, and men over 50 are more likely to break a bone due to osteoporosis than they are to get prostate cancer.

## **Prevention Starts Early!**

The best way to prevent osteoporosis is to develop strong, healthy bones early in life. You are never too young – or too old – to make your bones healthy, so get your whole family involved!

**Healthy diet** – like Mom said, drink your milk. Your body needs calcium to build strong bones. Low- or non-fat dairy products like milk, cheese, yogurt and even ice cream are good sources of calcium.

Vitamin D is another important building block for calcium production. Your skin makes vitamin D when you’re out in the sun, but you can also get it by eating egg yolks, saltwater fish, liver and milk enriched with vitamin D.



## **Non-Dairy Calcium-Rich Foods**

(USDA Dietary Guidelines for Americans)

### **Fish and seafood**

pink salmon  
sardines  
ocean perch  
blue crab  
clams  
rainbow trout

### **Dark green, leafy vegetables**

collard greens  
spinach  
turnip greens  
kale  
okra  
beet greens  
Chinese cabbage

### **Beans**

soybeans or tofu  
black-eyed peas  
white beans

**Exercise** – you know it’s good for your heart and muscles, but did you know that exercise can help your body build strong bones, too? The best exercises to help build strong bones are strength-building and weight-bearing, including walking, climbing stairs, lifting weights and even dancing. Exercises like swimming and bicycling are important for your heart health, but your bones need the pull of gravity to get their workout.

**Healthy lifestyle** – smoking and drinking too much can keep your body from absorbing the calcium your body needs. Drinking too many soft drinks can also keep your body from using calcium in the most effective way.



## Diagnosing and Treating Osteoporosis

A digital bone densitometry test can help your healthcare provider assess your risk of developing osteoporosis. The FHN Women’s Diagnostic Center at FHN Memorial Hospital in Freeport offers this painless, non-invasive test, which uses a digital X-ray machine to measure the density of your bones.

The machine is a flat table with an “arm” overhanging its surface. The technician will ask you to lie down on the table while the machine takes images of your lower spine and hip area. A radiologist will use those images to calculate your bone density, which gives your provider an indication of your overall bone health.

If your bone density test reveals that you have osteoporosis, your provider may prescribe a medication to help strengthen your bones, but even if you are taking a drug to fight osteoporosis, it is important to eat a healthy, balanced diet and get regular exercise.

### Risk Factors

Advancing age (women are most likely to develop osteoporosis after menopause)

Small, thin body type

Family history of osteoporosis

Taking certain medicines

Being a white or Asian woman

Diet with too little calcium, vitamin D

Physical inactivity

Smoking

Drinking more than 1 alcoholic drink (women) or 2 alcoholic drinks a day (men)

Need Help Developing a Healthy Lifestyle?

## Get Fit INFINITE is the Answer!



This year, FHN launched **Get Fit INFINITE**, an online, anytime version of our popular Get Fit Challenge. Participants earn points for engaging in healthy behaviors like exercising, drinking enough water and eating fruits and vegetables.

**Get Fit INFINITE** participants enjoy trial memberships at fitness clubs across northwest Illinois and southwest Wisconsin, and can also earn points for learning about their health, getting regular check-ups and more.

FHN’s **Get Fit INFINITE** is the only local health and fitness program that includes both baseline and ongoing screenings for important health indicators including weight, blood pressure and cholesterol as well as other optional tests. It is open to any adult, and costs \$3 a week with free weeks available for 26, 39 and 52 weeks of participation.

FHN has partnered with Freeport School District #145 to help its employees get – and stay – fit and healthy. “Many of our teachers have embraced this initiative, and

the ongoing nature of **Get Fit INFINITE** will provide long-term solutions to even further enhance their wellness,” said FSD coordinator Bernadette Mekalska. If you are interested in coordinating a personalized wellness program for your employees, call FHN Marketing toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 901.

For more information on **Get Fit INFINITE**, visit [www.fhn.org](http://www.fhn.org) or call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 901.

# Who is elmr?

... and what does he have to do with my healthcare?

The next time you see your healthcare provider, you may notice some changes. He or she may not make notes in – or even carry – your paper chart. Now our providers are smart, but they haven't memorized all of your information; FHN is converting all of our locations to electronic medical records.

We've been working on this project behind the scenes for years – from linking patient records electronically throughout our system to implementing the bar-coded, scannable medication delivery process at FHN Memorial Hospital. After an organization-wide naming contest last fall, FHN's electronic medical records initiative has been named elmr (it's short for the **electronic medical records** initiative at FHN).

If you've been a patient at the hospital lately, you've probably seen more evidence of elmr when your nurse recorded your vital signs on a small computer instead of on paper. That's another step toward electronic medical records.

Now, we're ready to take a BIG step forward. This May, FHN Memorial Hospital is converting to a computerized physician order entry system

(CPOE) to replace paper patient charts. Your provider will order tests, get test results, prescribe medications and even "sign off" on your release from the hospital electronically. And, since everything will be entered electronically, there won't be any question about what the doctor is ordering – no more deciphering the bad handwriting that's been the butt of so many doctor jokes! This will also instantaneously update all the other departments involved in your care like the pharmacy, the lab, the imaging department and nursing staff.

"CPOE does much more than replace pen-and-ink with computers," says Shawn Shianna, MD, FHN chief medical officer and one of many physicians involved in planning for the big change. "Orders are linked to the latest developments in medical care so that your provider has the expert guidelines and research at his or her fingertips. Sometimes, something as simple as an electronic reminder to give certain medicines before surgery can make real improvements in patients' recoveries. Now we have one more tool to help us."

Once we've brought elmr to FHN Memorial Hospital, our team will turn its attention to

implementing digital records in all of our provider offices. That process begins this summer in Forreston and Orangeville, with our ultimate goal of bringing all FHN locations online by next April.

Our move to electronic medical records is about more than saving paper. It's about better communication for your entire healthcare team, and the best way to care for you and the ones you love. elmr puts the latest medical information into your provider's hands, paired with your medical history, to enable us to provide the best, most complete healthcare possible.

While our behind-the-scenes elmr team has been working on these changes for months, no amount of preparation can guarantee an absolutely smooth transition. We hope you'll be patient with your nurses and providers as we get up to speed with our new system.

Like many healthcare organizations around the country, FHN is investing in the future of healthcare with electronic medical records. Our goal remains the same as ever – the best possible patient care.

## elmr



**electronic medical records**  
initiative at FHN

# Over 40 Years of Urology Experience – That's Quite a Team!

From challenges with stone disease, male and female urinary incontinence, prostate diseases and cancers of the kidney, bladder, prostate and testes, David F. Cheng, MD, FACS, and David DiDomenico, MD, DO, FACS, bring a wealth of experience and urology expertise to FHN. Urology is a surgical specialty concerned with diagnosis and treatment of diseases involving the kidney, bladder, prostate and male reproductive systems. FHN's urologists work with the latest technology in urodynamics, including neuromodulation and cryo-ablation therapy for radiation therapy failures in treatment of prostate cancers.



**Dr. Cheng, MD, FACS**, is board certified in urology with a medical degree from the Georgetown University School of Medicine in Washington, DC. He completed his residency at the Medical College of Virginia in Richmond, VA, and a general surgery internship at Brown University's Rhode Island Hospital in Providence, RI. He has special training in lithotripsy of kidney, bladder and ureteral stones, and in treatment of bladder cancer. He is a clinical instructor and has courtesy staff privileges at the University of

Wisconsin – Madison. Dr. Cheng is a Fellow of the American College of Surgeons and a member of the American Urological Association, the Illinois State Medical Society and the Illinois Urological Society.



**Dr. DiDomenico MD, DO, FACS**, is also board certified in urology. He has medical degrees from the Ross University School of Medicine in the Commonwealth of Dominica, West Indies and the University of Osteopathic Medicine and Health Sciences in Des Moines, IA. Dr. DiDomenico has completed a number of residencies in the Chicago

area, including general surgery and urologic surgery at the University of Illinois at Chicago, Cook County Hospital, Michael Reese Hospital and Medical Center, and others. He is a Fellow of the American College of Surgeons and a member of the American Urological Association, the Illinois State Medical Society and the Illinois Urological Society.

Watch for more in an upcoming *Insight* about this dynamic duo and the state-of-the-art treatments and procedures they are undertaking at FHN!

## FHN Welcomes UnitedHealthcare Patients

Early this year, UnitedHealthcare and FHN announced a new network relationship that gives UnitedHealthcare commercial and Medicare health plan participants



access to care provided by FHN's providers and healthcare facilities in northwest Illinois and southern Wisconsin.

"This new relationship with UnitedHealthcare is a major addition to our health insurance offerings," says Mike Clark, FHN executive vice president and chief financial officer. "UnitedHealthcare and FHN share a common goal of providing convenient access to care to plan customers in our community. We are very pleased to now offer this choice to area employers and patients."

"Our new network relationship with FHN gives our customers in northwest

Illinois and southern Wisconsin greater access to quality medical facilities and skilled physicians close to where they live and work," says Dan Kueter, chief executive officer of UnitedHealthcare of western Illinois and Iowa, which serves the northwest Illinois and southern Wisconsin region. "FHN is an important provider of healthcare services in this area. We believe this new relationship strengthens our shared commitment to deliver quality, affordable healthcare for consumers."

For more information on which insurance plans are accepted by FHN and its providers, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 993.



# Making the **GRADE** FHN Quality Reports Online

Kids might think that grades are a nuisance perpetrated by teachers, but we grown-ups know that grades are important. Grades help us gauge our progress and let us know where we're doing well and where we need to work a bit harder.

Most of us get some kind of "grades" periodically, whether it's a review at work, a blue ribbon in a competition or a family's enthusiasm in taking second and third helpings of a great dinner.

FHN gets graded, too, on measures ranging from patient experience to surgical infection prevention and care for pneumonia, heart attack and more. We get these grades from a number of sources such as the Hospital Quality Alliance (HQA) and the Illinois Hospital Association (IHA).

These quality scores help us identify specific areas in which we need to improve our care. They also give you, the healthcare consumer, a way to get objective information on FHN and other healthcare systems and hospitals.

You can find our quality scores online at [www.fhn.org](http://www.fhn.org). (Mouse over **About Us**

on the green navigation bar at the top of the page to find our **Quality Reports** page.) You'll also find an explanation of how each score is determined and a comparison of FHN's scores to those of hospitals across the state and the nation.

We're always interested in what you have to say about the care we provide. If you have comments or suggestions for how we can improve, please call our Customer Focused Consultants toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 983.

Another way FHN "makes the grade" is by helping to make our communities better, healthier places to live and work. Healthcare organizations call this Community Benefit, but we like to think of it as just being a good neighbor. Some of the ways we reach out to our neighbors include FHN's popular, no-cost Top 50 program for seniors, free workshops, programs and seminars throughout the year on a variety of health and wellness topics, fun events for the whole family like FHN's Pretzel City Festival and much more!







# The Hospitalist Team at FHN Memorial Hospital

## Working With Your Provider to Care For You

“I chose to enter the hospitalist program because I appreciate the ability to really be there for my patients and their loved ones in what can be a stressful situation.”

Beth Kalnins, MD



FHN is proud to add a new service to our hospitalized patients – the hospitalist.\* Hospitalists are physicians who practice medicine specifically in a hospital setting.

While you are hospitalized, your hospitalist coordinates all aspects of your care, from requesting diagnostic tests to arranging specialty care and consultations with other physician specialists. Because your hospitalist works only at the hospital, he or she has extensive experience with hospital staff, processes and procedures, which help to ensure you receive the best care possible.

The hospitalist team at FHN Memorial Hospital includes Beth Kalnins, MD; Brenda Snyder, DO; and Syed Ghani, MD. Look for profiles of the team in the next Insight.

“I chose to enter the hospitalist program because I appreciate the ability to really be there for my patients and their loved ones in what can be a stressful situation,” says Dr. Kalnins.

Dr. Kalnins is a familiar face for many FHN patients – she served as a family practice physician at FHN Family Healthcare Center – Pecatonica for more than 10 years, and has been honored as a Rural Physician of Excellence by the Illinois Rural Health Association.

“I came here from Chicago because I liked the prospect of working with a core group of physicians who work as a team,” says Dr. Snyder. “That is hard to find, and I believe that team focus helps us provide better care for each patient. The

hospitalist program is a natural progression for physicians; we help each other take care of our patients.”

Your hospitalist also is responsible for updating your provider on your progress. As soon as a patient is admitted into the hospital, planning begins for his or her release and return to regular life under the care of his or her regular healthcare provider.

### How Do I Get a Hospitalist?

Many of FHN’s primary healthcare providers rely on the hospitalist team at FHN Memorial Hospital to care for their hospitalized patients. If you are scheduled for a stay at FHN Memorial Hospital, ask your provider if he or she will turn over your care to the hospitalist team.

If you do not have a primary care provider and enter the hospital through the Emergency Department, a hospitalist will care for you while you are hospitalized. Once your hospital stay is over, the team can help you find a healthcare provider for your everyday needs and help you to schedule any follow-up care you may need.

\* FHN employs most of the providers that care for you. However, in order to provide our patients with the most comprehensive care possible, we also contract with other companies to provide services we don’t. These Non-Network Providers take care of FHN patients and use our hospital facilities, but they are not FHN employees and we do not control the care they deliver. Our non-network providers include, but are not limited to, hospitalists, Emergency Department physicians, radiologists and anesthesiologists.

# FHN Women's Healthcare Team

## Helping You Plan Your Family



Your yearly gynecological exam is more than just a matter of getting your pap test – it's a chance to talk with your healthcare provider about your health and how it affects your life. That's why the FHN Women's Healthcare team is proud to offer services beyond routine exams and pregnancy care.

"One of the most common issues our patients deal with is heavy and painful periods," says Nicolai Hinds, MD. "Going through days of discomfort each month doesn't mesh with women's busy schedules. We are proud to offer relief through NovaSure endometrial ablation. For women who have completed childbearing, it's a simple alternative to hysterectomy."

Recuperation from a hysterectomy – a major surgery – can mean 6 weeks of missed work and activities. NovaSure is a

brief procedure that requires no overnight hospital stay and just three to five days of missed work and activities.

The FHN Women's Healthcare Team also offers Essure, a no-scar, tubal ligation procedure for the prevention of pregnancy that is performed in the comfort of your doctor's office.

The FHN Women's Healthcare Team offers family planning options from those here to traditional oral contraceptives and implantable, three-year Implanon®.

For more information on women's healthcare services available at FHN, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 980.

## Give to FHN Foundation Through Your IRA with No Penalties

### 2011 Benefit Reduces Taxable Income for Donations from IRA Funds

If you've ever thought of giving to FHN from your IRA funds, the FHN Foundation has some good news for you!

"The tax relief bill signed into law in late 2010 extends the IRA Charitable Rollover that allows donors who are 70½ or older to use their IRA funds, tax-free, for charitable giving," says FHN Foundation Executive Director Terrence Egan.

Under the law, donors may give up to \$100,000 directly from their IRA to a charitable organization like the FHN Foundation and pay no taxes on the contribution.

"Some of our donors have IRA accounts that require a minimum yearly distribution, but they don't need the money for their own personal use," Egan says. "Without the Charitable Rollover provision, even if the donor

wanted to simply turn over the funds to the Foundation, he or she would have to report that distribution as income and pay taxes on it. The Charitable Rollover provision allows donors to give those funds directly to the Foundation and since they never receive the money as income, they pay no taxes on it."

Because the donated IRA funds are never considered income, gifts given through the Charitable Rollover provision are not tax deductible.

"We encourage interested donors to talk this over with a tax professional," Egan says. "For some of our donors, this can be a great way to reduce their tax burden and help FHN continue to bring quality healthcare to communities in northwest Illinois."

The FHN Foundation works to make a wide variety of good things happen across northwest Illinois and southwest

### Online giving on the web!



Wisconsin. One of our biggest current projects is a \$2 million campaign to pay for much-needed renovations for the FHN Leonard C. Ferguson Cancer Center. If you'd like to talk about how you can help with this or any other project, call us at (815) 599-6900.

For more information on the FHN Foundation, visit [www.fhn.org](http://www.fhn.org). Online giving is available now – click on the FHN Foundation logo in the upper right-hand corner of any page for more information or to give.

# Meet Our Doctors ...

You're probably used to seeing newspaper ads welcoming new healthcare providers to FHN – and we're proud to be bringing new providers and new specialties and capabilities to northwest Illinois.

But we're also proud of the providers who are already part of FHN. You may know them as your family's healthcare provider, as a member of your church, your neighbor or as the parent of your child's classmate. We'd like to take this chance to introduce you again, so say hello to two of our healthcare providers who see patients at FHN Family Healthcare Center – Burchard Hills in Freeport!

## Adam Angelilli, MD

Dr. Angelilli is a pediatrician specializing in the care of children from newborn infants to young adults. While some of his patients are too young to tell him what is wrong, others are preparing to accept responsibility for their own healthcare.



"I enjoy helping both parents and children navigate through the various stages of development and growth, in addition to helping parents adjust to the demands and responsibilities inherent to parenthood," says Dr. Angelilli.

Dr. Angelilli received a bachelor of science degree in molecular biology from Grove City College in Grove City, PA, where he also participated in

international medical mission trips to Kenya and Tanzania. He then earned his medical degree from Drexel University College of Medicine (formerly MCP/Hahnemann School of Medicine) in Philadelphia, PA.

He completed his residency training in Newark, NJ at the University of Medicine and Dentistry of New Jersey, during which time he was married and welcomed a new daughter. After residency, Dr. Angelilli relocated to Illinois to be closer to family. He worked as a hospitalist in the Neonatal Intensive Care Unit at Prentice Women's Hospital in Chicago as well as providing care in the Urgent Care Department at Children's Memorial Hospital in Chicago. Dr. Angelilli joined FHN, welcomed a son to his family, and relocated to Freeport, all in 2010.

Dr. Angelilli is accepting new pediatric patients and has expanded office hours on Monday evenings, taking appointments through 7 pm.

## Donald Hay, DO

Dr. Hay practices family practice, which means he can care for any member of your family, from babies to grandparents. He takes pride in being a true "family doctor" for his patients, building long-term relationships around helping people stay healthy all their lives.



"My goal is to be my patients' partner in working toward and maintaining good health for a lifetime," says Dr. Hay. "Having a family doctor who has cared for you for years makes you more likely to take an active part in your own health, and to stay healthier."

Dr. Hay grew up in Warren, and began his education with an associate's degree from Highland Community College

in Freeport. Dr. Hay has a bachelor's degree from Western Illinois University in Macomb and earned his medical degree from the University of Health Sciences – College of Osteopathic Medicine in Kansas City, Mo.

Dr. Hay is accepting new patients of all ages, and has expanded office hours beginning at 7 a.m. Tuesdays and through 7 p.m. on Wednesdays.

**To make an appointment** with Dr. Hay or Dr. Angelilli, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 978.

## Insight

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