

# HealthToday

JULY-SEPT 2010

 **Centegra** Health System

WELL BEYOND EXPECTATION<sup>SM</sup>



**P4**

## **CENTER FOR SUCCESS**

Breast Center to open soon

**P6**

## **WHEN STROKE STRIKES**

Time is key in treatment

**P7**

## **WELLNESS CHECKUPS**

Stay on top of your health

## message *to our* community



**A**t Centegra Health System, we provide many services and advances in care that are making a difference in people's lives. In this issue of *HealthToday*, you can read about a local man's experience with a stroke and how his wife's swift response helped him get the care he needed (see page 6).

On page 3, we'll

update you on innovative technology for treating cancer at Centegra Sage Cancer Center. The new TomoTherapy system—the world's most advanced cancer treatment system—delivers radiation with pinpoint precision, avoiding damage to healthy tissue.

There's much more in this issue, including details on our new Centegra Gavers Breast Center, set to open soon in Crystal Lake (see page 4), and a new partnership that will increase access to primary care services at more locations in southern McHenry County (see page 7).

Nearly four years ago, Centegra Health System was the first in McHenry County to offer open heart surgery. Since then, more than 500 open heart surgeries have been performed—which shows the great need for this level of care in our community. For more details, see page 8.

Whether you're faced with a serious medical challenge such as a stroke, or whether it's time for an annual checkup, we're here to serve your health and wellness needs now and in the future.

Sincerely yours,

Michael S. Eesley  
President and CEO

Coming soon

## Centegra Wound & Hyperbaric Center

**CENTEGRA HEALTH SYSTEM** is pleased to announce the addition of a new service to our growing hospital system: a specialized Wound Care Center.

The **Centegra Wound & Hyperbaric Center** will allow us to offer a more comprehensive wound care program to manage chronic or nonhealing wounds caused by diabetes, circulatory problems and other conditions. Centegra Health System has seen an overall increase in patients with chronic or nonhealing wounds. To address this need in our community, we have created access to proven therapies that speed the healing process.

The 3,500-square-foot Center will house three new hyperbaric chambers and five treatment rooms. The Center, located at 11650 S Route 47 in Huntley, will open in July 2010. The treatment team will include a program director, a medical director, nurse specialists, case managers and other clinicians.

The addition of the Center is part of our ongoing effort to provide a complete continuum of medical and professional care to our patients. ♦



For more information, including hours and services, **VISIT** [centegra.org/woundcare](http://centegra.org/woundcare) today.



## Centegra named Blue Distinction Center for knee, hip replacement

**BLUE CROSS BLUE SHIELD** of Illinois recently launched its first Blue Distinction for Knee and Hip Replacement, and Centegra Hospital – Woodstock and Centegra Hospital – McHenry were among the first hospitals chosen.

For 15 years, the goal of the Blue Distinction Center designation has been to help consumers find quality specialty care on a consistent basis, while enabling and encouraging healthcare professionals to improve the overall quality and delivery of care nationwide, said Dennis Mele, Blue Distinction Administrator.

In order to receive this distinction, both Centegra hospitals met selection criteria set by Blue Cross Blue Shield of Illinois. The criteria, developed from the input of physicians and medical organizations, included a comprehensive evaluation of structure, process and outcome measures. Both hospitals also demonstrated a commitment to quality of care and comprehensive inpatient knee and hip replacement services.

Additional criteria included:

- Offering acute care inpatient facilities
- Being accredited by the Centers for Medicare and Medicaid Services (CMS)
- Providing comprehensive quality management programs
- Establishing hip and knee replacement programs that perform at least 100 total hip and total knee joint replacement surgeries per year
- Featuring experienced knee and hip replacement surgery teams
- Offering pre-operative patient education
- Supporting transitions of care
- Coordinating and streamlining care from multi-disciplinary teams and clinical pathways
- Tracking patient outcomes using internal registry or databases
- Participating in the Surgical Care Improvement process
- Meeting objective thresholds for clinical outcomes that include complication rates and length of stay ♦



**LEARN** more about the state-of-the-art surgical care you can receive at Centegra Hospital – Woodstock and Centegra Hospital – McHenry. **VISIT** [centegra.org](http://centegra.org).



## Prostate cancer: More options for treatment

**ABOUT ONE IN SIX** men will be diagnosed with prostate cancer, the American Cancer Society reports.

Today, prostate cancer patients have a better outlook than ever before. Some older men with slow-growing cancers may not even need treatment. According to Jeffrey Shafer, MD, a staff radiation oncologist at Centegra Health System, men who do need treatment now have excellent options. They include:

- **Surgery.** Surgeons can perform traditional open surgery or laparoscopic surgery, which uses special long instruments inserted through small incisions. Although the laparoscopic methods haven't been proven superior to open surgery in the long term, they do result in less blood loss and shorter hospital stays.
- **Radiation.** Newer radiation therapies target the radiation precisely at the cancer and spare healthy tissue. One of the most advanced targeting radiation technologies is TomoTherapy, which is offered at Centegra Sage Cancer Center. Brachytherapy is also available, in which radioactive seeds are implanted in or near the prostate. Because radiation from these seeds travels only a short distance, damage to healthy tissues is minimized.

These precise techniques mean lower risk for local recurrence of the cancer and fewer side effects, such as incontinence and impotence, than in the past, says Dr. Shafer. ♦



### **CALL CENTEGRA HEALTH BRIDGE FITNESS CENTER**

To find out about the free weekly exercise program, support groups and lecture series for men who have, or have had, prostate cancer, **CALL 877-CENTEGRA (877-236-8347)**. A doctor's release is needed to exercise.



# Continuing a commitment

## Centegra Health System's new Breast Center

CENTEGRA Health System has a proud tradition of serving the residents of greater McHenry County and is always looking for ways to improve care. One such endeavor is about to become a reality.

The Centegra Gavers Breast Center, soon to be open in Crystal Lake, will bring together state-of-the-art technology and an excellent medical and support staff to serve women who have breast conditions that require additional evaluation or care.

"This is something that the community has really needed for many years," says John Heinrich, Director of Medical Imaging for Centegra. "We provide many of these services in different settings. This pulls everything together in one comfortable and convenient location."

### IMAGING SERVICES

The center will offer the newest screening and diagnostic technologies for breast cancer and other conditions, including:

- Digital screening mammography

- Digital diagnostic mammography
- Breast ultrasound
- Breast MRI
- Image-guided biopsies
- Dedicated on-site physician
- Educational resources

The center is designed to combine the latest technology with compassionate care. It's a place where women will be treated with the utmost sensitivity. The center's team will work with each woman's personal physician to help provide seamless, quality care, Heinrich says.

Lynn Griesmaier, RN, MS, Breast Health Navigator, currently helps guide women through the tests, options, forms, appointments and concerns they may face when dealing with breast health issues. She will continue to work with patients, families, doctors and staff at the Breast Center.

"My role is to provide whatever support women need, no matter where they are in their journey," Griesmaier says.

### A WOMAN'S BEST DEFENSE

Breast cancer affects one in eight women. Early detection is usually the best strategy for treatment.

"There is a high percentage of women in McHenry County who are diagnosed with breast cancer before age 50," says Elissa S. Brebach, MD, radiologist and Director of Mammography for Centegra Health System.

The Centegra Gavers Breast Center is part of Centegra's continuing mission to educate women about the value of regular breast cancer screening and careful, timely follow-up.

### COMMITMENT TO EXCELLENCE

"We are excited about Centegra's new Breast Center. This will ensure that we continue to provide state-of-the-art breast care for McHenry County," says Aaron T. Schwaab, MD, a general surgeon on staff at Centegra Health System and one of the co-directors of the new Breast Center. "It also moves us closer to our goal of national recognition for breast care excellence."

When it opens, the new Breast Center will already be fully accredited through the U.S. Food and Drug Administration's Mammography Quality Standards Act and the American College of Radiology. Centegra Health System is also pursuing a higher level of recognition through the National Accreditation Program for Breast Centers.

"This program acknowledges centers delivering high-quality, comprehensive, multi-disciplinary breast care," says Gia Compagnoni, MD, a general surgeon on staff at Centegra Health System and one of the co-directors of the new Breast Center. "This Provisional Accreditation, which is forthcoming for Centegra, ensures the most comprehensive evaluation and management currently available for diseases of the breast." ♦



To schedule a mammogram or other prescribed exams at one of our convenient locations, **CALL 815-334-5566.**

# A key partnership benefiting McHenry County's Breast Center

AFTER Steve Gavers finished successful treatments for cancer, he wanted to help other people fight cancer—so he decided to raise some money.

“We thought we’d have a little party and raise a few hundred dollars for cancer,” says Gavers’ friend Denise Graff Ponstein. She is now Vice President of the Gavers Community Cancer Foundation (GCCF), which Gavers and his friends established to help fund cancer research and treatment. Over the years, the foundation has raised more than \$3.6 million.

That first “little” party in 2000 was a barn dance, and it was a good indication of what was to come—920 people turned out. Today, more than 2,000 people usually attend the annual fundraiser.

## IT'S ALL ABOUT COMMUNITY

The members of the GCCF wanted to help their community fight cancer locally, so they partnered with the Centegra Health System Foundation by generously donating \$500,000 to provide the initial funding necessary to create the new Centegra Gavers Breast Center.

The Center will consolidate Centegra’s excellent breast care services in one centralized location, though screening mammograms will still be available at four other convenient imaging locations throughout McHenry County. Patients who have abnormal screening mammogram results and need more detailed evaluation and treatment will be referred to the Center for coordinated diagnostic services and treatments, as well as social and emotional support. It will be a dedicated Breast

Center women can rely on.

“We are so happy to be able to contribute to this incredible community endeavor,” says Gavers, Chairman of the GCCF. “Our friends and family members live and work in McHenry County, so it’s wonderful to know they can take advantage of this state-of-the-art facility right in their own backyard.”

The GCCF’s donation, along with donations from other individuals and organizations, accounts for a little more than half of the funds needed, and the Centegra Health System Foundation is actively raising funds to complete the project.

## THE POWER OF GIVING

A community asset like the new Breast Center is all the more valuable because of the connection and commitment of donors like the GCCF. Whether you give a large or small amount, you become part of a greater effort to improve the lives of your neighbors.

Every gift to the  
Centegra Health System

Foundation helps fund patient care, medical equipment and educational programs throughout Centegra Health System. For example, the Foundation funded EKG transmitters for emergency vehicles that send test results to the hospital before the patient arrives, giving doctors a head start on a treatment plan. Neonatal monitors provided by the foundation mean that new babies who need extra care no longer have to be transferred to another facility.

Just like the GCCF, your donation has the added value of keeping resources here, in McHenry County. That’s true even if you choose to help by volunteering your time.

You can also help by sharing your story—an account of exceptional care you received or a unique relationship you developed can inspire others to support Centegra Health System. ♦



**FIND OUT** how to help with foundation projects—**CONTACT** the Foundation at **815-788-5870** or [foundation@centegra.com](mailto:foundation@centegra.com).

## LET'S DANCE!

This year’s Gavers Community Cancer Foundation Barndance will be Saturday, July 17, at Emricson Park in Woodstock. The fun starts at 5pm and lasts until midnight. The event includes a buffet dinner, three bands and a live auction.

Tickets are \$50 per person, but if you buy three tickets before July 1, you’ll get a fourth ticket for free. To find out more, call **815-338-2300** or visit [gavers.org](http://gavers.org).

# Strike back at stroke: Act fast



ON January 7 of this year, 89-year-old John Kligis was reminded of a lesson that wise husbands everywhere ultimately learn: If you know what's good for you, you'll listen to your wife.

His wife's words that day, when John suddenly began having trouble speaking, were simple and few, yet they likely saved his life. "We're not waiting," Fran said, as she set into motion his trip to the Emergency Department.

Fran was quick to recognize John's sudden speech problems as a symptom of stroke—her brother had experienced two strokes. She wasn't going to wait before seeking help, as John had insisted.

It's a good thing she didn't. Shortly after John arrived at the Emergency Department, doctors confirmed that he was indeed having a stroke.

## SPEED MATTERS

Each year in the United States, approximately 795,000 people have a stroke, according to the American Stroke Association (ASA). Like John's, most strokes are caused by a clot that deprives the brain of oxygen. A smaller percentage of strokes occur when a blood vessel ruptures.

Acting quickly, as John and Fran did, is crucial when strokes occur because quick treatment may help prevent long-lasting effects. However, people frequently think their symptoms will go away, so they put off getting help. That often proves harmful. The ASA reports that strokes kill more than 137,000 Americans annually, and

thousands of survivors are left with significant disability.

Fortunately, John has not become part of those statistics. After a three-night hospital stay and a brief period in inpatient rehabilitation, he began receiving outpatient services through the Centegra Neurotrauma Day Treatment Center. Working with a team of professionals three days a week, he had physical, occupational and speech therapy that helped him return to independent living—and the things he enjoys in life, such as fishing.

## GOALS STILL AHEAD

John's outcome was excellent, and he is quick to thank the people who have helped him, particularly those at the center. "It's the professionalism of the staff at Centegra that's been doing great things for me," he says.

The staff emphasize many things that have contributed to John's recovery. Fran's quick action, given the signs of stroke, resulted in immediate medical attention to limit brain damage. John's dedication to the recovery process and sticking with his treatment plan have also made a big difference.

For his part, John is ready to get on with life—and despite all he's been through, it's clear that his sense of humor is still intact.

"You know something, it won't be long," he says. "I'm going to be playing soccer!" ♦



DO you need treatment after a stroke? **CALL** the Centegra Neurotrauma Day Treatment Center at **815-356-2700**.

## THINK F.A.S.T.

If you think someone might be having a stroke, the National Stroke Association recommends that you do the following test:

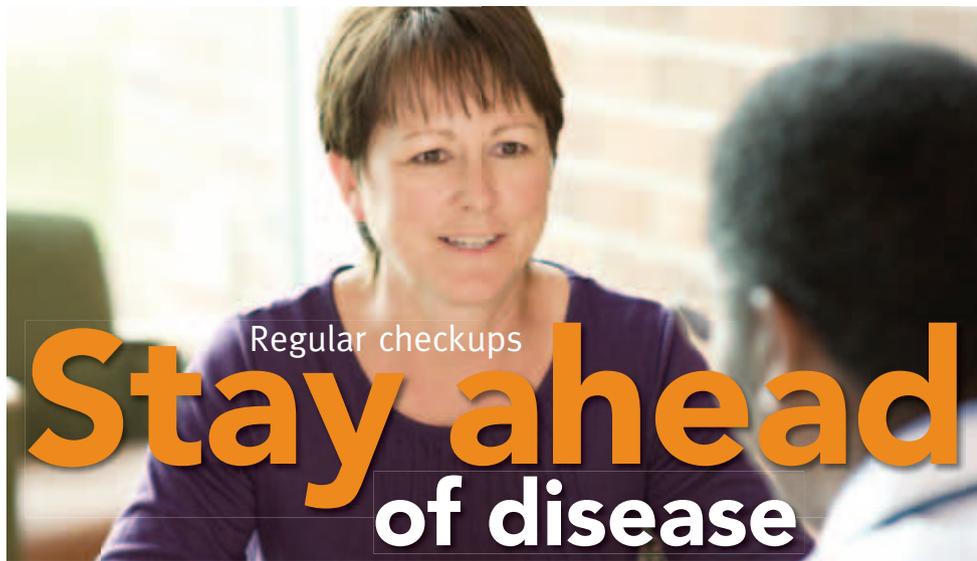
**FACE:** Ask the person to smile. Does one side of the face droop?

**ARMS:** Ask the person to raise both arms. Does one arm drift downward?

**SPEECH:** Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?

**TIME:** If the person shows any of these symptoms, quickly call 911.





## CENTEGRA PRIMARY CARE NEW PARTNERSHIP, REACH, RESOURCES

Centegra Health System is proud to welcome the physicians at Key Medical Group of Algonquin (KMG) to the Centegra Primary Care (CPC) team. For more than 20 years, KMG has provided healthcare services to the community. Offices will continue to be located at 2971 W. Algonquin Road in Algonquin—now as Centegra Primary Care – Algonquin.

The move will add four new physicians to CPC—Barbara Amsler, MD; Steven McCarthy, MD; Desiree Oliveros, MD; and Nichole Roberts, MD—all board-certified in internal medicine, as well as physician assistant Sharin Gabl.

“This opportunity gives us more resources for our patients,” Dr. McCarthy says. “The merger helps us to improve administrative efficiency, giving doctors more time to focus on seeing patients and practicing medicine.”

CPC doctors care for people of all ages and specialize in:

- Diabetes
- Endocrinology
- Family medicine
- Geriatrics
- Immediate care
- Internal medicine
- Obstetrics and gynecology
- Pediatrics
- Rheumatology

CPC offices are also located in Algonquin, Crystal Lake, Huntley, McHenry, Spring Grove and Woodstock.



Barbara Amsler,  
MD



Steven McCarthy,  
MD



Desiree Oliveros,  
MD



Nichole Roberts,  
MD

WHEN you're sick, you call your doctor. You can get more out of your medical care, however, if you make a point of seeing your doctor even when you're feeling well.

“As we get older, it's even more important to take regular inventory of our health,” says Steven McCarthy, MD, of Centegra Primary Care – Algonquin. “The best way to do that is to see your doctor once a year for a full general checkup and get appropriate screening tests, as they do save lives.”

### THE FOUR BENEFITS OF WELLNESS CHECKUPS

“We're living a lot longer,” Dr. McCarthy says. “The idea is to try to be as healthy as possible, stay independent and have a good quality of life.”

Physicals help you to:

**Get to know your doctor.** By seeing your doctor regularly, you establish a baseline of what's normal for you. It's easier for the doctor to observe changes over time and treat you accordingly.

**Get preventive care.** “A physical helps you prepare to live the best life that you can in the future,” Dr. McCarthy says. Based on your medical and family history, your doctor can suggest lifestyle changes or prescribe medications to help

reduce your risk of certain diseases.

**Get screened.** Depending on your age, sex and medical history, your doctor will recommend screenings, such as cancer, high blood pressure, high cholesterol, diabetes or depression. “In general, early detection of illness means a better prognosis in the long term,” Dr. McCarthy says.

**Keep vaccinations up-to-date.** Your doctor will also make sure you're current on recommended immunizations, for instance, tetanus or flu.

### PREPARE FOR YOUR PHYSICAL

Here are a few things you can do beforehand in order to get the most out of your appointment:

- Write down any questions, symptoms or concerns you have and share them with your doctor.
- Make a list of your current medications, including over-the-counter medications and supplements, to show your doctor.
- Ask if you need to fast in order to have a blood test done.
- Gather previous medical records and information about your family health history, if your doctor doesn't already have these, and bring everything to your appointment. ♦



To schedule an appointment for your yearly physical, **CALL 815-338-6600.**

# Centegra performs 500th open heart surgery

WHEN Centegra Health System began performing open heart surgeries, they expected to perform 75 procedures in the first year and 200 by the end of the second year. In the first three years alone, the program has performed 500 open heart surgeries.

Centegra partnered with Cardiac Surgery Associates, the leading cardiac surgery group in Illinois, to be the cardiovascular surgical team performing all of Centegra's cardiovascular procedures. The first ever open heart surgery in McHenry County was performed at Centegra Hospital – McHenry, on Friday, Oct. 27, 2006, when cardiac surgeons from Centegra performed bypass surgery on a female patient from Woodstock.

Since the open heart program began, Centegra has expanded its cardiovascular program to include a third cardiac catheterization lab for angioplasty procedures, as well as electrophysiology to help correct heart electrical problems.

In addition, Centegra's Heart Failure

Clinic coordinates each patient's care and reaches out to other agencies when needed. For example, a nutrition specialist may consult with a patient and family about how to buy and eat healthy foods. Counselors and other professionals provide help for smoking cessation, diabetes education, depression, and more, all totaling an enormous amount of charitable benefits to the community. Patients at the Centegra Heart Failure Clinic have called it a safety net that provides ongoing support enabling them to maintain a healthier lifestyle.

For rehabilitation, but also for those seeking to prevent further cardiac events, the Cardiac Rehabilitation Program in McHenry and Woodstock is a two-phase program monitored by cardiac nurses who guide outpatients through exercise activities designed to build heart strength and return to wellness.

Michael S. Eesley, Centegra President and CEO, adds, "The people of McHenry County should feel secure knowing that

Send us your **FEEDBACK**.

What do you think about Centegra Health System and *HealthToday*? Your comments can help us better serve you and the community. VISIT [centegra.org/feedback](http://centegra.org/feedback) today to share your thoughts or ask a question.

HEALTHTODAY is published as a community service for the friends and patients of CENTEGRA HEALTH SYSTEM.

Information in HEALTHTODAY comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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Centegra has developed a university-medical-center-quality cardiac program right here in McHenry County and will continue to be dedicated to providing the highest-quality, vital healthcare services to the residents in our community." ♦



To **FIND** out more about cardiology services at Centegra Health System visit [centegra.org](http://centegra.org).

## WELCOME, NEW CENTEGRA PHYSICIANS



**Suleman Bangash, DO**  
DERMATOLOGY/MOHS SURGERY  
Mohs Surgery and Dermatology Center  
**Crystal Lake**



**Elizabeth Chung, MD**  
ONCOLOGY/  
HEMATOLOGY  
North Shore Oncology/  
Hematology Associates, Ltd.  
**Crystal Lake**



**Ritu Talwar, MD**  
PSYCHIATRY  
Horizons Behavioral Health  
**Crystal Lake**



**Barbara Burrell, MD**  
INTERNAL MEDICINE  
Fox Valley Internal Medicine, LLC  
**Crystal Lake**



**Bernadette Kohn, DO**  
FAMILY PRACTICE/  
OSTEOPATHIC  
MANIPULATIVE  
TREATMENT  
**McHenry**



To find the Centegra physician who's right for you, **VISIT** [centegra.org](http://centegra.org). You can also **CALL** 877-CENTEGRA (877-236-8347).

**Centegra Behavioral Health Services**  
800-765-9999

Call for urgent mental health assessments.

**McHenry County Crisis Services**  
800-892-8900, [mchenry-crisis.org](http://mchenry-crisis.org)

Call for a referral or immediate assistance.

**Centegra Referral Line**  
877-CENTEGRA (877-236-8347)

Call 24 hours a day.