

HealthToday

JULY-SEPT 2010

 **Centegra** Health System

WELL BEYOND EXPECTATIONSM



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CENTER FOR SUCCESS

Breast Center to open soon

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PRENATAL SERVICES Caring
for your baby from the start

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SLEEP DISORDERS Leave the
rest to Sleep Services

message *to our*
community



At Centegra Health System, we provide many services and advances in care that are making a difference in people's lives.

Read about the full circle of obstetrics services available at every stage—starting before your child is born. Centegra offers a dedicated Breastfeeding

Resource Center, prenatal yoga and much more (see page 6).

We'll update you on a milestone for our open heart surgery program—the first and only one of its kind in McHenry County. In less than four years, physicians have performed the operation on more than 500 patients, showing our community's need for this advanced heart care (see page 8).

We'll also introduce to you a local man who is getting his life back, thanks to experts at our Sleep Services Department. Learn the signs of a sleep problem and how to seek help on page 7.

In addition, we'll highlight the technology and services that will be available at our new Centegra Gavers Breast Center in Crystal Lake. Don't miss our upcoming community events, including an opportunity for parents of young athletes to get their children's back-to-school sports physicals taken care of early (see page 3).

Whether you're faced with a serious medical challenge, such as 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 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.



Centegra Family Health Fest

DISCOVER family time! Experience a day of fun for the whole family on July 17 at Centegra Health Campus – Huntley.

The event wouldn't be complete without food, sports and prizes. The first 400 children who attend will receive a free bike helmet.

Activities include:

- Rock wall and obstacle course
- Free lunch
- Teddy bear clinic tours of the health center
- Tours of Centegra Health Bridge Fitness Center
- Safe Kids of McHenry County helmet checks and emergency preparedness

To get our students ready for fall, Centegra Primary Care will also offer special sports physicals at a reduced price—only \$25. Come for a day of fun and check something off your to-do list! Preregistration is required for sports physicals. ♦

FREE FUN FOR THE FAMILY!

What:	Centegra Family Health Fest
When:	Saturday, July 17, 11am to 2pm Open Swim 2pm to 4pm
Where:	Centegra Health Campus – Huntley (at Algonquin and Haligus roads)



To register, or with questions, **CALL 877-CENTEGRA (877-236-8347)** today.





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.

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.



Help with breastfeeding

Getting started at Centegra

BREAST milk is the perfect first food. Among its many benefits are disease-fighting antibodies, which help protect babies from ear infections, respiratory infections and other illnesses.

Breastfeeding is also linked to a lower risk of obesity and childhood leukemia and is thought to protect mothers against certain cancers, Type 2 diabetes and postpartum depression.

These benefits are why Centegra Health System supports breastfeeding.

One content mom is Amy Stech, of Harvard, who credits Centegra Lactation Consultant Val Keller, BSN, RN, IBCLC, RLC, with giving her the knowledge and confidence to breastfeed her two daughters.

Amy first met Val when she was recovering from a cesarean section and starting to breastfeed her first child. “Val showed me how to hold her in a position

that wouldn’t hurt my incision,” she says.

Next, Amy joined one of Centegra’s free breastfeeding support groups. Val was always present, fielding questions from breastfeeding moms. “I saw moms come in crying because they’d hit a hurdle and leave smiling and certain of their ability to nurse,” Stech recalls.

Centegra’s commitment recently led to the opening of the Centegra Breastfeeding Resource Center at Centegra Hospital – Woodstock. Women can have one-on-one consultations with certified lactation professionals and rent or buy breast pumps and other items.

“Though breastfeeding comes naturally for some women, others face temporary challenges,” says Laurie Louthain-Walrod, MD, a pediatrician with Centegra Primary Care. “Nursing really does get easier, especially if you’re supported. ♦



To learn more about breastfeeding services or to make an appointment for a personal consultation, **CALL 877-CENTEGRA (877-236-8347)**.

Centegra Health System Obstetrics For mother and baby

CONGRATULATIONS if you’re expecting! Even if your pregnancy is still very new, you’ve undoubtedly already imagined just how wonderful it will be to hold your son or daughter for the first time.

We share your excitement. We are also committed to ensuring that your pregnancy will be a safe one and the baby you are about to meet will be healthy and thriving.

That’s why Centegra Health System delivers a full circle of services to pregnant women and their families. Some of these start even before conception. Our obstetricians are available for pre-pregnancy checkups to help women plan ahead for healthy pregnancies. We also offer:

- Prenatal yoga at our Centegra Health Bridge Fitness Centers to help you physically prepare for labor.
- Information-packed classes on childbirth education, baby care basics, car seat safety, breastfeeding and infant CPR.
- The expertise of our obstetricians—as caring as they are skilled—who will support you throughout your pregnancy,

labor, delivery and postpartum recovery.

- Family Birth Centers with a warm, family-centered environment, where you and your newborn will receive state-of-the-art care provided by highly skilled registered nurses (many of whom have advanced degrees and certification). Located at Centegra Hospital – McHenry and Centegra Hospital – Woodstock, each center employs on-site neonatologists should complications arise.
- Breastfeeding support groups (see story above) and the Breastfeeding Warmline, a free telephone support line available through the Centegra Family Birth Center at Centegra Hospital – McHenry to all breastfeeding moms, regardless of where they delivered.

Finally, as your baby grows, our pediatricians are also available to see your child through everything from first snuffles and fevers to adolescence. ♦



Meet the Centegra Obstetrics Team—July 19 and Oct. 18. For more information and to register, **CALL 815-337-2878**.

"Sleep study changed my life"

GEORGE Buchaklian has never been what he'd call a great sleeper.

"My schedule is pretty hectic," says Buchaklian, 61, who buys high-end used cars for a regional dealership in Rockford, IL. "I always go to bed late and get up early. But when I went to bed, I slept."

At least, he thought he did. After experiencing some irregular heart rhythms, however, Buchaklian was referred to Centegra Health System's Sleep Services Department at Centegra Hospital – Woodstock for an overnight sleep study. That's how he found out he had a condition called obstructive sleep apnea.

"They told me I was waking up 40 to 50 times a night," he says.

Now that his sleep apnea is under control, Buchaklian feels like a different person. He's much more rested and feels more alert during the day.

"It's totally changed my life," he says.

A COMMON DISORDER

Of all the disorders diagnosed and treated at Sleep Services, obstructive sleep apnea is the most common, according to Rich Parsons, RRT, RCP, Director of Respiratory Care, Neurology and Sleep Services at Centegra Health System.

"Typical symptoms include being tired during the day," Parsons says. "A patient's spouse or partner may complain that

they snore loudly or gasp for breath during the night."

The first step to diagnosing any sleep disorder is the type of overnight sleep study Buchaklian experienced.

"They set me up in a nice room with a comfortable bed and a TV," he says.

Technicians attached wires to his body that connected to the polygraph—a machine that monitors brain wave patterns, heartbeats, oxygen levels and other events during sleep.

"I turned on the TV, set the timer and fell asleep," Buchaklian says.

A MORE ENERGETIC LIFE

To treat his sleep apnea, Buchaklian was given a device that controls his airflow at night. It's called a continuous positive airway pressure, or CPAP, machine, and it feeds a prescribed amount of pressurized air to his lungs through a face mask.

"It was a little hard to get used to," he says. "But I wouldn't do without it anymore."

And what would he say to someone who is considering a sleep study at Centegra Health System?

"I wouldn't even hesitate," he says. "I didn't realize how tired I was until I started getting a normal night's sleep."

i To find out more about what happens during a sleep study, call the Sleep Services Department at **815-334-3193**. ♦

YOU SLEEP, WE STUDY

Regularly spending several nights a week lying wide awake in bed is a clear indication of a sleep problem.

However, some sleep disorders have less obvious symptoms, says Rich Parsons, RRT, RCP, Director of Respiratory Care, Neurology and Sleep Services at Centegra Health System.

For example, frequent morning headaches could signal a condition called obstructive sleep apnea, says Parsons. Decreased productivity also can be a consequence of poor sleep.

Other symptoms that may suggest it's time to talk to your doctor about your sleep include:

- Waking up frequently
- Moving or kicking your legs in bed
- Being told you snore or make gasping sounds in your sleep
- Feeling tired or unable to concentrate during the day

Your doctor might refer you to the Sleep Services Department for a sleep study. A physician order is required for a sleep study.



For more information on sleep services at Centegra Health System, visit centegra.org. To schedule your appointment, **CALL** Centegra Pre-Registration Services at **815-334-5566**.

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 today to share your thoughts or ask a question.

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Version 1

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.

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. 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

Call for a referral or immediate assistance.

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

Call 24 hours a day.