

# Insight

A publication of FHN

Volume 3, Issue 4

**Open House at the  
FHN Leonard C. Ferguson  
Cancer Center**

**Patient Safety Recognition  
Respected Organization  
Names FHN in the Top 3  
for Illinois**

**Big-Time Surgical  
Services, Small-Town  
Personal Care**

**Happy Holidays  
Ahead – 2012 FHN  
Festival of Trees**



## It's Hard to Believe that 2012 is Almost Over!



As we look back on the year, I'm proud of the many advances at FHN that enhance our ability to serve our communities.

You'll read here about FHN Memorial Hospital receiving recognition

from the world's largest independent, non-profit product- and service-testing organization as one of the top three hospitals in Illinois for patient safety. From our eICU – the first of its kind in northwest Illinois – to being the first hospital in the area with all-private patient rooms, we are committed to a safe patient experience.



the large rock that is a foundation for the garden's water element and was quarried locally years ago.

Other good news for healthcare in northwest Illinois can be found at several of our regional Family Healthcare Centers. We've once again expanded hours for more convenient appointments, this time in Orangeville, Pecatonica, Forreston, and Lena. I'm pleased to announce that April Moore, MD, has joined Lucio Martinez, MD, and the staff of our Forreston office, and I'm also happy to welcome Angela Johnson, MSN, BC-ANP, ONC, to the Pecatonica office, where she works with Michael McFadden, MD, and the other providers who see patients there.

In September, we dedicated the expansion and enhancements of the FHN Leonard C. Ferguson Cancer Center, which has been affiliated with the UW Carbone Cancer Center since 1994. Construction was completed this summer on the new chemotherapy addition, and in the radiation treatment area, we added an Image



Guided Radiation Therapy (IGRT) machine and a 4-D CT scanner, which not only provides images in 3-D but also accounts for a patient's breathing and movement during treatment.

As we look to the end of the year, I invite you to our annual FHN Festival of Trees activities. From lighting the community tree in front of FHN Memorial Hospital to a tree-trimming competition for non-profits, family movies on Saturday mornings, and Santa visits at the Freeport Public Library, there's something for everyone. Our Gala this year will be held on Friday, Nov. 30 at the Freeport Masonic Temple, where you'll enjoy a Vegas-style casino, dancing, dining, and auctions. Watch for more information on these events.



The Leonard and Mildred Ferguson Healing Garden at the Cancer Center was designed at the specific request of some of our generous donors, including such distinctive elements as

**May you and yours have a wonderful holiday season, and Happy 2013!**



## Well-Read

FHN pulmonologist George Tzelepis, MD co-authored an article published in the March 8, 2012 issue of the prestigious medical journal The New England Journal of Medicine.

The New England Journal of Medicine (NEJM) is the oldest continuously published medical periodical; its first issue was published in January 1812. According to the publication's website, the NEJM is the most widely read, cited, and influential general medical periodical in the world.

*Dysfunction of the Diaphragm* was co-written by F. Dennis McCool, MD, and Dr. Tzelepis.

A pulmonologist, or pulmonary disease specialist, is a physician who possesses specialized knowledge and skill in the diagnosis and treatment of pulmonary (lung) conditions and diseases. Dr. Tzelepis sees patients at FHN Specialty Care – Stephenson Street in Freeport. He is a Fellow of the American College of Chest Physicians and a member of the American Thoracic Society.

# Happy Birthday!

## FHN Presents HCC Scholarship to Baby Born on College's 50th Anniversary

**L**ittle Traceshiona Parsons got a surprise birthday gift the day she was born at FHN Memorial Hospital in Freeport – a two-year scholarship to Highland Community College!

Traceshiona was born at 5:21 a.m. September 6, 2012, 50 years to the day that classes were first held at what was then called Freeport Community College.

Her parents, Tabatha Parsons and Earnest Denson of Freeport, probably weren't thinking about college costs that night, but both were pleased for their little college student.

"I am so happy to have this opportunity for Traceshiona," Tabatha said. "It will definitely help her have a better life. I will tell her to aim high and use this education to make a difference in her world, maybe in business or politics."

Administrators at FHN and Highland had prepared the surprise ahead of time for the first baby born on or after the very first day of college classes at Highland. FHN has put \$15,000 in a trust to pay for Traceshiona's Highland Community College costs.

"Based on conservative estimates, the scholarship amount will likely double by 2030 when Traceshiona attends classes," said Jim Berberet, executive director for the Highland Community College Foundation. "Taking that into consideration, Traceshiona should have the majority of necessary financial support to use towards tuition, fees and other learning materials."

FHN President and CEO Mike Perry, MD, presented a basket of baby goodies and the news of the scholarship to Tabatha with congratulations from the entire staff of FHN: "We are delighted to be able to celebrate our longstanding partnership with Highland Community College by providing for Traceshiona's education. Our commitment to the community began long before Highland was established, and we're proud to say that we plan to continue to be here and ready to care for Traceshiona and her family many years from now."



FHN is a sponsor of the HCC Leadership Institute and a partner in equipping Highland Community College's Ray and Betty Stamm Health Science Nursing Wing. Dozens of Leadership Institute graduates are staff members at FHN and they and many other staff members play key roles in enriching and improving the health of their communities.

Highland President Joe M. Kanosky, Ph.D., was there to congratulate the family and present a Highland pennant and basket of HCC gear to prepare the future Cougar. "We are very excited to meet our student-to-be and we thank the family and FHN for helping us celebrate our 50th anniversary," said Kanosky. "The partnership between FHN and Highland has been enduring. This is a symbol of how we see it moving into the future."

While HCC is committed to providing a quality, affordable education into the next 50 years, overall college costs continue to rise. Tabatha and Earnest will breathe a little easier when it comes to planning Traceshiona's education. Instead, they can worry about the never-ending feeding and diapering duties of parenting a newborn, and eventually the increased cooking and laundering duties of raising a teenager poised to attend college!

# Consumer Reports gives FHN high marks— Top 3 ranking for safety record

Reprinted with permission from The Journal-Standard (Saturday, July 7, 2012)

Consumer Reports, a national magazine known for its unbiased testing, found FHN Memorial Hospital in Freeport among its top three hospitals in Illinois for safety.

FHN received word Friday of the high ranking. FHN President and CEO Dr. Michael Perry said he was unaware FHN was even being looked at, but said he is proud to receive this recognition.

“As an organization, it is our goal to provide our communities with the best possible health care services and these grades say we’re on the right track,” Perry said. “Of course, we are even more pleased for our patients and hope this adds to their level of confidence in our processes and capabilities.”

It was in the August issue of Consumer Reports that the findings were released. In an article called “How safe is your hospital?,” the magazine released their findings of the top and bottom health care facilities in the United States.

The article states that this report is the first time they have rated hospitals for safety. They used the most current data available for the analysis. It includes information from government and independent sources on more than 1,100 hospitals in 44 states.

For the article, they state that patients were interviewed, plus physicians, hospital administrators, and safety experts. They also reviewed medical literature and looked at hospital inspections and investigations.

## Categories Judged

For the safety categories looked at, Consumer Reports rated hospitals like FHN on infections, readmission, communication, CT scanning, complications, and mortality. FHN Memorial Hospital rated number three behind Alton Memorial Hospital in Alton, which was named number one, with Illinois Valley Community Hospital in Peru coming in second. FHN had a score of 64 out of 100 for their safety rating.

Perry said they were never notified of the ranking until the report was released to the public. He said the news is very exciting.

“To be judged third in the state is very remarkable,” Perry said. “We have always reported our data to government sources and have always been transparent about it, to keep things as safe as possible — this is a great thing for Freeport and the community we serve.”

The data Consumer Reports used in its ranking, Perry noted, is available (and updated quarterly) on FHN’s website, [www.fhn.org](http://www.fhn.org). It is gathered regularly by the U.S. Department of Health and Human Services and reported online by the Hospital Quality Alliance (HQA) at its website [www.HospitalCompare.hhs.gov](http://www.HospitalCompare.hhs.gov), and the Illinois Hospital Association (IHA) at websites including [www.illinoishospitals.org](http://www.illinoishospitals.org) and [www.healthcarereportcard.illinois.gov](http://www.healthcarereportcard.illinois.gov).

The top-ranked hospital nationally is Billings Clinic in Billings, Mont., with a safety score of 72. Sacred Heart Hospital in Chicago was ranked at the bottom with a score of 16.

by Jane Lethlean  
The Journal-Standard





# 'Tis the Season to Be ...

~~busy, busy, busy!~~  
~~stressed out in debt~~

## Happy and Healthy!

Here are some tips from FHN experts to stay healthy and avoid stress this holiday season:

For many families, holidays are a time of happiness, laughter and celebration. For others, holidays may be a reminder of what they do not have or who they have lost. It is important to remember that the holiday season is a great time to support one another and enjoy moments with your friends and loved ones, and be grateful for what you have.

~ Lindsay Pozzi, LSW, CADC, Clinical Therapist,  
FHN Family Counseling Center – Stephenson County

Treats – candy, cookies, sugary juices and more – abound during the holiday season. Make sure your child is getting his or her “good” food – balanced, healthy meals and snacks – to cut down on requests for sugary treats.

~ FHN Pediatric Physician Adam Angelilli, MD, FHN Family Healthcare Center – Burchard Hills in Freeport

It’s easy to get “wrapped up” in holiday preparations, but don’t forget your own health. Call your healthcare provider’s office and schedule a checkup if you’re due. Ladies, schedule your mammogram and bone density scan at the FHN Women’s Diagnostic Center with one call – 815-599-6860.

~ FHN Ob/Gyn  
Courtney DanPullo, MD,  
FHN Specialty Care –  
Harlem Avenue in Freeport



Try having a healthy, satisfying snack before heading to a holiday party. You’ll be less tempted to overindulge in high-calorie appetizers, drinks and desserts.

~ Jennifer Gassman,  
MS, RD, LDN, CDE,  
Clinical Dietitian

If Santa is bringing someone in your family a heavy gift, remember safe lifting practices: lift with your legs, not your back and don’t twist your body while you’re carrying the load.  
~ FHN Spine Clinic Providers  
Diana McNulty, MD, and  
Jeffrey Hass DC, Cert. MDT

Though it’s tempting to curl up on the sofa after a holiday meal, consider taking a healthy walk instead. Show off your neighborhood’s beautifully decorated houses, or join the community for Freeport’s traditional Luminary Night walk around dusk on Sunday, Dec. 23.

~ FHN Cardiologist Prasad Kilaru, MD, FSCAI, FACC,  
FHN Specialty Care –  
Stephenson Street  
in Freeport



If you’ve lost a loved one, you may not feel like spending days decorating or baking in preparation for the holidays. It’s OK to change your family’s traditions and still honor your loved one’s memory. Great-grandma may have strung popcorn and cranberries and baked dozens of cookies, but you can do something different to remember her in your own way.

~ Diane Jochum,  
FHN Hospice Chaplain

Remember that germs don’t take a holiday at the holidays; in fact, if you’re around more people than usual at holiday gatherings, you may be exposed to even more than usual. So, wash your hands often and use antibacterial gel to help avoid the spread of germs. And if you’re sick, stay home. A cold or the flu is not a good holiday gift.

~ FHN Family Practice Physician April Moore, MD,  
FHN Family Healthcare Center – Forresteron

Hard candy, gum and candy canes can expose your children’s teeth to high doses of sugar over an extended time. Limit these long-lasting sweets and encourage extra brushing, flossing and rinsing at this “sweet” time of year.

~ FHN Dentist Donald Doak, DDS,  
FHN Family Dental Care  
in Freeport

Cold weather and early darkness are a great excuse to cuddle up and read with your kids. Read aloud to your baby or small child or spend some “reading time” reading alongside your young reader. Kids who see their parents read for enjoyment tend to read for enjoyment themselves, so find a good book, a warm blanket and enjoy!

~ Cindi Runte, BS, Parents as Teachers Parent Educator at  
FHN Family Counseling Center – Stephenson County

## An Easy Way to Pay New FHN Billing Statements Feature Online Payment Option

If you're an FHN patient, your most recent billing statement should look a little different. For your convenience, we now offer easier-to-read billing statements, the option of all-electronic billing, and an online bill payment option.

The new billing statements feature:

- Clear, consistent formats for both hospital and physician statements
- A patient-friendly summary page
- Online bill payment options using a smart phone scanner QRL
- A handy "how to read your statement" guide on the back of each page

You can also choose to bring your account fully online with e-billing, which eliminates paper statements in favor of electronic statements and electronic account records.

Your new billing statement includes an account-specific code that will allow you to make online payments at [www.fhn.org](http://www.fhn.org).



Just click on the "Pay Your Bill Online" icon on the upper right

side of our home page at [www.fhn.org](http://www.fhn.org); online payments can be made with debit or credit cards.

### Two options are available for paying your bill online

**Pay without enrolling** – This quick payment option is useful for a one-time payment of the entire account balance. This option does not provide access to your payment history, and it does not give you the option to review accounts or statements online.

**Create an online account** – This option allows you access to your payment history data and the ability to download and/or print a statement.

You're still welcome to pay your bill by phone or mail – and if you'd like more information about your bill or the available payment options, please call our customer service line toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 993.

## Meet Our Doctors ...

You're probably used to hearing about new healthcare providers at FHN, and we're proud to be bringing you new faces, specialties and capabilities.



We're also proud of the providers who are already a part of FHN. You may know them as your family's healthcare provider, a member of your church, your neighbor, or the parent of your child's classmate. In INSIGHT, we like to take the opportunity to re-introduce them to you, so say "hello" again to Dr. Lou Martinez and Dr. Bhadresh Patel!

### Bhadresh Patel MD, FACC, FACP

Board-certified cardiologist and internal medicine physician Bhadresh Patel, MD, has been caring for FHN patients since 1978. He sees patients at FHN Specialty Care – Stephenson Street in Freeport, as well as at FHN Family Healthcare Centers in Lena and Pecatonica. He is co-director of the FHN Cardiology Department.



"I take pride in seeing my patients as people, not just a heart in need of care. My training in internal medicine as well as extensive work in invasive, non-invasive and clinical cardiology helps me work with each of my patients to achieve their best heart function and overall health."

Dr. Patel holds a medical degree from Maharaja Savajirao University in Baroda, India. He completed his internship and residence in internal medicine at St. Francis Hospital of Loyola University in Evanston, Ill., and continued with a fellowship in invasive, non-invasive and clinical cardiology at Albert Einstein Medical Center at Temple University in Philadelphia.

### Lucio Martinez, MD

Dr. Martinez is a board-certified family practice specialist who has been with FHN since 1992. He cares for patients of all ages at the FHN Family Healthcare Center – Forreston.



"I believe that prevention is the key to wellness. I focus on the needs of my patient in relation to his or her family and work first to prevent disease, then to treat it effectively if it occurs. I believe in practicing pro-active medicine."

Dr. Martinez earned his medical degree from Rush Medical College in Chicago and served his residency at Lutheran General Hospital in Park Ridge, Ill. He is a Diplomate of the American Board of Family Practice and a Fellow of the American Academy of Family Physicians.

**TO MAKE AN APPOINTMENT** with Dr. Patel or Dr. Martinez, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 945.



# Beyond the Pink

## Taking Care of Your Whole Health

FHN is proud to support and take part in activities for National Breast Cancer Awareness Month (NBCAM) in October. It's important to remember, however, that there is more to women's healthcare than breast cancer.

"The pink ribbon that represents breast cancer awareness can also remind women of the importance of taking care of their whole health," said FHN Women's Services Operations Leader Mary Ellen Lincoln. "Regular checkups with your Ob/Gyn and your primary healthcare provider are no less important than mammograms, and we are trying to spread that message."

Part of that effort included making FHN Ob/Gyn Nicolai Hinds, MD, FACOG, a part of this year's special NBCAM event at the FHN Women's Diagnostic Center. Dr. Hinds led a discussion on the latest advances in reproductive health and contraception.

"I'm proud to be able to send my patients to a center that's close to home but offers leading-edge technology like all-digital mammography, breast MRI and digital bone densitometry," Dr. Hinds says. "This equipment can help us better detect breast cancer at its earliest stages, even in women who have dense breast tissue, implants, or are nearing menopause."

"Finding breast cancer early gives our team – and our patients – a much better chance to beat it," says FHN nurse navigator Jennifer Schierer, RN, CBPN-IC. "Breast cancer is most treatable in its earliest stages."

Jennifer, who helps patients from her office in the Women's Diagnostic Center, is available for help if a patient needs to undergo further testing or treatment after a mammogram. She spoke at the NBCAM event about what a patient can expect in that situation.

"As your nurse navigator, I can coordinate any further testing and treatments you may need, and help to educate and assist you and your loved ones," Jennifer says. "I am here to serve as

kind of the 'point person' on your healthcare team, coordinating recommendations from specialists and helping you to make the best, most informed choices about your care."

### Complete Care

The Women's Healthcare team at FHN goes beyond diagnosis and treatment of breast cancer. From our office in the FHN Specialty Care – Harlem Avenue clinic in Freeport, our providers offer a full range of services for women of all ages, including:

- Adolescent gynecology
- Comprehensive pregnancy care from conception through after-birth care
- Midwifery services
- Fertility counseling and assistance
- Prenatal testing
- In-office ultrasound
- Family planning services
- NovaSure® endometrial ablation to reduce or eliminate heavy menstrual periods
- Essure® scar-free tubal ligation with little to no recovery time needed
- Implanon® sub-dermal contraception to fit your lifestyle
- Peri- and post-menopausal care
- Surgical and non-surgical therapies to treat urinary incontinence ("weak bladder")

If you'd like to learn more about women's healthcare available at FHN, visit us online at [www.fhn.org](http://www.fhn.org) or call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 989.

### The Power of Pink

## Area Volleyball Teams Go Pink Against Breast Cancer

Three area high school volleyball squads teamed up with FHN in October for special pink games to raise breast cancer awareness.

The Eastland Cougars raised approximately \$3,000 to benefit local hospice patients. The Warren Lady Warriors raised \$1,000 to help provide well woman checkups and \$200 for patients at the FHN Leonard C. Ferguson Cancer Center. The Freeport Lady Pretzels raised \$2162.05 to benefit the FHN Leonard C. Ferguson Cancer Center.

Congratulations to the Cougars, the Lady Warriors, and the Lady Pretzels for their efforts to help score a "W" against breast cancer!



## Healing From the Inside Out

# Hyperbaric Oxygen Therapy Can Help Your Body Heal Foot and Leg Wounds

You probably know at least some of the words to the old spiritual song *Dem Bones*:

**Toe bone connected to the foot bone • Foot bone connected to the leg bone • Leg bone connected to the knee bone ...**

Though it was written more than a century ago, the song's reference to the body's connections holds true — something wrong in one area of the body can affect the rest of the body, as well.

That's how high cholesterol levels can lead to atherosclerosis (hardening of the arteries), which can lead to poor circulation in your legs and feet, which can lead to sores that can't heal, which can lead to limited mobility and even amputation.

### Wait, what?! Let's break this down...

- Your feet depend on your body's arteries to constantly deliver a fresh supply of oxygen-rich blood and take away waste products.

- Having a high cholesterol level is one of the causes of atherosclerosis, a buildup of fatty plaque in the arteries.
- If your arteries are clogged, they can't do a very good job of delivering blood to "outlying areas" of your body like your legs and feet.
- When you have poor circulation in your legs and feet, a small injury, like a scrape or cut or even a blister from wearing ill-fitting shoes, can have a difficult time healing. Your body can't deliver enough oxygen to the site, and can't do a good job of getting waste materials away, so the wound can't heal.
- Unless your body gets some help in healing that little wound, it can develop

into a serious wound that could affect your mobility or even make it necessary to amputate the limb.

Wound care is the area of medicine that is focused on helping your body heal its wounds. Wound care-certified health-care providers have special training in using medications, dressings and even artificial skin to treat wounds and promote healing.

If those treatments can't give your body enough help to heal the wound, your wound care provider may recommend the use of hyperbaric oxygen therapy (HBO). This is a safe, painless way to boost the oxygen levels in your body's tissues, decrease your risk of infection





and restore the area around your wound to a normal state of healing.

During HBO treatment, you will wear a lint-free cotton gown and lie down on a bed which will be wheeled into a see-through acrylic cylinder. A technician will be at your side throughout each session, which typically lasts about two hours.

A speaker and microphone in the cylinder allow you to communicate with the technician, and each chamber has a television to help you pass the time. You can also use your time in the HBO chamber to relax and take a nap – the choice is yours.

During your treatment session, the air pressure inside the HBO chamber will be raised very gradually, and you'll be breathing in 100 percent oxygenated air. This extra oxygen, along with the increased air pressure, helps your body deliver more oxygen-rich blood to all of your tissues, including your wound.

Many patients who undergo HBO experience complete wound healing and maintain their mobility. While HBO is an effective way to treat wounds due to poor circulation, it does not address the underlying causes of the wounds, such as atherosclerosis, diabetes, bone infections or leg ulcers. Your primary healthcare provider will work with you to control these conditions.

Hyperbaric oxygen therapy is available at the Center for Wound Healing at FHN, located inside FHN Specialty Care – Stephenson Street in Freeport. You do not need to have a primary care provider at FHN to undergo HBO treatment; providers from throughout the area can refer their patients to the Center for Wound Healing at FHN for specialized care.

For more information about wound care and HBO, call the Center for Wound Healing at FHN at 815-599-7410 or toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 995.

## FHN Welcomes New Provider



Board-certified adult nurse practitioner Angela Johnson, MSN, BC-ANP, ONC, has joined FHN. She will care for patients at FHN Family Healthcare Center – Pecatonica.

Angela earned her master's degree in nursing at the University of Cincinnati. She holds a bachelor's degree in nursing from Winona State University in Winona, MN. She is board-certified by the American Nurses Credentialing Center as well as Orthopaedic Nurse Certified by the Orthopaedic Nurses Certification Board.

As an adult nurse practitioner, she can diagnose and treat routine or minor ailments, manage acute illnesses and injuries, and stabilize long-term chronic illnesses. She works in cooperation with FHN family practice physician Michael McFadden, MD, and can order tests and prescribe medications.

Before earning her master's degree in nursing, Angela cared for patients as a registered nurse in areas including med-surg, oncology, and orthopaedics. She serves on the board of the Rock River Valley chapter of the National Association of Orthopaedic Nurses.

To make an appointment with Angela at FHN Family Healthcare Center – Pecatonica, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 920.

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## Athletes' 'All-Clear' Nets Cash For Schools

FHN's sports physical clinics are a popular part of many families' summer schedule – they're a quick, easy way to get your kids' required sports physicals and a way to give back to your school!

The proceeds from 813 sports physicals done this year – a total of \$16,260 – have been donated to 14 area schools. (Where the money goes depends on where you attended a clinic – proceeds are donated to each participating clinic's hometown team.) Watch for next year's FHN Sports Physical Clinics starting in late spring.



A total of 104 students had their sports physicals at the FHN Family Healthcare Center – Burchard Hills clinic in Freeport, raising \$2,080 for Freeport schools. Pictured left to right are FHN staffers Janet Ernst, Barb Pierson, Angie McHugh, Megan Kerchner, Tina Brinkmier, Greg Guderyon (President, Pretzels Fan Club), Dinna Barker, Mary Price, Jeanna Strader, Lori Scibona, Deb Woodruff and Luise Schnoor.



## **FHN Surgeons Make the High-Tech Cut**

### Laparoscopic, Laser Procedures and More Available in Freeport

FHN surgeons take pride in doing more with less ... more laparoscopic and minimally invasive surgical procedures that cause less pain and scarring and require less time spent in the hospital and overall recovery time.

Innovative cameras and high-definition monitors make it possible for the members of our surgical team to see and work inside the body with tiny cameras and instruments that require small incisions. Seeing minute details and doing very delicate work isn't a problem – our technology provides us with live images that are twice the resolution of HD television.

For example, FHN urologist David DiDomenico, MD, DO, FACS, has brought minimally invasive needle and laser procedures from a thriving central Illinois practice to northwest Illinois. That means FHN patients don't have to travel far for the latest technology – we offer procedures from InterStim® “bladder pacemaker” therapy for urinary

problems to cryosurgery to treat prostate cancer.

“Our goal is to find the best treatment for each patient's individual issues, and in most cases, that's the least invasive treatment,” says Dr. DiDomenico. “We are often able to perform minimally invasive vasectomy and prostate treatments in the office, with patients going home the same day to recover where they're the most comfortable.”

FHN's general surgeons choose minimally invasive laparoscopic surgery for a wide range of procedures, from gall bladder or appendix removal to hernia repair, fundoplication surgery to treat GERD to tumor biopsy and removal.

“One of the first questions every patient asks is, ‘When can I go home after surgery?’” says FHN surgeon Barry Barnes, MD, FACS. “We work with our patients to plan a course of treatment that will get them feeling better as quickly as possible, and having laparoscopy as one of our options helps that happen.”

FHN's surgeons take pride in keeping their skills – and FHN's program – up-to-date. FHN's general surgeons and FHN Memorial Hospital, for example, are participants in the ENTEREG® Access Support & Education (E.A.S.E.™) Program, an FDA-approved pharmaceutical program that helps to accelerate recovery after bowel surgery.

“This drug, administered in the hospital before and after a bowel procedure, can improve patients' recovery time and get them home as much as a day faster than surgery without using ENTEREG,” Dr. Barnes says.

These days, surgery isn't limited to the operating rooms at FHN Memorial Hospital. FHN's surgeons care for patients at locations from the FHN Women's Diagnostic Center inside FHN Memorial Hospital to the Center for Wound Healing at FHN inside the FHN Specialty Care – Stephenson Street clinic, where Rafael Castro, MD, FACS, WCC, serves as medical director.

# KNEE-DEEP

## Orthopaedic Treatment

When an NBA Most Valuable Player gets injured, you can rest assured that his medical treatment is the absolute best available. During last year's playoff opener, Derrick Rose of the Chicago Bulls tore the Anterior Cruciate Ligament (ACL) in his left knee, which ended his season. Years ago, an ACL tear would most likely be a career-ending injury for an athlete, but with modern surgical treatments, recovery can be expected within 8 to 12 months and in many cases 4 to 5 months.

"This procedure was performed out of a major Chicago hospital, but the very same treatment is available much closer than you might think," John Glusic, MD, explains. "FHN provides the same knee arthroscopic reconstruction that Derrick Rose had done in Chicago." Glusic specializes in outpatient reconstruction with arthroscopically assisted surgery, which reduces recovery time and dramatically improves function outcomes. It also helps the patient get back into his or her regular activities as quickly as possible.\*

The FHN orthopaedic team performs the same surgery that famous professional athletes receive with knee arthroscopy. This is a minimally invasive procedure in which the surgeon has access to your knee joint using only small incisions a half an inch long or

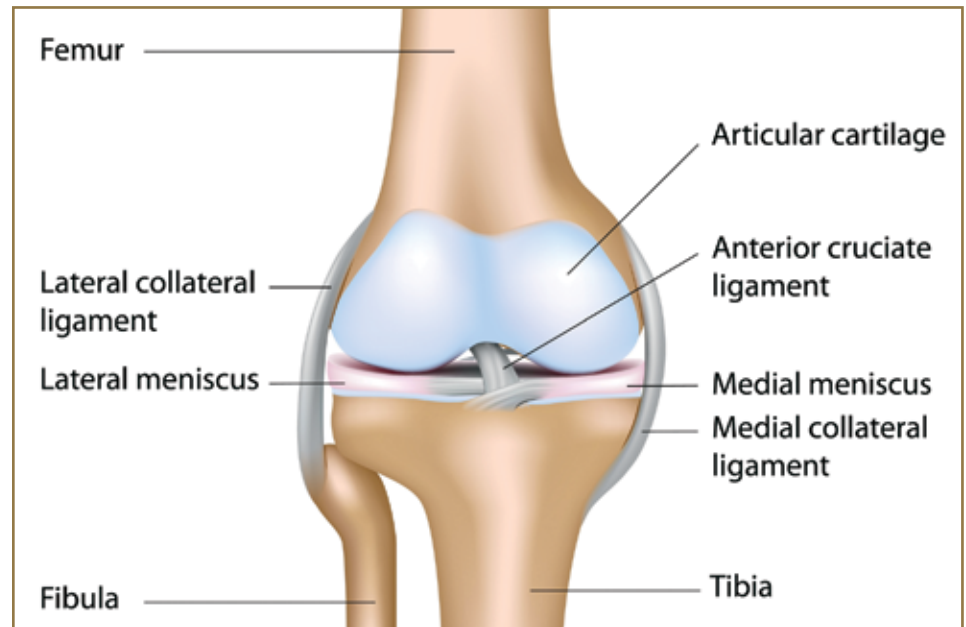
less. The arthroscope is a device that contains a camera, light source and pathway for fluids. The camera sends an image to the surgeon's monitor as cool light is beamed into the joint.

In the case of a torn ACL like Rose's – which is usually the result of a fall, twist, or blow – the knee becomes unstable, which causes pain and swelling. FHN surgeons can reconstruct a damaged ACL by replacing the damaged tissue with a graft of the patient's own healthy, strong tissue. The graft can be harvested from the patellar ligament in the knee with a four-inch incision. "It's key that the graft is taken from

the patient," Glusic stresses. "This is the procedure most high performance athletes have."

Orthopaedic surgeons at FHN can also treat common knee problems such as meniscus tears, which are generally caused by repeated squatting, cartilage wear, and patella problems due to aging, overuse, or injury. Usually, patients are able to go home a few hours after arthroscopy. With some rehabilitation, the patient can return to a more active lifestyle within a few months. "FHN rehab protocols have mirrored large multi-centered groups of orthopaedic surgeons for over half-a-decade," explains Glusic. "We provide some of the best aggressive rehab protocol identical to the best top-notch rehab not only in the country, but in the world!"

\*See <http://tinyurl.com/TornACL-DRose> for more information.



## Reel Holiday Family Fun!

The FHN Festival of Trees Holiday Family Movie Series kicks off Saturday morning, Nov. 17 and continues with a family-fun movie every Saturday morning through Dec. 15, all at special prices courtesy of FHN. We're adding a surprise for classic movie-lovers of all ages this year too, with a special showing of the original 1947 *Miracle on 34th Street* – starring Edmund Gwenn, Maureen O'Hara, John Payne, and Natalie Wood – at 1 p.m. and 7 p.m. on Wednesday, Dec. 19. Check local media and our website for more details!

- Nov. 17 – *Wreck-It Ralph*
- Nov. 24 – *The Grinch (FREE!)*
- Dec. 1 – *Rise of the Guardians*
- Dec. 8 – *Dino Time*
- Dec. 15 – *The Hobbit: An Unexpected Journey*
- Dec. 19 – *Miracle on 34th Street*  
(1 p.m. and 7 p.m.)

# No Act of Kindness, However Small, is Ever Wasted.

This line from *The Lion and the Mouse* by Aesop is the theme of this year's FHN Festival of Trees family activities. As always, there's something for everyone!

Join us as we flip the switch to start the holidays by **lighting the community tree** in front of FHN Memorial Hospital at 5 p.m. Sunday, Nov. 18. Cookies, cocoa, and some special visitors promise to get the holidays off to a great beginning.

The FHN Festival of Trees continues with a **family-friendly movie**, specially priced, every Saturday morning Nov. 17-Dec. 15. For more information, see page 11.

Our popular **Community Festival of Trees** at the Freeport Public Library showcases the tree-decorating skills of non-profit organizations throughout the region. A panel of judges will award cash prizes in several categories and you can vote for your own favorite in the People's Choice competition, which also includes a cash award. Trees will be displayed Dec. 2 to Dec. 28.

**Singin' at the King** brings area school choirs together Thursday, Dec. 6 at the King Community Campus for this popular holiday

music program. There's nothing like a children's choir to set a great tone for the season.

Adults in the family will want to mark their calendars for the **FHN Festival of Trees FHN Casino TO CANCER Holiday Gala** on Friday, Nov. 30. Open to the public, guests will enjoy a festive evening of casino-style games from poker to roulette, wonderful food, music, dancing, and auction-shopping, all "on the strip" in downtown Freeport. Proceeds benefit the recent technology upgrades and building expansion at FHN's Leonard C. Ferguson Cancer Center. We hope you'll join us as we "Bet on a Future Without Cancer".

**Santa visits** at the Freeport Public Library and the **community luminary walk** on Stephenson St. and Lincoln Blvd. in Freeport on the Sunday before Christmas (Dec. 23) round out the season. Spending time with your friends and family is a great way to reduce the stress that often accompanies the year-end holidays, so join us at any or all of these events. As you do, remember that kindness is a holiday gift that costs nothing to give and is a blessing to receive!



## Enter to Win a Vehicle Safety Prize

### Join the FHN Van Team in Driving Safely This Winter!

When you see FHN's messenger vans, you are seeing commitment to your community ... on wheels! With locations all over northwest Illinois, including nine regional Family Healthcare Centers, FHN's van drivers are busy transporting lab specimens, equipment, and materials efficiently and quickly. We're proud to sport photos of FHN employees from many different departments from purchasing to providers on the vans – we're all a part of your healthcare team!



We're also proud of our safe and extensive driving record, and we'd like to remind you to be sure your vehicle is ready for winter driving by inviting you to guess the average number of miles we drive our three vehicles every year! Enter online by scanning the QR code below, by visiting [www.fhn.org](http://www.fhn.org), or by completing an entry form at an FHN location near you.

We'll randomly draw entries to select winners of a vehicle safety kit for each regional Family Healthcare Center as well as three for Freeport (a mileage guess is not required for these entries).



The top three people guessing the number closest to our actual mileage will receive a \$50 (third closest), \$100 (second closest) or \$200 (closest) gift card to Farm & Fleet for new tires or other winter driving essentials. Drawings will be held the week of Nov. 26.

**Drive safely this winter**, and give us a wave when you see us!

## Insight

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