

Insight

A publication of FHN

Volume 4, Issue 3

**Ah,
Summer!**
**Living
Well With
Miles And
Minutes**

**No One
Cleans
Like
M.O.M.**



We're here, for you.

FHN

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In the Good Ol' Summertime

It's hard to believe, but by the time you read this, the summer of 2013 will be starting to wind down!

We started off the summer by announcing our new Xenex disinfection robot in June. We're proud to be the first healthcare

organization in the area to bring this state-of-the-art capability to FHN Memorial Hospital. You can read more about the robot in this issue of INSIGHT – I think it's pretty impressive.

We've been involved in lots of area summer festivals and parades, and have been busy hosting record crowds at our Saturday morning Family Movie Series and joining the Freeport Park District to bring you Movies in the Park. We also saw many of you at our booth at the Stephenson County Fair; lots of kids spun our wheel of healthy living questions and earned a mini Frisbee with their answer!

With football season right around the corner and fall and winter sports kicking off soon, it's a good time to read about

FHN's Dr. John Gluscic and his surgical process for ACL (anterior cruciate ligament) reconstruction – it's the same process chosen by Adrian Peterson of the Minnesota Vikings and Derrick Rose of the Chicago Bulls to repair their knee injuries, and you can have it done right here in Freeport.

Elsewhere in the magazine, as you work to keep yourself and your family healthy, you'll want to see our tips on healthy summer eating and check out Miles And Minutes, our community-wide physical activity program. We'll be announcing winners for this program soon, and we're delighted that hundreds and hundreds of folks joined us in being more active this summer. You'll also learn about some of the recent achievements of FHN staff members and find out about a local teen's healthcare-related Eagle Scout project.

I look forward to appreciating the rest of the year's warm weather, and hope you will too. Enjoy this issue of INSIGHT, and thank you for choosing FHN!

No One Cleans Like M.O.M. High-Tech Robot Disinfects Rooms at FHN

Nobody likes germs. They're nasty little microorganisms that hang around everywhere—even places that look clean—just waiting to make us sick.

At home, you probably use bleach or hydrogen peroxide, or a solution containing one or the other, to kill germs in the kitchen, bathrooms and around the house. Killing those germs helps keep your family healthy.

Killing germs is even more important in a healthcare setting. In a hospital, germs can be deadly. In fact, the Centers for Disease Control and Prevention says that hospital-acquired infections (HAIs) are the fourth-leading cause of death in the United States today.

FHN's Environmental Services team uses disinfectants to kill deadly pathogens like MRSA, Clostridium difficile (*C. diff*), pneumonia and Acinetobacter. This spring, FHN was the first



healthcare entity in the region to add another weapon to its cleaning arsenal—a germ-killing robot.

Meet M.O.M.

M.O.M., the Microorganism Obliterating Machine (as the FHN HR department, which won a contest to name the robot, claims, “No one cleans like Mom”!) made her FHN debut in June. The Xenex portable disinfection system uses UV light



FHN Around Your Town

Our summer schedule has included parades like the Freeport Memorial Day parade (above) and events like Bowl for Kids' Sake in Lena (right). We're proud to be part of your hometown!



to upgrade cleanliness beyond what any manual process can achieve and is proven to be 20 times more effective than standard chemical cleaning — even against dangerous “superbugs” like *C. diff* and MRSA.

“We’re excited to be the first healthcare entity in northern Illinois to use the Xenex system to ‘super-clean’ our hospital rooms and enhance our patients’ safety,” says FHN President and CEO Michael Perry, MD.

Ultraviolet disinfection is common in everything from laboratories to vacuum cleaners. The Xenex robot uses high-energy ultraviolet light produced by xenon gas powered bulbs.

This UV-C energy passes through the cell walls of bacteria, viruses, and bacterial spores. Once the UV-C energy is inside the microorganism, it is absorbed by the DNA, RNA and proteins. The energy fuses the microorganism’s DNA, rendering it unable to replicate and no longer infectious. (The technical term for this process is “deactivation,” but we like “kills it dead.”)

While M.O.M. allows our Environmental Services (EVS) team to disinfect rooms and also their contents with the touch of a button, EVS technicians still clean each room the “old-fashioned” way first, sweeping and mopping the floor and wiping surfaces clean.

After this manual cleaning, the EVS tech brings the Xenex machine into the room, opens doors and drawers to expose

the most surface areas for disinfection, and leaves the room. The machine emits blasts of UV light that destroy bacteria and germs in the empty room. (The light cannot pass through glass or other materials, so it is harmless to people outside of the room; no one can be in the room, though, while it is being disinfected.)

M.O.M. works quickly, too — it only takes 5-10 minutes for the machine to completely disinfect a patient room.

Clean Rooms, Clean Hands

Keeping clean hands — for patients, visitors, and healthcare providers — is also an important part of keeping patients safe from infection. FHN staff and providers already follow a rigorous hand hygiene program, and the Xenex disinfection system reinforces those efforts.

Studies have shown that clean hands become contaminated as quickly from surfaces and objects in the environment as they do from touching patients. Hands are only as clean as the surfaces with which they come into contact; the Xenex system removes 99.9 percent of organisms from the high-touch surfaces of a room.

Bringing M.O.M. into the cleaning process at FHN helps us increase patient safety, reduces our use of caustic chemicals and reduces waste. After all, like most moms, we’ve got pretty high standards for clean rooms.



It's Summertime, and the Livin' is Easy ...

Living well – and healthy – really does seem to get easier in the summertime.

Your garden or local farmers' market is bursting with delicious fruits and vegetables, and fixing supper is often as easy as lighting the grill. Activities with family and friends offer chances to get up and get moving, and even doing yard work is good for you!

This summer, more than 1,000 people across northwest Illinois are making the most of their healthy living by participating in FHN's **Miles And Minutes** competition.

"One of the best things you can do for your health is to be active for at least 30 minutes most days of the week," says

FHN President and CEO Michael Perry, MD. "We wanted to encourage people to get out and enjoy that exercise, and we wanted to support our communities' schools, so we decided to create a fun competition."

Miles And Minutes encourages participants to be active as they log various types of physical activity to win prize money for the school district of their choice. Participants report how many minutes they've spent on various activities, and those minutes are converted into "miles."



Keeping it Fair and Fun

The online program normalizes miles based on the number of students in each school system to help ensure that all area school systems have a chance to win, no matter their size or how many participants they enlist. (You can see the complete normalization index online at www.fhn.org/walk_rules.asp.)

First (\$2,000), second (\$1,000), and third (\$500) prizes in two categories will be awarded:

- school system with the most average “miles” logged per participant
- school system with the most “miles” total

The competition began June 1 and will run through Saturday, August 31. If you haven’t registered, there’s still time—you can sign up and participate through August 31, but all activity must be logged within two weeks after it has been completed. There is no charge to participate, and anyone age 12 and older can join, including student athletes.

Keeping Yourself and Your Family Healthy

Spending 30 minutes on physical activity at least every other day is likely to make you feel better every day. You might even find yourself spending a

little extra time on your bike ride, walk, or in the pool. That’s great!

“We wanted to show people how easy and fun it can be to fit exercise into their lives,” Dr. Perry says. “**Miles And Minutes** is doubly rewarding, because people are getting the benefit of exercise while they’re helping their school. We hope that when the contest is over, people will continue to exercise because it helps them feel good and stay healthy.”

Of course, exercise is just a part of what your body needs to stay healthy. A balanced diet and adequate rest are essential to your health as well—and you really can incorporate them into your life with some small changes.

Sarah Todd, a registered dietitian for Sodexo/FHN, offered healthy grocery shopping, meal planning and cooking tips at a popular FHN Speakers Series event at Cub Foods in Freeport in July.

“Eating healthy isn’t difficult, but it does take some effort,” Sarah says. “Used thoughtfully, almost all foods can fit into a healthy diet, but you need to make sure good, healthy foods are your priority every day.”

Sarah advises taking a close look at the Nutrition Facts label if you’re buying



packaged foods. “Pay attention to the serving size and watch the sodium and fat content. The front of the package may say ‘fat-free,’ but that doesn’t mean ‘low calorie.’ Sugar is often substituted for fat.”

Some of the other tips Sarah shares with her patients include:

- Look for the word “whole” on your bread, not just wheat or other grains. “Whole” indicates a higher fiber content; look for at least 3g fiber per serving.
- Whole fruit has more fiber than juice, and frozen fruit can be a good year-round choice. Look for fruit with no sugar added. If you prefer canned fruit, look for fruit in light syrup or its own juice.
- Fresh and frozen vegetables are good first choices for good nutrition. Include veggies in every lunch and dinner meal—the darker or more colorful the vegetable, the better.

- Soups and canned meals are high in sodium unless they’re marked as low- or no-sodium, and cream soups are often high in fat and sodium. If your family’s favorite recipes rely on cream soup, make your own healthy sauce mix (see box below).
- Canned and frozen beans are a good, low-cost source of protein and fiber. If you use canned beans, drain and rinse before serving to reduce the sodium.
- Half the calories and most of the fat in poultry are in the skin.
- Look for low- or non-fat versions of milk, cheese, yogurt and other dairy products. It’s more economical to buy plain versions of milk and yogurt and add your own flavorings.
- Sweetened sodas, mineral waters, and tea have 120 to 210 calories per 12-ounce serving. Water is still your first and best choice for hydration.

Sauce Mix

This dry mix can be made in advance, stored on the shelf, and used when recipes call for cream soup. It is a great way to quickly make low-sodium, low-fat thickened cream sauces and gravies. Use it as a substitute for canned cream soups in recipes.

- 2 cups nonfat dry milk powder
 - ¾ cup cornstarch
 - ¼ cup instant low- or reduced-sodium chicken or beef bouillon (optional or use to taste)
 - 1 teaspoon dried crushed thyme*
 - 2 tablespoons dried onion flakes*
 - 1 teaspoon dried crushed basil*
 - ½ teaspoon black pepper*
- (*substitute any herbs and spices you prefer)

Combine all ingredients. If you desire a fine, easy-to-dissolve texture, combine using a blender or food processor.

Store in an airtight container or locking plastic bag.

To use as a substitute for one can of condensed cream soup in recipes, stir together 1/3 cup dry mix and 1 ¼ cups water. Cook and stir until thickened on top of the stove. (You can also cook the mixture until thickened in the microwave.)

Makes the equivalent of nine cans of condensed soup. Nutritional information per 1/3 cup dry mix (using low-sodium bouillon): Calories—106; Fat—0g; Saturated Fat—0g; Protein—6g; Carbohydrates—15g; Cholesterol—3g; Dietary Fiber—0; Sodium—140mg.





L to R
Megan Christensen,
Jennifer Schierer,
Shari Murply,
Laura Mack,
Beth McClain,
and Tracy Love

New Partnership with Rush University Makes FHN a Nursing Pioneer in Northwest Illinois

Healthcare isn't just something you need when you're sick or injured. Healthcare, in its truest sense, is about helping you get healthy—and stay that way.

FHN took another big step toward healthcare in its truest sense this spring when it partnered with Rush University School of Nursing to introduce the area's first class of Clinical Nurse Leader candidates.

A Clinical Nurse Leader (CNL) is a nurse with additional education who works with certain populations of patients—people who have high blood pressure or who are at risk for developing diabetes, for example—to keep them healthy.

Six nurses from FHN have been accepted into and received full FHN scholarships for the joint FHN/Rush University School of Nursing CNL program. They will work toward master's degrees in the two-year program and develop the CNL role at FHN.

"The CNL role puts highly skilled clinicians in charge of a specific patient population to maintain their health at home and away from the hospital or emergency department," says FHN Vice President of Patient Services and Chief Nursing Officer Nancy Cutler. "The CNL has a direct benefit on patient outcomes and quality of life, and we're eager to bring this role to FHN."

The FHN-Rush CNL candidates will continue to work and live in the region while they study. They are:

Megan Christensen, a nurse in the Med/Surg unit at FHN Memorial Hospital

Tracy Love, FHN's Stroke Program coordinator

Shari Murphy, a nurse in the ICU at FHN Memorial Hospital

Beth McClain, a nurse in the Internal Medicine department at FHN Family Healthcare Center— Burchard Hills in Freeport

Jennifer Schierer, a nurse navigator in the Imaging department at FHN Memorial Hospital

Laura Mack, a nurse in the Cardiac Services department at FHN Memorial Hospital

"Rush University has a tradition of nursing excellence dating back to 1885," Nancy Cutler says. "It is an honor to work with one of the nation's foremost schools of nursing in a program that we believe will have an enormous impact on patient care."

Rush University College of Nursing Associate Professor and Director of Academic Advancement Lisa Rosenberg, RN, MSN, PhD, welcomed the students to the Rush program in early May. "We are so pleased to partner with FHN for this program, and are confident that this class will be the first of many successful cohorts."

The Rush CNL program is open to nursing students from the public; FHN encourages employees to further their education when possible and is proud to offer educational assistance to the members of this first local CNL class. For more information on continuing education benefits for FHN employees, visit www.fhn.org/careers.

INFECTIOUS ENTHUSIASM

FHN Nurse Hopes to Share FHN's *C. diff* Success

It has been a busy year for FHN Infection Preventionist Margie Kochsmier—one that began, technically, way back in 2009.

“In the past decade or so, hospitals across the country have been struggling to prevent healthcare-associated *Clostridium difficile* (*C. diff*) infections,”

5,000 inpatient days; not bad, but not where Margie and FHN wanted to be.

In 2010, with all of the guidelines in place, FHN Memorial Hospital saw just one fewer case—23—in the same number of inpatient days.

“Following the guidelines exclusively, we were unsuccessful in reducing

bacteria causing the infection and the good bacteria that live in every person’s digestive tract.

“That good bacteria helps your body fight off infections, too,” Margie says. “So by getting rid of the problem, we’re also making that person susceptible to other infections. What if we could give patients some of that good bacteria back?”

Dr. Geller and Margie started evaluating each hospitalized patient at risk of *C. diff* and, when it was possible, added probiotics to

In two years, FHN Memorial Hospital had reduced *c. diff* infections by 75 percent, while hospitals across the country were struggling to reduce numbers by 30 percent.

Margie explains. “It happens everywhere – hospitalized patients are put on antibiotics and, after a few days, develop diarrhea and test positive for *C. diff*.”

“Back in 2009, guidelines to control the spread of *C. diff* were put into effect in hospitals nationwide,” Margie says. That year, FHN Memorial Hospital had 24 *C. diff* cases out of an average of about

our numbers of *C. diff* infections, and other hospitals were having the same challenge,” Margie says. “So Dr. Geller (FHN Infectious Disease specialist Robert Geller, MD) and I started looking at the evidence to see how we could help our patients.”

They started at the beginning, with how antibiotics work. Antibiotics kill off bacteria in the body—both the bad

their medication regimen. Probiotics are the “good” bacteria that help keep your digestive tract healthy and they’re typically found in some “active culture” yogurts. (Not everyone can take probiotics, so the team worked with patients’ healthcare providers and nursing staff to determine if each person was a candidate for probiotics.)

“That seemed to reduce our numbers,”

American Legion Premier Nurse of the Year



At the end of July, Margie Kochsmier will travel to Springfield, Ill. to accept the Premier Nurse of the Year Award at the Grande Promenade of the 40 & 8, La Societe des Quarante Hommes et Huit Chevaux. A member of the American Legion in Forreston, where she lives, nominated her for the honor.

“It was very surprising,” Margie says of the honor. “But I read up on the 40 & 8, and I felt very connected to them, because as an organization, they have found a way to serve others. I hadn’t realized how dedicated the American Legion is to helping people.

“My dad served in the Korean War and was very active in his American Legion chapter before he died, and my mom is still serving in the auxiliary in Arkansas. My dad would be so proud, and I so appreciate the chance to honor the American Legion for what they’ve done.”

As part of the nomination process, Margie had to write a brief biographical essay for the organization. “I looked back at all the things the hospital has done, and we hadn’t said anything about them!”

“So, they may not realize it, but the American Legion and the people who nominated me for this honor have helped me grow. They brought it to my attention that I needed to share my work, and that this is how I can help people.”

“I’m so grateful to them for the honor, and for the inspiration they’ve given me to serve others.”

Margie says. “So we put together a team – infection control, the nurses on the hospital floor, physicians, and the Environmental Services staff – and included probiotics as a measure for patients on antibiotics.” The team had these interventions in place by late 2010.

“In 2011, we dropped to six cases of healthcare-related *C. diff*,” Margie says. “We thought, ‘Wow, did it work?’”

Another year with the same interventions proved it. “In 2012, we had four cases,” Margie says. “It was working!”

In two years, FHN Memorial Hospital had reduced *c. diff* infections by 75 percent, while hospitals across the country were struggling to reduce numbers by 30 percent. The time had come to share their information.

IHA and the AJIC

With the help of hospital administration, Margie and Dr. Geller detailed and documented their work in an entry for the Illinois Hospital Association’s 2013 Quality Excellence Achievement Awards: Delivering Quality with Distinction.

The award winners will be announced this September. All entries, however, are part of the Awards Compendium published each year. “Even if we don’t win, we’ve shared the information,” Margie says.

She also is preparing a report of the team’s work for submission to a peer-reviewed professional journal, (*The American Journal of Infection Control*). The team hopes their work will encourage more hospitals to incorporate probiotics into their *C. diff* reduction plans.

Margie also is part of the team working to incorporate FHN’s new Xenex disinfecting machine into the hospital’s infection reduction plans. (See story on page 2.)



The FHN team had a healthy showing in May’s Crooked River 5K Walk/Run in Pecatonica, which benefited the Friends of the Pecatonica Public Library.

1 – FHN Director of Pharmacy Mike Weaver was recognized for his service to the community at this year’s United Way Day of Recognition. 2&3 – Families enjoyed some Beach Party fun before FHN’s June Movie in the Park. 4 – The FHN Family Healthcare Center – Orangeville team mugs for the camera at their June open house. 5&6 – FHN and the YMCA helped families Spring into Health with two Saturday events this May.

State-of-the-Art ACL Reconstruction of the Knee Available in Your Community

John Gluscic, MD, is an FHN orthopedic surgeon who employs the surgical procedure used on the world's top athletes to repair ACL injuries. Sports stars including Chicago Bulls point guard Derrick Rose and Minnesota Vikings running back Adrian Peterson have had the same procedure Dr. Gluscic performs – and Peterson went on to win the NFL's MVP award his first year post-surgery.

Your ACL, or anterior cruciate ligament, is one of the four major ligaments of the human knee. Injury to this ligament, which is usually the result of hyperextension or a twist, is one of the most common types of injuries in committed athletes. Whether they play for the Chicago Bulls or the Highland Community College Cougars, athletes undergoing the type of procedure performed by Dr. Gluscic are back on the court faster and with unprecedented levels of functionality.

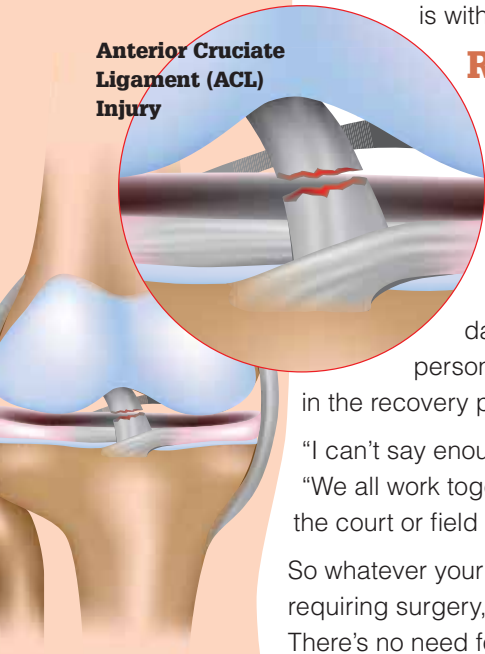
Three Elements for Success

ACL reconstruction performed by Dr. Gluscic has three major elements: the surgery itself, the graft used to reconstruct the ligament, and the rehab process after the surgery. According to Dr. Gluscic, each component needs to be executed expertly to ensure the type of results he wants for his patients.

"I use the patient's own tissue for the graft, usually from the front of the knee that's injured," Gluscic says, "and I utilize a bone-tendon-bone method of reconstruction. Other surgeons often use tissues from the patient's hamstring or even cadaver tissue, and reconnect the ligaments in a different way. These options may work as a last resort, but failure rates are much higher and recovery takes a lot longer."

Why would a patient or surgeon go with a different reconstruction procedure? "Considering my commitment to athletic performance and rehabilitative excellence and recovery, no other technique really makes sense," Gluscic says. "If you have access to a surgeon with the training to do this procedure, this is without a doubt the best option."

Anterior Cruciate Ligament (ACL) Injury



Recovering to Full Potential

Dr. Gluscic's patients generally can bear full weight on their injured knee immediately following surgery and experience at least a 94 percent chance of recovery to their pre-injury levels of strength and flexibility within four to five months. They begin physical therapy three days or less after surgery, and Dr. Gluscic is personally involved in overseeing this crucial element in the recovery process.

"I can't say enough about the rehab team at FHN," Gluscic says. "We all work together with the patient to get him or her back on the court or field as quickly as possible, feeling as good as new."

So whatever your team, if you're diagnosed with an ACL injury requiring surgery, get in touch with Dr. Gluscic and his FHN team. There's no need for you to expect – or accept – anything less than Adrian Peterson or Derrick Rose!



John Gluscic, MD, pictured with FHN physical therapists Whitney Ludwig, PTA and Kim Price, PT, CLT – LA

John Gluscic, MD, specializes in Orthopaedics and Sports Medicine. He's board-certified in orthopaedic surgery and sees patients at the FHN Family Healthcare Center – Burchard Hills.

Gluscic earned his medical degree at the University of Pennsylvania in Philadelphia, PA, and completed his residency and internship at the Geisinger Medical Center in Danville, PA. He is a Fellow of the American Academy of Orthopaedic Surgeons and a Member of the American Medical Association.

Gluscic and his family live in Freeport and have enjoyed being a part of the northwest Illinois community for nearly six years. When he's not performing state-of-the-art orthopaedic surgery, Gluscic can be found splitting wood, hauling brush, and mowing fields with his wife at his daughter's horseback riding facility, LLG Eventing. On the off chance he's not helping out his family, you might just catch him tooling around in his 1979 Ford truck.

Says Gluscic, "I love what I do, and I love doing it here!"

Reach Dr. Gluscic through a referral from your primary healthcare provider or toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 982.



A Safe Place for Medication Disposal

Teen's Eagle Scout Project Protects Community's Residents, Environment

When it came time to choose an Eagle Scout project, Kurt Rodriguez Whalen had two requirements—help the community and help him develop his leadership skills. In the end, the project he chose had an additional benefit—protecting the environment.

Kurt's Eagle Scout project is the Northwest Illinois Medication Disposal Program, a safe way for people to get rid of unwanted, unused and expired medications. The program began this summer with the placement of a MedReturn box in the lobby of the Freeport Police Department, 320 W. Exchange Street.

"Having medications around the home is a safety and health threat, and disposing of them in the trash can pollute the environment," Kurt said. "So I identified a company in Wisconsin that builds strong, lockable boxes that are approved by the DEA (Drug Enforcement Agency) that people can use to safely get rid of their unwanted medications."

Anyone can dispose of waste medications through the program: Place the medication into a sealable plastic bag and drop it into the MedReturn box in the police department lobby. Prescription and over-the-counter medications, vitamins,



supplements and pet medications are accepted in any form except liquid or aerosol cans. Needles and sharps, thermometers, aerosol cans and medicine from businesses or clinics cannot be accepted.

When the disposal box is full, the police department will ensure that the contents are transported to and incinerated in a government-approved disposal facility, thereby avoiding landfill and groundwater contamination.

Kurt is coordinating the program with the help of the Stephenson County Sheriff's Department,

the Freeport Police Department, the Freeport Community Foundation Youth Advisory Council, the Stephenson County Health Department, the Public Health Foundation of Northwest Illinois, and FHN. He is working with FHN and local law enforcement to also locate safe disposal boxes in communities across the area.

Kurt, who will be a sophomore at Freeport High School in the fall, has created a brochure to promote the medication disposal program, and has prepared a presentation to promote the program through community groups. He is also training a number of Boy Scout volunteers to give the presentation.

"I've had a lot of support from the Boy Scout community and my family," Kurt says—including his twin brother, Seth, who is working toward his own Eagle Scout project, building a pergola outside the Freeport Police Department building to provide a sheltered spot for lunches and breaks.

For more information on the Northwest Illinois Medication Disposal Program, contact the Freeport Police Department at 815-235-8222 or the Stephenson County Sheriff's Department at 815-235-8290.



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. Daniel Woods and Dr. Seema Kumar!



Request Appointments Online!

You can now request an appointment with an FHN provider through our website. Simply fill out a secure online form and choose how you'd like to be contacted—phone, email, or text—and we'll work with you to set a time that best suits your schedule. You can request an appointment with a specific provider or the first available provider.

To use this function, just go to your provider's page on www.fhn.org and click on the online appointment icon under his or her photo, find the request form under FHN Online from the homepage, or go directly to the site's appointment page at <https://www.fhn.org/appointments.asp>.

We're committed to responding to all online requests in one business day (to set the appointment, not complete the appointment itself), so you can rest assured you'll hear from us in a hurry. We hope you'll find this new scheduling option helps simplify your FHN appointments!



Seema Kumar, MD

Board-eligible neurologist Seema Kumar, MD sees patients at FHN Specialty Care—Harlem Avenue in Freeport.

"I enjoy working with my patients and helping them to work toward their best possible health. I have experience in treating patients with a broad range of neurological concerns, and I believe that education is one of the most important parts of good health."

Dr. Kumar holds a medical degree from Dayanand Medical College in Ludhiana, Punjab, India. She completed her residency at the University of Mississippi Medical Center in Jackson, Mississippi, where she was recognized for extraordinary patient care.

She has experience in treating patients affected by stroke; headaches and migraines; seizures; epilepsy; muscular dystrophy; Parkinson's disease; Alzheimer's disease; dementia; tremors; neuropathy and muscle/nerve disorders.

Dr. Kumar is a member of the American Academy of Neurology.

Daniel Woods, MD



Dr. Woods has been with FHN since 2001. He cares for patients at FHN Family Healthcare Center – Savanna.

"I enjoy caring for the variety of patients I see in my office," Dr. Woods says. "As a family practice physician, I see people of all ages, but my philosophy remains the same for everyone – treat the person, not the ailment."

Dr. Woods was named a Rural Physician of Excellence by the Illinois Rural Health Association in 2009. Known as the "Doc Hollywood" award, this honor goes to physicians who go above and beyond the call of duty to provide healthcare for the state's rural residents. He earned his medical degree from the University of Illinois College of Medicine at Rockford. He holds an undergraduate degree in biology from the University of Illinois Champaign-Urbana.

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

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