

Insight

A publication of FHN

Volume 5, Issue 3

Star Treatment Ob/Gyn Care at FHN



We're here, for you.

FHN

**Cool Care,
Close to Home**

**15 Years of
Happy Smiles**

FHN
1045 W. Stephenson St.
Freeport, IL 61032

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MICHAEL PERRY, MD, PRESIDENT AND CEO

It's Hot. It's Humid. It's Summer in Northwest Illinois!

Despite the heat and humidity, I hope you are enjoying the season. It's a busy one at FHN!

In this issue, our cover story features **our ob/gyn department**

and a new little star born at FHN Memorial Hospital to Ben and Sarah Marten – you may recognize Ben's name from a number of movies and television shows in which he's appeared, such as 2012's *At Any Price*, where his fellow actors included Dennis Quaid and Zac Efron. We believe in providing star treatment to all the babies, moms, and women who come to us for their healthcare!

There's also a great story about how our **cardiac cool down equipment**, purchased with contributions from FHN

employees, saved a local farmer's life. It not only highlights this state-of-the-art capability, but also the commitment and dedication of FHN employees to ensuring the best level of care we can provide for our neighbors, friends, and families.

Other stories celebrate the **15th birthday of FHN Family Dental Care**, a **mission trip to Haiti** by one of our providers, information on how to participate in the second year of our **Miles And Minutes summer exercise program**, national **recognition for our Fresh Inspirations Café**, and many more interesting tidbits. Have a seat – hopefully near a fan or air conditioning – and find out more!



**Thank you for choosing FHN,
and enjoy this issue of INSIGHT!**

First in the Nation

FHN's Fresh Inspirations Café Earns Mindful Silver Certification



Early this year, the Fresh Inspirations Café at FHN Memorial Hospital in Freeport became the first healthcare location in the nation to earn a Silver Certification in Sodexo's Mindful program. With over 380,000 employees worldwide serving 75 million customers daily, Sodexo is one of the world's largest food services and facilities management corporations. There are over 9,000 locations in North America alone, in private corporations, government agencies, schools and

universities, hospitals and clinics, assisted-living facilities, military bases, and correctional facilities.

"This honor is an outstanding tribute to the high standards set by Food and Nutrition Services Director Jeff Martin and our Food and Nutrition Services staff," says FHN President and CEO Michael Perry, MD. "They do a wonderful job of offering a variety of healthy, delicious choices for our patients, staff and the community."

To achieve a certification level, a café must meet all the criteria in the category, from providing low-fat options and healthy meal combinations to labeling each café item with calories per serving as sold and offering a greater variety of whole and sliced fruits.

Sodexo's national Mindful program follows a sound nutritional philosophy and guidelines to offer diners simple, healthy choices with a focus on taste

and satisfaction – a healthy indulgence. You can read more about the Mindful program – and sign up for a healthy living newsletter – at <https://mindful.sodexo.com>.

The café is located on the lower level of FHN Memorial Hospital in Freeport. Each week's new Fresh Inspirations Café menu is available online at www.fhn.org/visitorCafe.asp.

Fresh Inspirations Café is open:

Monday through Friday

Breakfast: 7 - 10 a.m.

Lunch: 11 a.m. - 1:30 p.m.

Grilled items: 1:30 - 3:30 p.m.

Saturday and Sunday

Breakfast: 8 - 10:30 a.m.

Lunch: 11 a.m. - 2 p.m.

Holidays

11 a.m. - 2 p.m.

Great Sound, No Hassle

FHN Offers New ReSound LINX™



Nearly everyone carries a cell phone these days, and people who use hearing aids are no exception. If you use a hearing aid, however, a second device, called a facilitator, is necessary to wirelessly connect the phone and your hearing aids. You might carry this facilitator in a pocket, on a cord around your neck or clipped to your neckline.

The ReSound LINX™ needs no facilitator – it's built to connect and be controlled with your iPhone, iPod or iPad.

Using the free ReSound Smart™ app, a LINX user can adjust volume levels and control his or her hearing aids from compatible Apple products. Together, the app and the LINX can sense your location and automatically change sound profiles to match your needs at home, at work or at a favorite restaurant. The app also uses location technology for its "Find My Hearing Aid" function to help you find your devices if they're lost.

"This is a pretty significant improvement in hearing aid technology," Dr. Hartman says. "You don't have to wear or carry any other equipment – just your iPhone or iPad. And the app is very simple to use; once you learn it, you'll find it makes your life a lot easier."

It's called "the world's smartest hearing aid" because of its ability to link directly with your iPhone, iPod or iPad, but FHN Audiologist **Anneliese Hartman, AuD**, would recommend the ReSound LINX™ to anyone:



"The LINX is a great hearing aid even if you don't use an iPhone or iPad, because it offers superior sound quality, with directional, 360-degree sound manipulated for each user's particular hearing loss," Anneliese says. "The fact that it is designed to work with your iPhone makes the LINX really convenient, but I wouldn't recommend it if it wasn't a great hearing aid on its own."

The LINX and ReSound Smart app are compatible with iPhone 5s, iPhone 5c, iPhone 5, iPad Air, iPad (4th generation), iPad mini with Retina display, iPad mini, and iPod touch (5th generation) using iOS 7.X or later – generally, Dr. Hartman says, if you charge your device with the small "Lightning" connector, it's compatible. If you have an earlier version of any of Apple's products, or an Android smartphone, ReSound offers a special clip to facilitate usage.

Once your Apple device is paired with your hearing aids, your hearing aids serve as wireless headphones, putting the sound of movies, music and conversations directly into your ear.



Free Hearing Screening

FHN Audiology is offering free hearing screenings through the summer. The test is non-invasive and painless and takes just 15 minutes. Schedule a screening with a toll-free phone call to 1-877-6000-FHN (1-877-600-0346) ext. 946.

Most health insurance plans don't cover hearing aids, but many do pay for the full exam needed to prescribe and "fit" the devices. If a screening indicates you have a hearing loss, your insurance may require a referral from your primary care provider or an ear, nose, and throat specialist.

Most people who come to Dr. Hartman with a hearing loss find the right hearing aid pretty quickly. "Usually, patients find a device they're pretty happy and comfortable with within a month or so, and once they've talked with their insurance company, the process goes quickly."

Hearing aids are eligible for medical flex-spending, and FHN offers flexible payment plan options to help you get the device you need.

"The LINX is a great instrument on its own," Dr. Hartman says, "and when you can pair it so seamlessly with your phone or tablet, that convenience is priceless."



OB Nurses Annette, Michelle, and Ashley were instrumental in welcoming little star Vivienne into the Marten family, shown in front of Classic Cinemas Lindo Theatre in Freeport.

A Star is Born...

With the Help of FHN's OB Team

When Vivienne Yvonne Marten made her debut six weeks early, she made it very clear she was ready for primetime. Though premature, she was healthy overall and a big hit with her mommy and daddy. With a few days' time amid the skillful care of FHN's OB team, the 'tiny but terrific' infant was able to avoid a trip to Rockford and stay close to home.

Not a Run-of-the-Mill Pregnancy

She, of course, had no idea what her parents had already been through to conceive her. After losing their patience with Mother Nature, Ben and Sarah Marten conferred with their obstetrician, Dr. Nicolai Hinds, about alternatives

to increase their chances of getting pregnant. Following many tests and long conversations, they decided to pursue in-vitro fertilization (IVF) out-of-town. When the procedure proved successful, they came back to Dr. Hinds and FHN for pre-natal care and birthing.

They are thrilled they did. But it was not all smooth sailing. Early on in the pregnancy, Sarah passed a clot and feared a miscarriage. A trip to the Emergency Department confirmed it was a scary but harmless event, and the ED staff "did a great job keeping us calm and positive," according to Sarah. Later on, her water broke after only one birthing class. Luckily, the couple had their birthing plan written and ready, which helped them through

the early delivery. One of their class instructors, Annette Geilenfeldt, was at the birthing center when they arrived and was instrumental in Baby Vivienne's grand entrance. "Annette was a godsend," says Sarah. "What a patient, wonderful person to welcome babies into this world. Being an OB nurse and breastfeeding consultant was definitely her calling."

Care Stands Out as Exceptional

"All the nurses were great," Ben adds. "They were awesome, so nurturing and patient with us when we were so scared about the baby's early arrival. They encouraged Sarah to have a nice, calming bath and talked me down when

I thought I may never sleep again. I felt comfortable with my baby's little life in their hands. Michelle, Annette, and Ashley treated us like family members. They will always be special to us."

Sarah and Ben were equally pleased with their physician. "Dr. Hinds was wonderful," Sarah confirms. "I have never felt like I was in better hands. He provided us with meaningful milestones and walked us through the entire pregnancy. He just cared so much ... for the baby and for our new family."

Vivienne battled a bout of jaundice and a risk of infection from her early arrival, so her pediatric team of Dr. Rebecca Pedersen and Dr. Zachary Fulton required her to stay at the hospital for a few extra days of observation and testing. Shortly after dismissal, she and her family found themselves a little overwhelmed. "It was such an emotional time, and we felt so connected to the staff that even though we wanted to go home, we were a little sad and nervous about leaving," explains Sarah.

Fabulous Follow-up

After receiving a check-up call from Pat Joschko, women's service line director, the Martens were so thrilled they made a special video. Ben, an actor who has been featured on TV and the big screen (bit.ly/BenMarten), and Sarah, a singer throughout college, used their dramatic flair to thank the entire staff. "We can't imagine a warmer welcome than what they gave to Vivienne," says the couple. "She has already been on her first audition, and with the fan club she already has at FHN, she just might make it big!"

A big thank-you to **Classic Cinemas Lindo Theatre** for the special marquee and poster setting for the photos in this article. The Lindo Theatre has been a partner with FHN for many years in providing summer and holiday Saturday morning family movie series and other silver screen events, and we appreciate the partnership and the entertainment they bring to the Freeport-area community!



Women's Care ... More than Babies

No matter what your life stage, FHN has women's care specifically designed to accommodate your needs. From your first exam as a teenager through child-bearing years, annual exams, pelvic health and incontinence concerns, and menopause, our providers understand the conditions unique to your age and circumstances.

Walk-in Wednesday Mammogram Appointments Extended

That being said, our patients told us that hectic daily routines and last-minute plans can make it difficult to fit in mammograms. To help make scheduling more convenient, FHN expanded the hours for Walk-in Wednesday appointments. You can now come to admitting at FHN Memorial Hospital in Freeport on any Wednesday from 7 a.m. to 3 p.m. and arrange for and complete your all-digital mammogram almost quicker than it takes to check that important screening off your to-do list. Don't put it off any longer!

McPherson Joins FHN Board of Directors



Attorney Heather McPherson has joined the FHN Board of Directors and will serve on the Audit/Compliance and Safety/Quality committees.

McPherson is a Freeport High School graduate who earned her juris doctor degree from Marquette University Law School in Milwaukee. She holds a bachelor's degree in economics and management with a minor in legal studies from Beloit College in Beloit, Wis.

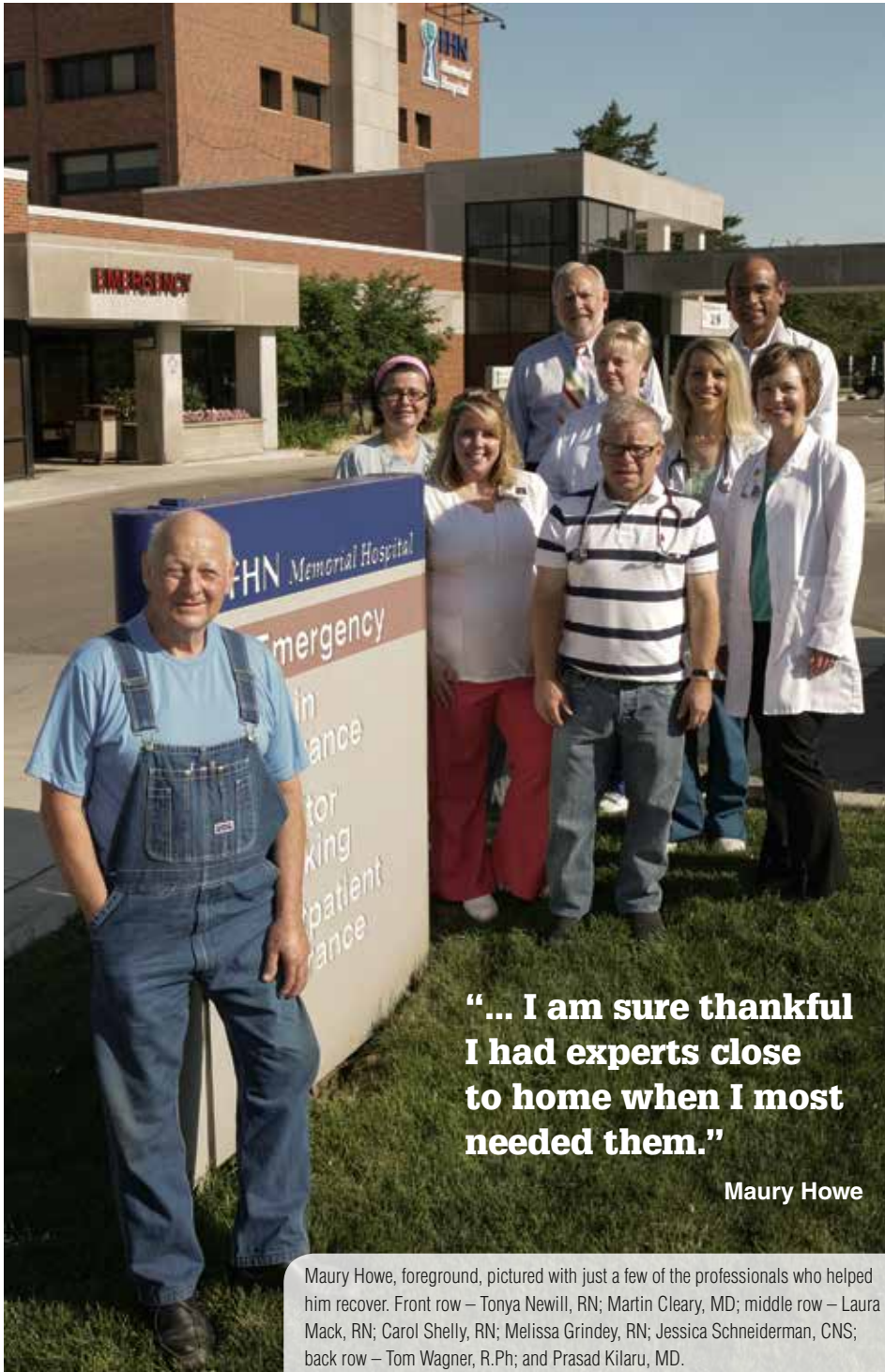
Her practice is concentrated in estate planning, estate and trust administration, elder law, trust and estate litigation, and commercial and residential real estate, including agricultural sales and acquisitions.

McPherson is active in support of the legal profession. She is a member of the Illinois State Bar Association Assembly, elected to represent the 15th Judicial Circuit. She serves on the Trusts & Estate Section Council and on the Standing Committee on Continuing Legal Education of the Illinois State Bar Association, and is a former chair of their Elder Law Section Council. McPherson also serves as a Hearing Board Panel Chair of the Attorney Registration and Disciplinary Commission of the Supreme Court of Illinois. Additionally, she is a member of the Stephenson County Bar Association and the Wisconsin State Bar Association and a Fellow of the Illinois State Bar Association.

As a member of the Freeport business community, McPherson is dedicated to improving the community and the region and serving its residents. Her board of director experience includes the Freeport Art Museum, Parkview Home in Freeport, the FHN Foundation, and the Freeport Country Club. She has also volunteered her time with First Presbyterian Church, the Stephenson County Senior Center, Prairie State Legal Services, and the United Way of Northwest Illinois.

His heart stopped. But the team at FHN never did.

FHN employees and hypothermia help



“... I am sure thankful I had experts close to home when I most needed them.”

Maury Howe

Maury Howe, foreground, pictured with just a few of the professionals who helped him recover. Front row – Tonya Newill, RN; Martin Cleary, MD; middle row – Laura Mack, RN; Carol Shelly, RN; Melissa Grindey, RN; Jessica Schneiderman, CNS; back row – Tom Wagner, R.Ph; and Prasad Kilaru, MD.

IT SEEMED LIKE A TYPICAL DAY.

Maury Howe milked cows on that January morning like he had been doing every day for decades. He came in the house, sat down for a snack at the kitchen table with his wife and

friend, and talked about what they were going to do when the weather turned nice. Then he took an abrupt breath ... and collapsed.

Maury suffered from sudden cardiac arrest. Simply put, his heart stopped.

His friend started chest compressions and within minutes of calling 911, paramedics from Leamon's ambulance service arrived and used a defibrillator to save his life.

After being rushed to FHN's Emergency Department (ED), a team of professionals from multiple disciplines got involved. ED physicians, cardiologists, nurses, respiratory therapists, and imaging specialists reviewed the options and decided the hospital's new cardiac cool down equipment should be used to give Maury the best chance of recovery. The equipment, purchased by FHN employees through donations to their Partners in Giving program (see sidebar), slowly lowers a patient's temperature a few degrees below normal, maintains it for 24 hours, and slowly warms the patient back. The process has been proven to help reduce brain injuries resulting from cardiac arrest.

A 'Chill Alert'

Once the decision was made to use therapeutic hypothermia, a “chill alert” was paged and additional team members, including a pharmacist, nurse supervisor, clinical nurse specialist, and ICU RN responded to assist in implementing the cool-down protocol. The team stayed with Maury for further tests, started chilled saline infusions, applied ice packs, and prepared him for induction of hypothermia. An anesthesiologist inserted lines to enable continuous monitoring and medication delivery. Then the cardiac cool down equipment was connected. In just over six hours since Maury arrived at FHN, the target temperature of 91.6° F was achieved and then maintained for 24 hours.

During the subsequent 16 hours, Maury was very gradually warmed to a normal temperature of 98.6° F. Two days later,

Maury Howe get back to his farm

Cardiac Cool Down Equipment a Gift from FHN Partners in Giving

Not everybody can say they helped save a life. But all of FHN's Partners in Giving (PiGs) can make that claim with pride.

The Arctic Sun® cardiac cool down equipment used to help Maury Howe recover from his sudden cardiac arrest was purchased through the generosity of the Partners in Giving program, an FHN employee fundraising campaign managed by the FHN Foundation. It creates opportunities for employees to contribute to FHN in various ways, such as payroll deductions, donations, or participation in fundraisers. This program has been an outstanding way for employees to collaborate with the local community to raise funds for healthcare services. The PiG program has raised more than 1.3 million in 15 years.

The Howes were flabbergasted that FHN employees had purchased the lifesaving equipment. "How cool is THAT?!" exclaimed Lynne. "These people have exceptional dedication to their profession and care so much about their patients. Their level of compassion is truly impressive."

Gifts to the FHN Foundation help provide exceptional healthcare to our communities in many ways. For more information, visit www.fhn.org/foundation.



FHN Foundation Executive Director Terry Egan, CFRE, with the new equipment.

he was following simple requests. In just one more day, he was talking to his wife, Lynne, and moving all his extremities.

The third patient at FHN to receive induced therapeutic hypothermia, a treatment added in 2013, Maury and Lynne are grateful the option was available locally. According to Lynne, "I had never heard of the cool down procedure, but it was pivotal in

Maury's recovery. It is just so neat that everything Maury needed to have done could be done in Freeport."

Staff was Helpful and Kind

She continues, "We were so impressed with the quality of care we received from so many people. The FHN staff was extraordinarily helpful and kind.

The nurses, CNAs, and physicians bent over backwards to accommodate us and answer all our questions. Two of our doctors, Dr. Martin Cleary and Dr. Robert Geller, were recently named as among the top in the nation, so that says a lot, too."

Maury agrees. "We feel blessed we had such fantastic care. I hadn't been to the doctor in 30 years, but I am sure thankful I had experts close to home when I most needed them."

After 17 days total at FHN, Maury went to a local rehabilitation facility where he received treatment for weakness in his legs. Though he continues to struggle some with mobility and leg pain, he is back on his beloved Lena farm where he can appreciate nature, drive the tractor, work on hay equipment, and enjoy his golden years with Lynne. Although he claims his bucket list is already complete, Maury is thankful he has more time to enjoy his family. He affirms, "I have a good life, and I am grateful for every minute of it."

Maury enjoys "the good life" on his farm, with his team of plow horses.



Miles And Minutes is Back

Your Exercise Can Pay Off for Your School This Summer



Summer softball and volleyball leagues, other summer exercise, and even everyday physical activity like gardening can pay off in prizes for area schools again this summer with FHN's popular Miles And Minutes program.

Miles And Minutes runs through Sunday, August 31 and encourages participants to be active and log various types of physical activity to win prize money for the school of their choice. The program officially began June 1, but you can register and start logging miles any time, because it's never too late to start exercising!

The competition is online-only and there is no charge to participate. Registration and the competition rules, as well as information about how miles will be calculated to determine the winning school systems, is available at www.fhn.org/milesandminutes. Anyone 12 years and older can participate, including student athletes.

It's never too late to start exercising for your health – or your school. You can join Miles And Minutes at any time during the summer at www.fhn.org/milesandminutes.

A calculator on the website will automatically convert minutes of almost any type of physical activity into miles. This will make it easy to follow the competition, and prizes will be awarded for miles in two categories:

- School system with the most average "miles" logged per participant
- School system with the most "miles" total

The program normalizes miles based on the number of students in each school system to help ensure that all schools have an equal chance to win, no matter their size or how many participants they enlist. First prize for each category is \$2,000, second prize is \$1,000 and third prize is \$500. Prize money will be awarded in September.

Participants from any zip code can support any school system, so family members in Lena, for example, can designate their miles to the River Ridge school system if they wish. Running totals will be displayed on the website and reported throughout the summer.

School systems in FHN's service area include:

- Freeport School District
- West Carroll School District
- Pecatonica School District
- Forrestville Valley School District
- Dakota School District
- Lena-Winslow School District
- Eastland School District
- Stockton School District
- Durand School District
- Pearl City School District
- Warren School District
- Orangeville School District
- Freeport Catholic Schools
- Immanuel Lutheran School
- Tri-County Christian School
- Chadwick-Milledgeville School District
- River Ridge School District
- Scales Mound School District
- Galena School District
- East Dubuque School District

FHN Miles And Minutes is an online-only program; you must be able to register and log your activity online to participate. Register online at www.fhn.org/milesandminutes. For more information about the program, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 901.

Health News in Your Inbox and Online



You probably know that eating asparagus, washing your face with vinegar or being nice to strangers doesn't cure diabetes. You probably know that wearing spf-rated sunscreen is the safest way to enjoy time outside and avoid skin cancer. You probably even know that you don't catch a cold from being cold.

But do you know where you can find reliable health information?

Keeping You Well-Informed

"You may see a story about a health study on the news, but those reports seldom go beyond a catchy headline," says FHN President and CEO Michael Perry, MD. That's why FHN offers FHNews, an online source you can trust for health information, and FHNews to You, a weekly e-newsletter with the latest health news.

"You might not call up your healthcare provider to ask a question about something you've heard, but we've tried to make it easy to find the actual story behind the headline, and how it might affect you," Dr. Perry says.

All non-local stories featured on FHNews.org and in the FHNews to You newsletter are adapted from reliable sources, from the U.S. Centers for Disease Control to world-famous teaching institutions Mayo Clinic and Johns Hopkins University. You'll also find local stories from FHN providers, the people you trust with your and your family's health.

Check out **FHNews.com** today, and sign up for FHNews to You, at www.fhnews.org.

Why is FHN a great place to work?

Staff are encouraged to advance their healthcare education while working. We offer substantial financial assistance for several degree programs, including a Medical Laboratory Technician (MLT) or Medical Technologist (MT) degree from Weber State University, while working at FHN. We invest in the growth of our staff to deliver healthcare excellence at FHN.

Learn more in the Career section of www.fhn.org where you can also join our Talent Network and receive email alerts about career opportunities.



Everybody Wins in the Get FiTeam Challenge: Healthy Diet, Active Lifestyle – and Some Pretty Nice Prizes!

In just 12 weeks, the 148 people participating in the Get FiTeam Challenge lost an average of 7 pounds by focusing on a healthy diet and exercise. Congratulations to all who participated!

The prize winners are as follows:

LARGEST WEIGHT LOSS PERCENTAGE

- 1st – Titan Your Belts** – \$250 Hibbett Sports gift certificate for each team member
- 2nd – Family Fatties** – \$100 Hibbett Sports gift certificate for each team member
- 3rd – Hungry Hungry Hippos** – \$50 Hibbett Sports gift certificate for each team member



HIGHEST OTHER POINTS COMBINED (water intake, 5-a-day fruits and vegetables, cardio and strength training exercise and bonus points):

- 1st – We're Losing It** – \$250 Shopko gift certificate for each team member
- 2nd – The Cape-able Crew** – \$100 Shopko gift certificate for each team member
- 3rd – Bustin' Booties** – \$50 Shopko gift certificate for each team member

Get Fit will return soon with another 12-week team competition, but you can always choose to eat healthy and keep moving!

If you're the competitive sort — or just like to challenge yourself — make the rest of your summer exercise count for your school with FHN's Miles And Minutes!

FHN Family Dental Care

15 Years of Healthy Smiles



You have to be careful when you pick up the FHN Family Dental photo album. The book is so full, loose photos are likely to drop out – a group shot of the staff around their parade float, snapshots of smiling coworkers, photos of gatherings for birthdays, welcomes and goodbyes.

“I probably should get another album,” laughs hygienist Heather Dailey, one of six staff members who have been with Family Dental since it opened 15 years ago. She’s the office’s unofficial record-keeper, but like the practice’s four other hygienists, she keeps busy helping patients, so photo-organizing is a low priority.

“We have a great group here,” Heather says. “I added it up earlier this year, and our 19 employees have a combined 421 years of experience helping people care for their teeth. We all love what we do, and that makes our office a pretty happy place.”

Complete Dental Care

The FHN Family Dental Care staff is proud to offer a full spectrum of care, from cleanings and patient education to periodontal care, crowns and bridges, implants, whitening, orthodontics, Invisalign® and snore guards for mild cases of sleep apnea.

The starting point for that care is usually a cleaning and checkup. After cleaning your teeth, your hygienist will update your x-rays and measure and chart the health of your gums.



FHN Family Dental Care’s most recent family portrait includes everyone on staff. Some of the staff members (marked with a * below) have been part of FHN Family Dental for all 15 years. **Left to right, back row hygienists in blue** – *Heather Dailey, RDH; Melanie Bremmer, RDH; Julie Hurder, RDH; LeAnne Christians, RDH; Kelly Kluver, RDH. **Back row, dental assistants in black** – Connie Kaderly, Judy Holton, *Jamie White, Rachael Kasper, (tall) *Stacy Gustafson, Kathy Schleich, *Janet Haas. **Center, patient service representatives in red** – Amy Blasing, *Sheryl Schroeder, Renee Stocker, *Brenda Moll. **Dentists, seated** – John Thompson, DDS; Maria Boy, DDS; Don Doak, DDS

Each hygienist has supplies at hand to help teach good dental hygiene, from models to illustrations to photos that show the results of not caring for your teeth. While she cleans your teeth, your hygienist will point out any trouble spots where you may need to focus more brushing or flossing effort.

During a comprehensive dental exam, the dentist and hygienist look for signs of tooth decay (cavities), gum disease (periodontitis), early signs of oral cancer, and signs of wear and tear from tooth grinding (bruxism). You are also assessed for malocclusions (crooked or crowded teeth) and for any interactions with your medications – some medications can cause dry mouth, which puts you at risk for tooth decay and gum problems.

Meet Our Dentists

Donald Doak, DDS

Earned his degree in dentistry from University of Illinois College of Dentistry in Chicago

Clinical Director of FHN Family Dental Care

Active member of International Association for Orthodontics, with 600 hours of orthodontic continuing education

Freeport native – FHS graduate



John Thompson, DDS

Earned his degree in dentistry from University of Illinois College of Dentistry in Chicago

Has been in private practice since 1988

Accumulated 300+ hours of advanced and postgraduate continuing education



“Our dentists offer a comprehensive array of services,” Heather says, pointing out the full brochure display on one of the office’s interior walls.

Part of Your Community

The staff members at FHN Family Dental Care volunteer their time to reach out to the public in a number of ways, from Free Dental Days, when children 15 years of age and younger who are uninsured or underinsured can receive free cleanings, education and dental care, to taking part in parades, school programs and health fairs.

Patients 12 years of age and younger who get a cavity-free checkup can enter their name in the monthly Cavity Free Club drawing for a battery powered toothbrush. For the office’s 15th anniversary, during 2014, patients of any age can sign up to win prizes like an Oral-B Smart Series Electric Toothbrush, a Phillips Sonicare Toothbrush with UV Sanitizer, a free professional whitening kit, or other prizes. A winner is drawn at the end of each month.



Walking with the FHN Family Dental float in parades through the years gave staffers a chance to hand out toothbrushes to children along the parade route. A sign on the back of the float reminded: “Be true to your teeth or they will be false to you.”

Maria Boy, DDS

Earned her degree in dentistry from New York University College of Dentistry in New York

Has completed extensive continuing education in dental procedures including:

- Invisalign®
- Implant Dentistry
- Endodontics for GP
- Lumineers™



Serving While Learning FHN’s Hinds Guides U of I – Rockford’s Haiti Away Rotation

FHN Ob/Gyn Nicolai Hinds, MD, FACOG, was one of the faculty members of the University of Illinois College of Medicine at Rockford leading a special Haiti Away Rotation in Ob/Gyn earlier this year. The rotation offered two medical students an opportunity to experience another culture, witness and participate in delivering healthcare in a third-world setting, and have many unique direct patient care experiences that are rarely possible for them in the United States.

The team spent the majority of its time at Justinien University Hospital in Cap Haitien, Haiti. Justinien is a large, 300-bed, government-run facility that is the major referral hospital in the northern region of Haiti and serves a population of about 300,000 people.

“While the rotation represents an opportunity to have a truly unique life experience and a chance to get away from the ordinary in the middle of med school, we also thought it was very important that this remain, first and



foremost, an educational experience,” Dr. Hinds says. He is a Clinical Assistant Professor of Ob/Gyn at UIC Rockford College of Medicine, and has participated in other mission trips to Haiti. Two other faculty members from the department of Ob/Gyn led the trip with Dr. Hinds – department chair Dr. Timothy Durkee and clinical instructor Dr. Thomas Toussaint.

The students participated in delivering babies, performing Caesarean sections, and scrubbing in on major gynecological surgery. Both medical students on the trip gave lectures at Grand Rounds at Justinien to an audience including Haitian medical students and residents and the hospital’s faculty. The students also had constant clinical teaching at the bedside and in the operating room, especially when a rare or unusual diagnosis would arise. Like any medical school rotation, the Haiti Away Rotation in Ob/Gyn is a graded activity and faculty comments and evaluations will become a part of the students’ final transcripts.

Haiti – continued on page 12

UPCOMING FHN EVENTS

Mark Your Calendar Now for These FREE Events and Activities!

JULY 23 AND JULY 30 SPEAKER SERIES: Smart and Healthy Grocery Shopping

Cub Foods
1512 SW Route 26, Freeport • 5:30-6:30 pm



Eating right starts with smart grocery store choices. Join Registered Dietitian Sarah Todd and experts from Cub Foods as they share healthy shopping habits and tips to enjoy summer produce. Discover local foods, pick up great recipes, sample new treats and flavors, stretch your food dollar, and make the most of your next grocery shopping trip.

AUGUST 20 SPEAKER SERIES: Is It Hot Out There Or Is It Me?

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport • 5:30-6:30 p.m.



Hot flashes, restless sleep, night sweats, irritability. It COULD be because we'll be in the dog days of summer, but at this free presentation, FHN womens' care specialists will address these and other concerns as they relate to menopause. Separate fact from fiction when it comes to the best ways to handle "the change," and get up-to-date on the latest treatments and care options. Of course, there will be chocolate!

SEPTEMBER 17 SPEAKER SERIES: Keep Your Kids Safe Online

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport • 5:30-6:30 p.m.



The Freeport Police Department partners with FHN for this presentation on internet safety for kids. Learn how to spot traps, the way kids can be lured into unsafe activities, and how to set rules that make sense. You'll also pick up tips for safe texting and general guidelines on how to help your family cope in today's electronic jungle. FHN Family Counseling staff will also be available for questions. Bring your kids with you, if you wish!

OCTOBER 15 The Art of Women's Health

Freeport Art Museum
121 N Harlem Ave, Freeport • 5:30 – 7 p.m.



There's nothing more beautiful than good health! During Breast Cancer Awareness Month, take time for yourself to celebrate that beauty with us at the beautiful Freeport Art Museum. Galleries will showcase women's health topics from reproductive health to reducing stress, and there'll be many "museum quality" taste treats, too. All attendees will receive goodie bags, and attendees can register for door prizes as well. Be beautifully healthy!

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One of the highlights of the trip was a day of service. Instead of going to the hospital, the team set out for a drive over dusty roads and crossed a few dry riverbeds to get to a small, remote village just outside the town of Gonaives, Haiti. Once there, they were met by a crowd of people who had been waiting for hours in the Haitian sun to receive free healthcare.

These remote villages are not often visited by other aid groups, and often the people there are so poor, they are unable to travel to the closest town to receive care. "The poverty in Haiti is almost overwhelming," Dr. Hinds says. "About 70 percent of Haitians live on less than \$2 US a

day, 90 percent of Haitian children are affected by waterborne diseases and more women die in childbirth in Haiti than in any other country in the Western Hemisphere."

After a rousing welcome by some of the villagers and the local minister, which included singing and clapping, the team went to work. "The students were absolutely invaluable as we ran the field clinic. They worked tirelessly, and thanks to their efforts, Dr. Durkee and I were able to see 124 patients in just five hours!" Patients were interviewed with the aid of interpreters, and examined as necessary. They were given prescriptions on-site from the medications the team had brought with them.

hundreds of patients in that time. Dr. Hinds says his efforts in doing this volunteer relief work simply would not be possible without the strong support of FHN. He is especially grateful for the encouragement and support provided by Dr. Perry, Mark Gridley, and Nancy Cutler.

Nicolai Hinds, MD, FACOG (right) with Haiti Away Rotation group from University of Illinois College of Medicine at Rockford.



As the sun set, the University of Illinois team left, tired but happy, and knowing they had made a difference.

Dr. Hinds has been traveling to Haiti doing medical mission work, and now educational exchange, since 2011. He has traveled to Haiti on five different occasions, and treated

Insight

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