

A publication of FHN

Volume 9, Issue 1

Insight

Make This the Year for a TruMatch!



**New MyFHN App
Wellness Calendar**



MARK GRIDLEY, PRESIDENT AND CEO

Welcome 2018

I am so very happy to welcome you to the first INSIGHT for the New Year!

In this issue, **we take a look back at what your generosity did for FHN and for all those we serve**

together in 2017. With your help, we were able to provide equipment and opportunities that might not have been possible otherwise. On behalf of myself, our staff, and your fellow community members who are benefitting from your kindness—thank you. Your support helps us all make a difference in the lives of many.

We have a story about how **we helped get a Freeport Alderman back on his feet after years of pain and inconvenience.** In another story about getting rid of a painful condition, **we're proud to be the only healthcare organization in the region, including Rockford, to offer TruMatch, a technological advantage in knee replacement** that allows for faster recovery and better alignment for your new knee. Our patients tell us this has made a very big difference in their lives—it's a significant advantage in recovery and long-term comfort. No matter where you are in the region, come to FHN to experience this advantage for yourself, and let this be the year you tell your knee pain good-bye.

We're also proud to be leading a community-wide support collaboration effort called Connect the D.O.T.S. (Doors of Team Support). This effort will help us all work together to coordinate the ways we meet the needs of patients with significant health and wellness challenges. We look forward to making life better for them, their families and support systems.

In addition to other news, **you'll also notice a new feature: our Wellness Calendar.** Here and in future issues, we outline various screenings, educational programs, and other activities in which you or a friend or family member may wish to participate. We hope you'll keep it handy and take advantage of these opportunities!

As I look ahead, I know that the months will be filled with lots of news and activities for us to share. We will bring you that information in INSIGHT, and we are truly grateful and value the opportunity and privilege to care for you and your family. **Thank you so very much for choosing FHN—wishing you a Healthy & Happy New Year!**

P.S. I enjoy learning more about the people with whom I work—and I thought you might like to know more about me. A recent article in an alumni publication shows you my office and explains why many of the things in it are important to me. I was very humbled to be featured by my alma mater, if you'd like to read the article, you can find it at www.stitch.edu/Magazine/2018/Desk-Job-Mark-Gridley,-07

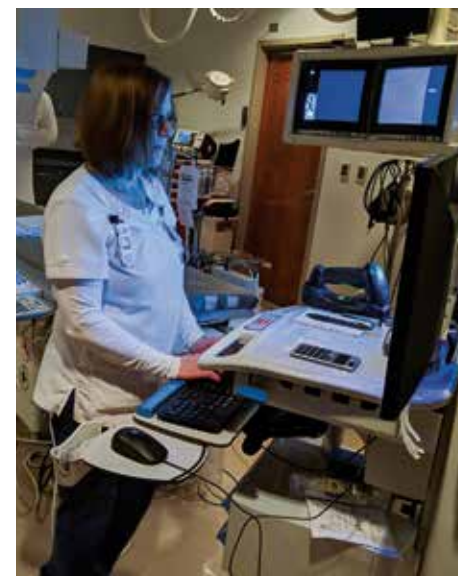
Festival of Trees Events!

FHN's Festival of Trees brought hundreds of people together for events ranging from a gala fundraiser to fun family movies, several nights full of song, visits with Santa and a very festive Community Festival of Trees at the Freeport Public Library. We're proud to be a part of the community, and hope you'll join us for more fun events throughout 2018!



Letter From Tonya Meyer, FHN Foundation Executive Director

Your Generous Gifts Help Patients Every Day



Cath Lab located in the Judy and Virgil Bocker Cardiovascular Center at FHN Memorial Hospital.

What's the significance? The computer is now on a cart that can be wheeled to any location in the Cath Lab procedure room. This allows the technician the ability to be closer to the patient's side, and the flexibility to move to the necessary angles to observe data on the screens located directly above the procedure table. The Cath Lab team is incredibly appreciative of this technology that allows greater patient-centered care.

For those who have waited for lab work or our **imaging services**, you probably noticed the **new furniture in the waiting area.** Again, thanks to our donors, we were able to embrace

THANK YOU to all those who shared their time and resources with FHN Foundation in 2017. Because of your generosity, we had an amazing year.

What did you do? You allowed us to fund nearly \$300,000 in equipment, education and training. In total, our donors supported 67 different projects that have helped support our staff, our patients and our community. We can't thank our donors enough.

Early last year, we were able to purchase a new **"Computer on Wheels" or COW** station for the

this opportunity to improve not just the look of the area, but better infection control and comfort for those with unique needs.

The new furniture is made of a healthcare-quality material that allows FHN Environmental Services the ability to use high-grade cleaning products without fear of damage. We are certain this will bring peace of mind during flu season—or any time of year!

The newly furnished area also has several "hip" chairs that have seats raised higher than normal for those who may have had a hip replaced or other medical situation that may make getting out of lower chairs challenging.

We invite our donors, and future donors, to stop in to see what great changes their gifts are bringing to FHN. And we are always willing to give tours so you can see first-hand the impact of your gifts.

Thanks again and we wish you the very best this new year!



SAVE THE DATE

FOOD FIGHT Against Cancer

Looking for a fun Friday evening out that will also benefit a great cause? Join friends of the FHN Leonard C. Ferguson Cancer Center at FHN Memorial Hospital for taste-tempting treats, music and fun at **Food Fight Against Cancer – Caterers are ALL IN 6 p.m. Friday, March 23 at the Wagner House**, 1 E. Spring Street in Freeport!

Guests will dine on **hors d'oeuvres and desserts** from area caterers, restaurants, and bakeries and enjoy a cash bar while enjoying the unique blend of **classic and contemporary music by one of Rockford's newest sensations—Minimal.**

All proceeds from the evening will **benefit the Leonard C. Ferguson Cancer Center.** For more information or to purchase tickets, contact the FHN Foundation toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 947.

'I Give You an A+' Freeport Alderman Back on His Feet Thanks to FHN's Podiatry and Surgery Team



Free from pain and happy to be out and about, Tom Klemm and his wife, Jane, take a brisk walk in downtown Freeport.

Ten years ago, Tom Klemm missed a step and hurt his foot. For years, the discomfort would come and go, agitated by exercise or long shopping trips. He was especially bothered by a shooting pain that started on top of his foot and went through to the arch.

When the pain got more frequent and severe, Tom decided he needed expert help. He visited FHN orthopaedic surgeon Greg Dammann, MD, who referred him to FHN podiatrist Roland Tolliver, DPM, who is board-certified in foot and ankle surgery. Tolliver's quick diagnosis impressed Tom.

4 FHN We're here, for you.

(whom I affectionately call my head nurse and Uber driver). When the staples came out during the second week after surgery, I knew I was on the road to recovery."

As Tom healed, his therapy increased. He shares, "The doctor provided tips on how to walk using a 'heel-center-toes' motion and gave me other exercises to loosen up my foot, which felt very tight. Eventually, when the boot came off, I went swimming and did exercises in the bathtub, which also helped a great deal. I followed directions carefully, which helped expedite my healing time."

Fast Diagnosis a Relief

"I had mentioned my foot problems to many medical folks over the years, with no real conclusion. When I explained it to Dr. Tolliver, he knew right away what was wrong," affirms Tom. An x-ray and CT scan confirmed the diagnosis of a Lis-Franc fracture. According to Dr. Tolliver, "I recommended midtarsal fusion surgery to pull Tom's midfoot bones together and stabilize his foot. This involves using a section of the heel bone and cadaver bone to graft the fusion sites."

Like many people, Tom didn't really have time to be 'sick.' As a busy alderman for the City of Freeport's First Ward, he manages a hectic schedule, attends many meetings, and devotes time to his constituents. "I wasn't excited to be off my feet for 12 weeks," he says, "but I was committed to following doctor's orders."

Getting the Patient Prepared

The surgery was quickly scheduled. "Dr. Tolliver gave me excellent information and handouts so I knew what to expect. After my procedure, I iced it as directed, kept it up as much as possible, and wore my trusty post-op boot. I actually got around pretty well, tooling around on a scooter with the help of my wife, Jane



Freeport alderman Tom Klemm is relieved to have his foot surgery behind him so he can easily climb the steps to Freeport's City Hall. Tom was bothered by foot pain for a decade before FHN podiatrist Roland Tolliver, DPM, properly diagnosed and relieved his malady.

Grateful for Pain-Free Mobility

Tom's recovery is now complete. He confirms, "Everyone at FHN did a great job. I was especially impressed with Dr. McFadden and the pre-op team, anesthesiologist Dr. Maria Laporta, and of course, Dr. Tolliver and all his office staff. They were very professional, but also warm, friendly, and lighthearted. The doctor has been pleased with my newfound range of motion and I can honestly say I feel no pain in my foot. None!"

If you have pain that won't go away, call FHN. A professional like Dr. Tolliver, Dr. Dammann, or another one of FHN's specialists will work with you to identify the source of your pain and help keep you active and engaged, like Tom. He concludes, "I am so happy with my results and with the phenomenal care and service I received from FHN. I give you an A+."

Thank you for the good report, Tom!



FHN podiatrist Roland Tolliver, DPM, discusses the mechanics of a specialty post-operative boot with Tom Klemm, who recently underwent midtarsal fusion surgery on his foot.



The patient got very good at getting around town with the help of his post-op boot and scooter, which prevented him from putting too much weight on his healing foot. Here, Tom departs from an appointment at FHN.

Better Recovery, Better Results – With TruMatch

Make 2018 the Year You Do Something About Your Knee Pain!

2018 is here and there is no better time to get serious about those little aches and pains you're consistently feeling. We're proud to be the only healthcare organization in the area that currently offers TruMatch – a new, innovative way to get a knee replacement and ensure quicker recovery and better results.

TruMatch is a knee replacement system that ensures replacements fit as perfectly and comfortably as possible. To ensure a proper fit, the process begins with a CT scan of the patient's leg, which is sent to TruMatch engineers. After detailed work by the engineering team is done, their custom cutting guides are sent back to us at the hospital. With this process, the FHN surgical team is working with something that is 100 percent custom to the patient, rather than having to rod down the tibia and femur to get a proper measurement.

TruMatch patients experience less bone loss, less blood loss, and overall quicker recovery time. The CT scan gives the

surgical team a picture of what the leg looks like and how much bone needs to be taken during the resection process. This ensures proper balance of the knee, which is key in total joint replacements. You don't want to put more pressure on the inside or the outside of the knee.

Proper balance ensures that your body will not only move more effectively, but it will be more pain-free as well. During a recent Big Radio Dial-A-Doc interview, George Lester from FHN's surgical services department talked about the process.

"Think about a hinge on the door – if the door is balanced, the hinge allows the door to swing open and closed very smoothly. It doesn't creak and it doesn't sway. Ultimately, the knee is a hinge joint," George says.

"Our goal is to get as many years out of your joint as possible to make sure you do not have to come back any earlier for another surgery. On average, most knee

replacements last about 10-15 years. As far as recovery goes, we have seen patients leave the hospital as early as 24 hours after surgery," George says.

He also advises people to make sure they're healthy enough for surgery before considering TruMatch. "Surgery is challenging to the body and we want to make sure we're doing it in the safest way possible," George says.

Contrary to what patients might think, TruMatch is no more expensive than other ways of providing knee replacements. In fact, there is no additional cost to the patient at all – what is normally charged for a total knee replacement is the same as what is charged for TruMatch.

At FHN, our focus is to make sure we're able to offer the most leading-edge technology at an affordable cost. We're the first and only ones to bring this exciting new feature to the region, which is something in which we take great pride.

To schedule an appointment with one of FHN's orthopaedic surgeons, call 815-599-7730.



Andrew Blint, MD is an independent contractor in our Orthopaedic and Sports Medicine department. He received his medical degree at the Medical College of Wisconsin in Milwaukee, and served his residency at the University of Illinois at Chicago. He completed an orthopaedic trauma fellowship at Grant Medical Center in Columbus, Ohio. He is one of very few trauma-certified orthopaedic surgeons in northwest Illinois.

Dr. Blint's clinical interests include infections of bone and soft tissue, joint fractures, nonunited fractures, orthopaedic trauma, pelvic and acetabular fractures. His general orthopaedic interests include joint replacement and arthroscopy. He is the founder of NITROOrthopaedics in Rockford, and is affiliated with FHN Memorial Hospital, OSF St. Anthony Medical Center, SwedishAmerican Hospital, and Rochelle Community Hospital.



Kevin Draxinger, MD comes from an impressive background in Orthopaedics. He received his bachelor of science degree in biology and his medical degree at the University of British Columbia in Vancouver. He served an orthopaedic surgery residency at McGill University in Montreal, Canada, and completed a spine fellowship at Johns Hopkins University in Maryland. Dr. Draxinger now does general orthopaedics, helping patients with most orthopaedic problems, including hip and knee replacements, shoulder surgeries, and all types of fractures.

Dr. Draxinger's hobbies keep him busy and active; they include downhill skiing, hiking, skating, and traveling!



Gregory Dammann, MD, a Lena native and graduate of Le-Win High School, comes from a background in sports medicine. He holds a medical degree from the University of Illinois College of Medicine in Rockford. He earned a qualification in sports medicine by completing a fellowship in primary care sports medicine at the Uniformed Services University in Bethesda, Md. He completed his residency in orthopaedic surgery at Tripler Army Medical Center in Honolulu, Hawaii and at the University of Nebraska Medical Center in Omaha, Nebraska.

His special interest in sports medicine has been to help athletes of all ages and sports to recover from and prevent injuries.

A NEW YEAR. A NEW YOU

Olympian at FHN!
Dr. Draxinger represented Canada as the captain of his native country's swim team in the 1992 Barcelona Olympic Games.
He placed 12th in the 200m backstroke.
His swimming career lasted from 1974 – 1994.

It's Time to Connect the D.O.T.S.!



CONNECT the D.O.T.S.
Doors Of Team Support



As we all know, our communities have individuals with significant health and wellness challenges. For many of them, those challenges impact nearly every part of their lives, every day. To help address this situation, FHN is leading an effort called **Connect the D.O.T.S.** where D.O.T.S. stands for **Doors of Team Support**. We are leading this effort with the involvement of many other partners from first responders to transportation providers to various agencies whose missions include the type of expanded assistance these patients need.

Significant research has been done, both by FHN and community partners, to determine areas of focus for the program. We are beginning by focusing on the following major needs within the community:

- Health and well-being
- Chronic disease management
- Barriers to healthcare
- Poverty and the economic burden of disease

These broad areas have been further focused on these specific needs:

- Transportation
- Supportive care for individuals coping with congestive heart failure, COPD, and cancer care
- Medical management of chronic diseases such as asthma, diabetes, renal failure, and dementia
- Child nutrition and disease prevention

The community-wide goals of **Connect the D.O.T.S.** are to promote well-being—and being well—by helping individuals meet their basic physical, emotional, social, and spiritual needs, and to work together as partners to optimize processes that connect us while fostering communication that can help all of us succeed in our respective missions.

We have already begun working with our community partners to **Connect the D.O.T.S.**, and we'll share more as we achieve our first successes. We're starting in the Freeport area and plan

to expand support in other areas as we grow. Early partners in the effort include:

- Amity Daycare and Learning Center
- City of Freeport
- Church organizations
- Freeport Fire Department
- Freeport Police Department
- Freeport School District 145
- Pretzel City Area Transit
- Salvation Army
- Senior Resource Center
- Star Ambulance
- Stephenson County Health Department
- United Way of Northwest Illinois

We know that by working together to **Connect the D.O.T.S.**, we will be able to provide the support needed by individuals who may otherwise not be able to improve or even maintain their own well being. As the saying reminds us, sometimes it takes a village ...

If you have ideas, questions, or are interested in learning more, please contact FHN's executive sponsor of the initiative, Vice President of Patient Services/Chief Nursing Officer Kathy Martinez, MSN, RN, at 815-599-7529 or kmartinez@fhn.org.

Staying In Touch With Audiology Just Got Easier



We're excited to let you know that **@FHNAudiology** is now on Facebook! In an effort to educate our patients more on the services that the Audiology department provides, Anneliese Hartman, AuD will



be working hard to keep our new Facebook page updated. We will be sharing links to helpful information on symptoms and diagnoses, answering frequently asked questions, and sharing information about our Hearing Aid Battery Club. If you haven't heard of it, it's a great way to save money. Once you enroll in the program and purchase 10 hearing aids, the 11th package is free!

If you or a loved one has been struggling with hearing loss, we have many options to improve your life. Check out our Facebook page (**@FHNAudiology**) for more information, and give us a call at **815-599-7770** to schedule an appointment.

Supply Chain Team Breaking Records, Giving Back

The FHN Supply Chain team broke records for accuracy and speed doing this year's inventory! The team of Lavonne Wichman, Joe Bennett, Chad Gasmund, Monte Moore, Gary Ruter, Steve Hasenyager, Diane Kunz, Karen Hauser, and Bill Schuler counted 1,682 items in record time.

With a stock area as large as FHN's, accuracy is a pretty tall order, but this year's net was a variance of just 0.01 percent, or -\$11.95, better than the team's previous record of \$17 in 2014.

In celebration, the team decided to replace a holiday gift exchange with a team gift to the FACC food pantry—53 boxes of cereal and 21 cans of vegetables. That's a great way to wrap up a good year!



MyFHN On The Go— There's an App for That!

With our new MyFHN app, you can easily access your healthcare information on your smartphone any time! You can choose to log in using the website too, but if you'd like to take advantage of functionality designed just for your phone or tablet, just follow these simple steps:

1. Search for the MHealth app in the Google Play or Apple App store.
2. Select the Meditech MHealth app (there are multiple MHealth apps).
3. "Allow" MHealth to access your location—this will give you a selection of patient portals near you, and MyFHN will be one of them.
4. Choose the FHN/MyFHN Portal and download it—it will now appear as an icon on your smartphone.
5. Anytime you want to access MyFHN through the app, just log in with the same username and password set up for the online version of MyFHN.

Thanks for choosing MyFHN!

Welcome to FHN's Wellness Calendar

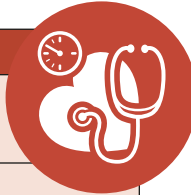
FHN is proud to offer many opportunities for you to learn about health and wellness—from informational programs and events to free health screenings all year long. Our popular Top 50 program offers a full slate of free blood pressure and other health screenings that are open to any adult! For years, Top 50 members have received a quarterly newsletter with a calendar of events.

This year, we're sharing information about the programs we offer in a convenient calendar in each issue of Insight. We hope you'll take advantage of some of these free, quick chances to "check up" on your health!

(This information was correct at the time of publication. Please see FHN's online calendar at www.fhn.org for additions or changes.)

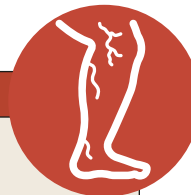
Blood Pressure Screenings

Location	Time	Date	Details
Golden Meals	10:30 a.m. – noon.	February 13 March 13	524 W. Stephenson Street, rear entrance, lower level, Freeport No cost or registration required; open to the public.
Gospel Outreach Food Pantry	9 – 11 a.m.	February 3 March 3	211 W. Spring Street, Freeport No cost or registration required; open to the public.
Joseph's Pantry Faith Center	4 – 6 p.m.	February 20 March 20	203 W. Pleasant, Freeport No cost or registration required; open to the public.
Liberty Village Estates	10:30 – 11:30 a.m.	February 14 March 14	2140 Navajo Drive, Freeport No cost or registration required; open to the public.
Mt. Calvary Church of God in Christ	10 a.m. – 12:30 p.m.	February 1 March 1	420 Challenge Street, Freeport No cost or registration required; open to the public.
New Jerusalem Church of God	11 a.m. – 1 p.m.	January 18 February 15 March 15	4 E. Iroquois Street, Freeport No cost or registration required; open to the public.
Pearl City Methodist Church	9 – 11 a.m.	January 27 February 24 March 10	411 S. Main, Pearl City No cost or registration required; open to the public.
Pecatonica United Methodist Church Food Pantry	9 – 11 a.m.	January 23 February 27 March 27	528 Washington Street, Pecatonica No cost or registration required; open to the public.
Salvation Army	10:30 a.m. – 12:30 p.m.	January 25 February 8 February 22 March 8 March 22	106 W. Exchange Street, Freeport No cost or registration required; open to the public.
St. John's Lutheran Church	12:30 – 1:30 p.m.	February 14 March 14	625 Country Lane, Lena No cost or registration required; open to the public.



Vein Screenings

Location	Time	Date	Details
FHN Memorial Hospital	3 – 6 p.m. (by appointment)	January 30 February 27	Achy, tired legs can be a symptom of venous disease. Schedule a free screening at the FHN Vein Center to see if our experts can help. Non-cosmetic treatment options are covered by most insurance carriers, including Medicaid. For an appointment, call 815-599-VEIN (8346).



Community Programs

Program	Time	Date	Details
Fall Prevention Prairie View Assisted Living Speakers Bureau	1 – 2 p.m.	March 30	500 E. McNair Road, Winnebago FHN Community Services Director Jackie Roach, RN will be the speaker. Open to the public; no cost or registration required.



Support Groups

Group	Time	Date	Details
Adult Diabetes Support Group	1 – 2 p.m.	February 6 March 6	FHN Memorial Hospital Globe Room—Lower Level No charge; registration not required. Topic is Diabetes on a Budget. For more information, call 815-599-6253.
Alzheimer's/Dementia Caregiver Support Group	6 – 8 p.m.	February 6 March 6 – Speaker is Mike Nelson	Oakley Courts, 3117 W. Kunkle Boulevard, Freeport Open to the public; no cost or registration required.
The First Steps Grief Support Group	9:30 – 11 a.m.	February 20 March 20	FHN Memorial Hospital cafeteria meeting rooms—Lower Level No charge; registration not required. For more information, call 815-599-7240.
Living Through Grief	6 – 7:30 p.m.	January 22 February 12 February 26 March 12 March 26	FHN Memorial Hospital Cafeteria Dining Rooms—Lower Level For more information, call 815-599-7240.
Memory Café	1 – 3 p.m.	January 25 February 22 March 22	Senior Resource Center, 216 E. Stephenson, Freeport Open to the public; no cost or registration required.
Parkinson's Support Group	1:30 – 2:30 p.m.	March 12	Good Shepherd Lutheran Church, 118 E. Mason Street, Lena Open to the public; no cost or registration required.



Training and Education

Class	Time	Date	Details
Breastfeeding Class	7 – 9 p.m.	February 6	FHN Memorial Hospital, 1045 W. Stephenson Street—Conference Dining Room Instructor is Annette Gielenfeldt. Registration is required; for more information or to register, call 815-599-6221.
Diabetes Education Class	1 – 4 p.m.	Part 1—February 14 Part 2—February 15	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport Series of two classes. Classes are available only through physician referral and there is a charge to participate; call 815-599-6253 for more information.
	9 a.m. – Noon.	Part 1—March 14 Part 2—March 15	
Prenatal Class	5 – 9 p.m.	January 23	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport—Conference Dining Room This class provides information about pregnancy, labor, delivery, cesarean sections and postpartum recovery. Registration is required; for more information or to register call 815-599-6221.
	9 a.m. – 2 p.m.	February 24	
	5 – 9 p.m.	March 20	
Sibling Class	6:30 – 7:30 p.m.	March 7	FHN Memorial Hospital, 1045 W. Stephenson Street, Freeport—Conference Dining Room Designed to help siblings adjust to a new baby in the family. Instructor is Danielle Wittig. Registration required; for more information or to register, call 815-599-6221.
Small Steps, Big Rewards	5 – 7 p.m.	March 20	FHN Memorial Hospital Globe Room—Lower Level This pre-diabetes class, a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention, helps individuals at risk for Type 2 diabetes take the first step toward preventing diabetes and living a healthier, longer life. No charge; registration is required. To register or for more information, call 815-599-6253.



UPCOMING EVENTS

Ice is Not Nice – Don't Go Slip Slidin' Away This Winter!

Wednesday, February 7

5:30-6:30 p.m.

FHN Family Healthcare Center–Burchard Hills
1010 W. Fairway Drive
Freeport, IL 61032

'Tis the season for slips and falls! Learn how to avoid them as well as the types of tendon/muscle sprain/strains and orthopaedic injuries they can cause. Please join Dr. Andrew Blint, a provider in FHN's Orthopaedic and Sports Medicine department and only one of a handful of board certified orthopaedic traumatologists in Northwest Illinois, for this free presentation. This discussion will also outline the types of surgery and other treatments offered at FHN if you do take a tumble. Refreshments will be provided along with handy reminders about how to avoid falls at home, the office, and the outdoors.

How to Deal With Colorectal Cancer

Wednesday, March 14

5:30-6:30 p.m.

FHN Family Healthcare Center–Burchard Hills
1010 W. Fairway Drive
Freeport, IL 61032

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. It is the third leading cause of cancer-related deaths in women and the second leading cause in men, resulting in over 50,000 deaths in 2017. This type of cancer is relatively easy to treat when caught early, and there are also ways to help prevent it from developing in the first place. Dr. Arshad Shaikh will provide insights into causes, risk factors, and preventative measures in this free presentation. He will also outline FHN capabilities for treatment. Refreshments will be provided, as well as recipes and food choice tips that may help reduce your risk in developing this type of cancer.



A Slice of Time– and Pizza–Just for You!

Start the year off right when it comes to your health! Cannova's in Freeport is the place to be this Presidents' Day, Monday, February 19 from 5:30 to 7 p.m. to meet and chat with providers and staff from our women's care team over great food, complimentary beverages, and–of course, during Valentine's Day month–chocolate!



The evening will include two short presentations – you can attend both without leaving your table. Dr. Rebecca Pedersen, FHN's recipient of the 2017 Physician of Excellence Award from the Illinois Rural Health Association, will outline the Top 12 health screenings everyone should consider, from mammograms to dental exams, and

why they're important. FHN Family Medicine practitioner, Dr. Danny Isawi, will review the Top 10 things you can do today to help improve your own overall health–as well as your family's–with quick and substantial benefits. All attendees will receive a "report card" they can complete for themselves, as well as more detailed data on all screenings (including scheduling information). We'll also provide goodie bags with recipes and other health-oriented giveaways to get and/or keep you on a healthy path for 2018.



Call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 901 or visit www.fhn.org/sliceoftime to register for this free presentation. Registration is required, and seating is limited so be sure to sign up soon. Take some time for yourself mid-February, and share it with us!

Insight



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Editor: Sarah Rogers

Contributors: Julie Beach, Mindy Becker, Peg Drane, Tara Hagemann, Barb Lessman, Hope Linker, Jill McKenna, Marilyn Smit

Send your contributions, story ideas or comments for Insight to Sarah Rogers at srogers3@fhn.org or call 1-877-6000-FHN (1-877-600-0346) ext. 901.

**FREEPORT
ALL
IN.**