

# Insight

A publication of FHN

Volume 3, Issue 2

**Pediatric  
Rehabilitation  
Therapy**

**Fulfilling  
Every  
Child's  
Promise**

**FHN  
Cardiology  
Services**  
You're More  
Than a Statistic

**FHN  
Foundation  
2011 Annual  
Report**



*We're here, for you.*

**FHN**



## It's Really Spring!

Our early taste of mild spring weather this year really got me in the mood to appreciate the outdoors. I'm a bike rider and have certainly been enjoying the chance to extend my biking season! When I don't have time for a long ride, I

try to be sure that I make time for a run before work or a romp sometime during the day with our Labradoodle, Chloe. Sunshine certainly can help motivate a healthy lifestyle.



In this issue of INSIGHT, you can learn how to enjoy some of the health benefits of fine weather through "eating local" and an upcoming Speakers Series event at Cub Foods in Freeport. You'll also read about our pediatric rehab services for the youngsters in your family, and how our neurologists are much more than "just brain doctors."

We're proud, too, to tell you about a cardiac screening program we're piloting with Freeport School District 145 for student athletes, describe our new magnetic resonance imaging (MRI) capability that increases patient options



in the fight against breast cancer, give you a sneak peek into our plans for FHN Pretzel City Days in June, and much more.

The annual report for the FHN Foundation is also included in this issue of INSIGHT. I hope you'll enjoy reading about the good work that is being accomplished with contributions from you and your friends and neighbors. We are very grateful for that support.



At FHN, we know that quality healthcare is much more than bricks and mortar, and we're proud to let you know about the many ways we demonstrate our commitment to our patients, our communities and our planet. Wherever you are in northwest Illinois or southern Wisconsin, we're just down the road and ready to show you how much we care.

Maybe I'll see you when I'm out and about –  
**enjoy that sunshine!**



## FHN Awarding Three 2013 Healthcare Scholarships



**2011 Scholarship Winners:** Jordan Olesen of Lena; FHN President and CEO Michael Perry, MD; Drew Carroll of Lanark; and Erin Brannick of Freeport.

Are you planning on going to college to pursue a career in healthcare? Are you looking for help with costly school tuition? FHN might be looking for you!

Each year, FHN offers three area students interested in healthcare careers \$1,000 each to help pay for school. The application process is simple: Just complete an application form providing evidence of a GPA of 3.0 or higher, submit a 500-word essay, and participate in an interview. FHN will choose scholarship recipients based on strengths, personal goals and overall intention of joining the healthcare field.

Applications are accepted from any student currently enrolled in an undergraduate program of study involving healthcare careers including: Medical technology/CLS; pharmacy; nursing (RN/BSN); respiratory therapy; and rehabilitation services (PT, OT, PTA, COTA, SP). (Benefit-eligible FHN employees are not eligible.)

Want to apply? Visit [www.fhn.org](http://www.fhn.org) for the application form and instructions. If you have any questions about the scholarship, call the FHN Learning Center at 815-599-6234 or e-mail [kkryder1@fhn.org](mailto:kkryder1@fhn.org). Application deadline is Sept. 15.

# FHN and Freeport School District Pilot Cardiac Screening Program for Athletes

**Electrocardiogram (ECG):** A test which detects and records electrical activity from the heart. These recordings can provide valuable information about the condition of the heart.

ECGs for teenagers? It might seem counterintuitive, but the answer is YES.

Though most people don't associate heart problems with high school students, 1,500 – 3,000 young adults die in the United States each year due to cardiac dysfunction, and the number has increased during the past decade. Young athletes are two to three times as likely to suffer sudden cardiac death as their less-active peers. For young adults who may be susceptible to serious problems but unaware of their condition, FHN offers what could prove to be a life-saving screening.

## Screening Can Help Prevent Sudden Cardiac Deaths in Students

FHN and Freeport School District 145 recently worked together to offer free ECG screenings for approximately 50 Freeport High School students. The

pilot program was targeted toward FHS freshmen. Parents of students eligible to participate received a letter from the school district with a permission form to be signed and returned. Further expansion of the program is anticipated in the future.

"We are excited to offer this important test," says FHN Vice President of Medical Affairs Robert Geller, MD, MS, FACP, FIDSA. "We had a good group participate this year, and with continued interest from the families, we hope to conduct these screenings every two years."

An ECG is a simple, painless, non-invasive procedure that can detect some serious heart conditions and give parents a chance to consult their child's healthcare provider for further testing and evaluation. During an ECG, a trained screener uses a mild adhesive to attach electrodes to the student's skin. (Female students are screened by female screeners in an area separate from the boys' area.)

The electrodes measure the electrical activity of the heart, and can detect approximately 60 percent of the abnormalities or "markers" of heart conditions that can cause sudden cardiac death.

If an abnormality is detected during a screening, the student's parents are notified and advised to follow up with their family healthcare provider within two weeks of the screening. About 2 percent of ECG screenings result in "false positives" after additional evaluation and testing by the student's healthcare provider; FHN and FSD145 believe that the benefit of this potentially life-saving screening outweighs this concern.

## FHS Appreciates Screening Opportunity

Freeport High School Nurse Bonita Brouhard, RN, says, "Recent news reports emphasize the importance of these tests, which can help detect heart conditions like hypertrophic cardiomyopathy, a thickening of the heart muscle that is the leading cause of sudden cardiac death in young athletes, as well as disorders of the heart's electrical activity such as Long QT Syndrome, Brugada syndrome and Wolff-Parkinson-White syndrome. Just recently, the collapse of a British soccer star demonstrated the significance of these examinations. In fact, all his teammates are now demanding the type of cardiac screenings we offered right here at FHS. We feel fortunate that FHN provided this screening opportunity to our athletes. It's very current and obviously can be very valuable."

FHN President and CEO Michael Perry, MD concurs. "Thankfully, the majority of children and teens DO have healthy cardiovascular systems. But if this innovative screening program can prevent a tragic loss, FHN is gratified to be able to offer it to our community. I consider it an investment in our most important resource: our young people. Kudos to Dr. Geller for spearheading this state-of-the-art initiative."



A team of volunteers from FHN and Freeport High School prepare to get an electrocardiogram reading of a student's heart activity during the recent screening.

## PLAYING TO POTENTIAL

# Pediatric Therapy Services Help Children Achieve

What makes one person a talented pianist and another person a gifted scientist? It's the same thing that pulls one person to sports while another finds his or her delight in writing. We all have different capabilities and talents – it makes the world a richer place.

**W**e all strive to fulfill our individual promise, many of us with the guidance and assistance of special people in our lives – our parents, friends, perhaps a special teacher or mentor. FHN is proud to be home to a team of people whose goal is to help children achieve all that they can.

“We are very pleased to offer complete pediatric therapy services in one location at FHN Memorial Hospital in Freeport,” says FHN Director of Rehabilitation Services Karen Christen. “We have offered speech-language pathology here for a few years, and we’ve recently expanded our team to include occupational and physical therapy, as well. Our parents are pleased that there’s less driving around to appointments and more time for the kids to really engage with their work in therapy.”

The pediatric gym at FHN Memorial Hospital is a cheerful place designed to cater to children’s natural curiosity. “Children learn through play, so our facility offers all kinds of possibilities, from a kitchen play set to swings, stairs, slides, games, brightly colored therapy balls and even a scooter,” Christen says.

FHN’s team of pediatric rehabilitation specialists are here to support and encourage children from infancy through adolescence as they work toward their full potential. Our goals for your child are the same as yours – improved independence, socialization, communication and learning. The skills your child learns with us will serve him or her at home, in school and in a variety of social environments.

### How Can Therapy Help?

FHN offers three types of pediatric therapy – physical therapy, occupational therapy and speech-language pathology. Our therapists use motivating and purposeful activities to encourage your child during the course of his or her therapy.



**PHYSICAL THERAPY** promotes independence, increases participation, facilitates motor development and function, improves strength, enhances learning opportunities and eases caregiving. We work with children on fine and gross motor skills, play skills, adapting daily routines and activities and in the use of special equipment such as prosthetics and orthotics.

Children engaged in physical therapy might work with their therapist on activities like obstacle courses, hopscotch, learning how to ride a bike, walking on a balance beam and riding on a scooter. These activities help develop and refine gross motor abilities including balance, running and jumping, strength and agility, and allow the child to be as fully independent and functional as possible.

**OCCUPATIONAL THERAPY** helps children develop the skills required for success during play, socialization, learning experiences and the activities of daily living. We work with children on organizational skills, printing and handwriting, oral sensitivity, self-care skills and visual motor skills.

During occupational therapy, children work with their therapist on activities such as shoe tying and buttons and snaps to practice independence during self-care tasks; puzzles,

# ve All They Can

## Children who are diagnosed with ...

- ADD/ADHD
- Amputations
- Autism spectrum disorders
- Behavior problems
- Birth defects
- Cerebral palsy
- Childhood apraxia of speech
- Cleft lip and/or palate
- Developmental delays
- Fine motor delays
- Juvenile rheumatoid arthritis
- Language disorders (grammar, syntax, vocabulary, concepts, etc.)
- Learning delay
- Mental health issues
- Movement and mobility disorders
- Muscular dystrophy
- Orthopaedic injuries
- PDD (pervasive developmental disorder)
- Phonological/articulation disorder
- Scoliosis
- Sensory processing disorders
- Spina bifida
- Spinal cord injuries
- Stroke
- TBI (traumatic brain injury)
- Torticollis

... may benefit from therapy.

games, playing with putty and cards to enhance fine motor skills; and “animal walks,” scooter activities and catching differently sized balls to improve coordination.

**SPEECH-LANGUAGE PATHOLOGY** supports children of all ages in the areas of communication – receptive, expressive, social and voice – and swallowing. We work with children on articulation, vocabulary, language concepts, grammar/syntax, fluency/stuttering, memory, attention, social use of language, voice, and feeding and swallowing.

In speech therapy, children work with their therapists on their individual goals through games and activities such as “I Spy” to work on speech sounds, “Guess Who” for answering and asking skills, memory games for vocabulary and memory, and bowling with a brightly colored bowling set to help learn the colors. Even the popular toy Mr. Potato Head has a role in speech therapy, helping children learn to follow directions or request an item they need.

Your child's healthcare provider may refer you to FHN Pediatric Therapy for our services. If you have any questions about how we can help your child, please call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 975.

## FHN, Girl Scouts Welcome Troop 2012 Baby

Queenmela Jackson, the first baby girl born at FHN Memorial Hospital on March 12, 2012, was the recipient of a lifetime Girl Scout scholarship from FHN and a special gift basket from FHN and the Girl Scouts of Northern Illinois. Queenmela's proud mother and father are Ranissa Menendez and Jamel Jackson, Sr. of Freeport.

Juliette Gordon Low founded the Girl Scouts in 1912 to give girls the same opportunities as boys to develop physically, mentally and spiritually. FHN is proud to be a sponsor of the Girl Scouts of Northern Illinois 100th anniversary celebration this year.

The Girl Scouts trace their history back to a phone call made by Low on March 12, 1912 which led to 18 girls signing up to be U.S. Girl Guides.



## Make a difference! Join FHN.

Currently seeking nurses, therapists, technicians.

See all the opportunities in **About Us/Careers at [www.fhn.org](http://www.fhn.org)**



**CareersAtFHN**



# Neurologists: Specialists for Your Nervous System

Many people think of neurologists as “brain doctors” and while that is certainly a central area of their focus, neurology covers much more than “just” the brain. Neurologists deal with disorders of the nervous system overall, which include stroke, multiple sclerosis, headaches/migraines, epilepsy and seizures, muscular dystrophy, spasticity, Parkinson’s disease, Alzheimer’s disease, Huntington’s disease, dementia, tremors, brain tumors, infections such as encephalitis and meningitis, sleep disorders and other muscle/nerve disorders.

If that seems like a long list, it is! Your nervous system – divided into the central nervous system made up of the brain and spinal cord; and the peripheral nervous system, which includes the nerves, sensory systems and tissues outside the brain and spinal cord – is the most complex organ system in your body.

Your brain alone contains around a hundred billion neurons or nerve cells and a hundred trillion synapses, which are junctions between the neurons (think of a set of Tinker Toys – the neurons are like the round pieces and the synapses are the sticks that hold them together in a shape). To put that in perspective, 100 billion seconds is almost 32 years, while 100 trillion seconds is over 31,688 years. Your brain is indeed pretty complex!

## Tests and treatments

Neurological disorders occur when all of your neurons don’t communicate as they should. This could be the result of an injury, a disease or condition such as those outlined above, or something as commonplace as aging. Because there are so many different possible causes for neurological issues, there are many

different neurological tests to help pinpoint a problem.

A neurologist may assess your motor and sensory skills – hearing, speech, vision, coordination and balance – in addition to how well your cranial nerves function, and any changes in mood or behavior.

Tests may include X-rays to look for issues in the skull and spinal column, or fluoroscopy, where a contrasting color of a type of dye helps determine the flow of blood through arteries and veins.

Laboratory screens may also be used. Blood tests, for example, can detect brain and/or spinal cord infection, bone marrow disease, hemorrhage, blood vessel damage, toxins that affect the nervous system and the presence of antibodies or protein disorders that signal the presence of an autoimmune disease or muscle problems such as muscular dystrophy.

The fluid that surrounds your brain and spinal cord can be analyzed to help detect meningitis, acute and chronic inflammation, rare infections and some cases of multiple sclerosis. Urinalysis can reveal abnormal substances in the urine or the presence or absence of certain proteins that cause diseases. Genetic testing of DNA extracted from white cells in the blood can help identify congenital or hereditary diseases.

Neurological diseases also sometimes have psychiatric manifestations, such as post-stroke depression, depression and dementia associated with Parkinson’s disease, and mood and cognitive issues as related to Alzheimer’s disease. Because of this, a psychiatrist may sometimes be involved in neurological diagnoses.

Treatments for neurological disorders range from surgery and pharmacological

solutions to holistic treatments that include rehabilitation therapy. Your doctor will work with you to determine the best approach for your particular situation.

## FHN’s Kumar and Khan

FHN has two neurologists, Farouk Khan, MD, PhD and Seema Kumar, MD.

Dr. Khan, who joined FHN in 2001, serves on the International Advisory Board on Multiple Sclerosis, has 21 Citations of Merit for medical and scientific research work in the U.S. Government Science Citation Index, and is a member of the Allergan Institute of Distinction – The Top 40 Botox® Specialists in the U.S., among other recognitions. He is experienced in treating drug resistant epilepsy using the Vagal Nerve Stimulator and trained in the treatment of acute strokes using “clot busters.”



Dr. Kumar came to FHN in 2011. She is a member of the American Academy of Neurology and was recognized during her residency at the University of Mississippi Medical Center in Jackson, MS, for extraordinary patient care.



Both Dr. Khan and Dr. Kumar see patients at FHN Specialty Care on Harlem Avenue in Freeport. To make an appointment with one of FHN’s neurology specialists, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 976.

# More Than a Statistic

## You Don't Have to Travel Far for Quality Cardiac Care

According to the Centers for Disease Control and Prevention, heart disease is the United States' No. 1 killer. Each year, about 785,000 Americans have a first heart attack.

The FHN Cardiology team wants to keep you from being a part of that statistic.

"While we are proud to offer state-of-the-art emergency care any time you need it, our ultimate goal is to work with you – hopefully before a crisis – to achieve and maintain your best heart and circulatory system health," says FHN Cardiologist Bhadresh Patel, MD, FACC, FACP. Dr. Patel and FHN Cardiologist Madhu Malladi, MD, FACC, FASE are co-directors of the FHN Cardiology Department.

Dr. Patel and Dr. Malladi work with FHN Cardiologist and Director of the FHN Cardiac Catheterization Laboratory Prasad Kilaru, MD, FSCAI, FACC to diagnose and treat heart disease close to home for patients across northwest Illinois and southwest Wisconsin.

"We have put together an experienced team of specialists with diverse training, skills and backgrounds and FHN has equipped us with technology on par with cardiology departments in much bigger healthcare systems," says Dr. Malladi.

"This allows us to offer our patients procedures, tests and cardiac care at a 'big-city' level right here, close to home."

Since its debut in 2004, the FHN Judy and Virgil Bocker Cardiovascular Center at FHN Memorial Hospital has changed the way cardiovascular disease is treated in the area. No longer reliant on a mobile cardiac catheterization lab that visited town a few times a week, FHN's cardiologists immediately began to offer advanced procedures and testing for those in need.

January 4, 2005 marked the occasion of the Center's first implanted cardiac defibrillator (ICD). (An ICD is similar to a pacemaker, but is used to prevent sudden cardiac death.)

Since then, our staff has performed more than 500 interventional procedures and served over 5,000 patients in the Center. Though working on someone's heart will never be "ordinary," FHN's cardiologists do, in fact, use the extraordinary technology in the Cardiovascular Center every day to treat patients for heart conditions.

### Services available at the Cardiovascular Center include:

- Right and left heart catheterization
- Diagnostic coronary, renal and peripheral angiograms
- Transesophageal echocardiogram (TEE) using sound waves to view the heart and blood vessels
- Abdominal arteriogram to view the blood vessels of the abdomen, to rule out aneurysm
- Cardioversion to restore to a normal heartbeat from irregular heartbeat (arrhythmia)

### Interventional procedures including:

- Stent placement, including coronary (arteries near the heart), peripheral (arteries in the hip, thigh, knee and leg)

### A heart attack is an emergency.

If you're experiencing the symptoms of a heart attack:

- Chest pain
- Upper body discomfort
- Shortness of breath
- Breaking out in a cold sweat
- Feeling unusually tired
- Nausea and vomiting
- Light-headedness or sudden dizziness

### Dial 9-1-1

and renal (arteries supplying blood to the kidney) stents

- Coronary angioplasty
- Pacemaker and defibrillator placement

"It's never a 'routine' procedure when you are working on someone's heart," says Dr. Kilaru. "But people trust us with their hearts every day, and we are proud to have the skill, talent and experience to offer them this care so close to home."

Call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 985 to make an appointment with one of FHN's cardiologists. Appointments are available at FHN Specialty Care – Stephenson Street in Freeport, FHN Family Healthcare Center – Lena and FHN Family Healthcare Center – Pecatonica.



FHN Memorial Hospital and the FHN Cardiology team consistently rank above the state average in care for heart attack and heart failure. You can see our most recent scores at [www.fhn.org/qualitycare](http://www.fhn.org/qualitycare).



# Shop Local, Eat

With summer's garden bounty just around the corner, it's time to take advantage of all the tasty health advantages of local produce. Here are just a few of the reasons to check out your local producers, and some helpful links to maximize the experience!

## Local foods are fresher

Short of having your own garden and making everything you eat from scratch, there's no way to buy fresher. Garden produce may have just been picked, eggs just gathered, and baked goods just pulled from the oven. And because of this ...

## Local foods have less, if any, need for preservative chemicals

Any time you read a food label and find an ingredient you can't pronounce, it's probably a chemical or man-made substance likely added to the food to keep it fresh longer. Needless to say, there is zero nutritional value in these, and some may be less-than-advantageous for your health.

## Local foods usually have less impact on the environment

Many of the foods we eat travel hundreds if not thousands of miles to land on our tables. That's a very big carbon footprint for, say, a grape! Whether or not you believe in climate change or global warming, everyone should agree that there's pollution involved in transporting anything from its origin to another location, so it's a good thing when we can reduce the amount of food transported long distances to us.

## Local foods foster food safety

The fewer steps between you and your food's source, the less opportunity

for contamination. And when you know where your food comes from, if something does need to be corrected, you have all the necessary information to be able to deal with any e. coli or similar outbreak alarms.

## Local foods support the local economy

When you buy any food from a local grower, farmer, or artisan, or locally owned food processor/factory, restaurant or shop, your dollars are staying at home. Not only does this support the local economy in general, but since the foods are moving through fewer channels, more of the price you pay goes to the people who grew, made, prepared or sold the goods.

## Local foods create and cultivate community

Knowing the producers of your food links you to them. Instead of one or two big impersonal associations with national grocers, when you shop local you "have connections" with vendors at the farmers' market, the local cheese shop, the rural meat processor, the lady that sells eggs, and the folks who serve up a favorite local potato chip. It's great to "be connected!"

## Local foods tickle your tastebuds

When you strive to eat local, you'll probably try more food options than if you go to the same grocer all of the time and get the same things on your shopping list. Ever try a rutabaga? Bet you can find one around here to sample! What about having a Tomato Taste-A-Thon to try out the dozen varieties you will probably be able to find at a farmers' market? If you're really game to try new tastes, sign up for a Community Supported Agriculture (CSA) program, where you'll get a box of whatever is in season, each season, for a flat rate. For CSAs in our area, go to <http://www.localharvest.org/>

According to Margaret Larson, county director for University of Illinois Extension, there are lots of ways to quickly and easily go local. "Knowing what's in season is important," says Larson. "It's also good to remember that you don't have to necessarily make big changes yourself to make big changes for local providers. For example, just making one extra stop at a farmer's market every week not only is healthier for you and your family, but helps to ensure that our local markets prosper and continue to be here!"

## More online tips and resources ...

University of Illinois Extension at [web.extension.illinois.edu/state](http://web.extension.illinois.edu/state) for anything and everything about local foods

Local Harvest at [www.localharvest.org](http://www.localharvest.org) for local CSAs, garden wisdom, recipes, newsletters and more

Guide to pesticides in produce at [www.ewg.org/foodnews](http://www.ewg.org/foodnews)

Learn what's organic v. natural, etc. at [www.generationsoforganic.org](http://www.generationsoforganic.org)

Meat eaters' guide to sustainability at [www.ewg.org/meateatersguide](http://www.ewg.org/meateatersguide)



# Healthy!

## Try This!



You'll find the recipe for *Spring Herb Chicken Herb Salad with Cucumber Feta Vinaigrette Dressing* (shown here) and more online tips and resources at [www.fhn.org](http://www.fhn.org), or let your smartphone do the work for you by scanning this QR code.



For two flyers from the University of Illinois Extension, one detailing what's in season for our local area and the other with tips on how to incorporate local foods in your everyday menu, go to [www.fhn.org](http://www.fhn.org). You'll also find a downloadable local foods provider directory that you can keep on your fridge or in your car for handy reference. If you don't have access to the internet, you can request a copy by calling 1-877-6000-FHN (1-877-600-0346), ext. 901.

Watch INSIGHT and your local media for other FHN healthy eating tips and events, and don't miss an opportunity to do something great for your community that is also delicious!

## Speakers Series

### PRESENTATIONS

## You're invited!

Every month, FHN hosts a free healthcare-oriented Speakers Series presentation for the public. We often partner with other local entities for additional perspective, and there are refreshments, too. Hope to see you soon!

### MAY

## Learn About Stroke



Stroke is a brain attack, cutting off vital blood flow and oxygen to the brain and is the fourth leading cause of death in the U.S. Almost 800,000 strokes happen every year, with one occurring every 40 seconds and taking a life every four minutes.

During Stroke Month, FHN Stroke Program Coordinator Tracy Love, RN, BSN will be joined by other stroke caregivers to provide valuable information on strokes, which can happen to anyone at any time, regardless of race, sex or age. The presentations will include discussions of what puts you at risk of having a stroke, how to recognize signs and symptoms of stroke, treatment options, and how to prevent a stroke from occurring.

**Thursday, May 17 • 5:30 – 6:30 p.m.**

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

## June is Men's Health Month ...



... so plan to join FHN urologist David DiDomenico MD, DO, FACS in a discussion about men's urologic concerns. Dr. DiDomenico will review Interstim therapy, which acts as a "pacemaker for the bladder" to correct frequent bathroom urges as well as incontinence, Botox® for the bladder, and laser prostatectomy (BPH). He'll also outline other state-of-the-art treatments available from FHN Urology, such as neuromodulation and urodynamics.

**Wednesday, June 20 • 5:30 – 6:30 p.m.**

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

### July

## Healthy Grocery Shopping!



Join dietary experts from FHN, Sodexo and Cub Foods at Cub Foods in Freeport to learn healthy shopping habits! Learn about local foods, pick up great recipes, sample new treats and flavors, and make the most of the tastes of the season.

**Thursday, July 12 • 5:30 – 6:30 p.m.**

**Cub Foods, 1512 South West Avenue, Freeport**

## Another Tool in the Fight Against Breast Cancer

# MRI of the Breast Available at FHN Women's Diagnostic Center

FHN's imaging and cancer experts have a new tool to use in their fight against breast cancer – magnetic resonance imaging (MRI) of the breast.

MRI uses powerful magnets and radio waves to produce a very clear, detailed image of the breast, which may be necessary when a patient has dense breast tissue or breast implants.

"MRI of the breast doesn't replace digital mammography," says FHN Nurse Navigator Jennifer Schierer, RN. "Your yearly mammogram is still the best tool we have to detect breast cancer at its earliest stages. The MRI can be another step: If our experts find an abnormality on a mammogram, it is one of the tools we have available to help them get a better look."

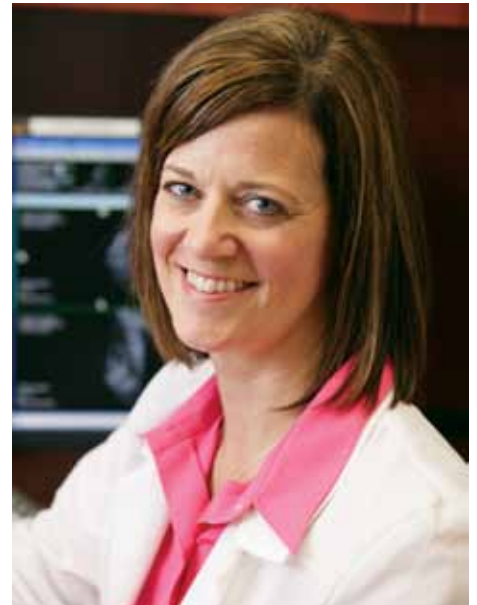
The breast MRI testing is done just steps away from the digital mammography suites in the FHN Women's Diagnostic Center inside FHN Memorial Hospital in Freeport.

"We are tucked into an outside corner of the hospital building that is easily accessible and open to sunlight but blocked from foot traffic, so we're able to offer our patients privacy and a comfortable, warmly lit atmosphere, even if they need to visit different rooms for testing," says Jennifer.

If a lump or an abnormality is found in a patient's breast, FHN's imaging experts are close at hand to perform additional tests that can help the team diagnose the problem. The highly detailed images now available to FHN's experts through breast MRI can also help them *grade* or *stage* – determine how far the cancer has spread – new cases of breast cancer.

In addition to full-field digital mammography and MRI imaging of the breast, the all-digital Center offers ultrasound scans, stereotactic and ultrasound-guided Mammotome® biopsies and digital bone densitometry to assess your risk of developing osteoporosis.

"While the majority of women will only see the inside of the Center for their yearly mammogram, our patients find it



FHN Nurse Navigator  
Jennifer Schierer, RN

comforting to know that if we do find an abnormality, we can run any additional tests they might need right here," Jennifer says. "And if they do need treatment, we've got an outstanding cancer care team close by at the FHN Leonard C. Ferguson Cancer Center."

As the Women's Diagnostic Center nurse navigator, Jennifer is always close by if patients need her support. She serves as patient advocate and educator, and is available to step in and coordinate testing and treatments for patients.

"I work with patients and their families to help them make the best, most informed choices about their care. This can be a frightening, stressful time, not only for the patient but also for the people who love her, so I'm here for support and to serve as kind of the 'point person' between the patient and the rest of her healthcare team."

If you'd like to schedule your mammogram at the FHN Women's Diagnostic Center, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 998.



This GE photo shows a technician preparing a patient for a test in an MRI machine outfitted with a breast coil, which is used for MRI scans of the breast. FHN has had MRI capabilities for quite a while, but recently added the equipment to perform breast MRI.

# 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 introduce them to you again, so say hello to Dr. Arshad Shaikh!



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## Arshad Shaikh MD

Board-certified hematologist, medical oncologist and internal medicine physician Arshad Shaikh, MD joined FHN in 2008. He cares for patients at the FHN Leonard C. Ferguson Cancer Center, which is affiliated with the University of Wisconsin Carbone Cancer Center, one of just 59 comprehensive centers in the United States as designated by the National Cancer Institute.

"I treat patients who have benign diseases of the blood, such as sickle cell anemia, as well as patients who are fighting cancer. Whatever the problem, the overall approach is the same – I speak to each patient about the various treatments available and work with them to develop a treatment plan designed to both effectively target their illness while maintaining and optimizing their daily lifestyle. The exciting, recent expansion of the Cancer Center is a testament to the high-level quality of care delivered here in town and will definitely promote overall wellness for patients."

Dr. Shaikh holds a medical degree from Ross University School of Medicine in North Brunswick, New Jersey. He completed a residency in internal medicine and fellowship in hematology and medical oncology at Nassau University Medical Center in East Meadow, NY. Before medical school, he earned a bachelor's degree in biochemistry from the State University of New York – Stonybrook.

While he was caring for patients at Nassau University Medical Center, Dr. Shaikh was featured in an episode of the Discovery Health Channel's "Mystery Diagnosis." He has been published in a number of national peer-reviewed journals.

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



## FHN Board of Directors Welcomes Dr. John Scheub



Retired anesthesiologist John Scheub, MD, accepted a position on the FHN Board of Directors as of Jan. 1, 2012.

Dr. Scheub retired from Rockford Anesthesiologists Associated in 2007; as part of RAA, he cared for patients at FHN for at least 11 years. He is on the faculty of the University of Illinois College

of Medicine in Rockford, where he teaches second-year medical students clinical and communication skills.

"My goal is to bring an independent physician's perspective to the board," says Scheub. "FHN has a long tradition of physician leadership – that is important to the organization,

and it is important to me." He serves on a number of committees for the FHN Board: Executive; Strategic Planning; Quality/Safety; and Audit/Compliance.

"FHN has a real connection to our rural patients," Scheub says. "I appreciate that – I grew up on a farm and still consider my family 'farm people.'"

Dr. Scheub lives in Rockford with his wife of 48 years. They have three children, all of whom have chosen careers in healthcare. Dr. Scheub also serves on the SwedishAmerican Health System Board of Directors and is a proud member of the Blackhawk Region BMW Motorcycle Association. He is an alumnus of Harvard College and has served as a member of the Harvard Club of Chicago Schools and Scholarship Committee since 1983. As part of the committee, he interviews applicants to Harvard from northwestern Illinois and enjoys meeting the area's best students each year.

# Beat the Back-to-School Rush Schedule School, Sports Physicals Now



## FHN Sports Physicals

Summer's just around the corner and that means that fall sports are on deck! Each year, FHN offers reduced-rate sports physical clinics for high school and junior high athletes throughout the region at schools or FHN locations. Physicals at these clinics are usually available for a low cost – but here's the best part:

### **FHN donates ALL the proceeds from sports physicals back to area schools!**

Student athletes are required to receive annual physicals, and scheduled appointments are more costly. Why not pay less, and benefit your school? Regional sports physical clinics will be offered by FHN throughout the summer, so watch [www.fhn.org](http://www.fhn.org) for schedule announcements. Sports physicals are also available without an appointment daily at FHN FastCare inside Shopko in Freeport.

## FHN School Physicals

Don't forget that as the next school year approaches, Illinois children entering kindergarten, sixth grade or transferring into an Illinois school from another state will need a school physical. FHN makes physicals convenient – just call your FHN provider to make an appointment. If you don't have a healthcare provider, call our Physician Referral Line toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 945.

For more information on school physicals and FHN locations, visit [www.fhn.org](http://www.fhn.org).

### Other Exams Your Child May Need

The State of Illinois also requires:

- Dental examinations for children entering kindergarten, second and sixth grades
- Vision examinations for children entering kindergarten and transfer students

## Coming Soon:

# ☆☆☆☆☆ PRETZEL CITY DAYS ☆☆☆☆☆

Summer's on the way, which means lots of outdoor fun! This year FHN and the Freeport Park District celebrate three Saturdays of community health and fun with Pretzel City Days.

- 5 p.m. Saturday, June 16 – Family Games Day in Read Park
  - 5 p.m. Saturday, June 23 – Family Fun Day in Read Park
  - 5 p.m. Saturday, June 30 – Family Fitness Day in Krape Park
- Pretzel City 5k starts at 8 a.m. June 30 in Krape Park

## VOTE!

This year, FHN is putting YOU in charge of choosing the movies to be shown on an enormous outdoor screen each Saturday evening during Pretzel City Days! Vote for your favorite at [www.fhn.org](http://www.fhn.org) or scan the QR code with your smart phone.



- Back to the Future* – PG
- Ghostbusters* – PG
- An American Tail* – G
- Free Willy* – PG
- The Wizard of Oz*
- Jurassic Park* – PG-13



Dan Barth, Medicine Man to perform at Krape Park June 30

# Insight

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FHN FOUNDATION ANNUAL REPORT 2011

HELPING PROVIDE QUALITY HEALTHCARE CLOSE TO HOME

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MOBILE INFANT SCALE CAPNOGRAPHY MACHINE  
SUCTION PUMP/ASPIRATOR  
TREADMILLS



GLIDE ROCKER  
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SPINE BOARD  
DIGITAL CAMERAS  
SKYSCAPES  
ADULT CHAIR SCALE

SLEEP OVER COUCH/CHAIR FLATSCREEN TV/DVD PLAYERS CHILDREN'S PLAY AREA TABLE/CHAIRS

MUSIC THERAPY EQUIPMENT BLANKET WARMER  
DIGITAL SCALES

BCI CAPNOCHECK MONITOR LABOR AND DELIVERY BED MATTRESS  
FAMILY ROOM FURNITURE NET SWING FOR AUTISM PEDIATRIC DIGITAL SCALE

CANCER CENTER EXPANSION



EXAM TABLES PATIENT ROOM RECLINERS  
OSTOMY EDUCATION MATERIALS  
EASEL

OTOSCOPE WHEELCHAIRS

PHOTOTHERAPY SYSTEM INFANT/TODDLERS TOYS

INFECTION CONTROL STATION

ICE MACHINE MEALS ON WHEELS SUPPORT  
EDUCATIONAL LEARNING TOYS

EZ LIFT GEL ARM PADS ROCKING CHAIRS

CARDIAC MONITORS SCI-FI EXERCISE BIKE



## Better. Faster. Closer.

Year after year, your contributions to the FHN Foundation help ensure healthcare excellence that personifies these principles. As our mission states, we exist to unite people and resources in ways that result in exceptional healthcare today and into the future. This focus helps turn your gifts into a lasting legacy...and the entire region benefits.

There are many ways to help. Take a look at how a few local businesses and individuals used their creativity and assets in 2011 to benefit worthwhile causes, including the expansion at the FHN Leonard C. Ferguson Cancer Center, affiliated with the University of Wisconsin Carbone Comprehensive Cancer Center. Then visit our website at [www.fhn.org/foundation.stm](http://www.fhn.org/foundation.stm) to see our online donor list, peruse more pictures, and find out more about making a meaningful contribution.

Tour inspires gift —  
**Wright family**

## Fifth Third supports employee involvement



Fifth Third Bank enjoys a culture where employees are encouraged and supported for their volunteer efforts. When employees get involved in meaningful projects, Fifth Third Bank steps up to help, throughout all the communities they serve.

Marcie Wright, Vice President and Affiliate Director of Portfolio Management, is just one of the bank's many employees who makes community involvement a priority. As a long-time advocate of contributing to her community, Marcie was inspired by the notion of connecting her employer with the FHN Foundation to help make a difference by and through its initiatives in rural areas, like her hometown of Stockton. In particular, Marcie is passionate about the Assisted Care program.

"It's my privilege to represent Fifth Third Bank in the communities where I grew up," Marcie said. "I got involved with the FHN Foundation partly out of appreciation for the many offices FHN has in rural communities. FHN is extremely in tune to the human element of health care and provides assistance to those in need, turning no one away. The Assisted Care Fund helps make this possible."

In two years, Fifth Third has given a total of \$17,500 to FHN, thanks in part to Marcie's volunteerism and enthusiastic backing.



## Cancer Center's expansion almost complete



Only finishing touches remain as "to-do's" at the FHN Leonard C. Ferguson Cancer Center, as their ambitious expansion project nears completion. Eight new chemotherapy treatment stations, like the ones shown above, were central to the improvements. Designed with patient comfort and serenity in mind, they increase patient privacy and facilitate scheduling. Earlier improvements included technology enhancements such as a new linear accelerator, which brings an advanced form of radiation therapy to FHN.

## and Midwest Community Bank team up for generous donation



*“It is a community gem.”*

That’s how Mark and Mary Jo Wright describe the Leonard C. Ferguson Cancer Center. They were reminded of the facility’s importance to our area after a recent tour, which served as a catalyst for the couple, their family, and their business to make a generous donation to the FHN Foundation. The promise of individual chemotherapy rooms and other benefits of the building’s in-process expansion made quite an impression on this Freeport duo.

Because they have experienced the plight of cancer firsthand, the Wrights are keenly aware of the challenges families face and the benefits of quality care close to home. Mary Jo lost both parents to the disease and Mark’s mom, Luanne Wright, is a breast cancer survivor.

According to Mark, “There are certain occasions when something touches your heart. Mary Jo and I felt that way after our tour of the facility. I remember how draining chemo was to my mom and how exhausted she was from having to travel to get radiation. Having comprehensive treatment with both chemotherapy and radiation in one Freeport location is a huge benefit to anyone facing the stress of cancer. Plus, all the high-tech

equipment recently introduced, as well as the affiliation with the the University of Wisconsin Carbone Comprehensive Cancer Center, makes this facility superior to many others of its type.”

Mary Jo agrees. “I appreciate FHN’s commitment toward thinking of their patients first. The private rooms and expanded facilities will make a very tough road for cancer patients and their families a bit easier. There is nothing like being close to home when going through chemotherapy and radiation treatments. We are happy to be part of something that will make a difference to so many people on a daily basis.”

Mark and Mary Jo teamed with Mark’s parents, James and Luanne Wright, and their business, Midwest Community Bank, to support this endeavor with a donation of \$18,000. Their gift will sponsor the Pharmaceutical Mixing Room in the Center’s new oncology addition.

The Wright family and Midwest Community Bank have a long history of generous support of the FHN Foundation and the Leonard C. Ferguson Cancer Center since it was built in 1995. “Our community deserves supreme quality care,” declares Mark. “And they get it right here in Freeport. The Cancer Center is indeed a treasure.”

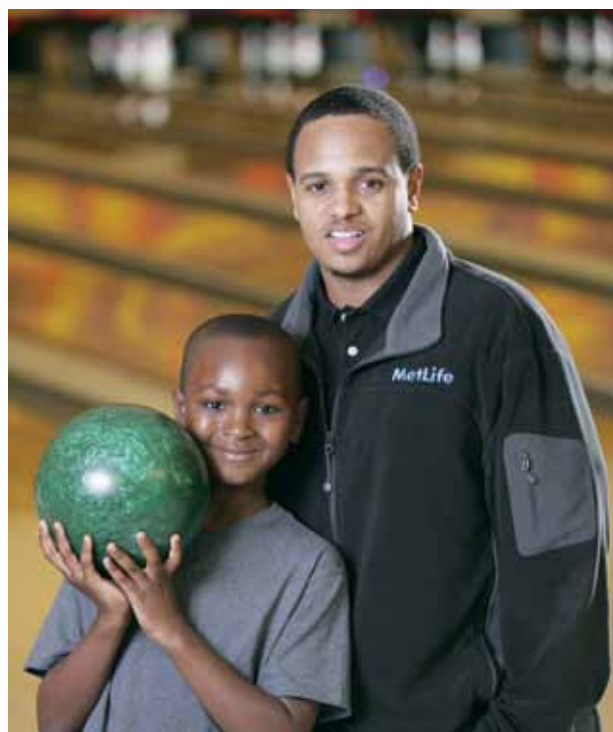
## MetLife mentors children “Big” time

If it relates to the Big Brothers Big Sisters program, local MetLife employees are likely involved. Since 2003, the company’s Foundation has generously donated to support the initiative, while Freeport folks who work for MetLife Auto & Home, such as underwriter Irin Pruitt, have volunteered to be a “Big” and/or a mentor at area schools.

Irin, along with 14 other associates, meets once per week with a student who needs a friendly ear and homework help. According to Irin, he and his “mentee” have spent considerable time focusing on math and reading assignments. The result? Improved grades.

“The young man I work with – a 4th grader – has made a lot of progress,” shares Irin. “He was excited to show me his latest report card because his grades have improved dramatically. Since I am also his Big Brother, we celebrated by going bowling. He was proud of his accomplishment, and I was proud of him too.”

Whether MetLife employees are mentoring students, delivering Meals on Wheels, or serving as a Big Brother or Sister, the MetLife Foundation values their volunteerism and rewards their commitment with community donations. In 2011, the MetLife Foundation allocated over \$10,000 to the local Big Brothers Big Sisters program and over \$1.5 million to the organization’s national efforts. **Now that’s BIG.**



# Partini creates new way to party...and provide

When FHN and the FHN Foundation plan a '50s-inspired fundraiser that combines a holiday party with martini-tasting, a Partini is born! Hundreds of community members and FHN employees jingled the night away in late November to benefit the FHN Leonard C. Ferguson Cancer Center expansion – something that truly benefits our entire area.

The gala event included great food and drink, themed martinis, special giveaways, silent and live auctions, and decade-appropriate décor. Chicago House of Blues regulars The Blue Olives, featuring Freeport's own Bob Werntz, highlighted the party for listening and dancing pleasure.

The event kicked off the holiday season and created awareness for the cancer center's important fundraising goals. Its expansion includes eight new treatment stations, a Healing Garden, and room to spare for future growth. It is affiliated with the University of Wisconsin Carbone Cancer Center in Madison, one of just 40 comprehensive centers in the United States, as designated by the National Cancer Institute.



Donations for the Leonard C. Ferguson Cancer Center renovations, along with the opportunity to purchase a Healing Garden paver, are welcome. Just contact the FHN Foundation at 815-599-6900 or visit the website at [www.fhn.org/foundation.stm](http://www.fhn.org/foundation.stm).

## Cooking up a new way to help

At Elite Design Team, the promise of new culinary creations – not just cutting-edge hairstyles – helped the salon and spa donate \$2,200 to the Leonard C. Ferguson Cancer Center.

Since almost all the staff love to eat, and many of them like to cook, sharing recipes has become a salon tradition. According to stylist Carla Tillis, "We decided to create a cookbook as a way to collect our favorites and provide a tasty way to earn funds for worthy causes and give back to the community. As a group, we decided that half the proceeds from cookbook sales would go to Friends Forever Humane Society and half would support the FHN Cancer Center."



"Cooking with Style" proved to be quite popular. In fact, just a single copy remains at Elite for reference purposes. The rest reside in area cupboards, ready to render delicious recipes off-the-shelf. Salon co-owner Donna Obert considers the project a success. "We were very happy to donate over \$2000 to the FHN Foundation to benefit the Cancer Center. One of our stylists beat breast cancer,

and many of our customers have battled the disease, so we have seen firsthand the importance of top quality cancer care in our community. We are all proud to support that goal through our cookbook fundraiser."

*What a delicious way to help!*