

A publication of FHN

Insight

Volume 6, Issue 2

The collage features several circular images and speech bubbles, each representing a different program or event:

- Sports Physical Clinics**: A group of people in blue shirts standing outdoors.
- Family Fun**: A person kneeling on a sidewalk with colorful chalk art that says "WALK THE PARK".
- Health Screenings**: A group of people wearing colorful wigs.
- Summertime Movies**: A person standing next to a display board with photos.
- Health Fairs**: A person standing next to a display board with photos.
- In Your Community**: A group of people holding a banner that says "We're here. For you. FHN".
- Blood Pressure Screenings**: A person standing next to a display board with photos.
- Speakers Bureaus**: A person standing next to a display board with photos.
- We're here, for you.**: A green speech bubble at the bottom.
- Training & Education Seminars**: A red speech bubble.
- Support Groups**: A yellow speech bubble.
- Festival of Trees**: A purple speech bubble.
- Poison Center Programs**: A red speech bubble.
- School Programs**: A green speech bubble.
- Scholarships**: A red speech bubble.
- At the Fair**: A circular image showing people at a fair.



MICHAEL PERRY, MD,
PRESIDENT AND CEO

Welcome to

I'm certainly happy to see green grass, and I look forward to getting my bike out to enjoy the countryside. I hope you and your family have some fun activities lined up for the season too!

In this issue you'll find the **Top 10 reasons for enrolling in MyFHN**, where you can be in charge of all your healthcare information online. It's also the quickest, most efficient way to stay in touch with your providers.

You'll learn how **our Ob/Gyn team works across many departments at FHN** to provide seamless women's healthcare, including minimally invasive surgeries, and there will be more about the Ob/Gyn team in our next issue, too.

There's also a summary of the **free birth control program** we've undertaken jointly with the Stephenson County Health



Department. Since my days as a family doctor, I've seen family planning as one of the best ways to break the cycle of poverty as well as giving women the right to choose when they want to have a child, so I'm glad to be introducing this program.

Our **summer Speaker Series events calendar** is included, as well as a reminder about **Miles And Minutes**, our very popular summer exercise competition for the region. And if you flip your issue of INSIGHT over, you'll find the **FHN Foundation's annual report**, highlighting the many ways gifts to the Foundation help improve healthcare for all of us in northwest Illinois.

Happy reading, and Happy Spring!

Top 10 Reasons to Sign On to MyFHN



Lannea Bear of Freeport signed up and communicated with her healthcare provider on MyFHN, and won an iPad Mini.

- 10) It's free and secure.
- 9) Need to schedule or cancel an appointment? You can request an appointment or cancel an existing appointment online.
- 8) No need to keep track of appointment cards – you can view upcoming appointments on your home page.
- 7) When was your last tetanus shot? Your health history and medications, in one place, accessible from anywhere, anytime.
- 6) Did your provider say to take your medication on an empty stomach or after a meal? Your post-visit instructions are right there for you, in case you forget any of the doctor's instructions.
- 5) If you have a question for your provider, leave him or her a message and you'll usually have a callback or reply through MyFHN within 2 business days.
- 4) Take your last pill and need the doctor to authorize a refill? If your pharmacy needs authorization (please call them first to check), leave your doctor a message through MyFHN at YOUR convenience so we can help you with that.
- 3) You could win an iPad Mini – everyone who accesses his or her Health Summary on MyFHN is eligible to win a new iPad Mini each quarter through 2015.
- 2) Are you taking care of a family member? You can be authorized to keep an eye on your family member's appointments, medications and provider instructions – and keep in contact with his or her provider – from anywhere.
- 1) It puts YOU in charge of your healthcare!

Patient-Centered Care

FHN Ob/Gyn Team Brings Office, Hospital Together to Serve Women Better



If you've had an appointment with an FHN Ob/Gyn provider lately, you know big things are happening around our office – we're renovating our space to offer our patients more comfort and privacy.

What you don't see, though, is even more exciting: We're working with our counterparts on staff at FHN Memorial Hospital to provide seamless, complete care for women throughout pregnancy, childbirth and their families' earliest days, as well as throughout their own lives.

"Our *OB United* team is working to make sure that everyone – from the provider who sees you through your pregnancy to the nurses who help you learn to care for your newborn while you're in the hospital, is on the same page," says Ob/Gyn Team Leader Michelle Allen, RN, BSN. "The hospital

[Continued on page 4]

Catch the Latest Health News With FHNews


Trusted Information Available Online, on the Radio, and in Your Inbox

How do you like your news? Maybe a quick rundown on the radio while you're driving home? Interesting bits and pieces in your Facebook feed or Twitter timeline? Or maybe a once-a-week quick catch-up in your inbox?

You can get your health news from a trusted source just about any way you'd like!

First, there's the website, www.fhnews.org, where you can find reliable information about what is new in health and healthcare. All of the stories on www.fhnews.org are either written by an FHN expert or reported from the U.S. Department of Health and Human Services' Healthfinder, gov, the U.S. National Library of Medicine/National Institutes of Health's MedlinePlus or other nationally recognized and trusted health news sources.


If you like your health news to come to you, you have several options:

 Like and follow **FHNews on Facebook** (www.facebook.com/FHNhealthnews)

 Follow **FHNews on Twitter** (@FHNHealthNews), or

 Sign up for our free weekly e-newsletter (www.fhnews.org/subscribe.asp)



 You can also catch FHNews on the radio. Tune in to The **Big FM 93.7** each Wednesday at 5:30 p.m. for the latest in health and wellness news.

You can catch replays at 7:20 a.m. Saturdays on 93.7, and also at:

- K92 — 12:05 p.m. Wednesdays and 10:25 a.m. Sundays
- Q102 — 5:05 p.m. Wednesdays and 11:20 a.m. Sundays
- WFRL-AM 1570 — 12:30 p.m. Wednesdays and 11:20 a.m. Sundays
- WEKZ-AM 1260 — 4:20 p.m. Wednesdays and 12:30 p.m. Saturdays

And remember, you can always catch up on what's new at FHN – as well as pay your bill, enroll or check in on your health record via MyFHN, sign up for the next free Speaker Series event, or get help finding a healthcare provider – online at www.fhn.org.

supports the baby-friendly initiative in helping new mothers with breastfeeding, and we strive to continue that support in the office. That is the gold standard of care.”

The ultimate goal, Michelle says, is to make a woman's transition from pregnancy to new mom as seamless and easy as possible, with support from a whole network of caregivers. “Pregnancy and taking care of a newborn can be frightening and difficult. We want to make it easy for mom to reach out for help whenever she needs it,” Michelle says.

Back on the Path to Good Health

On the other end of the spectrum, the Ob/Gyn team is working to help women get back to normal as quickly as possible with a broad offering of minimally invasive procedures.

FHN Ob/Gyn specialists Courtney DanPullo, MD and Nicolai Hinds, MD, FACOG are able to cut recovery time, pain and blood loss by performing a number of minimally invasive surgical procedures, including total laparoscopic hysterectomy, endometrial ablation, and other advanced laparoscopic



Courtney DanPullo, MD



Nicolai Hinds, MD, FACOG

surgeries. The physicians also offer in-office tubal ligation (Essure®), as well as diagnostic hysteroscopy and laparoscopy.

“I like to be able to offer my patients a minimally invasive option, if it's possible,” Dr. DanPullo says. “It provides a faster recovery time, and lets the patient get back to her normal life more quickly.” A minimally invasive laparoscopic hysterectomy usually means just a 24-hour stay in the hospital, along with a dramatically shorter recovery time.

“We don't want the surgical procedure to be an extremely stressful event in our patients' lives,” Dr. Hinds says. “We want it to be a quick start to accelerate them on their path to good health.”

If you'd like to learn more about minimally invasive Ob/Gyn procedures, Dr. Hinds will be the speaker for FHN's June Speaker Series program. Join us at 5:30 p.m. Wednesday, June 17 at the FHN Family Healthcare Center – Burchard Hills in Freeport for this free presentation. Visit www.fhn.org/obgyn to register.

Free to Choose, and the Choice is Free

FHN, Stephenson County Health Department Partner for LARC Initiative

There are many birth control options, and one of the most effective is an IUD (intrauterine device). This form of birth control, known as Long-Acting Reversible Contraception (LARC), is now available at no cost at the Stephenson County Health Department.

LARC is the birth control method of choice for female Ob/Gyn providers – once inserted, there is nothing else to remember, and no need to plan ahead for a sexual encounter. For most women, effectiveness is close to 100 percent and the device can remain in place for 3 to 12 years.

As an easy birth control option, LARC can prevent unintended pregnancies at any age and reduce unnecessary

abortions. When a woman decides that she does want a child, the device can be removed by a healthcare provider.

Easy, Confidential

There is no charge for LARC, and the program is not income-based so all qualified women can be served. It is also completely confidential; permission is not required from parents for minors, and no referrals are necessary.

Some may think that free birth control encourages sex but this has been disproved in many independent studies. In Stephenson County, there have been pregnancies in girls ages 12 and under, so it's clear that unintended pregnancies are an issue here in northwest Illinois.

Education is an important element of this program, and all participants are counseled by a healthcare provider. Among other things, the educational element of the program stresses that **LARC does not prevent sexually transmitted diseases (STDs).**

Healthcare providers in the program include FHN's M. Farouk Isawi, MD, FACOG and Melinda Hartman, RN, Director, Public Health Nursing from the Health Department. For more information, please visit <http://larc.fhn.org>. LARC appointments are scheduled for the third Wednesday of every month. To schedule an appointment, call 815-235-8271 or email schd@aeroinc.net.

Summer Events!

Mark Your Calendar Now for These Upcoming FHN Events, All of Which Are Free!

For more information and registration visit www.fhn.org.

Registration is usually open two to three weeks prior to each presentation.

WEDNESDAY, MAY 20

Speaker Series: Understanding Stroke and Stroke Care

FHN Family Healthcare Center – Burchard Hills
1010 W. Fairway Drive, Freeport
5:30–6:30 pm



Stroke is a stop in the flow of blood to the brain either by blockage (clot) or by hemorrhage (bleeding) in the brain. It is the fifth leading cause of death in our country and is a medical emergency, but do you know how to recognize a stroke or what to do if one is happening to you or someone you love? Learn the signs and symptoms of stroke, how you can help prevent one, and the treatment options available in a discussion with FHN Stroke Program Coordinator Tracy Love, RN, BSN. Tracy will also demonstrate state-of-the-art diagnosis equipment used in FHN's emergency department. For more information or to register, visit www.fhn.org/stroke.

WEDNESDAY, JUNE 17

Speaker Series: Minimally Invasive Ob/Gyn Surgeries

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



Many gynecological procedures that previously required more extensive surgery can now be handled minimally, resulting in quicker recoveries and less discomfort. Learn about new ways to surgically handle conditions from uterine fibroids and abnormal bleeding to pelvic pain in this presentation by FHN ob/gyn provider Nicolai Hinds MD, FACOG.

WEDNESDAY, JULY 15 AND 22

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 at this very popular annual Speaker Series event 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.

WEDNESDAY, AUGUST 19

Speaker Series: Quick – Where's the Nearest Bathroom?

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



Incontinence isn't something you just have to "get used to!" You can do something about it, and here's what you need to know to get started. Tina Morgan, OTR/L is the first occupational therapist in our area to complete advanced training from the widely recognized Herman and Wallace Pelvic Rehabilitation Institute. She will review general types of incontinence for both men and women, as well as discussing pelvic pain and providing overviews about evaluations and available treatments.

**All We Do,
We Do For You!**

Part of our mission at FHN is to improve the health of our communities, and the best way to do that is to reach out with programs and events to encourage good health.

FHN is proud to be a part of many healthy and fun activities across northwest Illinois, from summertime movies and parades to all the sparkle of the Festival of Trees. Along the way, we're happy to help you and your family learn about good health, with everything from physician-led seminars and fun school programs to free health screenings, health fairs, and informal talks for community groups. We're proud to be a part of your community, and we're proud to be here, for you.

FHN Miles And Minutes 2015

Get Moving for Your School

Last year's FHN Miles And Minutes competition paid off for five area school districts and more than 1,200 participants. Will you join this year's competition and rack up healthy miles of exercise for your school?

FHN's Miles And Minutes program encourages you to be active as you log various types of physical activity to win prize money for the school system of your choice. It's free to participate, and your whole family (ages 12 and above) can work out together for your school, no matter where they live!

Register for the online program at www.fhn.org/milesandminutes. All of the rules of the competition are there, as well as information about how miles and minutes will be calculated to determine the winning school systems.

A calculator on the website automatically converts minutes of almost any type of physical activity into miles, and prizes will be awarded in miles in two categories:

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

Miles are normalized based on the number of students in each district to help ensure that all schools have an equal chance to win. First prize in each category is \$2,000, second prize is \$1,000, and third prize is \$500! Prize money will be awarded in September.

Students over age 12 – **including student-athletes** – are welcome to compete all summer long. Just think how those two-a-days could add up!

The competition begins Monday, June 1 and runs through Monday, August 31. Participants can support any school system, and running totals will always be on the website. You can also keep track of who's ahead – and maybe earn your school some bonus miles – by Liking and following FHN Miles And Minutes on Facebook and @MilesAndMinutes on Twitter!

Questions? Contact FHN marketing toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 901. Register today at www.fhn.org/milesandminutes and help your school while you enjoy a summer of healthy activity!

FHN Memorial Hospital Designated 'Stroke Ready' by IDPH

FHN Memorial Hospital in Freeport has received designation as an Emergent Stroke Ready Hospital (ESRH) from the Illinois Department of Public Health (IDPH). "The ESRH designation means that our community has access to rapid evidence-based care within the treatment window available for stroke," says FHN Stroke Program Coordinator Tracy Love, BSN, RN.

In our community, recognition of a stroke patient begins even before the patient arrives at the hospital's Emergency Department. "EMS providers are able to alert FHN Memorial Hospital Emergency Department staff of a possible stroke patient while they are preparing the patient for transport. This provides valuable time for the Emergency Department staff and physicians to prepare for rapid assessments, diagnostic tests, and possible treatments," Tracy says.

FHN Memorial Hospital partners with Eagle Telemedicine to have a neurologist available 24 hours a day, 7 days a week to consult with the FHN Emergency Team and make treatment recommendations.

6 FHN *We're here, for you.*



School Systems in the FHN Service Area

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

Insight

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Freeport, IL 61032
(815) 599-6000
www.fhn.org

Editor: Sarah Rogers
Contributors: Julie Beach, Tara Hagemann,
Mike Marten, Marilyn Smit, Zac 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.



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