

A publication of FHN

Insight

Volume 7, Issue 1

FHN
Hospitalists—
We're *Always*
Here For You

**Is It Time
to Check Your
Colon Health?**

**Put Healthy
Choices at the
CORE of Your
Lifestyle**



We're here, for you.

FHN



Happy New Year!

Spring walks are still a ways off, but there's a good list of indoor exercise ideas in this issue of INSIGHT. You'll read about our hospitalists too, and learn how you can reward yourself for scheduling a colonoscopy during Colon Cancer Awareness

Month in March. There's lots more too, so happy reading!

I'd also like to confirm that a new CEO will welcome you to the first INSIGHT in 2017. FHN Board Chair Carol Schuster and I recently announced my retirement, effective December 31. Mark Gridley, currently Executive Vice President/Chief Operating Officer, will take the reins at FHN on January 1, 2017.

I've been CEO here since January 2006, and joined FHN as a family medicine physician in 1980. And I was born at FHN Memorial Hospital! I'd like to thank the board and everyone at FHN for making FHN the best it can possibly be for our patients, families, and communities.

Mark will be a great CEO – he has been with FHN since 2010 and has over 25 years of healthcare experience. Early in his career he served on active duty in the US Army as a combat medic, and then as a licensed practical nurse and non-commissioned officer at U.S. Army Walter Reed Medical Center in Washington, D.C. Since then, he's held healthcare management positions in Hartford and Milwaukee, Wisconsin. You'll learn more about him in upcoming INSIGHTs.



I look forward to a wonderful year!

National Organization Honors Geller



FHN Infectious Disease Specialist Robert Geller, MD, MS, FACP, FIDSA has joined The Expert Network. He has been named a Distinguished Doctor™ based on peer reviews and ratings, recognitions and accomplishments. Membership is extended only to the most qualified professionals from each state who demonstrate superior influence, leadership, reputation, and knowledge.

Dr. Geller received his medical degree from Cornell University Medical College and completed his internship at the Cornell Division of Bellevue Hospital, both in New York City. He

served his residency and fellowship in Infectious Disease at North Shore University Hospital in Manhasset, NY.

As a thought-leader among his medical peers, Dr. Geller is currently focused on antibiotic stewardship, the appropriate use of antibiotics, and working to reduce the growing trend of antibiotic resistance.

Dr. Geller serves as a Clinical Adjunct Professor at the University of Wisconsin – Madison. He is a Fellow of the Infectious Disease Society of America and of the American College of Physicians, and a member of the American College of Physician Executives. He is a Castle Connolly Top Doctor in Infectious Disease for both 2014 and 2015.

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- Want to discuss payment plan options?

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Hospitalists: The Leaders of Your In-Patient Hospital Care Team

These days, many people who are admitted to a hospital will be under the care of a hospitalist. A hospitalist is a physician who devotes his or her entire practice to the care of patients in the hospital. Studies have shown that hospitalists help decrease patient lengths of stay, reduce treatment costs and mortality rates, and improve clinical outcomes while enhancing patient satisfaction.

FHN hospitalists have no outpatient responsibilities so they can focus entirely on their patients in the hospital. Some of FHN's hospitalists are devoted to daytime shifts and others have night-time shifts, ensuring that you are cared for by a physician 24 hours a day, 7 days a week, 365 days every year.

Hospitalists work with your office-based healthcare providers to coordinate all of your care while you're in the hospital, including diagnostic tests (x-rays, blood tests, scans, etc.) and specialty care. Their ongoing presence allows them to quickly establish a relationship with you and your support network of family and friends, helping to make sure that you always know what's happening with your care and why.

"We're not here to take over the role of your primary care provider," said Clarence Parks, MD, the medical director for FHN hospitalists. "We're here to focus our attention completely on your hospital care during the time you are an inpatient to ensure your best possible outcome. When you are released, we communicate with your primary care provider to make sure that you're meeting his or her expectations of recovery."

When you leave the hospital, hospitalists work with your regular providers again to transition your care back to them. Before you leave, your hospitalist care team will arrange for a follow-up appointment with your primary care provider as well as any appointments with specialty care providers who may have been involved with your care when you were hospitalized or need to see you as a part of your recovery. If you don't have

Studies have shown that hospitalists help decrease patient lengths of stay, reduce treatment costs and mortality rates, and improve clinical outcomes while enhancing patient satisfaction.



Beth Kalnins, MD, at FHN Memorial Hospital.

.....
a primary care provider, they can help you find one in an FHN office close to your home.

While they may only be a part of your FHN healthcare team for a short while, our hospitalists are totally committed to you and your well-being during the time you are under their care. They're here at the hospital, for you!

The FHN Hospitalist Team Not pictured: Hosam Khayal, MD



Maajid Ekkiswala, MD



Alan Esker, MD



Steve Harweger, AGACNP-BC



Beth Kalnins, MD



Hyo-Jin Kim, MD



Clarence Parks, MD

Put Healthy Choices at the Core of Your Lifestyle

CORE4 Classes Debut at FHN

Did you resolve to lose weight this year? Quite a few of us did, but between cold-weather comfort foods and sugary Valentine's Day treats, it's difficult to say "no" to the stuff we know isn't good for us.

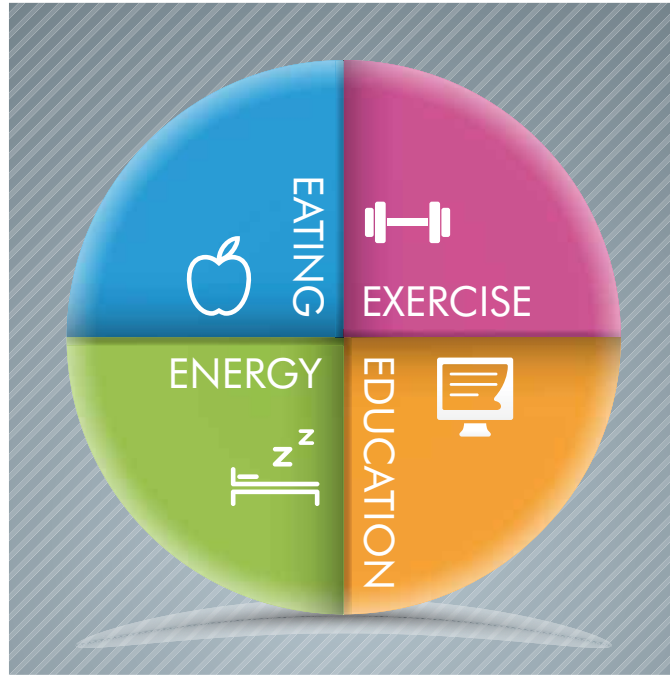
Maybe, instead of it being time for a diet, it's time for a change in attitude.

"Being healthy isn't about avoiding some foods or having to spend hours and hours at the gym," says FHN dietitian Jennifer Gassman, MS, RD, LDN, CDE. "It's about making healthy choices all through the day, and all those healthy choices adding up."

FHN offers the CORE4 Adult Weight Management Program designed by Sodexo registered dietitians to help you add up your healthy choices and put good habits at the CORE of your wellness journey.

"CORE4 stands for Eating, Exercise, Education, and Energy," Jennifer says. "The program will focus on helping participants develop the good habits that are at the core of a healthy lifestyle."

The program is individualized, beginning with a one-on-one consultation with a reg-



you're drinking enough water each day, is worthy of encouragement. We want our group to come together each week to celebrate and build on those small changes," says FHN dietitian Sarah Todd, MS, RD, LDN.

The CORE4 group will meet once a month July through September for check-in classes focused on how participants can continue the wellness journey.

"Our goal is to help people make some big, healthy changes in their life, just a little bit at a time," Sarah says. "Each group will remain together for

the entire six-month program, and we'll have some fun opportunities to earn prizes, too."

Because CORE4 is highly personalized, the class size is limited. The cost for the program is \$150. Registration is due by March 21, and individual appointments will be made with each participant in late March.

For more information about the CORE4 program or to register, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 949.



istered dietitian. From April through mid-June, the CORE4 participants will meet for a weekly class taught by a dietitian focused on getting and staying healthy.

"Taking small steps, like making sure



Small Steps, Big Rewards

Pre-diabetes is elevated blood sugar levels, which can lead to Type 2 diabetes. People who are at risk for Type 2 diabetes can delay or even prevent it with changes to their lifestyle.

Get all the facts on diabetes at FHN's free pre-diabetes class. Our next session is **5-7 p.m. Wednesday, March 24** at FHN Memorial Hospital in Freeport.

Registration is required. Please call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 970 to register.



March is Colon Cancer Awareness Month

Keep Your Colon Healthy

Colon cancer will kill more than 50,000 people this year, and more than 135,000 will be diagnosed with some stage of the disease. It is the third most commonly diagnosed cancer and the second leading cause of cancer death in both men and women in the United States.

With regular screening, colon cancer can be caught early. In fact, while performing the colonoscopy, your gastroenterologist may find and remove pre-cancerous polyps before they develop into cancer. That's why colon cancer screening is so important, and why FHN is observing Colon Cancer Awareness Month this March.

The average person has about a 5 percent (1 in 20) chance of developing colon cancer at some point in his or her life. There are a number of factors that can put you at higher risk, including:

- **Age over 50**
- **Family history of polyps or colon cancer**
- **Ulcerative colitis or Crohn's disease**
- **Personal history of cancer**
- **Diet** – some studies suggest that a diet high in red meat and fat and low in fruits, vegetables, and fiber may put you at higher risk of developing colon cancer.
- **Inactivity and obesity** have also been linked to higher risk of colon cancer.
- **Cigarette smoking**

"If you're at higher risk of developing colon cancer, talk to your provider about screening early," says FHN Gastroenterologist Vivek Mehta, MD." Otherwise, the general guideline is to have your first colonoscopy at age 50."

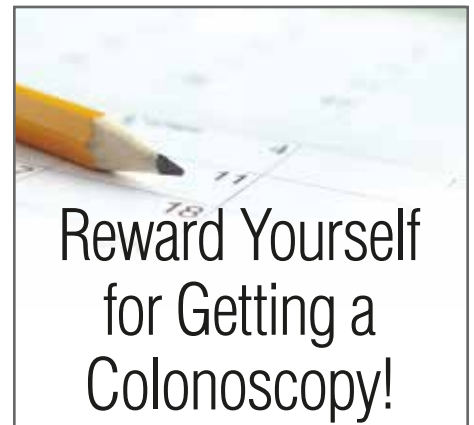
Prevention and More

During a colon cancer screening (colonoscopy), a doctor uses a long tube with a light and camera to look for and remove polyps – small growths that, left in place, could develop into cancer.

Having a colonoscopy doesn't hurt – you will be sedated during the procedure, and likely won't be aware of what's happening. You'll go home the same day, and be able to enjoy normal food. You'll probably be sleepier than usual that day, and may want to give yourself time to nap and recover.

In fact, just about anyone who has had a colonoscopy will tell you that the procedure is no big deal – the preparation is the most difficult part! The day before your screening, you'll be asked to follow a liquid diet, and then you'll need to drink a special "bowel prep" solution to clean out your colon.

"The prep isn't their favorite part," says Stacey, a nurse in the FHN GI lab. "We tell everyone to drink it cold and follow each glass with plain water. The taste isn't great, but the bowel prep is the key to a good colonoscopy."



Reward Yourself for Getting a Colonoscopy!

FHN has two offers to encourage you to keep yourself healthy by calling in March to schedule your screening colonoscopy.

Colorectal cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths for both men and women in the United States; even though this disease is highly preventable through regular screenings starting at age 50, more than 50,000 people die from it every year. In the accompanying article, you can read about what's involved in a colonoscopy; it's a straightforward process to help keep you healthy.

When you call in March to schedule your screening colonoscopy, you will receive a free meal for yourself and a guest at FHN Memorial Hospital's Fresh Inspirations Café, one of the best restaurants in town! You will also be entered to win one of four sets of gift certificates to several local restaurants, each set valued at \$250. Your screening doesn't need to happen in March – it can be scheduled any time through Friday, July 1 – but you need to call in March to make the appointment to take advantage of these offers.

Colonoscopies save lives.

Schedule yours today!

1-815-599-7100 (Dr. Ravi Vyas) or
1-815-599-7715 (Dr. Vivek Mehta)

Warm Up Indoors When It's Freezing Outside!

By Jennifer Thompson – Athletic Trainer ATC/LAT/PES



It's too cold for a walk, too slippery to ride your bike outdoors, and you don't feel like heading to a gym. Those are good reasons for staying indoors, but you can still exercise!

Shoot for 30 minutes of exercise with at least half of that at a high-energy pace where you are breathing hard but still able to talk– it's fine to slow down between high-energy bursts, but remember that you want to get your heart pumping and your muscles moving.

Here are 10 exercises you can do any time, any place, and with minimal or no equipment.

ONE



Climb Stairs

Any old stairs will do – head to the basement or the attic and back again as many times as you can. If you want, you can vary the pace – do a flight really fast, then one at a more moderate pace, then go back to fast again. Stairclimbing is great cardiovascular exercise, and also wonderful for your legs and buttocks.

TWO



Dance

Put on your favorite high-energy tunes and kick up a storm. No one's watching, so it doesn't matter if you have moves like Jagger or miss the beat every now and then. Keep moving for at least a whole song at a time. Do some stretching to a slower song if you need a breather. You'll know you're working out when you start to sweat.

THREE



Clean Something

Vigorous scrubbing, mopping, vacuuming, picking things up, and dusting those high shelves can be a pretty good workout ... and you get a cleaner house in the bargain. Music can help with this, too – it's harder to sit on the couch when a good song is prompting you to move!

FOUR



Walk in Place

Turn on the TV or your favorite tunes and just walk in place or around the room. To boost this workout, lift your knees high with every step!

FIVE



Jump Rope – or Just Jump

Jumping rope is a very physical activity that also requires coordination and balance, so it's a great indoor exercise. If you don't have a rope, you can still just jump – around the kitchen, through the family room, or in your bedroom.

SIX



Lift Weights

You don't have to have official weights to do some strength training. Use water bottles or fill up a milk jug with water and start hoisting. You can do arm curls, raise them above your head, stretch your arms to your sides and lift your hands up level with your shoulders – you get the idea. Use both hands together for a bigger weight or use lighter ones individually. Whatever you lift should be a challenge, but you should be able to do 10 repetitions without a significant struggle.

SEVEN



Use Commercials as Exercise Breaks

Instead of zapping through commercials on your DVR – or heading to the kitchen for a snack – use TV commercials as mini workout sessions. Running in place, sit-ups or crunches, arm circles, push-ups, squats, lunges – whatever you're moved to try, just keep it up until the program starts again. Then do something different at the next commercial!

EIGHT



Stretch

Reach as high as you can, then bend over and touch your toes. Stretch your arms and legs to their limits, stop and relax, and then do it again – bet you will be able to reach just a little further the second time! Remember, you want pressure, not pain. If it hurts, you're going too far.

NINE



Good ol' Calisthenics

Jumping jacks, knee lifts, pull-ups – everything you learned in gym class that doesn't require special equipment is great to do at home. Wouldn't your gym teacher be proud?

TEN



Video Workouts

Search for "home workouts" or "indoor exercises" on YouTube or any on-demand cable channels and you'll find hundreds. Choose one series you like, or change it up and select a new one every time you want to get moving.

If you want to make sure you're moving correctly, give us a call at our Burchard Hills facility (815-599-6340) and we'll get you on the right track with a personal training session. Here's to keeping fit, no matter what the weather!

Rich Chang Joins FHN Foundation Board of Directors



Freeport native, author, retired information and technology expert, high-school teacher, and basketball coach Rich Chang has joined the Board of Directors of the FHN Foundation.

Rich was born and raised in Freeport, the sixth of seven children of Dr. D.J. and Theresa Marchinetti Chang.

He graduated from Aquin High School in 1981 and magna cum laude from North Central College in 1985. He joined the global consulting firm Accenture, where he was admitted to the partnership in 1996.

He served numerous Fortune 100 clients around the world and, upon retiring in 2005, was the partner responsible for Accenture's Financial Services Worldwide Information and Technology Strategy and Transformation (IT&T) practice. He is a co-author of two books as well as several published articles.

In 2006 Rich became a part-time math instructor at Aquin High School and served as the school's head basketball coach from 2006 – 2015. His teams earned a 174-85 record, winning four conference championships, four regional titles, four "Sweet 16" appearances, and finishing seasons in the top 10 state rankings three times.

FHN Welcomes New Year's Baby 2016

The first baby born in 2016 at FHN Memorial Hospital held out until early Jan. 2 – but Armando Loaiza III was well worth the wait.

Happy parents Dayna Lloyd and Armando Loaiza Jr. of Savanna welcomed their first child to the family in the early hours of Saturday morning, January 2. Little Armando debuted at 6 pounds, 8 ounces and measured 19 inches long.

Dayna's obstetrician decided to induce labor at a 9-month prenatal appointment, sending the couple to the FHN Memorial Hospital Family Birthing Center on Wednesday, Dec. 30.

As FHN's first baby of the new year, Armando received a special gift basket and certificate from FHN and a photo session and photos from *athousandwords*. by *jess* photographer Jessica Harweger.

Dayna and Armando took their son home to Savanna on Monday, Jan. 4.



FHN Welcomes Craig Davenport, MD

U of I Rural Medicine Program Leader Part of Clinical Collaboration



FHN is pleased to welcome Craig Davenport, MD as part of a clinical collaboration with the University of Illinois College of Medicine at Rockford which includes a faculty University of Illinois physician providing clinical primary care services within FHN's facilities.

Dr. Davenport provides part-time services in Same Day Care at FHN Family Healthcare Center – Burchard Hills. In addition to his clinical services provided at FHN Same Day Care, Dr. Davenport is the director of the University of Illinois College of Medicine at Rockford's Rural Medicine Program as well as an assistant professor of Clinical Family Medicine. In this role, he is directly involved with both University of Illinois medical

students and the organizations/sites that support their educational endeavors throughout their years in medical school.

Dr. Davenport, who is board-certified in Family Medicine, received his medical degree from the University of Illinois College of Medicine in Rockford and completed his residency at Cedar Rapids Medical Education Foundation in Cedar Rapids, Iowa. He is a member of the American Academy of Family Physicians and the Iowa Academy of Family Physicians.

FHN and the University of Illinois have been affiliated for educational purposes in the past through students performing clinical rotations. Additionally, FHN has been a longstanding representative on the College's Rural Medicine Recruitment and Retention Committee. This new collaboration is one that will not only expand FHN's primary care capability but also enhance the organization's ability to provide medical students with exposure to FHN and its service area.



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Water Main Break Didn't Cause a Break in Services at FHN

The break of a water main in Freeport on January 18 that resulted in a boil order for the whole city proved to be a test of FHN's Emergency Water Plan – a test that was passed with flying colors. While challenging, no patient services were curtailed, all surgeries were rescheduled quickly, and no meals missed! "We learned a lot about how important our emergency water plan is for our whole healthcare organization, not just the hospital," said Kathryn J. Martinez MSN, RN, Chief Nursing Officer and VP of Nursing Services, who led the FHN response to the water outage. "Patient safety is always our first concern, and our team rallied quickly and effectively to make sure that we were able to care for our patients without incident while the boil order was in effect." Shown here are pallets of water ordered for patient and staff usage at the hospital.



Insight

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