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> Revolutionary Procedure Relieves Neck Pain
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Regional Stroke Center Helps Rebuild Lives

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INGALLS FAMILY CARE CENTER
1600 Torrence Avenue, Calumet City, IL 60409 | At the corner of 170th and Torrence
Call Ingalls at 708.915.6838 for more information or go to www.ingallsHealthSystem.org.
Welcome
New Doctors to Your Neighborhood

Eden D. Brandon, M.D., specializes in general internal medicine. Dr. Brandon received her medical degree from Northwestern University Medical School. She served her residency at Loyola University Medical Center. Dr. Brandon has joined Dr. Lokesh Chandra in Hazel Crest.

Susan Teppar and her team of physicians, from left, Dr. Tim Field, Thomas Aquisto and Dr. Francis Almeda. Not pictured is Dr. Frances Almeda. An aneurysm’s tricky location, doctors told Teppar a surgical procedure to bypass the nearby left subclavian arteries would be necessary first. Blockage recovered in the aortic arch would also require treatment. But before any of this could happen, Teppar first needed medical clearance from a cardiologist.

That’s when Ingalls cardiologist Francis Almeda, M.D. got involved. A pre-surgical stress test and subsequent angiogram showed Teppar had severe blockages in two major coronary arteries that required immediate attention.

“I wouldn’t have survived the other operation,” she explained. “I’d been having neck and back pain for months but had no idea it was heart related. I was walking four miles several days a week. I could have died.” So in early April, Dr. Almeda implanted two stents to open Teppar’s blocked heart arteries, carefully avoiding the aneurysm.

Following several weeks of rest and recuperation, Dr. Field performed surgery on Teppar’s neck arteries to bypass the blockages and make room for the upcoming aneurysm repair. Ten days later, Dr. Aquisto repaired the potentially deadly aneurysm with a minimally invasive endograft in the hospital’s sophisticated Interventional Radiology suite.

Thoracic aortic aneurysms weaken the main artery that carries blood from the heart to the body. As this bulge increases in size, the risk of rupture and internal bleeding also increases.

Until recently, patients with thoracic aortic aneurysms would have needed open surgery for repair, which includes a large chest incision and the temporary clamping of the aorta. Now, experienced interventional radiologists at Ingalls can use just one small incision to place a high-tech device inside the aorta, relieving the aneurysm from pressure.

“The big advantage for patients is the faster recovery and the wonderful feeling.”

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OPEN YOUR EYES TO SLEEP REALITY

Sleeping well remains a mystery to many people, and misinformation does not help. The National Sleep Foundation offered these myths about what’s normal at night:

**MYTH: SNOERING IS A COMMON PROBLEM, BUT IT ISN’T HARMFUL.** Though snoring is harmless for many people, it can cause sleep apnea, a potentially deadly condition.

**MYTH: YOU CAN CHEAT SLEEP.** Experts say you consistently fall short, it can cause health problems such as obesity and high blood pressure.

**MYTH: TEENS WHO FALL ASLEEP IN CLASS ARE LAZY.** Teenagers need more sleep than adults, at least 8.5 hours. More sleep is needed to keep them up later, and high school starts early.

**MYTH: I’M FINE IF I ONLY SLEEP 6 HOURS.** A full night’s sleep is an adequate amount since their circadian rhythms keep them up late, and high school starts early.

**MYTH: SLEEP YOU NEED.** Though your sleep habits may change, as an adult you need seven to nine hours.

**MYTH: IF YOU WAKE UP IN THE MIDDLE OF THE NIGHT, SAY IN BED UNTIL YOU FALL BACK TO SLEEP.** Try relaxing imagery to fall back asleep. If you fall asleep 15 to 20 minutes later, get up and engage in a relaxing activity until you feel sleepy again.

Team Effort - Ingalls Doctors Work Together to Save Lynwood Woman’s Life

An ominous-looking shadow on a routine CAT scan was the first indication that something was wrong with 56-year-old Susan Tapper’s heart. The discovery of the abnormality by interventional radiologist Thomas Aquistio, M.D., last March led to a series of sophisticated medical procedures that ultimately saved the Lynwood woman’s life.

A part-time registered nurse and full-time homemaker of her three young children, Tapper had been undergoing regular CAT scans since early 2007 to keep an eye on a possible lung tumor.

To her relief, the nodule was benign. But that’s only the beginning of the story. Had it not been for Dr. Aquistio’s highly trained eye, a deadly thoracic aortic aneurysm could have made Tapper a walking time bomb.

“Dr. Aquistio went the extra mile. He saw something suspicious on a routine CAT scan and acted on it very quickly,” Tapper explained.

So quickly in fact that Tapper was told to see her primary doctor - Bruce Parisi, M.D. - that very day for an emergency visit.

“He told me I didn’t have lung cancer,” she remembers. “But he explained that Dr. Aquistio had identified an abnormal aortic aneurysm and that I needed treatment right away.”

A thoracic aortic aneurysm is a potentially deadly bulge on the main vessel in the chest carrying blood from the heart. If it ruptures, death can occur within minutes. But it was detected in time - as in Tapper’s case - the aneurysm can be treated successfully.

Over the next couple weeks, Tapper met with Dr. Aquistio and vascular surgeon Timothy Field, M.D., to discuss a course of action. Because of the

Ingalls Health System and Proctor Hospital have opened a new addition treatment facility at the architectural design award-winning Woman-Gordon Pavilion on the campus of Ingalls Memorial Hospital. The new facility, known as the Illinois Institute for Addiction Recovery at Ingalls, is a 16-bed adult addiction treatment facility providing comprehensive care, including medical stabilization/detoxification; inpatient treatment; intensive addiction day treatment; addiction day hospital; and integrated treatment for co-occurring and family and individual therapy.

The Illinois Institute for Addiction Recovery at Ingalls provides treatment for all forms of addiction, including chemical, gambling, shopping/spending, food, sex, internet, video gaming and chronic pain with addiction.

For more information or to confidentially access private treatment programs, call 800.522.3784 or visit www.addictionrecove.org.

Ingalls Family Care Center in Calumet City: Oct. 4 Grand Re-Opening

Ingalls Family Care Center in Calumet City will host a Grand Re-Opening Celebration for the community Saturday, Oct. 4, from 11 a.m. to 2 p.m. to showcase its new medical office building, added technology and expanded treatment areas.

The 30,000-foot expansion project offers more space, more services and more on-site physician specialists for every member of the family. For more information about the expanded services, or to make a physician appointment, please call 708.915.6838.

Illinois Institute for Addiction Recovery Announces Opening of New Facility at Ingalls

U.S. News & World Report Names Ingalls Among Nation’s Best 7 Years Running

For the seventh year in a row, Ingalls has been named one of “America’s Best Hospitals” by U.S. News & World Report, ranking 38th in the nation for excellence in Neurology and Neurosurgery.

Ingalls was the ONLY community hospital in the area to be named to the list, and one of the few in the nation to receive this distinction.

“More than 5,400 hospitals were evaluated by U.S. News & World Report and Ingalls was one of only 170 that made the cut,” explained John Johnson, president and chief executive officer. “Our excellence in neurology and neurosurgery truly puts us on par with the very best hospitals anywhere.”

Ingalls and Illinois Retina in Landmark Study for Wet Macular Degeneration

The Irwin Retina Center at Ingalls and Illinois Retina Associates were chosen by the National Eye Institute to participate in a landmark clinical research study to compare two drugs for the treatment of “wet” age-related macular degeneration (AMD).

The Comparison of Age-Related Macular Degeneration Treatment Trials (CATT) study will evaluate two drugs (bevacizumab and ranibizumab) for the treatment of wet AMD. The drugs, which are injected directly into the eye, stop the growth of abnormal blood vessels and leakage.

The drugs are manufactured by Genentech, Inc., and work by interfering with proteins needed for growth of new blood vessels. The cost of the two drugs varies widely. Lucentis costs roughly $2,000 per dose for AMD treatment, while Avastin runs less than $100.

In addition to determining whether Avastin is as good as Lucentis or better, the CATT study also hopes to establish how much therapy a patient requires.

If you qualify for the study by calling 708.915.6943.

Ingalls Memorial Hospital, Harvey (156th and Wood Streets) 708.333.2303
Ingalls Family Care Center, Calumet City (159th and Oak Park Ave) 708.730.1300
Ingalls Family Care Center, Flossmoor (On Goodmans Way between Kebdia and Voithar) 708.799.8400
Ingalls Family Care Center, Matteson (Route 30 east of Cicero) 708.747.7720
Ingalls Family Care Center, Tinley Park (159th and east of Oak Park Ave) 708.423.3300
Ingalls Family Care Center (Outpatient Rehabilitation (ICOR) Calumet City 708.862.5500
Ingalls Home Care 708.331.0220
Ingalls Cancer Centers Harvey 708.915.6620
Tinley Park 708.915.7800
Ingalls Same Day Surgery Tinley Park 708.423.0222
Ingalls Wellness Center (H - Racquet Club & Fitness Clubs) Homewood 708.206.0072
Cancer Support Center Mokena 708.473.3529
Ingalls Care Connection Information and Referral Line 1.800.221.2199

TTY for hard of hearing: 1.800.526.0844
Helping Cancer Survivors

Triumph Over Stress and Depression

People who have fought cancer and won often assume they'll pick up right where they left off. But life after cancer isn't always that simple. Psychosocial issues like stress and depression often arise and must be addressed by care providers, says Dr. Mark Kozloff, medical director of the cancer program for Ingalls Health System in Tinley Park and Harvey.

Dr. Kozloff recently addressed cancer clinicians and specialists at a seminar entitled, “Meeting the Psychosocial Needs of Cancer Patients.”

“At this current juncture, the psychosocial needs of cancer patients are often as important as their physical needs,” Dr. Kozloff said. “Addressing the psychosocial health needs of the cancer patient must be an integral part of overall cancer care, and the committee has made recommendations to that end.”

According to their recommendations, all cancer care should facilitate effective communication between patients and care providers; identify each patient’s psychosocial needs; design a care plan that links patients with needed psychosocial care; and systematically reevaluate and adjust the plan as necessary. And as the primary care provider, oncologists should lead the way in addressing these needs.

“In the south and southwest suburbs of Chicago, we at Ingalls are fortunate to collaborate with The Cancer Support Center in Homewood and Mokena to offer a full range of support, counseling and educational services to help cancer patients and their loved ones cope with the emotional, psychological and social effects of cancer,” he said.

At both locations, cancer patients and their loved ones have access to a resource library; screenings and education; individual and family counseling and guidance; exercise and wellness programs; stress management; expressive arts; nutrition classes; social events; support groups; and grief support. Screenings and educational programs are made possible by the Richard K. Desser, M.D. Fund and are presented by experts from Ingalls and The Cancer Support Center.

“Only those who have been diagnosed with cancer and undergone its treatments can truly understand the physical and emotional impact that cancer has on every aspect of their life,” Dr. Kozloff added. “But we as caregivers must make every effort to give them the support and the resources necessary to address all of their needs, physical, emotional and social.”

For information about the free services provided by the Cancer Support Center, call 708.798.9177 in Homewood and 708.478.3529 in Mokena.

Navigating Your Cancer Care

It’s easy to feel overwhelmed when you or a loved one is diagnosed with cancer. There’s often a barrage of doctors’ appointments, tests and treatment options to consider at a time when you can barely comprehend your diagnosis.

That’s why Ingalls offers one of the area’s only oncology nurse navigator programs. For patients diagnosed with breast, lung and other cancers, as well as patients undergoing radiation therapy, Ingalls offers the valuable services of specially trained oncology nurses who assist patients from the time they are diagnosed until their treatment is complete.

In addition, nurse navigators help patients schedule tests, make doctors’ appointments, coordinate treatments and procedures, educate patients and their families.

For information, contact 708.915.HOPE (4673) or call 708.915.HOPE (4673) to contact our nurse navigators for information, support and assistance.

www.IngallsHealthSystem.org
Chicago Woman is 'Poster Child' for Successful Breast Cancer Treatment

Betty Jones with Dr. Alexander Starr

Betty Jones of Chicago is proud to be called a “poster girl” — especially when the term is used by her oncologist — Alexander Starr, M.D. — to describe her remarkable victory over breast cancer. “Betty,” he told me, “you’re my poster girl.” She remembers with a smile. Jones, who was diagnosed with advanced breast cancer in 2006, did a lot of research not only about her disease, but where she would get the treatment. Ten years later, when the term is used by her oncologist — Alexander Starr, M.D. — to describe her remarkable victory over breast cancer, Betty Jones is still a “poster girl.”

Access to clinical trials is an opportunity to receive new, potentially more effective cancer therapies, including medications not yet approved by the Food and Drug Administration. What’s more, Ingalls now offers Phase I clinical trials in addition to Phase II and III trials. “Typically, Phase I and II studies are available only at academic medical centers,” Dr. Starr explained. Though the experimental treatment temporarily lightened her skin (Jones is African American), and caused an acne-like rash and painful sores in her mouth and on other parts of her body, Jones had done her homework beforehand and was able to stay the course. “I did quite a bit of Internet research. I read all the clinical trial literature. I prayed, talked to my doctors, my family, friends and the nurses within the health ministry at my church. And if it wasn’t for my husband, I don’t know what I would have done. He was with me through it all.” For individuals who may not have a computer, Jones recommends using a friend’s or visiting a local library.

“Ask a lot of questions,” she added, “and rely on your faith to see you through.” I’m grateful to Dr. Starr, to Ingalls, to my husband, who never missed a day. Jones had her mastectomy several months later, the tumor was gone.

Today, the busy wife, mother and grandmother enjoys dancing, walking, playing cards and staying active in her church. "The combination of therapies literally melted away the tumor," Dr. Starr said. "Mrs. Jones had an excellent response to the clinical trial. When she had her mastectomy several months later, the tumor was gone."

Clinical Trials Offer Newest Cancer Treatments

For more information, call Ingalls Care Connection at 1.800.221.2199.

Stanley Krone

Partial-knee patient Stanley Krone of Calumet City agrees. "My partial knee replacement is built to last... just like the furniture I make." 1.800.221.2199

Hannah Pollock and Therapist Carla Huang

Stanley Krone

Some people might think that occupational therapy is just for adults. Children, after all, don’t typically have occupations. But unlike its name might suggest, occupational therapy is effective at helping people of all ages, including children, achieve independence in all areas of their lives.

"Nearly 50 percent of my clients are children," explains Carla Huang, O.T., occupational therapist at Ingalls Family Care Center in Posen. "A child's occupation is to grow, learn and play. Occupational therapy helps children who have a physical, sensory or cognitive disability carry out everyday activities like brushing their teeth, tying their shoes, zipping, buttoning or writing their name."

Occupational Therapy: Fine-Tuning Children's Motor Skills

Overcoming Fine Motor Delays

Like most seventh-graders, Hannah Pollack enjoys an active lifestyle of school, sports and socializing. In 2006, however, Hannah’s parents noticed that her handwriting wasn’t quite as sharp as it should be. She also had trouble tying her shoelaces tightly. Small buttons were a problem, too. “It was frustrating for her,” explains Veronica Pollack, Hannah’s mom. So the Pollacks paid a visit to Hannah’s doctor.

To their surprise, a professional evaluation revealed that Hannah had generalized fine motor delays — a problem much more common than most parents might think. Fine motor delays impact a child’s ability to perform grasping activities — like holding a pen to write their name. Hannah’s doctor recommended occupational therapy.

In four-long, one-on-one sessions, Huang worked with Hannah to master cutting, handwriting, tying and buttoning through the use of games, exercises and skills training. By the end of 20 weeks, Veronica said she saw big improvements in her daughter’s abilities — and her self-confidence.

"Hannah really liked working with Carla a lot," Veronica said. "They played games; they did exercises. And, Carla always gave us things to work on at home. You could tell that Carla really cared about her."

"I think Hannah and her parents are very pleased with the results," Huang added. "Not only did she improve her fine-motor skills, but she experienced gains in her general coordination, endurance and self-esteem."

For more information, call Ingalls Care Connection at 1.800.221.2199. Occupational therapy requires a physician referral. In most cases, occupational therapy is covered by insurance.
It’s no exaggeration that every minute counts when it comes to treating a stroke. Time lost is brain lost. The longer a stroke goes untreated, the greater the potential for brain damage and disability.

During a stroke, blood flow and therefore oxygen - to the brain is disrupted. When the brain is deprived of oxygen, even for minutes, permanent brain damage and death is possible.

Because the most effective stroke treatment is directly related to how quickly it’s administered, it is critical to know stroke’s warning signs. Here are the most common symptoms of stroke:

- Sudden numbness or weakness in the face, arm and/or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding speech.
- Sudden trouble seeing, including double vision, blurred vision or partial blindness, in one or both eyes.
- Trouble walking, dizziness, loss of balance or coordination.
- Sudden severe, headache with no known cause.

If you or someone you know experience any of these symptoms, even if they go away quickly, seek immediate emergency help.

As a veteran actor of community theater, 58-year-old Peter Simon is familiar with dramatic irony and all of its surprising twists and turns. But that’s exactly what Simon was doing.

Simon’s return to the stage was nothing short of miraculous considering just months before a visit to Ingalls was the unlikely place to be. Simon had suffered a stroke and was being treated at Ingalls.

At one point during therapy, Simon told Novak that he acted in community theater so she referred him to the hospital’s stroke rehabilitation program. "I was far from recovered. They told me I would have to go to a rehabilitation facility," he said.

And that’s exactly what he did.

For two solid weeks in April 2007, Simon worked with a team of therapists at Ingalls’ award-winning Inpatient Rehabilitation Unit from early in the morning until 7 o’clock at night.

He then began outpatient day rehabilitation three days a week at Ingalls Family Care Center in Flossmoor. Under the watchful supervision of Crystal Novak, physical therapy assistant who specializes in neurology, Simon worked on gait, balance and neurological "re-education," including walking with an ankle/foot orthosis. His occupational therapist, Barbi Eins, OTR/L, worked with him on writing, gripping and other fine motor skills.

"He was very motivated," Novak remembers. "He really wanted to walk on his own again."

But thanks to a revolutionary cervical disc replacement procedure performed by orthopedic and spinal surgeon George Miz, M.D., today White gives "horseback" rides to his energetic 18-month-old because his neck pain is gone.

"It’s like a complete turnabout," White explains. "This procedure has made my life so much better."

"The procedure White is referring to is cervical disc arthroplasty using the FDA-approved ProDisc-C Total Disc Replacement System. It is intended for patients suffering from cervical disc degeneration and herniation, which occurs when natural shock absorbers in the neck become worn and start to degenerate - resulting in pain and impaired mobility."

"I wasn’t getting better," he recalls. "I have a lot of faith in Dr. Miz so when he recommended surgery, I knew that was the best option."

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Let's see if you can guess what Ingalls' Stroke Patient Makes Remarkable Recovery means...
As a veteran actor of community theater, 58-year-old Peter Simon is familiar with dramatic irony and all of its surprising twists and turns. But the term took on a very personal meaning for him last December as he performed on stage for the first time since suffering a stroke in the spring of 2007.

The role he was playing? The ghost of a man who had died of a stroke.

Simon’s return to the stage was nothing short of miraculous considering just months earlier, he couldn’t lift his right arm or leg, much less perform in front of an audience. Ironically, Simon driving home from a Chicago audition last March when he began having stroke-like symptoms. At the time, he passed off as sciatica related to a herniated disc.

Fifteen minutes from his Manhattan home, Simon decided he could drive the rest of the way. But by the time he arrived home, the right side of his face was numb, and his right arm was heavy.

“I called my wife and said something’s wrong,” he remembers. Later, at an area hospital, doctors diagnosed a stroke, which had left his right side limp and weak. After a week-long hospital stay, Simon could wiggle the toes of his right foot and almost lift his right arm.

“I was far from recovered. They told me I would have to go to a rehabilitation facility,” he said. “Everyone I talked to said, ‘If you can go to Ingalls, go to Ingalls.’”

And that’s exactly what he did.

For two weeks in April 2007, Simon worked with a team of therapists at Ingalls’ award-winning Inpatient Rehabilitation Unit from early in the morning until 7 o’clock at night.

He then began outpatient day rehabilitation three days a week at Ingalls Family Care Center in Homewood. Under the watchful supervision of Crystal Novak, physical therapist assistant who specializes in neurology, Simon worked on gait, balance and neurological “re-education,” including walking with an ankle/foot orthosis. His occupational therapist, Barb Eins, OTTR, worked with him on writing, gripping and other fine motor skills.

“He was very motivated,” Novak remembers. “He really wanted to walk on his own way. But by the time he arrived home, the right side of his face was numb, and his right arm was heavy.”

“Everyone at Ingalls was just great,” he added. “They were fun, and they kept me laughing all the time.”

At one point during therapy, Simon told Novak that he acted in community theater so she and two physical therapists showed him last December when he took to the stage as a ghostly stroke victim in “A Nice Family Gathering.”

“I felt a pop in my neck, and that’s when everything started,” he recalled. “I couldn’t even lift my baby son out of the crib.”

During therapy, Simon told Novak that he acted in community theater so she and two physical therapists showed him last December when he took to the stage as a ghostly stroke victim in “A Nice Family Gathering.”

“I felt a pop in my neck, and that’s when everything started,” he recalled. “I couldn’t even lift my baby son out of the crib.”

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said. “Mrs. Jones had an excellent response to the clinical trial. When she drugs together have shown promise in treating advanced breast cancer. In clinical trials, the two treated kidney and gastrointestinal stromal tumors, and Taxol has been cancer drug Sutent, in combination with Taxol. Sutent has successfully Access to clinical trials is an opportunity to receive new, potentially more effective cancer therapies, including medications not yet approved by the Food and Drug Administration. What’s more, Ingalls now offers Phase I clinical trials in addition to Phase II and III trials.

“Typically, Phase I and II studies are available only at academic medical centers,” Dr. Starr explained. Though the experimental treatment temporarily lightened her skin (Jones is African American), and caused an acne-like rash and painful sores in her mouth and on other parts of her body. Jones had done her homework beforehand and was able to stay the course.

“I did a lot of internet research. I read all the clinical trial literature. I prayed, talked to my doctors, my family, friends and the nurses within the health ministry at my church. And if it wasn’t for my husband, I don’t know what I would have done. He was with me through it all.”

For individuals who may not have a computer, Jones recommends using a friends or visiting a local library. “Ask a lot of questions,” she added, “and rely on your faith to see you through. I’m grateful to Dr. Starr, to Ingalls, to my husband, who never missed an appointment with me, and to my family and friends for their support.”

Betty Jones of Chicago is proud to be called a “poster girl” ... especially when the term is used by her oncologist - Alexander Starr, M.D. - to describe her remarkable victory over breast cancer. “Betty,” he told me, “you’re my poster girl.” she remembers with a smile. Jones, who was diagnosed with advanced breast cancer in 2006, did a lot of research not only about her disease, but where she would get the best treatment. That led her to Ingalls.

“It could have gone to any hospital in Chicago if I wanted to, but I chose Ingalls,” she recalls. Jones is thrilled with her decision. That’s where she met Dr. Starr and the Ingalls cancer research team. “This was my second bout with breast cancer,” she explained. “I had a lumpectomy in my right breast the first time. That was in 2002.” Instead of an immediate mastectomy, Dr. Starr recommended Jones participate in a clinical trial involving the powerful, FDA-approved anti-cancer drug Sutent. In combination with Taxol. Sutent has successfully treated kidney and gastrointestinal stromal tumors, and Taxol has been used for nearly a decade to treat breast cancer. In clinical trials, the two drugs together have shown promise in treating advanced breast cancer.

“The combination of therapies literally melted away the tumor,” Dr. Starr said. “Mrs. Jones had an excellent response to the clinical trial. When she had her mastectomy several months later, the tumor was gone.”

Today, the busy wife, mother and grandmother enjoys dancing, walking, playing cards and staying active in her church.

Clinical Trials Offer Newest Cancer Treatments

Betty Jones with Dr. Alexander Starr

Chicago Woman is 'Poster Child' for Successful Breast Cancer Treatment

Chicago Woman is 'Poster Child' for Successful Breast Cancer Treatment

Stanley Krane

PartiKnee patient Stanley Krane of Calumet City agrees.

"My partial knee replacement is built to last...just like the furniture I make."

For more information about cancer clinical trials at Ingalls, call the dedicated cancer research hotline at 708.915.HOPE (4673). For more information, call Ingalls Care Connection at 1.800.221.2199.

Occupational Therapy: Fine-Tuning Children’s Motor Skills

Some people might think that occupational therapy is just for adults. Children, after all, don’t typically have occupations. But unlike its name might suggest, occupational therapy is effective at helping people of all ages, including children, achieve independence in all areas of their lives.

“Nearly 50 percent of my clients are children,” explains Carla Huang, O.T., occupational therapist at Ingalls Family Care Center in Posen. “A child’s occupation is to grow, learn and play. Occupational therapy helps children who have a physical, sensory or cognitive disability carry out everyday activities like brushing their teeth, tying their shoes, zipping, buttoning or writing their name.”

For more information, call Ingalls Care Connection at 1.800.221.2199. Occupational therapy requires a physician referral. In most cases, occupational therapy is covered by insurance.
Orthopedic surgeons on staff at Ingalls successfully performed the revolutionary reverse shoulder procedure on a 66-year-old Dotton woman - with excellent results. The procedure is designed for individuals with severe shoulder weakness and pain that have exhausted all other means of treatment. It was performed on Patricia Huizenga by Mark Nikkel, D.O., and Carol DiLeia, D.O., and was the first of its kind at Ingalls and in the area.

Every year, thousands of shoulder replacements are performed in the United States. The main causes are arthritis combined with a rotator cuff tear, or a minor stand-alone tear. For these patients, standard shoulder replacement surgery works well. 

"With a massive rotator cuff tear, the rotator cuff loses most of its function, making conventional repair nearly impossible," Dr. Nikkel explained. 

The reverse shoulder prosthesis makes better use of the large triangular deltoid muscle covering the shoulder joint, which is responsible for motions to the front, side and back - and a specially designed prosthesis for patients with non- functional rotator cuffs and arthritis, but who still have a functioning deltoid muscle.

Patient Experiences Pain Relief

Huizenga broke her left arm in three places last fall at a local bowling alley when she stumbled over someone's misplaced bowling bag. After the broken bone healed, Huizenga found that she couldn't lift her arm any higher than hip level.

"Just raising my arm was painful enough that I didn't want to have to deal with this the rest of my life," she explains. On a friend's advice, she sought a second opinion with Dr. Nikkel.

"I told him I wanted to be able to live without pain," she remembers. "He recommended the reverse shoulder procedure. I had a lot of confidence in him, so I had the procedure done at Ingalls in late spring." Following surgery and several weeks of physical therapy, Huizenga's range of motion dramatically improved, and the nagging shoulder pain vanished.

"When a person gets to this stage of shoulder weakness and pain, changes must be made in the actual mechanics, or workings, of the shoulder," Dr. Nikkel explains. "This is a breakthrough procedure for patients whose severe shoulder damage has left them with almost no other options. After surgery, most patients report that their pain is significantly less and in some cases, completely gone."

Patients also report a drastic difference in their range of mobility and their ability to perform daily activities, such as eating, drinking or combing their hair.

"I can lift my arm to shoulder height, and the only soreness that I've experienced is the muscle soreness from physical therapy," she added.

An avid bowler who missed an entire season from her injury, Huizenga looks forward to re-joining her local bowling alley when she stumble over someone's misplaced bowling bag. After the broken bone healed, Huizenga found that she couldn't lift her arm any higher than hip level.

Dr. Carol DiLeia

Dr. Mark Nikkel

Orthopedic surgeons at Ingalls were among the first in the U.S. to offer a minimally invasive alternative to total knee replacement that dramatically reduces post-surgical pain and recovery time.

The Oxford Unicompartimental Knee System involves a smaller incision, less bone removal, and a faster recovery.

"It's a good, lasting alternative to total knee replacement with a proven track record," says Ingalls orthopedic surgeon Dan Weber, M.D. Total knee replacement involves removing and replacing all three compartments of the knee. Partial knee replacement leaves healthy ligaments in place and allows the knee to rotate naturally, without putting undue stress on the replacement part.

The procedure is designed for patients with osteoarthritis isolated to the medial or inner knee, the area usually affected by wear and tear because it bears the most weight.

"Patients go home after one day instead of three, and physical therapy is quicker and less painful. "There are other partial knee replacements but they are marketed as temporary," says Dr. Weber. "This is the only design meant to last." 

Permanent Fix

Tackling a Structural Fix

People who have fought cancer and won often assume they’ll pick up right where they left off. But the after cancer isn’t always that simple. Psychosocial issues like stress and depression often arise and must be addressed by care providers, says Mark Koziloff, M.D., medical director of the cancer program for Ingalls Health System in Tinley Park and Harvey.

Dr. Koziloff recently addressed cancer clinicians and specialists at a seminar entitled, “Meeting the Psychosocial Needs of Cancer Patients.” At both Ingalls Cancer Support Center in Mokena.

“More than 10 million Americans today are living with a current or past diagnosis of cancer,” Dr. Koziloff explains. “And while advances in biomedical care have greatly extended life expectancy, providing high-quality care for the psychological and social effects of cancer needs much greater attention.”

To address this issue, in 2007 the American Institute of Medicine formed a committee to study the diverse psychosocial services needed by cancer patients and their families.

“Treatment, the fear of a relapse, and the physical distress often associated with a cancer diagnosis can create new or exacerbate existing distress,” he said.

On top of that, physical and psychological impairments can lead to significant social problems.

“Addressing the psychosocial health needs of the cancer patient must be an integral part of overall cancer care, and the committee has made recommendations to that end,” Dr. Koziloff added. According to their recommendations, all cancer care should facilitate effective communication between patients and care providers; identify each patient’s psychosocial needs; design a care plan that links patients with needed psychosocial care; and systematically evaluate and adjust the plan as necessary. And as the primary care provider, oncologists should lead the way in addressing these needs.

“In the south and southwest suburbs of Chicago, we at Ingalls are fortunate to collaborate with The Cancer Support Center in Homewood and Mokena to offer a full range of support, counseling and educational services to help cancer patients and their loved ones cope with the emotional, psychological and social effects of cancer,” he said. At both locations, cancer patients, and their loved ones have access to a resource library; screenings and education; individual and family counseling and guidance; exercise and wellness programs; stress management; expressive arts; nutrition classes; social events; support groups; and grief support. Screenings and educational programs are made possible by the Richard K. Dissler M.D. Fund and are presented by experts from Ingalls and The Cancer Support Center.

“Only those who have been diagnosed with cancer and undergone its treatments can truly understand the physical and emotional impact that cancer has on every aspect of their life,” Dr. Koziloff added, “but we as caregivers must make every effort to give them the support and the resources necessary to address all of their needs, physical, emotional and social.”

For information about the free services provided by the Cancer Support Center, call 708.798.9171 in Homewood and 708.478.3529 in Mokena.

Nursing Your Cancer Care

It’s easy to feel overwhelmed when you or a loved one is diagnosed with cancer. There’s often a barrage of doctors’ appointments, tests and treatment options to consider at a time when you can barely comprehend your diagnosis.

That’s why Ingalls offers one of the area’s only oncology nurse navigation programs. For patients diagnosed with breast, lung and other cancers, as well as patients undergoing radiation therapy, Ingalls offers the valuable services of specially trained oncology nurses who assist patients from the time they are diagnosed until their treatment is complete.

Ingalls cancer nurse navigators help patients schedule tests, make doctors’ appointments, coordinate treatments and procedures, education and follow-up. CALL 708.915.HOPE (4673) Please contact our nurse navigators for information, support and assistance.

Dr. Dan Weber

Helping Cancer Survivors

Triumph Over Stress and Depression

Dr. Mark Koziloff
DISTURBING THE PEACE
SLEEP DISORDERS STEAL THE WINKS

By Daniel P. Smith, Elite Magazine

Excerpted with permission from the SouthtownStar

For seven years, Warren Deek observed a nightly ritual he wished he could have avoided. Nearly every night, Deek would awake in the wee hours of the morning, stagger to the kitchen, grab a coffee, and tuck his restless직자들 of his Glenwood home, and spend the rest of the night in an upright position. He took Ambien, a sleep aid that did some good, but wore off by the middle of the night. His struggle persisted. Weeks rolled into months, then years.

Uncomfortable and weary, Deek endured the nightly spells, attributing the episodes to an ailing back. But it was more than back trouble. Both nightly spells, attributing the episodes to an ailing back. But it was more than back trouble. Both

Team Effort - Ingalls Doctors Work Together to Save Lynwood Woman’s Life

An ominous-looking shadow on a routine CAT scan was the first indication that something was wrong with 56-year-old Susan Tapper’s heart. The discovery of the abnormality by interventional radiologist Thomas Aquisto, M.D., in March led to a series of sophisticated medical procedures that ultimately saved the Lynwood woman’s life.

A part-time registered nurse and full-time homemaker, Tapper knew something was wrong. She noticed her sleep was restless and she had increased daytime sleepiness, a new sign.

Dr. Aquisto had found a thoracic aortic aneurysm, a potentially deadly condition. Had it not been for Dr. Aquisto’s highly trained eye, a deadly thoracic aortic aneurysm could have made Tapper a walking time bomb.

OPEN YOUR EYES TO SLEEP REALITY

Sleeping well remains a mystery to many people, and misinformation does not help. The National Sleep Foundation offered these myths about what’s normal at night:

MYTH: SNOORING IS A COMMON PROBLEM, BUT IT ISN’T HARMFUL. Though snoring is harmless for many people, it can indicate sleep apnea, a potentially deadly condition.

MYTH: YOU CAN CHEAT SLEEP. Experts say average adults need seven to nine hours of sleep. If you consistently get less, it can cause health problems such as obesity and high blood pressure.

MYTH: TEENS WHO FALL ASLEEP IN CLASS ARE LAZY. Teenagers need more sleep than adults, as little as 7 hours. Most teens are still in school and have many activities that keep them up late, and high school starts early.

MYTH: SLEEPING MORE THAN NECESSARY IS A BAD HABIT. Inadequate sleep can have a significant impact on everyday functioning, and even on physical health.

“Tiredness through the day,” Fagan says. “(Deck’s) sleep patterns revealed the central issue.

“Her condition was so sleep apnea, a potentially deadly condition.

“I'm grateful the doctors were able to identify my problem and work with me to find solutions,” Deek says. “I’m the beneficiary of their efforts and have an improved quality of life to show for it.”

For seven years, Warren Deek observed a nightly ritual he wished he could have avoided. Nearly every night, Deek would awake in the wee hours of the morning, stagger to the kitchen, grab a coffee, and tuck his restless

Deek discovered Deck’s legs moved upward of nine snoozing hours. He took Ambien, a sleep aid that did some good, but wore off by the middle of the night. His struggle persisted. Weeks rolled into months, then years.

“He is the beneficiary of their efforts and has an improved quality of life to show for it.”

Until the last 15 years, sleep disorders were often mistreated or even over-treated with medications. An increased attention by the medical community to sleep disorders, however, has generated various positive outcomes, including Deek’s story. Satisfyingly at first, he now gets six to 10 hours of solid sleep each night, a welcome addition to his life. “I’m grateful the doctors were able to identify my problem and work with me to find solutions,” Deek says. “I’m the beneficiary of their efforts and have an improved quality of life to show for it.”

For seven years, Warren Deek observed a nightly ritual he wished he could have avoided. Nearly every night, Deek would awake in the wee hours of the morning, stagger to the kitchen, grab a coffee, and tuck his restless
Building on our Commitment for 85 Years

More than eight decades ago, industrialist Frederick A. Ingalls recognized the need for great healthcare in this growing community. He realized his dream when the 50-bed Ingalls Memorial Hospital was dedicated to the care of his wife, Jeanette, in November 1923.

Although we still maintain a lovely courtyard surrounding the hospital’s original main entrance, there is probably little else that Mr. Ingalls would recognize today. Now integrated into the area’s only independent healthcare system, with a 563-bed hospital at the main campus, and a network of comprehensive outpatient centers where our neighbors can receive vital medical services right in their own backyard, with the highest quality healthcare in the region.

Professionals would surely astonish him.

Our facilities, technologies and array of medical services right in their community. Our facilities, technologies and array of medical professionals would surely astonish him.

Now, as we reach the milestone of our 85th anniversary, we celebrate by building on our commitment of service in the core of the Ingalls community. Ingalls Family Care Centers in Calumet City, our busiest outpatient campus, is re-opening with greatly increased capacity, sophisticated diagnostic services, and additional physician presence to better serve our neighbors in that region.

I also like to think that Mr. Ingalls would be proud of the national recognition Ingalls Memorial Hospital has achieved. For the seventh year in a row, Ingalls Neuroscience program has received accreditation by the Joint Commission.

We have also recently received accreditation as a Primary Stroke Center by the Joint Commission, and a special commendation by the American College of Surgeons Commission on Cancer, an achievement only one in four cancer programs attain.

Once again we’re proud to have you read in the following pages about just a few of the many services we offer. From Therapy to Surgery: Incontinence Program Offers Range of Options

Incontinence affects both men and women, it’s nearly twice as common in women.

An estimated 15 to 20 million Americans have bladder control problems or urinary incontinence, explains Vibha Sabharwal, M.D., board-certified urologist and incontinence expert on staff at Ingalls. “While the condition affects both men and women, it’s nearly twice as common in women.”

For more information, call Ingalls Care Connection at 1.800.221.2199.
Building on our Promise

Ingalls is expanding in Calumet City


Ingalls has improved its Family Care Center in Calumet City by making it bigger, more convenient and easier to use. Physician specialties include:

- Cardiology
- Family Care
- General/Specialized Surgeries
- Internal Medicine
- Obstetrics and Gynecology
- Orthopedics and Sports Medicine
- Pediatrics

The Ingalls Family Care Center has added many new physician office suites and offers more same-day screenings and testing than any other facility in the area, including:

- MRI and CT Scans
- Cardiac Stress Tests and Echocardiography
- Mammography and Digital X-ray
- Ultrasound
- Sleep Lab
- Bone Density

Join Ingalls for our Grand Re-Opening
Saturday, October 4, 2008
11 a.m. to 2 p.m.

Come and see the newly renovated Ingalls Family Care Center in Calumet City for yourself! You’ll get a free T-shirt just for stopping in. And enter for your chance to win a Nintendo Wii Fit package.

Free Screenings and Family Activities

- Virtual Tours
- Blood Pressure and Body Fat Screenings
- Cardiac Risk Assessment
- Back and Foot Screenings
- Teddy Bear Clinic
- Face Painting
- Hot Dog Lunch

Urgent Aid is open 24/7 during construction

Regional Stroke Center Helps Rebuild Lives

In this Issue:

- New Option for Shoulder Replacement
- Revolutionary Procedure Relieves Neck Pain
- Breast Cancer Success Credits Clinical Trial
- Help for Urinary Incontinence


INGALLS FAMILY CARE CENTER
1600 Torrence Avenue, Calumet City, IL 60409

Call Ingalls at 708.915.6838 for more information or go to www.ingallsHealthSystem.org.