

INGALLS Progress

SPRING 2013
ANNUAL REPORT ISSUE



Record-Breaking Door-to-Balloon Time

Ingalls Introduces Walk-In Mammography Services

InQuicker Gets Top Marks from Flossmoor Teacher

Toddler Finds Relief from Chronic Ear Infections



Letter to the Community

“Your staff was excellent. They were always very professional, polite and knowledgeable. I just wanted to say thanks...and God bless you for your work.”

“From the time we arrived, until the time we left, the personnel at your hospital were so professional, caring, well-informed and simply the most outstanding display of patient care I have ever witnessed.”

“I experienced the most genteel, kind, courteous and helpful treatment...you are nurturing not just the body but the human spirit. Your staff deserves a standing ovation.”

These words, written by patients and grateful family members, truly represent the heart of what we do at Ingalls Health System.

Yes, we provide the most advanced treatments, conduct cutting-edge clinical research and back it up with the latest technology.

But when it comes right down to it, people helping people is what Ingalls Health System is all about. The more than 2,400 employees, 400+ physicians and 200 volunteers who comprise Ingalls make a difference in people's lives every single day of the year.

Together, we care for our patients with respect. We treat them with dignity. And we pledge to do all that we can to help them live life to the fullest.

In the pages that follow, you will see examples of how Ingalls has made a positive impact in our patients' lives. There are stories of cancer patients who have been given new hope in their battle against this disease. Heart patients who have been given a second chance, and patients who can move freely and live the life they want thanks to innovative orthopedics procedures. There are stories about new technology in which we have invested, and national awards we have achieved through our steadfast commitment to superior care.

We hope you take the time to read these stories and reflect on the patients whose lives have been transformed by Ingalls.

As we move into 2013 and beyond, we continue to make great advances on our journey as the healthcare provider of choice in the South Suburbs of Chicago.

To do this, we are focusing our efforts in several areas. Over the coming months, we will continue to convert patient rooms to private rooms, one unit at a time. We are expanding our Cardiac Catheterization Laboratory and Cardiac Diagnostics areas to more comfortably and efficiently accommodate individuals with heart disease.

We are using top-of-the-line technology like the O-Arm imaging system to improve orthopedic surgery outcomes, a 3-T MRI that produces images far superior for viewing minute detail, and a new linear accelerator for cancer treatment that provides the most precise radiation beam available anywhere.

To keep patients safe from hospital-acquired infection, we are the region's first and only hospital to use innovative ultraviolet technology to destroy bacteria like clostridium difficile (C-diff) in patient rooms, even after the housekeeping staff does its most thorough room cleaning possible. And the end result is that Ingalls currently has the lowest C-diff rate among hospitals in the Chicago Southland and one of the lowest in the State of Illinois.

We put a third floor on our Flossmoor Family Care Center, expanded the Urgent Aid Center in Tinley Park, will be consolidating our Occupational Health program in South Holland and expanding our reach with a new healthcare facility in Crestwood.

These are just some of the ways Ingalls is growing and improving to serve the people who are at the heart of all we do: our patients.

As always, we look forward to providing you with quality healthcare services today, tomorrow and far into the future.



*Kurt E. Johnson
President and CEO
Ingalls Health System*



*Eugene M. Feingold
Chairman, Board of Directors
Ingalls Health System*

On the cover: *Ingalls now employs its own ambulance service which improves transportation times for the most critical patients. Story on page 8.*

Welcome New Doctors to the Neighborhood



Sherry Fishkin, M.D., otolaryngologist and head & neck surgeon, specializes in the comprehensive treatment of both adult and pediatric ear, nose and throat disorders, as well as head and neck surgery. Dr. Fishkin earned her medical degree at New York Medical

College in Valhalla, N.Y. She completed an internship in general surgery at the State University of New York (SUNY) Downstate Health Science Center in Brooklyn, where she also completed a residency in otolaryngology.



Sabrina Akrami, D.O., cardiovascular medicine specialist, has joined the practice of Cardiology and Internal Medicine Consultants of Tinley Park. Dr. Akrami earned her degree at Chicago College of Osteopathic Medicine – Midwestern University in Downers Grove. She performed an

internship and internal medicine residency at Swedish Covenant Hospital in Chicago, and completed a cardiology fellowship at Michigan State University in Lansing. Dr. Akrami is board certified in internal medicine and board eligible in cardiology.



Rewa Hasanat, M.D., has joined Ingalls Medical Staff as a primary care physician practicing family medicine. Dr. Hasanat earned her medical degree at St. Matthew's University School of Medicine in Grand Cayman Islands. She completed her residency at Oakwood

Annapolis Hospital, Wayne, MI, where she served as Chief Resident. Certified by the American Board of Family Medicine, Dr. Hasanat has offices in Flossmoor and Tinley Park.



Ripple Doshi, M.D., is a board-certified physician specializing in interventional cardiology. Dr. Doshi earned his medical degree at Northeastern Ohio Universities College of Medicine, Rootstown, OH, and served his internship, residency and fellowship at Rush

University Medical Center in Chicago. Dr. Doshi is a member of Advanced Heart Group in Harvey.



Abed Dehnee, M.D., interventional cardiologist, has joined the practice of South Suburban Cardiology in Homewood. Dr. Dehnee earned his medical degree at the University of Medicine and Dentistry of New Jersey. He performed an internal medicine residency at

Advocate Illinois Masonic Medical Center in Chicago, where he also completed a cardiology fellowship. Dr. Dehnee went on to complete an interventional cardiology fellowship at the University of Medicine and Dentistry of New Jersey. Dr. Dehnee is certified by the American Board of Internal Medicine (Cardiovascular Disease) and also holds certifications in Cardiovascular Computed Tomography, Nuclear Cardiology and Echocardiography.

Ingalls Annual Report, FY 2012

Ingalls Health System Operating Expenditures (in thousands)

| | |
|--|------------------|
| Our People | \$149,920 |
| Patient Care Supplies & Other | 89,919 |
| Purchased Services | 45,180 |
| Provision for Uncollectible Accounts | 26,951 |
| Depreciation | 17,002 |
| Medicaid Provider Assessment | 9,954 |
| Insurance & Self Insurance Program Costs | 8,092 |
| Amortization & Interest | 4,139 |
| Total Operating Expenditures | \$351,157 |

Capital Investments **\$26,442**

Charity Care & Community Service

| | |
|---|-----------------|
| Charity Care Based on Charges Forgone | \$ 7,983 |
| Excess of Cost Over Reimbursement for Medicaid Patients | 18,228 |
| Community Service Provided, at Cost | 1,238 |
| | \$27,449 |

| | |
|--|---------|
| Foundation Contributions & Restricted Contributions Received | \$3,302 |
|--|---------|

Data shown below is in actual figures:

Patient Care Services Summary

| | |
|----------------------------------|---------|
| Admissions (excluding births) | 17,011 |
| Inpatient Days | 81,243 |
| Births | 1,036 |
| Emergency Department Visits | 49,350 |
| Outpatient Visits (excluding ER) | 324,217 |
| Urgent Aid Visits | 54,207 |

Home Health

| | |
|--------------------------|---------|
| Intermittent Care Visits | 48,849 |
| Private Duty Hours | 107,176 |
| Hospice Days | 15,100 |

Surgeries

| | |
|------------|-------|
| Inpatient | 2,817 |
| Ambulatory | 3,993 |

Exceptional Care. Exceptionally Close.

Quality awards are like vital signs. They tell you a lot about the health of a hospital.



Ingalls is a 2012 and 2013 recipient of several HealthGrades recognitions: the "HealthGrades America's 100 Best Hospitals" award, a designation as a Distinguished Hospital for Clinical Excellence, and a designation as a Five-Star Hospital for the Treatment of Heart Failure. In addition, Ingalls was named one of "America's 100 Best Hospitals"

for Orthopedic Surgery, and is now ranked No. 2 in the State of Illinois for Overall Orthopedic Services, including receiving recognitions for knee replacement, hip fracture treatment, and back and neck surgery.

In all, Ingalls was cited for excellence in more than two-dozen distinct clinical areas, including heart attack care, respiratory failure, pneumonia, emergency medicine, pulmonary services, critical care and orthopedics.

Over the last year, Ingalls has been the recipient of numerous national quality awards and citations:

- We achieved national accreditation from DNV Healthcare and became the **first** health system in Illinois to achieve ISO 9001 Quality Management Certification.
- The American College of Surgeons Commission on Cancer awarded Ingalls Cancer Care a full three-year accreditation with commendation for our superior cancer care.

- The National Accreditation Program for Breast Centers recognized the Richard K. Desser, M.D., Comprehensive Breast Center in Tinley Park and Harvey for its commitment to providing the best possible care to patients with diseases of the breast. The Center earned a perfect score in 2012.
- Blue Cross/Blue Shield designated the Advanced Orthopedic Institute at Ingalls a Blue Distinction Center for Spine Surgery and for Hip and Knee Replacement in recognition of our superior orthopedic services.
- Ingalls was named a 2013 Cigna Centers of Excellence provider for stroke care, hip and knee replacement, orthopedic back surgery, cardiac pacemaker implantation, abdominal hysterectomy, cardiac pacemaker implant, colon surgery and laparoscopic gallbladder removal.
- Aetna acknowledged Ingalls for its superior orthopedics care by designating it an Aetna Institutes of Quality for Orthopedic Surgery for Total Joint Replacement and Spine Surgery.

We are understandably proud of our recent achievements, but our quest for quality is never-ending. At Ingalls, you have our pledge that we will continue to strive for even greater heights in providing world-class healthcare that's close to home.

Crestwood site of new Ingalls center

This summer, Ingalls will extend its well-honed brand of convenient, high-quality, comprehensive outpatient services to yet another community by opening a new facility in Crestwood.

Ingalls Care Center and QuickClinic will be located at the northeast corner of Cicero and Cal Sag, filling about 8,500 square feet. Primary care physicians will see private patients, the Ingalls Occupational Health program will offer a range of care convenient to local employers, and lab, X-ray and rehabilitative therapies will be available.

An exciting new venture for Ingalls will be the addition of a QuickClinic staffed by a nurse practitioner for extended hours to take care of minor illnesses and injuries that don't necessarily require a physician's attention.

Watch your mail for details of a summer opening if you live in the area, or call Ingalls Care Connection at 708.915.CARE (2273).

Ingalls Invests \$7+ Million in the Latest Cancer, Spine Surgery and Imaging Technology

Maintaining a position of leadership in the healthcare arena takes continual investments in state-of-the-art diagnostic and treatment technology. Last fall, Ingalls Health System rolled out investments of more than \$7 million in the most advanced cancer, spine and imaging technology.

The new equipment allows for more precise diagnosis and treatment in a wide range of patients, especially those undergoing spinal surgery or radiation therapy treatment for cancer.

O-Arm Imaging During Spine Surgery

Ingalls is pleased to be one of the first hospitals in the Chicago area to offer the sophisticated O-arm® Imaging System for more precise spinal surgery.

“During back or spine surgery, precision is everything,” explains board-certified spine surgeon George Miz, M.D. “O-arm technology allows the surgeon to view clear, real-time images of the body during surgery.”

Before actual surgery, the O-arm system obtains imaging data, allowing a live, 3-D view to be used during surgery. Then, surgeons make a minimally invasive, localized incision and place the spinal hardware in the most ideal position.

“It allows the surgeon to make fewer and smaller incisions, precisely navigate delicate areas like the spinal cord, confidently place spinal instrumentation and align the spine, and minimize pain, the number of incisions and recovery time,” he added.



“A procedure that once took an hour can be done in a fraction of the time,” he added. “By completing radiation faster, some patients can save precious time and be able to get started on other cancer therapies earlier to enhance their potential for recovery,” Dr. Sanwalani said.

3T MRI

The new 3T MRI at Ingalls Family Care Center in Flossmoor is the most powerful imaging tool used in patient care today. Featuring 32 times the number of cameras than in previous models, the new MRI dramatically shortens scan times while increasing image quality.

“We can take better, clearer pictures of the smallest parts of the body,” explains Perry Gilbert, M.D., medical director of Radiology Services at Ingalls. The 3T MRI at Ingalls is particularly useful for diagnosing spinal injuries, sports injuries, neurological conditions, different types of cancer and heart disease.

In addition, the 3T MRI has several features that improve patient comfort like reduced noise levels, an open design and a low-to-floor position, making it especially accessible for frail and elderly patients.

TrueBeam Radiation Therapy

The new TrueBeam radiation therapy system installed at Ingalls this past fall allows radiation oncologists to aim a more precise, higher-dose beam of radiation that is designed to protect surrounding healthy tissue.

“The higher resolution beam-shaping system allows a higher dose rate for faster treatment,” explains Shankar Sanwalani, M.D., board-certified radiation oncologist. “The TrueBeam has a control for breathing so it only delivers radiation when it senses that the lungs and tumor have returned to the right position,” he added.



CONVENIENT AND LIFESAVING:

Ingalls Introduces ‘Walk-in’ Mammography Service at Four Locations

There are plenty of places that accept walk-in clients. Hair salons and nail salons are just a few.

Now women in the South Suburbs can expect the same kind of service when they need a mammogram.

With today’s busy women in mind, Ingalls Health System has taken the “walk-in” concept to a whole new level with “walk-in” mammograms at the hospital and each of the Ingalls Family Care Centers in Calumet City, Flossmoor and Tinley Park.

Each week, “Walk-In Wednesday” mammograms are available in Harvey, Calumet City and Flossmoor (Fridays in Tinley Park) for area women who’ve been meaning to schedule a mammogram but keep putting it off. Women in need of a mammogram can walk in and get it done on the spot—without an appointment.

“Squeezing in a mammogram can be challenging for busy women,” explains Deborah Kowalczyk, lead mammography technologist at Ingalls. “But Ingalls has the perfect solution—walk-in mammograms.”

If you need a routine screening mammogram, just walk into one of four Ingalls locations on its designated “walk-in” day, and highly skilled, caring mammography staff will be ready to assist you.

Walk-in screening mammograms at Ingalls do not require a referral from your doctor. However, at the time of service, you will be asked to provide your primary care doctor’s contact information so the results can be sent to him/her. If you don’t have a physician, the staff at Ingalls can assist you in choosing one that is right for you.

On average, Ingalls sees up to 20 extra mammography patients each week on “Walk-in Wednesdays.” Though the schedule may fill up, the wait is minimal.



Lead mammography tech, Deborah Kowalczyk, explains the mammogram process to Celeste.

“Regular mammograms are important because early detection continues to save lives,” added Levanya Chekuri, M.D., board-certified diagnostic radiologist.

In fact, since the service was introduced, breast cancer has been detected in nearly two dozen women.

Celeste Branding, 59, of Palos Park is one of them.

A successful information technology executive, Celeste juggles many responsibilities: a 60-hour work week, maintaining a home and spending time with her husband, children and grandchildren. That often leaves very little time for herself.

Locations:

1. Ingalls Memorial Hospital, Harvey
(156th and Wood Streets)
708.333.2300

2. Ingalls Family Care Center, Calumet City
(170th and Torrence Avenue)
708.730.1300

3. Ingalls Family Care Center, Flossmoor
(Governors Highway, between Kedzie and Vollmer)
708.799.8400

4. Ingalls Family Care Center, Tinley Park
(159th Street, east of Oak Park Avenue)
708.429.3300





Dr. Chekuri reviews Celeste's mammogram images.

On the Wednesday before Thanksgiving in 2010, Celeste, who had the day off work, had scheduled a routine doctor's appointment at the Ingalls Family Care Center in Flossmoor. A five-foot banner advertising the walk-in mammography service caught her eye as she walked through the lobby.

"Since it was a Wednesday, the timing was perfect. And I was due for a mammogram anyway," she recalls.

During her physical, she asked her doctor about the new service, and he encouraged her to have one. So right after her physical, Celeste walked in to have a mammogram.

Pleased with the quick service and appreciative that she could get back to preparing Thanksgiving dinner, Celeste didn't give the experience much more thought. Her previous mammograms had always been normal.

Two days later, she was busily decorating her home for the upcoming Christmas holiday when the phone rang. It was a radiologist from Ingalls.

The news wasn't good.

"He said I needed a biopsy, that they had found a large tumor against the back of my chest wall," she said.

That very day, Celeste had the biopsy, and the diagnosis came back: stage 1b breast cancer.

"I spent the rest of the weekend in shock," she recalls. "I'd never had an abnormal mammogram before. And the location of the tumor made it impossible for me to detect it myself."

What's more, Celeste has no family history of breast cancer, making the diagnosis even more surprising.

Two weeks after the devastating diagnosis, Celeste underwent a partial mastectomy to remove the cancerous tumor. Following surgery, Celeste had six weeks of radiation therapy. Today, she is on maintenance medication to prevent recurrence.

"They told me I had a very fast-growing, invasive cancer," she said. "But they're hopeful they got it early. I could not feel it myself. That's why the mammogram is so important."

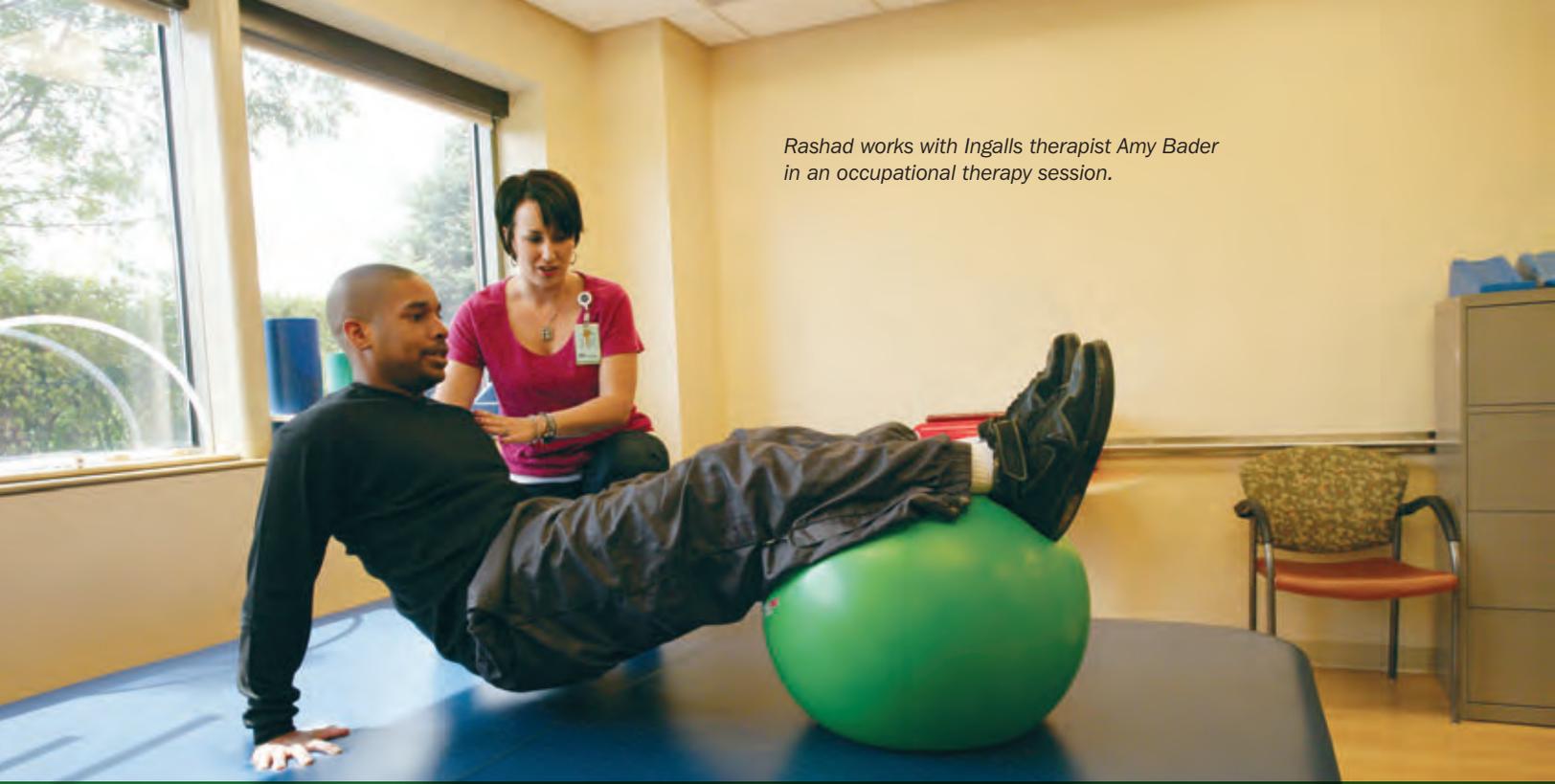
When she's not working, Celeste enjoys traveling, cooking and entertaining. But family, most of all, keeps her spirits bright.

"I look for the sun and the silliness of my grandchildren," she adds with a smile.

Her advice to other women: "I know we're all busy and sometimes life gets in the way, but get your yearly mammogram. Walk-in mammograms make it even easier."

Excellent advice, indeed.

To schedule a mammogram at any Ingalls location, call 708.915.3333.



Rashad works with Ingalls therapist Amy Bader in an occupational therapy session.

Park Forest Man Overcomes Stroke Deficits and Regains Independence

The passage of time is a peculiar thing. Depending on your perspective, weeks and months can fly by at lightning speed—and an hour can drag on for an eternity.

Rashad Sanford of Park Forest has experienced both ends of the spectrum. And from January 2012 to the present day, the doting father of two also discovered that a single moment of time can profoundly change your life.

Rashad's perspective about a lot of things changed in January of last year when he suffered the unimaginable: a hemorrhagic stroke at the age of 36.

The day started out ordinary enough. Following an invigorating workout, the energetic retail manager went to his second job tutoring math and reading students at an area school. In usual fashion, he greeted his students and sat down.

Then, without warning, Rashad was gripped with a severe headache. He laid his head down on the desk for relief but within seconds, the otherwise healthy Rashad slid to the floor. His frightened students ran to get help while he struggled to get up. But he couldn't. In fact, Rashad couldn't even feel his left hand.

"I remember asking the EMTs, 'Where's my left hand,'" he recalls. "I had no idea what was happening."

Stroke, he says, was the furthest thing from his mind. "It wasn't even on my radar."

But that's exactly what doctors confirmed when he was brought to Ingalls Memorial Hospital, the area's first specialty Primary Stroke Center. And the stroke was severe enough that it rendered his left side "useless," he explains, including the vision in his left eye.

Following hospitalization, Rashad was transferred to the Ingalls Center for Rehabilitative Medicine at the main hospital campus in Harvey. There, he worked with physical, occupational and speech therapists to regain the basic skills that left him in a moment's time.

"I came to the unit in a wheelchair," he recalls. "I couldn't stand on my own. I had trouble talking."

But with the assistance of his team of therapists and nursing staff—and his own will to succeed – the determined Rashad eventually graduated to a walker and relearned basic skills like eating and bathing.

"I told them, 'This is a marathon not a sprint,'" he remembers with a ready smile—something he couldn't do immediately following his stroke.

"With the help of his therapists, Rashad made significant progress," explains Jeanne Wilson, M.D., medical director of the Ingalls Center for Rehabilitative Medicine.

Within weeks, Rashad was discharged from the inpatient unit at Ingalls and began outpatient therapy at Ingalls Family Care Center in Flossmoor. He slowly progressed from a walker to a cane, and in May, he took his first unassisted steps.

Today, the tireless Rashad is nearly 100%. He can drive again, and he walks and talks nearly as well as he did before the stroke in January. Rashad gratefully credits his rehabilitation team at Ingalls.

"I really feel that the reason I was able to progress is because of my therapists," he said. "I have a very competitive personality. They picked up on that, and they allowed me to push myself and try new things."

For instance, though he was barely able to stand on his own in the very beginning, the determined Rashad wanted to walk on the treadmill.

"Even though it took extra therapists to help me, they would hoist me on the treadmill so I could try to walk," he remembers. "I really wanted to do it, and they let me try even if it took extra staff. That really motivated me to work harder."

"I jokingly called my therapists 'Coach,'" he added. "They had the expertise, and I had to perform. I'll never forget them and what they did for me. I would definitely recommend Ingalls for stroke rehabilitation."



"Rashad's progress was truly amazing," said Amy Bader, OTR/L, occupational therapist at the Ingalls Flossmoor therapy center. "He's a very driven person. When he started here, he had five pounds of grip strength. He left with 65 pounds. He is awesome."



To see a video about Rashad's recovery at the Ingalls Center for Rehabilitative Medicine, scan this QR code with your smartphone.



Ingalls Stroke Rehabilitation Services

When it comes to stroke—just as with a heart attack—time is of the essence. Quick diagnosis and treatment at a designated stroke center is critical. Offering 24/7 stroke specialty services, including the availability of vital diagnostic imaging and clot-busting medications, Ingalls was the region's first designated Primary Stroke Center by the State of Illinois in 2009. And for 10 years in a row (2003-2012), Ingalls has been designated a Five-Star Recipient for treatment of stroke by independent ratings company HealthGrades.

Rehabilitation after stroke is also critically important. Ingalls offers a full continuum of rehabilitative services, including acute therapy, inpatient rehabilitation in the region's largest CARF-accredited inpatient unit, day rehabilitation, outpatient therapies and home health therapies. A patient can enter at any program phase and can be referred by any physician.

Ingalls is renowned for its stroke care.

"Initiating a rehabilitation program as soon as possible after a stroke or any brain dysfunction is critical to recovery," Dr. Wilson explained. "To aid patients in their recovery, our treatment programs are tailored to meet specific rehabilitation needs. Throughout the rehabilitation process, there is close communication with the patient's personal physician, neurologist and care coordinator to optimize coordination of the patient's treatment plan."

For more information about stroke care and rehabilitation at Ingalls, call Ingalls Care Connection at 708.915.CARE (2273).

STROKE WARNING SIGNS

If you or someone you know has one or more of the warning signs of stroke, don't delay. Immediately call 9-1-1.

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body;
- Sudden confusion, trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, loss of balance or coordination;
- Sudden, severe headache with no known cause.



Dr. Hamid and Jerry Wathen, 67.

Every second counts during a heart attack, when doctors race the clock to perform angioplasty, a lifesaving treatment for the most serious types of heart attack.

The term to describe this heroic effort is “door-to-balloon” time, and it refers to the time it takes from the patient arriving at the hospital until his or her blood flow has been restored with a balloon-tipped catheter.

The American College of Cardiology standard is 90 minutes or less, but doctors at Ingalls Memorial Hospital saved a whopping 30 minutes—even including an ambulance ride.

When 67-year-old Jerry Wathen of Park Forest arrived at the Flossmoor Urgent Aid Center Dec. 3, he was experiencing discomfort in his neck and back.

“I felt an ache across the back of my neck and shoulders, and I thought it was arthritis,” he explained. “I went to work, and when my co-worker saw me that morning, she insisted on taking me to Ingalls in Flossmoor.”

Record-breaking Door-to-Balloon Time at Ingalls Saves Park Forest Man’s Life

Once he arrived, staff sprang into immediate action and performed an electrocardiogram that showed a very serious kind of heart attack called a STEMI (ST-segment elevation myocardial infarction).

Jerry needed an angioplasty, which required a transfer to Ingalls Memorial Hospital. Fortunately, Ingalls has its own ambulance service available at each of its three Urgent Aid Centers.

Within minutes, Jerry was in the ambulance and en route to the Emergency Department at Ingalls Memorial Hospital, where he was met by cardiologist Imtiaz Hamid, M.D., who confirmed the initial STEMI diagnosis.

"A heart attack never crossed my mind," Jerry added. "I really thought the pain was from arthritis."

Jerry was then whisked to the hospital's cardiac catheterization laboratory where interventional cardiologist Abed Dehnee, M.D., performed a lifesaving angioplasty to re-open the 100-percent blocked left anterior descending artery (LAD)—commonly known as the "widow-maker"—and implanted a drug-eluting stent to keep the artery open.

"Time is of the essence when a patient experiences a STEMI," Dr. Dehnee explained. "If the artery is completely occluded, it can cause a massive myocardial infarction and lead to sudden death."

Jerry arrived at Ingalls Urgent Aid in Flossmoor at 8:51 a.m., and his stent was in place and blood flow restored just one hour later at 9:51 a.m.

"Clinical studies have shown that the best outcomes occur when the patient is treated in 90 minutes or less," Dr. Dehnee added. "Re-opening a blocked artery within this window of time decreases the likelihood of heart damage and future complications."

Because of the rapid care he received, Jerry sustained no heart damage and was released within a day or two. "His prognosis is very good," Dr. Dehnee added.

"I always thought I was in great health," Jerry said. "I'm grateful for the wake-up call."

If you or someone you know is at risk for heart disease, visit www.ingalls.org/MyHealth and click on HeartAware to take Ingalls' free online heart and vascular risk assessment. The assessment takes about 10 minutes to complete and provides important information about your personal risk factors.



Heart & Vascular Aware Ingalls Expands Online Heart Risk Assessment

Obesity, diabetes and peripheral artery disease (PAD) are all risk factors for heart disease. In fact, research has shown a strong connection between PAD at an early age and an increased risk for heart attack and stroke.

That's why Ingalls has now expanded its online risk assessment HeartAware to include questions about these important risk factors.

The new Heart & Vascular Aware allows people to assess their current cardiovascular health and identify those medical or lifestyle conditions that may lead to the development of the disease.

"More than 79 million Americans have cardiovascular disease and don't even know it," explains Sabrina Akrami, D.O., cardiologist on staff at Ingalls. "But unlike some diseases, cardiovascular disease can largely be predicted and prevented."



Dr. Akrami

If the screening shows you are at heightened risk, you don't have to take the next steps alone. Ingalls offers a free phone consultation with a cardiovascular nurse navigator and additional free testing, including measurements of blood pressure, height, weight, waist circumference, and a fasting lipid and glucose blood test at the Ingalls location of your choice.

And for individuals at higher risk for PAD, Ingalls offers a free ankle-brachial index (ABI) test, which measures blood pressure in the ankles and compares it to that of the arms.

"This painless test is 99% effective in detecting PAD," Dr. Akrami said.

Visit Ingalls.org/HeartAware and take the online risk assessment today; it could be the first step toward preventing heart disease. By completing the screening, you could also win a prize!

For more information about cardiovascular services at Ingalls or for a referral to a heart specialist, call Ingalls Care Connection at 708.915.CARE (2273).

New Breast Cancer Clinical Trials Now Offered at Ingalls

Two groundbreaking breast cancer placebo-controlled clinical trials are now available through Ingalls Cancer Care and are targeted for patients with early-stage breast cancer: the APHINITY Study and the MA-32 Study.

The **APHINITY Study** looks at the investigational drug pertuzumab, and is taking place at 700 sites worldwide. The study is of global significance following the results of a previous trial, which revealed that a combination treatment of Pertuzumab and Herceptin offered a positive change in treatment for the aggressive HER2-positive form of breast cancer.



Forty-seven-year-old Laura Bojanski of Lowell, Indiana, was diagnosed with the aggressive HER-2 positive breast cancer in March 2012, and Laura had a double mastectomy with immediate reconstructive surgery at Ingalls in April.

When her oncologist Mark Kozloff, M.D. (hematologist/oncologist and medical director of Ingalls Cancer Clinical Trials) discussed treatment options, he recommended the APHINITY Study, so Laura began both chemotherapy and the clinical trial in June and will continue on the trial for a full year, though her last chemotherapy treatment ended in October.

"I've got an extremely positive attitude, and I've had it since day one. Participating in the APHINITY Study gives me added confidence that I'm going to beat this!"

The **MA-32 Study** at Ingalls is investigating whether the diabetes medication metformin can decrease or affect the ability of breast cancer cells to grow and if it will work with other therapies to keep cancer from recurring.

"An earlier study showed that diabetics with breast cancer responded more favorably to breast cancer therapies given before surgery," explains Dr. James Wallace. "The researchers think metformin might decrease growth and proliferation of the breast cancer cells."

In June, 68-year-old Winni Harrison of Chicago enrolled in the metformin study at Ingalls after her lumpectomy, with the hope that the clinical trial will help her beat breast cancer. "If the study I'm doing is going to help other women in the future, that's great," Winni, a survivor of both cervical and skin cancers, added.



"Giving up is not an option for me. Those things that happen to us in life are going to happen. Staying positive helps us to get through it."

For more information about these and other cancer research studies at Ingalls, call 708.915.HOPE (4673).



Cancer Care

Well Respected. Well Connected.™

Husband and Wife Team Dance Like a Couple Half Their Age

Harry and Mary Stokes of Hazel Crest were “in the mood” to dance at the Ingalls Advanced Orthopedic Institute Alumni Club’s first-ever dance party in September, and it showed! The energetic husband-and-wife team cut a rug like a couple half their age and walked away winners of the event’s dance contest!

Their winning song: Glenn Miller’s In the Mood, the number-one big band hit of the 1940s and the Stokes’ personal favorite.

Harry, 91 and Mary, 87, were understandably proud of the award and owe some of their success to knee replacement surgery Harry underwent at Ingalls a year earlier. Before orthopedic surgeon Daniel Weber, M.D., replaced Harry’s left knee, the retired Santa Fe Railroad bridge designer struggled with pain.

“We never really stopped dancing,” Mary adds, “but Harry had a lot of pain in his knee.”

That’s not the case now, though.

“It’s much easier for me to dance than it was before the surgery,” Harry admits. “I would definitely recommend Dr. Weber and Ingalls.”

Mary, who choreographs many of the couple’s dances, says her favorite style is the tango, while Harry prefers the quick step.

The dynamic duo has enjoyed seven decades of dancing together. They met in the 1940s when big band was king. In fact, Harry played in a big band.

“When we first met, we became partners in rollerskating/dancing,” Mary explains. Though they eventually switched to ballroom-style dancing, the couple remains devoted to dance—and to each other. They’ve even studied dance professionally. Each week, Harry and Mary venture out to area dance venues to enjoy their fancy footwork.

“Dancing keeps you young,” Mary adds. “It keeps you physically fit and your brain active. It’s what we love to do.”



If joint pain is keeping you off the dance floor or away from other activities, call 708.915.PAIN (7246) for more information or a referral to an orthopedic surgeon on staff at the Ingalls Advanced Orthopedic Institute.





InQuicker Gets ‘High Marks’ from Flossmoor Teacher

Flossmoor first-grade teacher Emily Brodsky was juggling a demanding work schedule with a lengthy commute to Flossmoor from Chicago each day, and she admits she was guilty of doing what a lot of busy people do. She put off going to the doctor when the problem first started.

“My left ear had been bothering me on and off, but then one Friday morning, I woke up and the pain was just horrible. It had spread to my jaw, and I was almost in tears.”

When her regular doctor was unavailable, Emily remembered Ingalls Urgent Aid Center in Flossmoor. Already at school for the day, Emily made an immediate appointment using the *InQuicker* system on her smart phone.

“I got in right at 9 a.m., saw the doctor, and I was already getting my prescription filled in the Ingalls Pharmacy by 9:40 a.m.,” she said, and a few minutes later, she was back at school, ready to greet her 24 energetic students.

“It was a very positive experience; I would definitely go back again,” Emily says.

Introduced in 2010, *InQuicker* is an innovative online registration and check-in service at the Ingalls Urgent Aid Centers in Flossmoor, Calumet City and Tinley Park. Like its name suggests, *InQuicker* makes a lengthy wait in an emergency department a thing of the past by allowing patients with non-life-threatening illnesses or injuries to schedule their urgent aid visits online.

“Then, instead of spending their valuable time in a waiting room, they can wait in the comfort and convenience of their own home or workplace,” explains Michael Hicks, vice president of operations.

And as Emily discovered, *InQuicker* works on smartphones, too; so you can make an appointment while you’re at work or on the train.

Then, once you arrive at your designated time at an Ingalls Urgent Aid Center, Ingalls guarantees that you’ll be seen within 15 minutes or less by a healthcare professional.

“We know people have better ways to spend their time,” Michael added.

As an extension of Ingalls Memorial Hospital’s Emergency Department, Ingalls 24-Hour Urgent Aid Centers specialize in treating low-level, non-life-threatening illnesses and injuries in patients of all ages, from newborns through older adults. Each center is equipped with on-site laboratories, X-ray, CT and MRI capabilities, assuring prompt diagnosis, evaluation and treatment.

For more information about the *InQuicker* online registration and check-in system, visit www.ingalls.org/InQuicker, and click on the Ingalls Urgent Aid location of your choice.

Sleeping Like a Baby at Night: Harvey Toddler Gets Relief from Chronic Ear Infections and Enlarged Adenoids

By age five, most every child will have had at least one painful ear infection, but when ear infections and/or fluid in the middle ear become a chronic problem leading to other issues, such as hearing loss or behavior and speech problems, other measures may be needed.

For two-year-old Alexis Leverette of Harvey, six ear infections in as many months meant non-stop doctor visits and antibiotics. To make matters worse, her father Kevin says Alexis snored and displayed heavy breathing at night. "My wife and I were very worried," he said.

After researching ear, nose and throat specialists online, Kevin contacted Sherry Fishkin, M.D., ear, nose and throat specialist on staff at Ingalls, who diagnosed chronic middle ear infections and enlarged adenoids.

An audiogram showed that Alexis' hearing was comprised by the recurrent infections too, which, in turn, affected her speech. Dr. Fishkin recommended removal of the adenoids to improve Alexis' breathing and the insertion of ear tubes to drain the fluid from her middle ear.

"Ear tubes are often recommended when a patient experiences recurrent middle ear infection or has hearing loss caused by the persistent presence of middle ear fluid," Dr. Fishkin explained. Ear tubes are inserted through an outpatient surgical procedure that usually lasts less than 15 minutes, and patients awaken quickly.

Alexis underwent the combination outpatient procedure at Ingalls in October and experienced immediate improvements in her breathing and hearing.



"Alexis is doing well now. Her snoring has improved and hearing has normalized," Dr. Fishkin said.

"Alexis is sleeping like a baby at night," Kevin added. "She's active and the pronunciation of her words is much better. She's singing all the time. Dr. Fishkin was a miracle worker. My wife and I couldn't be happier."

For more information or a referral to an ear, nose and throat specialist, call Ingalls Care Connection at 708.915.CARE (2273).

Troubling Varicose Veins a Thing of the Past for Richton Park Woman

Varicose veins of the legs can cause a variety of troubling symptoms: throbbing, swelling and burning, not to mention the twisted, bulging appearance that usually accompanies them.

For Samica Brickford of Richton Park, one symptom stands out in her mind. “I had the sensation of something crawling up my leg,” the 45-year-old kindergarten teacher explains. “One time I was standing up giving a presentation, and I kept reaching down to brush something off my leg. But there wasn’t anything there. It was very embarrassing.”

Samica experienced several other uncomfortable symptoms, too. “As a kindergarten teacher, I need to stand, I need to dance, I need to run,” she said. “Sometimes the pain was so bad, I couldn’t walk.”

Eventually, Samica decided she’d had enough and called the experts at the Advanced Vein and Vascular Center, located at Ingalls Family Care Center in Tinley Park.

Her first visit with interventional radiologist Kevin Keele, M.D., involved what’s called a “vein mapping” procedure, where a painless Doppler ultrasound study of the affected leg determines which treatment would be most effective.



After studying Samica’s results, Dr. Keele recommended a laser vein ablation, in which laser or radiofrequency energy is applied to the inside of the vein and seals it closed.

“Once the diseased vein is closed, other healthy veins take over to carry blood from the leg, re-establishing normal flow,” Dr. Keele explained.

“I was kind of scared to make the first appointment,” she admits, “but once I had it done, I realized there wasn’t anything to be afraid of.”

Less than a week after Samica had the procedure, she was back to work. And a week after that, she was back to her favorite physical activity: karate. “I’m a very active person,” she adds. “Before the procedure, it was hard to stand and kick. Now, I have no problems at all.”

For more information about varicose vein treatment, call the Advanced Vein and Vascular Center at 708.915.7518.

About Varicose Veins

Varicose veins are bulging superficial veins that can be felt beneath the skin, generally larger than 3-mm in diameter, and they affect half of all people over age 50. They are usually located on the inside of the calf or thigh and develop due to weakness of the vein wall and loss of valve function. Under the pressure of gravity, they continue to enlarge, and in the course of time, they may become elongated, twisted, pouched and thickened.

Injections for Back Pain Keeps Tinley Park Couple Mobile

Back pain is one of the most frequent medical complaints in the United States, affecting eight out of 10 people at some point in their lives.

“Back pain can range from a dull, constant ache to a sudden, sharp pain,” explains Howard Robinson, M.D., board-certified physiatrist and pain management specialist on staff at Ingalls. “Acute back pain comes on suddenly and usually lasts from a few days to a few weeks. Back pain is called ‘chronic’ if it lasts for more than three months.”

For the last 10 years, Dominick and Frances Mazza have received pain injections from Dr. Robinson at his Harvey office. Frances, 77, explains, “If it weren’t for the injections, I’d be in a wheelchair.” And for a doting mother and grandmother, that’s out of the question. “My children and grandchildren are my life,” she adds. “I never turn them down for babysitting.”

Back pain disappears almost immediately after a successful pain block, and relief usually lasts several months. “Dr. Robinson gets me through,” she adds. “I thank God for him.”

Dominick, a retired steelworker and welder, struggled with back pain for years. When the pain got really bad, “I was starting to drag my leg,” he said. After seeing a pain specialist at another hospital, Dominick was referred to Dr. Robinson, and it has made all the difference in the world.

“The other doctor gave me an epidural but didn’t use X-ray to find the exact location in my spine,” he explained. “He would find the spot with his hands, but that didn’t always work. Dr. Robinson always uses X-ray, and the difference is unbelievable.”

“Studies have shown that the use of X-ray to guide the needle into the epidural space is more effective than without,” Dr. Robinson explains.

“Dr. Robinson is a very caring person,” Dominick adds. “Since I’ve been seeing him, I haven’t been in a wheelchair. I highly recommend him. He’s done wonders for my wife and I.”

For more information, call 708.915.PAIN (7246).



Special C-PAP Device Controls Tinley Park Woman's Sleep Apnea

When Nancy Lueder's family broke the news that her chronic snoring was keeping them up at night, the 48-year-old Tinley Park woman refused to believe them at first.

But then again, she seldom felt refreshed when she awoke in the morning. Then there were the frequent choking spells that woke her up at night. Daytime sleepiness, frequent naps and low energy were starting to take their toll. Nancy finally admitted she might have a sleep disorder.

After a visit with her primary care doctor, Angelo Tsakopoulos, M.D., Nancy scheduled a consultation with the Ingalls Sleep Center in Tinley Park, where Bsher Touleimat, M.D., board-certified sleep specialist and pulmonologist, ordered a professional sleep study.

"When I went in for the study, I thought I slept the whole night through," she said. "But when I got the results, I had slept for only two hours and stopped breathing almost 100 times. It really scared me."



Neurophysiology tech, Aaron Sturgill, prepares Nancy for her sleep study.

Nancy was diagnosed with sleep apnea, a potentially serious sleep disorder in which breathing repeatedly stops and starts. The most common symptoms are loud snoring and feeling tired after a full night's sleep.

For milder cases of sleep apnea, doctors often recommend weight loss and sleeping on your side. Because Nancy had more severe sleep apnea, Dr. Touleimat recommended a C-PAP (continuous positive airway pressure) machine, which delivers pressurized air into the nose via a mask, keeping the airway open and unobstructed.

The only problem: Nancy wasn't comfortable wearing a mask. So technicians at the Ingalls Sleep Center fitted her with a special nasal pillow mask that fits in the nostrils instead of over her nose.

"I have a fear of masks," she said. "I don't like anything covering my face. This works great. It's two little pieces of plastic that fit inside my nose." Within weeks, Nancy said she felt like a new woman. Four years later, she can't imagine her life without it. "I don't snore anymore, and I've got so much more energy," she said. "I use it every single night. I'm a completely different person."



Dr. Touleimat and Nancy discuss the results of her sleep study.

For more information about sleep disorders and treatments, call Ingalls Care Connection at 1.800.221.2199 or visit us on the web at www.Ingalls.org/Sleep.

Ingalls Hyperbaric and Wound Center physicians, Daniel Vandenberg, Bohdan Iwanetz, Michael Romberg and Dale Brink.



Hyperbaric Oxygen Therapy Saves Oak Lawn Man's Foot

Richard Bogacki, 53, made the choice to get a second opinion from the Ingalls Hyperbaric & Wound Center in 2011. If he hadn't, he might have lost his toes, his foot, or even his life.



Richard Bogacki

In 2011, Richard, a diabetic, developed a foot ulcer that led to a serious infection. "I went to see a specialist who wanted to cut off all my toes," Richard recalls. "Of course, I went for a second opinion," which brought him to the Ingalls Hyperbaric & Wound Center in Harvey. "Dr. Vandenberg and Dr. Brink talked me into hyperbaric therapy," he said.

"Diabetic foot wounds are some of the most common conditions treated with hyperbaric oxygen therapy (HBOT) at Ingalls," explains Dale Brink, D.P.M., wound-care-certified podiatrist at Ingalls.

"Fifty percent of all lower extremity amputations in the U.S. are due to diabetes," Dr. Brink said, "and many diabetics suffer circulatory disorders that create inadequate levels of oxygen to support healing of those wounds."

One morning during his wound treatment, Richard woke up feeling very under the weather, but his wife encouraged him to keep his appointment for the day

anyway. "Dr. Vandenberg knew something was wrong as soon as he saw me. He took me directly to the Ingalls Emergency Department," he said.

As it turned out, the wire used to close his chest after a previous bypass surgery had become infected, and Richard needed emergency surgery to prevent the infection's spread.

"They saved my life that day," Richard adds. "They caught it just in time. I'm so grateful to them and to Ingalls Hospital."

In the end, doctors at Ingalls were able to save all but one of Richard's toes – a far cry from his first medical opinion, which recommended amputating all of them.

"I won't go to any other hospital but Ingalls," Richard adds. "I live in Oak Lawn, and Ingalls is a drive, but it's so worth it. They really care about me. They're like family. I'd get an Ingalls tattoo if I could."

For more information, call the Ingalls Wound Center at 708.915.5585.

Ingalls Progress is created to provide healthcare information to the residents of Chicago's South Suburbs.

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- > **Ingalls Family Care Center, Matteson**
(Route 30 east of Cicero)
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- > **Ingalls Family Care Center, Tinley Park**
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