

When every second counts...

Trust Ingalls Stroke Center of Excellence

ANNUAL REPORT ISSUE

- > Ingalls offers multiple treatment options for prostate cancer
- > Botox treatments help treat neurological disorders
- > Ingalls cardiac experts touch patients' lives
- > Pulmonary Rehabilitation Program reduces number and length of hospital stays



We bring care to your neighborhood

Ingalls has the most extensive network of outpatient care centers in the South Suburbs. Wherever you live or work, you'll find an Ingalls facility nearby:

- > **Ingalls Memorial Hospital**
One Ingalls Drive
Harvey, IL 60426
708.333.2300
- > **Ingalls Family Care Center, Calumet City**
1600 Torrence Avenue
Calumet City, IL 60409
708.730.1300
- > **Ingalls Family Care Center, Flossmoor**
19550 Governors Highway
Flossmoor, IL 60422
708.799.8400
- > **Ingalls Family Care Center, Matteson**
4647 W. Lincoln Highway
Matteson, IL 60443
708.747.7720
- > **Ingalls Family Care Center, Tinley Park**
6701 W. 159th Street
Tinley Park, IL 60477
708.429.3300
- > **Ingalls Center for Outpatient Rehabilitation (ICOR)**
1551 Huntington Drive
Calumet City, IL 60409
708.862.5500
- > **Ingalls Home Care**
708.331.0226
- > **Ingalls Cancer Care Centers**
Harvey – 708.915.6620
Tinley Park – 708.915.7800
- > **Ingalls Same Day Surgery**
6701 W. 159th Street
Tinley Park, IL 60477
708.429.0222
- > **Ingalls Wellness Center**
(H-F Racquet & Fitness Club)
2920 W. 183rd Street
Homewood, IL 60430
708.206.0072
- > **Ingalls Care Connection**
Information and Referral Line
1.800.221.2199

News Briefs

Geriatric Specialist Publishes Book



Cheryl Woodson, M.D., has written a book entitled *To Survive Caregiving: A Daughter's Experience, A Doctor's Advice on Finding Hope, Help and Health*.

In her book, Dr. Woodson draws heavily from her experience as a caregiver to her mother, who passed away in 2003 from Alzheimer's disease. As a doctor, wife and mother of two

young children, Dr. Woodson struggled with the countless demands she faced everyday. "The process of writing this has truly been a labor of love," she said. "It is based on what I've learned over the years from caregiving and from caregivers." <

Ingalls First in Area to Offer IGRT to Improve Cancer Treatment

Cancer patients at the Ingalls Cancer Care Center in Tinley Park now have a powerful new weapon at their disposal in the fight against this disease. It's called **image-guided radiation therapy (IGRT)**, and it helps doctors locate and target tumors with unprecedented speed and precision.

Ingalls is the first in the South Suburbs to offer IGRT, which allows doctors to target tumors more accurately and adjust patients' positioning immediately prior to treatment.

"Tumors are not stationary; they move between and during treatments," said Robert Share, M.D., board-certified radiation oncologist on staff at Ingalls. "IGRT uses daily CT scanning to pinpoint the exact size and location of the tumor."

IGRT complements intensity-modulated radiation therapy, or IMRT, which helps doctors contour radiation around tumors and away from healthy tissue. This increased precision leads to more precise treatment and higher cure rates. <

Ingalls Partners with University of Chicago Neonatologists

Sometimes little patients face big challenges. That's why Ingalls Health System has partnered with neonatologists from the University of Chicago Comer Children's Hospital.

Comprehensive neonatal care is available for all high-risk deliveries at Ingalls, 24 hours a day, seven days a week.

Neonatologists attend all high-risk deliveries and perform assessment, resuscitation and stabilization measures as needed, and they are also available to consult with physicians on the care of ill newborns.

"We are pleased to partner with the University of Chicago Comer Children's Hospital," said Doreen Finn, R.N., director of Women's and Children's Health at Ingalls. <



Stephanie Schaeffer, R.N., Diane Luif, and Jennifer Flanagan, C.N.A.

COVER STORY

Every second counts during a stroke

Lynwood woman trusts Ingalls with her care

Fifty-year-old Diane Luif of Lynwood is living proof that every second counts during a stroke. Luif was on her way to a Saturday evening dinner with her husband, George, and twin daughters, Cheryl and Jodi, 22, last year when she began slurring her speech. Cheryl, who is studying to be a physical therapist, became alarmed at her mother's behavior and told her father to take Luif to Ingalls.

"I love Ingalls," Luif said. "I had my twins there, received breast cancer treatment there, and feel really comfortable there." Fortunately for Luif, Ingalls is also a leader in stroke care.

In fact, Ingalls is so committed to the early treatment and prevention of stroke that it developed a Stroke Center of

Excellence in the fall of 2005. In addition to integrating the services of the Emergency Department, Nursing, Radiology, Laboratory, Pharmacy, Emergency Medical Services and Rehabilitation into the stroke continuum of care, Ingalls implemented a stroke protocol to ensure that stroke patients are diagnosed and treated as quickly as possible.

"When we got to Ingalls, I couldn't get out of the car," Luif remembered. "I couldn't bear any weight on my left side."

Luif was immediately taken for a CT (computerized tomography) scan of her head, which revealed no signs of an acute stroke. She was admitted to the hospital's designated Stroke Unit for further management and evaluation. During the hospital stay, her symptoms seemingly disappeared.

"I was scheduled for an MRI (magnetic resonance imaging) and MRA (magnetic resonance angiogram) study Monday morning, but I was feeling well. When they came to get me for the MRI, I got up out of bed and went right down. My left side was paralyzed."

A quick-thinking Certified Nursing Assistant at Ingalls named Jennifer Flanagan was in Luif's room at the time and quickly activated the hospital's stroke protocol. Within minutes, Luif underwent the MRI, which confirmed a stroke. She was evaluated by Engin Yilmaz, M.D., a board-certified neurologist on staff at Ingalls.

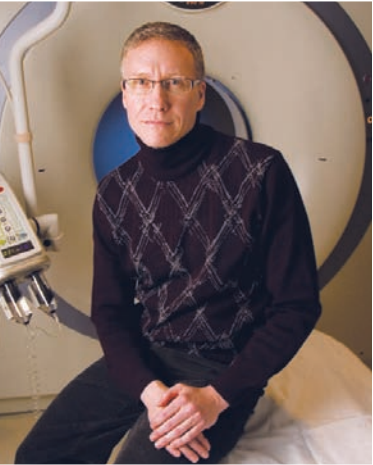
"A stroke, or brain attack, is caused by the sudden loss of blood flow to the brain or bleeding inside the head. This damage can cause paralysis, speech problems, loss of feeling, memory and reasoning problems, coma and possibly death," Dr. Yilmaz explained.

In Luif's case, the quick action not only saved her life, it spared her permanent disability. Just days after her stroke, she was discharged and began rehabilitation at Ingalls Center for Outpatient Rehabilitation (ICOR) in Calumet City.

Today, she is fully functional and experiences slight weakness on her left side only when she is tired. "It was such a blessing that I was right where I needed to be when this happened," she said. "I'm proof that every second counts when you're having a stroke." <



Ingalls Stroke Protocol Team (l to r): Ingalls physical therapists Krystine Dettlaff, LaShawn Medlin and Allison Ramon with Dr. Juan Valdez, physiatrist; Maureen Hughes, Ingalls Stroke Center, and Leslie Padden, Ingalls Care Management; Dr. Michael Wilczynski, radiologist.



Know the warning signs of a stroke

- Look for these signs and symptoms:
- > 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 (frequently indicates a bleeding-type stroke)

What to remember if a stroke occurs:

Not all warning signs occur in every stroke. Don't ignore signs of stroke, even if they go away.

Check the time. When did the first symptom start? You'll be asked this important question later. If you or someone with you has one or more stroke symptoms that last more than a few minutes, call 911 or the emergency medical services (EMS) number so an ambulance can quickly be sent to you. <

Early testing and advanced treatments benefit Ingalls patients

As the leading provider of cancer care services in the South Suburbs, Ingalls is helping more people fight cancer than any other hospital in the area. With access to a team of nationally recognized cancer experts, innovative, in-depth programs and treatments and the latest ground-breaking research studies, Ingalls has the resources to give you the care you deserve.

Prostate seed implants effective for treating early-stage prostate cancer

Prostate brachytherapy – the placement of tiny radioactive seeds in the prostate gland – is one of the most highly effective and fastest-growing treatment options for patients diagnosed with early-stage prostate cancer. In fact, nearly half of all American men now choose this treatment option over surgical removal of the prostate gland (radical prostatectomy) or external beam radiation.



John Bresingham

Prostate seed implants are now available at Ingalls Cancer Care Centers in Harvey and Tinley Park. Seventy-year-old John Bresingham of Homer Glen was among the first patients to receive the treatment several years ago.

An attorney, Bresingham recently received the good news from David Raminski, D.O., that after five years, he’s cancer-free. A board-certified urologist on staff at Ingalls, Dr. Raminski implanted the radioactive seeds in Bresingham in 2001.

“The goal of prostate brachytherapy is to kill cancer cells with radiation while preserving healthy tissue,” Dr. Raminski explained. “The tiny radioactive seeds, which are about the size of rice grains, target the tumor while minimizing the overall area exposed to radiation.”

About 100 radioactive seeds are injected into the prostate, while the patient is under anesthesia, through tiny ultrasound-guided needles. Each seed emits an intense amount of radiation, but only to an area about the size of a small marble. One year after implantation, the radioactivity is virtually gone.

“Prostate brachytherapy is an attractive alternative for men whose cancer has not spread outside the prostate gland or for men whose poor health or age precludes radical prostatectomy,” Dr. Raminski said.

Bresingham is one of a growing number of men who chose brachytherapy when faced with a diagnosis of early-stage prostate cancer.

“It was definitely preferable to radical prostatectomy,” Bresingham said. “I was thrilled that I had an option. I had no problems whatsoever and no side effects.”

In his spare time, Bresingham enjoys golf and other exercise, and he was able to continue those activities while he was undergoing treatment. “I didn’t miss much work, and I would highly recommend it to other men facing the same diagnosis of early-stage prostate cancer,” he said.

Young Lynwood man benefits from PSA test at Ingalls

For 35-year-old Frank Johnson of Lynwood, cancer wasn’t even on the radar screen.

But a diligent doctor on staff at Ingalls ordered a prostate-specific antigen (PSA) test during a physical examination this past spring, and the shocking diagnosis came back: early-stage prostate cancer.

Prostate cancer is extremely rare in men under age 40, affecting only 1 in 10,000 men. However, the rate shoots up to 1 in 38 men for ages 40 to 59, and 1 in 14 for ages 60 to 69, according to the Prostate Cancer Foundation.

Johnson’s troubles began when he started urinating frequently, even when he hadn’t consumed a lot of fluid. At his wife’s urging, Johnson made an appointment to see his doctor, Bella Prospero, M.D., a board-certified internal medicine specialist on staff at Ingalls.

“My wife’s a nurse and thought I might have diabetes because of the frequent urination,” Johnson, now 36, explained. “Thankfully, Dr. Prospero decided to screen for prostate cancer too. I was shocked when I was told I had cancer.”

Screening for prostate cancer in men under age 40 is very rare. In fact, annual screening for prostate cancer is usually recommended for men age 50 and over. In Johnson’s case, that may have been too late, and, in all likelihood, his prostate cancer would have spread.

“The American Cancer Society recommends that both the PSA and digital rectal exam be offered annually, beginning at age 50,” explained Rajesh Patel, M.D., board-certified urologist on staff at Ingalls. “For men at high risk, such as African Americans and men with a strong family history of diagnosis, they recommend testing beginning at age 40.”

Dr. Patel and his partner, Dr. Rao Uppuluri, removed Johnson’s cancerous prostate gland in July using a nerve-sparing technique.

Because Johnson’s cancer was caught early, it had not spread to other tissue or organs. His prognosis is excellent, although he will need to have PSA tests done frequently over the next several years.

“More than 230,000 men in the United States will be diagnosed with prostate cancer this year,” Dr. Patel said. “The sooner it’s caught, the more successfully it can be treated.” <



Frank Johnson and Dr. Rajesh Patel

Prostate cancer symptoms

Some men will experience symptoms that might indicate the presence of prostate cancer, including:

- > A need to urinate frequently, especially at night
- > Painful, burning or interrupted urination
- > Difficulty in having an erection or painful ejaculation
- > Blood in urine or semen
- > Frequent pain or stiffness in the lower back, hips or upper thighs

These symptoms can also indicate the presence of other diseases or disorders. Visit a doctor to determine the underlying cause of your symptoms.

See your physician for more information about your risk for prostate cancer, or call Ingalls Care Connection for a physician referral at 1.800.221.2199.

Cancer patients with the most common type of lung cancer, like Lorraine Pivarski of Crete, now have another treatment option.

Cancer patient beating the odds with targeted drug available at Ingalls

According to the American Cancer Society, a recent study of patients with locally advanced and metastatic lung cancer showed that those who took Tarceva lived a few months longer than those who had taken a placebo.

The targeted cancer drug known as ertolinib and marketed as Tarceva by Genentech has been shown to help patients live longer.

Tarceva, one of many targeted therapies available through the Ingalls cancer program, has been approved for use in patients with non-small cell lung cancer who have not responded to other treatments. Ingalls is one of the only hospitals in the area that participated in clinical research that helped bring this important cancer therapy to the market.

“New molecular and genetic understanding of the biology of cancerous tumors has led researchers to develop sophisticated drugs that specifically target and destroy cancer cells, which are molecularly different from normal cells,” explained Mark Kozloff, M.D., hematologist/oncologist on staff at Ingalls.

“Although the survival benefit seems small, it is significant to both patients and their loved ones,” Dr. Kozloff said. For Pivarski, the benefit has been great. An active mother, grandmother and registered nurse, she was diagnosed with advanced non-small cell lung cancer in the summer of 2003.

“I was becoming increasingly breathless with very little activity, and I didn’t know what it was,” she explained.

Pivarski had an echocardiogram which detected an arrhythmia caused by fluid around her heart. A biopsy showed lung cancer located in the upper portion of the right lung and several nearby lymph nodes.

Following chemotherapy and external beam radiation in May of 2004, Pivarski began taking Iressa, another targeted therapy that has been



Dr. Mark Kozloff and patient, Lorraine Pivarski

indicated for patients with non-small cell lung cancer. The treatment worked for her for nearly two years, but in May 2006, CT scans showed a growth in her cancer. That’s when Dr. Kozloff recommended Tarceva, a medication taken once a day by mouth.

Despite some side effects, Pivarski has continued working as a registered nurse three days a week. She also enjoys traveling, going to dinner with friends and helping to care for her grandchildren, whom she often takes to school.

“The disease is very difficult to treat in most people,” Dr. Kozloff said. “With the advent of targeted therapies like Tarceva, physicians can now offer patients a new option.”

“I’ve maintained a normal life,” Pivarski said, “and I’m forever grateful to Dr. Kozloff and to Ingalls.” <

Ingalls Physical Therapy now offers **underwater treadmill system**

Lynne Carman of Oak Forest doesn't mind going to her physical therapy appointments at 7 a.m. She actually looks forward to them. That's because she is walking pain-free, surrounded by soothing 94-degree water, able to move her injured right ankle easier than she has in days.



John Joyce, physical therapist, adjusts the treadmill speed during Lynne Carman's therapy session.

The new Hydro Track underwater treadmill exercise system recently installed at Ingalls Family Care Center in Flossmoor has helped Carman and other injured patients significantly speed their recovery.

"Exercising in water is ideal because there are so many benefits," explained Lynne Pavlatos, coordinator of rehab services at the Flossmoor facility. "No other method of weight-bearing exercise can create the low-level of impact found with aquatic exercise."

"It's amazing what I can do in the water," Carman said. "The water relaxes all the muscles in my ankle and makes it easier to move. Therapy is a piece of cake."

"Most patients will benefit from this kind of therapy," Pavlatos noted. "The Hydro Track is also ideal for teaching movement in the water to children with developmental delays such as cerebral palsy." Additionally, aquatic physical therapy is a great way to improve circulation, increase strength and reduce stress on joints during exercise.

The Hydro Track system at Ingalls has a unique foyer design, allowing a patient to enter the unit with just a small step. The foyer is filled, equalizing the water height with that of the exercise chamber.

Physical therapy services require a physician referral. <

Neurologist at Ingalls uses **Botox to treat neurological disorders**

Several years before Botox began smoothing out the fine lines of aging, it was used to successfully treat muscle spasms, migraine headaches and a variety of neurological conditions.

"Botox works by stopping nerves from releasing acetylcholine, a substance that transmits messages from nerves to muscles," explained Engin Yilmaz, M.D., board-certified neurologist on staff at Ingalls. "When too much is released, muscles become overly active and tense up. With Botox therapy, muscle spasms stop or are greatly reduced."

Sixty-two-year-old Joyce Kovalsky was diagnosed with cervical dystonia in 1997, but says she suffered from neck pain and uncontrollable muscle spasms since the age of 18.



Annie Sneed, Dr. Engin Yilmaz and Joyce Kovalsky

"For many years, there was nothing they could do about it," she said.

"Cervical dystonia forces the head and neck into movements or positions that are painful and awkward and often interfere with normal daily activities," Dr. Yilmaz explained.

After a Botox treatment, many patients with cervical dystonia experience up to three months of relief from pain and muscle spasms. "From the very first treatment, the pain became something that I could live with," Kovalsky said.

Annie Sneed, 77, of Calumet City has also been receiving Botox injections from Dr. Yilmaz to control facial spasms, which she says are likely the result of a mini-stroke she suffered five years ago.

"My face jumps and quivers, and my mouth twists, but the Botox really helps," she explained. Like Kovalsky, Sneed receives injections every three months and experiences relief within days of the injection. "Sometimes, it lasts longer than two or three months," she added.

In his medical practice, Dr. Yilmaz uses Botox to treat migraine headaches and spastic disorders associated with injury or diseases of the central nervous system, including trauma, stroke, multiple sclerosis and cerebral palsy. Many insurance plans, including Medicare and Medicaid, cover the cost of Botox treatments for a variety of medical conditions.

"I was attracted to Ingalls because of its ranking as one of the nation's top hospitals in *U.S. News & World Report*. I'm very pleased and Dr. Yilmaz has been very knowledgeable about my condition."

– Joyce Kovalsky

In the mid-1990s, the FDA approved the use of Botox to treat muscle disorders and in 2000, a Canadian ophthalmologist noted the side benefit of wrinkle reduction. The cosmetic use of the drug has been widespread since.

For more information, call Ingalls Care Connection at 1.800.221.2199. <

New total knee replacement procedure gets Michigan man back on his feet

Thanks to a revolutionary new surgical navigation system at Ingalls Memorial Hospital, 57-year-old William Randolph of Decatur, Michigan, was back on his feet in record time following his second total knee replacement surgery in November.



Dr. David Smith

Ingalls recently invested in an upgrade to its Stryker Knee Navigation "Smart System," which enables doctors to more precisely align a knee implant through computer-assisted imaging. "As with any moving part, alignment is key to smooth movement and long-term wear, just as wheel alignment affects the life of automobile

tires," explained David Smith, M.D., board-certified orthopedic surgeon at Ingalls, who performed Randolph's surgery.

For years, surgeons have used x-rays, specialized instrumentation, surgical techniques and experience to ensure a proper fit and alignment of the knee implant. While these technologies have served surgeons and their patients well, research has shown that increased accuracy is extremely important to the long-term outcome of a knee replacement.

While the medical and computer science behind the knee navigation system is extremely complex, the

system is relatively easy for surgeons to use. Data is gathered wirelessly and translated into real-time images that provide the surgeon with a comprehensive understanding of the knee mechanics before any bone is cut. The surgeon can make pre- and inter-operative adjustments to within a fraction of a degree, helping to ensure the best possible fit and placement of the knee prosthesis.

"With the new system, we have the opportunity to give a patient a new knee that has increased strength, stability and range of motion," Dr. Smith said. For Randolph, that meant a quicker recovery, less post-operative pain, improved joint stability and a better result overall.

This is the second total knee replacement that Randolph has undergone within the last three years. His first, on his injured right knee, was done without the navigation system.

"I'm at a better point in recovery within the first two months after this surgery than I was after four to five months with the first surgery," Randolph said. "I also went through five months of rehabilitation with my right knee and had to wear a special brace at night. That's not the case with my left knee."

Randolph, who lives in the Sister Lakes area of Michigan, is looking forward to resuming workouts at the gym, shopping with his wife and walking around the lake this spring.

For more information about the latest advances in orthopedic materials, technologies and procedures at Ingalls, please call Ingalls Care Connection at 1.800.221.2199, or visit us on the web at www.ingallshealthsystem.org. <

Joint Replacement technology for every type of knee at Ingalls

Over the last 25 years, major advancements in artificial knee replacement have greatly improved the outcome of surgery.

- > **Gender-specific knee replacement**
Surgeons at Ingalls now offer the Zimmer® Gender Solutions™ Knee that matches a woman's shape and size for a better fit.
- > **Computer-assisted surgical navigation**
Computer-assisted surgery uses visual mapping to help surgeons align the patient's bones and joint implants with a degree of accuracy not possible with the naked eye.
- > **Trabecular metal**
The cellular structure of Trabecular metal resembles bone and approximates its physical and mechanical properties more closely than other prosthetic materials.
- > **Partial knee replacement**
Partial knee replacement surgery is a minimally invasive procedure to replace one of the knee's three main parts to restore function. <

Let the cardiac experts at Ingalls ‘touch your heart’

When it comes to superior heart care, you're in good hands at Ingalls Memorial Hospital.

Our comprehensive cardiac care program boasts some of the most advanced services and technology in the South Suburbs, from prevention and early diagnosis to treatment and rehabilitation.

Services include sophisticated open-heart surgeries, minimally invasive interventional procedures in one of the area's only digitized cardiac catheterization laboratories, 64-slice CT scanning for non-invasive cardiac imaging and comprehensive cardiac rehabilitation following treatment.

If you or a loved one needs cardiac care, let the experts at Ingalls touch your heart.



Gary Dingle of Homewood
As a competitive, nationally ranked power-lifting champ, Gary Dingle knew that a certain amount of aches and pains were part of the drill. But the discomfort he felt last summer while working out stopped him in his tracks.

“Right after cardio, I'd get pains in my chest,” the 55-year-old computer specialist said. “I'm used to a certain amount of discomfort, but this pain was unusual.”

Dingle found that when he walked on a treadmill for five or six minutes, the pain would start. When he stopped exercising, it would go away.

Dingle went to his doctor who recommended a cardiac

catheterization. After two stent procedures, Dingle eventually underwent triple bypass at Ingalls in November. The surgery was performed by Bryan K. Lee, M.D., board-certified cardiovascular surgeon on staff at Ingalls. Comprehensive cardiac rehabilitation at Ingalls followed.

Today, the power-lifting champ is back on his feet and touts the benefits of exercise and eating right. “I'm not sure if I'll go back to power-lifting, but I will continue to exercise,” he said. “My advice to others is to stay active, eat right and listen to your body.”



Maria Salcedo of Chicago
Maria Salcedo is a busy wife and mother of three, who was diagnosed with gestational diabetes during one of her pregnancies several years ago. She later became a full-fledged diabetic and has also battled high blood pressure for several years.

Last November, Salcedo had difficulty catching her breath. Initially, her doctor diagnosed her with asthma and prescribed medication. When the

condition worsened, her husband Enrique took her to the emergency department of a hospital near their Chicago home.

An angiogram diagnosed three blocked arteries, and doctors there referred Salcedo to the heart program at Ingalls for treatment. In November, Dr. Lee performed triple-bypass surgery. Less than one week later, Salcedo was recovering comfortably at home, and today, she's back to being a busy mom.

“I feel completely different,” she said. “I can climb the stairs and walk four blocks to the grocery store and back without any problems. I'm so pleased with my experience at Ingalls.”



Matthew Beck of Schererville, Indiana
When Hurricane Katrina hit in August of 2005, New Orleans resident Matthew Beck packed up his family and headed north. They first traveled to Dallas, then moved to his sister's home in Crete. It was a difficult time, with Beck having to give up his bicycle and lawn mower business.

Eventually, Beck, his wife and son settled in Schererville, Indiana, where he took a job with a large warehouse company. Soon after, Beck began having trouble sleeping. “I felt like I was being smothered,” he said. “I had to sleep sitting in a chair.”

Thinking it might be gastroesophageal reflux disease, Beck went to a gastroenterologist. But Beck's problem wasn't heartburn; it was his heart. A leaking valve and worn-out aortic root were causing fluid to accumulate in his lungs, making it difficult for him to breathe at night and during physical exertion at work.

Beck's cardiologist, Imtiaz Hamid, M.D., referred him to Dr. Lee for surgery.

Last October, Dr. Lee performed a complex aortic root replacement and valve repair on Beck with excellent results. Since then, Beck has been eating right and exercising.

“I dodged a bullet, so now I live the best that I can,” he added. “My family and I are forever grateful to Dr. Lee and to Ingalls.”

For more information about Ingalls Cardiac Program, call Ingalls Care Connection at 1.800.221.2199, or visit us on the web at www.ingallshealthsystem.org.

Nutritional counseling changes Homewood woman's life for the better



Individual nutrition counseling at the Ingalls Wellness Center has changed Kristine Todd's life. A size 24 and 230 pounds in August 2005, Todd, 38, now wears a size 8 and weighs 140 pounds. Most importantly, she's eating healthier and exercising — things that she never did before.

“I was raised on fast food and hated to cook,” Todd remembered. “I've always struggled with my weight, but now I'm committed to living healthier.”

Todd worked with a registered dietitian at the Ingalls Wellness Center in Homewood, who gave her a daily caloric goal to meet and educated her about the types of foods that she should be eating.

“She literally had to re-introduce me to food,” Todd says. “We've changed my entire household. We drink green tea and water. We use wheat noodles now. We buy different cooking oils. Everything has changed for the better.”

For example, instead of ordering unhealthy, deep-dish pizza, Todd now makes homemade pizzas with her daughter. Todd, who loves the way she looks and feels, recently opened her own home-organization business. She said that her newfound self-confidence played a big role in that.

For more information about nutrition education and weight loss programs through Ingalls, call the Ingalls Wellness Center at 708.206.0072. <

A full menu of weight-loss programs

Ingalls offers many nutrition and weight management programs to choose from, including a program for overweight children.

- > **Ingalls Healthy Fit Weight Management**, an HMR Program, is for individuals who want to lose between 10 to 100 pounds, or more. The program provides structured diets using meal replacements and places a strong emphasis on physical activity and lifestyle changes.
- > **Healthy Lifestyles Adult Weight Management** offers education about healthy eating, physical activity and behavioral barriers. Weight loss is also accomplished through cooking classes, group activities, and personal goal setting.
- > **KidFit Camp Children's Weight Management Series** is designed for families with children ages nine to 12. This eight-week program addresses food, activity and behavioral challenges. <
- > For individuals preparing for bariatric surgery, Ingalls offers **Solutions**, a monthly class facilitated by a registered dietitian.

Restorative eating program targeting malnourished seniors

Ingalls Home Care has developed a Restorative Eating Program aimed at seniors suffering from malnutrition, especially following an illness or hospitalization.

“According to some estimates, as many as half of all seniors cared for at home suffer from malnutrition,” explained Jill Zaki, administrator for Ingalls Home Care. “But a growing number of active, independent older adults also are malnourished, especially women who live alone, minorities and low-income seniors.”

The most obvious evidence of malnutrition is significant weight loss, usually defined as a loss of five percent body weight or more in a month's time.

The causes of malnutrition seem straightforward: too little food, a diet lacking in nutrients or problems with food absorption. But malnutrition is much more complex, involving physical, emotional and social problems that eventually lead to declining health.

Often, the trigger isn't a single event, but a cascade of problems. Many of the problems are common among people who are aging, including chronic illness, depression, malabsorption of nutrients, prescription medications, difficulty chewing or swallowing, diminished sense of taste or smell, restricted diets, limited income, loneliness or isolation.

“Acute illness or surgery can take a tremendous toll on the health of seniors, when eating simply isn't a priority, and this can lead to malnutrition,” Zaki said. “That's where the Ingalls Home Care Restorative Eating Program can help.”

If you suspect a loved one may be suffering from malnutrition, especially following surgery, hospitalization or illness, the Restorative Eating Program can help restore proper nutrition and good health to the people you care about.

For more information about Ingalls Home Care Restorative Eating Program, call 708.331.0226. <

Dreaming of a good night's sleep?

Call the experts at the Ingalls Sleep Centers

Sleep is more than just a “timeout” from our daily lives. A good night's sleep is as essential to health and well being as diet and exercise. Unfortunately, for more than half of all Americans, a good night's sleep is difficult or even impossible to obtain.

“Obstructive sleep apnea, the most common form of sleep-disordered breathing, is increasingly associated with high blood pressure, depression, irregular heart rhythms, heart disease and stroke,” said Kevin Fagan, M.D., board-certified neurologist and medical director of Ingalls Sleep Centers.

Unfortunately, for many sleep-disorder sufferers, the only clue that something is wrong with their nighttime sleep is daytime sleepiness.

“I would fall asleep in church on Sundays,” explained 71-year-old Marta Marcano of Dolton. “I also wasn't able to drive long distances without getting sleepy.”

Marcano's doctor recommended a sleep study at Ingalls. She was diagnosed with obstructive sleep apnea and doctors recommended a CPAP (continuous positive airway pressure) device to use at night. The device regulates airflow to help keep the airway from closing during sleep. In mild cases, modifications in habits and lifestyle such as weight loss, smoking cessation and changes in sleep hygiene may effectively treat sleeping disorders.

“It's like a lullaby for me,” she said. “I really get a good night's sleep now. I would highly recommend Ingalls Sleep Centers to others who have sleep disorders.”

The Ingalls Sleep Centers — with three convenient locations in Harvey, Tinley Park and Flossmoor — combine the latest diagnostic technology with a home-like atmosphere.

“Chronic problems like snoring, frequent nighttime awakenings, and restless legs or arms can negatively impact your rest, and affect your quality of life and abilities at work,” Dr. Fagan explained.

If you or someone you love has sleep problems, talk to your doctor and let the experts at the Ingalls Sleep Centers perform a detailed evaluation of your sleep. Individuals requiring a sleep study are scheduled during their regular bedtime hours. For more information, please call Ingalls Care Connection at 1.800.221.2199, or visit us on the web at www.ingallshealthsystem.org. <

If you or someone you know suffers severe shortness of breath, can't exercise or is frequently hospitalized because of a chronic lung disease, Ingalls Pulmonary Rehabilitation Program may be able to help.

Breathe easier with pulmonary rehabilitation at Ingalls

“Pulmonary rehabilitation is designed to help individuals with chronic obstructive pulmonary disease (COPD) and other lung disorders control their symptoms, improve their day-to-day activities and function independently,” explained Jerry Itkonen, M.D., board-certified pulmonologist and medical director of Ingalls Pulmonary Rehabilitation Program.

Edward Safford, 64, of Calumet City agrees that pulmonary rehab is a great way to maximize his abilities. Before pulmonary rehabilitation, inactivity and frequent hospitalizations were a regular part of Safford's life. “Since I started the program,” he said, “my doctor said my lung capacity is much better than it was, and I don't sit around anymore.” Safford feels so good, he started his own at-home baking business, making delicious cheesecakes and pound cakes for friends and family.

Safford, who struggled with a variety of health-related problems, including asthma and chronic bronchitis, enrolled in the Phase II program two years ago. Encouraged by his progress, he signed on for Phase III and exercises at the H-F Racquet and Fitness Club four times a week.

“I have to climb three flights of stairs every day at my home,” Safford said. “Before I started the program, I had to stop and catch my breath on each landing. Now, I go straight up, even when I'm carrying groceries.”

Hundreds of patients like Safford have benefited from Ingalls Pulmonary Rehabilitation Program since it was established in 2000. “The program uses a team approach, including respiratory therapists, exercise physiologists and nurses to promote the best possible outcome for patients,” Dr. Itkonen said. “It's very gratifying to see how many individuals have been helped by this program.”

In addition, pulmonary rehabilitation can help reduce the number and length of hospital stays and increase your chances of living longer.

For more information about the Ingalls Pulmonary Rehabilitation Program, please call the Ingalls Wellness Center at 708.206.0072. <



Dr. Jerry Itkonen with Edward Safford

Patients with low vision benefit from treatment, personalized care

Did you know that one in four adults over the age of 75 in the United States has low vision?

That's why Ingalls created a Low Vision Program at the Ingalls Center for Outpatient Rehabilitation (ICOR) in Calumet City.

Developed by Ingalls occupational therapists Barb Cueller, COTA/L, and Tammy Price, OTR/L, and offered in conjunction with the services of a low-vision optometrist from the Chicago Lighthouse, the program helps to make the most of a person's remaining vision, while fostering safety and independence for individuals in their own environments.

“Vision is a complex sense,” explained Price. “While most visual changes can be corrected by glasses, medicine or surgery, visual changes caused by eye disease, poor health or injury can cause permanent vision loss.”

If the loss is total, the result is blindness. If it is partial, the result is a vision impairment known as “low vision.” The most common causes of low vision include macular degeneration, diabetic retinopathy, cataracts, glaucoma, stroke or brain injury.

“Individuals with low vision are not blind; they still have some usable vision, but they may not know how to use their remaining vision to perform their daily living activities,” Cueller added.

LaVerne Grapenthien, 83, of Lansing, said that the resources that she received through the Low Vision Program changed her life.

Shortly after being diagnosed with macular degeneration in both eyes, Grapenthien was referred to the Low Vision Program. Thanks to financial support from the Lions Club in Lansing, Grapenthien not only has a lighted magnifier and a telescope device for watching TV, she also has a closed-circuit television to assist her while she reads and writes.

“I don't know what I would do without all of these aids,” Grapenthien said. “I couldn't read any longer, but the Low Vision Program helped me regain independence that I lost because of my sight.”

Cueller also did an evaluation of Grapenthien's home, placing special marking devices on her oven. “I can get my oven going now and really cook,” she said.

Other resources available through the Low Vision Program include help with transportation, psycho-social support for individuals suffering from depression as a result of their condition, referrals to the Chicago Lighthouse for the visually impaired and local support groups. Most individuals who are referred to the Low Vision Program receive four to six weeks of therapy and support, and in most instances, the program is covered by Medicare. For more information, please call 708.915.4721 <



LaVerne Grapenthien reads with the help of a closed-circuit television device.

Ingalls participating in groundbreaking age-related eye disease study



Dr. David Orth

The Irwin Retina Center at Ingalls has been chosen to participate in the Age Related Eye Disease Study 2 (AREDS 2), sponsored by the National Eye Institute — National Institutes of Health.

The goal of the randomized study is to determine whether the nutritional supplements lutein, zeaxanthin and two nutrients found in fish oil will slow the development of advanced age-related macular degeneration (AMD), the leading cause of vision loss in adults 60 years and older.

“The original AREDS found that taking a specific high dosage of certain antioxidants and zinc significantly reduced the risk of progression to advanced AMD and its associated visual loss,” explained David Orth, M.D., principal investigator of the study, board-certified ophthalmologist and retina-vitreous specialist on staff at Ingalls.

AREDS 2 will enroll up to 4,000 individuals, and Ingalls has been designated as one of 13 high-yield centers within the United States.

Leonard Davis, 79, of Park Forest, enrolled in the initial AREDS study at Ingalls to slow down the possible progression of the disease in his left eye. “I know that the study helped me, because the vision in my left eye stayed the same for 15 years,” he said. “Participating in the next clinical trial would be great. It will help someone else even if it doesn't help me.”

To see if you qualify for participation in AREDS 2, call Celeste Figliulo, research clinic coordinator at the Irwin Retina Center, at 708.915.6927. <

THE Cancer Support CENTER

Ingalls

Jennifer S. Fallick
Cancer Support Center

Now open in Mokena!

The Cancer Support Center offers prevention, education and wellness programs designed by professionals from Ingalls Memorial Hospital and The Jennifer S. Fallick Cancer Support Center. Free services are available to those affected by cancer, and no medical or insurance referral is necessary.

Patients and their loved ones can take advantage of:

- | Prevention programs and screenings
- | Support groups and counseling
- | Social events
- | Research library

For more information about the Cancer Support Center in Mokena, please call 708.478.3529.

19250 Everett Lane | Mokena, IL 60448

PREVENTION | KNOWLEDGE | STRENGTH

24th Annual FREE Family Health Fair

Sponsored by the Homewood Rotary Club and Ingalls Health System



Please join us **Sunday, April 15, 2007**
9 a.m. to 2 p.m.

James Hart School in Homewood
183rd and Aberdeen, at the H-F Sports Complex

More than 30 FREE health screenings will be offered as well as a blood drive hosted by LifeSource Blood Center.

No appointments are needed, but for more information or to register, please visit www.ingallshealthsystem.org.



Rotary Club of Homewood
Homewood Rotary Foundation

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Discover Ingalls clinical excellence right in your backyard

Please visit the careers section of our website to see what new opportunities you can warm up to at www.ingallshealthsystem.org or visit our Human Resources office Monday - Friday from 8 a.m. to 4 p.m.

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

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