When every second counts...
Trust Ingalls Stroke Center of Excellence
C O V E R S T O R Y
Every second counts during a stroke

Lynwood woman trusts Ingalls with her care

Fifty-year-old Diane Luf of Lynwood is living proof that every second counts during a stroke. Luf 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 Luf to Ingalls.

“I love Ingalls,” Luf said. “I had my twins there, received breast cancer treatment there, and feel really comfortable there.” Fortunately for Luf, Ingalls is also a leader in designating Family 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 angiography) 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 Luf’s room at the time and immediately called the hospital’s stroke protocol. Within minutes, Luf 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 Luf’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 prove that every second counts when you’re having a stroke.”
**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 region. 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.

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, his 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 a grain of sand, 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 high blood pressure or age precludes radical prostatectomy,” Dr. Raminski explained. 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 100,000 men. However, the rate shoots up to 1 in 38 men for ages 40 to 50, 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, Dr. Rachel Patel, M.D., a board-certified internal medicine specialist on staff at Ingalls.

“My wife’s a nurse and I 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 aged 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 Dr. Patel. 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. Kao 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.”

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.

Prostate 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 erlotinib 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 was wrong,” 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 indicated for patients with non-small cell lung cancer. The treatment worked for her for nearly two years, but in May of 2005, 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 granddaughter, whom she often takes to school.

“My disease is very difficult to treat in most people,” Dr. Kozloff said. “With the advent of targeted therapies like Tarceva, physicians can help patients live longer.”

“I’m forever grateful to Dr. Kozloff and to Ingalls,” Pivarski said. “I’ve maintained a normal life,” Pivarski said, “and I’ve been able to continue the activities I was undertaking under 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.

Frank Johnson and Dr. Rachel Patel
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 15.

"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," said 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.

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.

"I prefer coming here for my underwater treadmill exercise sessions," said Carman. "I am in less pain and i am able to move my right ankle." Carman and other injured patients significantly speed their recovery.

"Exercising in water is ideal because it relieves much of the pressure on joints," Carman said. "The water allows the muscles in my ankle and foot to be and makes it easier to move. Therapy is a piece of cake."

In her therapy, the therapist adjusts the treadmill speed to match the athletes needs.

"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, "The Hydro Track is also ideal for teaching movement in the water to children with developmental delays such as cerebral palsy." Additionally, "The Hydro Track is also ideal for teaching movement in the water to children with developmental delays such as cerebral palsy." The Hydro Track system at Ingalls has a unique foyer design, allowing a strength and reduce stress on joints during exercise.

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 and facial pain. Many insurance plans, including Medicare and Medicaid, cover the cost of Bottox treatments for a variety of medical conditions.

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"It's amazing what I can do in the water," Carman said. "The water allows the muscles in my ankle and makes it easier to move.

"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 months," she added.

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"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.

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.

>A 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.

>A computer-assisted surgical navigation system. 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.

New total knee replacement procedure starts 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 total second knee replacement surgery in November.

Randolph has undergone within the last three years. His right knee was done without the use of the new technology and his left knee was done with the use of the new technology. His right knee was done without the use of the new technology and his left knee was done with the use of the new technology.

"I'm at a better point in recovery in 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 town without the use of a cane.

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.
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 surgery, 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 cardiothoracic surgeon on staff at Ingalls. Comprehensive 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’m definitely hitting the treadmill,” Dingle said.

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 strangled,” he said. “I had no sleep at all.”

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, Ithiam Harrod, 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 lost 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.

Matthew Beck of Schererville, Indiana

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

Nutritional counseling changes Homewood woman’s life for the better

Kristine Todd

“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.”

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 said. “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-pie pizzas, 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.

For more information about nutrition education and weight loss programs through Ingalls, call the Ingalls Wellness Center at 708.206.0071.

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 wish 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.

> For individuals preparing for bariatric surgery, Ingalls offers Solutions, a monthly class facilitated by a registered dietitian.

> Healthy Lifestyle 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.

> Restorative eating program targeting malnourished seniors

Ingalls Home Care has developed a Restorative Eating Program aimed at caring for those 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 as an under-nutrition, especially women who are frail, 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, in reality, it’s a 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 appetite or taste or smell, reduced food or diet, limited income, loneliness or isolation.

“Acute illness or surgery can take a tremendous toll on the health of even the most robust person simply isn’t a priority, and the chain that leads to malnutrition begins with a breakdown in the chain that leads to the Ingalls Home Care Restorative Eating Program,” Beerman said.

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

For more information about Ingalls Home Care Restorative Eating Program, call 708.331.0226.
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, mucus 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. R Quentin 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, which 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 improved by this program.”

In addition, pulmonary rehabilitation can help reduce the number and length of hospital stays and increase your chances of surviving a lung transplant.

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

The Cancer Support Center
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.

New open in Mokena!

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.

For more information or to register, please visit www.ingallshealthsystem.org.

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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.

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