Face a Future with Breast Cancer or Cut the Risk to Less than 1%?

Lifesaving Heart Care at Ingalls Gets University Park Woman Back on Track

Ingalls MRIs with 3T Magnet: the Most Powerful Available Anywhere, Yield Most Accurate Diagnosis

Getting Connected to Doctor Right
Letter to the Community

Creating an excellent experience for our patients is truly at the center of all that we do. From our nationally recognized inpatient care, to our award-winning outpatient services – convenience, accessibility, comfort and quality are the guiding principles upon which we base every decision.

Making your inpatient stay as comfortable as possible remains a top priority at Ingalls. That’s why we continue to convert a majority of our semi-private rooms to private whenever possible. These rooms are created to maximize space and make our patients’ hospital stay more conducive to healing in a family-friendly environment that allows for patients and caregivers to have private medical conversations in a more confidential setting.

Ingalls remains at the forefront of providing the most advanced technology as well, and our new 3T MRI unit in Flossmoor is evidence of that commitment. Our 3T magnet is the most powerful available anywhere, which translates to the most detailed pictures of the body that can do your doctor in making an accurate, informed diagnosis. When your health is at stake, that’s what you deserve – and nothing less.

We believe that outpatient services should be located in communities where people live and work. Ingalls takes great pride in being the premier provider of outpatient services. That’s why we’ve created an exceptional network of Family Care and Urgent Aid centers that offer testing, diagnostics imaging, physical therapy, low-level emergency care, primary care and so much more.

With Ingalls facilities located throughout the south suburbs, you’re never more than a simple car drive from superior 24/7 care. And for those times when you need healthcare quickly – or in the case of a disaster or outage – we are pleased to announce we have opened our new Ingalls Care Center in Crestwood, where primary care is available on your schedule!

This beautiful new facility provides a comprehensive primary care team of doctors and advanced practice nurses offering Quick Care, featuring walk in appointments and extended hours, including weekends.

As always, we look forward to serving you in the months and years ahead, and we remain vigilant in our pledge to bring you programs and services that positively impact your health and the health of those you love.

Welcome New Doctors to the Neighborhood

For more information about physicians on staff at Ingalls, or to make an appointment with any of the physicians listed, please call the Ingalls Care Connection at 708.925.CARE (2273), or visit us at ingalls.org.

TERRILL APPLEWHITE, M.D., W.L.C., is a board-certified wound care specialist and internal medicine physician. An expert in managing acute and chronic wounds, Dr. Applewhite uses a variety of treatment modalities, including hyperbaric oxygen therapy and skin-graft techniques. Dr. Applewhite earned his medical degree from the University of Illinois, completed an internal medicine residency at Cook County Hospital, and completed a cardiology fellowship at Howard University Hospital.

BENNETT CACES, M.D., Ph.D., is a board-certified specialist in oncology and hematology with an interest in the treatment of lymphoma, blood conditions and prostate, bladder and kidney cancers. He received his medical degree from the University of Philadelphia and completed a residency and fellowship at New York Downtown Hospital and University of Chicago, respectively.

EDGAR CHEDRAWY, M.D., has joined the Ingalls medical staff as a cardiothoracic surgeon. Dr. Chedrawy earned his medical degree from Daffahous Medical School in Halifax, Nova Scotia. A tenured associate professor of surgery at University of Illinois at Chicago, Dr. Chedrawy is a member of Cardiac Surgery Associates, S.C.

ROBERT E. SCHLEHNER, M.D., has joined the medical staff as a plastic and reconstructive surgeon. Dr. Schlenke received his medical degree from Loyola University. He completed a general surgery internship and residency at University of Tennessee Health Science Center in Memphis, a plastic surgery residency at University of Washington Medical Center in Seattle, and a hand surgery fellowship at Thomas Jefferson University—The Philadelphia Hand Center. His office is located in Oak Lawn.

VENKAT SESHAHDI, M.D., is an orthopedic surgeon who specializes in shoulder and elbow surgery. He earned his medical degree from Washington University School of Medicine in St. Louis, where he also completed a residency in bone and mineral diseases. He completed an orthopedic surgery residency at University of Pittsburgh Medical Center and a shoulder and elbow surgery fellowship at University of Pennsylvania School of Medicine. Dr. Seshahdri has joined the practice of Premier Orthopaedic and Hand Center in Plainmoore.

Ingalls Announces Achievement Awards in Clinical Excellence, Cancer, Women’s Care and Information Technology

For the eighth year in a row, Ingalls is proud to announce it is a recipient of the prestigious Healthgrades Distinguished Hospital Award for Clinical Excellence. This distinction places Ingalls among the top 5% of hospitals nationwide for clinical performance among nearly 4,500 U.S. hospitals.

In all, Healthgrades cited Ingalls for excellence in 28 distinct clinical areas, including heart care, orthopedics, women’s health, gastrointestinal care, emergency medicine and more.

“Ingalls places quality and patient safety at the forefront of every decision we make,” said Kurt Johnson, Ingalls President and CEO. “We continue to offer exceptional quality, and our patients can feel confident they are receiving superior healthcare close to home.”

Ingalls is the proud recipient of the Outstanding Achievement Award by the American College of Surgeons’ Commission on Cancer (CoC).

Ingalls is one of a select group of only 79 U.S. healthcare facilities with accredited cancer programs to receive this national honor.

Ingalls’ cancer program was evaluated on 29 program standards and commendation standards in providing quality care to cancer patients. To be eligible, award recipients must have received commendation ratings in seven commendation standards and a compliance rating for each of the 29 other standards.

Ingalls is pleased to be a recipient of the Healthgrades 2013 Women’s Health Excellence Awards®.

The 2013 Women’s Health Excellence Awards were presented to 176 hospitals, out of the 4,783 hospitals evaluated. Like Ingalls, these hospitals excelled in the treatment of women in a variety of specialties.

Ingalls offers a full range of women’s healthcare services, including complete breast care and walk-in mammograms, through the Richard K. Desser, M.D., Comprehensive Breast Center in Tinley Park.

Get with the Guidelines—Gold Plus for Stroke Care

The American Heart Association/American Stroke Association awarded Ingalls its Get With The Guidelines—Stroke Gold Plus Performance Achievement Award for its commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to evidence-based guidelines.

Through this program, Ingalls tracks comprehensive efforts to rapidly diagnose and treat stroke patients admitted to the emergency department. These efforts include being equipped to provide brain-imaging scans, having neurologists available 24/7 to conduct patient evaluations and using clot-busting medications when appropriate.

To receive the GWTI-Stroke Gold Plus Performance Achievement Award, Ingalls consistently complied for at least 12 months with the requirements in the program, including aggressive use of medications like tPA, anti-thrombotics, anticoagulation therapy, cholesterol-reducing drugs and smoking cessation.

Ingalls is proud to hold the designation of one of Health Care’s Most Wired Hospitals for 2013.

The achievement represents Ingalls’ commitment to adopting technologies that improve patient documentation, reduce the likelihood of medication errors and rapidly restore access to data in the case of a disaster or outage.

Through technology improvements implemented over the last several years, Ingalls is now able to provide services such as computerized physician order entry, electronic medication prescribing and bedside medicine administration.

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Maureen Carlson of Homewood never imagined she'd be mentioned in the same sentence as movie star Angelina Jolie. But earlier this year, each woman made the courageous decision to undergo a preventative double mastectomy to lower her lifetime risk of breast cancer.

“Breast cancer is roughly 12%. For women with LCIS, that number jumps to more than 50%. Maureen did some research on her own, then met with Dr. Kozloff and general hematologist/oncologist and medical director of Ingalls Cancer Care. “Compared to women without LCIS, those with LCIS are up to 12 times more likely to develop invasive cancer in either breast.”

For most women, the average lifetime risk of developing breast cancer is more than 1%. For women with LCIS, that number jumps to more than 50 percent to less than one percent.

Exercising the Odds

“For women with LCIS, the odds are not in their favor,” Dr. Romberg added. “I felt she would greatly benefit from the double mastectomy. With the availability of genetic testing and the medical knowledge we’ve gained over the last 10 to 15 years, more and more women are asking about preventive mastectomy as an option.”

Maureen was already heading in that direction. Then she presented Dr. Romberg with a question, “I asked, and he told me, ‘If this were my wife, I would recommend the surgery.’”

That was all Maureen needed to hear. With her insurance company willing to cover the cost of surgery and reconstruction, the energetic wife and mother of four scheduled the procedure in April at Ingalls Memorial Hospital.

Dr. Romberg performed the double mastectomy; plastic surgeon Sami Bittar, M.D., joined him in the operating room and did the reconstruction immediately afterwards.

Following a four-day hospital stay, Maureen went home and began outpatient physical therapy with Ingalls oncology specialist Elisabeth Posnik, P.T.

Posnik and a multidisciplinary team of Ingalls healthcare professionals comprise the hospital’s nationally certified cancer Survivorship Training and Rehabilitation (STAR®) program. The first of its kind in the area, the program is designed to help patients heal from the debilitating side effects of cancer and its treatments. The program’s services, which are utilized at some of the country’s best cancer centers, including Johns Hopkins, are usually reimbursable by health insurance providers. The program addresses the unique needs that affect cancer survivors such as lymphedema, fatigue, musculoskeletal pain, joint stiffness, weakness, cognitive problems, balance problems and issues with communication, swallowing or eating.

After her preventative double mastectomy, Carlson was one of the first to experience STAR® cancer rehabilitation services at Ingalls. “We did a lot of movement of the tissue,” Maureen explained. “She worked on the back, chest and arms, I’m a retired occupational therapist, so I know a good physical therapist when I see one, and Elisabeth is the best!”

“When Maureen first came in for therapy, she was in quite a bit of pain,” Posnik said. “She couldn’t sleep well, she couldn’t move well, which is to be expected after this type of surgery. We worked on soft-tissue mobilization, stretching and strengthening.” Within weeks, Carlson was comfortably wearing a bra and moving freely.

“The best part was I had everything done so close to home,” Carlson adds. “When friends ask, ‘Where did you have it done,’ they’re surprised when I say, ‘Ingalls.’ And I respond, ‘Oh my gosh, yes, Ingalls. When these services are available in my backyard, heck yes, that’s where I’m going!’

“Where did you have it done,” they’re surprised when I say, ‘Ingalls.’ And I respond, ‘Oh my gosh, yes, Ingalls!’ The fact that I can make it there in 12 minutes from my home is great. The experience was so much nicer than having to go downtown and deal with traffic and expensive parking. When these services are available in my backyard, heck yes, that’s where I’m going!”

Fully recovered and back to her active lifestyle, Maureen no longer has the threat of breast cancer looming. “I’m so grateful,” she concluded. “As far as I’m concerned, 30 more years, here I come!”

For more information, call 708.915.STAR (7827), or ask your physician for a referral.
Ingalls MRIs with 3T Magnet: the Most Powerful Available Anywhere, Yield Most Accurate Diagnosis

You may have recently seen or heard about “vertical” magnetic resonance imaging (MRI) for upright imaging or machines with particularly wide openings to increase a patient’s comfort during an MRI scan. While patient comfort is always a consideration, the most important factor to keep in mind when considering where to go for your MRI is the strength of the magnet, which determines the clarity of the resulting image.

While it may be more comfortable, vertical MRI offers a 37% to 60% weaker magnet strength, and it also is more susceptible to outside artifacts, possibly creating a blurrier picture. It is best utilized for patients who truly cannot tolerate a traditional supine MRI scan.

At Ingalls Memorial Hospital and Ingalls Family Care Centers, our MRI technology offers the most powerful magnet strength available anywhere. With units that offer 1.5T and 3T magnet strength, Ingalls MRI provides the clearest, most detailed pictures of the body to assist your doctor in making an accurate, informed, speedy diagnosis. When your health is at stake, that’s what you deserve.

MRI is a highly sophisticated way to look inside the body without using X-rays. Using a powerful magnetic field and radio waves, MRI can noninvasively obtain detailed images of bone, soft tissue, organs, vessels and most other internal structures. MRI also plays a vital role in cancer diagnosis, staging and treatment planning. It allows doctors to distinguish between normal and diseased tissue to precisely pinpoint cancerous cells and detect tumors within the body,” said board-certified interventional radiologist Perry Gilbert, M.D., Radiology Medical Director at Ingalls.

Minimally Invasive Procedure Saves Oak Forest Man’s Foot and Kidneys

Sixty-five-year-old John Musial of Oak Forest faced a potential health crisis earlier this year when he developed a sore on his left heel. A trip to the doctor confirmed the presence of a wound about the size of a quarter. Specialists at another hospital did tests and recommended an angiogram with a possible angioplasty to reopen a blocked artery in John’s leg to aid healing. Unfortunately, since angiograms use dye to detect the presence of blockages, John’s already weakened kidneys would be subjected to further assault.

Doctors told him he needed the procedure; without it, he faced amputation of his foot. But with it, the dye from the angiogram could send him into kidney failure and necessitate dialysis for the rest of his life.

With his wound sufficiently healed, John, who now wears special shoes to protect his feet, returned to work in July.

“I’m doing great,” John gratefully said. “Thanks to Dr. Gilbert, I was able to keep my foot and my kidneys.”

“Carbon dioxide angiograms are beneficial because they don’t have the side effects associated with contrast-enhanced angiograms,” Dr. Gilbert explained. “They are used mainly with patients that have had a previous allergic reaction to contrast material and patients with poor kidney function.”

So in April, John was admitted to Ingalls where he underwent a successful CO2 angiogram and angioplasty of the left leg. After a three-day stay, he was sent home, where he continued his recovery.

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A non-healing wound is a serious concern for anyone. For a diabetic with kidney disease, it can spell disaster.

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Lifesaving Heart Care at Ingalls Gets University Park Woman Back on Track

It began as a routine workout on a sunny June afternoon. Fifty-five-year-old Peggy Bennett of University Park was running two miles to prepare for an upcoming health and fitness evaluation for the Air Force Reserves.

Peggy’s two grown daughters became increasingly alarmed when she vomited and began sweating. Thinking she’d caught a flu virus, she crawled in bed, too tired to do anything but sleep. Rest, she reassured herself, was what she needed most.

For the next several days, the normally energetic lab technician felt drained. Unable to go to work, she stayed in bed and subsisted on heartburn medication and fluid-replenishing drinks. Peggy’s two grown daughters became increasingly alarmed and urged her to go to the doctor.

“It hadn’t occurred to me that being in bed for two or three days was unusual,” she added. “But that’s not really like me, and my daughters knew it.”

When she wasn’t feeling any better by the fourth day, Peggy drove herself to Ingalls Urgent Aid in Flossmoor. She described her symptoms, and doctors there immediately ordered an electrocardiogram (EKG) of her heart.

To her shock, the test revealed she’d had a heart attack. Urgent Aid staff arranged for immediate ambulance transport to Ingalls Memorial Hospital in Harvey.

When Peggy arrived, she was whisked to the cardiac catheterization lab, where an angiogram confirmed two completely blocked coronary arteries. It was a miracle she’d survived for four days without any medical care.

“I’m sure I had the heart attack that very first day,” she said. “I was at home for four days. That’s when I knew that God had played a really big part in all of this. He was there with me the entire time.”

To reduce the workload on her weakened heart and increase blood flow, cardiologists at Ingalls placed Peggy on an intra-aortic balloon pump.

She remained on the pump for several days before undergoing double bypass surgery.

For Peggy, that change means cutting down on unhealthy snacks and committing to a more-regular exercise regimen. Following 12 weeks of cardiac rehabilitation, she returned to work in late October.

“I’m feeling good,” she adds. “The care I received at Ingalls, my nurses and doctors were all wonderful. I’m happy to be getting back to my regular routine again.”

“When some patients may be candidates for a stent or angioplasty to reopen a blocked artery, in cases like this one, bypass surgery is the best available option.”

—Edgar Chedrawy, M.D.
When the sacroiliac joint (SI) starts to wear down, however, a host of troubling symptoms can appear—including pain in the lower back, upper legs, buttocks and sometimes higher on the spine.

“The SI joint is a really strong joint that keeps us standing,” explains George Miz, M.D., orthopedic and spine surgeon. “And yet it is an underappreciated cause of pain in up to 25% of patients with lower back discomfort.”

For 81-year-old Richard Brinker, the pain in his back was almost constant. “When I would sit or lay down, the pain would creep up,” the Burbank retiree explained. “When I tried to walk, I’d go a few feet and would have to sit down. It became unbearable.”

Richard had a history of lower back problems. In fact, Dr. Miz performed a fusion surgery on his lower back in 2011. While it fixed that source of pain, Richard continued to be troubled in the left SI joint area. Physical therapy and pain injections provided limited relief. After additional testing, the left SI joint was singled out as the cause of his problems.

That’s when Dr. Miz told Richard about minimally invasive SI joint fusion, a procedure that uses titanium implants bolted into the pelvis to stabilize the troubled joint. Dr. Miz is one of the first in the area to perform the advanced procedure.

“Instead of an open procedure, we place three pins through a small incision of about an inch,” he said. “We put them right through the pelvis and lock it into place.” Richard underwent surgery at Ingalls in May. Within days, he was completely pain-free. “I was up walking two hours after surgery,” he marvels. Within weeks, he was back to vacuuming and housework— and smiling.

“Dr. Miz is the only person I’ll ever let touch my back,” he adds. “I live closer to other hospitals, but I’ll come to Ingalls because that’s where Dr. Miz operates.”

For more information, call Ingalls Care Connection at 708.915.CARE (2273).
Sisters Make Knee Replacement Surgery a Family Affair at Ingalls

At the Advanced Orthopedic Institute at Ingalls, knee replacement surgery is a family affair! Sisters Carol Polka, 67, of Frankfort, and Rose Marie Ricci, 63, of Manhattan, had their right knees replaced in August—just one day apart. And with a simple request, Ingalls accommodated their special wish for adjoining rooms.

This is the second time Carol and Rose, who have a family history of arthritis, underwent knee replacement surgery at Ingalls. In 2010, the pair had their left knees replaced at the same time too.

After each surgery, the close-as-can-be siblings even went to physical therapy together at the Ingalls Family Care Center in Flossmoor, where they are set to graduate from an eight-week rehabilitation program.

“Arthritis runs in the family,” Carol explained. “It was down to bone-on-bone, and it was painful.”

Knee replacement surgery was the only option.

“We figured we might as well do it together,” Rose added. “It’s nice to have someone with you, who understands what you’re going through.”

Orthopedic surgeon Mark Nikkel, D.O., performed Rose’s surgery August 12, and orthopedic surgeon Joseph Thometz, M.D., performed Carol’s the very next day.

Both received custom-fit knee implants using Visionaire Patient Match technology, which uses MRI and X-ray images of a patient’s knee to design and build surgical instruments tailored to a patient’s unique knee anatomy.

Though Carol and Rose may share a family resemblance, knees are a different matter entirely, Dr. Nikkel explains.

“Every person’s knee joint has subtle differences in shape and contour, but traditional surgical instruments used to place knee implants are one-size-fits-all,” Dr. Nikkel explains.

With Visionaire technology at Ingalls, the surgeon comes to the operating room with surgical instruments engineered exclusively for the patient’s knee and an implant that matches the knee’s dimensions.

“With computer-guided precision, the knee implant is then carefully put in place,” Dr. Thometz added. “That precision is very important because a misaligned implant can cause pain and instability, and the implant will eventually fail. My patients have had incredible success with Visionaire.”

And that’s definitely the case with Carol and Rose. Both were discharged from Ingalls after just three days and then began physical therapy to regain their strength and range of motion.

Physical therapists at Ingalls, once again, were happy to schedule the sisters’ rehab together. In fact, says Danielle Linn, P.T., D.P.T., togetherness has likely helped them heal quicker.

“It’s like having an exercise buddy. The sisters really motivate each other,” Linn said. “After knee surgery, some of the stretches and range-of-motion exercises can be painful. But Carol and Rosie use humor to keep it light and encourage each other. It’s nice to have that connection. We really enjoy them when they’re here, and we’re pleased with their progress.”

“They’ve done a great job taking care of us,” Carol adds. “And the environment there is beautiful. Just walking in makes you feel good.”

Speaking of walking, both Carol and Rose are walking on their own now, without assistive devices, and plan to return to work soon.

They also plan to resume their favorite activities: walking, shopping, and traveling... together, of course!

“We would definitely recommend Ingalls for surgery and physical therapy,” Rose said. “We’ve been through it twice, and we wouldn’t go anywhere else.”

For more information or to schedule a next-day appointment with an orthopedic specialist, call IngallsExpress at 708.915.PAIN (7246).

Anterior Hip Replacement Means Less Pain and Quicker Recovery

Hip replacement surgery is one of the most common surgeries performed in the United States today, but not all hip surgeries are the same.

Surgeons at the Advanced Orthopedic Institute at Ingalls offer a unique alternative approach, accessing the hip joint from the front, or anterior. Known as the “anterior approach,” the technique allows the surgeon to make one small incision on the front of the hip and work between the muscles and tissues, without detaching them from either the hip or thigh bones. That technique means less pain, a shorter time from surgery to recovery, and a lower risk of dislocation.

Afterwards, patients can immediately bend at the hip and bear full weight when comfortable. Additionally, since the incision is in the front, patients avoid the pain of sitting on the incision site.

Orthopedic surgeons at Ingalls were among the first to bring this revolutionary procedure to the Chicago area and, as a result, perform more than anyone else. In fact, patients who have had traditional “posterior” hip replacement surgery previously, choose to have an anterior hip replacement if they need joint surgery on the other hip.

“Even better, a wider range of patients—including larger, heavier patients—may be candidates for minimally invasive or anterior hip surgery,” adds board-certified orthopedic surgeon David Smith, M.D. “Keeping the muscles intact is the key to greater hip strength and faster recovery.”

For more information about anterior hip replacement at Ingalls, call 708.915.PAIN (7246).

www.IngallsHealthSystem.org 1.800.221.2199
Overcoming Alcoholism: Sylvia Wasn’t a Destitute Drinker—She Was a Well-to-Do Doctor’s Wife

There comes a point in an alcoholic’s life when drinking takes over. When opportunities to self-medicate outweigh everything else.

For 60-year-old south suburban woman Sylvia, a nightly dose of alcohol helped dull the pain of her husband’s passing. Several days a week, she bought a pint, nursed it in front of the TV, and then passed out. Eventually, nighttime drinking became daytime drinking too.

For five years, this was Sylvia’s pattern. She drank alone, and when she ran out, she had a network of 20 liquor stores she bought from. “I didn’t want them to know I had a drinking problem,” she said. “So I’d switch things up and go to different stores.”

Like many alcoholics, Sylvia was a private drinker. On rare occasions when she ventured out with friends, she kept her addiction under control.

And unlike the stereotypes often associated with an alcoholic, Sylvia wasn’t a destitute drinker. On the contrary, she was a well-to-do doctor’s wife.

Sylvia made appointments to see her doctor; she even attended Alcoholics Anonymous meetings. But it wasn’t until she got a DUI that she made the decision to get sober for good.

“It was the worst day of my life,” she says of her DUI arrest. “I had never felt so humiliated. Yet it was the best day of my life too. It forced me to do something about my problem. Thankfully, I didn’t hurt myself or anyone else.”

Urged by her doctor, psychiatrist and addictions specialist Joseph Beck, M.D., she voluntarily admitted herself to the four-week program at the Illinois Institute for Addictions Recovery (IIAR) at Ingalls. The IIAR is a 16-bed adult four-week program at the Illinois Institute for Addictions.

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Though she had to conquer the addiction herself, Sylvia says the IIAR counselors gave her the tools she needed to be successful.

“And for that,” she adds, “I’m forever grateful.”

“What many people don’t realize is that coming to treatment is the first step in a lifelong journey of recovery,” Dr. Beck explains. “Your life (the people, places and things you’re associated with) has to dramatically change after treatment. That’s really where the rubber meets the road for so many of our clients.”

After her discharge, Sylvia reconnected with old friends and began volunteering in the community. She repaired fractured family relationships and rediscovered her love of traveling. She even hired a personal trainer and lost 83 pounds in the process.

With the help of the IIAR, Sylvia emerged from the darkness of her addiction and rebuilt a life that now brings her joy.

To others facing the uncomfortable truth of addiction, Sylvia advises, “The most important thing is to be honest with yourself. Are you the person you want to be? If the answer is no, you don’t have to do it alone. Help is closer than you think.”

If you or someone you love is ready to reach out for help, call 708.915.4090.

Congratulations; you think you’re healthy! You can’t know for sure, though, until you’re examined by a primary care physician.

Some health conditions remain silent until they are advanced and hard to manage. Early detection and prevention may help avoid a life-threatening situation, and offer more options for effective treatments.

A primary care physician (PCP) is your medical point person with whom you can have a trusted, ongoing relationship. “A PCP understands your unique health condition, risk factors and history,” explains Ravitha Bathala, M.D., family practice physician. “Your own physician provides preventive care, health counseling, and continuity to ensure your good health continues.”

Your PCP knows precisely what medical conditions you have, the results of your lab tests, the medications you take regularly and whether you have any drug allergies. Access to this type of information is vital—especially when your health is at stake. Additionally, a primary care physician will keep you healthier as you age. That continuity of care dramatically increases the likelihood that you’ll receive the correct diagnosis and appropriate treatment.

Some practices utilize the services of a nurse practitioner (NP) to provide additional accessibility and continuity. NPs are registered nurses whose education and clinical practice experience extend far beyond basic registered nurse training. As a result, they can work autonomously to take care of more minor illnesses or injuries that don’t always require a physician.

Knowing is Power

Before you select a PCP, do your homework and make an informed choice; a great place to start is www.HealthGrades.com.

HealthGrades is an independent ratings company that ranks hospitals based on publicly available patient data such as safety, mortality, infection rates, etc. “Quality outcomes are a very important consideration for patients when they’re choosing a primary care physician and hospital,” explains Rewa Hasanat, M.D., family care physician. “You and your family deserve the very best care for the long term, and that’s exactly what you should get when you make your selection.”

Ingalls Health System has PCPs in conveniently located offices throughout the south suburbs, close to where you live and work. Ingalls Care Connection referral service has collected extensive information about each doctor’s practice, which we combine with your health needs, personal preferences and location to find the best physician match for you. Choosing the right doctor for your family is an important decision. Call 708.915.CARE (2273) today, or search on Ingalls.org/InQuickier.
We bring quality 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, Harvey**  
(156th and Wood Streets)  
708.333.2300

> **Ingalls Family Care Center, Calumet City**  
(170th and Torrence Ave)  
708.730.1300

> **Ingalls Family Care Center, Flossmoor**  
(Governors Highway between Kedzie and Vollmer)  
708.799.8400

> **Ingalls Family Care Center, Tinley Park**  
(159th St. east of Oak Park Ave)  
708.429.3300

> **Ingalls Care Center, Crestwood**  
(Cal Sag Road at Cicero)  
708.915.ASAP (2727)

> **Ingalls Family Care Center, Matteson**  
(Route 30 east of Cicero)  
708.747.7720

> **Ingalls Center for Outpatient Rehabilitation (ICOR)**  
Calumet City  
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**  
Tinley Park  
708.429.0222

> **Ingalls Care Connection**  
Information and Referral Line  
708.915.CARE (2273)

> **TTY for hard of hearing:**  
1.800.526.0844

The doctor is waiting to see you. Schedule appointments online for the quickest access possible.

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Avoid the ER waiting room. Ingalls online scheduling shows the next available opening at Ingalls emergency facilities so you can be seen as quickly as possible, or at a time that works with your schedule. Either way, you'll be waiting in the comfort of your own home instead of the ER. [Ingalls.org/InQuicker](http://Ingalls.org/InQuicker)

Call for help finding a doctor. Do you need help choosing a primary care doctor or specialist for ongoing care? Ingalls CareConnection will help you find the perfect match. An operator is available 24/7 to help you get connected to the right doctor, right now. [708.915.CARE (2273)](tel:708.915.CARE)

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