

HealthLines

Winter 2023



CGH Junior Healthcare University

Junior high students (L-R) Addison Blaine and Teagan Payne, Amboy Junior High, and Maddison Roux, West Carroll Middle School, were able to shadow and learn from CGH healthcare professionals.



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From the Desk of Dr. Paul Steinke, President and CEO



The rush of the holiday season ushers in the new year as we head into the heart of winter. I hope this finds you well and you're experiencing the joys that life has to offer!

In this issue of *HealthLines*, we highlight several programs and initiatives here at CGH. Careers in healthcare are difficult and demanding, but ultimately rewarding and fulfilling. They make for a purpose-filled life, but it is a calling. Doctors and nurses get all the press, but we need many more talented team members to help us care for you. X-ray, laboratory and respiratory techs, CNAs, and EMTs and paramedics are just a few other important members of our team. It all begins with inspiring the next generation to "hear the call."

We also highlight our dedicated surgeons, call attention to the early signs of stroke, the importance of sleep and introduce a new Dementia Navigator position that is being made possible by the CGH Health Foundation.

May your winter season be filled with only good health and cheery times with family and friends. Thank you for doing your part to stay healthy — and thank you for putting your trust in CGH.

Dr. Paul Steinke
CGH President and CEO



Colorectal Cancer: Preventable, Treatable and Beatable

As we continue to make our way past the pandemic, the delay in getting important health and wellness screenings completed, such as colonoscopies, is resulting in more advanced cancers at diagnosis with more complicated treatments.

According to the American Cancer Society, more than 150,000 cases of colorectal cancer — which refers to both rectal and colon cancer — will be diagnosed in the United States in 2022. Additionally, by 2030, colorectal cancer is expected to be the No. 1 cancer killer for people 20–49 years old. The risk of developing colorectal cancer is about 1 in 23 for men and 1 in 25 for women.

Risk factors for colorectal cancer include:

- ✦ Inflammatory bowel diseases, such as Crohn's disease or ulcerative colitis
- ✦ Family history of colorectal cancer or polyps
- ✦ A diet low in fruits and vegetables
- ✦ A low-fiber and high-fat diet
- ✦ A diet high in processed meats
- ✦ Obesity
- ✦ Alcohol or tobacco use

Colorectal cancer may not show any symptoms at first, so to prevent and catch colorectal cancer early, those with an average risk should get their first colonoscopy at age 45 and every 10 years after. Your doctor may recommend screenings more frequently if you have high-risk factors.

For more information on colorectal cancer or to schedule a colonoscopy appointment, visit cghmc.com/digestivehealth or call 815-625-0400, ext. 4457.



HealthLines is offered as a service of CGH Medical Center and is distributed to residents in the CGH service area. The information is intended to inform and educate about subjects pertinent to health, not as a substitute for consultation with your physician. Questions or comments may be directed to Marketing at **815-625-0400, ext. 4580**. © 2023 Printed in U.S.A. Developed by GLC — a marketing communications agency.

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CGH Welcomes New Chief Nursing Officer

CGH Medical Center welcomes Amy Berentes, DNP, MSN-FNP, BSN, RN, as the hospital's new Chief Nursing Officer (CNO). As a nurse for nearly 30 years, Berentes brings medical expertise, nursing experience and a diverse leadership background to her new role.



Berentes was born at CGH, grew up in Rock Falls and began her career at CGH. After working at several area hospitals, she is excited to be back home to make a difference and advance care for the community.

In her role as CNO, Berentes will be responsible for all nursing and other designated patient care functions and services within CGH. This includes working collaboratively to advance nursing services throughout the organization and ensuring safe, high-quality nursing care for our patients.

"I think the most important aspects of the CNO position are supporting and building our nursing leaders and staff, removing barriers to success and constantly challenging the status quo to promote continuous innovation and improvement," Berentes said.

"Berentes' accomplishments and experiences have allowed her to become an instant asset to our organization and will enable us to continue to provide the highest quality of care to the communities we serve," said Paul Steinke, CGH President and CEO. "She exemplifies the standards of excellence we strive for each day, and we are thrilled to have her skills, knowledge and enthusiasm on our team."



Inspiring the Next Generation of Healthcare Professionals

"My daughter had an interest in nursing and came home wanting to be an anesthetist! She was excited to tell us about her day and to tell us what she learned about each department. Thank you for hosting this amazing, eye-opening experience for our youth!"

"My son LOVED this program! Thank you so much — he talked about it all night."

These are just two of the many positive comments received from parents following CGH Medical Center's first Junior Healthcare University, an event where 35 area junior high students interested in a future healthcare career explored the hospital with a backstage pass.

During the one-day event held last fall, students toured several hospital departments, including the Laboratory, Radiology, Operating Room, Orthopaedics, the Birthing Center (Obstetrics), Rehab Services (Physical Therapy), Respiratory Therapy and Dietary. Together with CGH staff members who provided hands-on activities for the students, they learned about lab tests to identify various illnesses, X-rays, ultrasound scans, PICC lines, intubation of patients for surgery, anesthesiology, therapeutic devices used to help patients heal, suctioning, tracheostomy tubes, ventilators and more.

"The students who used this opportunity to explore the hospital were very respectful, interested and courageous," said Jennifer Grobe, PhD, MSN, RN, CNE, CGH Nursing Program Director and Event Coordinator. "Our staff members enjoyed sharing hands-on experiences with the students who may hopefully be future employees of CGH. We can't wait to hold another CGH Junior Healthcare University event in the spring as we continue to inspire the next generation of healthcare professionals."

Check out facebook.com/CGHMedicalCenterSterling for upcoming CGH Junior Healthcare University registration information.

Your Source for Excellence in Surgical Services



At CGH Medical Center, we are proud to provide the communities we serve with convenient access to a wide range of surgical services. CGH features board-certified physicians and providers trained to deliver personalized care and the latest surgical, nonsurgical and interventional treatments that are tailored to your injury or condition.

“We are dedicated to offering the best treatments for our patients and to help them achieve the best outcomes,” said Thomas King, DO, Vascular Surgeon, who has dedicated his career to a full range of vascular and endovascular procedures. “The advanced capabilities of our hybrid OR suite allows interventional imaging, like a CT scan or X-ray, to be done in a minimally invasive way, and if needed, a more complex open surgery can proceed immediately.”

General Surgery

When you need surgery, you need a partner with technical expertise and boundless compassion. Someone who can explain what should happen in words you can understand — and who can perform your surgery with a steady hand for a quicker recovery. Our general surgeons offer a variety of different surgeries, including but not limited to laparoscopic procedures for removal of gallbladders, appendectomies, colon surgery and hernia repairs. They also perform surgeries and biopsies for parathyroid and thyroid disease, and specialize in breast surgeries, including open biopsy, stereotactic biopsy, lumpectomy and mastectomy.



Ashlea Canady,
MD, FACS



Heather
Wakefield, MD,
FACS

Vascular Surgery

Vascular surgery corrects diseases of the vascular system (such as aortic aneurysms, chronic ischemia, lower extremity conditions, lung embolisms, dialysis access, carotid artery disease and varicose veins) through procedures such as radiofrequency ablation, targeted endovenous therapy and transcarotid artery revascularization (TCAR). These surgeries often come



Erika Stach,
MSN, FNP-BC



Thomas King,
DO

with small incisions and short recovery times, which is especially beneficial for patients with COPD, multiple cardiac issues, diabetes and other health issues, as well as older patients who often are not able to tolerate surgeries with large incisions or a long recovery time.

Orthopaedic Surgery

Our orthopaedic surgeons and physician assistants provide a comprehensive, specialized continuum of care for conditions and injuries affecting the upper extremities (shoulder, elbow, wrist and hand), as well as hip and knee joints. Our surgical specialists pride themselves on taking a minimally invasive approach, designed to limit complications associated with surgery, prevent future injuries, and reduce pain and scarring.



Ethan Brooks,
DSC, PA-C



Jeffrey
Thormeyer, MD,
FAAOS



Joshua Wade,
PA-C, MS



Shawn Hanlon,
MD

Podiatric Surgery

If you need specialized care for foot or ankle problems, our podiatric surgeon uses the latest treatments to get you moving again while also relieving your pain. In addition to targeted therapy, custom orthotics, diabetic foot care and other in-office procedures, our Podiatry Department performs surgical corrections for many common foot disorders, such as bunions, ingrown nails, plantar fasciitis, bone spurs, reduction of tendon tension and reconstructive foot surgery for traumatic injuries.

“We believe in having the best surgical talent available so our patients and families can stay close to home,” said Ashlea Canady, MD, FACS, General Surgeon. “No matter what surgery you are having, it is our goal to deliver the highest quality of care with the best interests of the patient in mind.”



Eric Riley, DPM

For more information about surgical options available at CGH, talk to your healthcare provider or call 815-625-0400, ext. 4433.

Take Action to Keep Your Heart Healthy

February is American Heart Month and a time to reflect on heart health and the prevention of heart disease, the leading cause of death for both men and women in the United States.

Understanding your risk factors and making healthy lifestyle choices can go a long way in preventing heart disease. Here are some changes you can make to reduce your risk:

- + Quit smoking
- + Manage your blood sugar
- + Get your blood pressure under control
- + Lower your cholesterol
- + Know your family history
- + Stay active and exercise
- + Lose weight
- + Eat a healthy diet

Unfortunately, heart disease is very common in Northern Illinois — but the cardiology care you can receive at CGH Medical Center is far from common. Whether you need preventive care for a congenital form of heart disease, urgent cardiac care for a heart attack or cardiac rehabilitation to help you recover after heart surgery, our entire Cardiology team has your heart well in hand.

For more information about CGH's Cardiology Services, including Cardiac and Nuclear Medicine, Heart Check, Cardiac Rehabilitation and our state-of-the-art Cardiology Cath Lab, visit cghmc.com/cardiology.



The CGH Cardiology Team

(bottom row, L-R) Polly Nobis, RN, MS, FNP; Twinkle Singh, MD; Edita Danaiaata, MSN, APRN, A-GNP-C
 (middle row, L-R) Theresa Rogers, MSN, APRN, FNP-C; Hassan Kieso, MD, FACC
 (top row, L-R) Jobelle Gamboa, MSN, APRN, ACNPC-AG, CVNP-BC, RCIS; Tracey Aude, RN, MSN, CNP; Danelle Saunders, APRN, FNP-C

BE FAST: Know the Signs and Symptoms of Stroke

Every 40 seconds, someone in the U.S. has a stroke. It can happen to anyone, at any age, at any time. A stroke occurs when blood flow to the brain is disrupted or limited, resulting in the brain receiving less oxygen than what's needed for it to function normally.



Sarah Alvarez-Brown, Director of Emergency Services & Behavioral Health

Time is of the essence when you or a loved one is having a stroke because catching signs or symptoms early may reduce the long-term effects of a stroke and even prevent death.

"Every minute someone is having a stroke, brain cells are lost," said Sarah Alvarez-Brown, Director of Emergency Services & Behavioral Health. "Additionally, stroke treatments must be administered within a certain window of time. Recognizing the signs and symptoms of stroke using B.E.F.A.S.T. can help you or a loved one quickly get the medical attention they need."

B	E	F	A	S	T
Balance Loss of balance, headache or dizziness	Eyes Blurred vision or trouble seeing	Face Drooping on one side of the face	Arms Weakness in arms (or legs)	Speech Slurred or jumbled speech	Time Call an ambulance immediately

The effects of a stroke can be short-lived or long-lasting, depending on the speed of treatment and which areas of the brain are affected. Common disabilities include impaired speech, difficulty gripping or holding items, paralysis on one side of the body and more.

"CGH has been recognized as an Acute Stroke Ready Hospital," said Brown. "This

means our Emergency Department has the expertise and medication to diagnose and treat the stroke with advanced therapies to minimize the damage that occurs from the stroke. If a stroke requires even higher levels of neurologic expertise, we also have partnerships with excellent area treatment centers to rapidly transfer patients to ensure the best possible outcomes."

Size Up Your Sleep Habits

While you may think sacrificing a few hours of sleep each night isn't a big deal, proper sleep is essential to healthy and normal body function.

According to the U.S. Centers for Disease Control and Prevention (CDC), more than one-third of Americans do not get enough sleep each night. Experts recommend different amounts of sleep depending on your age:

	Age Range	Recommended Hours of Sleep
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours
Teen	14-17 years old	8-10 hours
Young Adult	18-25 years old	7-9 hours
Adult	26-64 years old	7-9 hours
Older Adult	65 and older	7-8 hours

"Sleep is essential to every process in the body," said Kim Treviranus, MD, CGH Sleep Medicine. "It affects our physical and mental functioning the next day, our ability to fight disease and develop immunity, and our metabolism and chronic disease risk." In fact, a lack of sleep can bring about a variety of health concerns, including:

- + Lack of energy
- + Memory issues
- + Slowed thinking
- + Mood changes
- + Reduced attention span
- + Poor decision-making



Kim Treviranus, MD,
CGH Sleep Medicine

The CGH Sleep Center, which is accredited by the American Academy of Sleep Medicine (AASM), allows patients to get tested and treated for a variety of sleep disorders.

"Each sleep disorder, such as insomnia, restless legs syndrome, sleep apnea or narcolepsy, has its own identifiable set of signs and symptoms, and no two are exactly alike," said Dr. Treviranus. "Together, with testing options such as daytime and full-night sleep studies, we can examine your sleep problems and find their underlying causes so you can sleep better and feel rested."

Ask your physician if a referral to the CGH Sleep Center is right for you. To make an appointment, call 815-625-0400, ext. 5550 or visit cghmc.com/sleep.



CGH Health Foundation Scholarships Awarded

Ten area individuals were awarded scholarships this past year, sponsored by the CGH Health Foundation. The grants are made possible through contributions from donors.

Recipients include:

Ed Andersen Healthcare Scholarship

- + \$500 – Rosa Ibarra, Rock Falls
- + \$500 – Sierra Williams, Dixon
- + \$1,000 – Jocelyn Magana, Sterling

BlueSky Healthcare Scholarship

- + \$3,000 – Shelly Meier, Sterling

Edgar and Florence Hall Nursing Scholarship

- + \$1,000 – Lilian Gaulrapp, Rock Falls

Althea Larson Nursing Scholarship

- + \$3,000 – Dawn Britt, Sterling
- + \$3,000 – Serena Lahey, Rock Falls

Bill and Marrietta Lilly Healthcare Scholarship

- + \$1,000 – Jacob Brown, Morrison

Sterling Rock Falls Community Trust Healthcare Scholarship

- + \$3,000 – Megan Hendrickson, Rock Falls
- + \$3,000 – Nichole Mitchem, Rock Falls

For more information, contact Foundation Executive Director Joan Hermes at 815-625-0400, ext. 5672 or joan.hermes@cghmc.com.

New Dementia Navigator to Be Hired to Assist Patients and Caregivers

Where does a patient and their family turn to when dementia is the diagnosis?

Beginning in January, a new Dementia Navigator will be assisting CGH patients and their caregivers in identifying support services and resources.

“We want our patients to know we are here for them and that we’ve got their backs as they move along this journey,” said Eric Kuhns, MD, CGH Primary Care Physician and CGH Health Foundation Medical Division Annual Appeal Campaign Chair. “So much of what I witness as a provider is that families are not equipped for the day-to-day caregiving role nor able to find resources, and this eventually leads to caregiver burnout. With the help of the Foundation, we are going to lend a hand to make sure our patients and caregivers get some relief in knowing what steps to take.”

The focus of the 2022 Annual Appeal has been to raise awareness of what dementia is and to augment resources and services available. The new Dementia Navigator will be the liaison between providers and patients upon diagnosis, working to identify potential options for care planning and community resources. The Navigator will educate patients and families on what to expect and assist in developing a plan of action.

The Navigator will provide information on area Dementia Caregiver Support Groups. Five have been created since last summer in partnership with the Alzheimer’s Association. It’s the goal of the Foundation to organize monthly support groups in as many of the towns in the CGH service area as possible.

More than 6.5 million Americans are living with some form of dementia, and the number is expected to reach nearly 13 million by 2050. The most common type is Alzheimer’s disease, which accounts for about two-thirds of cases.



Eric Kuhns, MD, CGH Primary Care Physician and CGH Medical Division Annual Appeal Campaign Chair

For more information or to contribute to the Annual Appeal, go to cghmc.com/foundation or call Executive Director Joan Hermes at 815-625-0400, ext. 5672.



Kim Cavazos with Copper, a Goldendoodle owned by the Whiteside County Sheriff’s Office

Therapy Dog Program Resumes

Our furry friends are once again delighting patients through the CGH Therapy Dog Program, which was on hiatus since spring 2020 due to the pandemic.

Four canines and their handlers began visiting at the hospital in September 2022 after completing 8 hours of training sponsored by the CGH Health Foundation. All are volunteers and are part of the CGH Auxiliary.

Dogs and owners/handlers include Khloe, a Schnoodle, owned by Pat Specht; Onyx and Aspen, both Standard Poodles, owned by Vanessa Sharp-Wahl; and Copper, a Goldendoodle, owned by the Whiteside County Sheriff’s Office and handled by Kim Cavazos.

Could your dog be a therapy dog? Volunteers must be at least 18 years old, and their dog must be at least 1 year old, pass the temperament testing, be able to perform basic commands, be capable of walking with a loose leash (no pulling) and get along with other dogs and people.



For more information, contact Manager of Volunteer Services Deb Keaschall at 815-625-0400, ext. 5727.

Calendar of Events

WINTER 2023

For a full list of CGH events, visit cghmc.com/calendar.

BLOOD DRIVE

Thursdays, February 2 and April 6
9:30 AM–6 PM
CGH Ryberg Auditorium
100 E. LeFevre Road, Sterling, IL
To schedule an appointment, call **815-625-0400, ext. 6879** (Michelle) or **ext. 1057** (Bryan). Or visit bloodcenterimpact.org and use code **3591**.

CHOLESTEROL AND GLUCOSE SCREENINGS

Friday, January 13; Tuesday, February 14;
Thursday, March 23
6–9:20 AM
12-hour fast and appointment are required.
Cost is \$30. Call **815-625-0400, ext. 5716**.

BIRTHING CENTER CLASSES

Please sign up at reception in the CGH Main Clinic OB/Gynecology Department, call **815-625-0400, ext. 5504**, or visit cghmc.com/calendar.

SPINNING BABIES CLASS

Wednesdays, January 4 and 11; February 1 and 8; March 1 and 8
4–7 PM
The Spinning Babies Parent Class highlights your baby's active role to rotate down and out of the pelvis. Call **815-625-0400, ext. 5504** to sign up. This class is free thanks to the CGH Health Foundation.

BIRTHING AND BABY BASICS

Fridays, January 20, February 3, March 3
5–8 PM
Instructor: Marcela Sproul, RN, IBCLC
Designed for moms in the second half of pregnancy and their coaches, these classes focus on everything you need to know about the labor and delivery process.

BREASTFEEDING CLASS

Fridays, January 6, February 24, March 10
5–7 PM
Instructor: Marcela Sproul, RN, IBCLC
Taught by our Lactation Consultant, this class shares everything you need to know about beginning breastfeeding.

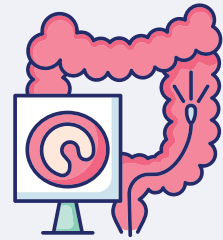
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Guard Against Colorectal Cancer

Do you know the signs and symptoms of colorectal cancer? If you experience any of the following colorectal cancer symptoms — blood in your stool, changes in bowel habits, narrow stools, bloating, gas pain, unexplained weight loss and fatigue — talk to your healthcare provider as soon as possible. To learn more about risk factors, **see page 2**.



Growing Healthier

SPEAKER SERIES



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Join us for FREE programs featuring speakers on important health topics. All of our Growing Healthier programs will be available via the CGH Facebook page in Facebook Live format and hosted by William Bird, MD, VP & Chief Medical Officer. LIKE our Facebook page, and sign up for notifications! For more information, call **815-625-0400, ext. 5716** or visit cghmc.com/growinghealthier.



January – Common Gynecology Surgeries & Procedures on Thursday, January 19, with Jeffrey LeMay, MD, Obstetrics and Gynecology. Have you been told by a healthcare provider that you need a procedure to further evaluate a gynecological problem? Join Dr. LeMay as he discusses common gynecological surgeries and procedures performed at CGH, including tubal ligation, endometrial ablation, colposcopy, LEEP, dilation and curettage, treatments for urinary incontinence and more.



February – The Heart of the Matter on Thursday, February 2, with Twinkle Singh, MD, Interventional Cardiologist. Learn about the advancements in heart services provided at CGH including our two 24/7 cath labs, the latest stroke and heart disease treatments, cardiac rehab and an array of new technologies and procedures offered to keep your heart healthy.



March – Everyday Digestive Health on Thursday, March 23, with Jorge Monteagudo, MD, Gastroenterologist. Gastroenterologists — also known as GI doctors — are specialists with extensive training in preventing, diagnosing and treating diseases of the digestive system. Learn how to protect and boost the health of your digestive system through annual colonoscopy, GI screening tests, as well as treating or even preventing a variety of diseases that could impact your digestive system.