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# HealthLines

CARING PEOPLE... CARING TRADITION [www.cghmc.com](http://www.cghmc.com) | Fall 2016



## Supporting Women on their breast cancer journey

Staff at the CGH Women's Imaging Center help women through life-defining moments with compassion and expertise. See page 2.

Members of the Breast Steering Committee (L to R): Dr. Keith Pham, Radiology; Dr. Eugene Brown, Radiology; Dr. Eliona Corrigan, Radiology; Dr. Mir Alikhan, Oncology; Dr. Jacob Hopping, Surgery

Additional Breast Steering Committee Members: Cindy Zander, VP; Dr. Marcia Jones; Dr. Frank Tugwell; Dr. Heather Wakefield; Meredith Johnson, FNP; Dr. Paul Steinke, CEO; Shari Batten, Imaging Supervisor; Gina Grennan, Imaging Director; Erika Adams, Breast Navigator Nurse; Dr. William Bird

**INSIDE:**  
2016  
Report to Our  
Community

# Support ON YOUR Breast Cancer Journey



EVERY DAY AT CGH MEDICAL CENTER IS FILLED WITH DEFINING MOMENTS—such as when a patient finds out there is a suspicious area on a mammogram or when her life is changed forever because she learns she has breast cancer.

**When these moments occur,** the caring staff at the CGH Women's Imaging Center is there for you. The center was developed by an interdisciplinary team of physicians, radiology staff, and administration. The team's vision is to provide the ultimate level of personal assistance for our breast cancer patients, increase routine mammograms for all women, detect breast cancer earlier than before, and provide comprehensive women's



Erika Adams, RN

services in a more efficient manner for our patients.

The Women's Imaging Center provides same-day imaging services, digital mammograms, magnetic resonance imaging (MRI) breast exams, diagnostic ultrasound, MRI and stereotactic biopsy services, lymph node mapping, and bone density screening.

In addition, newly diagnosed breast cancer patients now have a personal advocate to help them on their journey. Certified Navigator Breast Nurse Erika Adams, RN, meets with each patient at the beginning of her care and acts as a liaison as she

makes her way through diagnosis, treatment, and survivorship. Adams works to reduce or eliminate potential barriers in the healthcare system and offers support for anxiety and fear, education, financial assistance, transportation, communication and language, and connecting patients with local resources.

➔ To learn more about the CGH Women's Imaging Center, please visit [www.cghmc.com/womenscenter](http://www.cghmc.com/womenscenter) or call 815-625-0400, ext. 5550.

## ✦ NEW EQUIPMENT

### New Biopsy Equipment Brings Benefits to Patients

The CGH Women's Imaging Center is committed to offering the most advanced diagnostic assessment and treatment possible for all patients. A core goal in the center's creation was to provide patients with a state-of-the-art, comfortably designed stereotactic breast biopsy table. With fundraising support from the CGH Health Foundation, this goal has become a reality.

The center's new Hologic MultiCare Platinum breast biopsy table uses leading-edge targeting and guidance technology to ensure the exceptional image quality needed to locate tissue required for biopsy, even from the most difficult-to-access lesions. And it offers a benefit more obvious to patients: comfort.

"Our new breast biopsy table is designed to make the procedure as comfortable as possible for patients, while producing superior clinical results," said Gina Grennan, director of CGH Women's Imaging Center.



# GET *Answers* WITH CGH DIAGNOSTIC IMAGING SERVICES

WHEN IT COMES TO YOUR DIAGNOSTIC IMAGING NEEDS, CGH will see to your care with a professional and compassionate team.



**All of our imaging procedures use advanced imaging technology** that is subject to stringent regulatory standards.

Most modalities offered through our diagnostic imaging department at CGH have received American College of Radiology (ACR) accreditation. The ACR has accredited more than 38,000 facilities in 10 imaging modalities. CGH offers many accredited services including: computed tomography (CT), magnetic resonance imaging (MRI), all breast imaging, nuclear medicine, and positron emission tomography (PET) as mandated under the Medicare Improvements for Patients and Providers Act, in addition to modalities mandated under the Mammography Quality Standards Act.

Our compassionate team of providers includes:

**Doctors.** Our highly trained and experienced physicians are responsible for interpreting your exam results, performing procedures such as interventional radiology, and working with other doctors and specialists to determine appropriate treatment plans.

**Technologists.** Your technologist will be the one performing many of the various types of exams, including X-rays, CT scans, MRIs, and ultrasounds. At CGH we have technologists certified in each modality.

**Nurse Navigator.** The nurse navigator acts as a liaison between the patients and providers from diagnosis through treatment and recovery.

She works with patients to reduce or eliminate potential barriers in the healthcare system and offers support in the areas of education, financial assistance, and transportation, in addition to providing psychological and emotional support.

*We also offer same-day mammograms every Wednesday.*

➤ **To make an appointment** with CGH Diagnostic Imaging Services, please call **815-625-0400, ext. 4451**. Visit [www.cghmc.com](http://www.cghmc.com) to learn more about our services.



## Join Us for Delicious Designs

Fabulous floral designs will be featured at the Delicious Designs event at Deer Valley Golf Club on **Wednesday, October 19**. Tickets are \$30, with proceeds benefiting the purchase of a new stereotactic breast biopsy table for the CGH Women's Imaging Center. The fundraiser is sponsored by the CGH Health Foundation in partnership with Behrz-Bloomz, Sterling.

Local breast cancer survivors will be on hand to share their stories. The evening will feature hors d'oeuvres and silent, live and dessert auctions.

Doors open at 5 p.m., when silent auction bidding will begin and hors

d'oeuvres will be served. The dessert auction will start at 5:45 p.m.

➤ **Reserve a table** and enjoy a fun and inspiring night out with your friends. For tickets, contact Pat McLeod at **815-631-5345**, Mary Jean Derreberry at **815-631-1457**, or Joan Hermes at **815-625-0400, ext. 5672**.



Green Leaf Farm partners Jessica Mangan (left) and Rachel Woessner have been selling home-grown vegetables at the Sterling Farmer's Market the past three years.



## NEW WAYS TO EAT FALL'S 5 Healthiest Foods

AUTUMN BRINGS A BOUNTY OF FRESH, DELICIOUS FRUITS AND VEGGIES to keep your taste buds happy, your body healthy, and your waistline in check. Here are a few seasonal options.



### Apples

With a heaping helping of fiber, apples will help you feel fuller on fewer calories. Plus, fiber

fights cholesterol and lowers your heart-disease risk. Try slicing some into salads or tortilla wraps.



### Grapes

These fruits and their juices may contain the very same antioxidants

that give red wine its heart-healthy benefits. Try grapes roasted and combined with thyme, mustard, and cooking wine as a sauce for lean meats.



### Brussels Sprouts

Low in calories and high in vitamin C, fiber, and folate, brussels sprouts also contain

antioxidants that protect your cells. Some evidence suggests they reduce cancer risk. Try them roasted at a high heat or steamed with lemons, mustard, and walnut oil.



### Sweet Potatoes

Besides filling fiber, sweet potatoes contain lots

of vitamin A to promote healthy eyes and skin and boost your immunity. And their potassium helps control your blood pressure. Bake some in the oven and top with salsa, veggies, and cheese.



### Cauliflower

This low-carb vegetable serves up plenty of vitamins, minerals, and plant-based compounds

called phytochemicals, which help keep arteries clear. Steam some, then purée with plain Greek yogurt, garlic, and a bit of Parmesan.

➔ **If you need nutrition advice,** talk with your doctor or request an appointment at [www.cghmc.com](http://www.cghmc.com).

## Find Your Local Farmers Market

### Twin Cities Farmers Market – Sterling, IL

Open All Year  
Saturdays, 8 a.m.–noon  
106 Avenue A  
**815-626-8610**  
[www.twincityfarmersmarket.com](http://www.twincityfarmersmarket.com)

### Rock Falls Farmers Market – Rock Falls, IL

June–October  
Wednesdays, 8–11 a.m. /  
Saturdays, 8 a.m.–1 p.m.  
403 West 2nd St.  
**815-625-4500**  
[www.rockfallschamber.com](http://www.rockfallschamber.com)

### Dixon Park District Farmers Market – Dixon, IL

May–October  
Wednesdays, 3–7 p.m. /  
Saturdays, 7 a.m.–noon  
River St. at Peoria Ave.  
**815-288-5043**  
[www.discoverdixon.org](http://www.discoverdixon.org)

### Morrison Farmers Market – Morrison, IL

May–September  
Saturdays, 8–11 a.m.  
204 East Lincolnway (Route 30)  
[www.morrisonfarmersmarket.com](http://www.morrisonfarmersmarket.com)

### Lanark Farmers Market – Lanark, IL

June 14–October 18  
Tuesdays, 4–7 p.m.  
200 Block of W. Claremont St.  
(Lanark City Park)  
[www.lanarkil.com/market](http://www.lanarkil.com/market)

### Mt. Carroll Farmers Market – Mt. Carroll, IL

May–October  
Saturdays, 7 a.m.–noon  
100 Block of E. Market St.  
**815-244-2255**  
[www.mtcarrollil.org](http://www.mtcarrollil.org)

### Polo Farmers Market – Polo, IL

July 9–October  
Thursdays, 3–6 p.m.  
100 Block of S. Franklin St.

### Oregon Farmers Market – Oregon, IL

June–October  
Saturdays, 8 a.m.–noon  
Ogle County Courthouse Lawn  
105 South St.

# CALENDAR of EVENTS

@ CGH MEDICAL CENTER

## Community Health

### CHOLESTEROL SCREENINGS

If you need your cholesterol checked, make an appointment at one of our upcoming screenings on Wednesday, October 19 or Wednesday, November 16; 6 to 9:20 a.m. Twelve-hour fast and appointment required. Call **815-625-0400, ext. 5716**.

### BLOOD DRIVE

Donate blood on Thursday, December 1, in the CGH Ryberg Auditorium at CGH Medical Center in Sterling. You can donate every 56 days. To make an appointment during our hours of 9 a.m. to 8 p.m., call Connie at **815-625-4000, ext. 5425**, or Michelle at **815-625-4790, ext. 6879**.

### BLOOD PRESSURE AND BLOOD SUGAR SCREENINGS

Screenings are held on the first Thursday of the month (November 3, December 1), from 8 to 9:30 a.m. in the lobby of the CGH Main Clinic in Sterling; second Thursdays (October 13, November 10, December 8), from 11:30 a.m. to 1 p.m. in the lobby of CGH Medical Center in Sterling; and third Thursdays (October 20, November 17, December 15), from 3 to 4:30 p.m. at County Market in Sterling.

For a complete list of events, visit [www.cghmc.com/calendar](http://www.cghmc.com/calendar).

## Preparing for Baby

No cost, but registration is required. Please call **815-625-0400, ext. 5504**, or visit [www.cghmc.com/calendar](http://www.cghmc.com/calendar) to sign up.

### PRENATAL CLASS

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.

**+ Thursdays, October 13 and 20, November 10 and 17,** 6 to 9 p.m., in the CGH Ryberg Auditorium.

### BREASTFEEDING CLASS

Taught by our certified lactation specialist, this class shares everything you need to know about beginning breastfeeding.

**+ Thursdays, October 20 and November 17,** 7 to 9 p.m., in the CGH Ryberg Auditorium.



Growing Healthier

# Speaker Series

Join us for **FREE** programs featuring speakers on important health topics, refreshments, and giveaways. Programs are held in the CGH Ryberg Auditorium at CGH Medical Center in Sterling. Registration appreciated, but not required. For more information, please call **815-625-0400**, or visit [www.cghmc.com/growinghealthier](http://www.cghmc.com/growinghealthier).

NOVEMBER



**Diabetes Prevention and Management**  
 Tuesday, November 15  
 at 6 p.m.  
*Presented by Jessica Benyo, diabetic education coordinator*



**CGH Health Foundation**  
Your partner in good health

Attend a **FREE** program and you could win a **\$100 gift card!**

Sponsored by  
**CGH Medical Center Auxiliary**

3rd Annual

## Healthy & Bright

### Holiday Lights & Art Show

Thursday, November 17th

5:00pm Event Begins • 5:45 Ceremonial Lighting

CGH Medical Center Main Clinic Lobby  
 101 E. Miller Road, Sterling, IL 61081

Holiday Art Show Opening & Reception  
 Enjoy holiday themed artwork from local artists!

All Are Welcome!

# HEALTHGRADES RECOGNIZES CGH MEDICAL CENTER FOR

# Outstanding Patient Experience AND 5-Star Heart Care



**CGH MEDICAL CENTER HAS ACHIEVED** the Healthgrades Outstanding Patient Experience Award™ and is one of only four hospitals in Illinois to receive this award for five years in a row (2012–2016).

**CGH was identified as providing outstanding performance** in the delivery of a positive experience for patients during their hospital stay. In addition, CGH received five stars for the treatment of heart failure from Healthgrades, the leading online resource for comprehensive information about physicians and hospitals.

"We're proud to be recognized for our high level of performance across different departments," said Dr. Paul Steinke, CGH president and CEO. "This validates that we always strive to provide the highest quality care for all our patients."

Healthgrades evaluated 3,858 hospitals that submitted at least 100 patient experience surveys to the Centers for Medicare & Medicaid Services (CMS), covering admissions from April 2014 to March 2015 in order to identify hospital performance in this area.

Healthgrades evaluated performance by applying a scoring methodology to 10 patient experience

measures, using data collected from a 32-question patient experience survey of the hospital's own patients. The survey questions focus on patients' perspectives of their care in the hospital. Question topics range from cleanliness and noise levels in patient rooms to factors such as pain management and responsiveness to patients' needs. The measures also include whether a patient would recommend the hospital to friends or family.

In order to be recognized by Healthgrades, hospitals must meet eligibility requirements for consideration, which in addition to number of survey responses includes clinical performance thresholds. Nationally, 2,965 hospitals met those

requirements, with 448 hospitals outperforming their peers based on their patients' responses in order to achieve this distinction. CGH Medical Center's performance places it among the top 15% in the nation.

"Consumers are increasingly using patient experience and satisfaction as a measure to both evaluate hospitals and to select where they want to obtain care," said Evan Marks, chief strategy officer, Healthgrades. "We commend those hospitals that have achieved the Healthgrades 2016 Outstanding Patient Experience Award for delivering superior patient care experiences during their hospital stay."

*CGH Physicians  
Dr. Nancy Tran, Hospitalist,  
and Dr. Jason Reter, Family  
Medicine, strive to deliver  
a positive experience  
for patients  
every day.*



➔ **For more information about Healthgrades,** to download a full copy of the report, or to get information about hospital and physician quality, visit [www.Healthgrades.com/quality](http://www.Healthgrades.com/quality) today. For more information about the services provided by CGH Medical Center, please visit [www.cgmmc.com](http://www.cgmmc.com).

# GINA'S Defining Moment

EVERY DAY AT CGH MEDICAL CENTER IS FILLED WITH LIFE-DEFINING MOMENTS. Patient Gina Fiorini-Frank experienced one when she learned that she had breast cancer.

**Gina, a Sterling native, noticed an itch in her right breast** in early August 2015. Memories of the advice of her late grandmother, who had died of breast cancer in 1989, to “get your mammogram” went through her head. Gina had a mammogram at CGH Medical Center and was diagnosed with stage 1 breast cancer. She had a partial mastectomy/lumpectomy and has undergone radiation.

“I had an incredible team at CGH,” Gina said. “I will always be grateful I came here for my treatment. They all gave me so much support. I was so scared. But they—the nurses and my friends and family—held my hands and told me I would be fine. They made me smile. They made me laugh, and cried

with me when I cried. This experience has changed me.”

Gina was numb from the fear and anxiety and leaned heavily on the CGH team of professionals to walk her through what needed to

be done. “I’ve got many people who are part of my inner circle of support,” she said. “One of those

people is Erika, my CGH breast health navigator. When I needed an appointment, she scheduled it. When I needed information, she

called. When I simply needed to talk, she was all ears. Today, I am feeling stronger than ever and am getting back to the important things, like hanging out with my family and friends.”

“I am beyond grateful for the support from the folks at CGH. They have helped me and so many other women be able to watch our kids grow up. Thank you!”

—Gina Fiorini-Frank



*Breast cancer survivor Gina Fiorini-Frank is grateful for the support received from her family during her treatment journey. Shown with Gina is husband, Gary, and sons, from left, Anton, Michael, and Jakob.*

Erika’s role is to add an extra dose of personal care and expertise for those women who are diagnosed with breast cancer. On page 2, you can learn more about what a breast health navigator does and read about the new stereotactic breast biopsy table at the CGH Women’s Imaging Center, which was purchased with funds raised by the CGH Health Foundation.



## Donate Now!

To start saving lives and changing lives today, make your gift to the CGH Health Foundation. Go to [www.cghmc.com/foundation](http://www.cghmc.com/foundation) and click on “Donate Now.” Scan your smartphone at right to access the website now. You can also mail your check to 100 E. LeFevre Road, Sterling, IL 61081, c/o the CGH Health Foundation.



# To Honor 70 Years CGH Auxiliary Presents Blue Jean Jubilee

October 29, 2016

6 to 10:30 p.m.

Brandywine Inn, Dixon

- + Hors d'oeuvres
- + Dessert auction
- + Dueling Pianos by Ted Oliver Productions

Call **815-625-0400, ext. 5727**  
for ticket information, or visit  
[www.cghmc.com/volunteer](http://www.cghmc.com/volunteer).

CGH MEDICAL CENTER  
100 E. LeFevre Road  
Sterling, IL 61081

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## CGH AUXILIARY MARKS 70 Years of Service

**THE CGH AUXILIARY WAS CREATED NOVEMBER 4, 1946,** when Hellen M. Lawrence met with about 25 women in her home to discuss the shortage of nurses caused by World War II.

**The women formed the Women's Auxiliary at CGH** and initiated a cart service to supply necessities and pleasantries to the patients. Teen girls, known as candy strippers, joined the organization in 1957, with young boys following nine years later. Men first joined in 1980.

The purpose of the Auxiliary today remains similar to what it was 70 years ago: uphold the CGH Medical Center mission by enriching the patient experience through dedicated and compassionate volunteers. Today, the Auxiliary has 280 members, with roughly three-quarters of the membership actively volunteering. The Auxiliary provides an average of 2,000 volunteer hours per month, supporting 22 CGH departments in the hospital and clinics. This calculates into an annual dollar value of over \$500,000.

Fund-raising continues to be a component of the Auxiliary's mission.

The first Auxilians generated funds through garment resales in roomy garages along with sewing and canning by monthly committees. Today's funds are raised primarily through vendor sales (such as books and jewelry) and special events. For example, the April 2015 Luau at Sunset supported the purchase of an ultraviolet disinfection system.

The Auxiliary's Gift Shop continues to provide a service to CGH patients, visitors, and staff. Proceeds from the shop support the Auxiliary's scholarship program, which has disbursed \$260,000 to students in health-related fields over the past 43 years.

The CGH Auxiliary is planning an event to celebrate its 70th anniversary on Saturday, October 29, at the Brandywine in Dixon. The event will include hors d'oeuvres and dueling pianos. In addition to this special



event, a "baking brigade" of Auxilians has been making and delivering homemade treats to staff in all CGH departments in gratitude for their support of the Auxiliary.

➔ **For more information** about becoming a part of the CGH Auxiliary, or to make a donation, call **815-625-0400, ext. 5727**, or visit [www.cghmc.com/volunteer](http://www.cghmc.com/volunteer).