

COMMON SLEEP
DISORDERS P. 2

SILENT HEART
ATTACKS P. 3

ONCOLOGY
REMODEL P. 7



HealthLines

CARING PEOPLE...CARING TRADITION www.cghmc.com | Winter 2017

REVVING UP CANCER CARE

Mark Schafer of Dixon credits the CGH oncology team with saving his life. He was diagnosed with leukemia four years ago but is now cancer-free.



5 COMMON Sleep Disorders: KNOW THE WARNING SIGNS

ALMOST EVERYONE HAS TROUBLE SLEEPING SOMETIMES. But for at least 40 million Americans, sleep problems are a way of life. That's serious, because chronic lack of sleep increases your chances of having high blood pressure, heart disease, diabetes, depression, and obesity. Here's how to recognize if a sleep disorder may be to blame.

1 **Insomnia**

Insomnia means having trouble falling or staying asleep. People may lie awake after going to bed, or wake up during the night or too early in the morning. Symptoms include daytime drowsiness, decreased energy, trouble with concentration or memory, increased errors or accidents, and irritability or depression.

2 **Sleep Apnea**

Sleep apnea leads to pauses in breathing or shallow breathing during sleep. About half of people with sleep apnea are overweight. Some snore loudly or make choking or gasping sounds. Additional symptoms include daytime sleepiness, morning headaches, poor memory, irritable mood, and a dry mouth or sore throat upon awakening.

3 **Restless Legs Syndrome**

Restless legs syndrome (RLS) causes crawling, prickling, tingling, or burning sensations in the legs when lying or sitting still. This leads to an urge to move the legs for relief, making it hard to sleep. Some also experience frequent twitching of their legs.

4 **Narcolepsy**

Narcolepsy causes overwhelming sleepiness during the day. People may doze off suddenly while eating, walking, or driving. These sleep attacks may last from several seconds to a half hour or longer. In emotional situations, some people with narcolepsy also experience slurred speech and loss of muscle control.

5 **Shift Work Disorder**

Employees who work outside standard daytime hours may have trouble falling asleep at the desired time, or may wake up feeling unrefreshed even after getting a full eight hours. Sleepiness at work may impact job performance and increase the risk of making errors or getting injured.

Pay Attention to Snooze Clues

If you think you might have a sleep disorder, talk with your doctor. The right medical treatment or behavioral change can help you get better sleep—and better health.



ACCREDITED CARE

News You Can Use to Help You Snooze!

CGH Sleep Center was recently reaccredited by the American Academy of Sleep Medicine (AASM). As the gold standard by which the medical community and the public can evaluate sleep medicine services, AASM accreditation ensures the highest quality of medical care for people with a problem related to sleep or daytime alertness. The AASM accredited the first sleep center in 1977, and now more than 2,500 accredited sleep centers are providing exceptional patient care in communities across the country.



Kim Treviranus,
MD

➡ To learn more about sleep and common sleep disorders, visit the AASM's public education website at www.sleepeducation.org. To make an appointment with the CGH Sleep Center, call **815-625-0400, ext. 5687**.

NEARLY HALF OF *Heart Attacks* STRIKE SILENTLY

ONE MINUTE, YOU FEEL FINE. The next, you still feel fine. But in between, you might have had a heart attack.

In a recent study, researchers tracked about 9,500 adults for an average of nine years. Over that time, 4.1% were diagnosed with heart attacks. Surprisingly, an additional 3.3% showed evidence of heart attacks during follow-up testing that never showed up in their medical records.

Silent but Dangerous

These so-called silent heart attacks often proved deadly. Those who had them were three times more likely to die of heart disease than those who didn't have a heart attack at all.

That's because fast action after a heart attack is crucial. People who don't know they've suffered one likely didn't get potentially lifesaving treatments, such as medications to restore blood flow.

Reduce Risks and Stay Alert

Risk factors for a silent heart attack are the same as those for any heart problem. They include high blood pressure, smoking, and a family history of heart disease. Talk with your doctor about how to assess—and reduce—your chances.

In the meantime, stay alert for subtle signs of heart attacks. These include fatigue, nausea, and pain that feels like indigestion.

Call **911** if you suspect you might be having a heart attack—even if you aren't sure. Ignoring symptoms because you're embarrassed or scared could cause a dangerous delay in treatment. Emergency medical personnel can evaluate your symptoms and get you to the hospital as quickly as possible.



Check Your Heart Health

HeartCheck of the Rock River Valley can evaluate your heart health, enabling early detection and more precise treatment of heart disease. This checkup is recommended for people who: are between 45 and 65 years old; are overweight; smoke; or have high blood pressure, elevated cholesterol, or family history of heart disease. For more information or to make an appointment, call **815-625-0400, ext. 5550**.



Fight Heart Attacks with Fruits and Vegetables

Your genes play a role in your heart attack risk, but so does something you control: your diet. In a recent study, people with potentially harmful chromosomal variations slashed their risk for heart attack by as much as half by loading up on fruits, raw vegetables, and berries.

Besides warding off heart attacks and strokes, these foods may prevent diabetes, kidney stones, bone loss, and some cancers. Plus, produce is low in fat and calories. Add more to your diet by:

+ Punching up your pasta. Add spinach, peppers, beans, or onions to your standard red sauce.

+ Getting clever at the salad bar. Mix in less standard vegetables like sweet peas or watercress. Or try fruit—think orange wedges or strawberries.

+ Baking better. Making muffins? Replace some of the sugar with apples, bananas, or berries for a healthy and delicious treat.

➤ **For more information**, attend the Growing Healthier program "Plant-Powered Heart" on February 23. See page 5 for details.

Welcome

TO OUR NEW PHYSICIANS AND PROVIDERS



Ismaila Bello, MD
**Interventional
Cardiology**
CGH Main Clinic,
101 E. Miller Road,
Sterling
815-625-4790

Dr. Bello received his medical degree from the University of Lagos College of Medicine in Nigeria. He completed an observership at the University of Arizona in Tucson; a residency at Brooklyn Hospital Center in New York; and cardiology and interventional cardiology fellowships at SUNY Downstate Medical Center in Brooklyn. He is a member of the American College of Physicians and the American College of Cardiologists.



**Keith Martin,
MD, FACOG**
Gynecology
CGH Polo Medical
Center, 711 S.
Division St.
815-632-5290

Dr. Martin received his medical degree from UHS/Chicago Medical School. He completed an obstetrics/gynecology residency at Oakwood Hospital in Dearborn, Michigan. He is a Master Robotic Surgeon in Gynecology, and has served in various leadership positions. He has taught at the University of Wisconsin Medical School and UHS/Chicago Medical School. In addition, Dr. Martin is a fellow of the American Congress of Obstetricians and Gynecologists.



**Theodore
Hegner, PA-C, MS**
Vascular Surgery
CGH Main Clinic,
101 E. Miller Road,
Sterling
815-625-4790

Hegner works with vascular surgeon Dr. Thomas King. He received master's degrees in physician assistant studies and biomedical sciences from Rosalind Franklin University of Medicine and Science in North Chicago, and a bachelor's degree in biology from St. Ambrose University in Davenport, Iowa.



**Toni Ikens, APN,
FNP-BC**
Family Medicine
CGH Tampico
Medical Center,
123 S. Main St.
(expanded hours:

*Monday–Thursday, 8 a.m.–5 p.m.,
Friday, 8 a.m.–noon, starting late
January)*

815-438-2538

Ikens has been a nurse at CGH Medical Center since 2004, most recently on the medical floor. She received her bachelor's and master's degrees in nursing from Northern Illinois University School of Nursing in DeKalb. She is a member of the American Association of Nurse Practitioners and is certified in Advanced Cardiac Life Support.



**Sara Smith,
APN, NP**
Women's Health
CGH Polo Medical
Center, 711 S.
Division St.
815-632-5290

Smith joins Drs. Henry Oh and Keith Martin at the Polo office. She has worked as a Nurse Practitioner for the past 14 years, most recently at Highland Women's Care–Monroe Clinic in Freeport. She received her bachelor's and master's degrees in nursing from the University of Illinois at Chicago. She is a member of the Association of Women's Health, Obstetrics, and Neonatal Nurses; the National Association of Women's Health Nurse Practitioners; and the Association of Reproductive Health Professionals.



**Jennifer Garriott,
APN, FNP-BC**
Family Medicine
CGH Rock Falls
Medical Center,
100 W. 1st St.
815-632-5366

Garriott recently joined CGH Rock Falls Medical Center as a Family Nurse Practitioner. She has been a nurse at CGH Medical Center since 2010 on the medical floor. She received her MSN from St. Anthony's College of Nursing in Rockford, Illinois, and her BSN from Rockford College. She is a member of the Illinois Society for Advanced Practice Nursing and is currently accepting new patients.

CGH Walnut Offers Expanded Hours

With the addition of Toni Ikens to the CGH Tampico Medical Center, beginning in late January, Melissa Armstrong, APN, FNP-BC, will now be seeing patients full time at the CGH Walnut Medical Center (131 Jackson St.), Monday–Thursday, 8 a.m.–5 p.m. and on Friday, 8 a.m.–noon. For an appointment, call **815-379-2161**.



CALENDAR of EVENTS

@ CGH MEDICAL CENTER

Community Health

BLOOD DRIVE

Donate blood on **Thursday, February 2**, 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**.

CHOLESTEROL SCREENINGS

If you need your cholesterol checked, make an appointment at one of our upcoming screenings on **Friday, January 13**, **Thursday, February 23**, or **Friday, March 24**, 6 to 9:20 a.m. 12-hour fast and appointment required. Call **815-625-0400, ext. 5716**.

BLOOD PRESSURE AND BLOOD SUGAR SCREENINGS

Screenings are held on the first Thursday of the month (February 2, March 2), from 8 to 9:30 a.m. in the lobby of the CGH Main Clinic in Sterling; second Thursdays (January 12, February 9, March 9), from 11:30 a.m. to 1 p.m. in the lobby of CGH Medical Center in Sterling; and third Thursdays (January 19, February 16, March 16), from 3 to 4:30 p.m. at County Market in Sterling.



Preparing for Baby

No cost, but registration is required. Please call **815-625-0400, ext. 5504**, or visit 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, January 12 and 19, February 9 and 16, and March 9 and 16, 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, January 19, February 16, and March 16, 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 is appreciated, but not required. For more information, please call **815-625-0400, ext. 4913**, or visit www.cghmc.com/growinghealthier.

JANUARY



No More Diets

Wednesday, January 25, at 6 p.m.

Presented by Sherry DeWalt, ACE certified health coach, and Bryan Frederick, exercise physiologist



FEBRUARY



Plant-Powered Heart

Thursday, February 23, at 6 p.m.

Presented by Juan Bonilla, MD, Aurora thoracic and cardiac surgeon

MARCH



A Better Night's Sleep Starts Today

Wednesday, March 15, at 6 p.m.

Presented by Stefanie Woodfall, APN, FNP-BC



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

IMPROVEMENTS SHOW Commitment TO Cancer Care

CGH Medical Center recently completed a \$300,000 renovation to the CGH Main Clinic Oncology Department that provides much-needed improvements to patient treatment areas as well as the waiting area. The previous 2,200-square-foot treatment area was upgraded, including patient chemotherapy bay enhancements, an additional patient restroom, an expanded procedure room, and a blood draw bay.

Dr. Mir Alikhan, FACP, Dianne Limesand, APN, FNP-BC, and the oncology staff saw a staggering 6,044 patients in the past year. Because of the increased volume of patients, the waiting room area was woefully undersized. There was no extra space for wheelchairs, walkers, or oxygen tanks.

The renovation tripled the waiting room space, adding 1,100 square feet. Included in the new space is a large private meeting room for doctors, patients, and their families. In addition, there is a new resource area for patients and family members to allow access to computers for data and research, plus a refreshment station and coat storage.

"All of these improvements positively impact patients and families living with cancer," said Dr. Alikhan. "We would like to thank



CGH Oncology staff



Mir Alikhan,
MD, FACP



Dianne Limesand,
APN, FNP-BC

the CGH Health Foundation for their financial support in making this expansion possible."

Dr. Alikhan is highly regarded for his diagnostic and treatment successes. Since coming to CGH in 2005, he has been recognized for his compassion toward patients and expertise in the latest in drug therapies, chemotherapy, and other regimens.

The CGH Main Clinic Oncology Department has received reaccreditation by the Quality Oncology Practice Initiative Certification Program (QOPI) since 2010. This stringent self-assessment also includes an on-site inspection by QOPI staff that verifies the practice meets core standards in all areas of treatment. The QCP seal designates those practices that not only scored high on the key QOPI quality measures, but met rigorous safety measures established by the American Society of Clinical Oncology and the Oncology Nursing Society.

"We're very proud of our QOPI recertification and our newly renovated department, as both emphasize our commitment to provide the highest level of care for our patients," said Dr. Alikhan.



Chicken and White Bean Soup

When you are undergoing chemotherapy, you may have side effects such as loss of appetite, nausea and vomiting, stomach problems, or a sore mouth or throat. This can make eating difficult, but good nutrition is important for your recovery. Try this recipe, recommended by the American Cancer Society.

Ingredients

- 1 rotisserie chicken breast section or 3 cups chopped white chicken meat
- 1 tbsp. canola oil
- 3 carrots, sliced
- 2 celery stalks, sliced
- 1 onion, chopped
- 2 cups water
- 6 cups reduced-sodium chicken broth
- 1 can (15 oz.) Great Northern beans, rinsed and drained
- Pepper and salt to taste

Directions

Remove wings from chicken and reserve. Remove skin from breast and discard. Shred the meat from the breast and break off breast bones. Heat oil in a stockpot over medium heat. Sauté the carrots, celery, onion, chicken wings, and breastbones for eight to 10 minutes, or until vegetables soften. Add water and chicken broth and bring to a boil, stirring to combine. Reduce heat, cover, and simmer for 15 to 20 minutes. Add beans and chicken meat and cook for five minutes. If too thick, add more broth or water. Discard bones and wings before serving. Season with salt and pepper.

Per Serving

Serves six. Each serving provides: 235 calories, 5 g fat, 28 g protein

FOUNDATION CONTRIBUTES **\$300,000** TO ONCOLOGY RENOVATION

A RECENT FACELIFT OF THE MAIN CLINIC ONCOLOGY DEPARTMENT HAS ENHANCED THE CARE AND COMFORT OF CGH CANCER PATIENTS. The project was made possible in part by a \$300,000 contribution from the CGH Health Foundation through the generosity of several benefactors.

Cancer care has been a major focus of the Foundation since 1987, and taking part in the renovation project was important to the trustees. "With the number of cancer patients rising to just over 6,000 last year, the oncology project was something we felt impacted or would impact many more people in the Sauk Valley," said Marty Benson, Foundation Board chair.

A former patient, Mark Schafer of Dixon, credits the CGH oncology team with saving his life. He said new cancer patients will appreciate the more welcoming, expansive waiting area and updated chemotherapy bays.

Now retired, Schafer was the auto mechanics instructor at Whiteside Area Career Center when fellow staffers grew concerned about his pale appearance and urged him to see

his doctor. "I had no symptoms, but I found out that day that I had stage 4 leukemia," said Schafer.

Despite undergoing 23 blood transfusions and six rounds of chemotherapy, Schafer was still able to teach, race his older model Chevy wagon drag car, drive a semi, and farm on the side. Although he lost weight, he never felt sick until he suddenly developed a blood fungus and became seriously ill.

"My doctor, Dr. Alikhan, and the CGH oncology team wanted to know if my affairs were in order, since the fungus was very aggressive and could become life-threatening within just a few days. However, they figured out what type it was, successfully treated it, and four years later I'm still in remission."



"I really shouldn't be here. It's been four years since I was diagnosed with leukemia and I'm cancer-free."

—Mark Schafer

Sharing the Truth About Drugs and Pregnancy

**Pregnant?
Don't Use
Pain Killers**



For the past nine months, CGH Medical Center Pediatrics and Obstetrics staff has carried out an educational blitz about the dangers of mixing pregnancy and opioid drugs. Protecting Our Infants is an effort funded by the CGH Health Foundation to educate expectant mothers and help prevent area babies from experiencing drug withdrawal, or Neonatal Abstinence Syndrome, at birth. In addition to low birth weight, birth defects, and premature birth, the condition can cause tremors, irritability, sleep problems, seizures, excessive yawning or sneezing, vomiting, diarrhea, sweating, difficulty eating, stuffy nose, and high-pitched crying. For more information, call the Foundation office at **815-625-0400, ext. 5672.**

Living life to the fullest was and still is his mantra and Schafer is grateful for the care he received as a CGH oncology patient.

Donate Now!

To start saving and changing lives today, make your gift to the CGH Health Foundation. Go to 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.



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NEW Patient Navigators SUPPORT PATIENTS

Today, patients who are diagnosed with serious illnesses face a complex healthcare system. The combination of uncertainty of a diagnosis combined with complicated care and treatment options can overwhelm patients and families. As care continues to grow more complex, CGH understands that patients need support beyond the typical bedside care and discharge planning.

That's why CGH implemented the acute care patient navigator program. The focus of these unit-based nurses is to guide patients and families through the complex medical system and help patients overcome the stress and uncertainties that arise during hospitalization.

"By providing support, guidance, and advocacy, our patient navigators serve as the bridge between the patient, family, or caregiver and the entire healthcare team," said Kristie Geil, CNO.

CGH patient navigators assess and recognize barriers for individual



Medical, Surgical, and CCU Patient Navigators are here to help you. Pictured above: Sara Stage, RN, and Jan VanDyke, RN. Other Navigators are Shelly Belha, RN; Marla Lund, RN; and Gina Superczynki, RN.

patients and implement strategies to eliminate them. Those barriers may include a need for additional education on medications, diagnosis, or treatment plans; linking patients to other healthcare team disciplines like social services or physical therapy; or discharge follow-up.

In the few short months of this program, we have seen improvement in patient experience and perception of readiness for discharge, nursing and physician communication, and understanding of medications.

SPIRIT OF THE HEART

Gallery at CGH

CGH Healing Art Gallery Is Open

Last May, CGH Medical Center opened our new healing art gallery, "Spirit of the Heart."

The gallery showcases local artists, and is open to our patients and community. Our first show displayed artwork from student winners at Woodlawn Arts Academy. Our second show in July featured local photography and watercolor paintings. Our September show celebrated CGH Week and featured artwork from our employees, physicians, and volunteers. Our holiday show currently on display through mid-February features winter scenes and holiday-themed artwork. Please stop by and see it!

Works are available for viewing and for sale, with a portion of the proceeds benefiting the CGH Auxiliary programs.

For more information, email info@cghmc.com.

