

VIRTUAL CARE
AT CGH P. 2

NEW CGH
WEBSITE P. 4

MEN'S TOP 3
HEALTH RISKS P. 6



HealthLines

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

PATIENTS & Paws

Volunteers, including Deuce and his owner Karen Palmer, help hospital patients heal. The pair are part of the Love on a Leash Program. See page 7.





CGH LAUNCHES *Virtual Care*

CGH MEDICAL CENTER RECENTLY LAUNCHED CGH VIRTUAL CARE, A VIRTUAL CLINIC THAT OFFERS 24/7/365 ACCESS TO HEALTHCARE.

CGH Virtual Care provides patients with an exceptional care experience wherever they are and at any time using a computer, tablet, smartphone, or other telephone.

For \$35 per visit, patients can receive virtual urgent care services, including diagnoses, prescriptions, and scheduling of follow-up appointments at any of CGH Medical Center's 16 area clinics.

"At CGH, we believe that seeing your regular doctor, nurse practitioner, or physician assistant is very important for your continuity of care," said Shane Brown, VP of Physician Services. "However, we know there are times when you may need an appointment that doesn't fit your schedule or when clinic offices or Ready Care are closed. Having an option for 24/7/365 access to care for minor illnesses through a virtual visit is an

option CGH is now happy to make available to everyone in our communities and service area."

CGH Virtual Care is built on clinical and technology partner Carena's Virtual Clinic Platform, and uses Carena's group of certified and contracted physicians, nurse practitioners, and physician assistants. The clinicians working in the virtual clinic will follow best practice guidelines to ensure that CGH patients receive high-quality, evidence-based care.

"We are pleased to partner with CGH Medical Center to offer its patients new options for getting their care needs met," said Ralph C. Derrickson, CEO of Carena. "CGH Virtual Care uses our technology to put CGH's brand online, where it is most accessible to consumers, while offering patients an exceptional care experience from a healthcare system they know and trust."

📌 **Patients can access CGH Virtual Care** today by visiting cghvirtualcare.anytime.org, calling **855-247-3532**, or by downloading the free app "CGH Virtual Care," available on iTunes and Google Play.



Can't-Miss Car Seat Tips

Automobile crashes cause one in four unintentional injury deaths of youth under age 13. The best way to keep children safe while you're driving is to make sure they're properly restrained.

- ✚ Until at least age 2, kids should sit in a rear-facing car seat in the backseat.
- ✚ Once a child has outgrown a rear-facing seat, move to a front-facing one. Keep children strapped in with a harness until they're at least 4 years old.
- ✚ Once kids have outgrown a front-facing car seat, a booster seat should be used until they're around 4 feet 9 inches tall.

📌 **A Car Seat Safety Check** will take place at this year's Child Fair, held at Sauk Valley Community College on Saturday, April 22, 9 a.m. to noon.



Radiation ONCOLOGIST EDWARD MILES, MD, JOINS NICTC

DR. EDWARD MILES JOINED THE OUTSTANDING TEAM AT NORTHERN ILLINOIS CANCER TREATMENT CENTER (NICTC) in early January and is now seeing patients.

Dr. Miles is a board certified radiation oncologist trained at Duke University Medical Center in Durham, North Carolina. He received his Doctor of Medicine at Uniformed Services University of the Health Sciences in Bethesda, Maryland, and his Bachelor of Science in chemical/biomedical engineering at Carnegie Mellon University in Pittsburgh, Pennsylvania. He most recently served as assistant professor of radiation oncology and biophysics

at Eastern Virginia Medical School in Norfolk, Virginia.

Dr. Miles brings with him a wealth of radiation oncology experience and knowledge. His immense skills are coupled with a kindhearted, warm personality.

You will learn more about Dr. Miles over the next several months as he joins our team and the Sauk Valley community. Call NICTC at **815-284-1111** to schedule an appointment with Dr. Miles.



CGH Oncology/ Hematology Adds Nurse Practitioner Mia McDermott, APN, NP-C

Mia McDermott, APN, NP-C, has joined Dr. Mir Alikhan and Dianne Limesand, APN, FNP-BC, in CGH's oncology/hematology department as a nurse practitioner. Mia has been a nurse practitioner in the hospitalist program at CGH Medical Center since 2014.

Mia received her master's degree in nursing from Northern Illinois University School of Nursing in DeKalb, Illinois, and her bachelor's degree from Lewis University in Romeoville, Illinois. She completed an internship with FHN Health Network in Stockton and Warren, Illinois. Mia holds an Adult-Gerontology Nurse Practitioner certification from the American Academy of Nurse Practitioners.

📍 **Mia is currently accepting new patients** at her office at CGH Main Clinic, 101 E. Miller Road in Sterling, and CGH Dixon Medical Center, 1321 N. Galena Ave. in Dixon. To schedule an appointment, call **815-625-4790** (Sterling) or **815-284-1600** (Dixon).



WHEN SHOULD YOU TAKE *Antibiotics?*

ANTIBIOTICS CAN BE POWERFUL MEDICINE. But you have to use them safely and correctly. Sometimes that means not using them at all.

If you have a bacterial infection—like strep throat or an ear infection—they can be a big help. But most common colds and flu are caused by different kinds of germs called viruses. So antibiotics won't help you fight these illnesses at all.

More Harm Than Good?

Antibiotics work by fighting bacteria that make you sick, either by killing them or stopping them from growing. But sometimes, bacteria learn how to resist an antibiotic. The more often you take antibiotics when you don't need them, the bigger the risk that this can happen. And you can end up with stronger bacteria that are very hard to treat.

That's why you should take antibiotics only when your doctor says they are necessary. Not sure if you have a virus or bacterial

infection? Ask your doctor for advice.

Antibiotics Do's and Don'ts

Follow these guidelines for using antibiotics.

Do:

- + Take them for bacterial infections like strep throat.
- + Take all of the medication prescribed.

Don't:

- + Take them for common cold symptoms like runny noses and coughs.
- + Take them unless your doctor says you need them. They won't help and won't prevent other people from catching your cold. And they can create stronger bacteria that are harder to treat.

All-New CGH Website!

Visit our **redesigned and mobile ready website** for interactive maps, events, more than 150 new cheer card designs, national health news, and more. Plus, sign up for e-health newsletters for wellness, pregnancy, new parents, and more. Find us at **www.cghmc.com**.

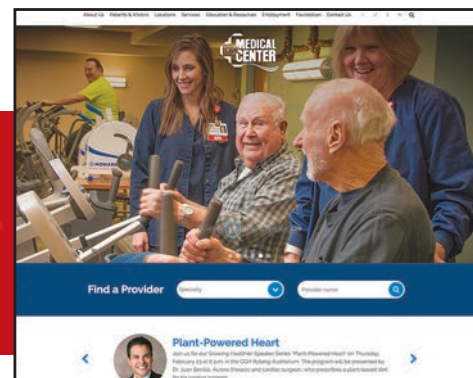
A Culture of Caring

Our mission at CGH Medical Center and Clinics is to deliver exceptional patient care by combining outstanding skill with heartfelt compassion. We know that patients develop deeper trust under our care when we communicate well and our care is empathetic.

We value transparency and are accountable to our organization and community. We strive to be the healthcare organization of choice by building lifelong relationships with our patients, employees, and providers. We commit to uphold technical excellence and high quality.

We also desire to meet the ongoing healthcare needs of our community by creating paths to better health. We want our patients and their families to feel embraced by this healing culture ... a Culture of Caring.

**One Mission.
One Vision.
One Team.**



Spring 2017

CALENDAR of EVENTS

@ CGH MEDICAL CENTER

post &
save

Community Health

BLOOD DRIVE

Donate blood on **Thursday, April 6**, 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 **815-625-0400, ext. 5425**, or Michelle at **815-625-4790, ext. 6879**.

CHOLESTEROL AND GLUCOSE SCREENINGS

If you need your cholesterol and glucose checked, make an appointment at one of our upcoming screenings on **Tuesday, April 18; Tuesday, May 16; or Thursday, June 29**; 6 to 9:20 a.m. Twelve-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 (April 6, May 4, June 1), from 8 to 9:30 a.m. in the lobby of the CGH Main Clinic in Sterling; second Thursdays (April 13, May 11, June 8), from 11:30 a.m. to 1 p.m. in the lobby of CGH Medical Center in Sterling; and third Thursdays (April 20, May 18, June 15), from 3 to 4:30 p.m. at County Market in Sterling.



For a full
listing of
CGH events:
[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 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, April 13 and 20, May 11 and 18, June 15 and 22, 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, April 20, May 18, and June 22, 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. 5716**, or visit www.cghmc.com/growinghealthier.

APRIL



Antibiotics Aren't Always the Answer

Thursday, April 27,
at 6 p.m.
Presented by Bill Bird, MD
Get an update on antibiotic
use and resistance concerns.

MAY



Can You Hear Me Now?

Wednesday, May 3,
at 6 p.m.
*Presented by CGH
Audiologist Laurie Zollinger,
AuD, FAAA*
Join a discussion about
diagnosis and treatment of
hearing loss/dizziness.

JUNE



What's Your Game Plan for Heart Disease?

Wednesday, June 7, at 6 p.m.
*Presented by family
medicine physician
Matthew Wolf, MD*
Learn about the leading
cause of death for men.

CGH
Health Foundation
Your partner in good health

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

The Top 3 HEALTH RISKS IN MEN—AND HOW TO AVOID THEM

According to the Centers for Disease Control and Prevention, heart disease and cancer account for nearly half of deaths among men.

The good news: Certain types of exercise can help prevent these health threats in both men and women. Here's how.



To ward off heart disease: Move in short spurts all day.

Aerobic exercise strengthens your heart and lowers your blood pressure. The American Heart Association recommends at least 30 minutes of moderate intensity aerobic activity five days per week. You don't have to do it all at once.



To guard against cancer: Exercise as much as you can.

Exercise may help prevent certain types of cancer, research shows. You should get at least 150 minutes of moderate exercise spread throughout the week, suggests the American Cancer Society. Logging 300 minutes of activity per week likely provides additional cancer protection.



To prevent falls: Train your balance.

Unintentional injuries, such as falls, are the third most common cause of death among men. Exercise programs that include balance training could prevent up to 42% of falls, studies show. Consider taking a class in a martial art that helps improve balance and coordination.



Matthew Wolf, MD, Seeing Patients in Morrison and Prophetstown

Dr. Matthew Wolf is now seeing patients at the CGH Prophetstown Medical Center on Tuesday mornings and all day on Fridays. CGH Prophetstown Medical Center is located at 212 E. Railroad Street.

In addition, Dr. Wolf will continue seeing patients at the CGH Morrison Medical Center, 105 S. Heaton St., where he has practiced since August 2016.

A native of Erie, Illinois, Dr. Wolf received his Doctor of Medicine from the University of Illinois at Chicago and his Bachelor of Science from the University of Illinois at Urbana-Champaign. He completed his family medicine residency at Genesis Health System in Davenport, Iowa.

To make an appointment, please call **815-537-5050** (Prophetstown) or **815-772-8100** (Morrison).



CGH Dixon Vision Center Welcomes Edward Hanlon, OD

Dr. Edward Hanlon is now seeing patients full-time at the CGH Dixon Vision Center. An optometrist with CGH Medical Center since 2008, Dr. Hanlon previously saw patients at the CGH Sterling and Morrison Vision Centers.

Dr. Hanlon received his Doctor of Optometry from the Illinois College of Optometry in Chicago and his Bachelor of Science from Augustana College in Rock Island, Illinois.

The Dixon Vision Center is located at 1321 N. Galena Ave. To schedule an appointment, call **815-284-1600**.

THERAPY DOGS HEAL THE *Heart*

Bringing comfort and joy to hospital patients goes “hand in paw” with the goals of the CGH Love on a Leash Program, sponsored by the CGH Health Foundation.

Wagging tails have become a familiar sight in CGH hallways these past five years, with 31 dog teams lifting spirits for nearly 10,000 patients. Animal-assisted therapy has many benefits, including reduction in pain levels and improvement in patient/staff communication.

The program began in 2012 at the prompting of nurse and dog lover Shirley Wolford. She had brought in her own puppies and a friend’s dog in past years to visit patients and was inspired by a hospital animal therapy program in another city.

“This has been such a tremendous benefit for everyone, not just the patients,” said Shirley. “Whether the dogs are in the hallways or nursing units, I see staff and visitors take time to visit.”

Deuce, a golden retriever, and his owner, Karen Palmer of Sterling, have participated in the program since the beginning. Karen said they have experienced many heartwarming visits. “One time we visited a patient who had been unresponsive for a couple of days,” she said. “Deuce led me over to the side of the bed. The



Deuce is one of 31 dogs that have visited nearly 10,000 patients since the Love on a Leash Program began on September 1, 2012. With him are owner Karen Palmer and Junior Optimist Club members Isabelle and Victoria Padilla.

sleeping woman started to pet Deuce and smiled. This has been such a wonderful service for the patients. CGH is a very special place for Deuce and me.”

Shirley receives a “Deuce alert” whenever the dog is in the building. “He’s one of my favorites,” she said. “His wagging tail and happy face give us such a lift.”

Piper, an Australian shepherd/border collie mix, seems to know exactly what a person needs, said owner Cathie Downs of Chadwick. “I’ve seen her cuddle in close and be very still, sharing her warmth and calm energy with someone in pain, and then be very excited and roll over on the floor for kids to pet her in the very next room.”

Sterling residents Herb Kuehl and his wife, Deb, make visits together

with Pepper, their silver-haired standard poodle. “Our visits allow patients a few welcome minutes away from the stress of their illness,” said Herb. “It is often a welcome distraction during a very emotional time. Hospital staff also look forward to the visits—we’re often surrounded by them long before we get to the floor.”



Time to Celebrate

Both the CGH Health Foundation and Love on a Leash Program are celebrating anniversaries this year: 30 years and 5 years, respectively. The Foundation will kick off festivities with a cocktail and hors d’oeuvres event on Thursday, April 20, 5 to 7 p.m., at CGH.

🐾 Dog therapy teams

can be sponsored with a contribution of \$250. Call **815-625-0400, ext. 5672**, or go to **www.cghmc.com/dogs**.

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Stay up-to-date on the latest happenings at CGH Medical Center and in the community!



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Developed by StayWell

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654M

*Gladys Thomas, CGH
volunteer since 2004*

VOLUNTEER WORK STRENGTHENS BODY AND *Spirit*

Americans volunteer their time in a multitude of ways. They may organize fundraisers, coach Little League, or help someone learn to read—to name just a few activities.

Their work certainly helps others. But did you know it also can improve the volunteers' quality of life and even affect their health?

Benefits of Volunteering

Experts say that volunteering is good for people of all ages, though most research has focused on older adults. Benefits include higher self-esteem and a greater sense of well-being.

Volunteering may boost physical health, too. Research has found that people who volunteer have lower mortality rates than those who don't. Research also indicates that adults ages 60 and older who volunteer report higher levels of physical

functioning and lower levels of depression.

Several factors may explain these findings. For example, experts say that meaningful relationships, being productive, and keeping active are vital to healthy aging. Volunteering contributes to all of these.

Lend a Helping Hand

Whatever your skills, chances are the CGH Medical Center Auxiliary can put them to good use. Volunteers provide about 24,000 volunteer hours to CGH annually. Opportunities range from regular commitments to only occasional help. Be sure to choose something that interests you. And remember: You may get as much out of volunteering as do the people you help. Call the Auxiliary Office at **815-625-0400, ext. 5727**, to learn more.

Could Your Dog Be a Volunteer?

Love on a Leash dog teams will be at the Outdoor Adventure Fest at the Sterling YMCA on Saturday, May 20, from noon to 4 p.m. The program is sponsored by the CGH Health Foundation. Dog team volunteers become members of the CGH Auxiliary. If you would like more information about joining the program, call Deb Keaschall, Auxiliary coordinator, at **815-625-0400, ext. 5727**, or go to **www.cghmc.com/foundation**.



Former patient Sue Stull, therapy dog Spike, and Spike's owner, volunteer Janel Yordy. "Spike never moved from my lap when I got bad news. He was such a comfort," Sue says.