

HealthLines

Caring People ... Caring Tradition

Care That's More Than Skin Deep

CGH dermatologist **Dr. Marc Stees** completed a fellowship in Mohs micrographic surgery, a highly effective, complex treatment for skin cancers.

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CGH HEALTH FOUNDATION
30th ANNIVERSARY



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NOW AT MORRISON

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Sun vs. Skin: What You Need to Know

Too much sunlight is a prescription for looking older and an increased risk for skin cancer. The sun's rays take a toll on your skin by causing lost elasticity, wrinkles, dryness, age spots, and solar keratosis. But the greatest threat posed by sun exposure is skin cancer.

Unfortunately, the rate of melanoma has increased in the last 30 years. To reduce your risks, be sun-smart. Use a broad-spectrum, water-resistant sunscreen with an SPF of at least 30, wear protective clothing, and seek shade. If you see anything on your skin changing, growing, or bleeding, see a dermatologist.

[COVER STORY]

Effective Treatment for Skin Cancers

CGH DERMATOLOGIST Dr. Marc Stees recently completed a yearlong micrographic surgery and dermatologic oncology fellowship in the Department of Dermatology at the University of Wisconsin–Madison. Mohs surgery is a precise surgical technique used to treat skin cancer. During Mohs surgery, thin layers of cancer-containing skin are progressively removed and examined until only cancer-free tissue remains. Mohs surgery is also known as Mohs micrographic surgery. The goal of Mohs surgery is to remove the entire skin cancer, while doing minimal damage to surrounding healthy tissue.

Mohs surgery was developed by Dr. Frederic Mohs at the University of Wisconsin–Madison. The procedure was first used to treat skin cancers in 1936 and remains a popular method of care throughout the world today. Advantages of Mohs micrographic surgery include:

- Provides the highest assurance of complete cancer removal
- Preserves a maximal amount of normal tissue
- Generally requires only a local anesthetic
- Allows patients to be treated on an outpatient basis
- Has low operative risk
- Offers the highest cure rate for tumors that recur after treatment by other methods



For more information about Mohs micrographic surgery or to make an appointment with Dr. Stees, please call **815-625-4790** (Sterling) or **815-284-1600** (Dixon).



Help Kids Avoid Sugar Overload

A diet high in sugar can cause dental cavities, obesity, and diabetes—and maybe heart disease too, experts say. Unfortunately, children in the U.S. consume about 80 grams of sugar a day. Help them cut back by:

• **Reading labels.** Sugar is added to lots of foods you might not expect, such as pasta sauce, ketchup, crackers, and pizza.

- **Learning sugar's other names.** They include high-fructose corn syrup, sucrose, dextrose, and maltose.
- **Skipping soda.** Serve water or low-fat milk.
- **Choosing fruit for dessert.** Most kids love the taste of fresh fruit.
- **Skipping sugary cereals.** Serve unsweetened cereals and add fruit for sweetness.

Your doctor is your best source for health advice. To find a provider, visit www.cghmc.com.

CGH MORRISON Rehab Opens



CGH MEDICAL CENTER IS EXCITED TO BRING PHYSICAL THERAPY to western Whiteside County. CGH Morrison Rehab opened in June within the CGH Morrison Clinic at 105 S. Heaton Street.

"We are proud to offer residents in western Whiteside County a local rehab facility. We have the physical therapy equipment you need and the therapists

you can trust as you work toward your recovery," said Geoff Wright, CGH physical therapist.

Open Monday through Friday from 8 a.m. to 5 p.m., CGH Morrison Rehab is staffed by a full-time physical therapist and will have occupational and speech therapists available as needed. Physical therapy services offered include musculoskeletal, orthopaedic, and

pre-surgical and post-surgical rehabilitation; sports injury and concussion clinic; fall prevention program; and pain management. The physical therapy gym features a multistation weight machine, NuStep recumbent cross trainer, elliptical, upright bicycle, parallel bars, TheraBand system, traction table, and ultrasound/electric stimulation machines.

For information on the services offered at CGH Morrison Rehab, visit www.cghmc.com. To make an appointment, please call **815-772-8100**.

CGH Pediatrics Gets Makeover

CGH'S HOSPITAL PEDIATRICS DEPARTMENT has received its first makeover since the 1980s. Improvements include renovated nurses' stations, upgraded lighting, and an enhanced security system. The hallways feature new murals and artwork by Mackenzie Hopping, who has a master's degree in art therapy from the Art Institute of Chicago and is the wife of CGH general surgeon Dr. Jacob Hopping.

The department also features artwork from the preschool art class at Woodlawn Arts Academy. The works will be rotated and replaced periodically with artwork from area elementary school classes.

To learn more about pediatrics at CGH, call **815-625-0400, ext. 5522**.



Mural and artwork by
Mackenzie Hopping

CGH welcomes new providers



Rita Hart, DO

Pediatrics – DR. RITA HART RECEIVED HER DOCTORATE FROM MIDWESTERN

University Chicago College of Osteopathic Medicine in Chicago, Illinois, where she also completed a pediatric residency. Dr. Hart has practiced as a pediatrician for the past 24 years, most recently at Minooka Healthcare Center of Morris Hospital in Channahon, Illinois. She is a fellow of the American College of Osteopathic Pediatricians and a member of the American Osteopathic Association. She is accepting new patients at the CGH Main Clinic, 101 E. Miller Road in Sterling. To make an appointment, please call **815-625-4790**.



Ethan Brooks, PA-C

Orthopaedics – CGH MEDICAL CENTER IS PLEASED TO WELCOME

Ethan Brooks, PA-C, to the orthopaedics department. Ethan received his Doctor of Science in clinical orthopaedics from Baylor University in Waco, Texas, and both his master's and bachelor's degrees in physician assistant studies from the University of Nebraska in Lincoln, Nebraska. Ethan completed an orthopaedic assistant fellowship at Madigan Army Medical Center in Joint Base Lewis-McChord, Washington. Ethan will see patients at CGH Main Clinic, 101 E. Miller Road in Sterling. For an appointment, please call **815-625-4790**.



Jordanna Devine, APN, FNP-BC

Family Medicine – BOARD CERTIFIED FAMILY NURSE PRACTITIONER

Jordanna Devine has been a nurse at CGH Medical Center since 2011. She received her master's degree as a family nurse practitioner from Olivet Nazarene University in Bourbonnais, Illinois, and her bachelor's degree in nursing from St. Anthony College of Nursing in Rockford, Illinois. Jordanna is certified by the American Academy of Nurse Practitioners and is a member of the American Association of Nurse Practitioners. She is also a trauma nurse specialist certified in several types of life support. Jordanna will see patients at the CGH Ready Care Clinic at 15 W. 3rd St., lower level.



Bryan Kemker, MD, FACS

Otolaryngology – BOARD CERTIFIED OTOLARYNGOLOGIST DR. BRYAN KEMKER

received his medical degree from Medical College of Ohio in Toledo. He completed basic surgery and otolaryngology surgery residencies, and a fellowship in otolaryngology research, at the University of Chicago. Dr. Kemker has practiced as an otolaryngologist for 17 years. He is a fellow of the American College of Surgeons and a member of the American Academy of Otolaryngology, American College of Surgeons, and Illinois Medical Association. He is accepting new patients at CGH Main Clinic, 101 E. Miller Road in Sterling and CGH Dixon Medical Center, 1321 N. Galena Ave. in Dixon. For an appointment, please call **815-625-4790** (Sterling) or **815-284-1600** (Dixon).

Summer 2017

Calendar of Events

For a full listing of CGH events: www.cghmc.com/calendar

@ CGH MEDICAL CENTER

Community Health

Blood Drive

THURSDAY, AUGUST 3
9 A.M. TO 8 P.M.

**CGH Ryberg Auditorium,
CGH Medical Center,
Sterling**

You can donate blood every 56 days. To make an appointment, call Connie at **815-625-4000, ext. 5425**, or Michelle at **815-625-4790, ext. 6879**.

Cholesterol and Glucose Screenings

TUESDAY, JULY 25;
FRIDAY, AUGUST 25;
TUESDAY, SEPTEMBER 19
6 TO 9:20 A.M.

Twelve-hour fast and appointment required. Call **815-625-0400, ext. 5716**.

Blood Pressure and Blood Sugar Screenings

FIRST THURSDAY OF THE MONTH
(JULY 6, AUGUST 3, SEPTEMBER 7)
8 TO 9:30 A.M.

**CGH Main Clinic lobby,
Sterling**

SECOND THURSDAY OF THE MONTH (JULY 13, AUGUST 10, SEPTEMBER 14)
11:30 A.M. TO 1 P.M.

**CGH Medical Center lobby,
Sterling**

THIRD THURSDAY OF THE MONTH
(JULY 20, AUGUST 17, SEPTEMBER 21)
3 TO 4:30 P.M.

County Market, Sterling

This is a free community service. No appointment or fasting is necessary. Call **815-625-0400, ext. 5716**.



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

THURSDAYS, JULY 13 AND 20;
AUGUST 10 AND 17; SEPTEMBER
7 AND 14
6 TO 9 P.M.

CGH Ryberg Auditorium

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

THURSDAYS, JULY 20, AUGUST 17,
AND SEPTEMBER 14
7 TO 9 P.M.

CGH Ryberg Auditorium.

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



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.

JULY



Welcome to Medicare

Thursday, July 27, 6 p.m.
Presented by Tracey Aude, RN, MSN, NP-C
Turning 65? Learn what a Medicare wellness visit is and when to schedule one!

AUGUST



Shoulder Pain and How to Fix It

Thursday, August 24, 6 p.m.
Presented by orthopaedic surgeon Jeffrey Thormeyer, MD

SEPTEMBER



Skin Deep: Treating Skin Cancer with the Mohs Procedure

Tuesday, September 26, 6 p.m.
Presented by dermatologist Marc Stees, MD
Learn about the Mohs method in removing skin cancer.

Attend a **FREE** program and you could win a

\$100
gift card!

CGH
Health Foundation
Your partner in good health

Step Outside

to Shake Up Your Exercise Routine

Here are six perks to getting sweaty outside this summer:

1. Increase your motivation.

Exercise may feel easier when done in nature, where you can move at your own speed.

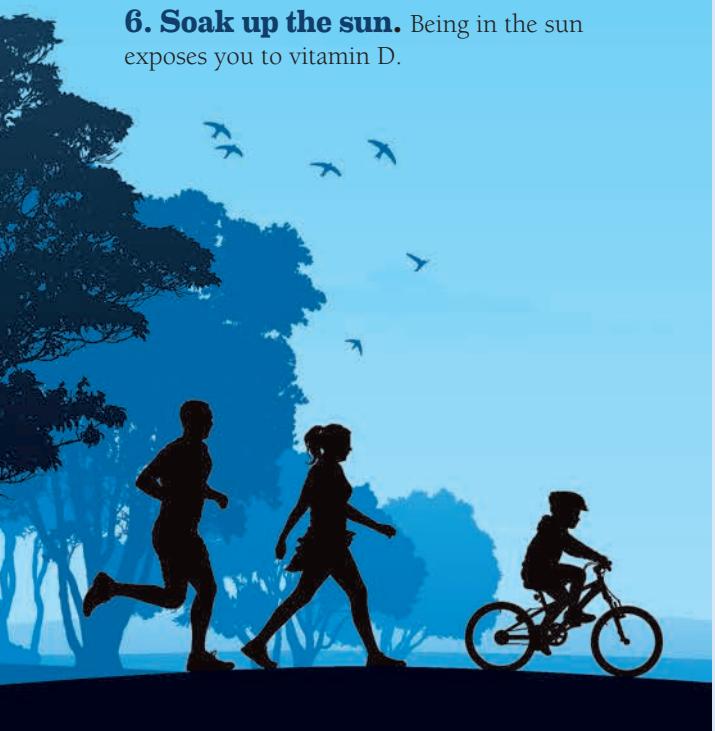
2. Burn more calories. When running or cycling outdoors, you may experience wind, which can offer natural resistance.

3. Boost your mood. Studies suggest that outdoor activity can help you recharge and feel more refreshed than indoor exercise.

4. Detox. The body cleanses itself of toxic elements when you sweat in the summer heat. Make sure to rehydrate afterward.

5. Save money. Exercising outdoors is free!

6. Soak up the sun. Being in the sun exposes you to vitamin D.



L to R: (front) Derek Sheaves, Sterling FD, and Bill Milby, deputy chief south, Twin City Joint Fire Command; (back) Dan Posateri and Jason Larson, CGH EMS; Captain Jeremy Billeb, Sterling FD; Pat Rosengren, CGH Auxiliary; Ryan Venema, CGH director of Pre-Hospital Services; Captain Ken Wolf, Josh Willman, and Matt Kobbeman, Rock Falls FD

CGH Auxiliary Donates Binder Lift Vests

BACK INJURIES ARE THE LEADING CAUSE OF EARLY retirement for emergency medical services (EMS) personnel. According to one study, EMS personnel have a lifting-related injury rate 21.3 times higher than the national average. In response, CGH Medical Center Auxiliary recently donated eight Binder Lift vests to equip CGH EMS and Sterling and Rock Falls fire departments with an easier and safer alternative for handling patients.

"The intent of the Binder Lift vests is to provide multiple lifting points for people who are down in awkward spots, while making the patient feel safer and more secure," said Ryan Venema, CGH director of Pre-Hospital Services.

The Binder Lift's unique torso wrap design with 19 to 25 handles enables caregivers to team lift while using proper ergonomics. The cushioned top edge and torso wrap design reduces bruising and skin tears to the patient while providing superior stabilization and security.

"On behalf of CGH EMS and the Sterling and Rock Falls fire departments, I would like to thank the CGH Auxiliary for their gracious donation," said Venema. "It is truly an investment in one department because we all work so closely together in providing emergency medical services to the community."

The vinyl Binder Lift vest was named the *Journal of Emergency Medical Services* 2014 Hot Product of the Year. The vest is constructed with BondCote vinyl-coated polyester and BioThane for the handles and removable leg straps. Both materials used are 100% impervious to bodily fluid and are chemical-resistant.

CGH Health Foundation Celebrates 30 Years



Charter Members and other longtime donors have been honored at several Pearl Parties. Some of the honorees include, L to R: (front) Dr. John Erickson, Marion Erickson, Carmen Haskell, Pat Flynn, Dr. Tom Flynn; (back) Bill Griswold, Ed Andersen, Jim Haskell, Dr. Jeff LeMay, and John Van Osdol.

PEARLS AND PARTIES GO HAND IN
hand this year as the CGH Health Foundation
celebrates its 30th anniversary.

“It’s the year of the pearl and we are honoring those ‘gems,’ our donors, who have partnered with us to impact so many lives,” said Marty Benson, Foundation and Annual Appeal chair.

The Foundation is hosting “Pearl Parties” throughout the CGH service area to recognize benefactors who have faithfully supported its many wellness initiatives.

Almost 20 of the original 64 Foundation Charter Members are still donors. These generous individuals, businesses, and clubs collectively have contributed nearly \$450,000.

“What an accomplishment this is, such an amazing group of very loyal supporters,” said Benson. “It especially drives home how important each and every donor is to the success of an organization. Together, we can and have been so successful in impacting the lives of over 350,000 children and adults these last 30 years.”

Testimonials from Pearl-level contributors are at the heart of the annual fund drive. “Who better to explain how important these programs are than the folks who have believed in us these many years?” Benson said.

The honorees include: Ed and Jan Andersen; Keith and Mary Benson III; CGH

Auxiliary; Norm and Marti Deets; Dr. John and Marian Erickson; Dr. Tom and Pat Flynn; Arthur J. Gallagher; Carolyn Gaziano; Bill Griswold; Jim and Carmen Haskell; Larson Hardware; Dr. Jeff and Susie LeMay; Linda Olds-Steinert; Dick Prescott; Dr. Reda and Jean Salama; U.S. Bank; and John and Barb Van Osdol.



The CGH Auxiliary is also a Charter Member, giving \$179,000 toward Foundation wellness programs. Board members include, L to R: (front) Judy Zager, Cindy McKinley, Pat Rosengren; (back) Jude Blomquist, Libby Schrader, and Gladys Thomas.

For more information on how to donate, call **815-625-0400, ext. 5672** or go to www.cghmc.com/foundation to make a gift online.



Joe Henderson

Honoring Joe

The 2017 CGH Health Foundation Annual Appeal campaign is dedicated in memory of the late Joe Henderson. He served for 14 years as a Foundation trustee and believed strongly in giving back to his community.

“He leaves a legacy of integrity, fairness, and love of his community,” said Marty Benson, chair of the CGH Health Foundation. “One of his favorite things to say as a Foundation trustee was, ‘We are changing lives and saving lives.’ Joe was instrumental in leading our foundation in raising hundreds of thousands of dollars for healthcare services for the underserved, wellness education, scholarships, and equipment for the hospital.”



CGH FOUNDATION NEWS



Check Out Our New Look

Visit www.cghmc.com to see all that our redesigned, mobile-ready website has to offer!



CGH MEDICAL CENTER
100 E. LeFevre Road
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Cranberry and Cilantro Quinoa Salad

INGREDIENTS

2 cups water
1/4 tsp. plus 1/8 tsp. salt
1 cup quinoa
1 cup dried cranberries
1/2 cup carrots, minced
1/2 cup red bell peppers, chopped
3 tbsp. yellow bell peppers, chopped
3 tbsp. red onion, finely chopped
3 tbsp. fresh cilantro, minced
1 tbsp. lime juice
1/4 tsp. vegetable oil
Ground red pepper, to taste
Parsley, for garnish

DIRECTIONS

1. Boil water and 1/4 teaspoon salt. Stir in rinsed quinoa, reduce heat, and bring to a low simmer. Cover pot and cook until all liquid is absorbed, about 13 minutes.
2. Cook and refrigerate quinoa until it reaches 40 degrees.
3. Stir cranberries, carrots, peppers, onion, and cilantro into the cooled quinoa until mixed.
4. In a small bowl, mix together lime juice, oil, 1/8 teaspoon salt, and ground red pepper. Pour over quinoa-cranberry mixture and toss to coat evenly.
5. Garnish with sprigs of parsley before serving.

*Dispose of product by the end of the fifth day after making.



PER SERVING

Serves eight; serving size is 1/2 cup. Each serving provides:
Calories 150
Fat 3.5 g
Cholesterol 0 mg
Sodium 115 mg
Carbohydrates 29 g
Protein 3 g