



Communique

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A CGH Medical Center Publication

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Dr. Thomas King Makes History at CGH with First Transcarotid Artery Revascularization Procedure

Congratulations to Thomas King, DO and the Vascular Surgery team for making history at CGH Medical Center by performing our first Transcarotid Artery Revascularization (TCAR) on December 31, 2020!

A well established hybrid approach to treating carotid disease, TCAR combines the protection of surgery with the benefits of a less invasive procedure. Carotid artery disease is often silent and does not always present with symptoms. Physicians can screen patients based on risk factors like high blood pressure, diabetes, obesity and smoking. Sometimes, patients are screened for carotid artery disease if the doctor knows the patient has vascular disease elsewhere in the body.

When treating carotid artery disease with surgery, there is always a risk of stroke caused by tiny pieces of the blockage breaking free and traveling up the carotid artery and into the brain. TCAR was developed specifically to address this issue and lower that risk by capturing any emboli that break free through a "reverse flow" method.

The TCAR procedure uses a device to briefly reverse the direction of blood flow when treating a narrowed carotid artery. With blood (and any clots) flowing away from the brain while the physician operates, the patient's risk of stroke during the procedure is lower and recovery can be quicker.



Dr. Thomas King and the Vascular Surgery Team



Transcarotid Artery Revascularization

No Limits for Pink



Pink was the theme at the No Limits Volleyball Club tournament in October at which \$1,000 was raised for the CGH Health Foundation Women's Health Program.

Sauk Valley athletes, ages 10–18, all dressed in pink in memory of Mary Davis, a Blackhawk College volleyball coach for 26 years, who lost her battle with breast cancer in 2017. Mary's daughter, Emma Davis, center right, is part of the Club. She is shown holding the check with NLV Club Director Kelsey Thurman, center left.

Proceeds will be used to provide CGH Medical Center cancer patients with comfort bags. These totes contain lotion, socks, mouth wash, puzzle books, ice packs, tea bags, Queasy Pops, peppermints, a water bottle, gas cards, meal cards and other items which can assist the patients in their journey. Donations are accepted year-round by calling Joan Hermes at ext. 5672 or by making a gift online at www.cghmc.com/foundation.

BLOOD DRIVE

CGH Medical Center

Thursday, February 4

9:30am – 7:00pm

Ryberg Auditorium (100 E. LeFevre Rd.)

MASKS AND APPOINTMENTS ARE REQUIRED.

To schedule, call Michelle or Bryan at 815-625-0400
(x6879 for Michelle or x1057 for Bryan)

Please eat before donating and bring Photo ID.
Last Date to Donate Elsewhere: 12/10/2020
Group Sponsor Code: 3591



ByeBye20# Health Initiative

What does it take to reach a healthy weight? Find out in our ByeBye20# healthy weight initiative sponsored by the CGH Health Foundation.



Join our private Facebook group for 20 weeks of motivation, education, support, and weekly prizes. At the end of the 20 weeks we will draw for the grand prize of an Apple fitness watch and celebrate with a virtual 5K. This is a free program with optional purchase of a t-shirt for the 5K. For more information, please visit www.cghmc.com/foundation/byebye20#

Brought to you in partnership with The Sterling-Rock Falls Family YMCA, Food Fitness You, Central Park Yoga, 7:24 Fitness on the Rock, and Olive Nut Certified Health Coaching.

Caring Fund Scholarships

Congratulations to **Chloe Buyers** (Laboratory), **Megan Christensen** (ED) and **Bethany Shearer** (Medical Floor), winners of the CGH Employee Caring Fund Scholarships for the spring semester.

The Caring Fund Scholarship was created in 2014 by the CGH Caring Fund Committee and is funded 100% through CGH Medical Center employee contributions.

The scholarships are for any CGH Medical Center employees who are continuing their education through trade school/college/university and is meant to support those who are pursuing careers in any field. Full- and part-time students may apply.

For more information on the CGH Employee Caring Fund please visit www.heartbeatcgh.com/cgh-caring-fund.



Chloe Buyers



Megan Christensen



Bethany Shearer



*Making History
Together at CGH*

*#strongertogether
#protectedtogether*



Phase 1B Vaccine Information for Community



FRONTLINE ESSENTIAL WORKERS

1.3 MILLION IN ILLINOIS

Including, but not limited to, the following occupations:

- **First responders:** Fire, law enforcement, 911 workers, security personnel, school officers
- **Education:** Teachers, principals, student support, student aids, day care worker
- **Food and agriculture:** Processing, plants, veterinary health, livestock services, animal care
- **Manufacturing:** Industrial production of good for distribution to retail, wholesale or other manufactures
- **Corrections workers and inmates:** Jail officers, juvenile facility staff, workers providing in-person support, inmates
- **USPS workers**
- **Public transit workers:** Flight crew, bus drivers, train conductors, taxi drivers, para-transit drivers, in-person support, ride sharing services
- **Grocery store workers:** Baggers, cashiers, stockers, pick-up, customer service
- **Shelters and day care staff:** Homeless shelter, women's shelter, adult day/drop-in program, sheltered workshop, psycho-social rehab



RESIDENTS AGE 65 AND OVER

1.9 MILLION IN ILLINOIS

Whiteside County is still vaccinating Phase 1A individuals. Watch our CGH FB page or register for notice when Phase 1B begins & more info on the rollout. Register to receive information from the Whiteside County Health Department:

- **Individuals:**
<https://forms.gle/LTsuRT2YcT6QpWANA>
- **Businesses:**
<https://forms.gle/Q4GUX3T8pLwyjod86>

Rapid Antigen Testing

Whiteside County Health Department is offering COVID-19 rapid antigen tests every Friday in January, 8 a.m. to 12 p.m. Testing is free of cost, no appointment necessary, results by the end of the day.

Beyond Trim



There are many important aspects of your life that affect your health and well-being. Improving one area, such as diet, exercise, sleep, physical surroundings, relaxation, and more, can not only benefit other areas, but also influence your overall physical, emotional, and mental health. In fact, when it comes to health and wellness, it's the smallest and consistent efforts that bring the best results.

Please join Sherry DeWalt, CGH Health Foundation Healthy Lifestyles Coordinator and ACE Certified Health Coach, as she shares monthly information and tips that will help you lead a better and healthy life. Visit www.cghmc.com/beyondtrim.

**KNOW BEFORE
YOU GO**

FREE RAPID COVID-19 ANTIGEN TESTING
Whiteside County Health Dept.
1300 W. 2nd St., Rock Falls, IL 61071

**EVERY FRIDAY IN JANUARY,
8 A.M. - 12 P.M.**

**NO
APPOINTMENT
NEEDED!**

**ONLY POSITIVE INDIVIDUALS will be
given notes from WCHD. Notes will NOT
be given to confirm negative results.**