



Communique

November 7, 2019

A CGH Medical Center Publication

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CGH Wound Healing Center Observes Diabetes Awareness Month

In recognition of November as Diabetes Awareness Month, the CGH Wound Healing Center shares this life-saving message about the importance of awareness, early intervention and specialized care for diabetes-related chronic wounds, like diabetic foot ulcers.

An estimated 30.3 million people in the United States (9.4 percent of the population) have diabetes, including 7.2 million who are unaware they are living with the disease. The percentage of adults with diabetes increases with age, reaching a high of 25.2 percent among those aged 65 years or older. In addition to age, risk factors for diabetes include diet, activity level, obesity and heredity. High blood sugar levels, poor circulation, immune systems issues, nerve damage and infection may contribute to a diabetic foot ulcer.



With America's diabetic population expected to nearly double by 2030, it is important that communities understand the risks and know the facts associated with diabetic foot ulcers. Approximately 25 percent of people living with diabetes will develop a foot ulcer, including the two million who are suffering from one right now. As many as 40 percent of those with a healed diabetic foot ulcer will develop a new ulcer within a year. An estimated 14 to 24 percent of people with foot ulcers will experience an amputation. Diabetes is the leading cause of limb loss, accounting for 65,000 amputations annually. Of the patients who have undergone one amputation, 55 percent will require amputation on the second leg. An amputation results in decreased quality of life, increased medical costs and a significantly higher risk of mortality. Within two to three years of an amputation, nearly fifty percent of patients will die.

Early detection and intervention can help to lessen the possibility of limb loss. The CGH Wound Healing Center recommends the following to help prevent diabetic foot ulcers:

- Stop smoking immediately
- Comprehensive foot examinations each time you visit your healthcare provider (at least our times a year)
- Daily self-inspections of the feet, or have a family member perform the inspection
- Regular care of the feet including cleaning toenails and taking care of corns and calluses
- Choose supportive, proper footwear (shoes and socks)
- Take steps to improve circulation such as eating healthier and exercising on a regular basis.

Proper wound care is imperative to healing diabetic foot ulcers. CGH offers a number of leading-edge treatments, including Hyperbaric Oxygen Therapy, that can aid in wound closure, new tissue growth, wound tissue regeneration and much more. To learn more about diabetic foot ulcers, or if you have a wound that has not healed in 30 days, please contact the CGH Wound Healing Center at 815-564-4002 to schedule an appointment in Sterling or Dixon.



CGH Medical Center Welcomes John O'Holleran, MD, FACS General Surgery

CGH Medical Center is pleased to welcome John O'Holleran, MD, FACS to the General Surgery department. Dr. O'Holleran is board certified by the American Board of Surgery and has practiced for the past 26 years in California.

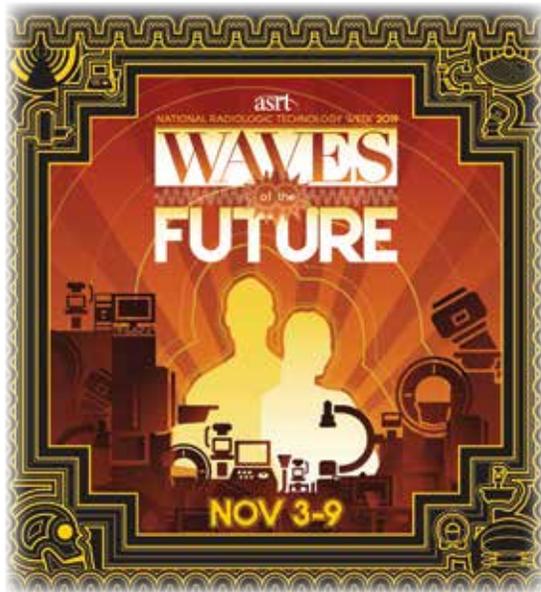
Dr. O'Holleran received his MD from the University of Nebraska College of Medicine in Omaha, and his BS from the University of Nebraska in Lincoln. He completed a General Surgery internship and residency at St. Joseph Hospital in Denver, Colorado. Dr. O'Holleran is a Fellow of the American College of Surgeons.



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(815) 625-4790
www.cghmc.com

National Radiologic Technology Week

National Radiologic Technology Week is celebrated annually to recognize the vital work that radiologic technology contributes across the nation.



"Rad Tech Week" takes place each year during the week that includes November 8th to honor the discovery of the x-ray by Wilhelm Conrad Roentgen on November 8, 1895. This year's celebration is November 3-9.

This year's logo for Rad Tech Week (shown above) has six types of radiologic waves incorporated into the logo (starting at the top center and going clockwise): fourier transforms, sound waves, magnetic field lines, single phase full-wave rectified power, radiation waveform, and radio waves.

Rad Tech Week encompasses all caregivers who work in the imaging or radiation oncology field, including radiologic technologists, sonographers, nuclear medicine technologists, nurses, physicians, radiation therapists, physicists, imaging assistants and clerical staff.

We are proud of our entire CGH Diagnostic Imaging Department and thank them for their dedication to providing excellent patient care for our patients every day!

Employee Flu Vaccines

Protect yourself and your family this flu season with an annual flu vaccine for everyone in your family who is 6 months of age and older. While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May.



So, get your flu vaccine today! It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.

You have the power to protect your family against flu this season. Get yourself and your family a flu vaccine. Fight flu!

Employee Deadline: Sunday, December 1, 2019

Employee Flu Vaccines

- Wednesday, November 13
12-1:30 p.m. Employee Pharmacy
- Tuesday, November 19
12-1:30 p.m. Employee Pharmacy
- Monday, November 25
3-4:30 p.m. Human Resource Office, Main Clinic
- Tuesday, November 26
5-6 p.m. Cart on the Move, Hospital
- Sunday, December 1
5-6 p.m. Human Resource Office, Main Clinic

Employee walk ins are also accepted at the CGH Main Clinic Flu Clinic:

- Monday-Friday, November 11-15
8 a.m.-Noon Internal Medicine, Main Clinic, 1st Floor



6TH ANNUAL HOLIDAY LIGHTING

Healthy & Bright

TUESDAY, NOVEMBER 12 • PUBLIC WELCOME

CGH MAIN CLINIC ATRIUM • 101 E. Miller Road, Sterling, IL

Event Begins: 5:00 pm • Ceremonial Lighting: 5:30 pm

In support of beautifying downtown Sterling the CGH Downtown Medical Center will also feature lights throughout the holiday season.

FEATURING: Entertainment by Sterling High School Madrigals
(Cookies and refreshments will be served)

Bright Lights for Bright Memories. The Auxiliary invites you to recognize those who make our lives a brighter place. For any donation amount, the names of loved ones can be read during CGH's annual holiday lighting ceremony. Your donation will help fund the lights that shine around CGH all holiday season and can be dropped off at the Auxiliary Office in the hospital.

National Medical Staff Services

Awareness Week | November 3-9, 2019

Medical Services Professionals: Gatekeepers of Patient Safety



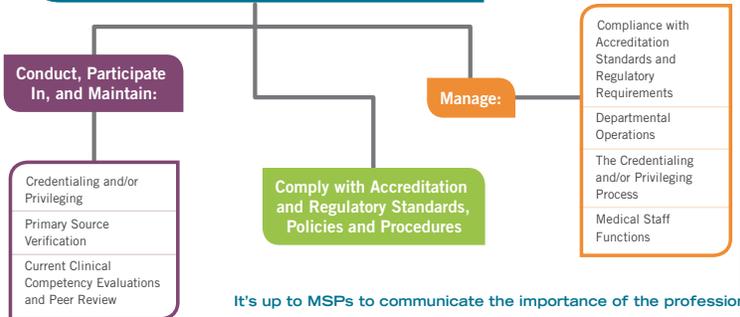
Very Essential Skillsets By Stage of Career

As experience increases, the skillsets deemed very essential to an MSP's role also increase.

0-4 Years	5-14 Years	15-24 Years	25+ Years
Professional Ethics Communication Professional Presence Relationship Building	Professional Ethics Communication Professional Presence Analytical Thinking	Professional Ethics Communication Professional Presence Relationship Building Analytical Thinking	Professional Ethics Communication Professional Presence Relationship Building Analytical Thinking Team Building Knowledge of Clinical Competence Evaluation Political Savvy People Management

Core Functions of an MSP

Across all employment settings, MSPs work to:



It's up to MSPs to communicate the importance of the profession

Visit www.NAMSS.org/report for more resources.

CHRISTMAS

• OPEN •

HOUSE!

TUESDAY NOVEMBER 12 2019 7AM-7:30PM

CGH AUXILIARY GIFT SHOP



DRAWING FOR
DOOR PRIZE

REFRESHMENTS
PROVIDED

IN STORE
SPECIAL

Masquerade

JEWELRY & ACCESSORIES



FUNDRAISING SALE

Thursday, November 21st 7 am – 6 pm
Friday, November 22nd 7 am – 3 pm

**CGH Medical Center
Ryberg Auditorium**

Proceeds benefit CGH Auxiliary Projects
Sponsored by CGH Auxiliary

Cash, Debit/Credit Cards & Payroll Deduction

HALLOWEEN '19



DID (Hospital & Main Clinic)



Dugan Repass & Allison Yemm (PT)



**Grady Wiersema
(Son of Cassie Wiersema,
Lynn Blvd. Family Medicine)**



**Morgan & Elias Rivera
(Pediatric Speech Therapy)**



Dixon Vision Center



Pediatrics (Main Clinic)



**Julie Jones, Dr. Reter
& Megan Maas
(Lynn Blvd. Family Medicine)**



**Franklin Barthel
(son of Nick Barthel,
Business Services)
Madison Davis
(daughter of Ashley
Davis, Daycare)**



**Deb Osborn, Machele Johnson,
Dr. Kuhns, Emily Nurnberger, Katie
Chase & Mary Hammelman (3rd Floor
Family Medicine & Reception)**



**Mark Moran, PA-C
& Main Clinic
Dermatology Busters**



Superman (Super Spike)



**Kristi Pierce, Tonya Clayton, Amanda
Dawson, Kaley Downie & Dr. Dang
(Coumadin & 1st Floor Family Medicine)**



**Miranda Burke, Natasha Schwarz &
Shelly Christensen (Mt. Carroll)**



**Kevin Harshman &
Ashley Roux (EMR)**



Ready Care