

HealthLines

Winter 2021

CGH Medical Center continues care during the pandemic as we wait for a vaccine.

A group of our Healthcare Heroes from the COVID Unit on 2-East.

Pictured (L-R): Lindsay Wallace, RN; Danielle Baker, RN; Katie Decker, RN; Marisa Garcia, RN; Christy Settles, HUC/CNA; Diane Ebersole, RN; Annie Chattic, RN; Brittany Slater, RN; Sara Ramage, RN



From the Desk of Dr. Paul Steinke, President and CEO



CGH Medical Center entered the new year with an unwavering mission of delivering exceptional patient care to the communities we serve. As you can imagine, the COVID-19 pandemic has brought many challenges and countless changes over the past year. Nevertheless, our team of more than 1,600 physicians, healthcare providers and staff members continue to meet that challenge with incredible compassion and professionalism, and I couldn't be prouder of each one of them. We remain here, available and ready to meet the needs of you and your family.

Along those same lines, I'd like to take this opportunity to remind you that maintaining the health of you and your loved ones is very important. We know that many patients may still have some anxiety about accessing healthcare services and have chosen to delay care despite worsening symptoms. A majority of medical issues have great outcomes when they are discovered early. Don't miss the opportunity to deal with what would be a minor issue now but could potentially be a huge issue later. We are confident in the continued safety measures we have put into place to protect your health during an in-person visit, as well as the safety and convenience of our telehealth services, through which you can visit with your doctor from the comfort of your home.

It has been a century since we've faced such a terrible pandemic like COVID-19, but we've been through many other trials and each time have risen to the challenge. CGH's history proves that — with our community's support — we can emerge with experience and expertise. We are proud to continue to provide the highest level of quality care possible as we remain here to serve you and your family today and always.

Thank you,

Dr. Paul Steinke
CGH President and CEO

POM: The Unsung Heroes of Healthcare

The CGH Plant Operations and Maintenance (POM) staff are the 24/7 in-house professionals responsible for the construction, groundskeeping, painting, lighting, plumbing, electrical, HVAC systems and routine maintenance of our very complex healthcare facilities. Our 27 POM staff members, which include two plumbers, three electricians, four carpenters and a number of other skilled positions, work hard to address comfort, efficiency and building and safety/regulatory concerns both in the hospital and in our 16 outlying clinics.

We are extremely proud of the projects they have completed through the years, including the construction of the new Behavioral Health Unit, the HR relocation and pharmacy expansion, the Walnut Clinic renovation, the Ready Care and Downtown lower clinic expansion, and the Emergency Department expansion, just to name a few. "We are fortunate to have these highly skilled, very driven professionals on our team," said Bob Lehman, POM Director. "They are always up for a challenge, they do excellent work and together they help provide high-quality facilities for our patients."



Our skilled POM staff continue construction for the new Behavioral Health Unit, set to open spring 2021.

Rural Recognition

Ashlea Canady, MD, FACS, CGH General Surgeon, was awarded the 2020 Rural Health Hero Award from the National Center for Rural Health Professions via Zoom. Shane Brown, CGH VP of Physician Services and Clinics, is shown presenting the award.



HealthLines is offered as a service of CGH Medical Center and is distributed to residents in the CGH service area. The information is intended to inform and educate about subjects pertinent to health, not as a substitute for consultation with your physician. Questions or comments may be directed to Marketing at **815-625-0400, ext. 4580**. © 2021 Printed in U.S.A. Developed by GLC — a marketing communications agency.

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A Heart-to-Heart on Cardiovascular Health

February kicks off American Heart Month, which reminds us of the need to make heart health a priority. According to the Centers for Disease Control and Prevention, about 655,000 people die each year from heart-related disease and illness, making it the leading cause of death for men, women and people from all racial backgrounds in the U.S.

While identifying and treating heart disease is always a priority, what may be most urgent is information surrounding COVID-19 and its effects on cardiovascular health. According to two recent studies published in *JAMA Cardiology*, those infected with COVID-19 could see long-lasting damage done to their hearts — even in patients who are young and previously healthy or those who experienced only minor symptoms of the disease.

COVID-19 has been seen to cause myocarditis, or the inflammation of the heart, which can cause chest pain, rapid or abnormal heart rhythms, shortness of breath and fatigue. Scientists hypothesize that the viral replication in the heart or an aggressive immune response to fighting off the virus could be the cause of this normally rare condition.

“This is just one of the many ways that COVID-19 is very different from the flu,” said Eric Kuhns, MD, CGH Family Medicine, Department of Medicine Chief, CGH Coronavirus Task Force Chair. “One study has shown that more than 75% of patients with ‘mild to moderate’ COVID symptoms had measurable cardiac defects two months after their infection. This is a pretty sobering statistic. We need to get people safely through to a vaccine, while also advising those who are recovering from COVID-19 to watch for myocarditis symptoms — and to consult their physician or a cardiologist if they experience them.”

As we work to understand how the virus affects our heart health in both the short and long term, we can still take precautions to prevent such outcomes.

“Keeping your heart healthy is something you can work on every day,” added Kuhns. “A heart-healthy diet, regular physical activity, quitting smoking and understanding and controlling both your cholesterol and blood pressure are five things that can have a big impact on your heart.”

CGH provides exemplary care for patients diagnosed with heart disease, including state-of-the-art Cardiology Cath Lab services using the Impella® Heart Pump, a device that helps maintain heart function during stent placements. To make an appointment for cardiology services with CGH, call 815-625-0400, or visit cghmc.com/cardiology for more information.

Meet Our Cardiac Electrophysiologists

Brian Olshansky, MD



Brian Olshansky, MD*, is board certified in Clinical Cardiac Electrophysiology from the American Board of Internal Medicine.

Dr. Olshansky has 35 years of experience in Cardiac Electrophysiology. He received his doctorate of medicine from the University

of Arizona in Tucson and his bachelor's degree from Carleton College in Northfield, Minnesota. Dr. Olshansky completed an Internal Medicine residency at Bellevue and New York University Hospitals in New York, a Cardiology fellowship at the University of Iowa Hospitals in Iowa City, and an Electrophysiology fellowship at the University of Alabama Hospitals in Birmingham.

“I most enjoy my interactions with my patients and love to see them get better and enjoy their lives with their families and friends,” said Dr. Olshansky. “My goal has been to work on a very personal level to make sure that people have the best opportunity to enjoy life to the fullest, however they find joy, solace and peace. I love to see my patients smile or laugh when they leave the office.”

Dr. Olshansky is a visiting physician and sees patients in the Cardiology Department at CGH Main Clinic, 101 E. Miller Rd., in Sterling. To make an appointment, please call 815-625-4790.

*This provider is not an employee of CGH Medical Center

Samuel Johnston, MD



Samuel Johnston, MD*, is board certified in Clinical Cardiac Electrophysiology from the American Board of Internal Medicine and has practiced since 2010.

Dr. Johnston received his doctorate of medicine from Loyola University Chicago

Stritch School of Medicine in Maywood and his bachelor's degree from the University of Iowa in Iowa City. Dr. Johnston completed an Internal Medicine residency as well as Cardiology and Cardiac Electrophysiology fellowships at Loyola University Medical Center in Maywood.

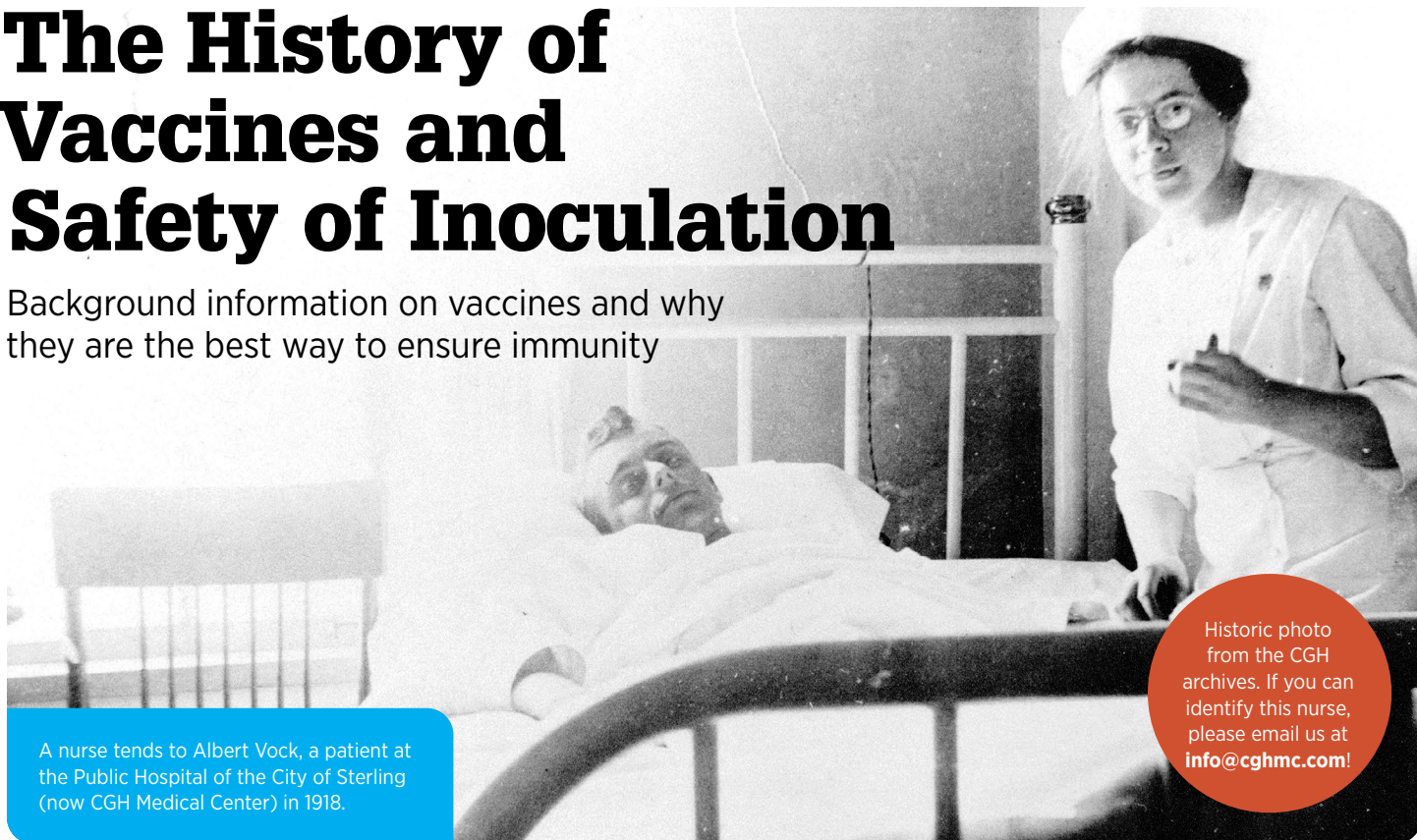
“What I enjoy most is the relationships I develop with my patients,” said Dr. Johnston. “Many of them have been through something life changing, and they may be facing potential cardiac arrest. I want to ensure each patient receives the best possible care while we work together to restore and improve their quality of life.”

Dr. Johnston is a visiting physician and sees patients in the Cardiology Department at CGH Main Clinic, 101 E. Miller Rd., in Sterling. To make an appointment, please call 815-625-4790.

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The History of Vaccines and Safety of Inoculation

Background information on vaccines and why they are the best way to ensure immunity



A nurse tends to Albert Vock, a patient at the Public Hospital of the City of Sterling (now CGH Medical Center) in 1918.

Historic photo from the CGH archives. If you can identify this nurse, please email us at info@cghmc.com!

The subject of immunization has been elevated to the top of minds across the globe during the pandemic. Breakthroughs in COVID-19 vaccine research are in the news daily, with plans to inoculate medical professionals first and then make the vaccine available to the general public.

As scientists race to prevent the spread of the virus, an understanding of the history and safety of vaccines is needed. CGH Medical Center is here to explain why vaccines are so necessary to the health of the general population and to stress how important it will be to get vaccinated as soon as possible.

“Throughout the years, there has been confusion and misunderstanding about vaccines,” said Farzan Eskandari, MD, CGH Laboratory. “Vaccines — or immunizations — build your body’s natural immunity to a disease before you get sick. They are an important part of both family and public health as they help prevent the spread of contagious, dangerous and deadly diseases, like measles, polio, mumps, chicken pox, whooping cough,

diphtheria, HPV and hopefully, very soon, COVID-19. Also, it is important to emphasize that COVID-19 vaccines will not give you COVID-19.”

A brief history

The practice of modern vaccination techniques began in 1796 when Edward Jenner, an English physician, took the first important step toward eradicating smallpox by taking cowpox (a disease in the same family but with significantly lower fatality rates) and purposefully exposing people to it with the intent to build immunity. What first was termed variolation — or taking scabs and rubbing them on a patient’s wound — soon became known as vaccination (stemming from the Latin word for cowpox, *vaccinia*). Jenner wasn’t the first to discover vaccines, but he was one of the first to use scientific principles to study them.

From there, study in the fields of bacteriology and immunology grew quickly. Louis Pasteur discovered the first rabies vaccine in the late 19th century, and by the 1930s, scientists

made breakthroughs on vaccines to prevent diphtheria, tetanus, cholera, plague, typhoid, tuberculosis and other previously uncontrollable diseases.

In the U.S., the Biologics Control Act (1902); the Federal Food, Drug and Cosmetic Act (1938); and the Public Health Service Act (1944) were all instrumental in governing vaccine trials and distribution. Originally the responsibility of the National Institutes of Health (NIH), biologics oversight was placed under the control of the Food and Drug Administration (FDA) in 1972 and continues to be handled by that body to this day.

Safety education

Some may worry about the safety of vaccines, but data shows that the current U.S. vaccine supply is the safest in history. The Immunization Safety Office at the Centers for Disease Control and Prevention (CDC) conducts rigorous testing to determine whether any problems result from vaccines.

Before any vaccine is made available to the public, clinical trials

Staying on Schedule

There are several vaccines that everyone should receive throughout their life. Recommended schedules vary depending on age and other health factors, as some individuals may be advised not to receive or to delay vaccines due to how they would interact with preexisting conditions or the drugs prescribed for those conditions. For the majority of the population who are in good enough health to receive vaccinations, the CDC recommends these schedules:



Children aged 0–18 years:

Type of Vaccine	Dosage Schedule
Hepatitis B (HepB)	3 doses: birth, 1–2 mos, 6–18 mos
Rotavirus (RV)	2–3 doses: 2 mos, 4 mos, 6 mos (if necessary)
Tetanus, diphtheria and pertussis (DTaP; ≤ 7 years)	5 doses: 2 mos, 4 mos, 6 mos, 15–18 mos, 4–6 years
Haemophilus influenzae type b (Hib)	3–4 doses: 2 mos, 4 mos, 6 mos (if necessary), 12–15 mos
Pneumococcal conjugate (PCV13)	4 doses: 2 mos, 4 mos, 6 mos, 12–15 mos
Inactivated poliovirus (IPV)	4 doses: 2 mos, 4 mos, 6–18 mos, 4–6 years
Influenza inactivated (IIV)	1–2 doses: annually starting at 6 mos
Measles, mumps, rubella (MMR)	2 doses: 12–15 mos, 4–6 years
Varicella (VAR)	2 doses: 12–15 mos, 4–6 years
Hepatitis A (HepA)	2 doses: between 12–24 mos
Tetanus, diphtheria and pertussis (Tdap; ≥ 7 years)	1 dose: 11–12 years
Human papillomavirus (HPV)	2–3 doses: 11–12 years
Meningococcal (MenACWY-CRM)	2 doses: 11–12 years, 16 years

Adults aged 19 and up:

Type of Vaccine	Dosage Schedule
Influenza inactivated (IIV)	1 dose annually
Tetanus, diphtheria and pertussis (Tdap or Td)	1 dose Tdap, then Td or Tdap booster every 10 years
Measles, mumps, rubella (MMR)	1–2 doses depending on indication (if born in 1957 or later)
Varicella (VAR)	2 doses (if born in 1980 or later)
Zoster recombinant (RZV)	2 doses: age 50
Human papillomavirus (HPV)	2–3 doses: ages 19–27 (depending on initial vaccination/condition)
Pneumococcal polysaccharide (PPSV23)	1 dose: age 65

are conducted by scientists as a part of the development, testing and approval process. The FDA then analyzes the data from these studies to determine whether a vaccine is safe, effective and ready to be licensed for public use.

After a vaccine is approved and is in circulation, post-licensure safety studies are conducted to ensure the public's confidence and safety. These studies are part of continuous safety monitoring and look at populations who may have been underrepresented in

clinical trials and those cases that have rare adverse effects.

Vaccines may cause some side effects in limited populations, but the benefits significantly outweigh the dangers. "As your healthcare provider, it's our responsibility to make sure every patient has accurate information about the safety and effectiveness of vaccines," said Dr. Eskandari. "This is especially important for new parents, who need to know the recommended schedule for receiving vaccinations in

order to keep their child safe. It also means encouraging patients to express concerns and ask questions, at every appointment and without judgment."

CGH Medical Center is prepared to administer vaccinations for COVID-19 once it becomes available for community members. CGH conducted an all-staff drive-thru flu shot clinic this past fall to ensure that vaccines can be distributed quickly and efficiently. Visit [cghmc.com/covid19vaccine](https://www.cghmc.com/covid19vaccine) for more information.

Understanding SAD

As the days shorten and temperatures drop, do you ever find yourself feeling down? You may be experiencing symptoms of seasonal affective disorder (SAD). According to *Psychology Today*, there are more than 10 million Americans who are impacted by this condition. As we approach our first full winter during the COVID-19 pandemic, these numbers may rise due to increased isolation recommended to stay safe from the coronavirus.

It's important to understand and recognize the signs of SAD.

Symptoms may include:

- + Feeling depressed for most of the day, every day
- + Loss of interest in activities or hobbies
- + Having trouble sleeping or a general feeling of low energy
- + Suicidal thoughts
- + Weight fluctuation

"Don't brush off that yearly feeling as simply a case of the 'winter blues' that you have to tough out on your own," said Christine Romesburg, QMHP, MSW, MBA, CGH Ways to Wellness Care Coordinator. "Even though SAD symptoms can come and go with the changing seasons, it is a serious disorder that requires professional attention if it's affecting your life. Talk to your healthcare provider about medications, vitamins or therapies that are available, or try one of these suggestions to help treat your symptoms: Let as much natural light as possible into your home or office. Get more exercise and get outside whenever possible — even if it's cold or cloudy, the light can still benefit you. Find a safe community you can do socially distanced activities with. Take care of your mental and physical health. And don't be afraid to talk to a trained professional about self-care, how to manage your symptoms and how to help prevent future episodes."

If you or a loved one experience mental or physical health challenges this winter, don't hesitate to reach out to the trained professionals at CGH who can help you reverse course. Call Christine, our Ways to Wellness Care Coordinator, at 815-440-3574 or 815-625-0400, ext. 1916. We also offer the B-CALM help line — 888-33B-CALM or 888-332-2256 — to deal with stress and to talk to professional trained in coping and self-care, Monday through Friday from 8 AM-5 PM. This is a free service and is sponsored in partnership with the CGH Health Foundation and Sinissippi Centers.



Rotelle Pasta Supper

Take Italian cuisine to the next level with this tasty and healthy rotelle pasta dish — more than enough for the whole family!

Ingredients

- 1 pound rotelle pasta
- 3 tablespoons olive oil
- 3 tablespoons garlic, thinly sliced (8-10 cloves)
- ½ teaspoon kosher salt
- 1 teaspoon crushed red pepper
- 1 pound frozen spinach (defrosted)
- ½ cup Parmesan, freshly grated
- 2 tablespoons pine nuts, toasted

Directions

1. Cook the pasta according to the package, until al dente (firm, not limp).
2. While the pasta is cooking, heat the olive oil to medium in a large skillet. Add the garlic, salt and crushed red pepper. Cook until the garlic starts to turn golden, about 3 minutes.
3. Add the spinach and combine until heated through.
4. Meanwhile, drain the pasta, reserving one cup of the cooking liquid. Put the hot liquid into the pan, add the drained pasta, stir to combine. Top with Parmesan and pine nuts.

Serves 6 plus leftovers

Nutritional Information

Per serving: 313 calories, 12g protein, 46g carbohydrate (4g fiber), 9g fat (2g sat, 7g mono/poly), 413mg sodium

CGH Health Foundation Can Ease the Stress

Are you weary of how the pandemic has continued to impact your life? By now, you and most everyone you know has likely either had the virus or knows someone who has.

The ripple effect continues, bringing many of us to the breaking point and searching for new ways to cope. More than ever, the many CGH Health Foundation support programs can provide a needed boost to those children and adults who need help.

“As a CGH hospitalist, I have been part of the care team that has worked so diligently these past months to keep our patients safe and healthy,” said Nancy Tran, MD. “As Annual Appeal Chair, I am also part of the fundraising team that seeks to ensure your support of our essential services. We need your help to ensure our assistance programs can be funded.”



The “You’ve Got a Friend” Annual Appeal campaign goal is \$435,000. Please take time right now to send in your gift so that mental health counseling, medications, cancer comfort care, rides to appointments and many more services will be available for CGH patients.

“Together, we can provide reassurance, comfort and a safety net,” said Dr. Tran, who is also CGH Medical Staff President.

“Who better to rely on than a community leader like the Foundation that has already successfully bolstered the lives of so many children and adults in need? It’s what we do, helping 34,711 individuals in 2019.”

Make a contribution now at cghmc.com/foundation or call Executive Director Joan Hermes at 815-625-0400, ext. 5672.

Familiar Faces Lend a Hand



William Bird, MD – Mt. Carroll

WILLIAM BIRD, MD, is currently seeing and accepting new patients at CGH Mt. Carroll Medical Center during the absence of Karri Kloeping, PA-C, who is on maternity

leave. With 23 years of experience in Family Medicine, Dr. Bird is a Vice President and Chief Medical Officer at CGH Medical Center and previously saw patients at CGH Morrison Medical Center.

Dr. Bird is board certified by the American Board of Family Medicine. He received his doctorate of medicine from Southern Illinois University School of Medicine in Springfield and his undergraduate degree from Southern Illinois University in Carbondale. Dr. Bird completed his residency at Memorial Hospital of South Bend in South Bend, Indiana.

“What has always appealed to me about medicine is the challenge of taking science and tailoring it to each patient, so they can live their best possible life,” said Dr. Bird.

Dr. Bird is accepting new patients on behalf of Karri Kloeping, PA-C, at CGH Mt. Carroll Medical Center, 101 E. Market St. To make an appointment, please call 815-244-3678.



Paul Steinke, DO – Milledgeville

PAUL STEINKE, DO, is currently seeing and accepting new patients at CGH Milledgeville Medical Center during the absence of Angela Stralow, FNP-BC, who is on maternity leave. Dr. Steinke is President and CEO at CGH Medical Center and sees patients at CGH Main Clinic in Sterling.

While Dr. Steinke left full-time practice when he became CEO, he has continued to see patients on a part-time basis. His love of medicine has continued throughout his 22-plus years in practice. He received his doctorate of osteopathy from Kirksville College of Osteopathic Medicine in Kirksville, Missouri, and his undergraduate degree from Augustana College in Rock Island, Illinois. Dr. Steinke completed his residency at the University of Illinois College of Medicine in Rockford and became certified by the American Board of Family Medicine shortly thereafter.

“I learned a long time ago that the duty to provide the best care I can for my patients can never be forgotten,” said Dr. Steinke. “It is a privilege to serve in my role within the doctor-patient relationship and to be a part of people’s lives. The trust they place in me propels me to always do my best for them, first and foremost.”

Dr. Steinke is accepting new patients on behalf of Angela Stralow, FNP-BC, at CGH Milledgeville Medical Center, 601 E. Old Mill St. To make an appointment, please call 815-225-5040.

Calendar of Events

WINTER 2021

For a full list of CGH events visit cghmc.com/calendar.

Please call **815-625-0400, ext. 5504** to sign up for programs below. Classes will either be via Zoom or limited for your safety.

BLOOD DRIVE

Thursdays, February 4 and April 1
9:30 AM-7 PM
CGH Ryberg Auditorium
100 E. LeFevre Rd., Sterling, IL
To schedule an appointment, call Michelle at **815-625-0400, ext. 6879**.
Or log on to bloodcenterimpact.org and use code **3591**.

CHOLESTEROL AND GLUCOSE SCREENINGS

Friday, January 22; Thursday, February 18;
Tuesday, March 16
6-9:20 AM
12-hour fast and appointment are required.
Cost is \$30. Call **815-625-0400, ext. 5716**.

PREPARING FOR BABY

Classes are limited to nine mothers-to-be. Partners are allowed at time of printing, but subject to change. Please call **815-625-0400, ext. 5504** to sign up for programs.

BIRTHING AND BABY BASICS

Thursdays, January 7, February 11, March 11
5-8 PM
Instructor: Marcela Sproul, RN, CLS
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, January 14, February 18,
March 18
5-7 PM
Instructor: Marcela Sproul, RN, CLS
Taught by our certified lactation specialist, this class shares everything you need to know about beginning breastfeeding.

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Join us for FREE programs featuring speakers on important health topics, or live tours of our departments and services. Due to COVID-19, all of our Growing Healthier programs will be available via the **CGH Facebook page** in Facebook Live format, and hosted by William Bird, MD, VP & Chief Medical Officer. LIKE our Facebook page, and sign up for notifications! For more information, call **815-625-0400, ext. 5716**, or visit cghmc.com/growinghealthier.

January – COVID Area Facebook Live Tour on Thursday, January 14, at noon. Join Dr. Bird on a Facebook Live tour through our COVID treatment areas, including Critical Care and 2-East. He will talk with staff, provide updates and take your questions.

February – Healthy Hearts Facebook Live Tour on Thursday, February 11, at noon. Take a live tour through our CT area, and join us in viewing a virtual HeartCheck procedure. If you're not certain of your heart disease risk, HeartCheck of the Rock River Valley uses a LightSpeed CT scanner to produce computerized heart scans that give doctors fast, clear pictures of clogged arteries to examine the cause of chest pain, high blood pressure, cholesterol and other cardiovascular concerns, enabling early detection and more precise treatment of heart disease.

- Physicians recommend you get a HeartCheck if you:
- + Are between the ages of 50 and 65
 - + Are a smoker
 - + Have high blood pressure
 - + Have elevated cholesterol
 - + Have a family history of heart disease
 - + Are overweight

HeartCheck of the Rock River Valley is available year-round for just \$99. Gift certificates are available. For more information or to make an appointment, call **815-625-0400, ext. 5550**.

March – New Behavioral Health Unit Facebook Live Tour on Thursday, March 18, at noon. Join Dr. Bird as he leads you through the new Behavioral Health Unit, interviews staff and providers and discusses the benefits of this service to our community. The unit is scheduled to open early 2021.



Join William Bird, MD, every Thursday at noon for our Facebook Live programs.