

HealthLines

Summer 2021

Put the pieces
back together!

Make going back to the
doctor a top priority.
See page 4.



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



Happy Summer 2021! What a difference a year makes! In this issue, we turn our focus back to the importance of preventative care and wellness visits. As 2020 demanded our focus on COVID-19, we might have neglected the critical “routine” self-care things. A few crucial actions to do, based on your age and family history, can have a positive impact on your long-term health and wellness down the road. These not only include the more essential procedures such as screening mammograms and colonoscopies, but also other important things like getting a physical, getting your eyes checked and making sure you are taking care of your overall health and wellness.

2020 will forever be associated with COVID-19 and will remain on our minds for a long time. We may not grasp the pandemic's historical significance as we live through it, but the day will come when we reflect and “remember when.” Let's commit to making 2021 and beyond a focus on self-care so that we have plenty of opportunities to share our experiences in the years to come when our children, grandchildren and great-grandchildren ask about what it was like “back during the COVID pandemic.”

Enjoy the summer, and be well!

Dr. Paul Steinke
CGH President and CEO

CGH Milledgeville Medical Center, 601 E. Old Mill Street, is pleased to announce that Paul Steinke, DO, is joining Angela Stralow, FNP-BC, on a part-time basis. Dr. Steinke saw patients in Milledgeville this past winter and is excited to continue. They are currently accepting new patients. To make an appointment, please call **815-225-5040**.

ER, Ready Care or My Doctor's Office? Where to Seek Care

When you're not feeling well and in need of medical care, your options of where to seek treatment can be confusing. What conditions or symptoms require which level of care? CGH Medical Center looks to ease the confusion by providing definitions for the type of care you should consider seeking:

Emergency Care: Those who need sudden, immediate assistance should seek care at the CGH Emergency Room. Physicians are trained to treat unscheduled and previously undiagnosed patients, regardless of age or background.
CGH Emergency Room
100 E. LeFevre Road
Sterling, IL, 61081



Ready Care/Urgent Care:
If your medical needs are not immediately life-threatening, but you need to see a physician right away, urgent care is the right venue for healthcare services. No lab/X-ray services are available at this location, and an appointment is required.
CGH Ready Care
15 W. 3rd Street
Lower Level
Sterling, IL 61081
815-564-1999



Ambulatory Care: This is where you see your regular doctor. From medical examinations and tests to surgical consults or rehabilitation services, scheduled appointments are required for any patient seeking ambulatory care with CGH. Visit **cghmc.com/locations** to see all of our ambulatory care options.
CGH Main Clinic
101 E. Miller Road
Sterling, IL 61081
815-625-4790



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Dana McCoy | Marketing Director
Liz Foster | Marketing & Media Coordinator
Rebecca Green | Marketing & Media Coordinator
Matt Lindstrom | Marketing & Media Coordinator
Nicole Bollman | Marketing Specialist
Joan Hermes | CGH Health Foundation Executive Director
Sherry DeWalt | Healthy Lifestyles Coordinator

3 Ways to Maintain Healthy Eyesight

Taking care of your eyes is about more than just seeing clearly. According to the Centers for Disease Control and Prevention, it also benefits your overall health. “One of the top reasons to care for your eyes is to reduce your risk for age-related macular degeneration and cataracts,” said Jerald Cundiff, MD, CGH Ophthalmologist. “Your eyes help you see and navigate in your day-to-day life, so protecting them is paramount. Often, your eyes are even the first to show issues within the body, such as diabetes and high blood pressure.”



Jerald Cundiff, MD,
CGH Dixon Vision
Center

Here are three simple tips to keep your eyes healthy.

1. Protect your eyes

It's important to protect your eyes from the sun's harmful ultraviolet (UV) radiation by wearing sunglasses while outside. Select sunglasses that are labeled to block 99% – 100% of UVA and UVB light. You should also wear protective eyewear when playing sports or doing household chores like painting, yardwork and home repairs.



2. Make healthy eating choices

A diet rich in fruits and vegetables with plenty of dark leafy greens, such as spinach, kale or collard greens, is beneficial to your eyes. Eating fish that are high in omega-3 fatty acids — like salmon, tuna and halibut — has been shown to be good for eye health, too.



3. Get a comprehensive dilated eye exam on a regular basis

During a comprehensive dilated eye exam, a vision care specialist will use drops to widen the pupils to check for common vision problems that can be corrected by wearing glasses or contact lenses. They will also look for early signs of eye disease and illness.



Dr. Cundiff and the CGH Vision Center team have years of experience in treating eye conditions. In addition to the variety of eye surgeries offered, such as cataract surgery, entropion repair and optic nerve disease treatment, Dr. Cundiff performs oculoplastic surgery, a specialized area of ophthalmology focused on the health of the eyelids, orbit, tear ducts and other structures around the eye.

Schedule your eye exam. If you haven't had an eye exam in a while, schedule one now. Visit cghmc.com/vision or call 815-284-1600 to learn more about the eye care services offered at CGH Medical Center.



August is National Breastfeeding Month

According to the American Academy of Pediatrics, infants should be exclusively breastfed for the first six months. Not only does it create a bond between a mother and her baby, but breastfeeding provides several important nutrients, antibodies and immune properties that can keep the baby healthy.

For first-time mothers, here are a few tips to get off to a good start with breastfeeding your child.

- ✦ **Nurse early and nurse often.** Try to breastfeed your baby within the first hour after giving birth. Newborns need to nurse at least every two hours, but not on a strict schedule. This allows for your breasts to produce plenty of milk.
- ✦ **Breastfeed on demand.** Hungry babies may be more alert or active, or they may put their hands by their mouths. As you get to know your baby, you'll pick up on "hunger cues" so you won't need to wait until they start crying to know when to feed them.
- ✦ **Have your baby say "ahh."** It is important to nurse with the nipple and the areola (the darker area around the nipple) in your baby's mouth. If you're having trouble getting them to latch on, hold your baby against your chest and let them take the lead to find your nipple on their own.

Go Back to Your Doctor

Make Preventative Care and Well-Visits a Top Priority

People schedule appointments to see their primary care providers for many different reasons. Some only go when they are sick or are experiencing a new problem or concern, and they are looking for a specific diagnosis or treatment. Some see their provider at more regular intervals for ongoing follow-up of a chronic problem or disease.

But what about preventative care and screenings? If you're not feeling sick, it can be easy to push back a doctor's appointment or skip your annual check-up all together. It is important to remember that regular health care and screenings are important for maintaining good health.

Regular check-ups can help find potential health issues before they become a problem. When you regularly see your health care provider, they are able to detect health conditions or chronic diseases early, giving you the best chance for getting the right treatment as soon as possible while avoiding possible complications.

"Believe it or not, we are almost 18 months into the pandemic," said Dr. Jason Reter, CGH Family Medicine physician. "Some of our patients who put off follow-up visits this past year are returning to find their blood pressure, diabetes, cholesterol or mental health problems are no longer controlled. Preventative screenings for breast, colon and prostate cancer have also been put off. Getting patients back to a regular health care routine – and annual check-ups – is essential for our communities health. By doing so, we can identify, address and correct problems as early as possible."

The focus of a patient's annual well-visit typically includes:

- ✦ A review of your medical and family history
- ✦ A review of your diet, fitness, sleep and stress habits, including smoking and/or drinking
- ✦ Updating your list of current providers and prescriptions
- ✦ Height, weight, blood pressure, blood sugar, cholesterol and other routine measurements
- ✦ Assessment of risk factors and treatment options
- ✦ Personalized health advice
- ✦ A schedule of appropriate preventive services (such as eyesight, hearing and sensory screenings)
- ✦ A check on whether you're up-to-date on skin, cervical, testicular and prostate cancer screenings and tests like colonoscopies and mammograms
- ✦ An update on which vaccines you need, like shots for COVID, the flu, pneumonia or shingles

Check-ups also give you a chance to ask about health information you've seen on the news or online and gives you a chance to better know your provider. Getting answers to your questions can ease any worries or fears you might have, and the trust you build with your provider makes it easier to talk about other personal subjects, such as depression or anxiety. The more your provider knows, the more personalized care they can give you.

CGH Family and Internal Medicine providers shown here. CGH has over 120 family and specialty providers for all of your healthcare needs!



With over 120 family medicine and specialty physicians, physician assistants and nurse practitioners in nearly 30 specialties, CGH is committed to your well-being right here at home. If you have been putting off a visit to your doctor for a regular check-up, call your health care provider's office today. To find a primary care provider for you or a loved one, and get a same-day or next-day appointment, contact our CGH new patient coordinator at **815-632-5325** or visit **cghmc.com/newpatient**.

Getting the best health care means making smart decisions about preventive services. Preventive services, such as screening tests, counseling services and preventive medicines, are tests or treatments that your provider uses to prevent illnesses before they cause you symptoms or problems. For the most accurate and up-to-date information on ways to prevent illness and improve your health and well-being, including guides, fact sheets, slideshows and videos available for view and download, visit the U.S. Preventive Services Task Force website at [uspreventiveservicestaskforce.org](https://www.uspreventiveservicestaskforce.org).

You've Gotten the Vaccine, Now What?

Before you toss all your face coverings in the trash and celebrate, there are few things to know about being fully vaccinated against the coronavirus.

For starters, it is necessary to still practice social distancing and wear a mask while in public. As of June 11, 2021, the CDC and the State of Illinois announced that fully vaccinated people can take their masks off in most settings, including outdoors and indoors. However, businesses may still require patrons to wear masks, and masks should still be worn on public transportation and in healthcare settings.

If you still have yet to receive your second dose, here are a few things you can (and should) do until then:

- 1. Keep practicing social distancing.** Even though you may be better protected from the virus, you don't know who else could possibly be a carrier. When you're in public, remember to stay 6 feet away from others and wear your mask.
- 2. Hold on to your vaccination card.** Aside from showing off your vaccine card on social media, this little card is also proof that you are vaccinated if you choose to travel abroad. Also, in the event you may need a booster shot, this card will be needed to illustrate which vaccine you initially received.
- 3. Plan safe gatherings with family and friends.** If you and your loved ones have all been fully vaccinated, it is safe for you to gather indoors. According to the latest CDC guidance, if you have family and friends who haven't received their vaccination, you can still visit with them without wearing a mask or physically distancing.

To schedule your COVID-19 vaccine for anyone 18 or older, visit cghmc.com/vaccine. Watch this webpage for updates, changes and potential booster information.

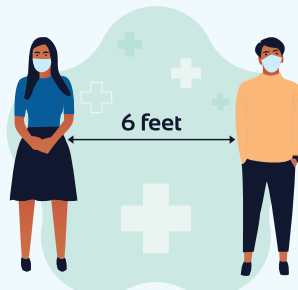
Let's Beat COVID-19 Together

As we move toward a new level of normal, it's important that we all keep following these simple guidelines for the best chance of beating coronavirus.

Get vaccinated.



Wear a mask.



Stay 6 feet from others and avoid crowds.



Wash hands often.

Protect Yourself, Your Family and Your Community



Get vaccinated and enroll in the **v-safe** text messaging program so the CDC can monitor vaccine safety.



Tell others why you are getting vaccinated and encourage them to get vaccinated.



Learn how to have conversations about the COVID-19 vaccine with others.

Welcome New Providers



Alhareth Alsayed, MD

We are pleased to welcome Alhareth Alsayed, MD, to CGH Medical Center. Dr. Alsayed will be joining Mir Alikhan, MD, FACP, Staci Drosopoulos, PA-C, and Lindsay Rodriguez, APN, NP-C, in the Oncology department in August.

"When I tell patients they have cancer, I see the anxiety and concern they have for the future," said Dr. Alsayed. "I always

have a deep desire to improve not just the course of the disease, but the outlook for the person as a whole. Cure is always the ultimate goal, but when a cure is not possible, I aim to extend and improve quality of life. Having a genuine connection with my patients is what motivates me to provide them with the best possible care and is why I became a medical oncologist."

Dr. Alsayed received his MD from the University of Damascus Faculty of Medicine in Syria. He completed an Internal Medicine residency at Rosalind Franklin University in North Chicago. In addition, Dr. Alsayed completed a medical oncology fellowship as Chief Fellow at the University of South Alabama in Mobile. Dr. Alsayed is a Diplomate of the American Board of Internal Medicine.

Dr. Alsayed is currently accepting new patients at CGH Main Clinic at 101 E. Miller Road in Sterling, and at CGH Dixon Medical Center at 1321 N. Galena Avenue in Dixon. To make an appointment, please call 815-625-4790 (Sterling) or 815-284-1600 (Dixon).



Kimberly Teats-Garrison, PA-C Now Seeing Patients in Morrison

CGH Morrison Medical Center is pleased to welcome Kimberly Teats-Garrison, PA-C. A board-certified physician assistant, Kimberly joins Matthew Wolf, MD, in the Family Medicine department. Kimberly previously practiced at CGH Fulton Medical Center with Lynne Coffey, FNP. Lynne will continue

to see patients at the Fulton facility.

Kimberly sees patients at CGH Morrison Medical Center at 105 S. Heaton Street in Morrison. To make an appointment, please call 815-772-8100.



Jennifer Sangston, AuD

CGH Main Clinic is pleased to welcome Jennifer Sangston, AuD. Jennifer joins Laurie Zollinger, AuD, FAAA, as an audiologist in the Audiology department. "As an audiologist, I get to help patients hear better and, therefore, make communication easier with their loved ones, friends and co-workers," said Sangston.

With 25 years of experience in the field of Audiology, Jennifer received her bachelor and master of science degrees from Illinois State University in Normal and her Doctor of Audiology from A.T. Still University in Kirksville, Missouri. Jennifer is a member of the American Academy of Audiology, Illinois Academy of Audiology and the American Speech Language Hearing Association.

Jennifer is currently accepting new patients at CGH Main Clinic, 101 E. Miller Road in Sterling. To make an appointment, please call 815-625-4790.



Zucchini Ribbon Salad

Ingredients

- 1 large zucchini
- 1½ cups cherry tomatoes, halved
- ¼ cup fresh basil, thinly sliced
- 1 Tablespoon fresh lemon juice
- 2 Tablespoons extra virgin olive oil
- ¼ teaspoon each, salt and pepper

Directions

1. Using a vegetable peeler, shave the zucchini lengthwise to get lasagna-like ribbons. Continue until you get to the seeds in the center, for approximately 3 cups ribbons.
2. Place ribbons in large bowl, and add tomatoes and basil.
3. In a small bowl, whisk together the lemon juice, olive oil, salt and pepper. Just before serving, pour over ribbons and toss.

Serves 4

Nutritional Information

Per serving: 90 calories, 2g protein, 7g carbohydrate (2g fiber), 7g fat (1g sat, 6g mono/poly), 161mg sodium

Seasoned Cook

Shave and discard the tougher skin on larger zucchini. Smaller, more tender zucchini can be prepared with the skin on. Double the recipe and bring to your next potluck. To add more color, use yellow summer squash, too.

Our Children. Our Future.

The CGH Health Foundation 2021 Annual Appeal campaign will be devoted to creating a multi-year collaborative approach to reducing childhood trauma for our area children.

One immediate strategy is to provide more outreach for OB patients through the free CGH Ways to Wellness Program counseling service. Some of our pregnant moms have had a particularly hard time during the pandemic. There has been a marked increase in the numbers of OB patients seeking help this past year, along with an increased need by patients overall.

The theme is “Our Children. Our Future,” and the goal is \$450,000. Leading the campaign is Jeff LeMay, MD, OB/GYN physician for the past 35 years at CGH Medical Center. His cabinet leaders include Debra Bowman, MD, FACOG, CGH OB/GYN physician,



Well-known CGH OB/GYN physician Jeff LeMay, MD, left, shares a moment with his grandson and daughter, Oscar and Katie McCarthy. He is leading the CGH Health Foundation Annual Appeal campaign this year. Our theme is “Our Children. Our Future.”



***Available since 2016,
our CGH patients
receive free counseling
through the CGH Ways
to Wellness Program.***

Medical Division; Dana Wike, National Account Executive at Halo Branded Solutions; Sam Meier, Financial Advisor at Edward Jones, Clubs Division; and Mimi Hicks, CGH Daycare Manager, CGH Employee Division.

Counselors have noticed a rise in patients seeking counseling for postpartum depression, anxiety, failure to thrive, loss of a support system, miscarriage and stillbirth. Our CGH patients receive free counseling through the CGH Ways to Wellness Program. Patients visit in-person with Sinnissippi Centers mental health professionals or via phone call or Zoom.

An additional two days brings the program to seven days of care coordination, with one full day focused on OB patients. Christine Romesburg, OMPH, MSW, MBA; Julie Kirchhoff, BA, MHP; and Lakyn Waldschmidt, MHP, provide services at the CGH

Main Clinic, Downtown Clinic, Dixon Clinic and Morrison Clinic. “The extra days can help augment emotional support for pre- and postnatal patients as well as the many new individuals seeking help that have never needed it before,” Romesburg said.

The fallout from the pandemic prompted a significant increase in patient visits from one fiscal year to the next. Two years ago, 688 patients sought help, and this past year, 998 individuals sought care. The counselors expect the trend to continue for some time.

There is a clear link between childhood trauma and health issues occurring later in life, such as obesity, heart problems, COPD, depression, anxiety, substance use and a shorter lifespan. Projects focused on children have long been a focus for the CGH Health Foundation.

Calendar of Events

SUMMER 2021

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

BLOOD DRIVE

Thursdays, August 5 and October 7
9:30 AM to 7 PM

CGH Ryberg Auditorium

100 E. LeFevre Road, Sterling, IL

To schedule an appointment, call

815-625-0400, ext. 6879 (Michelle)

or **ext. 1057** (Bryan). Or log on to

bloodcenterimpact.org and use

code 3591.

CHOLESTEROL AND GLUCOSE SCREENINGS

Tuesday, July 20; Wednesday,
August 18; Friday, September 17
6 to 9:20 AM

12-hour fast and appointment
are required. Cost is \$30. Call

815-625-0400, ext. 5716

PREPARING FOR BABY

Classes are held via Zoom until further
notice. Please sign up at reception in
the CGH Main Clinic OB/Gynecology
Department or call **815-625-0400,**
ext. 5504.

BIRTHING AND BABY BASICS

Thursdays, July 1, August 12 and
September 9
5 to 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, July 8 and August 19, and
Friday, September 10
5 to 7 PM

Instructor: Marcela Sproul, RN, CLS
Taught by our certified lactation
specialists, this class shares everything
you need to know about beginning
breastfeeding.

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100 E. LeFevre Road

Sterling, IL 61081

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Growing Healthier

SPEAKER SERIES



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, during our normal Facebook Live broadcasts, happening every Thursday at noon. LIKE our Facebook page, and sign up for notifications! For more information, call **815-625-0400, ext. 5716** or visit cghmc.com/growinghealthier.



July 1 at noon – Heart Failure: A Team Approach Presented by Tracey Aude, RN, MSN, CNP. The most serious stage of heart failure, advanced heart failure, is a chronic condition that impacts your ability to participate in normal daily activities. Although there is no cure for heart failure, there are many things you can do to relieve your symptoms. Learn how CGH's structured Heart Failure Program can help you have fewer complications and hospitalizations while making your heart's job easier.



August 19 at noon – Here for You and Your Special Delivery

Presented by Vanessa Simonton, BSN, director of Maternal Child Services, and Marcela Sproul, RN, CLS. When it's time to have a baby, the Birthing Center at CGH Medical Center is your top choice in the Sauk Valley. During Breastfeeding Awareness Month, learn more about our Baby-Friendly designation and the educational

pre/postnatal and breastfeeding classes
available for our expectant moms.



September 9 at noon – Is Sudden or Chronic Pain Holding You Back?

Presented by Xavier Moreno, CRNA, CGH Pain Clinic manager. Pain comes

in many forms — from back or neck pain to headaches, and work or sports injuries to mobility issues. During Pain Awareness Month, learn more about the CGH Pain Clinic and the treatment plans we offer to reduce your pain and keep it away for good.

YOU'RE INVITED!

Where: Sauk Valley Community College

When: Saturday, July 31, 2021

Time: 9 AM to noon

For more information,
call 815-835-6303 or svcc.edu/childfair.

