

HealthLines

Fall 2020



Join the friendly
faces at CGH Medical
Center as we work to
#MaskUpSaukValley

All departments have joined in an
effort to provide a safe and secure
environment for our patients and staff.

Cover images: Jodi Flynn Photography

ALSO INSIDE: 2020 CGH Report to Our Community





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Don't Forget the Flu

While everyone should stay vigilant in the fight against COVID-19, flu season is right around the corner. The Centers for Disease Control and Prevention (CDC) estimate that the U.S. has anywhere between 9–45 million cases of influenza each year, and receiving a flu vaccination is more important than ever as we work to keep our immune systems strong and healthy.

The public should be taking every possible precaution to avoid getting the flu, as symptoms can range from mild, which usually pass after a few days to just under two weeks, to severe, which may require hospitalization.

“The flu vaccine is a good idea for almost anyone who wants to reduce the risk of getting sick,” said John Luckey, MD, CGH Family Medicine. “The CDC recommends that people ages 6 months and older receive the flu vaccine each year. Vaccination is especially important for people who are at high risk for serious flu complications.”

Severe complications include:

- + Pneumonia
- + Myocarditis (swelling of the heart)
- + Encephalitis (swelling of the brain)
- + Multiple organ failure

The CDC estimates that a flu vaccine reduces the risk of flu illness by between 40% and 60% when most circulating flu viruses are well-matched to the flu vaccine. To read more on the safety and efficacy of flu vaccines, visit [cdc.gov/flu](https://www.cdc.gov/flu).

The **CGH Flu Clinic** will be held now through November 6 at the CGH Main Clinic (no walk-ins please) on the first floor for adults and patients age 9+. Patients must have an appointment to ensure social distancing practices are followed. Call **815-625-4790, ext. 6886**.

A drive-through option for adults age 19+ will also be available from 8 AM–noon on October 10 and 17 in the front driveway. Insurance and cash payment will be accepted.

Pediatric patients (6 months to 8 years old) will receive flu vaccinations in the CGH Main Clinic Pediatrics department. To schedule an appointment, please call **815-625-4790, ext. 6873**.



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**. © 2020 Printed in U.S.A. Developed by GLC — a marketing communications agency.

Exceptional Care. Exceptional Service. Exceptional People!

Are you an experienced nurse or clinical professional looking to advance your career? Tired of traveling? CGH Medical Center is now hiring! If you are interested in becoming part of the CGH Medical Center team, please visit cghmc.com/careers or call **815-625-0400, ext. 5463** for more information.

**WE'RE
HIRING**

Encircling **YOU** with exceptional care.

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BE KIND



Please be respectful of our rules & restrictions



#MaskUpSaukValley

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Joan Hermes | CGH Health Foundation Executive Director
Sherry DeWalt | Healthy Lifestyles Coordinator



Baked Apples

Looking for a tasty treat to spice things up as the leaves begin to turn? Try cooking these baked apples this fall season — great for breakfast or dessert!

Ingredients

- 4 baking apples, such as Rome or Jonathan Gold
- 2 tablespoons brown sugar
- 1 tablespoon candied ginger, finely chopped
- 1 teaspoon lemon zest
- ½ teaspoon cinnamon
- ¼ teaspoon nutmeg
- ½ cup hot water

Instructions

1. Preheat oven to 375°F.
2. Core apples to ½ inch of bottom.
3. Combine the dry ingredients plus ½ teaspoon of the water in a small bowl and mix. Then spoon into the cavities of the apples until full.
4. Set apples in an 8-by-8-inch baking pan. Pour remaining water in the bottom of the pan, seal the pan with foil and bake 30 minutes, or until the apples are soft.
5. Serve warm. Optional toppings include a dollop of nonfat frozen yogurt or non-fat sour cream.

Serves 4

Nutritional Information

Per serving: 93 calories, 0g protein, 24g carbohydrate (2g fiber), 0g fat (0g sat, 0g mono/poly), 5mg sodium



Fall Back to a Healthy Sleep Schedule

The Centers for Disease Control and Prevention (CDC) estimate that 1 in 3 adults in the United States don't get the recommended healthy amount of sleep each night. Children across the country also experience trouble sleeping, especially when forced to deal with schedule-altering adjustments due to daylight savings time. While many factors may impact our sleep schedule, such as long work hours, raising a family or stress from school, it's extremely important to set aside enough time to get a good night's rest.

As the end of daylight savings time approaches (November 1), consider your sleep habits and possibly adjusting them. "When you set your clocks back by an hour, the change disrupts your circadian rhythm, or your natural 24-hour cycle, which in turn can lead to a number of health issues," said Kim Treviranus, MD, CGH board-certified sleep medicine physician. "Remember to make gradual shifts, keep your schedule, have a nighttime ritual and no long naps. The closer you can stick to your normal routine, the faster your body will adjust."

Other serious effects caused by inconsistent sleep include lowered alertness, decreased memory or drops in productivity, and sleep deprivation can also lead to the onset of several chronic diseases, including heart disease, diabetes, depression, elevated blood pressure and obesity.

To assist and inform the public, the National Sleep Foundation has published recommended sleep ranges for all age groups:

- + Newborns (0–3 months): 14–17 hours each day
- + Infants (4–11 months): 12–15 hours
- + Toddlers (1–2 years): 11–14 hours
- + Preschoolers (3–5): 10–13 hours
- + School age children (6–13): 9–11 hours
- + Teenagers (14–17): 8–10 hours
- + Adults (18–64): 7–9 hours
- + Older adults (65+): 7–8 hours

Make time for a good night's sleep; your health depends on it.



Kim Treviranus, MD
Board-Certified
Sleep Medicine
Physician

If you're having trouble getting the proper amount of sleep, make an appointment with Kim Treviranus, MD, our board-certified sleep physician, or the CGH Sleep Center. The CGH Sleep Center is an open sleep laboratory, which means any doctor in the Sterling area may refer you through the central scheduling department at 815-625-0400, ext. 5550. You can contact us at 815-625-4790, ext. 3301, Monday through Friday from 8 AM–5 PM, or visit cghmc.com/sleep for more information.

Welcome New Providers



Jaziel Chavira, FNP-C

CGH MEDICAL CENTER IS PLEASED TO INTRODUCE JAZIEL CHAVIRA, FNP-C. Chavira joins Dr. Jorge Monteagudo in the Gastroenterology department at CGH Medical Center Main Clinic.

A CGH employee since 2012, Chavira received his MSN and BSN from Chamberlain College of Nursing in Downer's Grove. Chavira is a family nurse practitioner board certified by the American Academy of Nurse Practitioners.

"The transition at CGH was great! The environment and staff were very helpful with furthering my education and nursing skills," said Chavira. "The Gastroenterology department has been extremely welcoming and warm. They are a great team who like to teach and work together."

Chavira sees patients at CGH Medical Center's Main Clinic at 101 E. Miller Road, Sterling. To make an appointment, please call 815-625-4790.



Anja Wolf, APRN, FNP-BC

CGH MEDICAL CENTER IS PLEASED TO INTRODUCE ANJA WOLF, APRN, FNP-BC. Wolf joins Dr. Vincent Racanelli in the Internal Medicine department at CGH Medical Center Main Clinic.

A CGH employee since 2009, Anja received her MSN and BSN from Northern Illinois University School of Nursing in DeKalb. Wolf is a nurse practitioner board certified by the American Nurses Credentialing Center. In addition, Wolf is a member of the American Nurses Association and the American Nurses Association of Illinois.

"I find working with and getting to know patients and their families extremely rewarding," said Wolf. "From providing education based on evidence-based practice so patients can make informed choices about their healthcare to having the knowledge to save a life, the satisfaction I get from helping people is indescribable."

Wolf sees patients at CGH Medical Center's Main Clinic at 101 E. Miller Road, Sterling. To make an appointment, please call 815-625-4790.

Manage Your Diabetes!

34.2 million Americans — just over 1 in 10 — have diabetes. An additional 88 million American adults — approximately 1 in 3 — have prediabetes. Diabetes occurs when your blood glucose, or blood sugar, is too high. High blood glucose can lead to health problems such as heart disease, stroke, kidney disease, nerve damage and eye problems (including blindness). Managing your diabetes can help prevent or delay these

diabetes-related health problems. The good news is that the steps you should take to manage your diabetes can also help lower your chances of having heart disease or a stroke. These include:

- ✦ Stopping smoking or using other tobacco products.
- ✦ Managing your A1C, blood pressure and cholesterol levels.
- ✦ Developing or maintaining healthy lifestyle habits — be more physically active and learn ways to manage stress.
- ✦ Taking medicines as prescribed by your doctor.



istock.com/Yuliya Baranych

To learn more, join us for our **FREE Facebook Live Growing Healthier program on Thursday, November 5 at noon**. The program, "Thriving with Diabetes," will be presented by Angel Blazquez, MD. See [page 12](#) for details.

COVID Cuties Contest

Almost 250 little ones were born at CGH during the COVID-19 pandemic (since March 9, 2020) without a baby shower or were unable to have visitors welcome them into the world due to safety restrictions. CGH recently celebrated all of the infants born at the CGH Birthing Center during this time and their families with a "COVID Cuties" contest, where parents were asked to submit their infant's photo and the story of their birth. 42

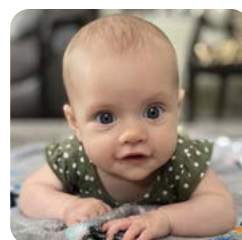
families who submitted a story were entered into the drawing for a Baby Care Package, with first place receiving a \$250 Amazon gift card, a massage for the winning mom, gift certificates to local restaurants, receiving blankets, diapers, wipes and more. Second and third place winners also received prize baskets. Congratulations to our winners, and thank you to all who participated!



COVID Cuties



First place – Baby K



Second place – Baby M



Third place – Baby L



2020 CGH REPORT TO OUR COMMUNITY

CGH BOARD OF DIRECTORS

- | | |
|---------------------------------|----------------------|
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OUR MISSION

Delivering exceptional patient care by combining outstanding skill with heartfelt compassion

A MESSAGE FROM OUR PRESIDENT & CEO



Paul Steinke, DO
President & CEO

On behalf of CGH Medical Center's Board of Directors and the entire CGH family, it is my pleasure to present to you our 2020 Annual Report. To say that 2020 has been an interesting year would be a huge understatement. By now, we have all grown weary of COVID-19 and its many challenges. However, our focus has not changed. We remain committed to the health and wellness of our patients and their families in all of the communities we serve by providing you with kindness, compassion, excellence, skill, respect and integrity.

During its 111 years of service, CGH has faced outbreaks such as Spanish H1N1 flu (1918), H2N2 flu (1957), H3N2 flu (1968), swine H1N1 flu (2009), polio and other widespread infections. We have been there to meet those challenges and will continue to be here through the coronavirus pandemic and all other health issues you may face as well. We remain devoted to caring for you and your family, while constantly working to improve the depth of availability and range of specialties we offer.

In this report, you may note our financials. Across the country, hospitals — including CGH — readied themselves for a surge of

COVID-19 patients, which included stopping elective surgeries, temporarily closing clinics and restricting all but emergent and urgent care. We cared for — and continue to care for — many coronavirus patients, and we prepared for a surge in our area that, thankfully, never came. Understandably, this has had a huge negative impact on our finances. While we have been fortunate to receive some federal assistance through the CARES Act, we were still left with a budget deficit for the fiscal year end. Like other businesses, the financial implications of COVID-19 will be hard-felt and long-term, but this has not deterred us from our primary mission of caring for you and your family. Our previously strong balance sheet has helped us weather the storm and our financials are beginning to rebound.

As we look forward to 2021, please remember: We will get through this, and we will all be stronger on the other side — perhaps with a renewed and deeper sense of the importance of relationships and community. On behalf of our more than 1600 employees, it continues to be our privilege to serve the families, businesses and communities of the Sauk Valley. Community hospitals and clinics like CGH do not exist without the strong backing of the people we serve, and now more than ever during these trying times, we thank you for your support of CGH Medical Center.

One
Mission.

One
Vision.

One
Team.



FINANCIAL SUMMARY

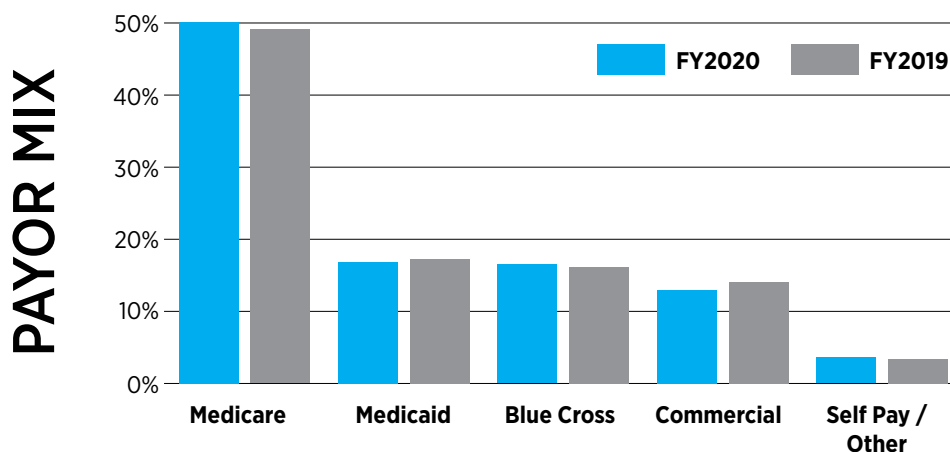
CGH Medical Center provides the following financial summary for the fiscal year ending April 30, 2020:

What we charged our patients:	\$895,584,485
We charged but did not receive full payment from:	
Medicare, Medicaid and insurance	\$660,182,645
Charity care and bad debt	\$15,669,287
Total Deductions	\$(675,851,932)
What we received	\$219,732,553
Costs	
To pay staff and provide benefits	\$136,570,466
To purchase supplies, utilities, interest, etc.	\$85,599,818
Cost of depreciation, building and equipment	\$11,275,813
Total cost to care for patients	\$233,446,097
Net Income from patient care	\$(13,713,544)
Other income	\$9,499,567
Net income	\$(4,213,977)

MEDICAL SERVICES

CGH Medical Center is a not-for-profit, city-owned hospital located in Sterling that serves a five-county region in northwestern Illinois. Licensed for 99 beds, CGH has provided the following services to patients over the past two fiscal years.

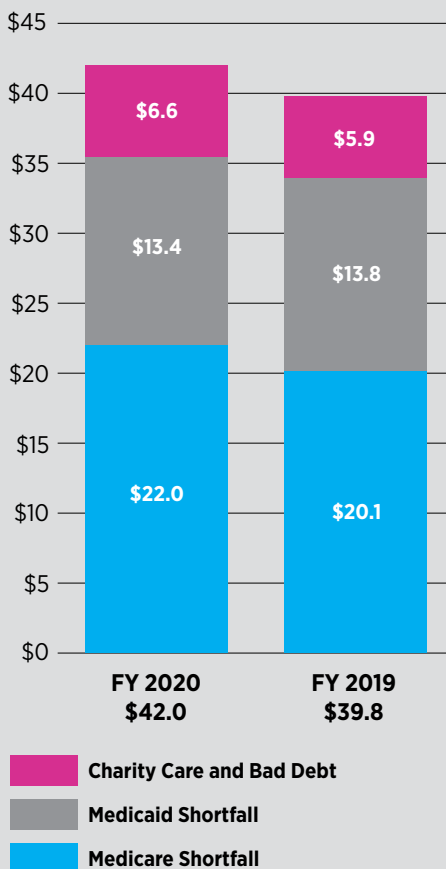
Stats	FY 2020	FY 2019	% Change
Inpatient Admissions	4,350	4,507	-3.48%
Total Patient Days	13,893	14,045	-1.08%
ER Visits	25,681	27,490	-6.58%
Surgical Cases	4,056	4,308	-5.85%
Observation Hours	68,724	75,540	-9.02%
Babies Delivered	559	563	-0.71%
Physician Office Visits	225,907	237,128	-4.73%



GIVING BACK

CGH provides a variety of free or discounted services to uninsured and underinsured families in Whiteside and surrounding counties. CGH also educates the public about available resources and helps members of our community apply for public assistance. CGH's total investment in the community (at cost) for the past two fiscal years is shown in dollar amounts below:

Statement of Community Contribution (in millions)



New Behavioral Health Unit Coming in 2021

While CGH's new Behavioral Health unit is not open or taking patients until early 2021, local resources are available. If you are in crisis, please call Sinnissippi Centers' 24/7 Crisis Hotline at **800-242-7642** or the Whiteside County Health Department Behavioral Health Department at **815-626-2230, ext. 1291**. For access to additional information, referrals and agencies, or crisis response, please call **2-1-1** (or **888-865-9903**). We look forward to serving you in 2021.

CGH MEDICAL STAFF

CGH MEDICAL CENTER AND CGH MAIN CLINIC, STERLING

ALLERGY

Therica Heeren, PA-C, MS

ANESTHESIOLOGY

William Chaplin, DO
Scott Girard, MD
Krzysztof Malewicz, CRNA
Carlos Moreno, DRAP, CRNA
David Norwak, CRNA
Frelea Lyn Tiongson, CRNA
Fatima Udiowod, CRNA
Eric Thueson, CRNA

AUDIOLOGY

Mary Martin, AuD, FAAA
Laurie Zollinger, AuD, FAAA

BEHAVIORAL HEALTH

Lorri Mostad, APRN, PMHNP-BC

CARDIOLOGY

Tracey Aude, RN, MSN, CNP
Edita Danaia, MSN, APRN, A-GNP-C
Thomas Kurian, MD, FACC
Steven Mackay, DO, FACC, FSCAI
Polly Nobis, RN, MS, FNP
Scott Reese, MD, FACC
Theresa Rogers, MSN, APRN, FNP-C
Danelle Saunders, APRN, FNP-C

CHIROPRACTIC

Curtis Coyle, DC, CCEP

DERMATOLOGY

Rachel Deets, PA-C, MS
Mark Moran, MPAS, PA-C
Chloe Payne, MD
Marc Stees, MD

FAMILY MEDICINE

Norma Alvarado-Urrutia, APN, FNP-BC
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William Bird, MD
Kayla Bland, PA-C, MS
Angel Blazquez, MD
Susan Burnette, MSN, APRN, FNP-C
Lynne Coffey, FNP
Donna Cook, APN, NP-C
Phong Dang, MD
Amanda Dawson, APN, FNP-C
April Fischer, APRN, FNP-BC
Tina Frank, APN, FNP-BC
Jennifer Garriot, APN, FNP-BC
Virginia Heal, DNP, APN, FNP-BC
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Marcia Jones, MD
Karri Kloepping, PA-C
Eric Kuhns, MD

Miranda Long, PA-C
John Luckey, MD
Afrem Malki, MD
Christina Miller, FNP-BC
Henry Oh, DO
Jason Reter, DO
Cassie Sawyers, APRN, FNP-C
Shannon Scroggins, APN, FNP-BC
Paul Steinke, DO
Angela Stralow, FNP-BC
Kimberly Teats-Garrison, PA-C
Peter Toth, MD, PhD
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Cassie Wiersema, APN, FNP-BC
Matthew Wolf, MD
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GASTROENTEROLOGY

Jaziel Chavira, FNP-C
Cara Firch, PA-C, MS
Jorge Monteagudo, MD
Concha Sitter, MS, APN, FNP-BC, CGRN

HEMATOLOGY/ONCOLOGY

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Staci Drosopoulos, ATC, PA-C
Lindsay Rodriguez, APN, NP-C

HOSPITALIST

Cordus Easington, MD, PhD
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Ashok Maini, MD
Kalpesh Patel, MD
Eric Schaffert, MD
Nancy Tran, MD

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Iyad Jundi, MD
Theresa Krueger, APN-BC
Vincent Racanelli, DO
Anja Wolf, APRN, FNP-BC

NEUROLOGY

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Preeti Joseph, MD

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Laurie Buckman, CNM, APRN
Meredith Johnson, MSN, APN, WHNP-BC
Jeffrey LeMay, MD
Frank Tugwell, MD

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(cont. from previous page)

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John Hahn, MD, FACS

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Matthew Cutter, OD
Ed Hanlon, OD

ORAL AND MAXILLOFACIAL SURGERY

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Shawn Hanlon, MD
Jeffrey Thormeyer, MD
Joshua Wade, PA-C, MS

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Bryan Kemker, MD, FACS

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SLEEP MEDICINE

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SURGERY, GENERAL

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John O'Holleran, MD, FACS
Heather Wakefield, MD, FACS

SURGERY, VASCULAR

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Young Song, DO

WOUND HEALING

Theresa Krueger, APN-BC

CGH SATELLITE CLINICS AND MULTI-SPECIALTY CENTERS

DIXON MEDICAL CENTER

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PEDIATRICS

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PHYSICAL THERAPY

RHEUMATOLOGY

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SLEEP MEDICINE

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VASCULAR SURGERY

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Erika Stach, MSN, FNP-BC

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FULTON MEDICAL CENTER

FAMILY MEDICINE

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Kimberly Teats-Garrison, PA-C

LOCUST STREET MEDICAL CENTER

PHYSICAL THERAPY

WOUND CENTER

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Theresa Krueger, APN-BC
Thomas McGlone, MD, FACS
John O'Holleran, MD, FACS
Eric Riley, DPM
Heather Wakefield, MD, FACS

LYNN BLVD. MEDICAL CENTER

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Afrem Malki, MD
Jason Reter, DO
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Kim Wolfe, APN, FNP-BC

MILLEDGEVILLE MEDICAL CENTER

FAMILY MEDICINE

Angela Stralow, FNP-BC

MORRISON MEDICAL CENTER

FAMILY MEDICINE

Cassie Sawyers, APRN, FNP-BC
Matthew Wolf, MD

MT. CARROLL MEDICAL CENTER

FAMILY MEDICINE

Karri Kloepping, PA-C

2600 NORTH LOCUST STREET

CHIROPRACTIC

Curtis Coyle, DC, CCEP

PEDIATRIC REHAB

ORAL AND MAXILLOFACIAL SURGERY

Robert Whittaker, DMD, MD

POLO MEDICAL CENTER

FAMILY MEDICINE

Henry Oh, DO

PROPHETSTOWN MEDICAL CENTER

FAMILY MEDICINE

April Fischer, APRN, FNP-C
Matthew Wolf, MD

READY CARE CLINIC

Norma Alvarado-Urrutia, APN, FNP-BC

Susan Burnette, MSN, APRN, FNP-C
Tina Frank, APN, FNP-BC
Virginia Heal, DNP, APN, FNP-BC

ROCK FALLS MEDICAL CENTER

FAMILY MEDICINE

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Kelli Jepson, DNP, APN, FNP-BC
Peter Toth, MD, PhD

WALNUT MEDICAL CENTER

FAMILY MEDICINE

Missi Armstrong, APN, FNP-BC

VISION CENTER STERLING

OPHTHALMOLOGY

John Hahn, MD, FACS

OPTOMETRY

Matthew Cutter, OD

Virtual Fundraising Supports Breast Cancer Screenings

Don't miss this year's virtual version of the CGH Health Foundation Delicious Designs "Stronger Together" fundraising event! Proceeds will help purchase the new 3D Tomosynthesis mammography system being installed at CGH Medical Center later this year. All donations will be matched dollar for dollar by a generous benefactor.

"Honor the memory of a family member or friend by sponsoring a Wish List item relating to CGH breast health services," said event co-chairs Starr Coleman, HALO Branded Solutions, and Lindsey Pistole, Sauk Valley Bank. "For everyone's safety, we won't be gathering, so we need your help more than ever."

"Stronger Together" kicked off September 3 with a CGH Facebook Live program featuring Sauk Valley Radiology; Gina Grennan, Diagnostic Imaging director; Erika Adams, DID breast cancer navigator; and Lindsey Pistole. Facebook Live videos can be watched later on our CGH YouTube channel at any time.

Sponsors can choose from an online selection of Wish List items and make their "purchase" in honor of or in memory of a loved one who has been impacted by breast cancer or other cancer. Go to cghmc.com/deliciousdesigns. Turbans, scarves, mammograms, and breast cancer survivor handbooks are just a few of the choices and all will be shared with CGH patients.

A week-long online silent auction, to include gift baskets, services, desserts and gift cards, will run from **Thursday, October 15, at 7 AM to Wednesday, October 21, at 5 PM**. Go to the CGH website, click on the AirAuctioneer.com link to register and start bidding.

There are numerous benefits from the 3D mammography system.

CGH patients can expect a more comfortable mammography experience with earlier diagnosis and more sensitive readings. "The new technology will be available for all of our patients and is especially advantageous for women with dense breast tissue," said Grennan. "We are excited to be able to offer this new modality, which has a more rapid scanning ability and increased sensitivity."

It should reduce callbacks by up to 40% and has a higher resolution for more detail and easier reading by the radiologist team, Grennan said. "Plus, it will be more comfortable for our patients. The unit features a curved compression surface that mirrors the shape of the breast, for a more even compression."

For more information, contact Joan Hermes, CGH Health Foundation executive director, at 815-625-0400, ext. 5672.



Starr Coleman
HALO Branded
Solutions



Lindsey Pistole
Sauk Valley Bank



CGH's new 3D tomosynthesis mammography system will provide more accurate readings and a more comfortable experience for patients.

Making Prevention a Priority for Women

CGH provides safe and convenient preventive care for women during October and all year long

Women wear many hats in their day-to-day lives — both inside and outside of the home. Between working long hours, parenting, helping run the household and possibly caring for aging parents, some women don't make time to take care of themselves. But if you aren't healthy, how can you continue to be the vibrant, multitasking woman that you are?

October is National Breast Cancer Awareness Month, which rightfully puts a spotlight on women's health. But women's health encompasses much more than just breast cancer. Staying on top of preventive care through recommended health screenings can help women ensure that any health problems you may have are detected early, when they're most treatable.

"Early detection of disease can help people live longer, healthier lives, and that's why it's important for women to stay current on these recommended screenings, or a modified list suggested by your health care provider based on your personal medical history or risk factors," said Thomas McGlone, MD, board-certified breast surgeon. "It is always more difficult to ignore what needs to be done because of fear of a diagnosis, fear of machines or fear of the unknown. However, there is so much more put at risk when responsibility for our health is neglected."

Despite the COVID-19 pandemic, women need to make time in their busy schedules for self-care. Here we highlight a few of the most important health screenings that women should be having regularly. Are you due for any of the following exams?

MAMMOGRAPHY

When you think of women's health, your first thought will probably be about breast cancer. Excluding certain types of

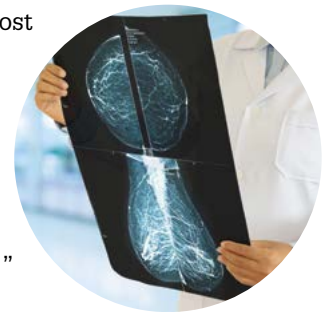


The Radiology team at CGH is working hard to make prevention a priority for women this year, so please schedule your screening exams today! From left to right: Lina Guerrero, Ultrasound Technologist; Shari Batten, Specialties Supervisor/Mammo Technologist; Gina Grennan, Director; Erika Adams, Nurse Navigator; Kylie Brauer, Nuclear Medicine Technologist; Lacey Dierks, Mammography Technologist; Aimee Mouw, Ultrasound Technologist; Kelli Vilmont, Mammography/DEXA Technologist.

skin cancer, breast cancer is the most common type of cancer in women and is a leading cause of cancer death in women of every race and ethnicity.

"Mammography can detect breast cancer in the early stages — when it's most treatable," said Erika Adams, CGH registered nurse navigator. "In fact, it can find changes in the breast that could be cancer years before a lump and other physical symptoms develop. You can rest assured that CGH is here for all of your comprehensive women's health services, including same-day imaging, digital mammograms, magnetic resonance imaging (MRI) breast exams, diagnostic ultrasound, MRI and stereotactic biopsy services, lymph node mapping and bone density screening."

For women at average risk, the American Cancer Society recommends annual mammograms and clinical breast exams starting at age 40. From ages 45 to 54, physicians



recommend a mammogram every year, adjusting to every two years once you hit 55. Clinical breast exams are also recommended every three years for women in their 20s and 30s.

PAP SCREENING

In the past 40 years, cervical cancer went from a leading cause of cancer death for women to a rarity, with death rates declining almost 50% since the 1970s in part due to increased Pap screenings.

"A Pap test is an important screening exam that's used to check for abnormal cells on the cervix that could indicate early-stage cervical cancer or precancerous cells," said Debra Bowman, MD, FACOG, CGH Obstetrics and Gynecology.

"It usually takes three to seven years for high-grade changes in cervical cells to become cancer. Pap screenings may detect these changes before they become cancer. In addition, the test for human papillomavirus, or HPV, is also important because if you have that virus, it raises your risk for developing cervical cancer. Because the HPV test looks specifically for the presence of the virus, it is a very helpful screening test to predict who is at risk of developing cervical cancer."

The American Cancer Society recommends screening beginning at age 21. Testing can end at age 65 for women with a history of normal Pap results.

COLONOSCOPY

Screenings for women and men

According to the American Cancer Society, of cancers that affect both men and women, colorectal cancer is the third-leading cause of cancer-related death. In 2020, it's estimated that close to 25,000 women will die due to colorectal cancer. However, regular colonoscopies not only improve prognosis by catching the cancer early, they can actually prevent cancer by removing polyps before any potential cancer has a chance to grow.

"One of the most challenging aspects of colon cancer is that it is often a 'silent' cancer," said Jorge Monteagudo, MD, CGH Gastroenterology. "A person with colon cancer could have the disease before experiencing any symptoms. Yet, if caught in its earliest stages, colon cancer is typically treatable, and patients can go on to enjoy healthy lives. A colonoscopy is an extremely effective screening tool for colon cancer."



"There is so much more put at risk when responsibility for our health is neglected."

The American Cancer Society recommends getting a colonoscopy every 10 years beginning at age 45. Other tests for colorectal cancer are also available; intervals vary.

CARDIAC RISK SCREENING

Screenings for women and men

Heart disease is the leading cause of death in the United States. The key to preventing heart disease is managing your risk factors, such as high blood pressure, high cholesterol and high blood glucose.

"Although more women die from heart disease than any other condition, women often have atypical symptoms with heart disease," said CGH interventional cardiologist Steven Mackay, DO, FACC, FSCAI. "One of the best things a woman can do to decrease her risk for a heart attack or heart disease is to adopt a healthy lifestyle, which can lower risk factors. It's also important to get screenings that help find problems early, while they're easier to treat. Having your cholesterol, blood sugar, blood pressure and body mass index (BMI) checked is essential."

The American Heart Association recommends blood pressure checks at least every two years and cholesterol checks every five years beginning at age 20. BMI and waist circumference should be checked at regular healthcare visits. Blood glucose should be checked every three years beginning at age 45.

In addition, if you're at high risk for heart disease, or if you have symptoms such as shortness of breath or chest pain, CGH Heart Services may recommend one or more of the following tests: electrocardiogram (EKG), cardiac computed tomography (CT), carotid ultrasound, echocardiogram, stress test or HeartCheck.

At CGH, we want to help you take control of your health. Invite a friend or family member to be your preventive health buddy. Make appointments for annual checkups with your primary care and women's health providers and consult with your physician(s) on the recommended preventive screenings. Make your preventive health a priority today.



For more information about specific women's health screenings, please contact your health care provider, or any of the following:

+ For the Women's Imaging Center (mammography) call 815-625-0400, ext. 4873.

+ For Pap screenings, colonoscopies and heart services call 815-625-4790.

Calendar of Events

FALL 2020

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

BLOOD DRIVE

Thursdays, October 1, December 3
9:30 AM–7 PM

CGH Ryberg Auditorium

100 E. LeFevre Rd., Sterling, IL

To schedule an appointment, call

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

Or log on to bloodcenterimpact.org and use code **3591**.

CHOLESTEROL AND GLUCOSE SCREENINGS

Thursday, October 22; Friday, November 13

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 9 moms. Partners are allowed at time of printing, but subject to change. Classes are held in the CGH Ryberg Auditorium. Please call **815-625-0400, ext. 5504** to sign up for programs below.

BIRTHING AND BABY BASICS

Mondays, October 5, November 2, December 7

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.

CGH MEDICAL CENTER

100 E. LeFevre Road

Sterling, IL 61081

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BREASTFEEDING CLASS

Thursdays, October 8, November 5, December 10

5–7 PM

Instructors: Vanessa Simonton, RN, BSN,

IBCLC, and Marcela Sproul, RN, CLS

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

PEDIATRIC PARENT SUPPORT GROUP

Introducing a FREE Pediatric Parent Support Group **via Zoom!**

Each week we will cover a different parenting topic (feeding, sleep, developmental milestones, play, and car seat safety). Parents will have the opportunity to connect with other parents who have children in the same age range and will learn evidence-based information about popular parenting subjects.

Please register online at cghmc.com/calendar. Parents can contact Erika or Becky at **815-632-5199** with questions. Enrollment is free and open for all parents of children aged 0–12 months.

All Zoom meetings will be held from 5:30–6:30 PM on the dates listed below, and a Zoom link will be sent after your registration is processed.

- ✦ October 7 — Feeding
- ✦ October 14 — Sleep
- ✦ October 21 — Developmental Milestones
- ✦ October 28 — Play
- ✦ November 4 — Car Seat Safety
- ✦ November 11 — Overview

Growing Healthier

SPEAKER SERIES



Join us for FREE programs featuring speakers on important health topics. These

programs will be offered via Facebook Live or Zoom. Please check the website or Facebook page for details. For more information, call **815-625-0400, ext. 5716**, or visit cghmc.com/growinghealthier.



October — “Breast Cancer Treatment & Surgery” presented by Thomas McGlone, MD, on October 1 at 12:30 PM. Our multi-disciplinary approach to care makes us your local leader in the fight against breast cancer.

Dr. McGlone, board certified breast surgeon, discusses the patient journey through breast cancer, surgery, treatment and recovery.



November — “Thriving with Diabetes” presented by Angel Blazquez, MD, on November 5 at noon. Try something different — from diet and exercise to treatment and care, there are practical things you can do every day to control your diabetes.

In case you missed it...

All Growing Healthier and Facebook Live programs are recorded and can be found on the CGH Facebook page and the CGH YouTube channel for on-demand viewing at any time!