

# HealthLines

Summer 2022

## Celebrating the CGH Birthing Center

Sarah had a “Great Experience Delivered” due in part to the new Spinning Babies class offered by the CGH Birthing Center (page 4).



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



Summer is such a wonderful time of year. The days are long and hot but bring with them slower times and the possibilities of vacation. There is nothing better than a good book and a long afternoon at the beach.

In this, our Summer issue, we have lots to discuss, touching on many stages of life. We highlight our OB services, examine child and young adult concerns, continue with thoughts of back-to-school activities and extend into education and care for dementia. As your partner in health and wellness, these are examples of the many areas where CGH Medical Center is engaging with our community.

Autumn will be upon us before we know it, but not before we get the opportunity to relish every day this season offers. I hope you find the time to savor that book, feel the warm breeze and enjoy some much-needed relaxation. May your summer days be patriotic, sun-drenched and leisurely.

Dr. Paul Steinke  
CGH President and CEO



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## Take Advantage of Ready Care

From sore throats and the flu to rashes, earaches and other same-day care services, the CGH Ready Care Clinic is ready for you. Located in the lower level of the CGH Downtown Clinic, the Ready Care Clinic offers convenient care when you need prompt medical attention for acute minor illnesses. Although we encourage patients to check with their primary care physicians first, we're here to help in their absences or if their schedules cannot accommodate immediate needs. You do not have to have a primary care physician to be seen by Ready Care.

Please note that appointments are required for all visits to Ready Care due to the high number of patients being seen.

CGH Ready Care is located at 15 W. 3rd Street in Sterling and is open Monday through Friday, 8:30 AM–5:30 PM, and Saturday and Sunday, 9 AM–1:30 PM. To make an appointment, please call **815-564-1999**.

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# The Dangers of Teen Vaping

While overall smoking rates have declined in recent years, there has been a disturbing new trend among American teens: e-cigarettes. E-cigarette usage, commonly known as vaping, has been the most-used smoking product by teens since 2014, according to the U.S. Centers for Disease Control and Prevention (CDC). The CDC estimates that 1 in 35 middle school students (2.8%) have used an e-cigarette product in the past 30 days, and that rate jumps to 1 in 9 (11.3%) among high school students.

“The troubling epidemic of youth vaping threatens to erase the years of progress we’ve made combating tobacco use among kids,” said Matthew Wolf, MD, CGH Morrison Medical Center. “According to emerging science, teens who vape are more likely to start smoking cigarettes, putting them at risk of a lifetime of addiction to smoking and related disease.”

Some argue that e-cigarettes are safer than traditional tobacco cigarettes or use them as a smoking-cessation therapy — but neither is true.



E-cigarettes are made with a liquid that contains nicotine, propylene glycol, glycerin, flavorings and other chemicals — all of which can be dangerous to those exposed and cause negative health effects. To date, no e-cigarette product has been approved as a smoking-cessation therapy by the U.S. Food and Drug Administration.

“A CDC study found that 99% of the e-cigarettes sold in the United States contained nicotine, even though the product labels do not disclose this,” said Dr. Wolf. “Using e-cigarettes, just like regular cigarettes, puts youth at

risk for addiction and other health consequences such as irreversible lung damage, cancer and damage to parts of their developing brain that control attention, learning, mood and impulse control.”

**Smoking cigarettes and using other tobacco and e-cigarette products affects nearly every organ in your body, including your heart. Call the Illinois Tobacco Quitline at 1-866-QUIT-YES (1-866-784-8937) or visit [quityes.org](http://quityes.org) for more information. Free nicotine patches, gum and lozenges are available for those who are eligible.**



**Nutrition per serving:** 200 calories, 12g fat, 20g carb, 5g protein

## Fudgy Freezer Pops

A tasty treat that will surely help you cool down this summer, these Fudgy Freezer Pops can be enjoyed by everyone in the family.

### Ingredients

- + ½ cup plain unsweetened almond milk
- + ½ teaspoon vanilla
- + ½ cup smooth almond butter
- + 3 tablespoons cocoa powder
- + Dash of salt
- + 1 ½ cups frozen sliced banana (very ripe), thawed for 5–10 minutes at room temperature
- + Popsicle molds or small paper cups with popsicle sticks

### Directions

Add all ingredients to a high-speed blender. Pulse to combine and then blend to smoothie consistency (this may take 60–90 seconds). If you don’t have a high-speed blender, you can blend all ingredients except the bananas until smooth, then add the bananas and continue blending. Pour mixture into molds or cups. Place in freezer for a minimum of 2 hours before enjoying. *Serves 4.*

# The CGH Birthing Center: A Great Experience Delivered

Having a baby is one of the most special and memorable moments in your life. Whether you're expecting your first baby or your fourth, you want the best possible care for your big day and beyond.

"With 10 private, spacious birthing suites, a soothing whirlpool, cozy furniture and walk-in showers, as well as sleeping accommodations for your partner, CGH offers a loving start for every baby," said Vanessa Simonton, CGH Birthing Center Director. "In addition, we offer a wide range of health services throughout your pregnancy, including prenatal care and birthing classes, midwifery services, perinatal physical therapy, breastfeeding support with our certified lactation consultants and more."

As we continue to expand our ongoing commitment to helping you and your family prepare for your baby, the CGH Birthing Center is now offering the following services to help you along every step of the journey.

## Prenatal and Postpartum OB Counseling

If you are a new or pregnant mom, dad or partner struggling to cope, feeling overwhelmed, having scary thoughts or feeling unusually unhappy or low, getting help for childbirth-related depression and anxiety in the early stages can help protect both you and your infant. Through our CGH Health Foundation Ways to Wellness OB Support Group and/or one-on-one counseling (at no charge to you), we work closely with you and your provider to help with the medical, emotional, social and environmental issues you may be facing. We can help find the resources you need to help take care of you, your baby and your family,



**CGH OB Resources**  
Learn about all of the great OB offerings from CGH by scanning the QR code!



Jeffrey LeMay, MD



Debra Bowman,  
MD, FACOG



David Almasy, MD



Laurie Buckman,  
CNM, APRN

and we can help connect you to the many different support systems online and within our community, including resources for medical insurance, food benefits, education, transportation and more. We can also help you and your family navigate through infertility, miscarriage and neonatal loss.

## Spinning Babies

This very special class, now offered locally at CGH, will teach expecting moms some of the most valuable techniques to help make more room

for your baby during pregnancy and labor. Using the three principles of balance, movement and gravity, your baby is able to rotate or "spin" down and out of the pelvis more easily. Take the free Spinning Babies class any time after your 20th week of pregnancy.

**The CGH Birthing Center accepts all insurance, including the Medical Card, and we would be honored to help your family. For more information, please contact the CGH Birthing Center at 815-625-0400, ext. 5504.**



Mark and Margaret Zumdahl of Sterling are serving as General Co-Chairs of the 2022 CGH Health Foundation Annual Appeal. They are shown here with their family.



# Dementia Care and Education Hits Home

The “Memories Matter.” CGH Health Foundation Annual Appeal campaign is very personal for each member of the Foundation’s 2022 leadership team. All seven members of the team have gone through their own dementia journey, whether personally or with a loved one.

Leaders include:

- ✦ Margaret and Mark Zumdahl, General/Community Division Co-Chairs
- ✦ Eric Kuhns, MD, Medical Division Chair
- ✦ Veronica Edwards, Business Division Chair
- ✦ Bob Sondgeroth, Clubs Division Chair
- ✦ Mimi Hicks and Sandy Williams, CGH Employee Division Co-Chairs

The annual campaign is focused on raising funds for dementia education, building awareness and resource development. Contributions will help bridge the gaps that exist in dementia care in the Sauk Valley area. This year’s fundraising goal of \$475,000 will also help fund 15 other initiatives.

“Alzheimer’s disease runs rampant in my family, with my mom, my aunts and

uncles, and now my brother and me, living with it,” said Margaret Zumdahl of Sterling. “It was frightening to learn of my diagnosis in 2016, and without my husband, Mark, I could not have thrived as well as I have.”

Zumdahl calls herself lucky — blessed to have been in a drug trial through Advocate Lutheran General Hospital in Park Ridge, that has slowed the progress of her symptoms. “We decided from the start that we needed to adapt to the new normal and do whatever we could to live as best we could,” she said. “We’ve done everything as a team, from advocating with legislators for research funds to assisting with support groups to partnering with medical students who want to learn more about the disease. It’s so important that we all pull together to create a stronger dementia support system in our communities.”

**For more information, visit [cghmc.com/foundation](https://cghmc.com/foundation), or call Joan Hermes, CGH Health Foundation Executive Director, at 815-625-0400, ext. 5672.**

## Delicious Designs Virtual Silent Auction

The ninth annual CGH Health Foundation Delicious Designs Silent Auction event will be hosted virtually this year, from 7 AM on Thursday, October 20, to 9 PM on Tuesday, October 25.

Funds raised will go to the “Memories Matter.” dementia care project that began this year and to the Women’s Health Program. Dementia education programs, support groups, resource development and a grant program are being sponsored. The partnership with CGH Medical Center continues to provide screening mammograms and other services with no or little out-of-pocket costs to area women.

Sponsor a \$240 virtual table, a \$300 dessert or Wish List item for our patients, or create a Purple or Pink Ribbon Tribute in honor or memory of a loved one impacted by dementia or breast cancer. Donations for the silent auction are being sought, and all items will be auctioned online at **[AirAuctioneer.com](https://AirAuctioneer.com)**.

For more information, visit **[cghmc.com/deliciousdesigns](https://cghmc.com/deliciousdesigns)** or call Joan Hermes, CGH Health Foundation Executive Director, at **815-625-0400, ext. 5672**.



# Prioritize Prostate Health

After skin cancer, prostate cancer is the most common cancer in American men. One in 8 men nationwide will develop it at some point in their lives — but most men with prostate cancer don't die from it.

The American Cancer Society (ACS) recommends that men make an informed decision with their health care provider about whether to be screened for prostate cancer. The discussion about screening should take place at:

- ✦ Age 50 for men who are at average risk of prostate cancer and are expected to live at least 10 more years.
- ✦ Age 45 for men at high risk of developing prostate cancer. This includes African Americans and men who have a first-degree relative (father or brother) diagnosed with prostate cancer at an early age (younger than age 65).
- ✦ Age 40 for men at even higher risk (those with more than one first-degree relative who had prostate cancer at an early age).

For more information on prostate cancer screenings, please call the CGH Main Clinic Urology Department at **815-625-4790**, or visit [cghmc.com/services/urology](http://cghmc.com/services/urology).

## Welcome Our New Interventional Cardiologist

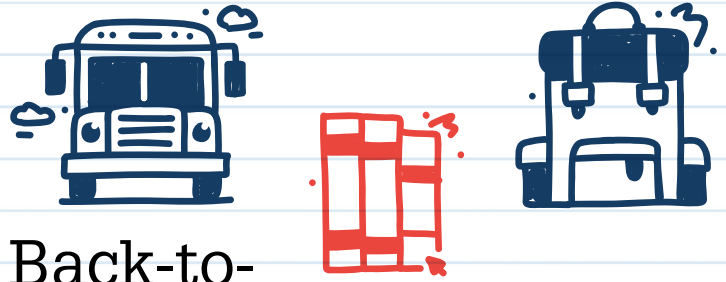


### Twinkle Singh, MD

We are pleased to welcome Twinkle Singh, MD, to CGH Medical Center. Dr. Singh is an Interventional Cardiologist and will be joining the Cardiology Department at the CGH Main Clinic in August.

Dr. Singh is a graduate of Bangalore Medical College and Research Institute in India. She completed an Internal Medicine residency at Medical College of Georgia in Augusta. Dr. Singh completed a fellowship in Cardiovascular Disease as Chief Fellow at Tulane University in New Orleans, as well as Interventional Cardiology and Endovascular Interventional Cardiology fellowships at Mount Sinai Icahn School of Medicine in New York City. Board-certified in Internal Medicine, Cardiovascular Disease and Vascular Interpretation, Dr. Singh is also a diplomate of the American Society of Echocardiography.

*Dr. Singh will be accepting new patients at the CGH Main Clinic located at 101 E. Miller Road in Sterling. To make an appointment, please call **815-625-4790**.*



## Back-to-School Checklist

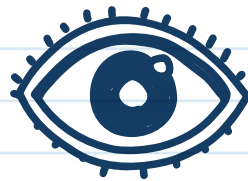
While your children are on summer break, it's never too early to start planning for the academic year. Keep these health tips and exams in mind as everyone heads back to school.



**Physical exams** — Whether your child is planning on playing sports or not, it's still a good idea for your child to have their yearly physical exam before the school year begins. Contact your CGH physician to make an appointment.



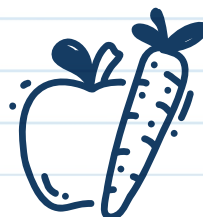
**Vaccines** — Some vaccines are required for your child to attend school. Check with your physician to see if your child is due for any vaccines or boosters and have them administered before the school year begins.



**Eye exams** — Schedule an eye exam, as your child's eye health can change drastically as they grow. Good eyesight is needed for your child to see the blackboard/whiteboard, which will in turn enhance their ability to learn.



**Adjust bedtimes** — Some parents allow for later bedtimes when school is out, and your child may have difficulty adjusting back to their school schedule. Start adjusting their bedtime and wake-up time a few weeks before the academic year starts to ensure they're full of energy on their first day. Children ages 6–12 should get 9–12 hours of sleep every night, and teens need 8–10 hours.

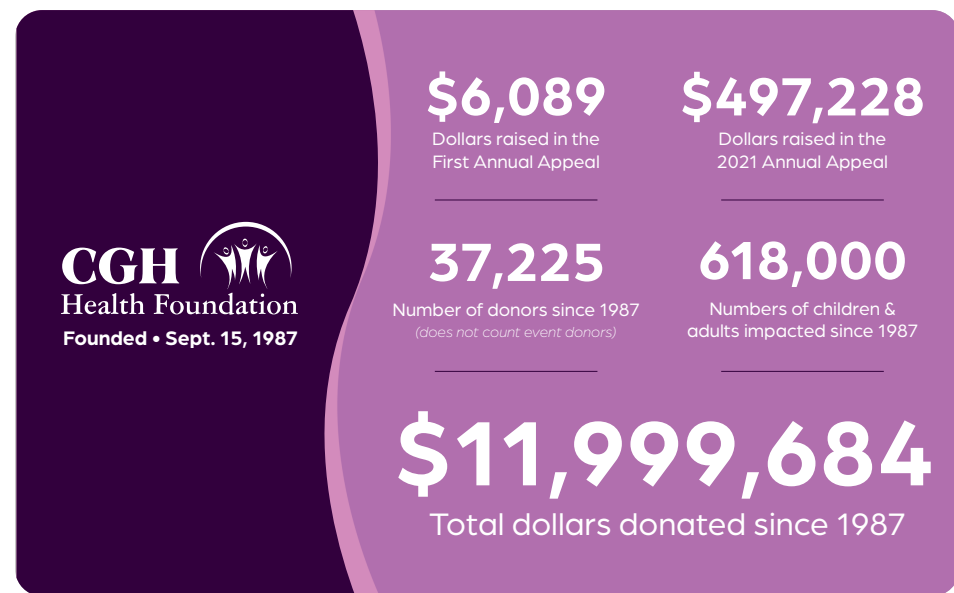


**Good nutrition** — Many children aren't fans of eating breakfast, but a nutritious meal before school can help your child function better throughout the day. If a full meal isn't possible, cereal, fruit or a breakfast bar can help boost your child's energy in the morning.

# Celebrating 35 Years of the CGH Health Foundation

On September 15, the CGH Health Foundation will celebrate 35 years of boosting the lives of over 618,000 children and adults in the Sauk Valley. The milestone will be marked with an open house at CGH Ryberg Auditorium from 5:30–7 PM.

The Foundation has become a critical force in ensuring access to healthcare for the under served and in delivering the message of wellness to Sauk Valley residents. The 1987 incorporation of the CGH Health Foundation was yet another step in assuring continued excellence in the provision of healthcare by CGH Medical Center. These past 35 years have produced customized health initiatives that have filled gaps, brought peace of mind, produced smiles and received statewide recognition, according to Foundation Chair Martha Kophamer.



“Our volunteer leaders and dedicated employees have created life-changing, heart-warming programs that extend CGH’s mission of wellness beyond the hospital walls,” said Kophamer. “But it’s our donors who guarantee our success.”

Thousands of benefactors have invested over \$11 million in health initiatives. All contributions are spent locally on wellness education programs, health services for the under served

and capital projects. “We’re not a typical brick-and-mortar foundation,” Kophamer said. “We’d rather concentrate on keeping residents healthy through educating about various diseases and offering greater access to healthcare services.”

For more information, visit [cghmc.com/foundation](http://cghmc.com/foundation), or call CGH Health Foundation Executive Director Joan Hermes at 815-625-0400, ext. 5672.



## Stay Safe While Cycling

When the weather is nice, riding your bike can be the perfect outdoor activity. But before you hop on, make sure you’re following recommended bike helmet precautions. A bike crash without proper head safety can result in concussions or other head trauma.

- **Proper fit** — The helmet should fit snugly with no space between the foam cushion and the rider’s head. While the fit needs to be snug, avoid a too-tight helmet, as this can cause headaches.
- **Be mindful of the straps** — Both the side straps and chin strap should be secured and fastened before riding. The side straps should form a “V” shape under and slightly in front of the rider’s ears. The chin strap should allow for no more than one or two fingers to fit between the rider’s chin and the strap.
- **Take good care of your helmet** — Before riding, always check to make sure there are no dents or defects in the helmet. Any alterations or damage to the integrity of the helmet can result in reduced safety.



# Calendar of Events

## SUMMER 2022

For a full list of CGH events, visit [cghmc.com/calendar](http://cghmc.com/calendar).

### BLOOD DRIVE

Thursdays, August 4 and October 6

9:30 AM–6 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 visit [bloodcenterimpact.org](http://bloodcenterimpact.org)

and use code **3591**.

### CHOLESTEROL AND GLUCOSE SCREENINGS

Tuesday, July 19; Thursday, August 18;

Wednesday, September 14

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 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**.

### SPINNING BABIES CLASS – NEW!

Wednesdays, July 20, July 27, August 10,

September 14, from 4–7 PM; Saturdays,

August 13, September 17, from 10 AM–1 PM

The Spinning Babies Parent Class highlights

your baby's active role to rotate down and

out of the pelvis. Call **815-625-0400, ext.**

**5504** to sign up. This class is free thanks to

the CGH Health Foundation.

### BIRTHING AND BABY BASICS

Fridays, July 8, August 5, September 2

5–8 PM

Instructor: Marcela Sproul, RN, IBCLC

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

Fridays, July 15, August 12, September 23

5–7 PM

Instructor: Marcela Sproul, RN, IBCLC

Taught by our Lactation Consultant, this class

shares everything you need to know about

beginning breastfeeding.

## CGH MEDICAL CENTER

100 E. LeFevre Road

Sterling, IL 61081

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CGH-013

## Yoga for OB Moms

Are you looking for a fun, stress-relieving exercise that helps promote calmness, flexibility, strength and balance before and after childbirth? Talk to your CGH OB provider about joining the CGH Health Foundation's six-week Ways to Wellness Online OB Class. Once approved, participants will be given a link to the online classes by their CGH OB provider.



Growing Healthier

# SPEAKER SERIES



**CGH**  
Health Foundation  
*Your partner in good health*

Join us for FREE programs featuring speakers on important health topics. 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](http://cghmc.com/growinghealthier).



**July – Advances in Radiation Oncology on Thursday, July 21**, with Saleh Hatoum, MD, MS, Radiation Oncologist at the Northern Illinois Cancer Treatment Center (a joint venture between CGH Medical Center and KSB Hospital). Dr. Hatoum will discuss new technologies and ways to minimize the amount of radiation to healthy tissues for patients who receive cancer treatment.



**August – Autoimmune Diseases – Types, Symptoms, Causes & More on Thursday, August 18**, with Ajay Buddaraju, MD, CGH Rheumatologist. Join Dr. Buddaraju as he discusses autoimmune disease – when the body's natural defense system can't tell the difference between its own cells and foreign cells, causing the body to mistakenly attack itself.



**September – Blood Cancers and Their Treatment Options on Thursday, September 15**, with Alhareth Alsayed, MD, CGH Oncologist. The three most common types of blood and bone marrow cancer are leukemia, lymphoma and myeloma. Join Dr. Alsayed as he discusses these cancers and their treatment options.