

HealthLines

Spring 2022



CGH Provides Outstanding Cancer Care for the Community

Mir Alikhan, MD, FACP (right), Alhareth Alsayed, MD (left), and Lindsay Rodriguez, APN, NP-C (second from right), helped Ana Lara Bravo (second from left) beat a rare form of lung cancer.



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



Spring always amazes me. Some years are worse than others, but regardless of how difficult winter was, the dark and gray skies surrender and become crystal blue with sunshine.

The days get longer and snow melts, giving way to green grass, tulips and daffodils. The trees blossom and welcome back the birds. With all that has happened with COVID-19, and all that we continue to face during these turbulent times, let us take comfort in the blessings around us.

In our Spring issue of *HealthLines*, we highlight CGH's cancer care. We are blessed to have very experienced and well-trained staff that bring our patients the newest and best treatments for cancer. They are supported by a knowledgeable, warm and kind care team. Together, they make keeping your cancer care local a great choice.

As we make our way past COVID-19, we are beginning to see the consequences of delays in getting important health and wellness screenings completed (mammograms, colonoscopies, etc.). This is resulting in more advanced cancers at diagnosis with more complicated treatments. We are also seeing the results of neglected care of chronic diseases. Let's reverse these trends and get your health back on the right track. You're worth it!

As we greet spring, let us take the time to reflect on where we've been. Let us appreciate all the blessings bestowed on us and be thankful we are emerging from the grips of the pandemic. Welcome to spring!

Dr. Paul Steinke
CGH President and CEO

CGH Welcomes New Board Member



CGH Medical Center is proud to welcome Thomas King, DO, to the CGH Board of Directors. A physician at CGH since 2014, Dr. King has dedicated his career to a full range of vascular and endovascular procedures. He was selected by his colleagues, then appointed and confirmed by the mayor and city council to finish out the term vacated by Thomas McGlone, MD, who recently retired.

Dr. King received his doctor of osteopathic medicine degree from New York College of Osteopathic Medicine in Old Westbury, New York, and his BS from Montclair State University in New Jersey. He completed his general surgery residency at Henry Ford Macomb Hospital in Michigan, and finished his vascular surgery fellowships at McLaren Macomb Hospital in Michigan and the Arizona Heart Hospital in Phoenix.

"We are pleased to welcome Dr. King to the CGH Board of Directors," said Dr. Paul Steinke, CGH President and CEO. "He has consistently demonstrated his devotion to his patients by bringing them the most advanced vascular treatments available, and he has done so with a commitment to excellent care and kindness. His appointment to the CGH Board of Directors shows the support he has earned from his colleagues and his dedication to the community at large."

Congratulations, Dr. King!

A Day at the Farm
37TH ANNUAL CHILD FAIR
SAVE THE DATE
Saturday, June 4 • 10AM – 12PM
SVCC Outdoor Event

Logos: AmeriCorps, KSB, CGH Medical Center, CHILD FAIR, Souk



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**. © 2022 Printed in U.S.A. Developed by GLC — a marketing communications agency.

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Take Control of Your Drinking

Alcoholism is a disease that can affect anyone, regardless of age, gender, race or ethnicity. Be aware of your drinking habits to ensure you don't consume too many alcoholic beverages too frequently. To avoid alcohol-related health issues, medical professionals recommend consuming two or less alcoholic beverages per day for men (one or less for men over 65), and one or less for women. You should not consume any alcohol if you're under the age of 21.

According to the Centers for Disease Control and Prevention, more than 95,000 people die from excessive alcohol use every year in the United States. Excessive drinking can also lead to a host of health issues, including:

- ✦ High blood pressure
- ✦ Heart disease
- ✦ Stroke
- ✦ Liver disease
- ✦ Cancer

"If you drink every day, or almost every day, you might notice that you catch colds, flu or other illnesses more frequently than people who don't drink," said Lorri Mostad, CGH Behavioral Health Nurse Practitioner.

If you or a loved one is having issues with alcohol abuse or suffering from an addiction, contact Safe Passage in either Lee or Whiteside counties. People who need help can go to one of the participating law enforcement agencies, ask for help with their addiction, turn in their drugs (without fear of being arrested) and be placed into a treatment facility, usually within 24 hours. For more information, visit safepassage-saukvalley.com to get the support you need.

The CGH Behavioral Health Unit is designed specifically to provide a safe, secure setting where adults with primary mental health disorders who are also struggling with substance abuse disorder can receive further treatment beyond their crisis after detox. The unit has 10 beds (four semi-private rooms and two private), along with inpatient therapy groups run by all levels of professionals.



Black Bean Tacos

This meat-free taco recipe is light in calories, fat and sodium and is high in fiber. Use the same recipe to create tostadas and burritos or as a topping for taco salads.

Ingredients

- 1 tablespoon olive oil
- ½ cup chopped onion
- ½ teaspoon salt
- 1 15-ounce can low-sodium black beans, drained and rinsed
- 1 teaspoon taco seasoning (see bonus salt-free taco seasoning recipe below)
- 1 tablespoon tomato paste
- 1 tablespoon water
- 4 taco shells or tortillas, warmed

Directions

Heat a skillet over medium heat. Add oil, onion and salt. Sauté until the onion is soft and translucent. Add beans, taco seasoning, tomato paste and water, and stir. Cook for about 3 minutes until heated through. Assemble tacos and top as desired with lettuce, chopped tomato, avocado, cheese, etc.

Nutrition per serving (taco shell and toppings not included): 110 calories, 0.3g fat, 20.4g total carbohydrates (8g dietary fiber), 7g protein

Salt-free taco seasoning:

- 1 tablespoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon dried oregano
- ½ teaspoon paprika
- 1 ½ teaspoons cumin
- 1 teaspoon ground black pepper

Combine all ingredients in small airtight container. Use approximately one teaspoon of mix per pound of filling (according to taste).



Helping You Navigate Your Cancer Journey

When you receive a cancer diagnosis, you want to find the best care — from diagnosis, to surgery, to recovery. Fortunately for patients in the Sauk Valley, compassionate, personalized cancer care is close to home.

“The Oncology Department at CGH has the best doctors, the best nurses and the best equipment,” said Ana Lara Bravo, a Sterling, Illinois, resident who was diagnosed in 2019 with a rare form of Stage 4 metastatic lung cancer. “They treated me like a person, they encouraged me throughout my entire journey and they saved my life. A volunteer even went to the gift shop and bought me a guardian angel coin with his own money, held my hand and stayed with me. They are all family to me,” Bravo said.

“In addition to innovative technology and using the latest, appropriately aggressive cancer treatments, we utilize advanced genome (genetic) testing to build personalized cancer treatment options based on the unique cancer type and stage of each patient,” said Mir Alikhan, MD, FACP. Bravo’s tumor had a rare gene rearrangement called ROS1, which is present in only 1%–2% of lung cancer patients. Fortunately, there is a targeted agent in the form of pill which has been shown to be effective in this rare type of mutation and lung cancer. It was this testing, along with Dr. Alikhan’s persistent effort to find the latest treatments, that led to Bravo’s success. Outside consultation with tertiary centers is done as needed.

Like so many others, Bravo entrusted CGH with her cancer care. With nearly 20,000 office visits



CGH Oncology providers Mir Alikhan, MD, FACP (right), and Lindsay Rodriguez, APN, NP-C (left), share a moment with their patient, Ana Lara Bravo (center).

QOPI® Recertification

CGH Medical Center’s Hematology/Oncology department has received recertification by the QOPI Certification Program, LLC, providing a three-year certification for outpatient hematology/oncology practices that meet nationally recognized standards for quality cancer care. “We’re very proud of this recertification, as it emphasizes our commitment to provide the highest level of care for our patients,” said Mir Alikhan, MD, FACP. “The oncology services at CGH exemplify what all departments should strive for — not just meeting guidelines and standards, but exceeding them.”



CGH Medical Center's Hematology/Oncology department recently received recertification by the Quality Oncology Practice Initiative (QOPI) for meeting nationally recognized standards for quality cancer care.

in 2021, the size of the Hematology/Oncology department began to expand within the Main Clinic. The new 7,680-square-foot department, set to be completed later this year, will feature nine exam rooms, 13 infusion rooms, two drawing rooms, two treatment rooms and additional space for hematology/oncology injections. "CGH has been a local oncology leader for many years," said Alhareth Alsayed, MD, CGH Oncologist. "Our patients and our communities deserve high-quality cancer care. They also deserve privacy, comfort and as much convenience as possible."

In addition to personalized care, CGH and the CGH Health Foundation work together to offer additional support services throughout your cancer journey. From the Clinic Nurse Navigator who helps establish every new patient with a provider, to the Case Manager who can connect patients with community support, therapy, counseling, nutrition education, meals, wigs, gift cards, transportation/medication assistance and more, the entire CGH team is here to support you every step of the way.

"We are committed to providing comprehensive care that helps our patients experience the best outcomes and achieve a greater chance of treatment success," said Cindy Wadsworth, RN, MS, FNP, Director of Oncology Services. "It's a level of care that we as friends and neighbors can provide."

CGH Oncology Providers



Mir Alikhan,
MD, FACP



Alhareth
Alsayed, MD



Lindsay
Rodriguez,
APN, NP-C

CGH Offers Oncology Care Coordination

The new CGH Oncology Care Coordination Program has been made possible through the generous Penny Hammer Memorial gift to the CGH Health Foundation.

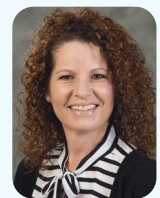
This vitally important support service benefits all CGH cancer patients and their families, said Cindy Wadsworth, RN, MS, FNP, Director of Oncology Services. "Our goal is to ensure that the challenges our patients may face during their cancer journey will be addressed by our care team, and by connecting them to the appropriate resources, we will help them achieve their best level of wellness."

Summer Roots, CGH Cancer Case Manager, meets with patients and their families or caregivers, offering advocacy, linkage, referrals, psychosocial assessment and palliative/survivorship care planning. Emphasis is placed on the individual needs of the patient. In her role, she addresses educational, physical, emotional and social concerns, as well as strengthens communication with the care team at CGH and with other community resources.

"We want to help our patients achieve their greatest level of independence and wellness," said Wadsworth. "Finding a way through their suddenly-changed world can be overwhelming."

Depending on the patient, referrals are made for other services such as physical therapy, speech therapy and nutrition education, as well as Ways to Wellness counseling. Special emphasis is placed on ensuring the patient understands what is being done and why.

"Continuing education and clarification on each phase of their care is paramount in reassuring patients that we are there for them and will advocate for them," Wadsworth said.



Summer Roots,
Cancer Case
Manager

For more information on the new patient care service, contact Cindy Wadsworth at 815-625-0400, ext. 6114.

Welcome Our New Providers



Jobelle Gamboa, MSN, APRN, ACNPC-AG, CVNP-BC, RCIS

CGH Medical Center is pleased to introduce Jobelle Gamboa, MSN, APRN, ACNPC-AG, CVNP-BC, RCIS. Gamboa has joined our Cardiology Department as a Nurse Practitioner.

With more than 14 years of nursing experience in cardiology and cardiovascular intervention, Gamboa is dual board-certified as an Acute Care Nurse Practitioner in adult-gerontology by the American Association of Critical-Care Nurses and as a Cardiac Nurse Practitioner by the American Board of Cardiovascular Medicine. She is also a Registered Cardiovascular Invasive Specialist with Cardiovascular Credentialing International, as well as an instructor of advanced cardiovascular life support with the American Heart Association. Gamboa received her MSN from Walden University in Minneapolis, Minnesota, and her BSN from Manila Central University in the Philippines.

"I have dedicated my career to the field of cardiology," said Gamboa. "I have worked in many cardiovascular centers in different parts of the world. Wherever I was, my core principle in healthcare was always to provide excellent and compassionate service by putting my patients on center stage. Coming to CGH, I found that they valued the same principle of a patient-focused approach. This made my transition easy. I enjoy working with like-minded people who, above everything else, genuinely want the best care for their patients and their community."

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



Maher Younes, MD, FFAOA

We are pleased to welcome Maher Younes, MD, FFAOA, to CGH Medical Center. Dr. Younes specializes in otolaryngology and facial plastic and reconstructive surgery and will be joining the Otolaryngology (ENT) Department at CGH Main Clinic in April.

Dr. Younes received his MD and BS from the American University of Beirut in Lebanon. He completed post-doctoral research fellowships in thoracic head and neck medical oncology and head and neck surgery at the University of Texas MD Anderson Cancer Center in Houston. Dr. Younes completed his residency in otolaryngology—head and neck surgery at the University of North Carolina Hospitals in Chapel Hill, as well as a fellowship in facial plastic and reconstructive surgery at Virginia Commonwealth University in Richmond. Dr. Younes is a board-certified Otolaryngologist—Head and Neck Surgeon and is a fellow of the American Academy of Otolaryngic Allergy (AAOA).

"What made me want to be a physician is wanting to help others," said Dr. Younes. "When someone is sick, their normal life is disrupted. It is personally rewarding for me to be able to help in restoring them back to a sense of normalcy. This, by itself, motivates me to provide the best possible care for my patients. What's also fascinating about the field of ENT is the ability to help patients of all ages, from the newborn to the elderly."

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



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Get Orthopaedic Care Today

The Orthopaedics department at CGH Medical Center offers a comprehensive, specialized continuum of care for conditions and injuries affecting the shoulder, hip and knee joints. Our surgical specialists pride themselves on taking an approach designed to limit complications associated with surgery, prevent future injuries and reduce pain and scarring. Our Orthopaedic Surgery department features board-certified orthopaedic surgeons and physician assistants who are available to serve you. Call **815-625-4790** to schedule an appointment with any of our providers.



Shawn Hanlon, MD



Josh Wade, PA-C, MS

THANK YOU FOR VOLUNTEERING

**"VOLUNTEERS DO NOT NECESSARILY HAVE THE TIME; THEY JUST HAVE THE HEART."
- ELIZABETH ANDREW**

Thank You, CGH Volunteers!

Springtime ushers in April and Volunteer Week. Simply saying "thank you" to the CGH Auxiliary volunteers does not seem adequate, especially with the challenges brought on by the pandemic. Whether learning new protocols, working extra shifts or being trained for new responsibilities, CGH volunteers have risen to the occasion.

It is with extreme pleasure and heartfelt gratitude that CGH Medical Center acknowledges the CGH Auxiliary for their tireless dedication to our patients, visitors and staff.

Your Partner in Good Health for 35 years

Together, generous CGH Health Foundation donors and volunteers have boosted the lives of nearly 618,000 children and adults over the last 35 years.

“But our work is not done,” said Martha Kophamer, Chair of the Foundation Board. “We thank our past and new donors for your support in making the Sauk Valley a better place to raise your families. Your gifts are a testament to your compassion for others and commitment to better health.”

Since Sept. 15, 1987, thousands of supporters have been giving back through offerings of time and treasure. Whether it’s a first pair of glasses for a 7-year-old, a ride to an appointment for an elderly person without a car or a comfort bag for a new cancer patient, the Foundation connects on an individual level to make a difference.

“Our goal is to fill those gaps that crop up in your life, when you might not know where to turn,” Kophamer said. “We now have nearly 20 initiatives that help people live life to the fullest, all because of so many kind and caring individuals, businesses and groups from throughout the area who are the backbone of what we do.”

Bill Griswold, a retired Sterling accountant and a charter member of the Foundation’s giving club, made his first donation in 1988 and is proud of what the Foundation has accomplished. “I would certainly hope that people would make it a point to get to know the good things that they do and contribute to the Foundation,” he said.

Jeff LeMay, MD, CGH OB/GYN physician for over 35 years, is also a charter member. He was the 2021 Annual Appeal General Chair and served as campaign Medical Division Chair in the past, as well. He is involved in the new Childhood Trauma Project to ensure moms and babies get a great start in life. “We all have lots of places where we can put our money, but the Foundation serves the community in a very positive way,” LeMay said. “The money stays here, works here and makes a difference here.”



Contributions are crucial to carrying out these life-changing health initiatives and will continue to shape our community health for years to come, according to Kophamer. Since 1987, \$7.8 million has been spent on patient services, local health-related programs, scholarships and equipment.

“We remain committed to our mission of ‘Pursuing healthier lives for the people of the Sauk Valley,’” she said. “Your continued partnership will make the difference in how well our citizens thrive.”

Go to cghmc.com/foundation to make a contribution and for a list of the Foundation initiatives. Consider becoming a member of the Legacy Circle recognition group, for those who remember CGH through their will, trust or other planned gift. For more information, contact Executive Director Joan Hermes at [joan.hermes@cghmc.com](mailto:hermes@cghmc.com) or 815-625-0400, ext. 5672.

Calendar of Events

SPRING 2022

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

BLOOD DRIVE

Thursdays, April 7 and June 2

9:30 AM–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 visit

bloodcenterimpact.org and use code 3591.

CHOLESTEROL AND GLUCOSE SCREENINGS

Thursday, April 21; Friday, May 20;

Wednesday, June 22

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!

April 2 and 15, May 4 and 14, June 8 and 10
Times TBD

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, April 1, May 13, June 3

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, April 15, May 27, June 17

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-012

Honoring CGH's Nursing Staff

We are delighted to thank our nurses during National Nurses Week, which is celebrated each year beginning on May 6

and ending on May 12, Florence Nightingale's birthday. If there's ever been a time to recognize the amazing work that nurses do, it is now — against the backdrop of a global pandemic that has lasted for more than two years. Thank you, CGH nurses, for all that you do for our patients and community!



Growing Healthier

SPEAKER SERIES



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 and 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.



April – Autism Awareness on Thursday, April 21, with Erika Smith, MA, CCC-SLP, CLC, and Occupational Therapist Laura Melville, OTR/L. Smith and Melville will be discussing characteristics of autism in early childhood, as well as the types of therapy offered at CGH Pediatric Rehab.



May – Signs, Symptoms and Treatment of Stroke on Thursday, May 12, with Preeti Joseph, MD. A stroke usually comes on suddenly and with little warning. Dr. Joseph will discuss early signs and symptoms of a stroke, as well as the latest therapies and treatments to help recover.



June – Sexual Health on Thursday, June 23, with Young Song, MD. Sexual health is important to emotional and physical wellbeing. Dr. Song will discuss men's sexual health issues, such as erectile dysfunction and other problems, as well as women's issues, such as pelvic floor conditions and maintaining urinary, fecal and sexual function.