

HealthLines

January/February 2025 | Vol. 28, No. 6

CGH Expands Cardiology Team

Cardiology Team (L-R):
Dr. Twinkle Singh, FACC,
FSCAI; Dr. Peter Sharis, FACC;
Dr. Hassan Kieso, FACC; and
Dr. Qaiser Rasheed, FACC



Subscribe to the HealthLines E-Newsletter

Get the latest CGH health and wellness news delivered right to your inbox.
Visit cghmc.com/e-newsletters to sign up today!



A Message from Our President and CEO

With winter's chill upon us, I hope you and your families are staying warm and cozy. We're excited to share several pivotal updates with you in this issue of our newsletter.

First, our Cardiology team is expanding to enhance the services we offer. We've welcomed new cardiologists to ensure our commitment to providing comprehensive cardiac care as a cornerstone of our strong community hospital. This commitment also extends beyond our hospital walls. With stroke awareness crucial for early intervention, we share in this issue the knowledge and resources to recognize and respond to stroke symptoms swiftly.

For the younger generation, you will see how our Junior Healthcare University continues to inspire future medical professionals by introducing them to rewarding careers in medicine through hands-on learning experiences.

We also continue with our Epic electronic health record (EHR) project. This year-long project will culminate in a November 2025 go-live that promises to transform patient care by allowing things such as online scheduling of doctor appointments and the state-of-the-art patient portal, MyChart.

Lastly, the essence of our efforts comes down to the unwavering support we receive from you — our community. A strong, independent hospital is not just about healthcare; it's about people caring for people. Your support fuels our commitment to maintaining a sanctuary of health and wellness right here, where it belongs: close to home.



Paul Steinke, DO, President & CEO

Act **FAST**

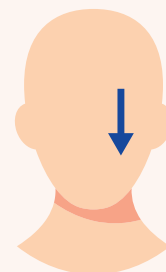
According to the Centers for Disease Control and Prevention, nearly 800,000 people in the United States experience a stroke each year, making it a leading cause of serious long-term disability. Stroke occurs when blood flow to the brain is blocked or a blood vessel bursts, depriving brain cells of oxygen. Recognizing the warning signs and taking preventive steps can save lives and reduce the impact of strokes.

The most crucial step in stroke awareness is knowing the warning signs. Use the acronym FAST to remember the key symptoms:

- + **Face drooping:** One side of the face may droop or feel numb.
- + **Arm weakness:** Sudden weakness or numbness in one arm.
- + **Speech difficulty:** Trouble speaking or slurred speech.
- + **Time to call 911:** If you notice any of these signs, call for emergency help immediately. Time is critical in minimizing the damage caused by a stroke.

Many strokes can be prevented by managing risk factors. Maintain a healthy lifestyle by eating a balanced diet, exercising regularly and avoiding smoking. Control high blood pressure, manage cholesterol and address conditions like diabetes, as these practices reduce stroke risk. Schedule regular checkups with your healthcare provider to monitor your overall health.

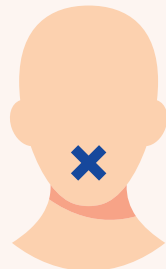
Understanding stroke warning signs and focusing on prevention can help reduce your risk and ensure you act quickly if a stroke occurs, improving the chances of recovery.



FACE DROOPING



ARM WEAKNESS



SPEECH DIFFICULTY



TIME TO CALL 911

The Cardiology Department at CGH Medical Center features board-certified interventional cardiologists and nurse practitioners who are adept at treating almost any heart condition. To make an appointment with one of our cardiology specialists in Sterling or Morrison, please call 815-625-4790.



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**.
© 2024 Printed in U.S.A. Developed by Unlock Health.

Dana McCoy | Marketing Director
Liz Foster | Marketing & Media Coordinator
Rebecca Green | Marketing & Media Coordinator
Breanne Hunter | Digital Marketing Coordinator
Esther Salazar | Marketing Specialist
Amanda Blaine | CGH Health Foundation Executive Director
Sherry DeWalt | Healthy Lifestyles Coordinator



CGH Cardiology Nurse Practitioners (left to right): Danelle Saunders, APRN, FNP-C; Polly Nobis, RN, MS, FNP; Mary Maddasion, DNP, ARNP-BC; Theresa Rogers, MSN, APRN, FNP-C; Tracey Aude, RN, MSN, CNP; and Jobelle Gamboa, MSN, APRN, ACPN-AG, CVNP-BC, RCIS.

Understand Your Risk for Arrhythmia

According to the American Heart Association, some changes in heart rate and rhythm are normal during sleep, physical activity and moments of stress. But other times, an abnormal heart rhythm — or arrhythmia — may be a serious problem. Untreated arrhythmias can have serious consequences, including cardiac arrest and stroke.

“Arrhythmias are often caused by a problem with the electrical signals within the heart,” said Marc Ovadia, MD, FACC*, a cardiac electrophysiologist affiliated with CGH Medical Center. “Your heart’s electrical signals control how fast your heart beats, and a problem with these signals can cause an irregular rhythm.”

Risk factors for arrhythmia include:

- ✦ **Age:** As we age, changes in our heart, such as scarring and the effects of chronic conditions, can raise the risk of arrhythmias. Older adults are also more likely to have heart conditions, such as high blood pressure, heart failure, diabetes and thyroid disease, that can lead to arrhythmias.
- ✦ **Family history and genetics:** Arrhythmias can run in families. You may have an increased risk if a parent or other close relative has an arrhythmia.
- ✦ **Lifestyle habits:** Drinking alcohol, smoking and using illegal drugs can also cause arrhythmias.
- ✦ **Medications:** Many widely used medications may cause or worsen a variety of arrhythmias.
- ✦ **Other factors:** Talk to your healthcare professional to learn how to control other factors that may lead to arrhythmia.



Marc Ovadia, MD, FACC*



Brian Olshansky, MD*

“If you have any risk factors, certain situations may trigger an arrhythmia. These include any situations that make your heart work harder, raise your blood pressure or cause your body to release stress hormones,” said Brian Olshansky, MD,* a cardiac electrophysiologist affiliated with CGH Medical Center.

If you have an arrhythmia, your provider may refer you to a cardiac electrophysiologist. A cardiac electrophysiologist is a specialized type of cardiologist who treats heart issues related to your heart rhythm. Electrophysiologists can pinpoint your issue and determine the right treatment for you. Treatments include medicine, pacemakers, implantable cardioverter defibrillators (ICDs), cardioversion and catheter ablation.

CGH Medical Center is proud to be affiliated with two cardiac electrophysiologists: Marc Ovadia, MD, FACC*, and Brian Olshansky, MD*. Dr. Ovadia* and Dr. Olshansky* see patients at CGH Main Clinic, 101 E. Miller Road in Sterling. Please call 815-625-4790 to make an appointment.

*Not an employee of CGH Medical Center

CGH Names New Vice President of Clinical Services



CGH Medical Center recently announced Gina Grennan, MOL, CRA, BA, as the hospital’s new Vice President of Clinical Services. Grennan

has 21 years of experience at CGH and brings expertise in nuclear medicine with a diverse leadership background.

As Vice President of Clinical Services, Grennan will be responsible for building and leading a strong team of clinical directors overseeing the day-to-day operations of clinic and radiology services at CGH. Grennan will work to evaluate current operations and develop strategies for future growth in the community.

“My clinical background, ability to troubleshoot and strong leadership qualities will be valuable in this role,” said Grennan. “I hope to improve access in our specialty areas. Our division serves as a resource to enhance care for our patients, providers and staff.”

Grennan, originally from the South, has called the Sauk Valley home for the past 24 years. Her husband is a local farmer from a multigenerational family farm with deep ties to the community. The couple’s four children and four grandchildren were all born and raised locally. She is an active member of St. Andrew Catholic Church and serves on the PADS homeless shelter board. Grennan is eager to continue making a difference at CGH and in the Sauk Valley as the Vice President of Clinical Services.





Epic Kick Off

CGH directors and managers kicked off the Epic implementation at the Epic Headquarters in Verona, Wisconsin. It will require a strong collaborative effort from all departments and all employees to support a smooth transition of our Electronic Health Records.

In October 2024, CGH began implementing our new Electronic Health Record (EHR) system, Epic. Known for its patient portal, “MyChart,” Epic will create a seamless, integrated experience for healthcare providers and, most importantly, for you — our patients.

“The care of our patients is at the heart of this transition,” said Dr. Paul Steinke, CGH President and CEO. “Epic will simplify how you access your health information, serving as a one-stop source for your medical records — not only from CGH but also from other hospitals and clinics using Epic. It will also provide tools for scheduling your own appointments, viewing test results, managing billing information, and other important medically related information. We’re thrilled that we will be bringing these advancements to our community.”

How Epic Will Benefit You

Epic will enhance your healthcare experience in several ways:

- ✦ **Seamless Communication:** Your CGH health records — from clinic visits to hospital stays — will be integrated into one system. It also connects to other facilities using Epic, ensuring better care coordination. Most university healthcare organizations also use Epic.
- ✦ **Self-Scheduling:** With MyChart, you will be able to schedule appointments anytime using your smartphone, tablet, or computer.
- ✦ **Access to Test Results:** View lab work, X-rays, CT scans, or MRI results directly through MyChart as soon as they are available.
- ✦ **Enhanced Convenience:** MyChart will empower you to manage your healthcare on your terms, while CGH staff will remain available for assistance by phone.

Building the Foundation

A dedicated team of 47 clinical and non-clinical staff members has been assembled for this project, working from

the newly renovated Blockbuster building in downtown Sterling that has been renamed the “CGH Epicenter.” Team members are undergoing rigorous training at Epic’s headquarters in Wisconsin, as well as locally, to ensure a smooth transition and long-term system support.

Our Guiding Principles

We’ve developed guiding principles to keep you, our patients, at the center of this transition:

- P – Patients First, Always:** Every decision prioritizes your needs with excellent, compassionate care.
- A – Adapt to Epic:** Change Only When Needed: We follow Epic’s best practices and minimize custom changes.
- T – Teamwork & Trust:** Collaboration and accountability are key.
- I – Innovate, Don’t Revisit:** We build efficient workflows without revisiting past processes.
- E – Experts Lead Processes:** Clinicians guide care decisions; experts oversee administrative processes.
- N – Never Forget to Measure & Celebrate:** We track progress, celebrate milestones, and stay optimistic.
- T – Tradition & Continuous Improvement:** We honor CGH’s history while striving for improvement.

Looking Ahead

Epic represents a significant step forward in our commitment to excellent care. Over the next year, we’ll share updates and tips to help you make the most of this new system.

Thank you for trusting CGH with your healthcare. We’re proud to bring you these advancements — right here at home.

CGH plans to go live with Epic and MyChart in November of 2025.

Logging Off Social Media

While social media keeps us connected, too much time spent scrolling can negatively affect mental and physical health.

Excessive social media use can lead to increased feelings of anxiety, depression and loneliness. Constant exposure to carefully curated images and lifestyles can create unrealistic comparisons, impacting self-esteem. Additionally, it can contribute to poor sleep patterns, as late-night screen time disrupts the body's natural sleep-wake cycle. Spending hours on social media also promotes sedentary behavior, which can lead to physical health problems like weight gain and increased risk of cardiovascular issues.

"Perceptions that come from manipulated images and misinformation on social media can lead you down the wrong path, warp your sense of reality and overstimulate your thinking," said Lorri Mostad, RN, MS, APN, PMHNP-BC, CGH Behavioral Health Unit. "This makes it harder to engage in healthy patterns of communication, behavior and relationships."

While decreasing your social media usage may seem daunting, here are some tips to help accomplish the task:

- ✦ Set daily limits on social media apps or use digital well-being features on your phone to track and manage screen time.
- ✦ Take regular breaks by scheduling time away from your phone, especially during meals or before bed.
- ✦ Consider engaging in other fulfilling activities, such as reading, exercising or spending face-to-face time with family and friends.
- ✦ Establish "no phone" zones in certain areas of your home, such as the bedroom, to promote healthier habits.

"Over 90% of communication is non-verbal and in the form of body language and intonation," added Mostad. "Platforms such as texting, messaging, emails and other forms of social media put us at risk of misinterpreting what is being communicated due to a lack of these attributes. Nothing is a better substitute than true in-person communication."



All of us know or love someone who has a mental health issue. The last thing you want for them during a mental crisis is to be transferred from the hospital to a facility more than an hour away for their behavioral health care. For this reason, CGH Medical Center offers a 10-bed Behavioral Health Unit (BHU), along with inpatient therapy groups run by all levels of professionals. Anupama Upadhyay, MD* and Lorri Mostad, RN, MS, APN, PMHNP-BC, are available seven days a week to provide psychiatric diagnostic and prescribing services to adult inpatients. For more information about the BHU, as well as local and national resources available for mental health support, visit cghmc.com/bhu.

*Not an employee of CGH Medical Center

Inspiring the Next Generation of Healthcare Professionals

Middle school students from the CGH service area came together on November 5 for the 3rd Annual CGH Junior Healthcare University. Forty-five students from 12 schools across the region spent the day learning about healthcare careers as radiology techs, laboratory scientists, nurses, anesthesiologists, plumbers, electricians and maintenance staff.

Students were treated to tours and presentations from the diagnostic imaging department, laboratory, nursing staff (using the simulation mannequin), and operating room. They had the unique opportunity to experience a behind-the-scenes tour from our plant operations and maintenance (POM) team. With all the construction onsite, most of which is being done internally, the students were able to see the innovation and resourcefulness of our POM staff. Additionally, they put their newfound knowledge to the test over lunch with a game of Healthcare Careers Jeopardy, hosted by

Melissa Rockwood from the Area Health Education Center (AHEC).

Junior Healthcare University is held annually in the fall, and is offered to 6th, 7th and 8th grade students in the CGH service area. There is no charge. The success of this event is made possible by the wonderful CGH staff who volunteer to participate in the presentations and share their expertise.



Check out facebook.com/CGHMedicalCenter for more photos, and continuous CGH news and events.

Neurology Care Now Available in Dixon



CGH Dixon Medical Center is pleased to announce that Neurology and Tele-Neurology care is now available.

Ahmad Daif, MD, has joined the Neurology Department at CGH Dixon Medical Center. Dr. Daif is board-certified in Neurology and Clinical Neurophysiology.

Dr. Daif received his MD from Jordan University of Science and Technology in Irbid, Jordan. He completed residencies in Neurology from King Khalid University Hospital in Riyadh, Saudi Arabia, and from the University of Illinois at Chicago.

In addition, Dr. Daif completed a fellowship in Epilepsy and Clinical Neurophysiology at University Hospitals Case Medical Center in Cleveland, Ohio; a fellowship in Clinical Neurophysiology at the University of Chicago; and a fellowship in Epilepsy at the University of Illinois at Chicago.

*Dr. Daif sees patients at CGH Dixon Medical Center, 1321 N. Galena Avenue. To make an appointment, please call **815-284-1600**.*

Tele-Neurology is available Tuesday through Thursday at CGH Dixon Medical Center. Appointments include a telehealth visit at the Dixon office — with a physician specialist via video chat — and a CGH nurse present to assist and help answer any questions. Call **815-284-1600 to schedule an appointment today.**

Meet Our New Providers

Brittany Monceaux, MD

Sleep Medicine



We are pleased to welcome Brittany Monceaux, MD, to the Sleep Center at CGH Medical Center. Dr. Monceaux is board-certified in Sleep Medicine.

Dr. Monceaux received her MD from Louisiana State University Health Sciences Center in Shreveport and her BS from Louisiana Tech University in Ruston. She completed a psychiatry residency and a fellowship in Sleep Medicine at Louisiana State University Health Sciences Center in Shreveport.

*Dr. Monceaux sees adult and pediatric patients at CGH Main Clinic, 101 E. Miller Road in Sterling, and CGH Dixon Medical Center, 1321 N. Galena Avenue in Dixon. To make an appointment, please call **815-625-4790** (Sterling) and **815-284-1600** (Dixon).*

Maria Chattic, APRN, FNP-BC

Dixon Ready Care



We are pleased to announce that Maria Chattic, APRN, FNP-BC, has joined the CGH Dixon Ready Care Clinic.

A board-certified nurse practitioner by the American Nurses Credentialing Center, Chattic received her FNP from Bradley University in Peoria, IL; her MS from Silliman University in Dumaguete, Philippines; and her BSN from San Pedro College in Davao City, Philippines. Chattic most recently worked at CGH Medical Center in Acute Care Services.

Located inside CGH Dixon Medical Center at 1321 N. Galena Ave., CGH Dixon Ready Care is open to walk-in patients Monday through Friday from 8 AM–8 PM and on the weekends from 8 AM–1:30 PM.

Tina Barber, APRN, FNP

Dixon Ready Care



We are pleased to announce that Tina Barber, FNP, has joined the CGH Dixon Ready Care Clinic.

Barber is a board-certified nurse practitioner by the American Nurses Credentialing Center. She received her MSN from Illinois State University in Normal, Illinois, and her BSN from MacMurray College in Jacksonville, Illinois.

Located inside CGH Dixon Medical Center at 1321 N. Galena Ave., CGH Dixon Ready Care is open to walk-in patients Monday through Friday from 8 AM–8 PM and on the weekends from 8 AM–1:30 PM.





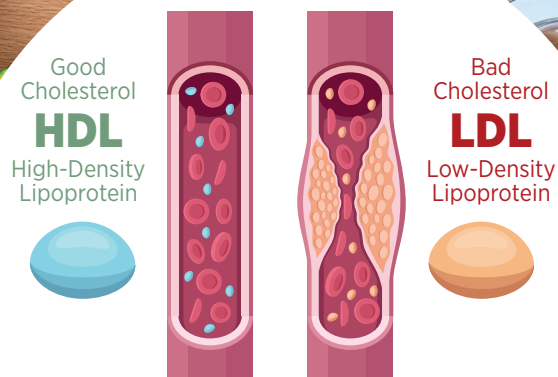
Take Control of Your Cholesterol

Cholesterol management is crucial for maintaining heart health and preventing cardiovascular diseases like heart attacks and strokes. Cholesterol is a fatty substance that your body needs to function correctly. Still, too much low-density lipoprotein (LDL), or “bad” cholesterol, can build up in your arteries, leading to plaque formation and blockages. On the other hand, high-density lipoprotein (HDL), or “good” cholesterol, helps remove LDL from the bloodstream. Balancing these levels is key to reducing heart disease risk.

Diet and lifestyle changes are the first steps in managing cholesterol levels. A heart-healthy diet includes more fruits, vegetables, whole grains and lean proteins while reducing saturated fats, trans fats and processed foods. Regular exercise like walking, swimming or cycling helps raise HDL cholesterol and lowers LDL. Additionally, quitting smoking and limiting alcohol intake can improve cholesterol levels and overall heart health.

Medications such as statins may be prescribed to help lower LDL cholesterol. Regular cholesterol screenings are essential to monitor your levels and guide treatment. Consult your healthcare provider for personalized recommendations on managing your cholesterol.

The CGH Health Foundation offers a cholesterol screening for the public and workplaces. The cholesterol screening requires 12 hours of fasting. It's a fingerstick test with immediate results for LDL and HDL cholesterol, triglycerides and blood sugar. A blood pressure check and brief health consultation are included. The cost of the screening is \$30 per person.



CGH Health Transformation Program (HTP)

The CGH Health Transformation program can help you learn healthier habits that may help improve your blood sugar, blood pressure and cholesterol numbers. Our one-year program includes classes, quarterly labs and one-on-one coaching. Contact Sherry DeWalt at sherry.dewalt@cghmc.com or 815-625-0400, ext. 5716, for more information.

Growing Healthier

SPEAKER SERIES



LIVE



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 at noon 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.



Marcia Jones, MD

January – Stages, Signs and Treatment of Menopause on Thursday, January 23, with Marcia Jones, MD, and Nancy Tran, MD, with the CGH Menopause and Women's Sexual Health Clinic. Menopause experts recommend treatment earlier rather than later as certain treatments have been associated with decreasing your risk of breast cancer, diabetes, osteoporosis, cardiovascular disease and more.



Nancy Tran, MD

February – Cardiology Services now in Morrison! on Thursday, February 27, with Qaiser Rasheed, MD, FACC and Mary Maddasion, DNP, ARNP-BC. Unfortunately, heart disease is very common in Northern Illinois, but the cardiology care you receive at CGH Medical Center is far from common. CGH Morrison Medical Center is proud to now offer Cardiology Services via local specialists. Meet our new providers and learn how CGH is delivering care without missing a beat.



Qaiser Rasheed, MD, FACC



Mary Maddasion, DNP, ARNP-BC



HeartCheck at CGH Medical Center

If you're not certain of your heart disease risk, consider HeartCheck at CGH Medical Center. Available year-round for \$76, cardiac scoring technology on our spiral CT scanner makes it possible to take clear pictures of your heart. For more information or to make an appointment, call **815-625-0400, ext. 5550**.

CGH MEDICAL CENTER

100 E. LeFevre Road
Sterling, IL 61081

Non-profit Org.
U.S. Postage
PAID
CGH Medical
Center

CGH-030

PUT YOUR HEART IN OUR HANDS



Cardiology Providers
NOW at the CGH Morrison Clinic!
www.cghmc.com/cardiology

(815) 772-8100
CGH Morrison Medical Center
105 S. Heaton Street, Morrison



Calendar of Events

JANUARY/FEBRUARY 2025

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

BLOOD DRIVE

Thursday, February 6
9 AM–6:30 PM
2600 N. Locust Conference Room, Sterling
To schedule an appointment, call **815-625-4790 ext. 6879** (Michelle) or **ext. 1057** (Bryan), or visit www.bloodcenterimpact.org.

CHOLESTEROL AND GLUCOSE SCREENINGS

Friday, January 10; Wednesday, February 12
6–9:20 AM
12-hour fast and appointment are required.
Cost is \$30. Call **815-625-0400, ext. 5716**

STROKE SUPPORT GROUP

Every Thursday
1 PM, Located at 2600 N. Locust St, Sterling
Drop-ins welcome.

CGH WITS FITNESS

Tuesdays, January 14 and February 11
10:30 AM–12 PM
2600 N. Locust Conference Room, Sterling
Instructor will lead participants through interactive activities crafted to stimulate the brain. Call **815-625-4790** or **815-625-0400 ext. 3977** to sign up. This class is free thanks to the CGH Health Foundation.

SPINNING BABIES CLASS

January 10 and 17; February 5 and 24
4–7 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

Mondays, January 6; February 3
5–8 PM, Located in the CGH OB Classroom
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

Mondays, January 20; February 10
5–7 PM, Located in the CGH OB Classroom
Instructor: Marcela Sproul, RN, IBCLC
For parents who want to give their baby the best start. Everything you need to know about beginning breastfeeding.