Better understanding of key health issues is empowering men and women to help them enjoy long, active and productive lives.
A Message from Sister Petra

Franciscan St. James Health embodies the spirit of Christ every day with a commitment to serving our community. Our community outreach efforts take us beyond our walls to promote health care and encourage healthy living. We have developed creative ways to improve access to quality care for more of our Southland neighbors. Here are two examples...

Franciscan St. James Primary Care Clinic

It is well known that the underinsured and uninsured are at high risk of forgoing needed care. The Franciscan St. James Primary Care Clinic, located next to the Chicago Heights campus Emergency Room, is a true “medical home,” with complete primary care services that they can turn to, instead of going to the ER for non-emergency conditions.

The Primary Care Clinic accepts all patients, regardless of their ability to pay. They help people manage chronic conditions such as diabetes, high blood pressure and high cholesterol. Patients come to us for annual exams, PAP smears, immunizations, health maintenance counseling and more. Our acute care services include treating respiratory infections and the flu.

The clinic operates like any freestanding, outpatient clinic. Appointments are encouraged. Call 708-755-3690.

CareLinks Transportation Service

For many Southland residents with chronic illnesses, such as diabetes or heart failure, the lack of reliable transportation is an obstacle to wellness. As a result, they are unable to get vitally important follow-up care to help manage their illnesses and prevent hospitalizations.

Those same residents are often unaware of free or low-cost transportation currently available to them.

In response, Franciscan St. James developed CareLinks Transportation Service, a free resource that provides those with transportation challenges information about transportation services available in the communities served by the hospital.

If you, or someone you know is challenged by transportation to needed care, please call 708-679-2777, Monday through Friday, from 8:30 a.m. to 4:30 p.m.

These services were developed for our neighbors who forego care due to a lack of resources. I encourage those who can benefit from these services to take advantage of them. Let us help you take better care of yourself.

Dear Friends and Neighbors...

As I have reported to you in recent editions of On Health, we have been developing a long-term strategic plan to ensure that Franciscan St. James Health continues to be a vital asset to Chicago’s Southland.

Our plan to reduce the total cost of care, improve operational efficiency, align clinical delivery, improve revenue performance and give Franciscan St. James the optimum system of care is almost complete. This carefully considered, thorough blueprint includes a complete review of our service and facilities as we look to the future.

My colleagues and I expect to present our strategic plan to our Board of Directors in October. We will begin rebuilding our facilities to help Franciscan St. James successfully adapt to the constantly evolving health care landscape in 2016. If we meet that timeline, construction and renovation on the Olympia Fields campus would be completed in 2018 and on the Chicago Heights campus in 2019.

When the strategic plan is fully implemented, Franciscan St. James will have significantly enhanced its state-of-the-art facilities and services to deliver a continuum of care that promotes enduring health and wellness in the Southland.

Admittedly, developing a well-reasoned, comprehensive strategic plan for a large, acute care institution like Franciscan St. James takes a great deal of time and energy. We have drawn on the experience and expertise of our physicians, nurses and staff, as well as some of the most well respected consultants in health care.

And, as we map our long-term future, we are continuing to add new treatments and technologies. For example, in this issue of On Health, you will learn about our new da Vinci surgical platform, our high-tech prostate imaging technology and much more. Read and enjoy!
Franciscan St. James Health has been using a da Vinci® robot to perform various types of surgeries for several years.

Purchasing the newest, most advanced model had not been planned for the immediate future, but once we identified the need for it, we did our homework and accelerated our upgrade process.

The acquisition of the da Vinci Xi fits Franciscan St. James’ strategy for providing superior patient care and improving our patient and physician satisfaction. It forwards our strategy for growth and staying on the cutting edge of technology.

Franciscan St. James is the only Southland hospital offering the advanced surgical options afforded by the da Vinci® XI™. The da Vinci Xi initially came to our attention through a conversation with Dr. James Seigert, who recently completed a Fellowship in Robotics and recently joined our staff. Additionally, Dr. Matthew Cowan, a new obstetrics and gynecology physician, will be performing robotic cases along with obstetrics and gynecology physicians Drs. Dexter Arrington and Toni Scott-Terry and general surgeon, Dr. Daniel Vera.

Now with five physicians trained on using the new da Vinci, we will be increasing this number. The da Vinci Xi includes training modules which will enable us to train our residents.

The benefits to patients afforded by robotic surgery are numerous. Incisions need only be one and a half inches versus seven or eight required in traditional surgery, which usually shortens recovery time, and reduces blood loss and pain.

The da Vinci Xi illuminates and magnifies like never before using highly magnified HD technology. Its wristed instruments on the robot “arms” bend and rotate far beyond the abilities of the human hand to perform highly intricate operations in hard to access areas of the body.

The new da Vinci Xi enables us to perform many general and laparoscopic procedures and surgically treat certain complex diseases and conditions.

Our da Vinci units are located in an operating room dedicated to robotic surgeries, with staff that is specially trained to assist in these specialized surgeries.

There is always room for improvement in everything we do in the field of medicine and we believe technological trends are leading toward robotic surgery as the norm.

Franciscan St. James continuously strives to make things better, safer and more comfortable for our patients. The increased capabilities offered by the da Vinci Xi eliminates the need to seek robotic surgery solutions beyond the south and southwest suburbs.
PROSTATE CANCER: BY THE NUMBERS

220,800 New Prostate Cancer Diagnoses in the U.S. This Year
8,140 New Prostate Cancer Cases in Illinois

The prostate cancer incidence rate is about 60% higher in blacks than non-Hispanic whites.

27,540 Prostate Cancer Deaths in the U.S. this year
1,080 Prostate Cancer Deaths in Illinois

Prostate Cancer is the second-leading cause of cancer death among men.

Source: American Cancer Society Cancer Facts & Figures 2015

One in six men will be diagnosed with prostate cancer in their lifetime. Other than skin cancer, prostate cancer is the most common form of cancer and the second leading cause of cancer death among men.

This year alone, nearly a quarter of a million men will be diagnosed...that's on top of the three million who have already been diagnosed.

There are three groups of men who are at higher risk for developing prostate cancer:
• Men over age 55
• African-American men
• Men whose father, brother or uncle have been diagnosed with prostate cancer

“There are usually no symptoms of prostate cancer until it has spread, which is why regular screening is essential,” said urological surgeon, Dr. James Siegert of Specialty Physicians of Illinois, LLC. “More than 90 percent of people who are diagnosed with prostate cancer had no symptoms.”

No more anxious waiting
When you consider that prostate cancer is the second leading cause of cancer deaths among men, there’s clearly a great deal of interest in trying to make the diagnosis as accurate as possible.

One thing that differentiates prostate cancers from many other cancers is the fact that biopsies for the disease are initially done using a method that samples the entire prostate gland rather than a single site, as it is difficult for physicians to identify a more focused site for the disease before the biopsy procedure.

This method of sampling can sometimes lead to a dilemma where the biopsy results do not necessarily make sense when looking at other indicators, such as PSA blood tests.

Our new MRI technology helps to solve this problem — allowing for a more accurate diagnosis of the disease than ever before, especially with regards to the ability to evaluate the local spread of the cancer on imaging.

FREE prostate screening vouchers will be available.

SEATING IS LIMITED.
Call 1-800-STJAMES or visit FranciscanStJames.org to register.

TUESDAY, OCTOBER 20, 2015, 6:00 P.M.
Franciscan St. James Health
Olympia Fields Campus
Main Hospital Campus Auditorium
20201 S. Crawford Avenue
Olympia Fields

Enter at Crawfard Ave. on NW side of campus.
Parking lots 6 or 7.

FREE GIVEAWAYS FOR ALL ATTENDEES!

Look for me, SEMINAR SAM!

Call 1-800 ST. JAMES (785-2637). Seating is limited. Don’t wait, register today.
another Southland first, Franciscan St. James offers definitive prostate imaging using advanced multiparametric MRI technology.

The recently installed DynaCAD software at Franciscan St. James takes our MRI diagnosis of prostate cancer up one notch further, using advanced perfusion imaging to generate color-coded maps and graphs that help identify cancers that were sometimes not even seen.

We often see cases in which a patient’s blood test shows he has cancer, but his biopsy results are inconclusive or somehow unable to pick up the cancer. These results are particularly beneficial when planning robotic surgeries for such cases.

“My goal is to help advance the discussion about the treatment of prostate cancer because I feel like it’s an area that has been ignored for a long time. Even though most patients with prostate cancer do not even have symptoms, men also have a tendency to ignore the symptoms when they do first develop. Our new prostate MRI program with the advanced DynaCAD software should help us find areas of disease that were previously not seen and give both patients and their treating physicians greater confidence in their treatment decisions,” said diagnostic radiologist, Dr. Raj Chinnappan.

To learn more, call 1-800-STJAMES to find a physician using Franciscan St. James’ DynaCAD technology or ask your primary care physician or urologist to see if you can benefit from this imaging technology.
Let’s Do LUNCH!

Have your Screening Mammogram during our Early Bird Fall Mammo-thon and we will treat you with a FREE $10.00 Panera Gift Card*

MAMMOGRAMS are the best defense against breast cancer.

The Breast Health and Wellness Center at Franciscan St. James Health offers the most advanced imaging – including digital tomosynthesis – dedicated exclusively to mammography.

Give yourself a gift...select a date during our Fall Mammo-thon for your next mammogram and lunch is on us!

Call (708)679-2253 today to schedule your mammogram.

* Gift cards available while supplies last for screening and diagnostic mammograms performed between 9/17/2015 and 10/31/2015. Does not apply to prior appointments. One gift card per person. Screening mammograms are covered by most insurance plans. Not all insurance plans cover digital tomosynthesis.
A Valuable Lesson for All Women

Why the higher incidence of cervical cancer among African-American women impacts all women

Historically, cervical cancer has been more prevalent among African-American women, and genetics are not to blame.

The culprit is a lack of regular screenings. Various socio-economic factors, including the availability of health care, frequently determine who is screened for cervical cancer. This higher incidence is telling, because it dramatically illustrates the value of going for regular PAP smear exams. Cervical cancer can be prevented when its signs are detected early.

Early detection can only occur with regular screenings.

The human papillomavirus (HPV) has been shown to be the cause of cervical cancer. There are many different types of HPV and not every strain has a connection to cervical cancer. Some strains pose a higher risk and some grow faster than others.

A Preventable Disease

There are steps every woman can take, in addition to regular PAP smear screenings, to prevent cervical cancer. Quitting smoking can help. Smoking increases the incidence of contracting both HPV and cervical cancer.

A series of three vaccinations has been developed to prevent people from contracting the high-risk forms of HPV. The goal is to give the vaccinations to girls and boys prior to the onset of sexual activity.

Diagnosing Cervical Cancer

When a PAP test shows the presence of HPV, often the next step is a colposcopy. A new colposcope, called the DySIS colposcope, provides a more detailed, conclusive view of the cervix. Its mapping feature assists with diagnosis, biopsy and, if needed, treatment.

Once the presence of a high-risk strain of HPV has been detected, we want to stay ahead of the curve and make sure cells are not undergoing changes that could lead to cervical cancer.

In follow-up screenings, we look for changes as well as the degree of change. If some changes are severe but still not cancer, there are treatments that can help reverse them.

Maintaining Perspective

Many times patients become afraid when they hear the word, “cancer.” Bear in mind that an abnormal PAP and/or the presence of HPV does not imply that you are going to get cervical cancer.

Sometimes fear will prevent patients from maintaining a frequent follow-up screening schedule. Ironically, these screenings can prevent the very thing they fear most: cancer.

Fortunately, changes in health care laws have made medical care accessible to more people. We expect a corresponding decrease in the incidence of cervical cancer in the African-American population.

For all women of all races and ethnicities, regular and follow-up screenings are essential to maintaining good health.

FREE WOMEN’S HEALTH SEMINAR

Empowering Women to Take Charge of Their Health

Presented by Dexter Arrington, MD, board-certified obstetrics and gynecology physician. Get answers to your women’s health questions—no matter what your age. Join Dr. Arrington for a discussion about the current issues in women’s health, including pregnancy, menopause and more, at this free seminar.

SEATING IS LIMITED.

Call 1-800-STJAMES or visit FranciscanStJames.org to register.

Tuesday, November 3, 6:00 p.m.

Franciscan St. James Health
Olympia Fields Campus
Main Hospital Campus Auditorium
20201 S. Crawford Avenue
Olympia Fields
Enter at Crawford Ave. on NW side of campus. Parking lots 6 or 7.

FREE GIVEAWAYS for all attendees!

Look for me, SEMINAR SAM!
Using Education Videos to Engage Patients, Improve Satisfaction

Franciscan St. James Health will soon offer patients an engaging new series of animated video programs to better prepare them for procedures.

These thorough yet easy-to-understand videos will ultimately tell each patient what to expect from pre-procedure through recovery.

Traditionally, healthcare professionals spent considerable time educating patients about their disease and its treatment. However, they spent comparatively little time explaining what it means to be a patient and what to expect during hospitalization.

In fact, the anxiety, fear and confusion shared by many hospital patients is often intensified when they are unsure of what to expect during that experience.

“By offering these learning opportunities to our patients, we empower them with knowledge, make them more engaged in their own health care and, at the same time, allay their fears and improve their overall experience at Franciscan St. James,” said Alan Gillespie, MD, Franciscan Alliance corporate medical director of special projects.

The first video offerings, which are produced by Emmi Solutions, a Chicago-based healthcare communications company, will focus on scheduled procedures. In coming months, additional programs focusing on endoscopy, sleep disorders, obstetrics and other clinical areas will be available.

Eventually, additional initiatives will be rolled out, including:
• Hospitalization expectations
• Readmission prevention, with a focus on patient support at hospital discharge
• General health management, with a focus on physician office visits, health screenings and chronic disease management

Emmi Solutions products have been successfully used by more than 500 U.S. hospitals, including the Cleveland Clinic. Many of those institutions have seen a positive impact on patient satisfaction.

“We have been helping our clients to improve their patients’ experience and satisfaction with their care for more than 13 years,” said Geri Lynn Baumblatt, Emmi’s Executive Director of Patient Engagement. “By giving people essential health information in a way they can easily understand it and by helping to facilitate open communication, patients are ultimately more prepared for their hospital stay.”

The new videos will be integrated into existing patient communication platforms so that most patients will receive notifications regarding video availability as soon as they are scheduled for surgery.

An access code will enable patients to retrieve their specific video program for viewing on their desktop, laptop, tablet or phone at a time convenient for them.

Full implementation of all Emmi programs will be completed within approximately 18 months.

Top 5 reasons you need MyChart

1. Access your family’s medical records on your smartphone, tablet or computer.
2. Schedule, cancel and view appointments.
3. Request prescription refills.
4. View test results.
5. Send messages to your physician...and more!

It’s easy, secure and FREE!

How to Register:
While at your physician’s office, ask the staff for your MyChart activation code. Visit FranciscanMyChart.org and click Sign Up Now.

Once you register, you can download the free MyChart app for your smartphone or tablet at FranciscanMyChart.org.
Every man recognizes the importance of a healthy heart but taking action to keep one's heart healthy is often put on the back burner for a wide variety of reasons.

Heart disease remains the number one killer in the United States.

It strikes one person every 43 seconds. And, according to the American Heart Association, heart disease affects 12 percent of men under 40, and 41 percent of men under 60.

Men can significantly reduce their chances of developing heart disease by recognizing their risk factors and changing those things that are within their control.

How should one go about this? Well, the first thing every man should do is...SEE YOUR DOCTOR.

According to a recent report by the Centers for Disease Control and Prevention, men are 80 percent less likely than women to use a regular source for health care, yet establishing a relationship with a physician is the most important step you can take to get control of your health.

Your physician can provide guidance on appropriate lifestyle modifications such as diet, exercise and smoking cessation to lower those risk factors within your control. Regular visits with your physician will also help detect conditions in the early stages often when the individual is symptom-free.

There are countless reasons why men – and, frankly, some women – put off doctor visits. We’ve heard them all: I don’t have a doctor...I don’t have time...I’m healthy...and even, why look for trouble.

When it comes down to it, there are no good reasons not to see your doctor, only excuses. Don’t wait. Schedule your annual physical today and begin your journey of lifelong health.

It is never too late to take your heart health seriously. Make an appointment to see your physician today.

Patricia Peele RN, MS, is the Director of Cardiovascular Services at Franciscan St. James Health.

Free Online Heart Risk Evaluation

Most people won’t know they have heart disease until it has progressed too far. So, you should be aware of the risk factors and the lifestyle changes you can make to reduce your chances of developing serious problems. Our free online heart risk evaluation takes only a few minutes to complete. Look for the homepage evaluation button...it might just save your life.

Visit FranciscanStJames.org

FREE HEART SCREENING

with every completed online evaluation

Includes:
• Ankle Brachial Index (ABI)
• Body Mass Index (BMI)
• Blood Pressure (BP)
• Fasting Blood Sugar
• Waist-Girth

Must be 40 years of age or older to receive free heart screening. Voucher for free screening will be mailed within 7-10 days of completion of online heart risk evaluation. By appointment only.

$135.00 Value
New treatment prevents renarrowing of leg arteries in diabetic, PAD patient

Franciscan St. James Cardiologist Performs ER First in Record Time

Franciscan St. James Cardiologist
P. Raghu Reddy, MD, FACC, FISC, an independent interventional cardiologist who chooses to practice at the Franciscan St. James Heart and Vascular Institute.

In a first for Franciscan St. James Health, cardiologist P. Raghu Reddy, MD, successfully used the wrist as the access point to perform an emergency cardiac catheterization for a patient experiencing a heart attack.

“The successful outcome for this patient was due greatly to the competence of our cath lab team. The circumstances were ideal to try the radial approach urgently. The heart attack happened during the day, our full staff was present, and the team is now comfortable setting up and moving forward with the arm approach,” Dr. Reddy said.

Having performed nearly 80 percent of his cardiac catheterizations radially, Dr. Reddy, a fellow of the Society of Cardiac Angiography and Interventions, has achieved the level of comfort and confidence required to employ this approach during an emergency. The radial approach is increasing in usage but most cardiologists are still more comfortable using the groin approach.

P. Raghu Reddy, MD, is an independent, board-certified interventional cardiologist who chooses to practice at Franciscan St. James Health.

Franciscan St. James Health and Vascular Institute medical director, Srinivas Reddy, MD, used the Medtronic IN.PACT Admiral drug-coated balloon earlier this year to treat aggressive leg artery renarrowing in an 82-year-old patient suffering from peripheral artery disease (PAD) and diabetes.

It marked the first time this new treatment technology has been employed in the south and southwest suburbs.

The U.S. Food and Drug Administration (FDA) approved the IN.PACT Admiral drug-coated balloon for the interventional treatment of PAD in the upper leg earlier this year.

PAD is a serious and common cardiovascular condition that causes pain in the legs and is known to be associated with a four- to five-fold increase in risk for heart attack and stroke.

The IN.PACT Admiral DCE is designed to reopen arteries located in the upper leg that have been narrowed or blocked by plaque. Once deployed in the artery, the balloon delivers a proven, safe and effective dose of Paclitaxel to the artery walls. The drug aims to prevent the artery from narrowing again by minimizing intimal vascular tissue formation.

Dr. Reddy’s patient was experiencing an especially aggressive disease in the leg, “The introduction of drug-coated balloons represents a significant breakthrough that might establish a new standard of care with its potential to change the way we treat peripheral artery disease in the leg,” Dr. Reddy said.

Although the device only recently received FDA approval for use in the U.S., it has been used to treat nearly 100,000 patients in Europe.

“In those cases, this technology has proven to be a safer alternative to stents for narrowing arteries in the leg while reducing the need for costly repeat procedures,” Dr. Reddy said.

The patient, who arrived on a Friday and went home the following Sunday, is doing well and was very pleased with his experience.
NEW THIS YEAR: Healthcare vendors and service providers from surrounding communities will be exhibiting their companies to seniors:

- Chicago Heights Senior Health Club
- Legal Assistance Foundation for Seniors
- Blue Cross Blue Shield of Illinois
- Catholic Charities
- VITAS Hospice Care
- Cancer Support Center
- United Way
- Plus many more!

SATURDAY, DEC. 5 • 8:30 am - 11:00 am
Chicago Heights Recreation Center • 400 Chicago Rd., Chicago Heights

New This Year: Healthcare vendors and service providers from surrounding communities will be exhibiting their companies to seniors:

- Chicago Heights Senior Health Club
- Legal Assistance Foundation for Seniors
- Blue Cross Blue Shield of Illinois
- Catholic Charities
- VITAS Hospice Care
- Cancer Support Center
- United Way
- Plus many more!

Plus, information will be available on other late stage of life health issues:

- Joint Health
- Heart Health
- Diabetes Awareness
- Respiratory Care
- Cancer Awareness
- Alzheimer’s Disease
- Dementia
- Home Health
- Advance Directives
- and more!

FREE Health Screenings

Know Your Numbers
- Blood Pressure Checks
- Bone density
- Blood glucose
- Cholesterol
- Spirometry
- Body Mass Index
- Blood Oxygen

Screenings are FREE!
Immediate results for glucose, blood pressure, blood oxygen and bone density checks. Fasting recommended (only water the morning of the test) but not required. Screenings are first come, first serve. Participants may experience a wait for certain screenings. Some screenings may be limited to time availability.

Franciscan
ST. JAMES HEALTH

Space is Limited. Register Today!
Call 1-800-STJAMES or visit FranciscanStJames.org

FREE 10-Minute Chair Massages
FREE Raffles
FREE Giveaways
FREE Refreshments
In the United States, the lifetime risk of developing cancer is one in two for men and one in three for women.

The American Cancer Society statistics show, as of January 1, 2014, there were more than 14.5 million Americans living with cancer. We expect even more cases as our population grows.

We are all aware of the traditional cancer treatment modalities of surgery, radiation, chemotherapy and targeted agents. Immunotherapy, which harnesses a body’s own immune system to fight cancer, was used with limited success in the past. It has now become a growing field that holds promise as another, and potentially more effective, way to approach the treatment of cancer.

Our immune system uses adaptive barriers to identify and kill off foreign cells in our bodies. In order for cancer cells to grow, they must escape these immune system checkpoints. They accomplish this by essentially disguising themselves as healthy cells and then multiplying in our bodies.

Clinicians are learning more about the complex interactions between cancer cells and our own system. As we zero in on where the cancer cells are blocking our immune response, scientists are developing drugs that enhance our immune systems’ ability to identify and kill cancer cells.

Immunotherapy is currently administered intravenously. However, there are oral drugs and immune therapy in the form of vaccines in clinical trials. We use regular images and CT scans to tell us if the therapy is attacking and killing the cancer. Treatment is ongoing until we see that it is keeping the progression of the disease at bay.

Immunotherapy is currently used for advanced stage cancers that we have been unable to eradicate or remove using other means. At present, it provides us with another line of treatment when chemotherapy fails or produces too many side effects.

In some cases, immune therapy replaces traditional therapies. For example, it has become the first-line treatment in melanoma. Within the last year, many new immune therapy-based medications have been introduced. In general, these medications are better tolerated as compared to chemotherapy. I think in the future, we will see a paradigm shift in adopting this medication.

This is an exciting time in medicine. You will continue to hear more about immunotherapy in the future, and these therapies will become first line treatments for many cancers.

It’s great to have more to offer patients, especially those with advanced cancers.
Physical Therapy May Delay Effects of MS

Physical therapy cannot stop the progression of Multiple Sclerosis, but it can help delay it.

METT Therapy at Franciscan St. James offers physical therapy intervention designed to help improve the quality of life for people living with MS.

The physical therapy goals for MS patients are to help improve their ability to interact with others, complete daily tasks, and to do the things they love and want to do. This can be accomplished to varying degrees through strength and endurance training.

When people have MS, the myelin sheath that covers the nerves deteriorates, causing the slowed conduction of nerve impulses. As the disease progresses, myelin-producing cells decrease in number and impulses from the brain to the muscles weaken.

Physical therapy can’t change the myelin breakdown. However, it can help improve the conduction of nerve impulses. Studies show that exercise such as aerobic activity promotes brain function and can help the cells that create myelin to work more efficiently.

The degree to which physical therapy can help people with MS depends on where the patient is in the disease process. The Expanded Disability Status Scale (EDSS) measures the severity of MS. People in earlier stages of the disease or those who rank within a range of zero to 6.5 on the EDSS will experience greater benefits from therapy than those who are within higher ranges on the scale.

While it is true that earlier intervention is preferable, there are always benefits to be obtained from either beginning or resuming a regimen of physical therapy at any point in time.

Once a patient with MS is referred to physical therapy by their physician, we perform an initial evaluation and set up a schedule. Usually the first bout of therapy takes place up to three times a week for four to six weeks.

Following a bout of therapy, we look at a patient’s progress to determine if either continued sessions or discharge is appropriate. Bouts of therapy are generally performed one to three times a year and the patient is prescribed exercises to continue doing at home.

METT Therapy at Franciscan St. James may refer patients to occupational therapy if it is determined a patient can benefit from it. Speech therapy at the Olympia Fields outpatient location may also be included.

For patients with MS, physical therapy should be a lifelong process. Even if you have never had physical therapy for your MS or if you had it a long time ago, remember it’s never too late. There’s always room for intervention.

Mission Possible: Live a full life with MS

The unpredictability and effects of Multiple Sclerosis require knowledge and support. In the Mission Possible support group, members learn coping and treatment strategies and compare notes about the mobility aids, adaptive strategies and environmental modifications that promote mobility, productivity and independence.

Multiple Sclerosis Support Group
Meets the second Wednesday of each month at 6pm
Patricia A. Joyce
Comprehensive Cancer Institute
3900 W. 203rd St.,
Olympia Fields

FREE SEMINAR
How Physical Therapy Can Help Those with MS
Presented by Elizabeth Scott. Learn how physical therapy intervention can delay the progression of Multiple Sclerosis and improve your quality of life.

Thursday, October 29, 6:00 p.m.
St. James Professional Office Bldg
Stephanie Center – First Floor
30 E. 15th St., Chicago Heights
(Use South Entrance)

SEATING IS LIMITED.
Call 1-800-STJAMES or visit FranciscanStJames.org to register.
Physical Therapy May Relieve Your Chronic Shoulder Pain

Irritations, misuse and exercising the wrong way are common causes of chronic shoulder pain.

The METT Therapy physical therapists at Franciscan St. James are trained to determine what is causing your shoulder pain and the appropriate steps to resolve it.

Most of the time, shoulder pain results from something we are doing or something we have done, even if it happened a long time ago.

Shoulder impingement refers to a pinching of the soft tissues in the shoulder joint. The result of wear and tear, this common situation can result from performing overhead jobs, strenuous work or falling on an outstretched arm. Tendonitis and bursitis are part of impingement syndrome as well.

Most of us tend to sit with our shoulder blades rounded forward, which also causes impingement. Moving the shoulder blades backward helps reduce the pain.

Shoulder instability often leads to inflammation of all tissues. For example, a young athlete’s shoulder dislocation may lead to chronic instability down the road.

Incorrect exercise techniques frequently cause shoulder pain. We often see middle age women aggravate shoulder tissues in advanced yoga or aerobics classes.

Yard work, such as raking, can cause a type of impingement that affects the front of the shoulders.

There are some things we just shouldn’t do past a certain age. This includes lifting weights at a 90-degree angle from the shoulders. While it may be fine for young athletes to do this, it often causes shoulder inflammation, irritation and impingement syndrome as we get older.

Franciscan St. James offers a combination of techniques to conquer many kinds of chronic shoulder pain. Much of what we do involves hands-on therapy to loosen the soft tissues and get the joint moving the right way.

Therapy also includes strengthening exercise and education to “self-manage” shoulder pain by proper icing, self-massage and assuring that patients don’t move their shoulders in ways that pinch the tendons.

Franciscan St. James METT Therapy successfully treats chronic shoulder pain and other issues because we look at the big picture. There are many causes and factors impacting various kinds of pain. We strive to address those root causes, as well as treat the symptoms. If you’ve been experiencing joint pain, call us at 708-756-1000, extension 56310.

Tim Coleman, PT, MS, OCS is a Partner/Owner of METT Therapy Services, Inc., the therapy services provider to Franciscan St. James Health.

All attendees receive a FREE Physical Therapy Screening certificate

SEATING IS LIMITED. Call 1-800-STJAMES or visit FranciscanStJames.org to register.

FREE Pain Relief Seminars

Presented by Tim Coleman, PT, MS, OCS.

• 35 years experience in treating painful conditions
• Orthopedic Clinical Specialist in Physical Therapy

At each seminar, attendees receive...

• Greater understanding of the anatomy of what causes pain
• Useful ideas for managing and preventing pain
• Instruction about pain-relieving activities and exercises

Tuesday, October 6 ....... Back Pain
Franciscan Fitness Center • 100 197th Pl., Chicago Heights

Thursday, October 8 .... Neck Pain
Franciscan Fitness Center • 100 197th Pl., Chicago Heights

Tuesday, October 13 ...... Shoulder Pain
St. James Professional Office Building • Stephanie Center
1st Floor • 30 E. 15th St., Chicago Heights

Thursday, October 15 ... Knee Pain
St. James Professional Office Building • Stephanie Center
1st Floor • 30 E. 15th St., Chicago Heights

All Seminars begin at 6:00 pm.

Call 1-800 ST. JAMES (785-2637). Seating is limited. Don’t wait, register today.
Are you at risk for LUNG CANCER?

221,200 New Cases
About 13% of all cancer diagnoses in 2015 will be lung cancer.

158,040 Deaths
Lung cancer will be the leading cancer killer of U.S. men and women in 2015.

UP TO 23 Times Greater Risk for Smokers
About 130,659 Americans die from smoking-attributable lung cancer each year.

Nearly 80% of lung cancers may be cured... if detected early enough!

Take charge of your health and schedule a low dose CT lung screening today!

LOW DOSE CT LUNG SCREENINGS

Recommended for people age 55-74 who have any of the following risk factors:
- 30 pack-year or more smoking history (1 pack per day for 30 years, 2 packs per day for 15 years, etc.)
- Family history of lung cancer
- Past history of smoking (within the last 15 years)
- Repeated exposure to secondhand smoke
- Exposure to other cancer-causing agents (eg. asbestos, carcinogens, radon)

NOW ONLY $49
SAVE $50 Limited Time Only

Franciscan ST. JAMES HEALTH
Call 708-503-2181 to schedule a lung screening today!

Offer good through October 31, 2015
Many women just don’t know any better.

They are suffering through debilitating menstrual pain and heavy bleeding due to uterine fibroids, noncancerous tumors that grow in the uterus. They incorrectly assume that the pain and discomfort are just part of their own, normal menstrual cycle, and in some cases they suffer for years – even as the symptoms intensify.

Fibroids may be smaller than a seed or bigger than a grapefruit. A woman may have only one fibroid or she may have many.

Depending on their size, number, and location, fibroids can cause heavy bleeding and long menstrual periods, which can lead to anemia, pelvic pain, frequent urination, or constipation. Fibroids can also cause infertility and repeated miscarriages.

Fibroids are very common. Up to 40 percent of U.S. women age 35 and older, and up to 50 percent of African-American women age 35 and older, have uterine fibroids of a significant size.

Fortunately, most fibroids don’t cause symptoms. However, for those 10 to 20 percent of women with symptoms, the severity of the pain and discomfort can significantly impact their quality of life. It’s very common for these women to miss work, require frequent hospitalizations, and just miss out on normal, daily life.

Uterine Fibroid Embolization

The real shame is that many are being incapacitated by this pain and discomfort, unnecessarily.

Permanent relief is possible after undergoing a safe, minimally invasive procedure called Uterine Fibroid Embolization.

This nonsurgical procedure, performed by an Interventional Radiologist, has been successfully performed on thousands of women around the world and requires no general anesthesia. It’s performed while the patient is conscious, but sedated and feeling no pain, and requires just a one-night hospital stay.

The Interventional Radiologist makes a tiny nick in the skin in the groin and inserts a catheter into the femoral artery. Using real-time imaging, we guide the catheter through the artery and then release tiny particles, the size of grains of sand, into the uterine arteries to block blood flow to the fibroid tumor, which causes it to shrink and die.

The results are impressive. On average, 85 to 90 percent of Uterine Fibroid Embolization patients experience significant or total relief of heavy bleeding and pain. And the recurrence of treated fibroids is very low.

Most importantly, these women are able to fully resume their normal lives and significantly improve their quality of life.

Why suffer when there is a minimally invasive option available. Contact your primary care physician or OB/Gyn to request a referral with Dr. Frame to learn if Uterine Fibroid Embolization is right for you.
Nurse Practitioner Brings Passion for Patient Care to Specialty Physicians of Illinois, LLC

The Specialty Physicians of Illinois, LLC, orthopedic practice has added the new dimension of Nurse Practitioner services.

Since June, Nurse Practitioner Robin Major has been sharing her passion for orthopedics and holistic patient care with patients.

As a nurse practitioner, Robin is certified to manage patient care, evaluate and treat patients, perform procedures, refer to surgeons, and assist surgeons during surgery.

“Most people are much more open to the concept of a nurse practitioner since the position has become more common,” Robin said. In fact, some patients are already requesting to see her.

Robin’s role at Specialty Physicians of Illinois, LLC, is evolving as time determines what will best benefit the practice. At present, Robin assists in doctor’s clinics in addition to seeing patients of her own.

New patients arriving at the practice are immediately x-rayed. Robin reviews those x-rays to determine if the patient has a fracture or arthritis, examines the patient and tests for ligament, tendon or cartilage damage.

Her treatment can include splinting fractures, ordering medication, ordering physical therapy, and administering injections to provide relief for conditions other than breaks or sprains. If conservative treatments fail to provide sufficient relief, she can order an MRI.

In addition to providing evidence-based medical treatment, Robin offers patients the added feature of holistic care. She is a firm believer in the philosophy that a healthy lifestyle produces much better long-term effects for patients.

“If you change the way you eat, you can change the way you feel,” she said.

Robin’s personal philosophy is to treat patients the way she wants to be treated.

“I try to go a little above and beyond,” she said. “Sometimes I think patients are intimidated or afraid to ask questions, so I offer suggestions. If we can try something that will benefit the patient without costing them a lot of money, I’m all for it.”

In her 15 years as a nurse, Robin has worked in the emergency department, outpatient clinic, urgent care, neurosurgical ICU, surgery, and pre- and post-op.

“I’ve had a lot of experience with a lot of people on many levels,” Robin said.

Through her experience with orthopedic cases, both professionally and personally, Robin discovered she had a passion for the field of orthopedics, which she combines with her passion for providing patient care.

“With this kind of specialty, we can normally fix a problem,” Robin said. “Orthopedic issues are very painful. So, it’s gratifying to provide some level of relief to our patients.”

“Most people are much more open to the concept of a nurse practitioner since the position has become more common”
Renamed Franciscan Fitness Center Features Same Great Services & More!

St. James Health & Wellness Institute has been re-named Franciscan Fitness Center.

While the name change more clearly identifies us as a fitness center, our commitment to health and wellness for all of our members has not changed.

Encompassing 85,000 square feet, the Franciscan Fitness Center truly has something for everyone. In this beautifully decorated, spacious facility you’ll find such features as a 15,000-square-foot, multi-court gym, a junior Olympic-size swimming pool, running/walking tracks, saunas, steam rooms, Jacuzzis, free weights, top quality machines and much more.

Members may choose from more than 90 weekly group exercise classes taught by certified instructors, including water, land, and mind/body classes such as yoga and tai chi. Certified physical and occupational therapists provide therapy services.

As a member, you may take advantage of our fully appointed locker rooms and conference and meeting rooms. Fee-based extras include a heart healthy café, child care and personal training. Our luxurious spa, offering massage, nail care, facials, and beyond, is also open to the public. Laser services are provided by the spa’s on-staff physicians and estheticians.

New for You
Franciscan Fitness Center has recently added a life coach and a nutritional educator. Together with the certified instructors, they will teach a new program entitled “The Right Weigh,” featuring life coaching, exercise and dietary information.

Membership includes the use of the tennis courts at neighboring Prairie State College, which recently have been resurfaced and refreshed.

A Warm Welcome
In spite of our large size, we strive to maintain a personal, welcoming atmosphere. We value our members, hold membership appreciation days, and even call if we don’t see you for a while.

Our month-to-month memberships ensure that we earn your business every visit!

Rather than take our word for it, why not schedule a tour to see the Franciscan Fitness Center for yourself. We offer trial days for those interested in becoming members, to make sure we’re a good fit. Once you’re here, you’ll discover we are different than any other fitness center in the Southland. Call 708-755-3020, extension 57142, to schedule your tour.

We look forward to meeting you!

St. James Health & Wellness Institute is now
Franciscan Fitness Center

We’re celebrating our new name with an
OPEN HOUSE
Monday, Sept. 28, 6:30pm-8:30pm

FREE CLASSES
B.E.A.S.T. – 6:30pm to 7:30pm  Basic Exercise And Strength Training will get you on the right track as you embark on your journey to better fitness.
Cardio Dance Jam – 7:30pm to 8:30pm  Improve your cardiovascular health, your aerobic fitness and burn body fat as you dance to the beat of high energy music.

To learn more, visit www.FranciscanFitnessCenter.com

Join the Fitness Center at the Open House for
ONLY $99
and get a FREE
Ogio® Gym Bag*
Retail value: $63.50

FREE LIGHT REFRESHMENTS
FREE 10-MIN. MASSAGES

100 W. 197th Place • Chicago Heights • 708-755-3020

*New members only. One gym bag per membership.
THURSDAY
OCTOBER 29

Health Screenings
6:00-7:00 pm

Dinner & Presentation
7:00 pm

Odyssey Country Club
19100 S. Ridgeland Ave.
Tinley Park

Admission Only $25
your admission includes:

- Four-Course Dinner
- Relaxing 10-minute Chair Massages
- Invaluable Health Screenings 6:00 p.m. - 7:00 p.m.
  - Cholesterol
  - Blood Pressure
  - BMI
  - Blood Glucose
  - Bone Density

- FREE FLU SHOTS

- Guest Speaker - Pastor James Ford, Jr.

Pastor Ford has been leading Chicago’s Christ Bible Church, formerly South Shore Baptist Church, for 33 years. The author of four books, Pastor Ford has served as an adjunct professor at Moody Bible Institute. His daily “Treasured Truth For Troubling Times” radio broadcasts are aired daily on WMBI-FM and 160 affiliated stations nationwide. His weekly “Relation-Tips For Your Relationship” messages are aired on WGCI-AM. Pastor Ford’s monthly column is published by Chicago People’s Voice.

Meet Robin Jean, Our Certified Bra Fitter!
A specialist in prosthesis fittings. Sample bras, swimwear and active wear. Get answers about bras and their proper fit. Free handouts and more.

Franciscan
ST. JAMES HEALTH

SPACE IS LIMITED. Make your reservation today!
Call 1-800-STJAMES
or visit www.FranciscanStJames.org