On Health
The Magazine of Franciscan St. James Health

Poised for the Future
Franciscan St. James is evolving and expanding to better meet the Southland’s healthcare needs.

VOTED THE SOUTH SUBURBS’ BEST HOSPITAL 4 YEARS IN-A-ROW
Franciscan St. James is Preparing
These are exciting times at Franciscan St. James Health.

Since the Sisters of St. Francis of Perpetual Adoration renewed their 103 year-old commitment to Franciscan St. James last year, we have been focused on putting our institution in the best possible position for growth and stability.

In 2014, our dedicated physicians, nurses and staff have extended their three-year streak of improved patient satisfaction performance, reduced readmission rates and expanded services while, at the same time, erasing a multi-million dollar operation deficit. Those are especially impressive accomplishments when you consider that other area hospitals have recently been forced to make significant staff layoffs.

In 2015, we look to the future.

We have enlisted two of the healthcare industry’s most respected experts, Sg2 Health Care Intelligence and VOA Associates to help us develop a long-term strategic plan to ensure that Franciscan St. James can effectively serve the Southland in the future.

Sg2 is employing trending data to help us develop a plan that will reduce the total cost of care, improve operational efficiency, align clinical delivery and improve revenue performance. VOA Associates is a global architecture firm with expertise in optimizing existing hospital space to better meet today’s healthcare needs.

We expect to receive the results of their research and their recommendations this Spring. The plan we develop will be designed to position Franciscan St. James to better anticipate market and industry changes rather than react to them.

Those consultants are expected to recommend that our two-hospital system transform into a system that features one acute-care campus with a second campus retrofitted with expanded services to better meet the needs of the communities we serve.

In that scenario, our acute care services would be consolidated on the Olympia Fields campus. Meanwhile, our redesigned Chicago Heights campus will maintain its 24-hour emergency service. It will also house a variety of inpatient services, including new services, such as behavioral health and long-term acute care, as well as physician offices, laboratories, imaging services and pharmacy.

First Look for Charity at Chicago Auto Show Benefits Franciscan St. James Health

The Franciscan Alliance Foundation, St. James Health will again participate in the annual Chicago Auto Show First Look For Charity, on Friday, February 13, 2015, from 7:00 p.m. to 11:00 p.m., at McCormick Place.

First Look for Charity is among the Chicago area’s largest single-day charity events, raising more than $38 million since 1992. The event annually raises more than $2 million for 18 Chicago area charities.

Franciscan St. James Health is among those 18 charities. This is the sixth of a nine-year commitment that the Chicago Auto Show has made to Franciscan St. James.

“We are grateful to Dennis Bauer, of Arnie Bauer Cadillac Buick GMC, for bringing this opportunity to Franciscan St. James,” said Franciscan St. James president, Arnie Kimmel. “This year’s First Look for Charity will raise significant resources enabling us to better serve our patients in the south and southwest suburbs.”

First Look for Charity appears prominently on the calendars of both socialites and car buffs alike. This black-tie affair enables participants to behold the nation’s largest auto show in grandeur, the evening before the show opens to the public, and indulge in a variety of hors d’oeuvres and champagne, wine and other refreshments.

To top it all off, two lucky attendees will win the keys to a 2015 Ford Fusion or 2015 Ford Explorer.

For tickets or more information, call (708) 747-4000 ext. 85470, or visit www.chicagoautoshow.com/firstlook.
Healthcare institutions are no longer housed in a building or complex at a single location. They now consist of many facilities throughout the communities they serve. Because each facility brings services that meet the needs of that specific community, these institutions are better positioned to serve their patients and promote good health.

We will be transforming Franciscan St. James to accomplish just that.

That transformation is expected to cost tens of millions of dollars and take up to three years to complete. We hope that our eventual plan will garner the necessary approvals this year so that we can begin the construction project in 2016.

When we are finished, Franciscan St. James will face a brighter, more secure future as the Southland’s undisputed healthcare leader.

A Message from Sister Petra

Whether its setting goals or making resolutions, it’s customary to look ahead at the beginning of each year. The start of a new year is also a great time to pause and reflect on the values that guide our mission.

These values don’t just guide the work we do at Franciscan St. James. They are an important part of what it means to be human, and they guide all aspects of our lives.

At Franciscan St. James Health, these are the values established by our founding congregation, the Sisters of St. Francis of Perpetual Adoration:

**Respect for Life**
The gift of life is so valued that each person is cared for with such joy, respect, dignity, fairness and compassion that he or she is consciously aware of being loved.

**Fidelity to Our Mission**
Loyalty to and pride in the health care facility are exemplified by members of the health care family through their joy and respect in empathetically ministering to patients, visitors and co-workers.

**Compassionate Concern**
In openness and concern for the welfare of the patients, especially the aged, the poor and the disabled, the staff works to provide a continuum of care commensurate with the individual’s needs.

**Joyful Service**
The witness of Franciscan presence throughout the institution encompasses, but is not limited to, joyful availability, compassionate, respectful care and dynamic stewardship in the service of the Church.

**Christian Stewardship**
Christian stewardship is evidenced by just and fair allocation of human, spiritual, physical and financial resources in a manner respectful of the individual, responsive to the needs of society, and consistent with Church teachings.

For an institution like Franciscan St. James, which is dedicated to serving the needs of our community, these values shape everything our doctors, nurses and staff do each and every day. They represent much more than a “corporate culture”. They represent a calling to serve.

Sister M. Petra Nielsen
Heart Disease is Personal
Take an individualized approach to preventing heart disease

Heart disease remains the number one killer of Americans. Fortunately, increased awareness and better treatments have people living longer.

Awareness is the first step in prevention, followed by knowing your risk factors, knowing your numbers, and actively trying to reduce your risk factors by setting achievable goals.

Know your risk
Many of us must do a better job of assessing our personal risk for heart disease. The five traditional risk factors include cholesterol, high blood pressure, diabetes, smoking and tobacco exposure, and family history of early heart disease (before age 50 in a man and before 60 in a woman). Non-traditional factors include waist circumference, sedentary lifestyle, stress and lack of proper sleep.

Know your numbers
The days of just knowing your total cholesterol are gone. Not only do you need to get a complete profile, we’ve learned the results should be considered based on your background. For example, the biggest issue for some ethnic groups is HDL cholesterol. For others it’s LDL cholesterol. There is no one universal answer.

Additional numbers you need to know are your blood pressure, blood sugar and waist size.

Set some goals
We all need to set goals for ourselves that are simple and achievable. Sharing goals with friends and family who can participate with you helps in two ways: You can work towards goals together and provide support to each other during rough times.

Reduce your risk factors
The biggest things you can do to reduce your risk for heart disease involve quitting smoking (or avoiding second-hand smoke), diet and exercise.

In addition to eating more sensibly with fewer calories, small dietary changes can help in a big way. Eat more good protein such as nuts, increase fiber by eating more vegetables, fruits and bran and incorporate fish into your weekly menu. Decrease saturated fats and salt and change from traditional oil to olive oil.

The five best cardiovascular exercises are walking, running, swimming, biking and interval training. You need to increase your heart rate for a sustained period of time more days of the week than not. If you can, take the stairs once a day.

Exercise brings the added benefit of reducing stress. More stress relievers include finding some personal time, meditation and yoga. We must also periodically disconnect from the digital world. Personal contact is important – talk to someone personally instead of texting or emailing them. Some studies indicate that volunteering or helping others impacts how many people feel.

Getting good, restful sleep also helps. If you snore, ask your doctor if you are at risk for sleep apnea. Uninterrupted, good sleep will help you live longer, feel better and be more productive.

Awareness of heart disease, especially of your individual risk, coupled with talking with your doctor about what you can do to improve your traditional and non-traditional risk factors, are the first steps you can take against heart disease. It’s a good idea to work with your doctor to set reasonable and achievable goals.

FREE CARDIAC CATHETERIZATION SEMINAR
Breakthroughs in Cardiovascular Disease Treatments
Presented by Dr. P. Raghu Reddy. New technologies in invasive cardiac procedures are reducing discomfort and smoothing recoveries. Learn how specially-trained cardiologists are now treating various forms of cardiovascular disease.

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

Thursday, February 26, 6:00 p.m.
Franciscan St. James Health
Olympia Fields Campus
Auditorium on Main Hospital Campus
20201 S. Crawford Avenue
Olympia Fields
Enter at Crawford Ave. on NW side of campus. Parking lot 6.

FREE GIVEAWAYS for all attendees!

Call 1-800 ST. JAMES (785-2637). Seating is limited. Don’t wait, register today.
Stroke symptoms come on suddenly, and knowing what to do can help you take control of the situation. The F.A.S.T. assessment is a simple test to help you identify the signs of stroke:

- **F**: Ask the person to smile and look for facial drooping on one side.
- **A**: Ask them to raise both arms – does one drift downward?
- **S**: Ask them to repeat a simple phrase and listen for slurred or strange speech.
- **T**: Stands for time – When was the patient last known to be symptom-free? Most strokes are ischemic, meaning there’s a blocked blood vessel, so the goal is to open up that vessel to get the blood flowing and increase oxygen to the brain as soon as possible. With a stroke, we do this by administering the medication, tPA.

The problem lies in that tPA must be administered within the first few hours of the onset of a stroke in order to be effective. One of the biggest challenges we face is that people don’t always come in within that window of opportunity. The single most important piece of information we need when assessing a possible stroke patient is the time of symptom onset. That will tell us if they are eligible for tPA.

When people arrive in our Emergency Department with a suspected stroke, the nurse performs a F.A.S.T. assessment. The results of the assessment can trigger a stroke alert, which is an organized pathway to expedite assessment and perform the diagnostic studies so decisions can be made for early management.

Through a partnership with the Rush Telestroke Program, a Neurointensivist from Rush University Medical Center is immediately available to assess the patient via “robot.”

Our Franciscan St. James physician works with the Rush specialist to determine a treatment plan. If the patient is beyond time for tPA, the patient may be transferred to Rush for higher level interventions.

In a race against time, best practice is a “door to needle” time of 60 minutes or less, an aggressive timeline to get the patient in, get a history, perform tests and the Rush assessment, and begin treatment. Stroke is a medical emergency. If you have one or more stroke symptoms, immediately call 911 to get to the emergency department as soon as possible. Early treatment can reduce disability from stroke. The sooner you receive treatment, the greater the benefits.

**TIME IS BRAIN!**
Rethinking Breast Cancer
Early detection, prompt treatment put the odds in your favor

Detecting breast cancer in its earliest stages brings significant advantages, chief among them, a higher cure rate.

With early detection, treatment may be done on an outpatient basis, avoiding hospitalization. For many patients, the chance of preserving the breast also increases and fewer treatments are required.

And if the cancer is found early enough, some patients may avoid chemotherapy altogether.

Sequence of treatment
The three basic disciplines involved in the treatment of breast cancer are surgery, chemotherapy and radiation. Traditionally, surgery was the first line of therapy, followed by chemo and radiation. Even for very early stage cancers, that’s not necessarily what’s recommended now.

After taking several other factors into consideration, we may begin treatment with chemotherapy. We often see a complete regression of the tumor with chemotherapy, thus requiring a lesser surgery. This approach gives us greater ability to preserve or conserve the breast.

Keys to early detection
Self-exam. I cannot emphasize enough the importance of women knowing and examining their breasts and alerting their doctor of any changes, which may be a breast mass or subtle pain, skin changes, nipple discharge, a little nodule, or a fullness or change in contour of the breast.

Regular mammograms. Adhering to a regular schedule for screening mammograms is an essential component of early detection.

Since mammograms have improved with the advent of 3D, we’re picking up more and more things. We rely on the expertise of radiologists to characterize lesions found during a mammogram.

Radiologists use a rating system called BI-RADS, assigning categories of one through five. Very few women have a BI-RAD of one, meaning there are no abnormalities in the breasts. Most women fall into the second category where the abnormality is clearly benign.

Physician exams. There are breast cancers you cannot see on a mammogram or ultrasound, which most often happens in younger women with dense breast tissue. Add the third component of early detection – a physician’s breast exam – and the potential for detecting very early breast cancer increases.

I’ve noticed that the thing that inspires many women to go for a screening is a prompt from family, friends or social circle. I have treated several women with very early breast cancer whose cancer was detected because a friend asked if they’d had a mammogram.

Whether or not you have someone reminding you, it is critical to do these three things: perform self-exams, go for a regular screening mammogram, and have your physician perform a breast exam. It can make a profound difference in how a potential breast cancer is resolved.

FREE BREAST CANCER INFORMATION SEMINAR

Early Detection Makes a Difference When Treating Breast Cancer.

Presented by Dr. Alejandra Perez-Tamayo. Learn about the importance of self exams, screenings, mammograms and other means of early detections, and get valuable information of the treatment of breast cancer at this free seminar.

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

Thursday, March 12, 6:00 p.m.
Franciscan St. James Health
Olympia Fields Campus
Auditorium on Main Hospital Campus
20201 S. Crawford Avenue
Olympia Fields
Enter at Crawford Ave. on NW side of campus. Parking lot 6.

FREE GIVEAWAYS for all attendees!

Call 1-800 ST. JAMES (785-2637). Seating is limited. Don’t wait, register today.
Chemotherapy Has Come a Long Way
Keeping an open mind is critical

There are more than 100 types of chemotherapy, which we customize for different types of cancers.
Unfortunately, chemo suffers from a bad reputation. Many people fear it.
The truth is, chemo has come a long way. It really does work and most of the time, we can effectively address many of the side effects. In just the past two years, the improvement has been amazing. There are people who carry on their normal lives through treatment without any appreciable side effects.
With many options and different chemotherapies to choose from, our goal is to customize treatments to obtain the greatest benefit with the least side effects. At the Franciscan St. James Comprehensive Cancer Institute, we are able to accomplish this with most of our patients.
One of the most important things patients can bring to treatment is an open mind.
Having a positive mindset is a critical factor in dealing with chemotherapy. We encourage patients receiving treatments to exercise, stay active and have a good time, which can truly help manage side effects. Maintaining a good quality of life helps 80 to 90 percent of my patients do well.
Technological advances are continuously improving cancer medicines and their delivery. Newer technology has also brought us chemotherapies that can be targeted to deliver the medicine exactly where it’s needed. Specific targeting uses smaller doses and lessens side effects. Presently, it is not available for all cancers all the time, but it is one of the many improvements in cancer treatments that are in development.
The south suburbs’ best chemo infusion center is right here at the Franciscan St. James Comprehensive Cancer Institute.

The Institute is a comfortable and welcoming environment, with everything a patient needs under one roof.
Our outstanding nurses are among the most important assets of the Comprehensive Cancer Institute. They are highly skilled, compassionate, and understand what patients are going through.
I call them my Chemo Angels because they make such a difference in patients’ lives. They mitigate suffering in a very significant way by explaining things, helping patients curb side effects, and advising them on what to do and not do.

Chemotherapy has been one of the most frequently used and successful treatments for cancer since it emerged as a routine cancer treatment in the 1950’s and 60’s.

FREE CANCER TREATMENT SEMINAR
More Reasons for Hope in the Fight Against Cancer
Presented by Dr. Krishnan Srinivasan. New advances in cancer treatment care continuing to emerge. Learn about the latest in cancer treatments, including advances in chemotherapy, at this free seminar.
SPACE IS LIMITED.
Call 1-800-STJAMES or visit FranciscanStJames.org to register.

Tuesday, March 17, 6:00 p.m.
Franciscan St. James Health
Olympia Fields Campus
Auditorium on Main Hospital Campus
20201 S. Crawford Avenue
Olympia Fields
Enter at Crawford Ave. on NW side of campus. Parking lot 6.
FREE GIVEAWAYS for all attendees!

Call 1-800 ST. JAMES (785-2637). Seating is limited. Don’t wait, register today.
People are often overwhelmed by the prospect of quitting smoking. I hear things like, “I can’t quit—I smoke three packs a day,” or “I’ve been smoking for too many years to quit.”

You can, in fact, quit—if you set attainable goals and devise a plan.

In my family medicine practice, I do a lot of health coaching and well care. I strongly believe that health is not just physical, but involves the mind, body and spirit. Smoking cessation is a good example.

Quitting smoking is not done in a vacuum. It’s part of a process of getting well, which goes along with stress management and building healthy habits to replace the unhealthy habit of smoking. Instead of thinking about quitting smoking, think about getting healthy and make a positive plan for getting better.

I work with my patients to develop an individual plan for them. Step one is to pick a day when you’re going to be a non-smoker, even if it’s six months from now. “Cold-turkey” works for some people, but a gradual plan of cutting back works better for most.

“I’m going to quit smoking” can be an overwhelming goal; “By this time next month, I’m going to smoke 10 cigarettes a day instead of 12” may be a much more achievable one. After that, there are several things to consider:

People smoke for different reasons. Figure out what’s triggering your smoking and how to address those triggers.

Medications can help, but it’s important to realize no pill can quit smoking for you. The process of quitting smoking is a complicated process of getting to a better state in mind, body and spirit, and there is no “quick fix.” Exercise and proper nutrition also help. Patches and gum may help with withdrawals. It is also important to work with your family, friends, church, neighbors, or whoever your support system is to encourage you in your process.

Come up with a good replacement. It won’t help to dwell on your cravings or replace them with a Snickers bar. Put some things in place that you will do when you have a craving. Play a game on your phone, do a crossword, call a friend or your mom, do 10 sit-ups, write a list of things you’re thankful for. Do anything that’s a different stimulus, and provides a positive distraction.

Create your own reward system. If it makes you feel better to give yourself a sticker at the end of the week, do it! As long as it’s not another bad habit, anything that encourages you is good.

It’s important to realize that smoking is a very hard habit/addiction to address. There’s no shortcut to quitting, but the more engaged you are, the more I can help you.

I remind patients that they don’t need some scare tactic about future lung cancer. Look at the effects smoking is having on your life right now. Your risk of having a heart attack is higher today, so today is the day to begin your plan. You will save money. Your clothes and hair won’t smell like smoke. Once you quit smoking, the benefits—to mind, body, and spirit—begin immediately.
Franciscan St. James Primary Care Clinic: A medical home for the Southland community

If you have trouble gaining access to medical care, the Primary Care Clinic at Franciscan St. James is here for you. Located next to the Emergency Department on the Chicago Heights campus, the clinic was created to meet the needs of the Southland, including those who are without insurance and those who are underinsured.

It is well known that the underinsured and uninsured are at high risk of forgoing needed care. Studies further indicate that insured people who are poorly protected based on their households’ out-of-pocket costs for medical care are also at risk of not seeking necessary care.

The Franciscan St. James Primary Care Clinic 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.

As a medical home, we get to know our patients well. Our excellent front office staff is friendly and well-organized and we are lucky to have a wonderful medical assistant. So far, we have received very positive feedback from patients.

Patients are initially seen by a family medicine resident. These bright, young doctors-in-training take a patient history and perform a physical examination. We then meet outside of the examination room, where we discuss a management plan. Next, we both see the patient together. Patients essentially get two for one!

We help people manage chronic conditions such 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.

People who require lab work and x-rays now have a place in the community that’s convenient and affordable for follow-up visits.

Our office space is freshly remodeled to create a contemporary, welcoming environment with large windows and a comfortable waiting room. We currently have four examining rooms and there’s space within the hospital for any future expansion.

The Primary Care Clinic accepts all patients, regardless of their ability to pay. Now that more people have access to adequate insurance through the Affordable Care Act, we also direct people to nearby agencies that can help them obtain insurance.

Many people have found a medical home in the Franciscan St. James Primary Care Clinic. It’s a much preferable alternative to the Emergency Room for non-emergency care, as well as ongoing health maintenance.

The clinic operates like any freestanding, outpatient clinic. Our hours of operation are Monday through Wednesday, 8:00 a.m. to 4:00 p.m. and Friday from 8:00 a.m. to noon. As word of the Primary Care Clinic spreads, and as we get busier, we will increase our hours. Appointments are encouraged. Call 708-755-3690. Parking is available in the lot across from our Emergency Department.

The Primary Care Clinic team includes Vanessa Guerrero, MA (left); Jenna Stevanovic, DO; Laurie Clark, MD; Rebekah Wiste, DO; and Maureen Kelly, Patient Care Services.
The Southland’s Top Destination for Comprehensive Heart & Vascular Care

Your heart is a remarkable organ. It deserves remarkable care.

A comprehensive approach to caring for your heart

The Heart and Vascular Institute (HVI) at Franciscan St. James Health was founded to bring the most advanced cardiovascular diagnostics and treatments to the Southland. It offers a comprehensive heart disease program, including prevention, diagnosis, treatment and rehabilitation in one convenient location on the nearby Franciscan St. James Olympia Fields campus.

Early detection is key for treating heart disease

The Heart and Vascular Institute houses proven, effective diagnostic tools to accurately detect heart disease sooner. From the trail-and-error EKG and echocardiogram to advanced technologies, such as Cardiac CT, Franciscan St. James has everything your doctor needs to make the most accurate assessment possible.

The open-heart team saves lives every day

The Franciscan St. James cardiothoracic program offers the most advanced surgical techniques in coronary bypass, valve repair or replacement and adult congenital heart surgeries. Each member of the cardiothoracic team has more than 25 years of experience, and their skill is matched only by their dedication to preserving heart function.

State-of-the-art cardiac catheterization lab

At Franciscan St. James Health, your cardiac catheterization is performed by one of our many experienced and accomplished cardiologists, who work with the other members of the catheterization lab team, which includes specially trained nurses and registered radiologic technologists.

Advanced vascular surgery solutions

The vascular surgery team is comprised of experts in the treatment of peripheral vascular disorders, including surgery to remove blockages in arteries in the neck, re-opening blocked lower leg vessels, and repairing and/or eliminating varicose veins.

Correcting previously untreatable heart rhythm issues

Specially trained electrophysiologists are combining their expertise and the most advanced technology to treat heart rhythm abnormalities considered incurable just a decade ago. More than 50 percent of patients with otherwise healthy hearts are free of arrhythmias after a single procedure.

Comprehensive cardiac rehabilitation takes recovery to heart

Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, Cardiac Rehab consists of a three-phase rehabilitation and fitness program for patients who have had a heart attack, coronary artery bypass surgery, coronary artery disease, or heart failure. Each patient receives an individualized plan of activity designed to get their heart healthy and keep it that way.

Our pulmonary rehab program assists individuals with pulmonary diseases that have severely affected their lung function and exercise capacity. Through progressive aerobic exercise conditioning, dietary counseling, training in breathing techniques and energy conservation principles, patients are able to achieve their optimal functional capacity.

DEDICATED HEART AND VASCULAR SPECIALISTS

We have assembled an unmatched team of heart and vascular specialists, who are making a difference in the lives of Southland residents everyday.
Franciscan St. James Health delivers the highest level of weight loss services – ranging from weight loss counseling to surgery.

The Franciscan St. James Center for Bariatric Surgery caters to a range of patient needs. We successfully treat overweight patients who benefit from medical management and nutritional counseling, as well as those who are morbidly obese and require surgical intervention and a multi-disciplinary approach to their care.

Our program puts the patient at the center of all clinical activities delivered by an experienced, compassionate and knowledgeable staff.

I have been a bariatric surgeon for 15 years, serving as medical director of the Franciscan St. James Center for Bariatric Surgery since 2008. In October 2014, I was appointed president of the Illinois Association of Bariatric Surgeons, the state chapter of the American Society of Metabolic and Bariatric Surgery.

By keeping current with research and new developments, we are always open to new innovations.

Four years ago, ours was the only Illinois center to participate in a clinical trial for the gastric balloon. Already approved for use outside the United States, the balloon provides a solution for people who want to lose up to 50 pounds. We look forward to its approval by the FDA so we can offer this minimally invasive procedure to patients before they reach morbid or super obesity.

The focus of my practice has been adjustable gastric banding, the least invasive surgical option for morbid obesity. After performing more than 2,000 banding procedures I have learned that with proper follow-up and coaching, gastric banding patients do just as well as those who have had other, more invasive, bariatric procedures.

Very few bariatric procedures offer life-long durability. They all require significant behavior modification with the hope of instilling good habits that will last patients a lifetime.

Gastric banding also requires long-term follow-up that includes continued patient coaching and periodic adjustment of the gastric band. I personally provide all of the necessary support including the coaching that continues throughout the aftercare period. And understanding the intricate details of life with a band, I make myself available to my patients nearly 24/7. This kind of “patient centric” care is the hallmark of a successful program.

Because of the necessary aftercare, gastric banding might be more resource-intensive than the stapling procedures. But the extra time spent with patients throughout their lives with the band is well worth it for those of us who are rewarded with the joy of seeing patients and their results.

When interviewed about their life with the band, our successful patients find themselves achieving goals they thought were beyond their reach prior to their operation. I gladly embrace the extra work because of the rewards that come with it.

Vafa Shayani, MD is the Medical Director of the Franciscan St. James Center for Bariatric Surgery.
Back Pain Treatment that Works
You don’t have to live with chronic back pain

Regardless of what may be causing your back pain, Franciscan St. James outpatient physical therapy can help. Offered through METT Therapy Services, our rehab program is among the best.

Bear in mind that any kind of pain becomes chronic if the wrong treatment is used. Physical therapists are uniquely qualified to assess and correctly treat each type of back problem. Regardless of what’s causing the problem, we can help with setting goals to increase function and decrease pain.

While some forms of back pain can’t be cured, it can always be managed. These cases call for a shift from the typical mindset of, “I’m going to get this cured” to, “I’m going to get help with managing this better.”

With proper management, you can certainly lessen, and many times, eliminate the pain.

**Step 1: Evaluation**
In order to help, we must address the root problem. We review your doctor’s notes and any tests, such as MRIs, and perform a physical therapy evaluation that evaluates your spine: the joints, muscles and nerves. Our hands-on assessment often provides the most valuable information we can get.

**Step 2: Devising a Treatment Program**
We have many different modalities in our treatment arsenal, including pain relieving modalities, such as electronic stimulation. If a condition needs hands-on manipulation, our specially trained therapists can get the patient on the right track. Specific soft tissue mobilization (massage) and joint mobilization will correct the problems identified in the evaluation.

Backs that are too stiff need to be stretched and mobilized. We then introduce strengthening and stretching exercises after your back is stretched and mobilized to make sure the problems don’t return.

Some patients are hypermobile, meaning the back is too loose. Hypermobility is usually due to bad habits, such as sitting slumped over, which stretches the ligaments in the back part of the spine. Many gymnasts and other athletes develop hypermobility due to overuse or injury.

These patients require hands-on mobilization for pain relief followed by core strengthening and education on maintaining a neutral spine.

For those with very severe problems or acute pain, treatment often starts with aquatic therapy at the Franciscan St. James Wellness Center. The buoyancy of the water allows pain-free mobility. Land based exercises follow to assure improved daily function.

Therapy is often focused on breaking bad habits. We bring patients through progressive drills and teach them new ways to move to prevent irritation of the tissues that are causing their pain.

No matter what the problem or its cause, every patient should experience some improvement and most enjoy dramatic relief of pain.

You can’t ignore back pain and expect it to go away. Address it properly, continue to manage it and it stays away. It’s up to you!

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**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 your pain
- Useful ideas for managing and preventing pain
- Instruction about pain-relieving activities and exercises

**Monday, March 9** .......... Back Pain
**Wednesday, March 11** .. Neck Pain
**Monday, March 16** .......... Shoulder Pain
**Wednesday, March 18** .. Knee Pain

All Seminars begin at 7:00 pm.

Franciscan St. James Outpatient Therapy Center
211 Dixie Highway (on Dixie Hwy. at Vollmer Rd.) Chicago Heights

All attendees receive a FREE Physical Therapy Screening certificate

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Call 1-800 ST. JAMES (785-2637). Seating is limited. Don’t wait, register today.
Combatting the Childhood Obesity Epidemic

Since 1980, childhood obesity has tripled, affecting more than 30 percent of U.S. children.

This growing epidemic has become the most common chronic disease of childhood. As the disease increases, so do the number of children diagnosed with hypertension, diabetes, and other conditions associated with diabetes. Several factors are working together to contribute to obesity in children.

For one, we’re always in a hurry. It’s easier to pick up fast food or fill up on junk food. Sugary drinks are a major contributing factor. Soda consumption by children has increased 300 percent over the last 20 years.

Add to this, portion sizes have increased. And the increase in calories consumed has been accompanied by a decrease in the nutrients they contain. “Supersize” and “all you can eat” fuel the overeating trend.

While kids are eating more, they are doing less to burn off those calories. There are many more sedentary activities available to children, including video games, phones, tablets and television. Being active is no longer a priority.

Finding solutions

I’m seeing more and more obesity in my patients in my pediatric practice, too.

In those cases, the first thing we do is perform tests to rule out high cholesterol or prediabetes, where blood glucose levels indicate a high risk for developing diabetes.

Regardless of the results, I advise families to work together on making lifestyle changes. It’s important adopt healthier choices as an entire lifestyle change rather than focusing on specific weight loss goals.

Resolving to make these changes works better when the whole family is involved. After all, everyone can benefit from increasing our intake of fruits and vegetables and avoiding fast food, junk food and sugary drinks. It’s easier to take these unhealthy foods out of our diets if they’re not available in the house.

Healthy eating also includes choosing low-fat or non-fat milk and dairy, and lean meats, poultry and fish, and making sure portions are sized appropriately.

Limit “screen time” and instead encourage everyone to get moving. Have a family dance party, take walks, play tag, jump rope, ride bikes and go swimming. Remember, children will follow the examples of the adults in their lives. So, you can lead by example.

Keep it up!

Change can be difficult. So, start by making small changes. Don’t be discouraged if you don’t see immediate results, and remember that your pediatrician can provide advice and resources.

Celebrate successes with a fun family activity or outing. Your greatest reward will ultimately be a healthier child.
Crafting Individual Nutrition Solutions for those with Diabetes

At the Franciscan St. James Diabetes Center, the dietary recommendations we make not only depend on what type of diabetes patients have, but also by patients’ lifestyles.

Recognizing that everyone has different preferences and habits, we try to set patients up for success by shaping meal plans that fit in with each of their lifestyles. We follow general recommendations for height and weight and then assist the patient in taking a food recall.

For the recall, we ask the patient to try to remember what they’ve eaten for the previous few meals. This helps us gain an understanding of what they normally eat, how many meals they eat per day, and if they tend to snack.

Rather than overwhelming patients with information, we initially focus on simple adjustments they feel they can successfully incorporate. This helps increase their confidence and their level of success. This might mean something as simple as, instead of eating two meals and skipping the third, substituting a snack for the third meal.

We start out basic, following the My Plate method. Half the plate should contain non-starchy vegetables and the other half can be divided between lean proteins and carbohydrates. Non-starchy vegetables are generally brightly colored, such as leafy greens, peppers, broccoli and carrots. Every meal should include a source of protein such as fish, chicken, turkey, pork tenderloin or chop, and, especially at breakfast, eggs.

There is a common misconception that people with diabetes should avoid carbohydrates.

We need carbohydrates as a source of energy, so instead of eliminating them, we try to make people aware of the amounts they are eating. We teach people how to count carbohydrates to gain a better understanding of appropriate amounts to include for their meals. The goal for most people is to eat a more consistent amount of carbohydrates at each meal to help stabilize blood sugars throughout the day.

Snacks are important in order to avoid overeating at mealtimes. Fiber, which we can get from fruits, vegetables and whole grain foods, takes longer to digest, keeping us feeling fuller for longer, helping to reduce the urge for additional snacking.

I also encourage people to be realistic – if you want to splurge now and then, go ahead. We’re only human, after all. The key is to be sensible about your choices, swapping out for healthier options and watching portions.

Diabetes is a lifelong condition, but if you make changes through diet and exercise and consistently work on keeping that a part of your lifestyle, you can maintain better control. But once you stop, that A1C can start creeping back up, possibly leading to complications or the need for more medications.

Remember, our Diabetes Center isn’t only here for the newly diagnosed. We encourage patients to come back and visit us regularly. Sometimes people just need a reminder or suggestions about their diet.

FREE DIABETES NUTRITION SEMINAR

Living Healthy with Diabetes

Presented by Sandra Dempsey, RD. When you have diabetes, living healthy takes practice and planning, as well as a good balance of the right foods. Learn how proper nutrition can help you enjoy a healthier lifestyle at this free seminar.

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

FREE GIVEAWAYS for all attendees!

Thursday, March 5, 6:00 p.m.
Franciscan St. James Health
Olympia Fields Campus
Auditorium on Main Hospital Campus
20201 S. Crawford Avenue
Olympia Fields
Enter at Crawford Ave. on NW side of campus. Parking lot 6.

FREE GIVEAWAYS for all attendees!

Call 1-800 ST. JAMES (785-2637). Seating is limited. Don’t wait, register today.
Need a Doctor? See a DOCTOR!

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IMMEDIATE / URGENT CARE and much more...

- School Physicals
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Advanced Surgical Procedures at Franciscan St. James
Less invasive approaches bring less pain, faster recovery

Surgery is changing for the better, and Franciscan St. James Health offers some of the most advanced techniques available. We provide virtually the same services offered by major medical centers.

Over the past 20 years, the trend has gone from open surgeries with larger incisions to those that require less invasive techniques. Franciscan St. James employs minimally invasive approaches for almost all procedures, such as fundoplications for acid reflux disease, ulcer repairs, most gallbladders, appendixes and most colon resections.

Techniques such as laparoscopy and robotic surgery enable us to perform procedures through significantly smaller incisions. The benefits to patients from either of these approaches over open surgery include less pain and faster recovery.

Laparoscopy vs. the da Vinci Surgical System
Laparoscopy has become the gold standard for many surgeries including appendectomies and gallbladders. Eventually, I expect laparoscopy to be the preferred method for most hernias, too.

Using laparoscopy, the affected area is viewed through a two-dimensional camera, which is appropriate for many procedures.

The da Vinci robot provides improved visualization with a three-dimensional camera as well as better magnification, giving us much more of a tactile feel.

When using the da Vinci, we are able to reach areas where the hand cannot fit, such as the pelvis or the esophagus. For example, if I put my hands in a narrow area like the pelvis, I lose visibility but can feel my way. With the robot, I can use very tiny instruments to see what I’m doing.

Patients are responding well to the full range of general surgery procedures performed using da Vinci system. The robot’s excellent visualization and improved structure identification combine to minimize a patient’s potential risk and pain.

Looking Ahead
Twenty years ago, approximately half of all surgeons used laparoscopy. While the numbers are growing, it’s safe to say that fewer than 50 percent of surgeons perform laparoscopic or robotic colon surgery.

Hopefully every surgeon will feel comfortable using these tools within the next 20 years. Through our residency program at Franciscan St. James, our goal is to give the next generation the skills they need to comfortably use the da Vinci robot by the time they leave.

In 2015, we plan to add the fourth generation da Vinci System, which will enable surgical access via just one small incision.

Thanks to these new surgical technologies, our patients are enjoying increased mobility and experiencing fewer complications as they resume their normal activities much sooner.

If you’re thinking of having a surgery, talk to one of our surgeons to discuss your options. You’ll find the latest surgical technologies right here at Franciscan St. James.

FREE MINIMALLY INVASIVE SURGERY SEMINAR
New Surgery Techniques Bring Faster Recoveries and Less Pain
Presented by Dr. Daniel Vera. Learn how remarkable advances in minimally invasive surgical procedures, including the da Vinci robot, are making it possible to treat a wide range of conditions with reduced recovery time and less pain at this free seminar.

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

Thursday, March 26, 6:00 p.m.
Franciscan St. James Health
Olympia Fields Campus
Auditorium on Main Hospital Campus
20201 S. Crawford Avenue
Olympia Fields
Enter at Crawford Ave. on NW side of campus. Parking lot 6.

FREE GIVEAWAYS for all attendees!

Call 1-800 ST. JAMES (785-2637). Seating is limited. Don’t wait, register today.
Your Health is Our Priority
Priority Patient First provides walk-in convenience

If you’re the kind of person who puts off seeing a doctor because you can’t get a convenient appointment or you hate to sit for hours in a waiting room, Priority Patient First is for you.

Our efficient service is provided with a goal of getting patients in and out of the clinic within an hour.

Located on the Olympia Fields campus, Priority Patient First was created to handle the overflow from the Franciscan Physician Network family practice and internal medicine offices, and the Franciscan St. James Emergency Rooms.

Our ability to quickly triage and treat individuals can prove to be a critical advantage. Sometimes, what a patient thinks is just a cold, may actually be pneumonia. Or, a small chest pain may mean they are having a heart attack.

Our walk-in clinic is staffed by a Board-Certified Physician Assistant (PA), Medical Assistants, ultrasound and x-ray technicians and an excellent support staff.

As a PA, I am under the direction of a physician, Dr. Gaurang Zala. He reviews my notes and activities daily to ensure continuity of care. In addition, I encourage every patient I see to follow up with their primary care physician. We offer referrals to patients who are currently without one.

Typically, patients range in age from adolescent to geriatric. They benefit from our immediate care medical services for things a primary care physician would normally see. This includes such things as asthma exacerbations, the flu, pneumonia, hypertension, diabetes, headaches and musculoskeletal issues.

Patients sometimes visit with no specific symptoms. They just don’t feel well. It’s our job to find out why. For all patients, we take a history and perform an exam to determine what tests, if any, to order. Our lab can perform routine bloodwork in addition to a hemoglobin A1C to provide a 90-average blood sugar. We offer x-ray and ultrasound and, if required, can do a stat CT, MRI or EKG.

If needed, we will refer a patient to a physician who will take care of their specialized needs that day. For serious cases, we immediately rush patients to the Franciscan St. James ER for care.

Having worked as a PA for 20 years, I have learned a great deal. I truly enjoy talking and interacting with the patients we serve and I honestly believe I have the best job in the world.

Patient Priority First is located in Olympia Fields, at 3700 W. 203rd St., Suite 111. Our office hours are Monday and Wednesday, 11:00 a.m. to 7:00 p.m., and Tuesday, Thursday, Friday, 9:00 a.m. to 5:00 p.m..

Visits are covered by most insurance plans and the cost is comparable to a doctor visit.
Loss, Grief and Resilience

In the eight years I have been working in the South Suburbs as a full-time, Franciscan Physician Network psychotherapist, the number one problem that my therapy clients have presented is clinical depression.

A major source of depression is loss. The potentially most devastating loss is the death of a loved one. Certainly, some of my most depressed clients I have encountered as a clinical psychologist have been those dealing with debilitating grief.

In the last century, most bereavement experts believed that people generally grieved in more or less the same way. The most well-known theorist of grief was the Swiss-American psychiatrist Elisabeth Kübler-Ross, who held that mourning entailed five distinct stages: denial, anger, bargaining, depression, and acceptance. If a person overcame grief quickly or did not pass through these stages, many mental health professionals presumed that the person was either stuck in the stage of denial or was simply not that close to the deceased.

Recent scientific studies have challenged that received wisdom.

The most potentially ground-breaking research on this subject was conducted by American clinical psychologist George A. Bonanno at Columbia University’s Teachers College in New York City.

In The Other Side of Sadness, published in 2009, Bonanno reported that he and his colleagues interviewed hundreds of recently bereaved people about their loss and other important events in their life. As the subjects talked, the researchers recorded their facial expressions and their autonomic nervous system activity as a way of measuring their emotional responses.

After several years of studying these subjects, Bonanno found that they did not experience grief in the same way or pass through predictable stages. Nor were the vast majority overwhelmed by their grief. While most of the subjects hurt in response to their loss, most shifted back and forth between sadness at times to pleasure, joy and laughter at other times.

As a result, Bonanno concluded that human beings possess a hard-wired capacity for resilience—an innate ability to recover from the loss of a loved one.

Unfortunately, not all people show that kind of resilience. Bonanno found that about 10 to 15 percent of his bereaved subjects suffered from chronic, prolonged grief. These people got lost in themselves, withdrew from the world, and became preoccupied with the deceased for several years or longer.

In contrast, resilient people are generally better able to find comfort in positive memories of the deceased. Also, people who cope better tended to be more optimistic, more confident in their ability to control life’s events, and more flexible in either expressing or suppressing their feelings of sadness, depending on the particular place and time.

Most people begin to recover from their grief on their own or with the support of caring family, friends, and community within about six months of the death of a loved one.

However, if a bereaved person cannot function in their daily activities or does not experience any improvement after about six months, professional help is probably indicated.

To schedule an appointment with Dr. Schulz or another Behavioral Health Center mental health professional, call 708-679-2550.
Admission is Free, BUT SPACE IS LIMITED.

limit 1 guest per registrant.

For Reservations, call 1-800-STJAMES or visit FranciscanStJames.org/dayofdance

St. James Health & Wellness Institute
100 197th Place
Chicago Heights
10 minutes east of I-57, off Vollmer Road

Celebrate good health, come on! Be part of the biggest dance party for better health in the United States. Bring your family and friends to dance, listen to music, participate in health screenings, and learn about simple and fun ways to stay healthy.

Admission is Free, BUT SPACE IS LIMITED.
Limit 1 guest per registrant.

Free Heart Health Screenings
- Blood Glucose/Cholesterol (8 – 12 hours fasting for best results)
- Blood Pressure
- Bone Density (Osteoporosis)
- Pulmonary (Spirometry)
- Body Mass Index
- Pulse Oximetry (Blood Oxygen Levels)

Free Raffles, Giveaways & Refreshments

Free 5-Minute Chair Massages
Free screenings and giveaways available on a first-come-first-served basis, and while supplies last.

FREE Health Club Tours
Must reserve at registration

MEET Franciscan St. James Physicians, Clinicians & Experts

FREE Child Care Services
Space is limited. Must reserve at registration
Saturday, Feb. 28
8:30 a.m. to Noon
Founders Center
140 Oak St.
Downtown Frankfort

**Wellness Fair Education**
- Heart and Vascular Institute
- Comprehensive Cancer Institute
- Cancer Support Center
- Breast Health and Wellness Center
- Health and Wellness Institute
- Franciscan Physician Network
- Specialty Physicians of Illinois, LLC
- Center for Diabetes
- Home Health/Durable Medical Equipment
- Rehabilitation Services
- Joint Program
- Occupational, Physical and Sports Therapy
- VITAS Hospice Care
- Southland Healthcare Forum

**FREE Health Screenings**
- Blood Glucose/Cholesterol (8-12 hrs. fasting optional)
- Blood Oxygen
- Blood Pressure
- Body Mass Index
- Bone Density (Osteoporosis)
- Pulmonary (Spirometry)

**Special Programs**
- **FREE 10-minute Chair Massages**
- **Free Raffle Prizes**
- **FREE Health Screenings**
- **FREE Flu Shots**
- **Giveaways & Refreshments**

**Family Health Forum**
9:00 a.m. to 10:30 a.m.
Join Franciscan St. James physicians, specialists and surgeons in Internal Medicine, Family Medicine, Diabetes, Psychiatry, Podiatry, Physical Therapy, Cardiology and other specialties in an open, informative, clinical Q&A session.

**Understanding the Affordable Care Act Special Enrollment Period**
10:00 a.m. to 10:30 a.m.
Presented by Southland Health Care Forum
Enrollment and questions will be provided after presentation in the exhibit area.

**Physical Therapy Workshop**
“What is causing this pain?”
10:00 a.m. to 11:30 a.m.
Franciscan St. James Health Physical Therapy experts will conduct a workshop and discuss the physiology of pain. What causes shoulder, knee & back pain. You will learn if muscle, ligament, nerve or joint problems cause the pain.

**PLUS:**
- What PT treatment works to alleviate acute pain, i.e. decrease inflammation, relieve pressure on painful tissues.
- PT strategies for chronic pain.
- As we get older some pain is unavoidable—What exercises are safe to do that will keep you strong and not cause injury to your aging joints.

Sponsored by Village of Frankfort & Frankfort Park District. For further information visit www.villageoffrankfort.com or call (815) 469-2177