WE ARE FRANCISCAN

Franciscan St. James is now Franciscan Health

PAGE 4

POSITIVE STEPS:
$137 MILLION RESTRUCTURING HAS BEGUN

PAGE 3

The Southland’s only
TEACHING HOSPITAL
grooming the next generation of physicians

PAGE 12

TECHNOLOGY AND EXPERTISE MATTER
A PATIENT’S PROSTATE CANCER TREATMENT STORY

PAGE 16
Our reorganization has begun.

Thanks to a $137 million investment by our corporate parent, Franciscan Alliance, we are building a modern healthcare system. When our reorganization is complete in the Spring of 2018, everyone in Chicago’s Southland will benefit from improved access to quality care.

To accomplish that, we are consolidating inpatient care at Olympia Fields to improve quality and eliminate unnecessary redundancies. We are also expanding primary, preventive and urgent care services in Chicago Heights, Olympia Fields and throughout the Southland. Most recently, the Franciscan Alliance Board of Directors approved an additional $17 million investment for a new ambulatory surgery center. Upon approval by the Illinois Health Facilities and Planning Board, we will begin construction of a stand-alone facility in Olympia Fields that features three surgical suites and two endoscopy suites.

Everything Franciscan Health Olympia Fields and Chicago Heights is doing to restructure our quality-driven health system is dedicated to improving the health of Chicago’s Southland residents. Population health is an approach to health that aims to improve the health of the entire population, as well as reduce health inequities among population groups. Most specifically, it means that Franciscan Health is responsible for the health and wellness for the more than 200,000 Chicago Southland residents.

In order to improve population health we must analyze and act upon a broad range of factors and conditions that influence our health. For example, that means enabling you and your family to have access to primary care services whenever you need them. So, we are capitalizing on our status as the Southland’s only teaching hospital to expand our primary care network.

When the Sisters of St. Francis of Perpetual Adoration renewed their commitment to our community approximately two years ago, they committed to build an optimum system of care that serves everyone in the Southland. And that’s exactly what we’re doing.

Welcome Sister Ruth and Sister Regina

The physicians, nurses and staff at Franciscan Health are pleased to welcome Sister M. Ruth Luthman, OSF, and Sister M. Regina DeVreese, OSF.

As Vice President of Mission Integration, Sister Ruth will provide leadership, direction, consultation and coaching in defining and integrating our Catholic identity and Franciscan mission into policies, procedures and programs affecting Franciscan Health. Most recently, she served as Mission Integration Director at Franciscan Health in Lafayette and Crawfordsville, Indiana.

Sister Regina entered the convent in September 2012, after earning her Bachelor’s degree in Accounting at Indiana University. She is entering her second year of temporary vows, and will be furthering our mission at the Comprehensive Cancer Institute, the information desk and other areas of need.
The construction crews are here, and our $137 million plan to develop a modern system of care is being put into action. While Olympia Fields campus construction is apparent to anyone who visits or drives by, much of our progress is not so conspicuous.

We are determined to complete this rebuilding, repurposing and renovation effort without service interruptions of any kind.

That’s why we established a logistical planning team to coordinate day-to-day operations with construction operations and ensure that Franciscan Health Olympia Fields and Chicago Heights continues to deliver quality care to Chicago’s Southland.

For example, a staging area for construction equipment is positioned across 203rd Street from the Olympia Fields hospital to preserve needed on-campus parking and ensure convenient access for patients and their families.

Inside the campus, construction has begun on two large, state-of-the-art operating suites. One of those suites will house the da Vinci Xi robotic surgery system. Renovation has begun on two previously vacant inpatient units. These units, which will feature all private rooms, will accommodate increased demand after inpatient care is consolidated at the Olympia Fields campus.

**Chicago Heights**

Services at the Chicago Heights campus continue without interruption. In fact, inpatient and emergency services currently offered at Chicago Heights will not be relocated until Olympia Fields construction is completed in 2018.

Our commitment to attract redevelopment of the Chicago Heights inpatient towers is undiminished. Our discussions with a developer to repurpose those facilities for services that benefit our community are moving ahead in a positive direction.

**Ambulatory Surgery Center**

Thanks to emerging minimally invasive technologies, improved anesthesia techniques and other innovations, many surgeries that once required hospital stays can now be safely and effectively performed on an outpatient basis.

To accommodate increased demand for outpatient surgical facilities from both physicians and patients, the Franciscan Alliance Board of Directors recently approved a $17 million investment to build an Ambulatory Surgery Center near our Olympia Fields campus.

Pending approval by the Illinois Health Facilities and Services Review Board, the Ambulatory Surgery Center will be built on the south side of 203rd Street, directly across from the main Olympia Fields campus. It will include three outpatient surgical suites, two endoscopy suites, and will be a careful blend of high-tech innovation and patient-friendly accessibility.

The physicians, nurses and staff at Franciscan Health look forward to serving Chicago’s Southland with an optimum system of care in the very near future. In the meantime, we are also determined to deliver the quality of care that inspired Daily Southtown readers to recently vote us the Southland’s best hospital for the sixth consecutive year.

Cynthia Brassea is the Chief Operating Officer at Franciscan Health Olympia Fields and Chicago Heights.
Last month, Franciscan St. James Health became Franciscan Health Olympia Fields and Chicago Heights.

Our corporate parent, Franciscan Alliance, renamed its 14 hospitals Franciscan Health. One of the largest Catholic health care systems in the Midwest, Franciscan Health’s 14 system hospitals serve more than 1.3 million patients throughout Indiana, Illinois and Michigan each year.

The refinement of the Franciscan Alliance hospital names reinforces and reflects an integrated and aligned approach, better able to project the strength of the entire system, and ultimately improve patient safety, patient satisfaction and the quality of care.

Our mission and commitment prevail

Although our name changed, the mission and commitment shared by our physicians, nurses and staff did not.

According to Sister Jane Marie Klein, O.S.F., chairwoman of the Franciscan Alliance Board of Trustees, the new names retain and reflect the Franciscan heritage and identity of the founding Sisters of St. Francis of Perpetual Adoration.

“The evolution of our hospital names is important because it further underscores the combined strength of our system, offering patients and their families a full continuum of high-quality, compassionate care,” Sister Jane Marie said. “Franciscan Health, like Franciscan Alliance, creates a unified and memorable name acknowledging our faith-based mission: Continuing Christ’s Ministry in our Franciscan Tradition.”
Unified name for our system’s 14 hospitals

While Franciscan Alliance has always been a large system, it has not previously endeavored to emphasize its shared capabilities. In addition to enhancing health care quality and cost effectiveness, broad system-wide awareness will better enable the system and each hospital to attract the best clinicians and staff.

“Simple, unified names for each hospital will create broader awareness of our standing as a large, multistate Catholic healthcare system with nationally recognized centers of excellence, numerous joint ventures, partnerships and physician relationships,” said Kevin Leahy, president and CEO of Franciscan Alliance. “The evolution of our hospital names further reflects our commitment to assuring that the services we offer and our access points match ever more closely the needs of the people and communities we serve.”

FranciscanHealth.org

A new website was unveiled at FranciscanHealth.org to coincide with the new hospital name.

This new, responsive website delivers an optimized experience to online visitors from any device, including desktop or laptop computers, tablets or smartphones.

In addition to an engaging user experience, FranciscanHealth.org is a valuable resource for information about conditions, treatments and hospital locations. It is also an excellent, 24/7 resource for physician information and Franciscan Health events and news.
In 2012, the American Academy of Pediatrics’ task force published their findings on Sudden Infant Death Syndrome (SIDS). SIDS is the unexplained death of an infant 12 months of age or younger.

We responded by forming a Safe Sleep Program. We have worked closely with Nancy Maruyama, Executive Director of SIDS of Illinois, to create the program, educate our staff and bring consistent, regular updates.

In late 2012, we partnered with HALO, an in-hospital SleepSack program. We use these wearable blankets in our nursery to keep newborns warm because loose blankets can pose a risk when they cover a baby’s face and interfere with breathing. Since July 2016, we send HALO SleepSacks home with every new mom and baby.

We do everything we can to educate our families and promote the safest sleep practices. These practices include:

- Babies should sleep alone, in an approved crib or portable play yard.
- Babies should lay on a firm, flat mattress covered by a tight fitting sheet.
- Position babies on their backs for sleeping. Save tummy time for when the baby is awake and supervised.
- Babies should sleep in a smoke-free room.
- Do not overdress or overheat babies.
- A sleep safe crib is free of loose items, such as stuffed animals and bumper pads.

Our goal is to continually improve our Lullaby Birthplace sleep safe program, which we have expanded every year.

In August 2015, the Cribs for Kids National Infant Safe Sleep Initiative certified the Lullaby Birthplace as a Gold Level Safe Sleep Champion. Cribs for Kids was founded in 1998 to save babies’ lives by promoting safe sleep education that helps to prevent SIDS and other sleep-related deaths. Franciscan Health Chicago Heights was the first Illinois hospital to earn this certification.

Lullaby Birthplace is a hidden gem serving generations of families. It’s especially rewarding to be able to participate in something as wonderful as a child’s birth, and I’m immensely proud of our highly skilled, hard-working, dedicated staff.

Teresa Berki, RN, is a board-certified lactation consultant, certified childbirth educator and safe sleep coordinator.
We know that poor diet, smoking and other physical factors are linked to cardiovascular problems. However, many people don’t realize that their thoughts, attitudes and emotions are just as important in the effective treatment of heart disease.

Stress has been linked to the onset of heart disease and, in individuals diagnosed with heart failure, can worsen the existing disease. When we are stressed, we can experience emotional responses such as anger, anxiety and depression, and engage in behaviors, such as compulsive eating, overuse of alcohol and social isolation.

Stress is a normal part of life for us all. How we handle it influences our cardiovascular system response. It is worth noting that while 20 percent of the population experiences depression at some point in their lives, that climbs to 50 percent among people with heart disease. In heart failure patients, prolonged depression has been shown to contribute to subsequent heart attacks.

The Specialty Physicians of Illinois, LLC. Advanced Heart Failure Center recognizes the clear connection between the mind and body, and endeavors to treat the whole patient. The Advanced Heart Failure Center employs a multidisciplinary treatment approach to maximize the individual patient’s health and quality of life.

In my role as consulting psychologist, I work with cardiologists and other specialists as part of the multidisciplinary team that addresses the varied needs of heart failure patients.

Psychologists can help heart failure patients cope with the long-term nature of their disease and the emotional impact it has on them and their families.

We are uniquely trained to identify and treat depression, anxiety and other emotional responses, and to help heart failure patients make the needed lifestyle changes to improve their emotional functioning and longer-term survival rate.

We address the more specific concerns of subgroups of patients as well. For instance, the most common issue faced by those with implantable defibrillators is anxiety, while other patients are more likely to need help with managing stress or anger.

I find it extremely rewarding working with heart failure patients who are referred to me by the Advanced Heart Failure Center.

Psychologists bring a unique set of skills and interventions to the treatment team, and the collaborative approach of the multidisciplinary team enhances the quality of care provided. This improves the longer-term survival rate of our heart failure patients, as well as their quality of life.

Joyce MacLaren, PsyD, is a Franciscan Physician Network Clinical Psychologist, who chooses to practice at Franciscan Health Olympia Fields and Chicago Heights.
If you’ve been suffering from the pain and discomfort of varicose veins, the Franciscan Health Vein Clinic can help you find relief.

Varicose veins are enlarged, tortuous (twisting) veins that most often appear on the legs. Not everyone with varicose veins experiences pain or other ill effects, but many do. Irritations caused by these veins include itching, pain, burning, throbbing and swelling, especially after standing for extended periods of time.

Serious complications from varicose veins are rare, but in some cases patients experience painful ulcers, blood clots or bleeding. These veins may also indicate poor circulation.

What causes varicose veins?
There are valves within our veins that keep blood flowing in one direction, towards the heart. The contraction of our calf muscles when we walk or run pushes the blood to flow upwards.

As we age, veins may begin to stretch and the valves inside our veins may weaken. These situations allow blood to pool inside the vein, creating the pressure that causes varicose veins. In addition to aging, having a family history of varicose veins can predispose a person to developing them.

How are varicose veins treated?
We begin treating patients with varicose veins by prescribing exercise, leg elevations, wearing compression stockings, and sometimes medication. We advise weight control for patients who are overweight. Throughout the treatment process, we educate patients so they fully understand their choices and know what to expect.

If initial conservative measures do not bring relief, varicose veins can be safely removed using endovenous laser surgery. When a vein closes or is removed, blood will find another vessel through which to flow.

In endovenous laser surgery, a catheter is inserted into the vein after numbing the area of insertion. A laser fiber inserted into the catheter will ablate, or destroy, the malfunctioning vein. The procedure takes approximately 20 to 30 minutes and patients return home the same day.

Problem varicose veins are covered by most insurance plans. Franciscan Health Vein Clinic staff will confirm your insurance plan coverage before your procedure.

Endovenous laser surgery is one of the services offered at the Vein Clinic, which offers patient education and the most up-to-date treatments for vein issues delivered by experienced medical professionals. It is located at the Heart and Vascular Institute at Franciscan Health Olympia Fields.

Seva Tikhomirov, MD, is an independent, board-certified cardiothoracic surgeon who chooses to practice at Franciscan Health Olympia Fields and Chicago Heights.

Make a difference.
Become a Franciscan Health Olympia Fields and Chicago Heights Volunteer

Our volunteers, who range in age from 16 to 90, do so many wonderful things for our patients and staff that we would be lost without them. Franciscan Health is seeking customer service, clerical and retail volunteers, as well as greeters and volunteers to escort patients during our Olympia Fields construction. You are needed. You are welcome.

Call Chicago Heights: 708-756-1000, ext. 56888, or Olympia Fields: 708-747-4000, ext. 81236.
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Franciscan EXPRESS CARE

FranciscanHealth.org
Our adherence to the most rigorous standards ensures the protection and safety of every Franciscan Health surgical patient. For example, the identification wristbands worn by patients for years have taken on a whole new meaning. With a quick scan, these electronic wristbands reveal vital information, such as medications, drug interactions and more. They essentially help us to ensure we’re serving the right patient with the right dose at the right time.

**WHO Guidelines**

A surgical safety checklist established by the World Health Organization (WHO) contains exacting guidelines that we follow precisely. This checklist requires that we satisfy three key checkpoints.

**Sign In.** Performed in the pre-op holding area, Sign In is implemented before the induction of anesthesia and at minimum, involves the patient, circulating nurse and anesthesiologist. Patient identity, the procedure and site, required equipment and other items are confirmed in this step.

**Time Out.** Before the first skin incision, the surgical team takes a Time Out to verbally review pertinent information, including the patient’s name, the procedure to be performed and site, and critical elements of their plan in the operating room suite.

**Sign Out.** This takes place before the patient leaves the operating room. It includes confirmation of the procedure performed, complete instrument and sponge counts, and a review of plans or concerns for postoperative care and recovery.

Beyond the WHO guidelines, Franciscan Health has adopted additional safety measures, including the number of air exchanges per hour in the operating suite and the use of a sterile inner core for entering and exiting operating rooms. A strict operating room dress code, and closely monitored in-and-out traffic flow during procedures further protect our patients from post-operative infection.

We continually promote patient safety through consistent policy updates and staff education. Our surgeons, anesthetists and staff work diligently to uphold the infection prevention and safety measures that help create the safe environment our patients have come to expect at Franciscan Health.

Our diligent attention to patient safety complements the advanced surgical services offered at Franciscan Health.

The surgical services we provide range from outpatient to complex, and general to orthopedic to cardiovascular and more. Our state-of-the-art surgical facilities employ the newest technology and equipment. For example, Franciscan Health was the first Southland hospital to be equipped with the da Vinci Xi robotic surgery system.

I’m very proud to be part of the Franciscan Health Perioperative Services team. There’s no other place I would want my family to have surgery, because I know that we offer the highest level of care and safety.

Debra Larkin, BSN, RN, is the Director of Perioperative Services at Franciscan Health Olympia Fields and Chicago Heights.

Debra Larkin
Improving Patient Safety in the Operating Room

FREE ADVANCES IN SURGERY SEMINAR SERIES

Thursday, September 22 – 6:00 pm
Expanding Options in Outpatient Orthopedic Surgery
Presented by Dr. William Payne
Advances in orthopedic surgical techniques mean that an increasing number of surgeries can be performed as outpatient procedures. Learn how outpatient surgery enables many patients to recover and rehabilitate in the comfort of their own homes.

William Payne, MD, is a Specialty Physicians of Illinois, LLC, board-certified orthopedic surgeon in practice for more than 20 years, who chooses to practice at Franciscan Health Olympia Fields and Chicago Heights.

Thursday, September 29 – 6:00 pm
Advances in Heart Valve Replacement
Presented by Dr. Bradford Blakeman
Valve replacement is a life-saving option for many when medication and repair don’t solve the problem of stiffened, narrowed or leaky valves. Learn about the latest advancements in valve replacement surgery.

Bradford Blakeman, MD, is an independent, board-certified thoracic and cardiac surgeon in practice for more than 20 years, who chooses to practice at Franciscan Health Olympia Fields and Chicago Heights.

Thursday, October 13 – 6:00 pm
Surgical Cures for Gastroesophageal Reflux Disease
Presented by Dr. Alex Yarbrough
Untreated severe Gastroesophageal Reflux Disease (GERD), commonly known as acid reflux, can lead to Barrett’s Esophagus and ultimately esophageal cancer. Learn about new options to consider when diet and medications fail.

Alex Yarbrough, DO, is a Specialty Physicians of Illinois, LLC, internal medicine physician and board-certified gastroenterologist in practice for more than 13 years, who chooses to practice at Franciscan Health Olympia Fields and Chicago Heights.

Thursday, October 20 – 6:00 pm
The Role of Robotic Surgery
Presented by Dr. Daniel Vera
Franciscan Health was the first hospital in Chicago’s Southland equipped with the da Vinci Xi robotic surgery system. Learn how this minimally invasive technology is a viable treatment option for a variety of conditions.

Daniel Vera, MD, is a Specialty Physicians of Illinois, LLC, board-certified general surgeon in practice for more than 20 years, who chooses to practice at Franciscan Health Olympia Fields and Chicago Heights.

Thursday, October 27 – 6:00 pm
Total Joint Replacement
Presented by Dr. David Mehl
New technologies are making total joint replacement an effective alternative for more and more people suffering from chronic joint pain. Learn how hip and knee replacement may help you restore your quality of life.

David Mehl, MD, is a Specialty Physicians of Illinois, LLC, board-certified orthopedic surgeon in practice for more than 20 years, who chooses to practice at Franciscan Health Olympia Fields and Chicago Heights.

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

SEATING IS LIMITED.
Call 1-866-790-2229 or visit FranciscanHealth.org to register.

FREE GIVEAWAYS for all attendees!
Only at teaching hospitals, like Franciscan Health Olympia Fields and Chicago Heights, do the three missions of medical education, research, and care come together to benefit all patients. It is here where the next generation of physicians are trained in an environment employing the latest medical advancements, and learn the skills that they’ll use throughout their careers.

**Southland’s Only Teaching Hospital**

There are currently 141 hospitals in Illinois. According to the Centers for Medicare and Medicaid Services, there are 59 teaching hospitals in the state. Franciscan Health is the only teaching hospital in Chicago’s Southland.

The residents who work and learn at Franciscan Health have completed their medical degrees and chosen a specialty. Under the supervision of attending physicians, they fulfill many roles that expand and enhance the hospital’s ability to deliver quality care to all members of the community.

One of the vital roles residents perform is to provide patient education, teaching patients what they can do to improve and manage their health. Residents also provide overnight services, giving day and night physician care to hospitalized patients.

“As educators, our reward is witnessing the growth in every resident’s knowledge and their ability to attain autonomy in rendering excellent and compassionate patient care,” said Kathryn Burke, DO, Director of Medical Education at Franciscan Health Olympia Fields and Chicago Heights.

**Primary Care Clinic**

Franciscan Health’s unique position as a teaching hospital enables it to improve access to care, especially for those without insurance or those who are underinsured.

It is well known that the underinsured and uninsured often forgo needed care. Studies further indicate that insured people who are poorly protected based on out-of-pocket medical costs often fail to seek necessary care.

Located on the Chicago Heights campus, the Franciscan Health 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.

At the clinic, residents work closely with attending physicians to treat acute conditions, help patients manage chronic issues and educate patients about their conditions.

**Committing to the Southland**

The Family Medicine Residency Program was recently redesigned.

“The program redesign is based on the Southland’s need for more primary care and prevention, as well as the national trend to train physicians in outpatient and preventive care,” said Kathleen Bewley-Thomas, DO, Family Medicine Program Director.

Franciscan Health’s unique status as a teaching hospital is also enabling it to significantly expand its primary care network in the Southland.

Four residents who recently completed the revamped Family Medicine Residency Program will continue their Southland practices and association with Franciscan Health. Drs. Shaemah Khan, Joseph Lach, Elizabeth Maylack and Jenna Stevanovic will continue to serve area patients in various capacities.

Each of these physicians served patients at the Primary Care Clinic as a part of their residencies.

According to Dr. Crystal Hines-Mays, attending physician at the Primary Care Clinic and Associate Professor of Family Medicine at Midwestern University, they established a rapport and continuity with their patients, and performed a variety of in-office procedures and osteopathic manipulations at the Primary Care Clinic.

“These physicians are very conscientious, with extensive medical knowledge and sound judgment,” Dr. Hines-Mays said. “They have broad experience with underserved patients and insured patients of all ages, from infants to the geriatric population.”

“We expect these physicians, and the three to five new physicians we will recruit every year over the next several years, to be the foundation of an expanded primary care network serving all of the Southland, including currently underserved areas,” said Arnie Kimmel, Franciscan Health Olympia Fields and Chicago Heights President and CEO.
Southland trained. Southland focused.

Upon completion of their residencies at the Southland’s only teaching hospital, Franciscan Health Olympia Fields and Chicago Heights, these experienced family medicine physicians chose to continue serving their patients right here.

**Shaemah Khan, DO**
Dr. Khan is now practicing family medicine at the Franciscan Health Primary Care Clinic at 1423 Chicago Rd., Chicago Heights. Call 708-755-3690.

**Jenna Stevanovic, DO**
Dr. Stevanovic is now practicing family medicine at 30 E. 15th St., Chicago Heights. She is welcoming new patients. Call 708-679-2370.

**Joseph Lach, DO**
Dr. Lach is now practicing family medicine at 3700 W. 203rd St., Olympia Fields. He is welcoming new patients. Call 708-679-2370.

**Elizabeth Maylack, DO**
Dr. Maylack is practicing family medicine at the Franciscan ExpressCare clinics at 211 Dixie Hwy., Chicago Heights, 708-755-7069, and 20180 LaGrange Rd., Frankfort. 815-464-2010.
Mammograms are the best defense against breast cancer.

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

Give yourself a gift...select a date during our Fall Mammom-thon for your next mammogram!

Call (708)679-2253 today to schedule your mammogram.
Our bodies are made to move. However, too many of us are sitting for long periods of time, often in front of a computer. Static posturing like that puts considerable pressure on joints and causes muscle tension. That pressure often results in headaches and/or neck pain.

The METT Therapy professionals at Franciscan Health Olympia Fields and Chicago Heights can help relieve your head and neck pain issues. To accomplish that, we will:

• Assess the problem to determine the most appropriate treatment techniques
• Provide hands-on therapy to address your musculoskeletal problems
• Educate you in ways to avoid pain and teach you what you can do on your own to relieve pain

**Chronic Headache Relief**

Muscle tension and poor posture are the primary causes of many chronic headaches. Heavy use of desktop computers, poor reading positions and never resting your neck muscles can compress your occipital nerves and cause headaches.

Proper posture keeps your head balanced above your shoulders, dramatically relaxing neck muscles and relieving joint pressure. The average head weighs ten pounds – imagine the difference between holding a ten-pound weight out in front of you versus balancing it on your shoulder.

**A Pain in the Neck**

Whiplash, osteoarthritis and pinched nerves are common neck pain factors. METT Therapy approaches each of these issues differently.

We treat whiplash with very gentle therapy to slowly regain the range of motion before gently strengthening your neck muscles. Hands-on therapeutic massage helps to relieve pinched nerve pain.

We also teach patients effective techniques to keep pressure off those nerves.

To treat osteoarthritis, we employ hands-on therapy for joint mobilization to prevent loss of motion. Our therapists also teach patients specific exercises to help maintain the widest possible range of motion.

**Effective Exercise**

Here’s a simple, effective exercise you can do to relieve neck pain:

Sit up very tall, pinch your shoulder blades back and do gentle chin tucks. By doing this regularly, you may shrink or eliminate the hump at the base of your neck.

You don’t have to suffer with chronic head and neck pain. Our therapists can help you get better. Then it’s your job to follow these simple tips to stay better:

• Avoid bad postures. Do gentle postural exercises throughout the day. Be aware of the muscle tension in your upper back and neck. Put yourself in positions that relax those muscles.

Tim Coleman, PT, MS, OCS is a Partner/Owner of METT Therapy Services, Inc., the therapy services provider to Franciscan Health Olympia Fields and Chicago Heights.

**FREE Pain Relief Seminars**

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<tr>
<th>Date</th>
<th>Seminar</th>
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<tr>
<td>Tues., Oct. 25</td>
<td>Head &amp; Neck Pain</td>
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<tr>
<td>Tues., Nov. 1</td>
<td>Shoulder Pain</td>
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<tr>
<td>Thurs., Oct. 27</td>
<td>Lower Back Pain</td>
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<td>Thurs., Nov. 3</td>
<td>Knee Pain</td>
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All seminars will be held at Franciscan Health Outpatient Physical Therapy 10367 Lincoln Hwy., Frankfort.

**ADMISSION IS FREE. SEATING IS LIMITED.**

Call 1-866-790-2229 or visit FranciscanHealth.org to register.
After more than three years, two doctors, one laser surgery and a few biopsies, Darryl Williams wasn’t feeling any better. He still had an overactive bladder and his PSA scores were still rising with what seemed to be early-detected, non-aggressive prostate cancer.

After his urologist recommended surveillance of his tumor and a radiation oncologist suggested radiation therapy, Darryl decided to seek a third doctor. That’s when he found Specialty Physicians of Illinois, LLC, urological surgeon James Siegert, DO.

The multiparametric prostate MRI Dr. Siegert ordered revealed that Darryl’s prostate had several suspicious areas of aggressive cancer undetected on previous biopsies.

He then performed an MRI ultrasound targeted fusion biopsy using DynaCAD technology to target these suspicious areas. “MRI-ultrasound fusion biopsy allows us to precisely map the prostate and more accurately detect cancer in challenging locations or when patients like Darryl have had previous surgeries,” Dr. Siegert said. It is effective for ensuring that prostate cancer isn’t missed on the initial biopsy and for surgical planning. Dr. Siegert believes it’s best suited for patients at very high risk for prostate cancer, with rising PSA levels, and for those who had negative biopsies.

Darryl’s MRI-ultrasound fusion biopsy revealed a more aggressive prostate tumor. Dr. Siegert believes it was there all along. However, it likely would have eluded detection using traditional ultrasound biopsies because of its location and small size.

“Based on the drastic change in his diagnosis, his African-American ethnicity, and his young age, we couldn’t afford to merely monitor Darryl’s potentially lethal cancer,” said Dr. Siegert.

Because of treatment challenges posed by Darryl’s previous laser surgery, Dr. Siegert proposed a robotic-assisted laparoscopic radical prostatectomy using the da Vinci Xi surgical system at Franciscan Health Olympia Fields and Chicago Heights.

“The da Vinci Xi offers greater visualization and the ability to adequately achieve what we call negative margins, which is to ensure cancer cure,” Dr. Siegert said.

He added that patients generally return to normal activity more quickly following a one- or two-day hospital stay, with shorter catheterization time and much less blood loss when procedures are performed using the da Vinci Xi.

“Dr. Siegert took the time to explain everything,” Darryl said. “That made a big difference and made me much more comfortable.”

After his prostate and lymph nodes were removed, Darryl’s pathology confirmed that the prostate cancer was much worse than the original and subsequent biopsies indicated. Now, Dr. Siegert is confident that Darryl is free of prostate cancer and will not require any further treatment.

“The people at Franciscan Health said Dr. Siegert is a really good doctor, that he’s kind and really wants to help his patients,” Darryl said. “I’ve seen for myself that it’s true.”

James Siegert, DO, is a Specialty Physicians of Illinois urological surgeon, who chooses to practice at Franciscan Health Olympia Fields and Chicago Heights.

FREE Prostate Health Seminar • Tues., Oct. 18 • 6:00pm

Prostate Cancer Screenings: Who’s at Risk?

Presented by Dr. James Siegert

At this free seminar, learn about the pros and cons of prostate screening, and how to make an informed decision about whether or not to be screened.

Franciscan Health Olympia Fields
Auditorium • 20201 S. Crawford Ave., Olympia Fields
Enter at Crawford Ave. on NW side of campus. Parking lots 6 or 7.

SEATING IS LIMITED. Call 1-866-790-2229 or visit FranciscanHealth.org to register. FREE GIVEAWAYS for all attendees!
"A" is for A1C
The A1C blood test reveals what a patient’s average blood glucose level has been running over the past three months. The A1C helps determine if a patient’s diabetes is controlled. The American Diabetes Association recommends an A1C target of less than 7 percent. There are instances when we accept other A1C ranges depending on the patient’s age or other health factors.

We focus on the A1C because today’s glucose levels can affect a patient’s future health.

There are many factors to consider when the A1C is not at goal.

We review patients’ medications and ask if they are taking their medicines. There may be reasons why patients are not taking their medicines, including financial, side effects and misinformation. It is important to discuss these reasons to help them get back on track.

We review lifestyle habits. People with diabetes must monitor what they eat. Foods and drinks containing carbohydrates raise the blood sugar levels. We remind people that sugar-free does not mean carbohydrate-free. We encourage patients to read food labels, and to be better carbohydrate detectives so they are aware of what they are eating.

Physical activity is important. It is recommended for people to get at least 30 minutes of physical activity daily. Exercise helps glucose levels, but it can also improve weight, blood pressure and cholesterol.

“B” is for Blood Pressure
The target blood pressure for patient with diabetes is less than 140 over 90.

Maintaining target blood pressure levels can reduce the risk of kidney disease and stroke. This is important for patients with diabetes who are already at higher risk for these conditions.

“C” is for Cholesterol
People with diabetes have a high risk of heart disease. Keeping their cholesterol levels at goal can help lower their risk of developing heart disease. Cholesterol tests should be administered at least once every year for patients with diabetes.

The bad cholesterol or LDL level should be less than 100. While cholesterol or HDL should be greater than 40 in men, and greater than 50 in women. Triglycerides should be less than 150. We discuss treatment options with patients to help improve cholesterol levels when they’re not at goal.

Most importantly, the Franciscan Health Diabetes Center is here to help, with ongoing patient education and support. Call 708-679-2130.

Cheryl Boss, NP, is a Certified Diabetes Educator and Nurse Practitioner at the Franciscan Health Olympia Fields Diabetes Center.

We’re standing by.
Expanded Call Center Hours
Mon. – Fri., 7:30am to 10:00pm
Call 708-679-2370 to schedule your appointment.
Franciscan Health strives to deliver the highest level of patient care at all times. But sometimes changes in a patient’s status happen very quickly. Code Help is designed for these situations.

Implemented in July, Code Help empowers family or other visitors to call for emergency medical assistance when they see a sudden decline in a hospitalized patient’s condition.

**Reasons to Call the Code Help Team**

Patients and visitors are instructed to activate Code Help when they believe emergency medical assistance is needed. This can include a sudden, significant change in any of the following:

- Breathing
- Skin Color
- Consciousness
- Behavior
- Speech
- Movement (paralysis or seizure)
- Perspiration

We urge family members and other visitors not to activate Code Help for general questions about care, timing of medication, meal or drink requests, personal care needs, and any other non-emergency situations.

**How Code Help Works**

If a patient appears to be in crisis, visitors can dial 5555 from any hospital phone to immediately set Code Help into motion. The operator will broadcast “Code Help” as well as the room number over the intercom, alerting the Code Help team. Team members will also get alerts on their pagers.

The Code Help team consists of an ACLS certified critical care nurse, a respiratory therapist, the patient’s primary nurse, and the nursing unit manager or designee. This team will proceed to the patient’s room to assess whether or not there is a life-threatening situation and take necessary action.

It is essential that all Franciscan Health patients and their visitors are aware of Code Help and its purpose in order to take advantage of this potentially life-saving tool. We are spreading the word of this newly implemented program, and patients receive an instructional brochure about Code Help when they are admitted to the hospital. Wall signs and phone stickers are also displayed in patient rooms.

**Code Help Makes a Difference**

Other institutions across the nation have already seen the benefits of Code Help.

After one year of implementing this layer of patient safety at Pittsburgh Medical Center, 69 percent of the calls were related to and prevented potentially harmful situations. St. Joseph Medical Center in Maryland reported a decline in mortality rates within the first three months of implementation.

At Franciscan Health, quality care and patient safety are paramount. We’re proud to offer Code Help as a natural extension of this priority.

Mari Lynn Ross, RN, MSN, MSHA, MBA, CPHQ, is the Director of Clinical Integration, Quality and Regulation at Franciscan Health Olympia Fields and Chicago Heights.

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We’ve expanded our call center hours to make it easier for you to make an appointment with your Specialty Physicians of Illinois, LLC, surgeon or specialist.

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Call 708-679-2380
Mon.-Fri. 7:30am – 10:00pm
Since it opened in 2001, the Franciscan Fitness Center has been different. It’s much more than a 96,000 square-foot health club. Its warm, friendly and comfortable environment welcomes people of all ages, lifestyles and fitness levels from across Chicago’s Southland.

The Retiree
Louisa Hummel joined the Fitness Center within the first year it opened and now visits three or four times each week.

“I started taking the classes, and it changed my whole outlook,” Louisa said. Although you may find Louisa walking on the 1/8-mile indoor track or using some of the resistance training equipment, you’re most likely to find her in the group exercise classes, including aerobic, step and weight training classes. They motivate her, and she doesn’t like to miss her workouts.

“I enjoy coming here,” Louisa said. “The Fitness Center has a lot of things you can do...a lot of things for older people, too.”

The Couple
Kevin Wagner is a Chicago Heights firefighter/paramedic, who uses the Fitness Center free weights and track to build his strength and endurance to care for the sick or injured and fight fires.

His wife, Amy, is a second grade teacher in Steger, who uses circuit training equipment and the track to maintain her stamina. She has also lost 115 pounds since she joined in 2012.

Their two children, six year-old Jake and three year-old Aubrey, have been coming to the Fitness Center playroom since they were six months old.

“Theyir favorite people in the world are here,” Amy said. “It’s like a family here.”

The Amateur Bodybuilder
Jerry Bland is a 58 year-old amateur body builder who has seen a lot of health clubs and gyms. He was drawn to the Fitness Center because of its amenities.

“The Fitness Center is among the best facilities that I’ve been to,” Jerry said, who does his cardio exercise, uses the adjoining outdoor track and does some of his weight training here.

“If you’re just getting started working out, or getting back to working out, this is a great place where you’ll feel comfortable, and not at all intimidated,” he said. “It’s not a fashion show, a date scene or too intense. Most of the people who come here are pretty friendly.”

The fitness professionals at Franciscan Fitness Center are here to help everyone in Chicago’s Southland achieve their fitness goals. To learn more, and take a video tour, visit FranciscanFitnessCenter.com.
ladies NIGHT OUT

Party with a purpose!

THURSDAY, OCT. 20

Registration starts at 5:30 pm
Health Screenings – 6:00 to 7:00 pm
Dinner & Presentation – 7:00 pm

Odyssey Country Club
19110 S. Ridgeland Ave., Tinley Park

Admission Only $25! Your admission includes:

- Four-Course Dinner
- Relaxing 10-minute Chair Massages
- Invaluable Health Screenings 6:00pm - 7:00pm
  - Blood Glucose  • Bone Density  • BMI
  - Spirometry  • Blood Pressure
- Guest Speaker - Tracy DeGraaf

Tracy DeGraaf is an author, comedienne and mother of five sons who inspires people to make the best of every situation and laugh along the way. She’s engaging, entertaining, and combines humor with a motivational speaking style that audiences love. A breast cancer survivor, Tracy encourages people everywhere to embrace life’s rewards and life’s challenges with a hope-filled perspective.

- Meet Robin Jean, our Certified Bra Fitter
- Meet Ann Cuvala, RN, our Certified Patient Nurse Navigator

SPACE IS LIMITED. Register online today at FranciscanHealth.org/InspiringWomenSouthland
Reservations must be prepaid.
All reservations must be paid online.

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