Caesar Deleo, MD, Cardiology, is certified in Invasive Cardiology. He completed residency requirements at Lenox Hill Hospital in 1981. Dr. Deleo practices in Blauvelt and can be reached at (845) 627-0757.

Angela Shropshire, MD, Emergency, is certified by the American Board of Internal Medicine. She completed residency requirements at Lenox Hill Hospital in 1982. Dr. Shropshire practices in Blauvelt and can be reached at (845) 627-0757.

Fred Shau, MD, Medical Staff, completed residency requirements at Lenox Hill Hospital in 1981. Dr. Shau practices in Blauvelt and can be reached at (845) 627-0757.

Robert Koch, MD, Cardiology, is certified by the American Board of Internal Medicine. He completed residency requirements at Lenox Hill Hospital in 1981. Dr. Koch practices in Blauvelt and can be reached at (845) 627-0757.

Lilie Nazeri, MD, Internal Medicine, is certified by the American Board of Internal Medicine. He completed residency requirements at Lenox Hill Hospital in 1982. Dr. Nazeri practices in Blauvelt and can be reached at (845) 627-0757.

Kaoru Kuyzin, MD, Internal Medicine, is certified by the American Board of Internal Medicine. He completed residency requirements at Rockford Memorial Hospital in 1982. Dr. Kuyzin practices in Wauconda and can be reached at (847) 487-1705.

Normandy Omar, MD, Family Practice, is certified by the American Board of Family Physicians. She completed residency requirements at Swedish Covenant Hospital in 1988. Dr. Omar practices in Lindenhurst and can be reached at (847) 356-9300.

Fred Abels, MD, Cardiology, is certified by the American Board of Internal Medicine. He completed residency requirements at Rush University/Chicago Medical School in 1980. Dr. Abels practices in Northbrook and can be reached at (847) 356-9300.

Matthew Kim, MD, Hospitalist, completed residency requirements at Parkland Memorial Hospital in 1999. Dr. Kim practices in Evanston and can be reached at (847) 570-2280.

Cherylise Nager, MD, Neurology, completed residency requirements at University of Illinois/Chicago Medical Center in 1982. Dr. Nager practices in Northbrook and can be reached at (847) 487-1705.

Morning Nurse, MD, Family Practice, is certified by the American Board of Internal Medicine. He completed residency requirements at University of Pennsylvania School of Medicine in 1990. Dr. Nager practices in Northbrook and can be reached at (847) 487-1705.

Geetanjali Kelkar, MD, Rheumatology, is certified by the American Board of Internal Medicine. He completed residency requirements at University of Illinois/Chicago Medical Center in 2003. Dr. Kelkar practices in Glendale Heights and can be reached at (630) 575-2215.

Larry Shoemaker, MD, chief medical officer; Anne W. O, Marketing and Planning Department, and Guiseppi, Marketing coordinator; Mary Cassidy, Marketing project leader.

The information contained in this newsletter is intended to inform and educate about subjects pertinent to health and should not be interpreted as a personal consultation for a physician. © 2004, Printed in U.S.A.

Lake Forest Hospital would like to welcome the newest physicians to the staff.

Lake Forest Hospital congratulates those physicians who have been recognized for their accomplishments and those who have furthered their professional knowledge:

Neil Freedman, MD, delivered two lectures at the American College of Chest Physicians’ Sleep Medicine 2003 Conference in Scottsdale, Arizona. The topics were “Respiratory Problems in Sleep Related Sleep Disorders.” Dr. Freedman also was recently elected a Fellow of the American College of Chest Physicians.

Lake Forest Hospital

Ferris F. Sweeten, MD, Emergency, is certified by the American Board of Emergency Medicine. He completed residency requirements at Northwestern Memorial Hospital in 1959. Dr. Sweeten practices in Lake Forest.

Lake Forest Hospital Marketing and Planning Department 660 N. Westmoreland Road Lake Forest, IL 60045-9989

Marketing and Planning Department

U.S. Postal Service

Lake Forest Hospital

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Lake Forest Hospital

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Westmoreland Nursing Center Provides Exceptional Care

At the heart of the new facility, the Pussyfoot Prevention and Wellness Center captures the newest research and gathers all the eight specialities to help women design a personal, sustainable plan for optimal well-being. It all begins with a Health and Wellness Profile, which assesses the patient’s health and lifestyle.

Lake Forest Hospital’s Hunter Family Center for Women’s Health also offers:
- Waud Family Maternity Services featuring a special-care nursery/Level II with extended capabilities, Children’s Memorial Hospital pediatricians on site for assistance, all private postpartum rooms, and more comfortable facilities for new fathers’ overnight stays
- A women’s boutique for cancer patients’ needs and lactation supplies
- Child-care service for women with appointments in the center

Completion of the women’s health center signals the start of a $4 million renovation project in the main hospital building:

Hunter Family Center for Women’s Health

Phone Numbers

Breast Care Center: (847) 535-8284
Maturity Services:

Prevention & Wellness Center: (847) 535-8500
Women’s Education Coordinator: (847) 535-5162
Women’s Health Boutique: (847) 535-8712

Once again, Lake Forest Hospital is a grand sponsor of the Liberty Prairie Conservancy’s bicycling event. The eighth annual Prairie Pedal will take place on Sunday, May 16.

Participants can bicycle through miles of woodlands, prairies and rolling farm country—beginning and ending at Lake Forest Hospital’s new Outpatient & Acute Care Center in Grayslake, just north of the Prairie Crossing subdivision. Routes of varying lengths (5 miles, seven miles or four miles) are available. The two shorter rides are family-oriented events entirely on crushed limestone bike trails winding through Prairie Crossing and the nearby Liberty Prairie Preserve. The 15-mile route will include some street riding through quaint and picturesque Grayslake.

Registration begins at 8:30 a.m. for the 15-mile ride and at 10 a.m. for the two shorter rides. A catered pasta lunch and family-oriented entertainment at Prairie Crossing’s Byron Colby Barn are included.

To register, or for more information, contact Nathan Aasberg at (847) 548-0980, Ext. 30, or email n.aasberg@libertyprairie.org.

Former Grayslake Mayor Joins Lake Forest Hospital Board in December

Pat Carey, who served as mayor of Grayslake from 1993 to 2001, was one of four new members seated at the table of the Lake Forest Hospital Board of Directors. Also beginning their new terms in December were Lake Forest residents Todd Altvater, Ronal Irvine and Forrest Whittaker.

Carey is the senior vice president and chief information officer for World Travel HFT, a large travel agency based in Atlanta. Carey and her family reside in Grayslake.

Altvater is vice president of Allstate Insurance, a Lake Bluff-based residential and commercial real estate development firm. He is no stranger to the Lake Forest Hospital Board of Directors, having served for the past several years as a community member on its Facilities and Grounds Committee.

Irvine is the founder and president of Irrinsed, a Lake Bluff-based marketing consulting firm. The firm specializes in marketing research and management consulting for pharmaceutical, medical and biotechnology companies.

Whittaker is president and chief operating officer of Teleflex Medical, a $600 million diversified medical device and medical services enterprises. Previously, he held executive positions at Tyco Healthcare, Paulus Health Management Services, Inc., Baxter Healthcare Corporation, and American Hospital Supply.

First Birth at Lake Forest Hospital

First Twins Arrive a Few Hours Later

All babies born at Lake Forest Hospital are special, but this one was especially special. Cecilia Cazares-Caruthers was the first baby to be born in the maternity department’s new home, Waud Family Maternity Suites, in the Hunter Family Center for Women’s Health.

Weighing 7 pounds, 3 ounces, Cecilia was born at 7:26 a.m. on Jan. 28. This was the first day the maternity department was fully operational in its new home, having completed the move from its former location in the main hospital.

Cecilia is the first child of parents Elia Cazares and Kyleen Caruthers, of Wadsworth. Even though a lot of firsts were involved, the new parents agreed everything went well. Caruthers said the accommodations for new families were fantastic. He said, “The rooms are very homey. It doesn’t seem like you’re in the hospital.” Cazares described her experience this way: “It wasn’t the pain, it would be like being on vacation.”

The parents received a special floral arrangement and gift basket from the hospital to celebrate the first birth in the new maternity department.

That’s not all. There were more firsts on Jan. 28. About five hours after Cecilia was born, the first set of twins was delivered in Waud Family Maternity Services. Benjamin Ravencraft arrived at 12:41 p.m., weighing 5 pounds, 12 ounces. A minute later, his sister, Chloe, was born, weighing 5 pounds, 13 ounces. They are the first children for parents Joshua and Diane Ravencraft of Vernon Hills.

Lake Forest Hospital’s new maternity center is named after lifelong Lake Forest residents Marvin and Anne Wad in recognition of the generous donation they made on behalf of their family.

The Wads view their gift to the hospital as an exciting and rewarding opportunity to help support new life.

First birthday in the maternity department’s new home at Lake Forest Hospital arrived about five hours after the first baby was born. Parents Joshua and Diane Ravencraft, of Vernon Hills, are pictured with son, Benjamin, and daughter, Chloe.

Elia Cazares and Kyleen Caruthers, of Wadsworth, are the parents of the first baby born in Lake Forest Hospital’s new women’s health center. Cecilia Cazares-Caruthers was born on Jan. 28.

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Elia Cazares and Kyleen Caruthers, of Wadsworth, are the parents of the first baby born in Lake Forest Hospital’s new women’s health center. Cecilia Cazares-Caruthers was born on Jan. 28.
Graylake Facility Open House continued... 

women’s health services will include ultrasound and bone densitometry.

Physicians’ offices will be located on the second and third floors of the Outpatient & Acute Care Center, which is situated on a 44-acre parcel with room for planned expansions that would offer additional services. “A very much needed health-care facility,” is how Graylake Mayor Timothy Perry described the acute care center in his remarks at the groundbreaking ceremony in October 2002. Lake Forest Hospital President Bill Ries said, “The Graylake facility will bring state-of-the-art medical care to central Lake County.”

Westmoreland Nursing Center Provides Exceptional Care

Is it time for someone you know to consider moving to a nursing home? If so, you can be assured that the care received at Westmoreland will be both outstanding and compassionate. This 88-bed nursing home is conveniently located to Lake Forest Hospital and the physicians’ office buildings located on the hospital’s campus through connecting corridors. Westmoreland offers both Medicare and private-pay beds for either short- or long-term admissions.

As you may know, the long-term care industry is experiencing high staff turnover rates. However, the dedicated staff at Westmoreland has been providing the same quality care for years. Its 21 registered nurses have an average length of employment of nearly 15 years. Westmoreland is proud of the longevity of its employees’ service and their dedication to the care of its residents.

If you would like more information about the Westmoreland Nursing Center, please contact Harriet Goldberg, marketing coordinator, at (847) 535-6797 or lgo@lakeforesthospital.com.

Former Grayslake Mayor Joins Lake Forest Hospital Board in December

Pat Carey, who served as mayor of Grayslake from 1993 to 2001, was one of four new members seated on the board of the Lake Forest Hospital Board of Directors. Also beginning their new terms in December were Lake Forest residents Todd Altounian, Ronald Irvine and Forrest Whittaker.

Carey is the senior vice-president and chief information officer for World Travel RHT, a large travel agency based in Atlanta. Carey and her family reside in Grayslake.

Altounian is vice president of Altounian Builders, a Lake Bluff-based residential and commercial real estate development firm. He is no stranger to the Lake Forest Hospital Board of Directors, having served for the past several years as a community member on its Facilities and Grounds Committee.

Irving is the founder and president of Bannockburn-based Irvine Consulting, Inc. The firm specializes in marketing research and management consulting for pharmaceutical, medical and biotechnology companies. Whittaker is president and chief operating officer of Teleflex Medical, a 6,000 million diversified medical device and medical services enterprise. Previously, he held executive positions at Tyco Healthcare, Pauco Health Management Service, Inc., Baxter Healthcare Corporation, and American Hospital Supply.

2004 Prairie Pedal Routes Begin and End at LFH’s Grayslake Facility

First Birth at Lake Forest Hospital’s New Women’s Health Center

First Twins Arrive a Few Hours Later

Lake Forest Hospital Director of Women’s Wellness Appointed

Elsa Cazares and Kikileen Carothers, of Wadsworth, are the parents of the first baby born in Lake Forest Hospital’s new women’s health center. Elsa Cazares-Carothers was born on Jan. 28.

Weighing 7 pounds, 3 ounces, Cecilia was born at 7:20 a.m. on Jan. 28. This was the first day the maternity department was fully operational in the new home, having completed the move from its former location in the main hospital.

Cecilia is the first child of parents Elsa Cazares and Kikileen Carothers, of Wadsworth. Even though a lot of firsts were involved, the new parents agreed everything went well. Carothers liked the new accommodations for new fathers. He said, “The rooms are very homey. It doesn’t seem like you’re in the hospital.” Cazares described her experience this way: “If it wasn’t for the pain, it would be like being on vacation.”

The parents received a special floral arrangement and gift basket from the hospital to celebrate the first birth in the new maternity department.

That’s not all. There were more firsts on Jan. 28. About five hours after Cecilia was born, the first set of twins was delivered in Wadsworth by Carol Morrison and Anna Weid in recognition of the generous donation they made on behalf of their family.

The Weid’s view their gift to the hospital as an exciting and rewarding opportunity to help support new life.

The first babies born in the maternity department’s new home at Lake Forest Hospital arrived about five hours after the first baby was born there. Parents Joshua and Diane Ravenstorf, of Vernon Hills, are pictured with son, Benjamin, and daughter, Chloe.
Spin-a-Thon Will Again Benefit New Women’s Health Center

Fettucini with the Ferraris, Manicotti with the Maserasi

Springtime Weight-Management Tips
by Edye Wagner, MD, CDN

I am writing this while it is cold and snowing outside. If you read this, I hope that spring weather has started to arrive. Warmer temperatures mean it’s time to shed the layers of clothing that kept us warm during the winter. For most of us, spring is a time to get into better shape, perhaps to shed some extra pounds we gained during the winter.

“What is the right diet for me?” That is a common question. Each of us is different, and we each have different needs. There is no single diet that is right for everyone, but the following tips can help you design your own plan for weight management and good health.

Know what your body needs. Remember, weight loss occurs only when you take in fewer calories than you burn. The number of calories you burn can be estimated or calculated. Lake Forest Hospital has a device that measures the calories you burn at rest. This service is available through the nutrition department.

Instead of setting a weight goal, focus on behaviors you can change. Set one or two behavior goals per week. For example, “I will not eat a snack after dinner.” Include an activity or exercise goal as well. Make sure your goals are attainable.

Focus on good health and eat healthy foods. These can help improve your health and even increase your longevity. What good is being thin if you are not well enough to enjoy it?

Turn to a health professional for help. If you are not sure how to start your weight-management plan, or if you get stuck in the middle of the process, ask your physician for recommendations or consult with a dietitian.

Lake Forest Hospital provides outpatient nutrition counseling, including comprehensive programs for diabetes, cancer, women’s nutritional needs, and weight management for adults and children. These programs provide education as well as coaching. Call (847) 535-6176 for more information.

The Department Chairmen at Lake Forest Hospital

Five new department chairmen began their duties at Lake Forest Hospital in late January, following approval by the Board of Directors.

Robert Hartman, MD, is the new chairman of the Department of OB/GYN. Dr. Hartman received his medical degree from the University of Illinois in 1971 and completed residency requirements at the U.S. Naval Hospital in Portsmouth, Va. He is in private practice with an office in Lake Forest. Thomas Mientus, MD, is the new chairman of the Department of Pathology. Dr. Mientus is a 1990 graduate of Rush Medical College in Chicago. He completed residency requirements at Rush Presbyterian-St. Luke’s Medical Center. Dr. Mientus is in practice at Lake Forest Hospital and is the former department vice chairman.

James Krakora-Looby, MD, is the new chairman of the Department of Pediatrics. Dr. Krakora-Looby is a 1987 graduate of Rush Medical College in Chicago. He completed residency requirements at Rush Presbyterian-St. Luke’s Medical Center. Dr. Krakora-Looby is in private practice with an office in Grayslake and is the former department vice chairman.

Peter Baumgartel, MD, is the new chairman of the Department of Radiology. Dr. Baumgartel received his medical degree from Northwestern University Medical School, where he also completed his residency requirements. Dr. Baumgartel, who specializes in otorhinolaryngology with offices in Lake Forest and Gurnee, is the former department vice chairman.

Allen Carlini, MD, is the new chairman of the Department of Surgery. Dr. Carlini is a 1987 graduate of Northwestern University Medical School, where he also completed his residency requirements. Dr. Carlini, who specializes in otorhinolaryngology and head and neck surgery, is the former department vice chairman.

Two Lake Forest Hospital department chairmen remain the same this year. They are Department of Anesthesiology Chairman George Hefner, MD, and Department of Pathology Chairman Mark Bitstein, MD.

CareCoach Launches Partnership with Walgreens

The new year marked the beginning of a new venture for Lake Forest Hospital’s mobile health clinic. The CareCoach made its first stop at a Walgreens store, in Zion, in late January. In addition to Zion, the CareCoach will be making regular monthly visits to Walgreens locations in Waukegan (Belvedere and Lewis), Grayslake (Washington and Route 83) and Lake Villa (Grand and Milwaukee).

The Lake Forest Hospital CareCoach travels throughout Lake County providing free screenings, counseling with a registered nurse, immunizations and referrals. For more information, visit the CareCoach schedule, call (847) 535-4709 or visit the hospital’s Web site at lakeforesthospital.com.

Swarthout New Lake Forest Hospital Board Chairman

Thomas Swarthout became chairman of the Lake Forest Hospital Board of Directors at its Jan. 20 meeting. The Lake Forest resident and native succeeds James Glasser, who retires after 13 years of board service—the last three as chairman.

Swarthout, who owns and operates his own real estate development business, The Highview Group, has been a member of the board since 1997. He is currently serving his first term on the Lake Forest City Council. LFH President Bill Ries says, “Because of Tom’s long association in the community and service in a number of leadership roles, he is ideally suited for his new role on the hospital’s Board of Directors.”

The Lake Forest Hospital Board also elected three new members at its Jan. 20 meeting. They are AI Moschler, of Lake Forest, Michael Bauer, MD, of Buffalo Grove, and Debbie Suran, of Lake Forest. Moschler is a vice president of Vernon Public Communications, Dr. Bauer, a Lake Forest-based pediatrician, is the new president of the Lake Forest Hospital Medical Staff, and Suran is vice president of the hospital’s Women’s Auxiliary.

New Medical Staff Officers at Lake Forest Hospital

Michael Bauer, MD, is the new president of the medical staff at Lake Forest Hospital. Dr. Bauer, a practicing pediatrician at the hospital’s staff since 1988, began his two-year term in January. He was elected by members of the Lake Forest Hospital medical staff at their annual meeting in December. Dr. Bauer has previously served as chairman of the Department of Pediatrics, secretary/treasurer of the medical staff and vice president of the medical staff. He is a graduate of Lake Forest Pediatrics, the largest and oldest pediatric group affiliated with Lake Forest Hospital. Dr. Bauer completed his medical education at the University of Illinois College of Medicine, and internship and residency requirements at Lutheran General Hospital. He resides in Buffalo Grove with his wife, Sheryl, and their children.

The new medical staff vice president is John Andrews, MD, a surgeon with an office in Lake Forest. He moves up from secretary/treasurer. The new secretary/treasurer is Joseph Imperato, MD, a radiation oncologist at Lake Forest Hospital.

Fettucini with the Ferraris, Manicotti with the Maserasi

It will be pasta with a purpose at a community-wide benefit on Saturday, May 1, at the Lake Forest Health & Fitness Center (HFVC), 1200 N. Westmoreland Road. Proceeds from this second annual event will benefit the new Hunter Family Center for Women’s Health at Lake Forest Hospital.

The event will be held outdoors, weather permitting, and participants can spin for up to five hours with five different certified HFC instructors. It’s open to the general public and provides a good opportunity for men and women to find out what spinning is all about. Each one-hour session will be similar to an actual spin class and workout.

There will be no registration fee this year. Instead, participants will be asked for a donation. They will get a spin-a-thon T-shirt and a chance to win some raﬄe prizes.

For more information, or to sign up to spin, call Marie Pearson at the Lake Forest Health & Fitness Center, (847) 535-7647.
Springtime Weight-Management Tips by Edye Wagner, MD, LDN

I am writing this while it is cold and snowing outside. If you read this, I hope that spring weather has started to arrive. Warmer temperatures mean it’s time to shed the layers of clothing that kept us warm during the winter. For most of us, spring is a time to get into better shape, perhaps to shed some extra pounds we gained during the winter.

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Lake Forest Hospital provides outpatient nutrition counseling, including comprehensive programs for diabetes, cancer, women’s nutritional needs, and weight management for adults and children. These programs provide education as well as coaching. Call (847) 535-6176 for more information.

We encourage you to submit questions for our dietitians to answer in future editions. Send your questions to Edye Wagner at ewagner@lakeforesthospital.com.

Tickets: $85 per person

Lake Forest Sportscars, Ltd showroom in Lake Bluff. It will be pasta with a purpose at a community- benefit the new Hunter Family Center for Women’s Health at Lake Forest Hospital.

Experienced and first-time spinners alike are invited to participate in a spin-a-thon from 7:30 a.m. to 1 p.m. on Saturday, June 5, at the Lake Forest Health & Fitness Center (HFVC), 1200 N. Westmoreland Road. Proceeds from this second annual event will benefit the new Hunter Family Center for Women’s Health at Lake Forest Hospital.

There will be no registration fees this year. Instead, participants will be asked for a donation. They will get a spin-a-thon T-shirt and a chance to win some raffle prizes.

Fettuccini with the Ferraris, Manicotti with the Maseratis’ display in this spectacular venue. All proceeds will support the run-walk.

May 1, 2004 6:30 p.m.
Lake Forest Sportscars, Ltd.
500 North Shore Drive, Lake Bluff, IL
Tickets: $85 per person

For more information, please call the LFH Office of Philanthropy at (847) 535-6111.

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Lake Forest Hospital Board Chairman
Upcoming Events for Your Health, Fitness and Wellness

Clinical Diagnoses and Treatments

Family Life

CPR and First Aid Classes

Support Groups

55+ Healthy Aging

Wellness and Prevention

Anxiety

Maternity Programs

The following childbirth courses and related educational programs are open to the community.

- Yoga Baby
- Prenatal Yoga
- Childbirth Preparation
- Newborn Care Basics
- Preparation for Breastfeeding
- Infant CPR and Safety
- Sibling Preparation
- Newborn Care for the Older Sibling
- Surviving Motherhood
- Spring Training for Dads
- Infant Massage
- Baby’s First Year Series

New Programs!

Holistic Childhood Class
- Childhood health, mind, body and spirit. The holistic approach to childhood education seeks to integrate these by providing information about your child’s needs and how to prepare your body and meditations to nurture your spirit. Join us for an interactive exploration of this wonderful journey!

Beyond Baby Blues
- Learn the difference between normal baby blues and postpartum depression. Take this class prenatally or after delivery. At the end of this class you will have the signs and symptoms of postpartum depression and will know what resources are available to assist you.

What’s Next for Me? Changing Times, Changing Bodies
- Premature girls (ages 9 to 12) learn about how their bodies will change as they grow older. This three-hour class, offered once a month on Saturdays at the Lake Forest Hospital’s Health Education Center, includes the physical, emotional, and social aspects of puberty. Moms will get advice on guiding their daughters through adolescence and beyond. The $30 fee per mother-daughter team includes a nutritious breakfast.

Newborn Hotline
- Help is only a phone call away. Call toll free (847) 535-6561, 24 hours a day, seven days a week to talk to a registered nurse.

Lactation and Breastfeeding Support Group
- For breastfeeding questions and concerns or to register for the Breastfeeding Support Group, call the Lactation Center at Lake Forest Hospital, (847) 535-6682, to speak to a breastfeeding expert.

Anxiety

Screenings on May 5 to Observe National Anxiety Disorders Awareness Day
- Lake Forest Hospital’s new prevention and wellness center will observe National Anxiety Disorders Day on May 5 by offering an informative program and brief screenings by a psychologist. Mental health support and education are extremely important in helping people cope with stress. For more information about the program and to register, call (847) 535-6142. The program is free, but space is limited.

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New Programs!

Holistic Childhood Class
- Childhood health, mind, body and spirit. The holistic approach to childhood education seeks to integrate these by providing information about your child’s needs and how to prepare your body and meditations to nurture your spirit. Join us for an interactive exploration of this wonderful journey!

Beyond Baby Blues
- Learn the difference between normal baby blues and postpartum depression. Take this class prenatally or after delivery. At the end of this class you will have the signs and symptoms of postpartum depression and will know what resources are available to assist you.

What’s Next for Me? Changing Times, Changing Bodies
- Premature girls (ages 9 to 12) learn about how their bodies will change as they grow older. This three-hour class, offered once a month on Saturdays at the Lake Forest Hospital’s Health Education Center, includes the physical, emotional, and social aspects of puberty. Moms will get advice on guiding their daughters through adolescence and beyond. The $30 fee per mother-daughter team includes a nutritious breakfast.

Newborn Hotline
- Help is only a phone call away. Call toll free (847) 535-6561, 24 hours a day, seven days a week to talk to a registered nurse.

Lactation and Breastfeeding Support Group
- For breastfeeding questions and concerns or to register for the Breastfeeding Support Group, call the Lactation Center at Lake Forest Hospital, (847) 535-6682, to speak to a breastfeeding expert.

Anxiety

Screenings on May 5 to Observe National Anxiety Disorders Awareness Day
- Lake Forest Hospital’s new prevention and wellness center will observe National Anxiety Disorders Day on May 5 by offering an informative program and brief screenings by a psychologist. Mental health support and education are extremely important in helping people cope with stress. For more information about the program and to register, call (847) 535-6142. The program is free, but space is limited.

Maternity Programs

The following childbirth courses and related educational programs are open to the community.

- Yoga Baby
- Prenatal Yoga
- Childbirth Preparation
- Newborn Care Basics
- Preparation for Breastfeeding
- Infant CPR and Safety
- Sibling Preparation
- Newborn Care for the Older Sibling
- Surviving Motherhood
- Spring Training for Dads
- Infant Massage
- Baby’s First Year Series

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**Upcoming Events for Your Health, Fitness and Wellness**

**Clinical Diagnostics and Treatments**

- **Anxiety**
  - Stress Management: The Art of Listening
    - Date: Tuesday, May 4
    - Time: 7 to 9 p.m.
    - Registration: call (847) 535-6112
  - Lung Disease Counseling
    - Date: Tuesday, May 4
    - Time: 7 to 9 p.m.
    - Registration: call (847) 535-6112

- **Support Groups**
  - Breast Cancer Support Group
    - Date: Saturday, June 5
    - Time: 9 a.m. to noon
    - Registration: call (847) 535-6112
  - Bereavement and Grief Support Group
    - For specific dates and more information, call Hospice Partners, (800) 994-9400.
  - New Programs!
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- **Maturity Programs**
  - New Programs!
    - Holistic Childhood Class
      - Childbirth prepares mind, body and spirit. The holistic approach to childbirth education seeks to integrate these by providing information about your personal health, medical care/medical industry. Instruction will include free skin cancer screenings at various locations and dates during the month of May.
      - Call (847) 535-6176 for more information.
    - Beyond Baby Blues
      - Learn the difference between normal baby blues and postpartum depression. Take this class prenatally or after delivery. At the end of this class you will be able to identify the signs and symptoms of postpartum depression and will know what resources are available to assist you.
    - What’s Next for Me? Changing Times, Changing Bodies
      - Prenatally or postpartum (ages 9 to 12) learn about how their bodies will change as they grow older.
      - This three-hour course, offered once a month in the Lake Forest Hospital’s Health Education Center, includes the physical, emotional and social aspects of puberty. Moms will get advice on guiding their daughters through adolescence and beyond. The $30 fee per mother-daughter team includes a nutritious breakfast.

**CPR and First Aid Classes**

- **CPR: Save a Life**
  - Learn infant, child and adult CPR through the American Heart Association Pediatric and Heart disease curriculum. Participants receive a free CPR kit with their course.
  - Most frequently used emergency health care tasks and symptoms that are unique to women, available treatments, and prevention.
  - Call (847) 535-6112

- **Healthcare Provider CPR**
  - Lake Forest Hospital is now offering healthcare provider CPR classes for individuals who need CPR to fulfill a job requirement in the health-care/medical industry.
  - Instruction will include adult, infant and child CPR with AED and ART.
  - Fee: $35
  - Date: Saturday, June 5
  - Time: 9 a.m. to 2 p.m.
  - Registration: call (847) 535-6112

- **Community First Aid**
  - Instruction includes first aid for bleeding, broken bones, insect bites, sudden illnesses, and a variety of other injuries. This course does not include CPR.
  - Fee: $25
  - Date: Saturday, April 3
  - Time: 9 a.m. to noon
  - Registration: call (847) 535-6112

- **Healthy Cooking Class**
  - Join us for quick and healthy menu ideas. This group program will help you succeed in customizing your weight-loss program. Learn more info at lakeforesthospital.com.
  - Date: Wednesday, May 5
  - Time: 7 to 9 p.m.
  - Registration: call (847) 535-6112

**Wellness and Prevention**

- **LEAN Classes**
  - This program combines the latest information on nutrition, exercise, and behavioral change. Members receive an exercise pass to use the HFC facility while enrolled in the program.
  - Dates/time: Tuesdays, April 13 to June 6, 6:30-8 p.m.
  - Instructor: Marcia Leary, MD
  - Fee: $85 HFC members, $87 non-members
  - Registration: call (847) 535-7000

**Wellness Programs**

- **Alzheimer’s Support Group**
  - For information, call (847) 535-6764.

- **Breast Cancer Support Group**
  - More info at lakeforesthospital.com.
  - Registration: call (847) 535-6112

- **Healthy Eating Workshop**
  - The Carbohydrate Craze
    - Low-carb is the newest buzzword. What should you know and how should you incorporate carbohydrates into your meal plan?
    - Date: Monday, April 19
    - Time: 7 to 8 p.m.
    - Registration: call (847) 535-7000
  - **Women’s Health**
    - Are you a stress eater? Have the pounds slowly crept on with age?
    - This two-part workshop explores how toxic stress can lead to weight gain with age.
    - Participants will develop a personal action plan for positive behavior change.
    - Fee: $50 HFC members, $75 non-members
    - Dates: April 13 and 20
    - Time: 7 to 9 p.m.
    - Instructor: Ann Howland, MS, and Louise Levy, RN, MPH, LNC
    - Registration: call (847) 535-7000

- **Anxiety**
  - Stress Awareness Month: The Art of Listening
    - Robert Bruch, MD
    - In-person: 7 to 9 p.m.
    - Registration: call (847) 535-6112
  - **Women’s Health**
    - Getting To The Heart Of It: Women and Heart Disease
      - Heart disease is number one killer of women.
      - This program is for women of all ages.
      - Date: Tuesday, April 13
      - Time: 7 to 9 p.m.
      - Registration: call (847) 535-7000

- **Wellness and Prevention**
  - **LEAN Classes**
    - The LEAN (Low Energy Active and Nutritious) classes will continue to meet on Tuesdays, April 13 to June 6, 6:30-8 p.m. The focus of the program will be on personal health, fitness, nutrition and lifestyle changes.
    - Date/time: Tuesdays, April 13 to June 6, 6:30-8 p.m.
    - Registration: call (847) 535-7000

- **Fitness and Nutrition**
  - **Healthy Cooking Class**
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    - Time: 7 to 9 p.m.
    - Registration: call (847) 535-6112

- **Bereavement and Grief Support Group**
  - More info at lakeforesthospital.com.
  - Registration: call (847) 535-6112

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  - Registration: call (847) 535-6112

- **Osteoporosis Care**
  - This multidisciplinary program incorporates the latest in nutrition information. It offers personalized instruction in exercise options and the most current information in hormone replacement therapy (HRT) and alternative treatment methods.
  - Fee: $45
  - Dates: Tuesday, May 7, then successive Tuesdays and Thursdays, May 10 to 26 (six sessions)
  - Time: 1 to 3 p.m.
  - Registration: call (847) 535-7550

- **Menopause Management: New Options**
  - Join OB/GYN Karen Mass, MD, as she discusses the latest information on hormone replacement therapy (HRT) and alternative treatment methods.
  - Fee: $45
  - Dates: Tuesday, June 7
  - Time: 7 to 9 p.m.
  - Registration: call (847) 535-7000

- **Pre-adolescent girls (ages 9 to 12) learn about the physical, emotional and social aspects of puberty.
  - Date: Tuesday, April 13
  - Time: 7 to 9 p.m.
  - Registration: call (847) 535-7000

- **Weight Loss and Stress Management**
  - Customized weight-loss program. Options to help you not only lose weight, but also maintain a healthy weight.
  - The Health & Fitness coalition of professionals will answer your questions.
  - Date: Tuesday, April 6
  - Time: 7 to 9 p.m.
  - Registration: call (847) 535-7000

- **Low Waste and Keep It Off**
  - Join Melinda Atienza, MD, for just the facts about the obesity epidemic, why diets don’t work, and how to lose weight and keep it off.
  - Date: Wednesday, April 14
  - Time: 7 to 9 p.m.
  - Registration: call (847) 535-7000

- **Diabetes Education Programs**
  - Facilitated by Louise Levy, RN, MPH, LNC, this program meets for interactive education and discussion.
  - Continuing dinner/dance over dinner (optional) follows at the Point Cafe.
  - Date: Wednesday, April 14, May 12, June 9
  - Time: 5 to 6 p.m.
  - Registration: call (847) 535-7000

- **Postpartum Depression**
  - Join OB/GYN Karen Mass, MD, as she discusses the latest information on hormone replacement therapy (HRT) and alternative treatment methods.
  - Fee: $45
  - Dates: Tuesday, June 7
  - Time: 7 to 9 p.m.
  - Registration: call (847) 535-7000
Caesar Deleo, MD, Cardiology, is certified by the American Board of Internal Medicine. He completed residency requirements at Louis Weiss Memorial Hospital in 1974. Dr. Deleo practices in Skokie and can be reached at (847) 675-1663.

Mary Shropshire, MD, Emergency Medicine, is certified by the American Board of Emergency Medicine. She completed residency requirements at Northwestern Memorial Hospital in 1999. Dr. Shropshire is in practice at Lake Forest Hospital.

OB/GYN, is certified by the American Board of Obstetrics and Gynecology. He completed residency requirements at Detroit Receiving Hospital in 1998. Dr. Tijunelis practices in Libertyville and can be reached at (847) 968-2401.

Misha Garg, MD, Internal Medicine, is certified by the American Board of Internal Medicine. He completed residency requirements at Barnes-Jewish Hospital/Washington University School of Medicine in 1998. Dr. Trobee practices in Vernon Hills and can be reached at (847) 968-2300.

Fahd Jajeh, MD, the American Board of Internal Medicine. He completed residency requirements at Cook County Hospital in 1984. Dr. Jajeh practices in Gurnee and can be reached at (847) 360-8440.

J. William Benge, MD, Hospitalist, is certified by the American Board of Internal Medicine. He completed residency requirements at Lutheran General Hospital in 1982. Dr. Kuyzin practices in Wauconda and can be reached at (847) 487-1705.

Larry Shoemaker, MD, chief medical officer; Anne W. O

Barrie Fromme, Marketing coordinator; Mary Carmody, Marketing project leader.

Lake Forest Hospital congratulates those who are on the medical staff of Lake Forest Hospital.

The Health Report is published by Lake Forest Hospital’s Marketing and Planning department. Larry Shoemaker, MD, chief medical officer; Anne W. O’Connell, Marketing and Planning director; Barrie Fromme, Marketing coordinator; Mary Carmody, Marketing project leader.

The information contained in this newsletter is intended to inform and educate about subjects pertinent to health and should not be interpreted as a personal consultation for a specific individual.

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