Medical Staff News
Lake Forest Hospital would like to welcome its newest physicians to the staff:

Breanda Affatemi, MD, Internal Medicine, is certified by the American Board of Internal Medicine. She completed residency requirements at Lutheran General Hospital in 1996. Dr. Affatemi practices in Long Grove and can be reached at (847) 718-2219.

Angelina Belli, MD, Respiratory Diagnostic Medicine, is certified by the American Board of Internal Medicine. She completed residency requirements at Loyola University Medical Center in 1992. Dr. Belli practices in Highland Park and can be reached at (847) 596-6181.

Debra Richmon, MD, Internal Medicine, is certified by the American Board of Internal Medicine. She completed residency requirements at Rush Presbyterian St. Luke’s Medical Center in 1988. Dr. Richmon practices in Highland Park and can be reached at (847) 433-1060.

June Bonacci, MD, Obstetrics and Gynecology, is certified by the American Board of Obstetrics and Gynecology in 1996. Dr. Bonacci practices in Evanston and can be reached at (847) 570-2620.

Arnold Goldstein, MD, Pediatrics, is certified by the American Board of Pediatrics. He completed residency requirements at Bellevue-NYU Medical Center in 1989. Dr. Goldstein practices in Highland Park and can be reached at (847) 412-8422.

Mohith Gupta, MD, Internal Medicine, is certified by the American Board of Internal Medicine. She completed residency requirements at Roswell Park Memorial Institute in 2001. Dr. Gupta practices in Buffalo Grove and can be reached at (847) 834-6214.

Stephan Hagerty, MD, General Surgery, is certified by the American Board of Surgery. He completed residency requirements at Rush University Medical Center in 2001. Dr. Hagerty practices in Highland Park and can be reached at (847) 431-5900.

Foon Luchaire, MD, Emergency Medicine, is certified by the American Board of Internal Medicine. He completed residency requirements in emergency medicine at Northwestern University Affiliated Medical Center in 2001. Dr. Luchaire is in practice at Lake Forest Hospital and can be reached at (847) 535-4510.

Monica Maliekel, MD, Obstetrics and Gynecology, is certified by the American Board of Obstetrics and Gynecology in 1998. Dr. Maliekel practices in Highland Park and can be reached at (847) 913-9434.

Joseph Maser, MD, Internal Medicine, is certified by the American Board of Internal Medicine. He completed residency requirements at University of Illinois in 2003. Dr. Maser practices in Highland Park and can be reached at (847) 535-4510.

Gustavo Rodriguez, MD, Gynecologic Oncology, is certified by the American Board of Obstetrics and Gynecology in 2001. Dr. Rodriguez practices at University of Illinois at Chicago. Dr. Rodriguez is in practice in Evanston and can be reached at (847) 573-2078.

Kari Tannehill, MD, Internal Medicine, completed residency requirements at University of Florida/ Florida International University in 2001. Dr. Tannehill practices in Highland Park and can be reached at (847) 462-4442.

Lake Forest Hospital would like to congratulate these physicians who have been inducted for their accomplishments and their roles who have furthered their professional knowledge.

Lake Forest Hospital is accredited as a Level II-III Pediatric Outpatient Surgery Center by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO). Lake Forest Hospital has 508 licensed beds and provides a wide range of services including extensive primary, secondary, and emergency care. Lake Forest Hospital is a teaching hospital and provides an environment that supports continuing education and research.

Lake Forest Hospital hosts the Lake Forest Hospital Foundation, a non-profit organization that provides funding for the hospital’s relocation and expansion. The Lake Forest Hospital Foundation has provided funding for the construction of the new hospital building, which opened in 2004.

Lake Forest Hospital is fully accredited by the Joint Commission on the Accreditation of Healthcare Organizations (JCAHO) and is a member of the American Hospital Association (AHA). Lake Forest Hospital is a teaching hospital with affiliations with Rush University Medical Center and the Cleveland Clinic Foundation.

Lake Forest Hospital is supported by a strong community and is a major employer in the Lake Forest area. The hospital is committed to providing high-quality care to its patients and to promoting the health of the community it serves.

Lake Forest Hospital is a member of the Lake County Health Department and is a founding member of the Lakeview Regional Health System (LRHS). LRHS is a group of healthcare providers in Lake County that work together to improve the health of the community.

Lake Forest Hospital is a recognized leader in patient safety and quality improvement. The hospital has received numerous awards and recognition for its work in improving patient care and safety.

Lake Forest Hospital is also a member of the Lakeview Regional Health System (LRHS). LRHS is a group of healthcare providers in Lake County that work together to improve the health of the community. LRHS is a founding member of the Lakeview Regional Health System (LRHS). LRHS is a group of healthcare providers in Lake County that work together to improve the health of the community.

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Libertyville Woman is LFH’s Volunteer of the Year

Method is designed to promote
Method: Focus on Healing Through
Yard Work continued.
• If any child enters a work area, immediately
• Riding mowers should never carry passengers,
• Always look down and behind for children
Whenever you need to do yard work and watch the children by yourself, consider hiring a babysitter for an hour or two while operating the power equipment outdoors. It’s a cost-effective way to keep the kids safe from injuries.

Lake Forest Hospital took time out during National Volunteer Week to recognize the more than 200 people whose “compassionate presence” bounds so many lives in so many ways. Volunteers, who donated nearly 30,000 hours of service to almost every department last year, were honored at the annual Volunteer Recognition and Awards Luncheon April 21 at the hospital, hosted by the Board of Directors of the Women’s Auxiliary.
Diane Roth, of Libertyville, received the 2004 Volunteer of the Year Award for serving as an inspiration to follow volunteers and for providing outstanding service to Lake Forest Hospital. She has performed nearly 3,000 hours of service since becoming an LFH volunteer in 1999.

In addition, eight volunteers were honored for providing at least 300 hours of hospital service each. The 2004 Tree of Life Pin recipients were Maureen Dugan, Lake Forest; Stephanie Fisher, Lake Forest; Karen Fox, Lake Forest; Becky Khloka, Lake Bluff; Helen Nyman, Gurnee; Cille Ramsey, Lake Forest; Beth Schem, Grayslake; and Barbara Stenzlak, Lake Forest.
Roth suggests others give such service a try. “It’s good for anyone, even if they’re new to the community,” she says. “It’s a lovely way to get involved.”

Lake Forest Hospital welcomes inquiries from those interested in offering a helping hand. For more information on the mutually beneficial experience of volunteering at Lake Forest Hospital, you may contact Director of Volunteer Services Pat Haydon directly at (847) 535-4859 or by e-mail at phayden@lakeforesthospital.com.

Metabolic Syndrome Program Reduces Cardiac Risks: A Success Story

Mary Kohlmeier was feeling a new sense of pride about the significant health-improvement steps she’d already taken as she began her 60th birthday last year, with a six-week metabolic syndrome program exercise routine at Lake Forest Hospital. Kohlmeier had just completed the initial 10-week program and is committed to continue the great strides she made toward improved health and lower cardiac risks. She is proud of her initial successes, which include losing 13 pounds, a five-inch reduction in waist size and a most impressive drop of more than 200 mg from her triglycerides— without medication!

Kohlmeier knew she needed to do something after a recent visit to Dr. Gary Schaffel, medical director of LFH’s metabolic syndrome program. He informed her that her risks for heart disease were increasing, including increasing blood pressure, high lipids and a weight gain of 30 pounds over the years. Kohlmeier had tried many diets in the past year without any sustained success. So when Schaffel told her about this new program, which offers medical guidance, supervised exercise and nutritional inspiration for people diagnosed with metabolic syndrome, she was ready to start.

Kohlmeier says the best part of this program is the support and monitoring. “She was afraid to exercise because she had experienced a rapid and pounding heart rate during exercise in the past. Having a member of the medical staff present while she works out has given Kohlmeier the confidence she needs. She also finds the accountability of diet logging and constant feedback most beneficial. ‘I have learned so much from the education sessions, the staff and from sharing with my fellow participants,’ says Kohlmeier. ‘By continuing with the follow-up phase, this community numbers program, and the encouragement of Dr. Schaffel and the staff, I hope to reach my goal weight, maintain good health and live a healthy lifestyle.’

According to the Centers for Disease Control and Prevention, an estimated 22 percent of the U.S. population has metabolic syndrome; much of it undiagnosed. That number is expected to increase along with our ever-increasing rate of obesity. Currently, as many as 45 percent of all adults in the U.S. are overweight, and that number is expected to continue rising. Treatment involves what Schaffel calls “global lifestyle changes”—healthy diet, increased exercise and overall preventive living, and, in some cases, medication for cholesterol, high blood pressure and diabetes. Supplements such as fish oils, follic acid and multivitamins also may be helpful.

Metabolic syndrome was first identified in 2001 by the National Cholesterol Education Program of the National Heart, Lung, and Blood Institute, which set forth these diagnostic criteria:
• Abdominal obesity (waist sizes larger than 40 inches for men and 35 inches for women)
• Triglycerides more than 115
• Low HDL cholesterol (less than 40 for men and less than 50 for women)
• Blood pressure higher than 130/85
• Abnormal fasting glucose greater than 100

Any three of these five criteria are met.

Why be concerned? Ultimately, metabolic syndrome leads to diabetes and heart disease. During a recent lecture at Lake Forest Hospital, Schaffel explained that a Caucasian with metabolic syndrome runs 35 times the risk of developing diabetes; overall heart disease risk is increased four-fold.

Lake Forest Hospital offers unique program for breast cancer survivors
In a first for Lake County, Lake Forest Hospital is offering a unique movement and exercise program for breast cancer survivors. The Lebed® Method Focus on Healing Through Movement and Dance currently benefits of thousands of the 2.5 million cancer survivors in this country.

This exciting and remarkable program was developed nearly 25 years ago by Sherry Lebed-Davis and her two physicians/surgeon brothers after watching their mother recover from a mastectomy which rendered her unable to perform the simplest of tasks. According to Lebed-Davis, “After the surgery and treatments, [women] need something that makes them feel good again and brings them together with other cancer survivors.” For many patients, the reality may include pain, limited range of motion, lymphedema, depression, and a loss of feeling feminine and beautiful.

The Lebed® Method's 24-year track record is recognized by the National Lymphedema Network and major cancer societies. Patients often see a reduction in pain, increased range of motion, increased energy, reduced depression, reduced lymphedema, and a re-establishment of a sense of beauty and femininity.

Lake Forest Hospital Occupational Therapist Ellen Globey, OT/RL, and certified MLD/CDP therapist, recently has become certified to lead classes in The Lebed® Method. “It is important for patients to be able to feel like a woman again, to feel happy and seemless,” says Globey. “We dance, we laugh, we play with toys, balloons and baby clothes. This is not an aerobic-type program per se. It’s more like slow, smooth, resistance therapy. Patients can sit, stand and take breaks as needed.”

Featured nationally on NBC News and in People magazine, The Lebed® Method is offered as a six-week series at Lake Forest Hospital. Hour-long classes are held in the Hunter Family Center for Women’s Health at 10 a.m. on Thursdays. A physiotherapist’s release is required in order to participate in the Lebed® classes, and there are a few restrictions, such as patients cannot be on a blood-thinner and/or should wait at least six months after having breast reconstruction.

The $90 fee includes the six classes and a choice of either a book or video about the program. Participants’ range of motion is measured before and after the six-week period to assess individual progress. Continuous education also is provided throughout about nutrition, prevention, trends or other issues specifically to the participants’ needs.

There’s a limit of 20 participants per class, as early registration is encouraged. Interested persons may call (847) 535-8860 for more information or to register.

Additional information about the Lebed® Method also is available online at www.lebedmethod.com.

Lake Forest Hospital is once again a partner with the Lake County Forest Preserves in the Hike Lake County program Aug. 15 through Nov. 30. Special trails have been designated throughout the county. Check out www.LCFPD.org for details. Just 30 minutes a day of moderate activity can deliver significant health benefits including lowering your risk of heart attack, stroke, osteoporosis, diabetes, and helping reduce weight, cholesterol levels and depression. For more information about the health benefits and issues related to walking, call Lake Forest Hospital’s sports medicine department at (847) 535-7550.
After much anticipation, the new food pyramid was finally unveiled. At first glance, it seems more streamlined and emphasizes a few important ideas. The pyramid provides a visual guide to daily food intake, with key messages focused on the needs of adults, children, and infants. 

The pyramid also highlights the importance of consuming a variety of foods from different food groups to meet daily nutritional needs.

New to the pyramid is a focus on portion sizes, which are color-coded to help guide consumers to the appropriate amount of food to eat daily. This is a welcome addition to the pyramid, as portion control is a key component of a healthy diet.

The pyramid also includes a new feature, the “Chef’s Tip,” which provides practical advice on how to prepare healthy meals. This is a valuable resource for those looking to incorporate healthier eating habits into their lives.

In summary, the new food pyramid is a valuable tool for promoting healthy eating habits. It is user-friendly and easy to remember, making it a valuable resource for individuals and families looking to improve their diet.
Clinical Diagnostics and Treatments

Wellness and Prevention

Overcoming Self-Defeating Behaviors
“Is what I need to do, or just can’t seem to do it?”

Body Mass Index (BMI)

Blood pressure

Surviving Motherhood

Preparation for Breastfeeding

Sibling Preparation

Spring Training for Dads

Osteoporosis Care

This multidisciplinary program incorporates the latest in nutrition, osteoporosis screening, and current information on treatment, lifestyle and medical interventions for the care of osteoporosis.

Dates

Time

Location

Due

Tea From the Arthritis Foundation

Tea fundraises pain and stiffness, improves balance, promotes flexibility, strengthens muscles and joints, and improves mood.

Dates

Time

Location

Due

Family Life

Childhood Immunization Clinic

A part of the Lake Forest Hospital Community Health Partnership, this program targets unvaccinated children, ages 0-9, who are not up to date with their immunizations. The program is open to any child, regardless of insurance. Registration is required.

Dates

Time

Location

Due

More info

55+ Healthy Aging

The Aging Eye Disease and Changes of the Eyes as We Age — Myths and Realities

Some of the topics that Dr. Warren Mitchell will cover include eyelid changes, diabetic change, cataracts, glaucoma and macular degeneration.

Date

Time

Location

Register

Healthy Aging: What is Your Real Age?

Dr. Mark A. Bulberg, MPH, will discuss the various aspects involved in healthy aging. Specifically, he will address implementing practical lifestyle changes that can aid in living longer and better in your real age.

Date

Time

Location

Register

Congregate Meal Programs

Join others for low-cost, nutritious meals in the hospital cafeteria on a daily basis. A speaker or expert may be invited to present on a subject of interest. Participants must register at the hospital cafeteria on the day of the visit. Special diets are available to assist you.

Date

Time

Location

Register

More info

Upcoming Events for Your Health, Fitness & Wellness

Note: Programs with a “Lake Forest Hospital” location will be held at the hospital’s A. Watson Armory 3 Patient Care Center, Home Health Care, and Services and Health Education Center Main Office. Please call the hospital cafeteria or Home Health Care, main office to confirm any changes or additional information.

CPR: HeartSaver

Learn infant, child and adult CPR through the American Heart Association Pediatric and HeartSaver course. Participants receive first aid instruction for bleeding, as well as first aid information about heat diseases, cause and prevention of injury, and cardiopulmonary arrest in children and adults.

Date

Time

Location

Register

Bereavement and Grief

These groups address coping with common symptoms of grief. For more information and to register, call Hospice Partners, (800) 994-9400.

Date

Time

Location

Register

Flu shot clinics will be offered at 22 a.m. (some at later dates) at each Lake Forest Hospital location. For more information, call the hospital cafeteria, (847) 535-6161.

LHFS Nurse and PCT of the Year

Recognized during National Nurses’ Week

What’s Next for Me?

Changing Times, Changing Bodies

Pre-addressed envelope (taped to 12) learn about how your body will change as you grow older. This three-hour class, offered in the new Hunter Family Center for Women’s Health, includes the physical, emotional and social aspects of puberty. Men will get advice on guiding their daughters through adolescence and beyond. The $35 fee per session includes lunch.

Date

Time

Location

Register

More Programs

Newborn Hotline

Help is only a phone call away.

Date

Time

Location

Register

Lactation Hotline and Breastfeeding Support Group

For breastfeeding questions and concerns, or to register for the Breastfeeding Support Group, call the Lactation Hotline at Lake Forest Hospital, (847) 535-6022, to speak with a breastfeeding expert.

Date

Time

Location

Register

Watch for us

Lake Forest Hospital participates in a number of community events year-round — providing information about our many programs and services. For example, we will:

- July 4 at the Fourth of July Parade in Lake Bluff
- July 26 at the Lake County Fair in Grayslake — Aug. 3 at the Lake Forest Days Parade

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