Dual-Source CT Installed at Lake Forest Hospital

First in Illinois To Offer This Advanced Imaging Technology

The leading edge in computed tomography (CT) technology soon will be available exclusively at Lake Forest Hospital. The SOMATOM® Definition dual-source CT scanner uses two X-ray sources in the same CT scanner, while all other current CT scanners utilize only a single X-ray source.

Manufactured by Siemens Medical Solutions, the dual-source CT scanner will enable Lake Forest Hospital radiologists to provide more timely diagnoses in both emergency and outpatient settings and obtain clear images of the beating heart. In operation at Lake Forest Hospital by mid-January, this new, award-winning scanner will obtain images with faster temporal resolution and speed than the most advanced commercially available single-source CT systems. Lake Forest Hospital is the first in Illinois and among the first facilities in the U.S. to offer this advanced imaging technology.

“The dual-source CT’s faster scan times and better resolution will permit us to do our job even more quickly and accurately.”

Dr. John Longano

Although the Definition uses two X-ray sources and offers twice the imaging power, published reports have shown that
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this scanner subjects patients to as much as 50 percent less radiation than the most advanced single-source CT systems. This is because its faster temporal resolution significantly reduces the time needed to obtain a diagnostic image. In addition, Siemens’ dose modulation software automatically minimizes the radiation necessary to obtain diagnostic imaging examinations.

“Patients undergoing cardiac and coronary CT diagnostic studies also will benefit from the scanner’s speed and resolution. And we anticipate being able to perform these studies in all patients requiring these exams with a reduced preparation time, making these studies available in a timely, convenient and non-invasive manner,” says Farag.

Another advantage of the new scanner is the elimination of Beta-blockers in most cases. The Definition’s temporal resolution allows it to obtain CT images in less time than it takes the heart to beat, which means the use of Beta-blockers rarely will be necessary to obtain diagnostic studies of the heart and coronary arteries. Slower single-source CT systems used in other imaging facilities require patients to be pre-medicated with Beta-blocker medications, which slow the heart in order to obtain an adequate imaging study. This is because if the heart is beating too quickly – generally faster than 65 beats per minute – single-source CT diagnostic studies are limited due to blurred and inadequate images.

The single-source pre-imaging preparation is not always guaranteed to work and may necessitate the administration of additional medications prior to the imaging exam (significantly prolonging a patient’s time at the imaging facility), or cancellation of the study. For some patients the use of Beta-blocker medications is unsafe, excluding them from obtaining a diagnostic cardiac and coronary CT study.

Dual-source technology, therefore, gives patients who cannot receive Beta-blockers access to such diagnostic studies. In addition, Lake Forest Hospital’s new dual-source CT unit is the only scanner ever shown to be able to adequately image patients with irregular heart beats (arrhythmias).

Dr. John Longano, emergency department medical director, welcomes this new technology. “Medical imaging is a critical part of the practice of emergency medicine. CT scanning has revolutionized much of what emergency physicians do. From the management of head injuries, the diagnosis of pulmonary embolism to the imaging of the trauma patient, the dual-source CT’s faster scan times and better resolution will permit us to do our job even more quickly and accurately. I am especially excited about the CT angiography capabilities of this new machine,” he says.

The Definition’s dual-source technology will bring cardiac CT imaging to Lake Forest Hospital. CT imaging of the heart and coronary arteries will be available to patients in a non-invasive manner. In the recent past, evaluation of the coronary arteries was possible only with invasive catheter angiography, where a catheter was advanced into the patient’s heart and coronary arteries via an access point in the arm or groin.

This invasive method no longer will be necessary to obtain diagnostic evaluations of the coronary arteries, which will take less than 20 seconds of imaging time in the Definition scanner. Coronary artery narrowing and blockages with both calcified and non-calcified plaque can be assessed in minutes, making the Definition scanner an important diagnostic tool for high-risk heart/coronary disease patients. High-risk factors include family history, smoking history, high cholesterol, obesity and diabetes.
Appendix or Gallbladder?

by Dr. Sharon Moise

Most people who come to the emergency department with abdominal pain wonder, “Could it be my appendix? Could it be my gallbladder?” With this in mind, Dr. Stephen Ganshirt, chairman of the Lake Forest Hospital Department of Surgery, answers questions about appendicitis and cholecystitis, two very common surgical emergencies.

Why does someone develop appendicitis?

Ganshirt explains: “When the beginning of the appendix is blocked, the remaining portion continues to make fluid. This fluid has no where to go (due to the blockage), so the appendix swells and becomes infected leading to appendicitis. The cause of the blockage in adults is usually undigested food. In children, the blockage is often caused by swollen abdominal lymph nodes (which may be swollen due to a recent illness).”

What are the symptoms of appendicitis?

“The classic history is pain that usually starts as a dull ache around the umbilical region. Over the course of 12 to 24 hours, the pain migrates to the right lower abdomen. Often appendicitis may be associated with nausea, vomiting, loss of appetite and a low-grade fever.”

What is a gallstone? When is it a problem?

“Nine out of 10 people with gallbladder problems have gallstones,” says Ganshirt. “Most gallstones are made of cholesterol. Some gallstones are made as the result of blood breakdown.

Most people with gallstones do not have gallbladder attacks or problems. Only 2 percent of people with asymptomatic gallstones become symptomatic each year. When gallstones get stuck in the existing bile duct, this causes pressure in the gallbladder which causes pain (and may lead to infection). Untreated gallbladder obstructions and infections can lead to gangrene.”

What are the symptoms of gallstone pain?

Classically, gallstone pain is pain under the rib cage on the right side with radiation to the back. Generally, the pain occurs shortly after eating. Fatty foods tend to cause the gallbladder to contract and more commonly cause pain. This type of pain is known as “biliary colic.”

Acute cholecystitis (infection/inflammation of the gallbladder) usually begins with pain which is similar to biliary colic. However, this pain may last longer than biliary colic and may also be associated with nausea, vomiting, loss of appetite, fever, and chills.

Think Before You Eat

by Edye Wagner, RD, LDN

“Mindless eating” occurs whenever we consume foods without listening to our internal cues, sometimes not even realizing that we are eating. We think when we drive our cars and even when performing mundane tasks such as crossing a street. If we didn’t think in such cases, disaster could strike. So why do we often eat without thinking?

What we eat and how much we consume have a direct influence on our health, our longevity and the quality of our lives. We like to believe that we know about and have control over what foods we put into our mouths. But eating has become a reflex. Brian Wansink, a Cornell University food psychology professor, has conducted studies showing that most people eat mindlessly. Most of us can relate to the mindless eating of popcorn in the movies. It’s not that we’re hungry; it’s a learned behavior that has nothing to do with our internal hunger cues. Wansink’s research reveals other influences that cause us to take in those extra calories.

Learn more about what drives us to eat online at lakeforesthospital.org/hunger

Comprehensive Breast Care at LFH

Drs. Stephen Ganshirt and Beth Anne Sylvester Cook, medical co-directors of the Comprehensive Breast Care Center, answer questions about the new, one-stop approach to breast care offered at Lake Forest Hospital:

The breast care center in the Hunter Family Center for Women’s Health changed its name to the Comprehensive Breast Care Center in 2006. What is comprehensive breast care?

The comprehensive component incorporates all the services that are available for women into one focused program. With the addition of nurse navigators, we now have a central coordinator to help women get the appropriate services. We want to offer programs and services that will help heal body and mind.

Our motto is “A Culture of Caring.” Comprehensive care addresses physical, psychosocial, nutritional, emotional, spiritual and even financial stresses that may be encountered during an interaction at the Comprehensive Breast Care Center. Beyond state-of-the-art technology in diagnosing and treating breast cancer, we aspire to committing the time, energy, and compassion necessary to address the multifaceted concerns and needs of individual patients. All staff, including receptionists, technologists, registered nurses, nutritionists, therapists, nurse navigators and physicians, are focused on providing timely quality care.

How is this new program at Lake Forest Hospital different from other breast care programs?

We are the only program in Lake County to offer the nurse navigator. This unique service has already been utilized by patients as they “navigate” through the process of mammogram, biopsy, surgery and oncology visits. Our nurse navigators facilitate and coordinate services for individuals and ultimately establish a lasting relationship with each patient.

It is one of the few centers that combines state-of-the-art diagnostic technologies (digital mammography, breast ultrasound, breast MRI, multimodality imaging guided needle biopsies) with forefront surgical, radiation and chemotherapy treatments, delivered in an environment of compassion.

We want patients to be able to focus on their physical and emotional well being. They should not have to navigate their own care during a time of crisis. Surgical, oncological, nutritional and any additional needs will be addressed and arranged for patients by the breast center staff. There will be ongoing communication among all disciplines involved in delivering patient care.

For more information, call the Comprehensive Breast Care Center at Lake Forest Hospital, (847) 535-6421.
WELLNESS & PREVENTION

Westmoreland: Lake County’s Well-Connected Nursing Home

Westmoreland Nursing Center is one of only a few hospital-based, long-term, skilled care facilities in the state of Illinois. Located on the campus of Lake Forest Hospital, Westmoreland is readily accessible to the hospital’s comprehensive services. Indeed, it’s directly linked to the hospital and the physicians’ office buildings located on the Lake Forest Hospital campus through connecting corridors. These corridors provide all-weather access to medical services that may be needed at any time.

Westmoreland provides skilled care in a home-like, nurturing atmosphere on either a short-term or long-term basis. It also offers adult day care Monday through Friday and respite care (for three days or more) when caregivers are away or on vacation. Participants are involved in activities designed to stimulate abilities, encourage socialization and promote self-esteem.

For more information, call (847) 535-6797.

CareCoach Offers Foot Screenings in Vernon Hills

Free foot screenings will be available at Vernon Hills Village Hall during four visits of the CareCoach, Lake Forest Hospital’s mobile health van. Doctors from the William M. Scholl College of Podiatric Medicine will do screenings at Village Hall, 280 Evergreen Drive, from 2 to 5 p.m. Jan. 9, Feb. 13, March 13 and April 10.

The CareCoach, which stops at 22 sites throughout Lake County, provides free blood pressure, blood sugar and osteoporosis screenings plus a consultation with a registered nurse for medically uninsured and under-insured persons. Check out lakeforesthospital.org for a complete schedule.

Resolution + Personal Trainer = Results

by Ann Rowland, MS, MA, CPT

Every New Year many of us resolve that “this is the year we are going to get fit!” Unfortunately, nothing can fizzle out one’s motivation to exercise more than not seeing the desired result – whether it’s losing weight, getting stronger or toning muscles. As a personal trainer, there are some common mistakes I see people make in their exercise routine that unknowingly undermine their effort. Working with a personal trainer can help ensure your success by guiding you with suggestions such as these:

Slow it down. One of the biggest mistakes people make is using speed and momentum to lift and lower weights. The best muscle development occurs when maintaining a “2/4” tempo. When lifting the weight against gravity, the count is to two seconds. When lowering the weight with gravity, the count is to three or four seconds. By slowing the tempo down you increase the time the muscle is under tension ensuring maximum strength gains.

Spice it up. Variety is the spice of life, and it also is an essential component in an effective exercise routine. It’s important to cross train with a variety of aerobic and resistance training equipment to reduce injury and to keep the body from hitting a plateau. If you’ve been doing bicep curls using dumbbells, try a cable machine or change your grip. Your exercise program should change about every six weeks to keep from hitting a plateau.

Write it down. Having a written exercise plan is essential to mark progress toward your goal. As the saying goes, “If you fail to plan, then plan to fail.” Having a written plan helps you systematically challenge your body so you don’t keep doing the same weight, speed, incline or resistance each time you work out.

Ramp it up. It’s difficult to determine proper intensity for both resistance and aerobic exercise. When resistance training, the best muscle development occurs when you select a weight to just barely complete eight to 12 repetitions while maintaining proper form. If you’ve completed 12 repetitions and the last two to three are not challenging to the point of experiencing muscle fatigue, then you need more weight. During aerobic exercise you are supposed to challenge yourself, especially as you become more physically fit. One of the biggest mistakes I see people make is spending 30 minutes exercising at a warm-up pace.

One of the biggest mistakes I see people make is spending 30 minutes exercising at a warm-up pace.

Make this the year you successfully achieve your New Year’s resolution to get fit. Personal trainers can develop a customized exercise plan and teach you how to train correctly so you get the results you desire. Personal trainers are available at the Health & Fitness Centers (HFC) of Lake Forest Hospital. For more information, call the Lake Forest HFC, (847) 535-7042, or the Lindenhurst HFC, (847) 535-7621.
The Woods family’s ties to the medical field don’t stop here. One of Woods Hollowell’s sisters is a psychiatrist. Woods Hollowell’s husband and father-in-law are both urologists. In addition, Essie Woods, Woods Hollowell’s mother and Woods’ wife, is their office manager.

Father, Daughter Bring Unique Sense of Family to Doctors’ Office

Many parents often wish that their children would follow in their footsteps. In the case of Dr. William E. Woods, this is exactly what happened. Woods and his daughter, Dr. Carmen Woods Hollowell, are in practice together as obstetricians/gynecologists. With offices in Park City and Lindenhurst, they are the only father/daughter doctor team in Lake County. Both are members of the Lake Forest Hospital medical staff.

Woods Hollowell says that her father never pushed her into being a doctor, and that it was her choice. "He encouraged us to do whatever we liked. However, seeing him excel and obtain such personal and professional satisfaction was a factor," she says.

The two doctors have been in practice together since 1999. Woods Hollowell describes working with her father as absolutely wonderful. “Most people only know their parents in one dynamic,” she says. “It makes your relationship much richer because you can respect, admire and love them on a personal and professional level.” She says her parents love the fact that we are “families taking care of families.”

Medical Staff News

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

**Jennifer M. Anderson**, MD, Pediatrics, completed residency requirements at University of Illinois/Chicago in 2006. Dr. Anderson practices in Libertyville and can be reached at (847) 362-2500.

**Nikos G. Christopoulos**, MD, Gastroenterology, is certified by the American Board of Internal Medicine with a subspecialty certification in gastroenterology. He completed residency requirements at University of Illinois/Chicago in 2002. Dr. Christopoulos practices in Libertyville and can be reached at (847) 247-0181.

**Regan Christopoulos**, MD, Internal Medicine, is certified by the American Board of Internal Medicine. She completed residency requirements at University of Illinois/Chicago in 2003. Dr. Christopoulos practices in Gurnee and can be reached at (847) 855-8383.

**Jennifer M. Degeus**, MD, Pediatrics, completed residency requirements at Children’s Memorial Hospital in 2006. Dr. Degeus practices in Lake Forest and can be reached at (847) 295-1220.

**Deepta Dutta**, MD, Internal Medicine Hospitalist, completed residency requirements at Temple University Hospital in 2006. Dr. Dutta practices in Long Grove and can be reached at (847) 719-2220.

**Marek Filipiuk**, MD, Internal Medicine Hospitalist, is certified by the American Board of Internal Medicine. He completed residency requirements at Lutheran General Hospital in 2003. Dr. Filipiuk practices in Long Grove and can be reached at (847) 719-2220.

**Scott Jacobsen**, DFM, Podiatry, completed residency requirements at St. Joseph Hospital in 2003. Dr. Jacobsen practices in Libertyville and can be reached at (847) 362-1320.

**Elizabeth Michaels**, D.O., Pediatrics, is certified by the American Board of Pediatrics. She completed residency requirements at Children’s Mercy Hospital in 2004. Dr. Michaels practices in Lake Forest and can be reached at (847) 615-0700.

**James L. Milam**, MD, Obstetrics and Gynecology, is certified by the American Board of Obstetrics and Gynecology. He completed residency requirements at Southern Illinois University in 1990. Dr. Milam practices in Vernon Hills and can be reached at (847) 362-5242.

**Samer F. Najjar**, MD, Vascular Surgery, is certified by the American Board of Surgery. He completed residency requirements at Medical College of Virginia in 2004. Dr. Najjar practices in Arlington Heights and can be reached at (847) 577-5814.

**Thomas A. Painter**, MD, Vascular Surgery, is certified by the American Board of Surgery in both general surgery and vascular surgery. He completed residency requirements at Cleveland Clinic Foundation in 1985. Dr. Painter practices in Arlington Heights and can be reached at (847) 577-5814.

**William A. Vitello**, MD, Hand Surgery, completed residency requirements at Wright State University in 1996 (general surgery) and 2003 (orthopaedic surgery). Dr. Vitello practices in Arlington Heights and can be reached at (847) 956-0299.

**William C. Watson**, MD, General Surgery, is certified by the American Board of Surgery. He completed residency requirements at Indiana University Medical Center in 2005. Dr. Watson practices in Libertyville and can be reached at (847) 367-1820.

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

**Gary Schaffel**, MD, is now board certified in clinical lipidology. Dr. Schaffel passed the American Board of Lipidology's October 2006 certifying examination.

**Taizoon H. Baxamusa**, MD, FACS, was one of 15 surgeons nationwide recently elected to the Leadership Program of the American Society for Surgery of the Hand at the society’s 61st annual meeting in Washington, D.C. Also in September, he gave the Grand Rounds lecture at the University of Chicago Department of Orthopaedic Surgery. The following month Dr. Baxamusa was the lead in a presentation at the 92nd annual Clinical Congress of the American College of Surgeons.

**Neal Freedman**, MD, co-directed clinical workshops at the 2006 American College of Chest Physicians (ACCP) Sleep Board Review Course in Orlando, Fla., and gave two of the lectures at that August session. He also lectured on sleep disorders at two other ACCP conferences in 2006. In addition, Dr. Freedman co-authored an article, Sleep Apnea and Commercial Motor Vehicle Operators, which was published in a recent edition of the Journal of Occupational and Environmental Medicine (JOEM).
Insulin Pump Information Night
Thinking of insulin pump? Learn about intensive diabetes management using insulin pump therapy and how it can benefit you. Participate in an informal program that discusses how an insulin pump and frequent blood glucose testing can give you better control of your diabetes—and your life—with less discomfort, fewer schedules and restrictions. Colleen Smyntek, diabetes clinical nurse specialist, will be available to answer your diabetes questions.

Date: Monday, March 6
Time: 7 to 9:30 a.m.
Location: Lake Forest Hospital
Phone: (847) 535-6112

Swimming for the Aqua Anxious
This workshop will include a discussion of water anxiety as well as the mechanics and rhythms of floating, breathing and kicking. Dials in the water follow. Limited to 10 participants.

Fee: $40 HFC members, $119 non-members
Date: Saturday, March 10
Time: 10 to 11:30 a.m.
Location: Lake Forest HFC
Phone: (847) 535-7000

Advanced Insulin Pump Therapy
This advanced program is for current insulin pumps and family members. We will discuss how to use the special features on your insulin pump to more closely match your needs. Find out how the use of insulin rates can keep your blood glucose levels in range. Colleen Smyntek, diabetes clinical nurse specialist, will be available to answer your diabetes questions.

Date: Tuesday, March 13
Time: 7 to 8:30 p.m.
Location: Lake Forest Hospital
Phone: (847) 535-6112

Metabolic Syndrome: What is it and how can I prevent it?
Do you gain weight around your midsection? Have high blood pressure? Diabetes or pre-diabetes? Low HDL “good” cholesterol or high triglycerides? Answering “yes” to three or more of these questions could be a sign of metabolic syndrome, a condition that puts you at increased risk for developing heart disease.

Date: Monday, Jan. 22
Time: 10 to 11:30 a.m.
Location: Prevention & Wellness Center
Phone: (847) 535-8500

Clinical Diagnostics and Treatments

Upcoming Events for Your Health, Fitness & Wellness

Note: Programs with a “Lake Forest Hospital” location will be held in the hospital’s A. Watson Armour III Patient Services and Health Education Center. HFC means one of the hospital’s affiliated Health & Fitness Centers.

55 + Healthy Aging

Wellness and Prevention

Smyntek, diabetes clinical nurse specialist, will be available to answer your diabetes questions.

Date: Monday, Jan. 29
Time: 7 to 9:30 p.m.
Location: Prevention & Wellness Center
Phone: (847) 535-8500

Stop Heart Attacks
Do you know what factors put people at risk for heart attacks? Learn about risk factors and how to prevent heart attacks.

Date: Tuesday, Feb. 13
Time: 7 to 8 p.m.
Location: Lake Forest Hospital
Phone: (847) 535-6112

Dr. Christiane Northrup is a visionary pioneer and authority in the field of women’s health and wellness. She is a board-certified obstetrician/gynecologist and graduated from Dartmouth Medical School. Recognizing the unity of body, mind and spirit, Northrup helps empower women to tune in to their innate wisdom to transform their health and their lives. She will be giving a special presentation about mother/daughter wisdom for Lake Forest Hospital May 22. This will be the second in a series of health-inspiring programs sponsored by the hospital and its women’s Health Advisory Council. Watch for more information in the spring.

Emergency Medicine Department Chair Dr. John Longano once again will be dishing out his latest recipe (The Doctor’s Ingredients) at the Grayslake Chili Cook-off Feb. 10. He’s participated the past two years and says he’s using the lessons learned each time to create an even better recipe this year. For more information, visit grayslakechamber.com or call (847) 233-6888.

LHF’s Chili Cook-off Contestant

Check out our online registration for most of these classes at lakeforesthospital.org
Women and Cardiovascular Disease
This presentation is in honor of “National Wear Red Day” (Feb. 2), so wear your red and show your support for women and the fight against heart disease. Are you aware that one in five women lives with cardiovascular disease and may not know it? Heart disease is the leading cause of death for American women. Suzanne Wilson, MD, a vascular surgeon at Lake Forest Hospital, and Kathleen Ryland, DNP, APN-C, will discuss your risk factors for cardiovascular disease and what you can do to reduce your risk.

CPR Classes

HeartSaver CPR
Learn infant, child and adult CPR through the American Heart Association Pediatric and HeartSaver course. Participants receive first aid and instruction for choking, as well as information about heart disease, causes and prevention of injury, and cardiopulmonary arrest in children. Offered by CPR Associates, Inc.

Fee $40
Date Saturday, Jan. 13,
Time 9 a.m. to 1 p.m.
Location Lake Forest Hospital
Register (773) 973-6933

Health-Care Provider CPR
Lake Forest Hospital is now offering health-care provider CPR classes for those individuals who need to fulfill a job requirement in the healthcare/medical industry. Instruction will include adult, infant and child CPR with AHA and AED, certified by CPR Associates, Inc.

Fee $40
Date Saturday, Feb. 3,
Time 9 a.m. to 2 p.m.
Location Lake Forest Hospital
Register (773) 973-6933

Maternity Programs
The following childbirth courses and related educational programs are open to the community. Call (847) 535-6182 or send e-mail to mrieber@lakeforesthospital.com for additional information, class schedules, fees or a complete childbirth course listing.

• Yoga Baby
• Prenatal Yoga
• Childbirth Preparation
• Newborn Care Basics
• Preparation for Breastfeeding
• Infant CPR and Safety
• Sibling Preparation
• Surviving Motherhood
• Spring Training for Dads
• Infant Massage

Surviving Motherhood Support Group I and II
For new (or not-so-new) moms. Two groups are offered based on your baby’s age, and you can participate regardless of where you delivered.

Beyond Baby Blues
Learn the difference between normal baby blues and postpartum depression. Take this class prior to 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
Pre-adolescent girls (ages 9 to 12) learn about how their bodies will change as they grow older. This three-hour class, offered in the Spring, is designed for girls and their mothers to talk about the changes that are occurring. Fee $30 (fasting required)

Date Saturday, March 10
Time 10:30 a.m. to 1 p.m.
Location Glacier Ice Arena in Vernon Hills

More info (847) 535-7556

Hearing Screenings
Thank you for everyone you know might have a hearing problem! Screenings for a free hearing screening in Lake Forest or Grayslake. Contact the Lake Forest Hospital Audiology Department at (847) 535-6141, option 2. If you already have had a comprehensive hearing test or wear hearing aids, this screening would not be indicated.

Date Tuesday, Feb. 20
Time 7 to 8 p.m.
Location Lake Forest Hospital
Register (847) 535-6112

Managing Weight/Managing Health
March is National Nutrition Month. Registered dietitian Jane Ruppert will provide guidance to help participants achieve sustainable changes for nutritional health and wellness.

Date Wednesday, March 7
Time 7 to 8:30 p.m.
Location Lake Forest Hospital
Register (847) 535-6112

More Programs
Please call the numbers listed for more information or to register.

Newborn Hotline
Help is only a phone call away. Call (847) 535-6161, 24 hours a day, seven days a week to talk to a registered nurse with any questions or concerns about your new baby (up to six weeks old).

Lactation Hotline and Breastfeeding Support Group
For your breastfeeding questions and concerns or to register for the Breastfeeding Support Group, call the Lactation Center at Lake Forest Hospital, (847) 535-6262, to speak to a breastfeeding expert.
Psychological/Emotional Support Key to Healthy Solutions Program

The biggest losers are the biggest winners in Lake Forest Hospital’s Healthy Solutions program for metabolic syndrome. Weight loss, lower cholesterol and blood pressure can help reduce or prevent the complications associated with metabolic syndrome, a collection of health risks that increase the chance of developing heart disease, stroke and diabetes. Key to the program’s success in achieving these healthy losses is the psychological and emotional support that each participant receives.

Such support is crucial according to Dr. Linda Hines, the psychologist who meets with participants three times during the 12-week program and also makes herself available to them through phone calls, appointments and extra time as needed.

“Since lifestyle changes often are necessary to achieve such goals as weight loss, people need to look at things differently – in terms of their whole life and not just a diet or exercise routine,” she says.

Learn more about this online at lakeforesthospital.org/healthysolutions or by calling (847) 535-8500.

Listen up! These Are Not Your Grandfathers’ Hearing Aids

With the Baby Boomers beginning to come of age – 60 that is – we are seeing a whole new generation of consumers and products.

“Consumers today are more image-conscious and technologically savvy, and as a result, hearing aids have become smarter and more fashionable,” says Madonna Stoioff, director of speech, audiology and neurodiagnostics at Lake Forest Hospital.

“Quality, comfort, engineering and style have all improved as well. You even can select a personal hearing device that goes with your hair or your personality in ‘cabernet red’, ‘wall street gray’ or ‘leopard skin’,” she adds.

For a limited time, Lake Forest Hospital’s audiology department is offering free hearing aid cleaning and dehumidifying. Any new instrument purchased will include a free supply of batteries for one year and a free three-year warranty. As always, a 10-minute hearing screening is complimentary – a great place to start if you never have had your hearing checked before. To schedule an appointment call (847) 535-6114.

Learn more about this online at lakeforesthospital.org/hearingaids

Our popular Physician and Services Directory is a source of much valuable information. This free directory features the more than 600 physicians on staff and describes various hospital services available at several convenient locations throughout Lake County. Call (847) 535-6789 to request your directory; or e-mail webmaster@lakeforesthospital.com.

Also, check out our new and improved online physician finder at lakeforesthospital.org.

YES, PLEASE SEND THE FOLLOWING FREE MATERIALS:

- Pediatrician Profiles
- Waud Family Maternity Services
- Diagnostic Imaging
- Emergency Parental Consent Form
- Medication Reconciliation Card
- LFH Services and Physician Directory
- Westmoreland Nursing Center
- Health & Fitness Centers
- Prevention & Wellness Center
- Hunter Family Center for Women’s Health
- Outpatient & Acute Care Center, Grayslake
- Volunteer Opportunities at LFH
- Adult □ Student

Name
Address
Telephone
e-mail
City
State
Zip

Please mail, fax, or e-mail to: Lake Forest Hospital, Marketing Department
660 N. Westmoreland Road, Lake Forest, IL 60045-9989
Fax: (847) 535-7814
e-mail: webmaster@lakeforesthospital.com

For more information about these and other Lake Forest Hospital services, visit us online at lakeforesthospital.org or call (847) 234-5600. For information about the Outpatient & Acute Care Center in Grayslake call (847) 535-8950.

The Health Report is published by Lake Forest Hospital’s marketing department. Anne W. O’Connell, marketing 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 substitute for consultation with a personal physician.

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