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COVER PHOTO:
Dr. Jonathan Gilbert, a cardiologist on Lake Forest Hospital's medical staff, will serve as medical director of the Cardiac Catheterization Lab scheduled to open this fall.

Cardiac Cath Lab to Open in the Fall

Patients suspected of having cardiovascular disease and those who are suffering acute heart attack will benefit from the Cardiac Catheterization Lab scheduled to open at Lake Forest Hospital this fall. The new lab will provide quick, onsite diagnoses and treatment in cases where every minute counts. Located next to the Intensive Care Unit on the hospital's first floor, the Cardiac Catheterization Lab will be equipped with state-of-the-art 3-D mapping software.

Cardiologist Jonathan Gilbert, MD, who will serve as its medical director, says the lab will be available for any diagnostic assessments of both cardiac and non-cardiac vascular disease. "Our diagnostic procedures will involve cardiac catheterization [to detect cardiac abnormality] and electrophysiology studies [to assess abnormal heart rhythms]," Gilbert says. "In addition,

we'll eventually be able to provide angioplasty treatment here for patients suffering an acute heart attack."

Patients needing immediate diagnostic catheterization procedures will be the primary beneficiaries.

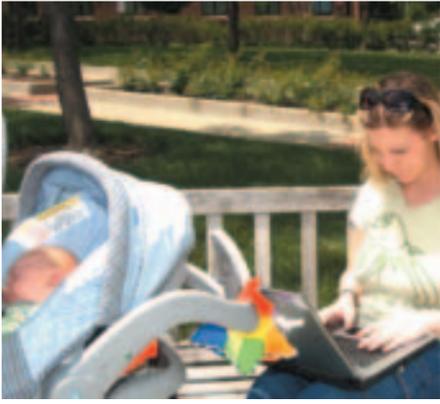
Patients needing immediate diagnostic catheterization procedures will be the primary beneficiaries. The Cardiac Catheterization Lab will have the ability to assess any type of cardiac disease (e.g., obstructive coronary

artery disease, valvular heart disease, congenital heart disease and congestive heart failure as well as peripheral (non-cardiac) vascular disease.

The lab's treatment options are essentially limited to acute intervention (angioplasty) for patients suffering a heart attack. Gilbert adds, "As the need for cardiac surgery changes in the future, elective angioplasties may routinely be performed in a cath lab such as ours. This lab is an important advance in the treatment of acute cardiac and vascular problems, as well as an important investment in the future."

The Cardiac Catheterization Lab, being built at a cost of more than \$2.5 million, will include six prep and recovery rooms thus allowing patients to be prepped, have their procedure and recover in the same area. The lab is being designed to allow future expansion.

The Lake Forest Hospital Cardiac Catheterization Lab will serve as a resource to all cardiologists on the hospital's medical staff. Patients will be referred to it either after evaluation in the emergency department or by their cardiologist.



Lake Forest Hospital Facilities are Going Wi-Fi

Lake Forest Hospital is making it even easier for patients and visitors to connect to the Internet. In addition to the fast, free, broadband Internet access that has been available in all patient rooms for more than a year, wireless (Wi-Fi) capabilities are being added to other areas of the hospital.

All waiting rooms are now Wi-Fi “hot spots” along with the cafeteria, coffee shop and physicians’ lounge. You can quickly check your e-mail and “surf the Web” in these areas. Simply bring a laptop computer equipped with a wireless card.



Gary Sinise’s Band to Perform at Annual Fall Benefit

Mark your calendars for Saturday, Oct. 6, to join us at the historic riding arena at Onwentsia Club for an unforgettable evening. The Lake Forest Hospital Women’s Auxiliary Board is thrilled to announce that Gary Sinise and The Lt. Dan Band will provide the entertainment at this year’s fall benefit.

Sinise, star of *Forrest Gump*, *Apollo 13* and, most recently, *CSI: NY*, is passionate about music and now has a touring band named after the character he portrayed in *Forrest Gump*. Music by the Police, Stevie Wonder, The Who and other great artists will be featured in the band’s Lake Forest performance.

For ticket information, call the Office of Philanthropy, (847) 535-6111.



Ambulances, fire trucks and tow trucks are among the many things to see at the hospital's Kids' Safety Fair. This annual event, held at the Outpatient & Acute Care Center in Grayslake, provides lots of fun and useful information to promote injury prevention.

LFH Plan for Emergency Services at Grayslake Wins Legislative Approval

Illinois lawmakers have approved legislation that would allow Lake Forest Hospital to bring much-needed emergency medical services to central Lake County. The hospital is ready to begin the process of expanding its acute care center in Grayslake to a freestanding emergency center (FEC) as soon as it receives the final state and federal approvals that are needed.

How would this affect services at the Grayslake facility?

- Lake Forest Hospital’s proposed FEC will treat patients 24 hours a day, seven days a week. Our physicians are board certified in emergency medicine, and the nurses receive certification in Advanced Cardiac Life Support and Pediatric Advanced Life Support.
- FECs must meet the same physical plan, occupancy and construction requirements as hospital-based emergency departments.
- FECs are subject to the same regulation as the sponsoring hospital’s emergency department. This includes Joint Commission and EMTALA (Emergency Medical Treatment and Active Labor Act).
- The freestanding emergency center will be accepting Basic Life Support (BLS) patients.
- The addition of new ambulance bays will allow us to accept patients faster and reduce transport time in situations where every minute counts.
- All ancillary services needed to treat emergency patients are already in place at the Grayslake facility, including CT, MRI, nuclear medicine, ultrasound, cardiology stress testing and pulmonary function testing.

Once the freestanding emergency center is operational, we also will continue to treat acute care patients at our Grayslake facility. Dr. Margaret Lynch, chairman of the Lake Forest Hospital Department of Emergency Medicine, says patients receiving acute care treatment at the new center will continue to be seen by board-certified emergency medicine physicians.

“This FEC designation is important to the community since it allows the staff here to fully use their wealth of education, training and experience to treat a wider scope of patients,” Lynch says. “From the day our acute care center opened, it has been staffed with all board-certified emergency physicians and specially trained nurses. This will continue. As an FEC, we will be able to initiate and complete the emergency evaluation of a larger scope and number of patients, accommodate them and, in the vast majority of cases, discharge them back to their homes in good health.”

Lake Forest Hospital’s Outpatient & Acute Care Center in Grayslake is located on Route 120 just west of U.S. 45, on 44 acres of open prairie. The Acute Care Center is open from 6:30 a.m. to 11 p.m. and treated more than 21,000 patients in 2006.

Antique Auto Show to Benefit New Pediatrics Program

A Comfort Cart program being implemented in Lake Forest Hospital’s pediatrics unit will receive proceeds from the 59th Annual Lake Forest Antique Auto Show. These funds will help defray costs of acquiring the Comfort Carts which are stocked with comforting treats such as stuffed animals. The carts are rolled into young patients’ rooms whenever they’re about to undergo a procedure that may cause them some discomfort.

Sponsored by the Lake Forest/Lake Bluff Rotary Club, the antique auto show is from 9 a.m. to 3 p.m. Sunday, July 22, (rain or shine) on the grounds of Deerpath Middle School, 95 W. Deerpath Road.

Admission is \$10 per person. Children under 10 are admitted free with a paying adult.

Auto show chair and Rotarian John Looby, Lake Forest, says, “All of the vehicles are a visual treat for young and old; we have a great food tent and snow cones for the kids.”

For more information, contact Looby at (847) 234-8781.

New Medication Delivery System Further Enhances Patient Safety

Lake Forest Hospital is the first in Lake County – and one of only about a dozen hospitals in Illinois – to implement a new medication delivery system designed to further reduce the likelihood of errors. This state-of-the-art technology manages the medication administration process by defining medication dose limits and tracking IV (intravenous) drug delivery at the patient's bedside.

“We are committed to continually enhancing the care we provide to our patients,” says Vice President/Chief Nursing Officer Kim Nagy. “This new medication delivery system will help us ensure – right at the patient's bedside – that these medicines are ordered, programmed and delivered to ensure patient safety. I'm proud that our Clinical Nursing Leadership Council drove the decision to acquire and deploy this new technology to ensure that all infusions are delivered in the safest manner possible.”

Lake Forest Hospital is one of the very few Illinois hospitals to purchase the wireless version, which is the most up-to-date, secure version offered by the manufacturer, Lake Forest-based Hospira.

For more information, visit our Web site at www.lfh.org/pumps



Clinical Nursing Leadership Council co-chairs Karen Huskey (left) and Colleen Smyrniotis check out one of the new state-of-the-art IV pumps in use at Lake Forest Hospital. Customized drug library software sets specific dosing limits for each clinical care area.

Spine Surgery Advancement Debuts

Lake Forest Hospital spine surgeons have added another innovation to their list of Lake County firsts. Dr. Stanford Tack was the first to apply the Inclose™ device during an outpatient microdiscectomy procedure at Lake Forest Hospital in May.

The new device is designed to reduce or eliminate the most common complication of disk surgery – recurrent herniation of disk material. It seals a defect that may remain in the soft tissue after the herniated disc fragment has been removed. The Inclose procedure speeds healing by reducing the risk of additional disk material escaping during the healing process.

“This device is specifically designed for use in cases with large defects that represent distinctly higher risk for recurrent sciatica [leg pain] due to herniation of additional disk material,” says Tack. “While not materially changing the microdiscectomy procedure, use of the device in select cases may improve the intermediate and long-term outcomes of patients treated.”

Microdiscectomy is a surgical procedure designed to remove disk herniations in the lumbar spine and alleviate back and leg pain due to pressure on nerve roots in the lower back. It was first performed on an outpatient basis in Lake County by Tack and his Illinois Bone & Joint Institute (IBJI) colleague, Dr. Burt Schell, at Lake Forest Hospital. Outpatient microdiscectomy resulting in rapid pain relief and rehabilitation was routinely performed at Lake Forest Hospital years before it was adopted at other area hospitals, according to Tack. It is now the generally accepted standard of care.

The orthopaedic spine surgeons at Lake Forest Hospital have a long history of pioneering technological advances in Lake County. Examples include:

- Chemonucleolysis, the first truly minimally invasive spine surgery
- Introduction of pedicle screw fixation to enhance the outcomes and success rates of lumbar fusion surgery
- Use of plates to eliminate the necessity of braces following cervical spine fusion and enhance the surgical success rate

To learn more about spinal surgery options at Lake Forest Hospital, contact Tack or Schell at the Illinois Bone and Joint Institute, (847) 247-4000 or call the hospital's physician referral service at (847) 535-6171.

Volunteerism at Lake Forest Hospital: 65 Years Strong

There was something extra special about the Lake Forest Hospital annual Volunteer Recognition and Awards Luncheon, held April 27 at the Deer Path Inn. In addition to honoring the approximately 400 people whose compassionate presence touches so many lives in so many ways, the program featured a fond look back at what's now a 65-year tradition of service to the hospital.

Last year, volunteers donated more than 25,000 hours of service to almost every department. One of them, Cynthia Boyd of Deerfield, was honored at the luncheon as the volunteer of the year for serving as an inspiration to fellow volunteers and for providing outstanding service to Lake Forest Hospital.

“Lake Forest Hospital had been my family's hospital for many years, so it seemed like a natural thing to volunteer here,” Boyd said. “It means a great deal to me to be able to give back to the medical community that's been so good to us.” Her service includes working at the hospital's front desk, training new volunteers and making herself available as an on-call volunteer.

Lake Forest Hospital welcomes inquiries from men and women of all ages interested in offering a helping hand. For more information on the mutually beneficial experience of volunteering at Lake Forest Hospital, visit www.lfh.org or call (847) 535-6850.



2006 Volunteer of the Year Cynthia Boyd

CareCoach Offers Kids' Vaccines

The CareCoach, Lake Forest Hospital's mobile health van, now provides all immunizations that are available to children free of charge to families who are uninsured. This includes four new, strongly recommended vaccines for children:

- Hepatitis A
- Rotavirus
- Varicella
- HPV (to prevent a common cause of cervical cancer)

These childhood immunizations are offered at all CareCoach sites, except Gurnee Mills.

In addition to its regular schedule, the CareCoach will be providing extra services in Lake County this summer. These include:

Walgreens in Gurnee July 17 from 2:30 to 4:30 p.m. Free foot screenings by a podiatrist and two students from the William M. Scholl College of Podiatric Medicine in North Chicago will be offered in addition to the usual CareCoach screenings.

Operation Harvest in North Chicago July 28 from 10 a.m. to 5 p.m. Blood pressure and blood sugar screenings will be offered along with health-risk appraisals and health-education materials free of charge.

The CareCoach has been serving uninsured and under-insured persons in Lake County since 1999. It makes regular visits to 23 sites across the county offering free blood pressure, blood sugar and osteoporosis screenings plus a consultation with a registered nurse. Check out www.lfh.org for a complete schedule.



The CareCoach, Lake Forest Hospital's mobile health van, is staffed by Michael Smith, program coordinator, and Terri Klowden, RN.

Ask the Doctor

by Dr. Sharon Moise



Be safe, not sorry whenever you and your family are in or near the water this summer. This is especially true for parents with very young children. Disturbingly,

of all preschoolers who drown, 70 percent were in the care of one or both of their parents at the time of the drowning.

A child can drown in the time it takes to answer a phone (75 percent were missing from sight for five minutes or less).

Here's some information on drowning and drowning prevention to keep in mind this summer.

Which pool rules can help protect children?

- Never leave a child unsupervised near a pool. Appoint a "designated watcher" to protect young children from pool accidents. Adults may take turns being the "watcher."
- If a child is missing, check the pool first. Seconds count in preventing death or disability.
- Do not allow a young child in the pool without an adult.
- Swimming lessons do not make children drown proof.
- Do not use flotation devices as a substitute for supervision.
- Keep rescue equipment by the pool.
- Have a telephone poolside with emergency numbers posted nearby.
- Remove toys from inside and around the pool when it is not in use (toys can attract children to the pool).
- Implement as many layers of barrier protection to the pool as possible (e.g., door alarms, fences and gates, pool power safety covers, and locks).
- Never prop open the gate to a pool barrier.

(Source: U.S. Consumer Product Safety Commission Recommendations Publication No. 359)

Dr. Moise is an emergency medicine physician at Lake Forest Hospital. Please send questions & comments to doctormoise@yahoo.com.

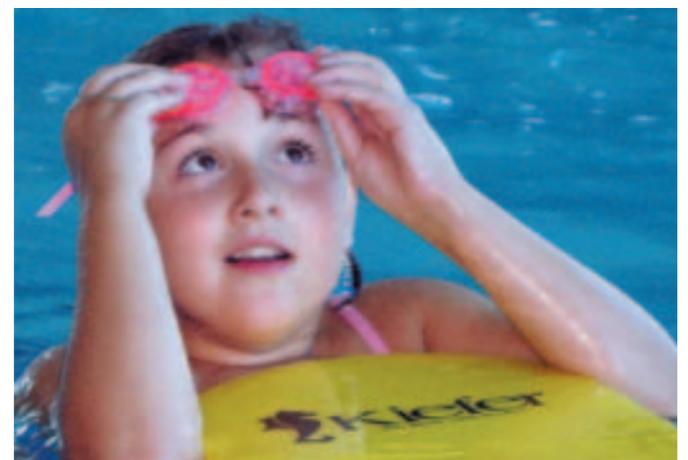
What should I do if I find a child or an adult drowning in a pool?

1. Yell for help and get the child or adult out of the pool and onto the deck. If an adult is drowning and within reach, extend a pole (or something) for them to grab. If the person is out of reach, throw a lifesaver. If you need to enter the water to assist someone, always take some type of additional flotation.

2. If someone is with you, have them call 9-1-1. Determine if the child or adult is breathing: tilt the head back and check for breathing. If the victim is not breathing normally, give two rescue breaths, then check again to see if the victim is moving, coughing, or breathing normally. If there is no response, begin CPR. Continue CPR until emergency help arrives.

3. If you are alone, start CPR immediately. After one minute, call 9-1-1. Return to the child or adult and continue CPR until help arrives.

CPR is critical to helping a drowning victim and optimizing survival. Even if you don't have formal CPR training, you can at least open the person's airway and breathe for the victim.



Are Salads Really the Healthy Choice?

By Edye Wagner, RD, LDN

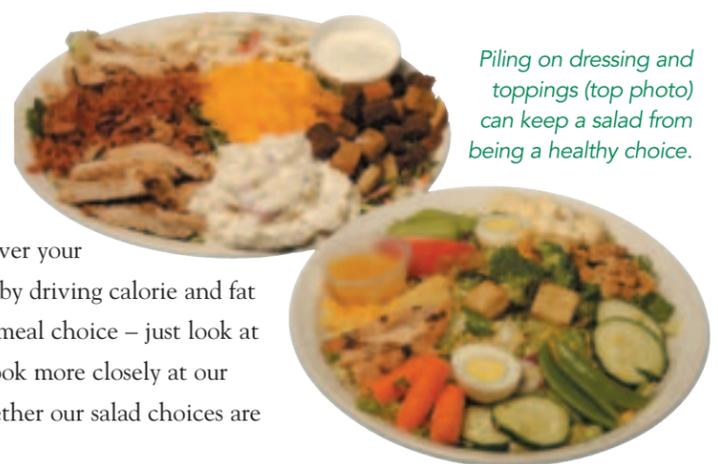
Today most people realize that loading on the creamy dressing over your greens turns that "healthy salad choice" into the exact opposite by driving calorie and fat content through the roof. But with the popularity of salads as a meal choice – just look at the menu of every fast food chain in the country – it's time to look more closely at our favorite salad accoutrements. We need to better understand whether our salad choices are enhancing or hindering our health.

Salad dressings can add significant calories and fat, particularly when used in more than minimal quantities. But using small amounts of dressing to peak flavor will satisfy without using up your daily calorie allotment. Vegetables are typically a healthy choice, and abundance is actually good. But what about the other things we like to put in (or on) our salad? Many entrée-type salads contain cheese, which adds protein – but also fat, cholesterol and calories. At most, a bit of added cheese should satisfy your taste buds without overdoing your fat, cholesterol and calorie intake. Consider chicken as an alternative or add it to balance your protein needs.

What about nuts, croutons, dried fruit or every kid's favorite, fried crunchy noodles? Croutons and fried noodles are perhaps the more obvious drivers of fat, calories and carbohydrates. Ask for them on the side and limit your intake. Dried fruits tend to be calorie-dense and high in carbohydrates. Again, they should be used in limited quantities. Nuts are perhaps the most misunderstood salad topping. Nuts used in limited quantities are fairly healthy choices. But remember they are high-calorie and may be high in sodium. Two of the healthiest nuts are almonds and walnuts. Walnuts are great sources of antioxidants and Omega-3 oils. As with most toppings, quantity is key. The recommended portion is 14 halves or one ounce, which is approximately 185 calories and the ideal maximum for any salad.

When it comes to salad, if you're inclined to load on the toppings and dressing, your salad is most likely pushing 1,000 calories (as it does at most popular restaurant chains). Go heavy on the veggies and light on the toppings to keep it a healthy choice.

Edye Wagner is a registered dietitian and director of nutritional services at Lake Forest Hospital. With a staff of six registered dietitians, Lake Forest Hospital Nutritional Services offers health and wellness nutritional counseling on an inpatient and outpatient basis, along with programs to companies, schools and community organizations throughout the region. For more information, call (847) 535-6176.



Garment Fitter: Part of the Comprehensive Breast Care Center Experience



The personal care and attention of garment fitter Brenda Hansen (left) is part of the comprehensive service available to patients at Lake Forest Hospital's breast care center

Lake Forest Hospital is pleased to offer the services of a compression sleeve and bra fitter to its Posy Krehbiel Breast Care Center patients. Brenda Hansen fits women for bras after mastectomies and lumpectomies. She also fits lymphedema patients for compression sleeves to help control swelling.

Hansen explains how crucial it is for women to have an opportunity to retain a self-image of femininity after a major surgery and life change. "It's important for them to feel feminine again, and physical reconstruction often is unavailable," she says.

There are many different choices for women who need a bra that comes with prosthesis. These choices include sports bras, lace bras and everyday bras to fit every woman's needs. There also are multiple prosthesis offered, including ones that can be worn with a swimsuit and ones for active women.

For Gloria Lewis of Waukegan, the breast care center's garment-fitting service proved to be exactly what she had been looking for – friendly and close to home. She had become frustrated with the choice of either using medical supply stores that can be cold and impersonal or driving to distant locations for the more comfortable, relaxed and personal attention she now gets from Hansen.

"I'm so glad my doctor sensed my frustration and recommended the Lake Forest Hospital service. Women need to know that a much better garment-fitting experience is available right here in Lake County. Now that I've found it, I'm spreading the word," Lewis says.

In addition to fitting women for bras and prosthesis, Hansen also fits them for compression sleeves either before or after lymphedema has begun. It is very important for women to meet with her before they have had breast surgery to discuss the risk for lymphedema and fit their arms at the original size in case the condition does develop.

Lake Forest Hospital also offers a lymphedema treatment program. To learn more about it, see the article in the adjacent column.

Specialty Care Center Offers Heart Smart Screenings

It takes approximately 30 minutes. There are no needles. Results are available almost immediately. The conversation is pleasant and informative. And it could save your life.

With heart disease the #1 killer of men and women, a Heart Smart Screening provided by the Specialty Care Center at Lake Forest Hospital can give you peace of mind. Your screening will educate you regarding personal risk factors and heart smart living and provide you with simple and painless test results to help you and your physician manage a heart healthy way of life for you and your family.

"When a friend told me about the Heart Smart Screening at Lake Forest Hospital, it was a no-brainer," said Tina Jespersen, a 46-year-old Gurnee mother of three. "My father died of a massive heart attack at the age of 60. My mother had open heart surgery and later died of a stroke. I'm a marathon runner, and my family has always been health conscious regarding exercise and diet. The heart smart screening was a logical move for me."

Jespersen had her screening at the end of 2006, and her husband, Drew, had his earlier this year. Both of them had excellent results.

"I wasn't sure what to expect," she said. "I was very pleasantly surprised by how simple the screening was. Kathleen [Kathleen Rylance is a nurse practitioner at Lake Forest Hospital and one of the Heart Smart screeners] was as delightful as she was informative, particularly regarding heart healthy specifics about women, much of which was new to me."

The Heart Smart Screening consists of a full cholesterol panel, blood pressure, diabetes/pre-diabetes, body mass index (BMI) and waist measurement, in addition to an in-depth consultation regarding your results – all within 30 minutes. A copy of your results is given to you when you check out so that you can share them with your personal physician. The total cost is \$30.

Men and women are welcome. Appointments are available at the Lake Forest Hospital campus, and will soon be available at Grayslake. To schedule an appointment, call the Specialty Care Center at (847) 535-8500.



Tina Jespersen (right) jogs with Dawn Shultz. Both women feel good about their decision to have the Heart Smart Screening at Lake Forest Hospital's Specialty Care Center.

Lymphedema Program Uses Physical Therapy to Help Patients Cope

The lymphedema treatment program at Lake Forest Hospital offers complete decongestive physiotherapy to patients through the physical therapy department.

Lymphedema is the swelling of a body part – usually the arms or legs – caused by the accumulation of lymph fluid. It is a chronic condition that can be actively controlled with the right lifestyle and care.

Robin Flory and Claudia Wisner are Lake Forest Hospital physical therapists and certified lymphedema therapists who work closely with patients to help them learn to live with the condition. They also offer educational services to patients who may be concerned about contracting lymphedema after removal of lymph nodes, radiation or circulation problems in the lower extremities.

Flory and Wisner treat lymphedema patients by using a hands-on, specialized therapeutic massage to move fluid out of the swollen area, in conjunction with compression bandaging and a home exercise program.

"Manual lymph drainage is designed to move the fluid that's causing swelling into healthy lymph nodes," Flory says.

After the acute phase, in which therapists work with patients three to four times a week for about four to six weeks, the patients hopefully can be fitted with compression sleeves to help maintain the size of the limb and prevent more excess lymph fluid from entering the area. Garment fitters at the Posy Krehbiel Breast Care Center assist patients with compression sleeves. To learn more about this, see the story in the adjacent column.

For more information about Lake Forest Hospital's lymphedema program, call (847) 535-6520.



Dr. Christiane Northrup Speaks on Body/Mind Wellness

Dr. Christiane Northrup talked to a sold-out crowd of 240 women at Lake Forest Hospital May 22. Her informative talk, *Mother-Daughter Wisdom: Understanding the Crucial Link Between Mothers, Daughters and Health*, was the second in a series of health-inspiring programs sponsored by the hospital's Women's Health Advisory Council and the Abbott Fund. Northrup is a renowned author of best-seller books on women's health and wellness. She has appeared on the *Oprah Winfrey Show*, the *Today Show*, *NBC Nightly News with Tom Brokaw*, *The View*, *Good Morning America*, and the *Rachel Ray Show*.

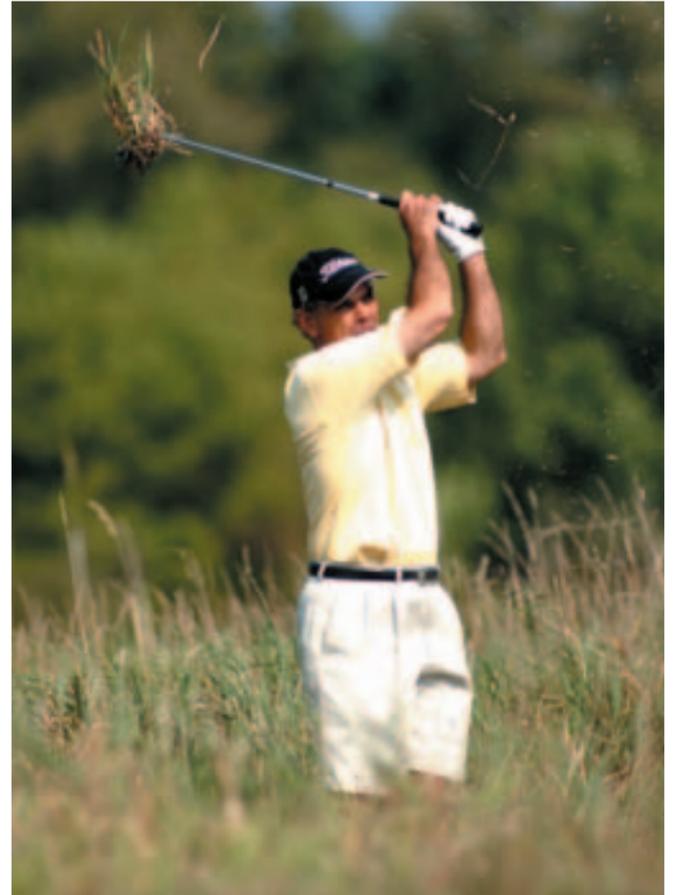
Hospital Sponsors Grayslake Farmers' Market

Lake Forest Hospital is proud to again be the grand sponsor of the Grayslake Farmers' Market. Considered Lake County's longest-running afternoon market, the event is held in historic downtown Grayslake, 3 to 7 p.m. Wednesdays, now through Oct. 3.

In addition to our sponsorship, the hospital will have a presence at the market on the following dates this summer and fall: July 11, Aug. 15, Sept. 12 and Sept. 26.

The hospital will host a food drive during its July and August appearances. Non-perishable items dropped off at our information booth those two days will be donated to the Avon Food Pantry.

Also, you'll want to join us on both September dates to sample some of what Lake Forest Hospital Food Services Director Al Moyer describes as the "lean, mean firehouse chili" that he and members of the Grayslake Fire Department will be cooking up onsite.



Golf Outing to Benefit Cardiac Services

Swing your clubs for a good cause at the 17th annual Lake Forest Hospital Golf Tournament. Sponsored by the Board of Directors of Lake Forest Hospital, this popular event takes place Monday, Sept. 10, at Conway Farms Golf Club in Lake Forest. In addition to 18 holes of golf, the event includes lunch, cocktails, hors d'oeuvres and awards. Proceeds will benefit cardiac services at the hospital.

For tickets (\$500/person), or more information, call Karin Mohar in the philanthropy department, (847) 535-6921.

Medical Staff News

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

Nazneen Ahmed, MD, Gastroenterology, is certified by the American Board of Internal Medicine with a subspecialty certificate in gastroenterology. She completed residency requirements at Cook County Hospital in 1991. Dr. Ahmed practices in Libertyville and can be reached at (847) 680-5858.

Stacy Ban, MD, Hematology/Oncology, is certified by the American Board of Internal Medicine with a subspecialty certificate in oncology. She completed residency requirements at Rush University Medical Center. Dr. Ban practices in Vernon Hills and can be reached at (847) 984-6464.

Mohammad H. Bawani, MD, Gastroenterology, is certified by the American Board of Internal Medicine with a subspecialty certificate in gastroenterology. He completed residency requirements at the University of Health Sciences/Chicago Medical School in

1986. Dr. Bawani practices in Libertyville and can be reached at (847) 680-5880.

Edward Kaplan, MD, Hematology/Oncology, is certified by the American Board of Internal Medicine with subspecialty certificates in hematology and oncology. He completed residency requirements at Northwestern University Medical School in 1985. Dr. Kaplan practices in Vernon Hills and can be reached at (847) 984-6464.

Yevgeniy Khavkin, MD, Neurosurgery, completed residency requirements at the University of Chicago in 2005. Dr. Khavkin practices in Evanston and can be reached at (847) 570-1440.

Marlon B. Kleinman, MD, Hematology/Oncology, is certified by the American Board of Internal Medicine with subspecialty certificates in hematology and oncology. He completed residency requirements at Rush-Presbyterian-St. Luke's Medical Center in 1994. Dr. Kleinman practices in Skokie and can be reached at (847) 675-3900.

Antonia Kolokythas, DDS, Oral & Maxillofacial Surgery, completed residency requirements at University of Illinois/Chicago in 2004. Dr. Kolokythas practices in Gurnee and can be reached at (847) 623-2830.

Wenhua Liu, MD, Pathology, is certified by the American Board of Pathology. He completed residency requirements at the University of Chicago in 2006. Dr. Liu is in practice at Lake Forest Hospital and can be reached at (847) 234-5600.

Latha Mariyappa, MD, Internal Medicine Hospitalist, is certified by the American Board of Internal Medicine. She completed residency requirements at University of Illinois/College of Medicine at Peoria in 2002. Dr. Mariyappa practices in Long Grove and can be reached at (847) 719-2220.

David Ouyang, MD, Maternal Fetal Medicine, completed residency requirements at Brigham and Women's Hospital in 2003. Dr. Ouyang practices in Evanston and can be reached at (847) 570-2860.

Jason Sobel, MD, Palliative & Hospice Care, is certified by the American Board of Internal Medicine with subspecialty certificates in geriatric medicine and hospice & palliative care. He completed residency requirements at St. Joseph Mercy Hospital in 2003. Dr. Sobel practices in Glenview and can be reached at (847) 467-7423.

Mark Steinberg, MD, DDS, Oral & Maxillofacial Surgery, is certified by the American Board of Oral & Maxillofacial Surgery. He completed residency requirements at Michael Reese Hospital in 1983. Dr. Steinberg practices in Northbrook and can be reached at (847) 272-9516.

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

Christopher Amann, MD, team physician for the U.S. Women's Olympic Soccer Team, accompanies the team to China this fall for the 2007 Women's World Cup. Dr. Amann also will be part of the medical staff covering the team at the 2008 Beijing Olympics.

Check out our online registration for most of these classes at www.lfh.org

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. Programs are offered free of charge unless fees are specified.

Clinical Diagnostics and Treatments

Overuse Injuries in the Work Place

Learn the latest treatment options for carpal tunnel, tennis elbow, wrist tendonitis, and neck and back pain.

Speaker Christopher Amann, MD
Date/Time Tuesday, July 17, 7 to 8 p.m.
Location Lake Forest Hospital
Register lfh.org or (847) 535-6112

Metabolic Syndrome:

What is it and how can I prevent it?

Join us for an informative discussion about metabolic syndrome, a clustering of risk factors that increases your risk of heart disease. Also learn lifestyle changes to help prevent serious consequences.

Speaker Joseph Purpura, MD
Date/Time Wednesday, July 18, 7:30 to 8:30 p.m.
Location Outpatient & Acute Care Center, Grayslake
Register (847) 535-8500

Non-Surgical and Surgical Alternatives to Total Hip and Knee Replacement

New medications, surgical techniques may allow you to delay or avoid total knee or hip arthroplasty.

Speaker Bruce Summerville, MD
Date/Time Wednesday, Sept. 19, 7 to 8 p.m.
Location Lake Forest Hospital
Register lfh.org or (847) 535-6112

Healthy Solutions for Metabolic Syndrome

Our 12-week, medically based program focuses on healthy nutrition, increasing daily activity and psychological aspects of behavior change. It features weekly lectures, group discussions and individual sessions with expert team of clinicians.

Dates/Fees Call for information
Location Hunter Family Center for Women's Health
More info (847) 535-8500

Hearing (Aural) Rehabilitation Classes

Aural rehabilitation is an important part of maximizing success with hearing aids.

Dates/Times Available upon request
Location Lake Forest Hospital
Register (847) 535-6114

Family Life

Schemes, Scams and Flim-Flam: Consumer Fraud

Hear about fraud in credit, home improvement, phone and mail solicitations, and Internet scams. Learn the warning signs and how to protect yourself from being a victim of fraud.

Speaker Karen Chan, U. of I. Extension Educator
Date/Time Wednesday, July 25, 7 to 8 p.m.
Location Lake Forest Hospital
Register lfh.org or (847) 535-6112

Childhood Immunization Clinic

Please bring your child's immunization records with you. The cost is \$10 per dose (no one will be turned away due to inability to pay).

Date Saturday, July 28, Aug. 25, and Sept. 22
Time 9 to 11 a.m.
Location Lake Forest Hospital
Info (847) 377-8470

Just the Girl I'm Looking For

Girls Reaching Out to Wellness (GROW), a health and wellness program for 7th and 8th grade girls, presents an informative program exploring first impressions, self esteem and body image.

Speakers Kari Falls, LCSW;
 Ellen Humphrey, PT, MA, OCS
Date/Time Sunday, Sept. 30, 1 to 3 p.m.
Location Lake Forest HFC
Register (847) 535-6111

55 + Healthy Aging

How to Be as Young as You Think You Are

Find out the latest options for natural and medical treatments to keep you young in heart, body and soul.

Speaker Pamila Kasturi, MD
Date/Time Tuesday, Sept. 18, 7 to 8 p.m.
Location Lake Forest Hospital
Register lfh.org or (847) 535-6112

Congregate Meals Program

Join others for low-cost, nutritional meals in the hospital cafeteria on a daily basis. A speaker or educational program of interest accompanies one meal each month.

Time 4:30 to 6:30 p.m.
Info (847) 535-6112

Senior Lunch & Learn

A free lunch and educational speaker the second Tuesday of every month

- July 10: 50s Celebration cookout with DJ
- Aug. 14: Seniors in Motion – LFH PT Department (Join our physical therapists to learn a variety of ways to maintain your active lifestyle.)
- Sept. 11: Advance Directives – Five Wishes/Components of Wellness by Midwest Palliative & Hospice Care Center

Time 11:30 a.m.
Location Outpatient & Acute Care Center, Grayslake
Register lfh.org or (847) 535-8800 (required)

Wellness and Prevention

Stay Strong, Stay Safe – Fall Prevention Program

Our physical therapists will discuss fall prevention principles, safeguards for the home and proper physical fitness. A free screening to assess individual fall risk will be offered to all attendees.

Date/Time Thursday July 12, 7 to 9 p.m.
Location Lake Forest Hospital
Register (847) 535-8065

OR
Date/Time Saturday, Sept. 15, 10 a.m. to noon
Location Field House at Hinkston Park
 800 Baldwin, Waukegan
Info (847) 535-7564

Health at the Library

Attend informative lectures on the following Thursdays:

- July 12: Dr. Lori Siegal, LFH rheumatologist, discusses osteoporosis
- July 19: Edye Wagner, LFH registered dietitian, presents "The Best Food to Improve Your Health"
- July 26: Dr. Linda Hines, LFH psychologist, presents "Acts of Kindness: Make a Difference in Your Day"

Time 1 p.m.
Location Lake Bluff Library, 123 E. Scranton Ave.
Info Carol Carter, (847) 234-2540

Dizziness 101

Join us as Leslie Buchenberger, PT, discusses common causes of dizziness, and why you may benefit from vestibular rehabilitation.

Date/Time Tuesday, Sept. 18, 6 to 7 p.m.
Location Outpatient & Acute Care Center, Grayslake
Register (847) 535-8065

Women's Health

My Kids Went to College – and All I Got Was a T-shirt and Hot Flashes

Come for an informative lecture on current treatment and thoughts on changes that occur to your body in your 40s, 50s and beyond.

Speaker David Schewitz, MD
Date/Time Tuesday, Sept. 25, 7 to 8 p.m.
Location Lake Forest Hospital
Register lfh.org or (847) 535-6112

Health Screenings/Massages

Hearing Screenings

Contact the audiology department to sign up for a free hearing screening at either the Lake Forest or Grayslake campus. Adults only.

Register (847) 535-6114

Speech and Language Screening for Children

If you're wondering whether your child's (3 to 6 years old) speech and language development is on track, you can schedule an appointment for a free speech and language screening.

Register (847) 535-6114

Heart Smart Screening

This screening for men and women includes full cholesterol panel, blood sugar, blood pressure, body mass index and waist/hip ratio. Easy finger-stick with immediate results plus counseling with nurse practitioner.

Fee \$30 (fasting is required)
Dates Weekdays and one Saturday/month
Locations Specialty Care Center, Soon in Grayslake
Register (847) 535-8500

CPR Classes

HeartSaver CPR

Learn infant, child and adult CPR through an American Heart Association Pediatric and Heartsaver course offered by CPR Associates Inc.

Fee \$40
Dates Saturday, July 14, August 11, or Sept. 8
Time 9 a.m. to 1 p.m.
Location Lake Forest Hospital
Register (773) 973-6933

Community First Aid

CPR Associates Inc. offers instruction that includes first aid for bleeding, broken bones, insect bites, sudden illnesses and a variety of other injuries. (This course does not include CPR.)

Fee \$40
Date Saturday, Aug. 4
Time 9 a.m. to noon
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
- Childbirth Preparation
- Preparation for Breastfeeding
- Sibling Preparation
- Spring Training for Dads
- Pre & Postnatal Yoga
- Newborn Care Basics
- Infant CPR and Safety
- Surviving Motherhood
- 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.

Transitioning into Parenthood

Every birth has a unique set of circumstances that will affect the family during this transition. In this class we will talk about economic concerns, social support systems, hormonal changes, and the difference between normal baby blues and postpartum depression.

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 new Hunter Family Center for Women's Health, 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.

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.

Lake Forest Hospital Support Groups

Alzheimer's Support Group. For more information, call (847) 535-6764.

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

National Stuttering Association Support Group. Provides emotional support and encouragement to people who stutter. For more information, call Art Struss at (847) 970-5067.

R.T.S. (Resolve Through Sharing) Bereavement Services. For parents who have lost babies. For more information, call Jennifer Forsman at (847) 535-6336.

I Think I'll Get Up and Dance

Thanks to Vascular Institute's endovascular alternative, 80-year-old Polly West is singing a different tune

When a sore on the big toe of Polly West's right foot refused to heal right, she and daughter Bianca went to visit the podiatrist. After a thorough exam, the podiatrist didn't like what he was seeing and referred Polly to Dr. Susanne Woloson, director of vascular surgery at Lake Forest Hospital.

"Upon examination and further testing, Polly (who suffers from vascular disease) was diagnosed with osteomyelitis, an infection in the bone of her big toe," explained Woloson. "She had poor circulation to the area because of an arterial blockage behind the right knee."

Polly and Bianca were presented with two options: a traditional open operation to bypass the blockage and improve circulation or a less invasive procedure from within the artery. Called Silverhawk atherectomy, this less-invasive option reams out the blockage to improve circulation. In most cases, the open procedure has more longevity and is the preferred approach. Not so for Polly.

"My mom's a Jehovah's Witness," explained Bianca, "so any less invasive option that reduced the possibility of a blood transfusion (which isn't allowed in her religion) was going to be preferred. Plus, mom wasn't crazy about the idea of removing part of her toe. When she's made her mind up about anything, that's all there is to discuss."

And so, the mother of 11, grandmother of 36 and great-grandmother



Polly West (left) dances with her daughter, Bianca, at a recent family get-together in North Chicago.

of 24, whose only surgery in her 80 years was an appendectomy decades earlier, was scheduled for a Silverhawk atherectomy on March 2, 2007.

"The endovascular procedure, conducted by my partners, Drs. Samer Najjar and Joseph Introcaso, included local anesthesia, a series of angiograms (roadmaps of the circulation) and a catheter-fed wire through the artery that excised plaque and cleared the circulatory blockage that began above her right knee," said Woloson.

Thankfully, those 71 family members had a lot to smile about when Polly came through the procedure with flying colors and went home the following day.

"When mom was brought back to her hospital room following the procedure, she smiled at us and exclaimed, 'This didn't hurt at all! I should have done it years ago. I think I'll get up and dance.'"

The Lake Forest Hospital Vascular Institute specializes in every type of vascular treatment from minimally invasive procedures for varicose veins to venous surgery for treatment of carotid disease.

Located in the Specialty Care Center on the first floor of the Hunter Family Center for Women's Health addition to the hospital, the Vascular Institute can be reached at (847) 577-5814.

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- Outpatient & Acute Care Center, Grayslake
- Volunteer Opportunities at LFH
 - Adult Student

Name _____

Address _____ City _____ State _____ Zip _____

Telephone _____ e-mail _____

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@lfh.org

For more information about these and other Lake Forest Hospital services, visit us online at www.lfh.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. Jane C. Griffin, vice president of philanthropy & marketing; 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.