Victory for injured athletes

Tissue engineering restores local athletes’ dreams

NEIGHBORS IN NEED
Helping Lake County’s medically underserved

45 CLIENTS, 300 POUNDS LOST
Why nutrition counseling works

HEALTHY PREGNANCY
What you need to know
Northwestern Memorial Physicians Group is now in Lake Forest

Rachel Oosterbaan, MD, Susan Shaw, MD and David Vigder, MD of Northwestern Memorial Physicians Group are now seeing patients at Northwestern Lake Forest Hospital. Northwestern Memorial Physicians Group is a multisite practice of primary care physicians who also serve as faculty members at Northwestern University Feinberg School of Medicine. These experienced, board-certified physicians offer research-based care to treat a wide range of health conditions. Their personalized care includes an advanced electronic medical record and a secure, patient portal where patients can request appointments, test results, medication refills and consult with their physician online.

To learn more or to schedule an appointment, visit nmpg.com or call 847.926.0106.
A Victory For Injured Athletes

Roger N. Chams, MD, and the science of tissue engineering transform how athletes and others heal

Mike McDonald, a former Lake Forest College ice hockey goalie, would simply put his arms behind his head to rest and his shoulder would dislocate. Brooke Evans, a college basketball player from Mundelein, had multiple knee surgeries before reaching her eighteenth birthday. Up until a few years ago, their conditions would have meant an uncertain future for their athletic careers and possibly a lifetime of pain.
Today, the advanced science of orthobiologics, or tissue engineering, is transforming orthopaedic care for athletes and others suffering from knee and shoulder problems. Transplants of real human bone and cartilage, cloning of the patient’s own cartilage cells and platelet-rich plasma injections are helping promising young athletes like Mike McDonald and Brooke Evans return to highly physical, competitive activities with confidence and strength.

At Northwestern Lake Forest Hospital, Roger N. Chams, MD, was only the second orthopaedic surgeon in the Chicago area to perform cadaveric ankle cartilage-to-shoulder reconstruction when he operated on Mike McDonald. Dr. Chams is the team physician for the U.S. Soccer Federation, an NCAA team and multiple high school teams, as well as professional and amateur adult athletes. He has extensive experience treating sports injuries, performing over 1,200 arthroscopic knee and shoulder procedures each year, including anterior cruciate ligament (ACL) repair, multiple ligament reconstruction, shoulder rotator cuff reconstruction and cartilage preservation. This experience has made him hopeful about how orthobiologics may help athletes today and in the future.

**SHOULDER RECONSTRUCTION WITH CADAVER TISSUE TRANSPLANTS**

Patients like McDonald who have frequently dislocating shoulders and severe bone loss can now benefit from a new procedure that transplants fresh bone and cartilage from a donated cadaver ankle directly into the shoulder socket [osteochondral allograft reconstruction]. The materials fuse with the shoulder over a period of six months, during which time the patient receives physical therapy. Within six months, most patients return to a level of functionality nearly identical to their pre-injury condition.

“In the past, for patients with frequently dislocating shoulders—which is common among athletes—we would surgically reconstruct the shoulder or use a bone block and about 35 percent of them would fail,” says Dr. Chams. “But with biologic materials, we take traditional orthopaedic procedures and dramatically improve the outcomes and overall patient functionality.”

The shoulder transplant procedure requires only 90 minutes and is performed on an outpatient basis. The procedure reduces the risk of recurrent instability and may prevent the arthritis that would otherwise develop as the patient ages. The procedure also avoids the complications that can occur with traditional reconstructive procedures.

“We get the cadaver tissue from the most reputable bank, and everything is thoroughly tested,” explains Dr. Chams. “This is very fresh, high quality material that is reimplemented within 15 days to preserve the viability of the transplanted cartilage cells.”

Within six months of his surgery, McDonald was back on the ice and looking forward to a new season with a new college team—an opportunity he thought was gone forever.

After high school, I took a year off to play in the Ontario Junior Hockey League, and my shoulder became worse. During a scuffle near the net, my shoulder dislocated. This began happening every few months, partly because I’m an aggressive player, most goalsies experience lower body impact, but I move my whole body around. A physician in Canada diagnosed me with a slight tear in my labrum [shoulder cartilage]. But he said, “Don’t worry…play through it.”

I did work through the pain, and I was even recruited by Lake Forest College. That’s when the pain ramped up. We were on the ice six times a week, and just moving my arms while sleeping would dislocate my shoulder. Then my shoulder dislocated during a game, and the other team scored a goal on the play. My coaches said, “You’re done.” They had Dr. Chams (Roger N. Chams, MD, the team’s physician, affiliated with Northwestern Lake Forest Hospital) evaluate me. He moved my shoulder back slightly and it dislocated in his hand. A few people standing around near the training room saw that, and they actually started screaming.

Dr. Chams determined that I had major bone loss in my shoulder socket and all of my ligaments were torn. He explained that I would have only a 65 percent chance of recovery with a traditional surgical procedure. Just like that, my season—and maybe my career—was over. But he talked with me about a reconstructive surgery that transplants cartilage from a cadaver’s ankle into the shoulder. At the time, only a handful of surgeons were performing the procedure with Dr. Chams, a procedure that very few surgeons are performing. I can honestly say that without it I might not be finishing my degree at Salve, and I definitely wouldn’t be playing hockey.

I transferred all of my academic work, finished out the 2010-2011 season with the Seahawks, and things have been going well in the new season.

Friends say I don’t have an “off switch,” and taking things slow during recovery wasn’t easy. But within six months I was back in training. And within the year, my strength and confidence returned. That was nice— being able to get sold in the net again and take dives for the puck without pain.

In the end, the Lake Forest College team had to release me because of the timing of my surgery and recovery. But then I got a call from Salve Regina University, a private college in Rhode Island. They wanted to recruit me for the ECAC Northeast Hockey Conference. I transferred all of my academic work, finished out the 2010-2011 season with the Seahawks, and things have been going well in the new season.

It’s incredible. I literally went down the street to Northwestern Lake Forest Hospital to get this amazing, cutting-edge procedure with Dr. Chams, a procedure that very few surgeons are performing. I can honestly say that without it I might not be finishing my degree at Salve, and I definitely wouldn’t be playing hockey.
I’ve been playing basketball for as long as I can remember. My Dad’s a coach, so sports have always been a part of my life. I also played volleyball and softball over the years, and along the way I just decided to focus on basketball. I grew up in Mundelein, Illinois, and I was on the team at Mundelein High School.

It wasn’t like the problems with my knees suddenly appeared; things just gradually became worse over time. By my freshman year of high school I needed surgery, which involved transplanting cartilage from one part of my knee to the damaged area. Dr. Chams performed my surgery. We had heard about his work at Northwestern Lake Forest Hospital from family friends, and they all had such good things to say.

Just a year later, I started having pain in my other knee—the “good” one. I went back to Dr. Chams and he performed a lateral release to realign my knee. After that, things seemed to be going well. But senior year, the pain came back. My knees would buckle or just give out under me. I went through my whole senior year working through the pain, and I received a basketball scholarship to Oakland City University, a private college in southern Indiana. But the pain kept getting worse, and I had to return to Dr. Chams. He was familiar with my history and determined that I had a large defect in my cartilage. So, here I was just a few months away from starting my college basketball career, and I needed to have surgery again.

Dr. Chams thought I might benefit from a new, advanced technique using my own cells. It sounded crazy to me—removing and then “cloning” my own cells in a laboratory. But it could make my knee feel comfortable with everything. My cartilage was removed; millions of cells were grown in a laboratory and then reinserted into my knee five weeks later. It took time to recover and give the cartilage a chance to form to my knee. But I kept up with physical therapy and things went pretty fast. I was redshirted (not playing competitively) my freshman year at Oakland City, but now I’m playing again.

It was a little surprising that I could get this care right here at Northwestern Lake Forest Hospital and not have to travel really far away. Without my surgery—especially the most recent one—I probably wouldn’t be playing basketball, and that’s what’s helping me go to college. It’s a miracle to me that I can keep playing. I’m even stronger than before, and I know it will be a great season.

“With biologic materials, we take traditional orthopaedic procedures and dramatically improve the outcomes”

“With orthobiologics, we’re reconstructing cartilage and bone the way it should be; we’re preserving it and building it, not just trying to make do without it,” says Dr. Chams. “Fifteen years ago, traditional arthroscopic procedures were new, and they were good. Then we discovered that we could make these procedures even better with biologic material. We can provide better outcomes for our patients, increased function and longer-lasting freedom from pain. These advanced procedures will markedly improve long-term results.”

NORTHEASTERN LAKE FOREST HOSPITAL ORTHOPAEDICS – THE MOST PROCEDURES PERFORMED IN LAKE COUNTY*

- More than 30 experienced orthopaedic surgeons, several with fellowship training
- Joint & Spine Center offering personalized, private rehabilitation care and amenities
- Advanced technology and comprehensive treatment options, including:
  - Arthroscopic shoulder reconstruction
  - Multiple cartilage reconstruction
  - Cartilage restoration
  - Cervical disc replacement
  - Minimally invasive hip and knee replacements
  - Ankle replacement
  - Hand surgery

* Based on calendar year 2010. Market data for 2011 not available at time of publication.
A healthy pregnancy

Do you know the facts?

Expecting? You have probably received lots of advice—perhaps unsolicited—about what you should or should not do.

We asked Jill K. Holden, MD, an obstetrician/gynecologist with Northwestern Lake Forest Hospital, to share some basic facts about staying healthy during pregnancy. For 20 years, Dr. Holden has been treating women and girls in our community, and she delivers close to 200 babies every year. Dr. Holden was named a “Top Doctor for Women” by Castle Connolly Medical Ltd., in a January 2011 special issue of Chicago magazine.

1. When you become pregnant, what is the most important first step?
   A. Reduce physical exercise
   B. Catch up on all vaccines
   C. Contact an OB/Gyn and begin prenatal care
   D. Increase the amount of your sleep

2. Healthy weight gain during pregnancy is:
   A. 20 – 40 pounds
   B. No more than 50 pounds
   C. 15 – 20 pounds
   D. Depends somewhat on original weight (slender may gain more, heavier less)
   E. Both a and d

3. Underlying high blood pressure (hypertension) does not affect the fetus:
   A. True – Blood pressure naturally lowers, increases, then normalizes during pregnancy
   B. False – Hypertension does not normalize and medications may affect the fetus

4. Gestational diabetes is a serious risk in pregnancy. Which of the following is true?
   A. Excess insulin may spur abnormal growth of the baby
   B. Affects 10 percent of pregnancies, regardless of weight or controlled eating
   C. Can often be managed with diet and close monitoring, but may require medication
   D. All of the above

5. Influenza (“flu”) vaccines are harmful to the fetus:
   A. True – Flu vaccines can increase your risk of miscarriage, prematurity, birth defects
   B. False – Flu vaccines are recommended for pregnant women

6. Always check with your OB/Gyn about exercise, but the following is generally true:
   A. Staying physically active is part of a healthy pregnancy
   B. Avoid starting a new sport, but experienced hikers, bikers and runners may continue those activities
   C. Slow down intermittently and drink lots of water
   D. All of the above

7. A lesser-known infection, Group B Strep,
   A. Causes serious illness, even death, in newborns
   B. Can be passed to the infant in the birth canal
   C. Can be screened at 35 - 37 weeks and treated with antibiotics for the mother
   D. All of the above

Northwestern Lake Forest Hospital offers prenatal classes, tours and exercise programs just for pregnant women. Go to lfh.org and click on “classes and events” for details.
HealthReach is Lake County’s only registered free health clinic, providing medical, dental, vision and acute care to 4,500 of the 84,000 medically uninsured residents across 18 townships. Additionally, the HealthReach state-licensed pharmacy brought in $1.26 million of free medications from national pharmaceutical companies to benefit Lake County residents in 2010 alone.

Unlike a Federally Qualified Health Center, (such as the Lake County Health Department), Illinois registered free clinics such as HealthReach are unable to charge Medicaid or Medicare and therefore rely solely on the philanthropy of individuals, faith-based institutions, local government grants and foundations. Federally Qualified Health Centers typically charge fees on a sliding scale with government-regulated income requirements. Those qualifications can be a barrier to medical services for patients like Tony: people caught between employer-sponsored health insurance and government assistance for the poor.

“At first I went to a state clinic, but they turned me away,” recalls Tony, an experienced roofer whose condition has made steady employment difficult. “But at HealthReach, I was able to see a psychologist and a specialist, and I had an audiology test at Northwestern Lake Forest Hospital. I’m seeing a difference in how I feel.”

How HealthReach works

HealthReach was founded nearly 20 years ago by local healthcare professionals who were concerned about the impact of the growing uninsured population on emergency departments. Today, HealthReach helps Lake County’s medically underserved with two offices in Mundelein and Waukegan and a small 25-person staff that includes a registered nurse, operations manager, four medical assistants and a grant-supported physician’s assistant. It uses interpreters on a contract basis and has its own pharmacy and a governing board of local industry and community leaders. The organization relies heavily on 75 local volunteer physicians, dentists, optometrists and pharmacists, as well as hospitals that provide free diagnostic testing, laboratory work and cash donations.

In 2011, Northwestern Lake Forest enhanced its partnership with HealthReach by donating $100,000 and an additional $153,432 in pro bono laboratory, imaging and diagnostic testing services.

“These partnerships can be lifesaving,” says Jeanne Clark, RN, the clinical coordinator at HealthReach. “A local hematology/oncology group volunteered to see one of our patients who may have leukemia. They recommended several specialized tests, and Northwestern Lake Forest said ‘Yes, we’ll do it.’ We’ve also had patients go there for radiation treatment and gynecological surgeries.”

Generous, dedicated physicians

Tony first saw William Greenfield, MD, a retired physician who then referred him to Allen Carlins, MD, a Northwestern Lake Forest Hospital ear, nose and throat specialist who volunteers his time for HealthReach. Northwestern Lake Forest Hospital OB/Gynecologist Tanya Huang, MD, is another one of HealthReach’s volunteer physicians; she sometimes sees as many as 20 patients during her twice-monthly visits.

“We have many retired physicians who see patients and several practicing physicians who carve out time from their schedules,” says Clark. “They’ll also coordinate with their colleagues, which provides us with an informal network of experts when patients need specialized care. It’s a quiet, behind-the-scenes dedication.”

Power of prevention

Lori Harper is HealthReach’s operations manager, overseeing everything from patient intake to building maintenance. She is quick to point out the importance of prevention. 

“Anthony ‘Tony’ Clark is still afraid to go to sleep at night. He frequently becomes confused or disoriented, the result of seizures caused by irregular brainwaves. Tony’s condition is more difficult because he is one of thousands of Lake County residents without health insurance. Thanks to a partnership between Northwestern Lake Forest Hospital and HealthReach Incorporated, Tony is finally getting his symptoms under control.”
HealthReach is Lake County’s only free clinic, partnering with Northwestern Lake Forest Hospital and other organizations to help many of the 84,000 uninsured and 108,000 underinsured residents here.

We might see your next-door neighbors here, and you would never know they’re struggling out that HealthReach’s more complex cases should not overshadow the critical diagnostic testing and preventive care the organization provides.

“Every patient has a story,” she says. “Even if it’s just a simple vitals check or exam at our office, we’re providing care they can’t get anywhere else and reducing the number of bigger, possibly tragic stories.”

A diverse population

In 2011, HealthReach served over 2,000 patients and coordinated 22,000 transactions requiring medical care and pharmacy medications. Behind the numbers is a group of highly diverse patients who do not fit a set profile or demographic group. HealthReach serves Lake County’s uninsured population, but they also see 30-, 40- and 50-year-olds who have recently lost their jobs, young college graduates too old for their parents’ insurance and the “working poor”—those working full-time and trying to support a family on minimum wages.

“We’re caring for the forgotten,” says Harper. “We might see your next-door neighbors here, and you would never know they’re struggling. There is always a group for whom no public assistance is available, and the lagging economy is putting more pressure on them.”

Benefiting the entire community

The HealthReach/Northwestern Lake Forest Hospital partnership does more than provide an invaluable service to Lake County residents with the greatest need of care—it lowers the costs for every healthcare consumer.

“People without insurance get sicker sooner, and their health deteriorates more rapidly. We’re preventing more costly problems and helping people stay out of the emergency department, which saves money for everyone,” says Clark.

For Tony, it means learning how to live with his seizures, receiving more effective medication, possibly some neurological care—and a measure of stability.

“My seizures are happening less often, and I’m learning more about what causes my symptoms,” he says. “I really don’t know where I’d be without HealthReach and the people at Northwestern Lake Forest Hospital.”

At fh.org, you can learn about the free or low-cost health classes and screenings Northwestern Lake Forest Hospital offers every month.

Disease and injury prevention
Maternity and parenting
Wellness for seniors
Adolescent health
Men’s and women’s unique health issues
CPR training
Immunizations
Health screenings
Fitness

Visit fh.org/events for a detailed Community Wellness calendar—you can even register for classes online.
Is nutrition counseling for you?

A personalized approach can resolve many food-related problems

What does a nutrition counselor do?

Nutrition counselors provide education and nutritional programs to prevent and treat diseases and manage weight loss. Many clients are referred by a physician because they have diabetes, cancer, cardiovascular or gastrointestinal problems, and they need help changing their diets to manage the effects of disease. Besides caring for patients in the hospital, we see outpatients with a variety of nutrition needs such as allergies or gluten issues and parents with children who have special dietary needs. Many are here because they’ve heard about our successful weight loss programs.

How do you help people struggling to change their diet?

We take an individual approach. We know that what works for one person may not work for another. We let our patients determine what’s important and set their own goals—we don’t insist on what we think is the right way. In fact, a nutrition counselor acts more as an educator or coach. We use meal plans and exercise recommendations. But we also have alternatives for people who find certain effective tools, like food diaries, stressful or difficult to maintain. The sessions are private, and we’re nonjudgmental. We avoid being too restrictive; sometimes we can add certain foods back into the diet, depending on the patient. Fortunately, today’s grocery stores have many alternatives for people who find certain foods difficult to maintain. The sessions are private, and we’re nonjudgmental. We avoid being too restrictive; sometimes we can add certain foods back into the diet, depending on the patient.

When it comes to losing weight or managing disease, many opt to navigate difficult dietary changes and behavior modification on their own. Some may believe that nutrition counseling is too costly, or reserved for very ill or obese patients. But whether you have a chronic condition like diabetes, or an everyday challenge like allergies or weight management, a personalized, professional approach may help you achieve long-term good health.

When it comes to losing weight or giving up certain foods?

When it comes to trendy diet plans, one is no better than the next. A long-term common sense approach is more effective. Studies show that accountability and commitment also make a big difference. The clients who achieve excellent weight loss results are those who followed up with us over several months. High quality, professional care and support services are critical. In 2010, we saw a combined weight loss of 300 pounds among 45 of our patients. In this field, those are really good numbers.

Do nutritionists specialize in certain areas?

Northwestern Lake Forest’s team of nutritionists has experience across a range of health needs. I specialize in eating disorders and children with epilepsy, and I coordinate our accredited outpatient diabetes education program. The program includes a team of specially-certified nurses who provide comprehensive care to diabetes patients. We develop meal plans and exercise programs that help manage their condition and, in some cases, even lower blood sugar levels.

Jessica Larson-Patrick, RD, LDN, works with inpatients, acute care, pediatric and cancer patients, gestational diabetes and gastrointestinal issues. Christi Baron-Steely, RD, LDN, has extensive wellness experience, and works closely with our patients—preteens, teens and adults—in our health and fitness centers.

What kind of training does a nutrition counselor or dietitian have?

We use the words “nutritionist” and “dietitian” interchangeably, but dietitians typically receive more training than nutritionists. Christi, Jessica and I are all trained dietitians registered and licensed with the state. Dietitians have an undergraduate degree in food and nutrition that includes many science-based courses. Dietitians also do post-graduate work, completing an internship and/or a master’s degree as well.

What else should people know about nutrition counseling?

Food has an incredibly strong correlation to health risks, and our goal is to move people toward long-term, healthier living. We also work within our clients’ current lifestyle and budget. We suggest checking with your health insurer. Medicare and private or group insurance plans often cover nutrition counseling for specific reasons. And keep in mind that you do not need a physician referral to use our services (though some insurers may require it). However, we do receive many physician referrals—even from physicians not affiliated with Northwestern Lake Forest. The word of mouth we’ve enjoyed among patients extends to the local medical community, and we’re very proud of that.

Learn more at lfh.org/nutrition_services or call 847.535.6176 for an appointment today.
A Better Maternity Experience

OB hospitalists enhance patient safety

PREGNANCY HAS MANY JOYFUL MOMENTS, but also a lot of anxiety about symptoms. Is this bleeding sign of a rupture? Does my back pain indicate something more serious? Is the baby OK?

In fact, nearly every day, pregnant patients come to Northwestern Lake Forest Hospital because of a symptom or fear related to their impending delivery. At some hospitals, if it is not an emergency, these patients might wait several hours or stay overnight without seeing a physician. This is one reason why Northwestern Lake Forest Hospital has an OB hospitalist program, an innovative approach to maternity inpatient care.

WHAT IS AN OB HOSPITALIST?

OB hospitalists are board-certified OB/Gyn physicians who do not have a private practice. Instead, they choose to treat pregnant and postpartum patients in the hospital. OB hospitalists provide a constant, 24/7 onsite physician presence and work with the patient’s OB/Gyn to provide immediate, expert care. Many patients assume at least one physician is present on each floor or department of a hospital. But that’s not always the case. Often, the OB/Gyn may not be able to go to the hospital because of scheduling commitments or other patients, and information is transmitted by a nurse. However, hospitalized patients need advanced care, sometimes at all hours of the night. When this care is managed remotely, patient safety is at risk.

“It’s about putting patient comfort and safety first,” says Tanner Colegrove, MD, a board-certified OB/Gyn and medical director of the new Northwestern Lake Forest OB hospitalist program. “We provide a constant physician presence at the hospital—an extension of the patient’s OB/Gyn.”

WHO ARE THE OB HOSPITALISTS?

Many in the community know Dr. Colegrove from her six years in private practice. She is joined by Shayna Mancuso, DO, a board-certified OB/Gyn who worked in private practice as well as a Chicago-based OB hospitalist program for over seven years before coming to Northwestern Lake Forest.

Both physicians—who are mothers themselves—were drawn to the OB hospitalist program because it allows them to remain connected to obstetrical care while improving their work-life balance. At the same time, the presence of OB hospitalists supports the care provided by OB/Gyns.

In fact, the American Congress of Obstetricians and Gynecologists (ACOG) Committee on Patient Safety and Quality Improvement recently published an opinion detailing how OB hospitalists benefit patients as well as private OB/Gyn practices, nurses and hospitals. Although hospitalist medicine is a relatively new medical specialization, many advanced care institutions and academic medical centers (including Northwestern Memorial Hospital) have had some version of an OB hospitalist program in place for several years.

HONORING THE PATIENT/PHYSICIAN RELATIONSHIP

“I know from experience that the OB/Gyn relationship is a sacred one—it involves a woman’s most important decisions, and it develops over a long period,” says Dr. Colegrove. “None of the care we provide changes that, and much of what we do is behind the scenes. I make it clear to patients who I am and that I’m sort of a ‘bridge’ to their physician.”

With the patient’s experience in mind, Dr. Mancuso takes a similar approach.

“Ultimately, it’s about providing the highest level of care,” she says. “We strive to augment the patient-physician relationship. I introduce myself, clarify my role and assure patients that I’m in constant contact with their physician.”

“We provide a constant physician presence at the hospital—an extension of the patient’s OB/Gyn”
Going to Europe? Africa? Asia?
Do not let illness or local conditions ruin an unforgettable and costly trip abroad.
Northwestern Lake Forest Hospital offers a comprehensive international travel program.
Our experienced physicians have additional certification in travel medicine, which means they can advise on public health issues around the world. We provide:

➣ Overall health assessment to ensure appropriate preparation
➣ Immunizations based on specific locale, time of year and your health—you receive only what you need
➣ Use of the Travax® medical travel system, available only to healthcare professionals
➣ In-person consultation about health risks as well as any security issues

Plan ahead—some immunizations are required four to six weeks prior to travel. The International Travel Program is available by appointment.

Call 847.535.6172 or visit lfh.org/international_travel_program.

WITH HEARTFELT GRATITUDE FROM THE WOMEN’S BOARD OF NORTHWESTERN LAKE FOREST HOSPITAL, WE ARE PLEASED TO ANNOUNCE OUR 2011 GRANT RECIPIENTS:

EMERGENCY DEPARTMENT – DECREASING PEDIATRIC ANXIETY AND FEAR
This program will greatly enhance the experience of 35 percent of those who visit our Emergency Departments – our pediatric patients. Developed in cooperation with Children’s Memorial Hospital, the program will result in decreasing the negative, long-term effects that can develop when a child visits the Emergency Department, such as post-traumatic stress, increased fear of doctor visits and pediatric anxiety. Funds from the grant allow for expert training of the Emergency Department staff in the use of materials designed to provide distraction and therapeutic play.

OUTPATIENT WOUND CENTER – PROVIDING LIMB-SAVING THERAPY
This grant allows our Wound Center to purchase an additional pneumatic compression device, or pump, for use with patients with severe peripheral vascular disease and diabetes. Recently, the Wound Center staff has experienced great success with the pumps in alleviating the need for amputation. They now have the ability to offer this therapy to all their patients, regardless of ability to pay.

HOME HEALTHCARE – EDUCATING PATIENTS WITH HEART FAILURE
Heart failure is a disease that affects nearly five million Americans, including 10 percent who are over 70 years old. These patients are expertly and effectively treated in the hospital setting. However, they do not always receive adequate education regarding their disease and ways to care for themselves after they are discharged. As a result, they experience more frequent readmission. This grant provides funds for enhanced follow-up and interactive education by the patient’s nurse prior to discharge.

EMERGENCY DEPARTMENT – SPECIALIZED GERIATRIC EMERGENCY SERVICES
Patients over the age of 60, the fastest growing patient population in the Emergency Department, are often more seriously ill than younger patients receiving emergency care. This population has unique needs that may be better served with specialized emergency services. This program, which provides funding to study the feasibility of such a program, will lead to the best possible care for our geriatric patients.

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GET INVOLVED!
You can help make a difference by supporting the 2012 Women’s Board Grant Initiative. Learn more at lfh.org/womens_board

IN EARLY 2011, the Women’s Board of Northwestern Lake Forest Hospital Auxiliary launched a fundraising appeal that reflects a new commitment to advanced community healthcare. With donations from the community, the Women’s Board coordinates a competitive grants program for clinical projects, research studies and other hospital funding needs. The grants initiative targets opportunities for new, innovative approaches to enhance patient care.

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Heart failure is a disease that affects nearly five million Americans, including 10 percent who are over 70 years old. These patients are expertly and effectively treated in the hospital setting. However, they do not always receive adequate education regarding their disease and ways to care for themselves after they are discharged. As a result, they experience more frequent readmission. This grant provides funds for enhanced follow-up and interactive education by the patient’s nurse prior to discharge.

EMERGENCY DEPARTMENT – SPECIALIZED GERIATRIC EMERGENCY SERVICES
Patients over the age of 60, the fastest growing patient population in the Emergency Department, are often more seriously ill than younger patients receiving emergency care. This population has unique needs that may be better served with specialized emergency services. This grant, which provides funding to study the feasibility of such a program, will lead to the best possible care for our geriatric patients.

GET INVOLVED!
You can help make a difference by supporting the 2012 Women’s Board Grant Initiative. Learn more at lfh.org/womens_board

IN EARLY 2011, the Women’s Board of Northwestern Lake Forest Hospital Auxiliary launched a fundraising appeal that reflects a new commitment to advanced community healthcare. With donations from the community, the Women’s Board coordinates a competitive grants program for clinical projects, research studies and other hospital funding needs. The grants initiative targets opportunities for new, innovative approaches to enhance patient care.
Northwestern Lake Forest Hospital has expanded its network of physicians. We welcome these new members to our staff.

Allergy/Immunology
- MAGSEEN BULMORA, MD
  Glenview, 847.832.6000

Cardiac Electrophysiology
- DAVID BICKNELL, DO
  Libertyville, 847.367.7171

Cardiology
- KATHY BENDUY, MD
  Chicago, 312.926.1819
- ROBERT GORDON, MD
  Glenview, 847.657.1819
- NEIL STONE, MD
  Chicago, 312.926.6000

Cardiovascular Surgery
- WILLIAM COTTLE, MD
  Libertyville, 847.234.3250

Cardiovascular Surgery
- ROBERT GORDON, MD
  Glenview, 847.657.1819
- NEIL STONE, MD
  Chicago, 312.926.6000

Cardiovascular Surgery
- ROBERT GORDON, MD
  Glenview, 847.657.1819
- NEIL STONE, MD
  Chicago, 312.926.6000

Diagnostic Imaging
- DAVID OBER, MD
  Chicago, 312.255.9999

Dermatology
- MELINDA SIMON, MD
  Lake Forest, 847.926.4285

Dermatology
- MELINDA SIMON, MD
  Lake Forest, 847.926.4285

Diagnostic Imaging
- DAVID OBER, MD
  Chicago, 312.255.9999

Endocrinology
- DEBRA KANTER, MD
- ELIAS HOHLASTOS, MD
- JEREMY COLLINS, MD
- ROBERT BREIT, MD

Gastroenterology
- JOHN MARTIN, MD
  Chicago, 312.695.5620
- JOHN PANODUGO, MD
  Arlington Heights, 847.956.0099

Hand/Upper Extremity Surgery
- MICHAEL BRANKAI, MD
  Lake Forest, 847.427.0547

Infectious Disease
- BECKY MILLER, MD
  Evanston, 847.657.5959

Internal Medicine
- BEVERLY CALABU, MD
  Vernon Hills, 847.573.9663

Internal Medicine
- ANUJ LAL, MD
  Highland Park, 847.433.0404

Internal Medicine Hospitalist
- DEEPAH AHUWALIA, MD
  Long Grove, 847.719.2220

Internal Medicine Hospitalist
- YENKASE ANJAI, MD
  Chicago, 847.926.6000

Internal Medicine Hospitalist
- CHINTAN DESAI, MD
  Chicago, 847.926.6000

Internal Medicine Hospitalist
- MAHIEEEN MAJID, MD
  Long Grove, 847.719.2220

Obstetrics and Gynecology
- ALCIA PETERSON, MD
  Chicago, 312.926.2000

Obstetrics and Gynecology
- SALIMA SADRUDDIN, MD
  Long Grove, 847.719.2220

Obstetrics and Gynecology
- KATARYNA ZARNIECKI, DO
  Long Grove, 847.719.2220

Maternal Fetal Medicine
- PRIYA RAJAN, MD
  Chicago, 312.926.4865

Obstetrics and Gynecology Hospitalist
- SHAYNA MANSOOR, DO

Obstetrics and Gynecology Hospitalist
- MAUVEET TANG, MD
  Lake Forest, 847.234.3250

Ophthalmology
- MICHAEL BLAIR, MD
  Dec. Plane, 847.299.0700

Oncology/Hematology
- MAHESH POTURI, MD, FACP
  Libertyville, 773.279.1800

Orthopaedic Surgery
- MARYE ELKASHI, MD
  Gurnee, 847.623.3090

Orthopaedic Surgery
- DAVID HAMMING, MD
  Gurnee, 847.336.3335

Palliative and Hospice Medicine
- SALLY KELLEY, MD
  Glenview, 847.467.7423

Pathology
- DEBRA FREITH BISH, MD
  Lake Forest, 847.535.6218

Pediatric Hospitalist
- SARAH DONAHUE, MD
  Lake Forest, 847.234.5600

Pediatric Oncology
- MUKUNI BHAT, MD
  Chicago, 773.880.8161

Pediatric Orthopaedic Surgery
- JOSEPH JANICKI, MD
  Chicago, 773.327.1270

Pediatric Rheumatology
- RISA ALPERIN, MD
  Chicago, 847.220.4012

Plastic Surgery
- MICHELLE ROUGHTON, MD
  Glenview, 847.967.5122

Urology
- KATHRYN PETRUNGARO, MD
  Highland Park, 847.433.0404

Urology
- NEIL STONE, MD
  Chicago, 312.926.6000

We are proud to do our part to help the environment.

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For the seventh consecutive year, Northwestern Lake Forest Hospital was named the #1 Consumer Choice for Lake and Kenosha counties by the National Research Corporation. Thousands of local consumers selected us for best physicians, best nurses, best overall quality, and best image and reputation in the area. In fact, consumers named us their most preferred hospital in every clinical specialty.

Learn more in our Community News section at lfh.org.