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Locations

LAKE FOREST
Lake Forest Hospital
Westmoreland Long-term Care Center
Bays Medical Office Building
McGaw Medical Office Building
700 Medical Office Buildings
Deerhaven Child Care and Learning Center
Health & Fitness Center

GRAYSLAKE
Acute Care Center
Audiology and Speech Pathology
Breast Care Center
Cardiology Testing
Diagnostic Imaging
Laboratory
Physical and Occupational Therapy

GURNEE
Diagnostic Imaging
Home Care Services
Occupational Medicine

LINDENHURST
Health & Fitness Center
Physical Therapy

LIBERTYVILLE
Medical Office Building

VERNON HILLS
Diagnostic Imaging
Physical Therapy
Lake Forest Hospital is once again taking the lead in introducing new technology aimed at enhancing the patient experience while potentially improving clinical results. It’s the newest advancement in image-guided radiation therapy (IGRT), a guidance system that maximizes targeting accuracy and eliminates the challenges associated with changes in target size, shape and position. The Clarity™ System by Resonant Medical is the first comprehensive, non-ionizing IGRT solution to be introduced, and Lake Forest Hospital is among the region’s first to launch this new technology in early 2008. (“Non-ionizing” reduces the risk of damage to healthy cells surrounding the targeted area.)

“Historically, Lake Forest Hospital has been ahead of the curve in introducing new technologies,” said Dr. Joseph Imperato, president of Lake Forest Hospital’s medical staff and medical director of The Center for Advanced Radiation Medicine. “With administrative and community support, we have recently invested in technologically advanced diagnostic imaging, cardiac catheterization, and radiation therapy, including this promising new non-ionizing IGRT solution.”

In its initial phase, the new IGRT system will be used to treat prostate and breast cancer patients.

Lake Forest Hospital will be the first facility in the nation to offer non-ionizing IGRT for breast cancer treatments.

“For most prostate cancer patients, a welcome benefit of the IGRT is that we will no longer require a urethrogram (injection of a radiopaque dye into the urethra),” explained Dr. Marc Posner, a radiation oncologist at Lake Forest Hospital. “The IGRT ultrasound enables full delineation (a more detailed view) of the entire prostate gland. It’s one more layer of precision in radiation targeting and quality assurance that takes movement of the prostate gland, due to such natural occurrences as air in the bowel or changing fluid levels in the bladder, out of the equation.”

For breast cancer patients, IGRT ultrasound will improve the targeting of post-operative radiation and reduce the set-up challenges associated with scar tissue or fluid accumulations. Enhancing the precision of targeted radiation will reduce the need for wider treatment margins.

“I don’t think it will be long before we are able to apply this IGRT technology to treatment of bladder, pancreatic and other abdominal tumors, as well as head and neck cancers,” said Posner. “Technology is enabling us to bring radiation therapy to a new, higher level of precision, minimizing dose to normal tissues through non-invasive techniques.”
Mike Ditka Joins Cardiac Cath Lab Ribbon-Cutting Ceremony

Credits LFH staff with saving his life in 1988

Former Chicago Bears Coach Mike Ditka joined Lake Forest Hospital officials in a Dec. 19 ribbon-cutting ceremony at the hospital’s new Cardiac Catheterization Lab. Ditka, who recovered at Lake Forest Hospital from a heart attack suffered during the 1988 NFL season, said he was proud to be a part of the ceremonial opening of this latest chapter in cardiac care at Lake Forest Hospital (LFH).

He noted that even though the hospital didn’t have this type of facility when he was here, the care he received from the Lake Forest Hospital staff was outstanding. “I believe this hospital saved my life,” Ditka said.

“Lake Forest has meant a lot to me … I kind of matured in this town,” the Pro Football Hall of Fame member reflected. “Lake Forest Hospital is a tremendous asset to this community,” said Ditka, one of only two men to have achieved Super Bowl wins as a player, assistant coach and head coach.

Following his participation in the cath lab’s ribbon-cutting ceremony, Ditka continued to “spread the word” by being featured in an ad that aired on Chicago radio stations in early 2008.

Since its November 2007 opening, Lake Forest Hospital’s Cardiac Catheterization Lab and state-of-the-art cardiac angiography suite have served a broad range of cardiac patients, providing onsite diagnosis and treatment for patients suspected of having cardiovascular disease, as well as those who are suffering from an acute heart attack.
When 62-year-old Mundelein resident Richard Johnson retired Dec. 1, 2007, after more than 40 years as an electrician and construction specialist, he and wife, Hope, were planning many ways to enjoy the future. Eleven days later, their plans hit a snag.

“I felt a bit of chest discomfort that I had never before experienced,” explains Johnson. “That evening, I foolishly thought it was a cold. So I rubbed some Vicks on my chest and went to sleep. The next morning, my chest and left arm felt strange. My wife and I headed to the Lake Forest Hospital ER.

“As soon as I mentioned chest pain at the front desk, the nurse brought us back and they immediately began a series of tests including an EKG. The ER doctor gave me an aspirin and then put a nitroglycerin tablet under my tongue. When the nurse tried to move me slightly to do a chest X-ray, that’s when I began to feel horrible and sweat profusely. The doctor told Hope that I was having a heart attack.”

Johnson was rushed into the Cardiac Cath Lab where Ron Raymundo, RN, BSN, and the team began prepping him for a cardiac catheterization. Lab Medical Director Dr. Jonathan Gilbert performed the procedure and deployed a coronary artery stent in Johnson’s right coronary artery. Once the roughly 30-minute procedure was completed, he was brought to recovery and then to Intensive Care. Three days later, he was sent home.

“The truth is, we wound up heading to Lake Forest Hospital in the first place because Condell, which is closer to my home, no longer accepted my Blue Cross/Blue Shield,” said Johnson. “We had always heard great things about Lake Forest Hospital, not to mention that our grandchild (see photo) was born there three years ago. I now know why people rave about the place.”

Over the last two months, Johnson says that he has put on a little weight but his post-surgical tests continue to look good. He recently began cardiopulmonary rehabilitation.

“I thought retirement was supposed to be a good thing,” Johnson said. “My wife will probably want me to go back to work now.”

CARDIAC CATH LAB SAVES RICHARD JOHNSON FOR RETIREMENT

A NEW LOOK AND FEEL FOR OUR WEB SITE!

Lake Forest Hospital’s Web site has been redesigned to create a compelling and more user-friendly experience.

Along with the new look comes new services available to Web site visitors. For example, there are Helpful Links on the home page that make it easy to send flowers or a free personalized greeting card to a patient’s room.

Flowers, delivered fresh daily, can be ordered by using a secure online form. There are a variety of arrangements to choose from, ranging in price from about $10 to $39. Orders placed by noon will be delivered to the patient’s room that same day.

It’s just as easy to send personalized get-well wishes in the form of a greeting card that can be ordered with the click of your mouse on the home page. These cards are delivered free of charge to inpatient rooms Monday through Friday by members of our Volunteer Services department.

Lake Forest Hospital’s new Web site also allows users to access information about members of our medical staff more quickly.

Check us out at www.lfh.org.
Winter in the Midwest brings cold weather, snow, and a reduction of outdoor physical activity for many individuals. As the spring and summer months approach, people look forward to their favorite recreational and sporting activities. Many popular warm-weather activities such as running, golf and softball can be very physically demanding and often result in injuries for those individuals not prepared for their activity.

“To prevent injuries it is important to maintain a consistent fitness regimen during the winter months,” explains Lindenhurst Health and Fitness Center Personal Trainer Alan Fenske. “Everyone should have an exercise program that contains cardiovascular, strength and flexibility exercises. Individuals that participate in competitive and recreational sports such as golf, baseball and running should also include sport-specific exercises for their particular activity.”

**Golf**

A golf swing is a dynamic rotational motion that puts a great deal of stress on the lower back. To prevent injuries, Fenske recommends the following exercises to increase strength and flexibility of the core muscles:

- Start with spinal stabilization exercises such as an elbow supported plank.
- Include isolated core strengthening exercises such as a crunch on a stability ball
- Incorporate functional rotational core movements that simulate the golf swing

For information on golf-related injury rehabilitation and prevention, contact Lake Forest Hospital’s Department of Physical and Occupational Therapy at (847) 535-6520.
Are you feeling frustrated about exercising regularly but not seeing the scale budge? If so, it’s important to understand how your workouts and the calories you burn compare to the calories you take in—and the limitations of exercise alone.

Studies have shown that exercise alone is least effective in achieving weight loss," says Lake Forest Hospital Coordinator of Nutritional Services Edye Wagner. “However, exercise can be most effective when combined with smarter food choices and moderation.”

Here are examples of approximately how much exercise would be required for a 155-pound person to burn off the calories in some popular food items: In addition to burning off calories during your workout, exercise speeds up the metabolism and keeps that accelerated rate going even after you’ve completed your routine. This “after-burn” effect can last from 15 minutes to 48 hours, depending on how hard you exercise.

“The moral of the story: Don’t feel discouraged by how long you have to work out after eating that ice cream cone,” says Wagner. “Remember, the results of exercise such as building muscle, boosting metabolism, along with the ‘after-burn’ effect make it well worth the effort.”

Lake Forest Hospital Nutritional Services offers counseling on an inpatient and outpatient basis. For more information, call (847) 535-6176.

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories (kcal)</th>
<th>Equivalent Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>slice of cheese pan pizza</td>
<td>650</td>
<td>1 hour and 10 minutes playing tennis</td>
</tr>
<tr>
<td>grilled cheese &amp; french fries</td>
<td>700</td>
<td>1 hour and 30 minutes of jogging</td>
</tr>
<tr>
<td>bagel &amp; cream cheese</td>
<td>650</td>
<td>1 hour and 30 minutes of gardening</td>
</tr>
<tr>
<td>cheesecake</td>
<td>480</td>
<td>1 hour of weightlifting</td>
</tr>
</tbody>
</table>

**Softball**

Each year eager softball players dust off their gloves and cleats and hit the playing field, not realizing that their bodies are ill-prepared for the rigors of swinging a baseball bat or sprinting the base paths. Early season softball injuries often include muscle pulls, especially to the hamstring muscles. Fenske recommends the following preparatory exercise regimen:

- Incorporate adequate hamstring stretching into your regular exercise routine
- Develop functional strength in the hamstring muscles with exercises such as a forward lunge
- Incorporate running drills using quick bursts that simulate running the base paths or sprinting after a fly ball

**Running**

“Running is a great activity for improving cardiovascular endurance and can be an integral part of a weight management program,” states Fenske. He recommends the following exercises before hitting the path:

- Incorporate adequate lower body stretching for the hamstrings, calves and quadriceps
- Include lower body strength exercises to create balance and prevent repetitive use injuries
- Develop core strength to prevent low back injuries

Every summer activity has its own unique physical demands and people should prepare their bodies throughout the year to have an injury-free season. Adds Fenske, “A qualified personal trainer can assess your current fitness level and develop an exercise program for your specific sport or recreational activity.”
Excluding cancers of the skin, breast cancer is the most frequently diagnosed cancer among women, accounting for more than one in four cancers diagnosed in U.S. women. A recent report from the American Cancer Society reveals a continuing drop in the breast cancer death rate in the U.S. of more than 2 percent annually since 1990, a trend credited to progress in early detection and treatment. While the report—Breast Cancer Facts & Figures 2007-2008—also shows breast cancer incidence rates among white women declining at an average rate of 3.7 percent (rates for African American women have remained relatively stable), some physicians question whether we’re just not detecting as many cases of breast cancer due to lower rates of mammography screening in recent years.

“Fewer women getting mammography screenings is a dangerous trend,” said Dr. Beth Sylvester Cook, a radiologist and breast cancer specialist at Lake Forest Hospital. “We need to step up the education process to make it clear that, for most women, a baseline mammogram at age 35 followed by yearly mammograms beginning at age 40 is strongly recommended. In addition, we recommend a monthly self-exam for women starting at age 20, as well as a clinical breast exam (CBE) at least once every three years in their 20s and 30s, with an annual CBE beginning at age 40.

“For women at high risk of breast cancer, the recent American Cancer Society guidelines recommend annual magnetic resonance imaging (MRI) exams in addition to yearly mammograms and CBES. A breast MRI is a highly effective screening tool for women with a 20-25 percent or greater risk of developing breast cancer, as its use of high-powered magnets and radio waves can look more precisely at breast tissue and how blood flow is behaving (increased blood flow can mean cancer cells are flourishing),” Sylvester Cook explained.

The standard followed by Lake Forest Hospital, consistent with that of the American Cancer Society, in assessing a high risk for breast cancer (20 percent or greater lifetime risk of positive diagnosis) is one or more of the following:

- BRCA-1 or BRCA-2 gene mutation (self or first-degree relative)
- first-degree relative with pre-menopausal breast cancer
- first-degree relative with bilateral breast cancer
- two first-degree relatives with breast cancer
- had radiation to the chest between the ages of 10 and 30

Why not have every woman do an MRI as part of her routine exam? For starters, MRI scans are expensive, and most insurers determine coverage based on the patient’s risk assessment. “There’s also a clinical reason for not recommending an MRI screening for all women,” Sylvester Cook points out. “For most women, a yearly mammogram and CBE are sufficient to detect cancer. Since an MRI is so sensitive, it can lead to false-positives that cause women who don’t have cancer to undergo unnecessary biopsy procedures.”

As for genetic testing, there’s still much to learn about genetic variables. It’s clearly a personal choice between you and your doctor whether such a pursuit of information is right for you based on your personal and family health history.

But regardless of recent media debate over mammograms, they along with clinical breast exams remain the recommended standard of excellence for annual breast cancer screening, with the addition of an MRI screening for high-risk patients.
You’re invited for coffee and give-and-take with state Sen. Michael Bond as Lake Forest Hospital’s Grayslake facility hosts one of the senator’s bi-monthly meetings with constituents in the 31st District. This opportunity to “weigh in” on legislative issues takes place from 8 to 10 a.m. Friday, June 27, at the Outpatient & Acute Care Center, 1475 E. Belvidere Road. For more information, visit www.michaelbond31.com.

To celebrate the fourth anniversary of our Outpatient & Acute Care Center in Grayslake, Lake Forest Hospital is hosting a Kids’ Safety Fair on Saturday, May 10, from 10 a.m. to 1 p.m. Don’t miss your chance to pick your favorite chili at the “Firehouse Chili Cook-Off,” where firefighters from Grayslake, Gurnee, Newport and Round Lake will compete and try to raise money to replace their well-used Lake and McHenry County SRT Dive Rescue boat. Chili and hot dogs will be available for purchase.

Lake Forest Hospital’s Outpatient & Acute Care Center is located at 1475 E. Belvidere Road (just west of U.S. 45) in Grayslake. For more information, call (847) 535-8801 or visit www.lfh.org.

Dr. Antonia Novello, the nation’s first female surgeon general, will deliver the Women’s Health Advisory Council of Lake Forest Hospital’s third annual “Choose Health, Choose Happiness” program on April 29 from 9 to 11 a.m. in the Gorton Community Center Auditorium, 400 E. Illinois Road, Lake Forest.

Topics to be covered by Novello will include her remarkable journey from overcoming a chronic congenital condition throughout childhood to becoming surgeon general, her successful battle against the tobacco industry’s marketing to teens, her life-long advocacy for children’s health and her time as the UNICEF special representative. She will also address today’s women’s health issues and answer questions from the audience.

Tickets for this special event are $25 per person, and seating is limited. So call now for reservations at (847) 535-6111, or visit the Lake Forest Hospital Web site, www.lfh.org.

The Women’s Auxiliary Board and the Women’s Health Advisory Council of Lake Forest Hospital will host Women’s Health Awareness Days in Lake Forest’s historic Market Square from 9:30 a.m. to 2:30 p.m. Thursday, May 8, and Friday, May 9.

The event features health, prevention and wellness information and screenings.

The CareCoach, our mobile health van, will be on hand providing free bone density screenings (women 40 years and older) and checking blood pressure and blood sugar. There will be a nurse practitioner available to answer any questions visitors may have. In addition, a tent on Market Square will feature information booths regarding clinical services of particular interest to women. All Women’s Health Awareness Days’ services are free of charge.

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

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Lake Forest Hospital’s Acute Care Center is now treating adult and pediatric patients for non-emergent medical problems such as flu symptoms, minor cuts, bruises, sprains, fractures and eye irritations 24 hours a day, seven days a week. In addition, plans are proceeding to expand the Acute Care Center to include additional treatment rooms and other improvements.

“Operating our Acute Care Center on a full-time basis and plans to expand it are steps Lake Forest Hospital is taking to meet the significant need of Grayslake-area residents for improved access to services,” said Mathew Koschmann, vice president of business development and external affairs.

In addition to its 24-hour Acute Care Center, Lake Forest Hospital’s Grayslake facility offers area residents a variety of outpatient diagnostic and treatment services.

- The full-service diagnostic imaging section is equipped with state-of-the-art technology such as the latest in digital mammography, X-ray and fluoroscopy, CT, MRI, and nuclear medicine. The diagnostic center also includes clinical laboratory services; non-invasive cardiology testing services such as EKG, stress testing, cardiac monitoring and echocardiography; and audiology and speech pathology services.
- Treatment services offered at Grayslake include physical and occupational therapy.
- In addition to the Breast Care Center, women’s health services at Grayslake include ultrasound and bone densitometry.

High-tech physicians’ suites overlook the atrium from the second and third floors. All physicians with office space in the Grayslake facility will be members of the Lake Forest Hospital Medical Staff.

Lake Forest Hospital’s Outpatient & Acute Care Center is located on Route 120, just west of Route 45, in Grayslake (1475 E. Belvidere Road). For more information, or to schedule services, call (847) 535-8800, or visit www.lfh.org.

Prairie Pedal Kicks Off at Outpatient & Acute Care Center

The 12th annual Liberty Prairie Conservancy’s Prairie Pedal once again hits the road at our Outpatient & Acute Care Center in Grayslake. Participants will be able to start bike riding any time from 8:30 to 11 a.m. on Sunday, May 18. The hospital continues to be a lead sponsor of this fun, family-oriented event that celebrates the value of Lake County’s open land and natural heritage. Organized by the nonprofit organization Liberty Prairie Conservancy, Prairie Pedal offers riders of all ages routes of different lengths that travel on bike trails, country roads, and through the beautiful Prairie Crossing conservation community. Nature education opportunities, free lunch and ice cream, and massages also are available. Check out www.libertyprairie.org for more information.
Lake Forest Hospital’s Dare to C.A.R.E. Program Battles Cardiovascular Disease

First two public education and screening sessions reach 150 participants. Bi-monthly events planned through 2008.

Several lives have most likely been saved as a direct result of the first two Dare to C.A.R.E. education and screening sessions conducted on-campus by Lake Forest Hospital physicians and volunteer staff. Dare to C.A.R.E. is a nonprofit organization dedicated to raising public awareness about cardiovascular disease.

“The public’s response has been overwhelming,” said Kathleen Rylance, APN, CNP, and Lake Forest Hospital Dare to C.A.R.E. program manager. “I’m receiving daily phone calls from participants, so appreciative that Lake Forest Hospital has brought Dare to C.A.R.E. to our community. My waiting list for future sessions continues to grow.”

The free, two-night education and screening session includes: a mandatory first night educational seminar with dinner provided, led by physicians specializing in the prevention, early detection and treatment of cardiovascular diseases. This is followed the next night by an ultrasound screening for carotid artery disease and abdominal aortic aneurysms, a Doppler assessment for peripheral artery disease, finger-stick cholesterol and diabetes screening and blood pressure measurement. Immediately upon completion of the screenings, there is a one-on-one meeting with a physician specializing in these areas to review the results and discuss suggestions for lifestyle modification and follow-up. Lastly, there is an opportunity to review some of the related programs and services offered at Lake Forest Hospital with hospital staff available to answer any questions. This entire service is concluded within approximately 30 minutes. The actual screening is open to adults over 60 (or over 50 with risk factors such as hypertension, diabetes, smoking, abnormal cholesterol and family history of stroke or heart attack).

“We’ve clearly uncovered a huge need with the introduction of the Dare to C.A.R.E. program,” said Dr. Susanne Woloson, director of vascular surgery at Lake Forest Hospital. “We’re helping people identify potentially life-threatening cardiovascular issues in their bodies, and providing them with the information and guidance to address the problems without delay.

I can envision this program growing into community-wide partnerships, including many of the area’s larger employers,” added Woloson. “It’s a tremendous opportunity to raise public awareness!”

To learn more about the Dare to C.A.R.E. program, please call (847) 535-7474.

HOSPITAL SPONSORS
GRAYSLAKE FARMERS’ MARKET

Lake Forest Hospital is proud to be the grand sponsor of the Grayslake Farmers’ Market in historic downtown Grayslake.

The remaining Saturday Winter Market dates for 2008 are April 12 and May 10 from 10 a.m. to 2 p.m.

The Summer Market, considered Lake County’s longest-running afternoon market, begins June 11 and will be held each Wednesday from 3 to 7 p.m. through Oct. 1. This year’s event has been expanded to feature up to 40 vendors each week with fresh fruit, vegetables, home made cookies, breads, cheese, beef, pork and much more. New offerings this year include olive oils and olives, paella and even more organic produce.

For more information, visit grayslakefarmersmarket.com.

BABY ALUMNI CELEBRATION

The 61st Annual Baby Alumni party will take place Wednesday, July 9, from 10:30 a.m. to 12:30 p.m. on the Lake Forest Hospital lawn. Hosted by the Women’s Auxiliary Board of Lake Forest Hospital, Baby Alumni is a celebration of all babies born at Lake Forest Hospital during the previous four years.

This year’s Baby Alumni party will feature visits by Ronald McDonald, Hamburgler and Birdie. There also will be children’s rides, face painting and other activities. Volunteers from the Women’s Board, Lake Forest Hospital and teens from the Committee Representing Our Young Adults (CROYA) will be on hand to offer assistance.

If your child is eligible to attend and you have not received an invitation, or for more information, contact Lake Forest Hospital’s Office of Philanthropy by calling (847) 535-6111 or by email at sschreiner@lfh.org.
Dr. Joseph Imperato (left) is the new president of the medical staff at Lake Forest Hospital (LFH). Imperato, the hospital’s medical director of radiation oncology since 1991, began his two-year term as president Jan. 1. He was elected by members of the LFH Medical Staff at their annual meeting in December following previous terms as secretary/treasurer and then vice president of the medical staff of which he’s been a member since 1986.

Dr. Thomas Bormes (middle) is the new medical staff vice president. Bormes, a urologist with offices in Lake Forest, moves up from secretary/treasurer. He has been a member of the Lake Forest Hospital Medical Staff since 1989.

Dr. Neil Freedman (right) is the new secretary/treasurer. Freedman, medical director of critical care services at Lake Forest Hospital and immediate past chairman of the hospital’s department of medicine, joined the Lake Forest Hospital Medical Staff in 1999.

### 2008 Lake Forest Hospital Department Chairs

- **Department of Anesthesiology**
  J. Paul Slavenas, MD

- **Department of Emergency Medicine**
  Margaret Lynch, MD

- **Department of Medicine**
  Steven Lasin, MD

- **Department of OB/GYN**
  David Schewitz, MD

- **Department of Pathology**
  Richard Clatch, MD

- **Department of Pediatrics**
  Janice Krakora-Looby, MD

- **Department of Radiology**
  Ahmed Farag, MD

- **Department of Surgery**
  Stephen Ganshirt, MD
The names of 10 Lake Forest Hospital Medical Staff members appear in Chicago Magazine’s January 2008 listing of Chicago’s Top Doctors. This annual feature is compiled by Castle Connolly Medical Ltd., a nationally recognized source for health-care choices, based on its surveys of Chicago-area physicians.

A total of 355 doctors in 56 specialties comprise this latest listing of “the Chicago area’s best MDs.” The Lake Forest Hospital Medical Staff members included on the list (arranged alphabetically by specialty):

- **Dr. Mark Kaplan**, allergy & immunology
- **Dr. Jay Alexander**, cardiovascular disease
- **Dr. John R. Andrews**, colon & rectal surgery
- **Dr. M. Allen Berk**, dermatology
- **Dr. Jeffrey Lieblich**, endocrinology, diabetes & metabolism
- **Dr. John C. Alexander Jr.**, thoracic surgery
- **Dr. Martin Herman**, neurological surgery
- **Dr. Michael Ankin**, pulmonary disease
- **Dr. John C. Alexander Jr.**, thoracic surgery

Lake Forest Hospital President and CEO Thomas J. McAfee said, “We think that all of our doctors are excellent, but it’s especially gratifying when they are recognized by their peers for providing outstanding care in the Chicagoland area.”

The care provided by members of its medical staff is a key reason that Lake Forest Hospital (LFH) has been named the #1 Consumer Choice hospital in Lake and Kenosha counties for three years in a row by the independent firm National Research Corporation. The hospital received the 2007/2008 award for having the best doctors, best nurses, best image & reputation and best overall quality.

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

**JOHN ALEXANDER JR., MD**, Cardiothoracic Surgery, is certified by the American Board of Thoracic Surgery. He completed residency requirements at Duke University in 1979. Dr. Alexander practices in Evanston and can be reached at (847) 570-2868.

**NEJD F. ALSIKAFI, MD**, Urology, is certified by the American Board of Urology. He completed residency requirements at University of Chicago Hospitals in 2003. Dr. Alsikafi practices in Gurnee and can be reached at (847) 599-1111.

**ANSHUL B. BAMROLIA, MD**, Hematology/Oncology, is certified by the American Board of Internal Medicine. He completed residency requirements at John H. Stroger Hospital in 2004. Dr. Bamrolia practices in Gurnee and can be reached at (847) 336-6111.

**SHILPA A. BAMROLIA, MD**, Internal Medicine, is certified by the American Board of Internal Medicine. She completed residency requirements at John H. Stroger Hospital in 2007. Dr. Bamrolia practices in Gurnee and can be reached at (847) 623-3200.

**DAVID R. CAMPBELL, MD**, Cardiology, is certified by the American Board of Internal Medicine with a subspecialty certification in cardiovascular disease. He completed residency requirements at Rush-Presbyterian-St. Luke’s Medical Center in 1987. Dr. Campbell practices in Bannockburn and can be reached at (847) 444-5300.

**MARK J. CHYNA, MD**, Internal Medicine, is certified by the American Board of Internal Medicine. He completed residency requirements at Georgetown University Hospital in 1996. Dr. Chyna practices in Libertyville and can be reached at (847) 367-3060.

**ANGELOU COHEN, MD**, Otolaryngology, is certified by the American Board of Otolaryngology. She completed residency requirements at University of Illinois/Chicago in 2001. Dr. Cohen practices in Grayslake and can be reached at (847) 231-5500.

**CONSTANTINE FRANTZIDES, MD**, General Surgery/Laparoscopic Surgery, is certified by the Hellenic Surgical Board. He completed residency requirements at Second Surgical Clinic of Athens University in 1982. Dr. Frantzides practices in Skokie and can be reached at (847) 676-2200.

**RONALD GONZALES, MD**, Internal Medicine Hospitalist, is certified by the American Board of Internal Medicine with a subspecialty certification in infectious disease. He completed residency requirements at UIC/Michael Reese Hospital in 1999. Dr. Gonzales practices in Long Grove and can be reached at (847) 719-2220.

(continued on next page)
GEORGE R. HVOSTIK, MD, Nephrology, is certified by the American Board of Internal Medicine with a subspecialty certification in nephrology. He completed residency requirements at Rush University Medical Center in 1987. Dr. HVostik practices in Vernon Hills and can be reached at (847) 968-2300.

GREG J. JUN, MD, Internal Medicine, is certified by the American Board of Internal Medicine. He completed residency requirements at Lutheran General Hospital in 2001. Dr. Jun practices in Gurnee and can be reached at (847) 855-0300.

ANAT A. LANSKY, MD, Internal Medicine, is certified by the American Board of Internal Medicine. She completed residency requirements at Illinois Masonic Medical Center in 2003. Dr. Lansky practices in Gurnee and can be reached at (847) 855-0123.

JAMES K. LIU, MD, Neurosurgery, completed residency requirements at University of Utah in 2006. He practices in Evanston and can be reached at (847) 570-1440.

SHUBHANGI LODD, MD, Family Practice, is certified by the American Board of Family Medicine. She completed residency requirements at Mount Sinai Hospital in 2003. Dr. Lodd practices in Grayslake and can be reached at (847) 883-0999.

EILEEN MORRISON, MD, Obstetrics and Gynecology, is certified by the American Board of Obstetrics and Gynecology. She completed residency requirements at Illinois Masonic Medical Center in 1993. Dr. Morrison practices in Libertyville and can be reached at (847) 680-3400.

JOSEPH MUN, MD, Internal Medicine, is certified by the American Board of Internal Medicine. He completed residency requirements at University of Illinois/Chicago in 2000. Dr. Mun practices in Gurnee and can be reached at (847) 855-0300.

AKEMI NAKANISHI, MD, Obstetrics and Gynecology, is certified by the American Board of Obstetrics and Gynecology. She completed residency requirements at Illinois Masonic Medical Center in 2003. Dr. Nakanishi practices in Libertyville and can be reached at (847) 680-3400.

VINCENT PADOVANO, MD, Obstetrics and Gynecology, is certified by the American Board of Obstetrics and Gynecology. He completed residency requirements at The Brooklyn Hospital Center in 1994. Dr. Padovano practices in Libertyville and can be reached at (847) 367-0022.

RHUTAV J. PARIKH, MD, Physical Medicine and Rehabilitation, completed residency requirements at the Rehabilitation Institute of Chicago in 2007. He practices in Park City and can be reached at (847) 662-0978.

JEANNINE PICCINICH, MD, Pediatric Hospitalist, is certified by the American Board of Pediatrics. She completed residency requirements at St. Christopher's Hospital for Children in 2001. Dr. Piccinich is in practice at Lake Forest Hospital and can be reached at (847) 234-5600.

GARY R. PINELESS, MD, Cardiology, is certified by the American Board of Internal Medicine with a subspecialty certification in cardiovascular disease. He completed residency requirements at the Mayo Clinic in 1984. Dr. Pineless practices in Bannockburn and can be reached at (847) 444-5300.

DAVID D. PRESKILL, MD, Obstetrics and Gynecology, is certified by the American Board of Obstetrics and Gynecology. He completed residency requirements at Columbus Cabrini Medical Center in 1992. Dr. Preskill practices in Libertyville and can be reached at (847) 362-0100.

MEREDITH REIMER, MD, Dermatology, completed residency requirements at John H. Stroger Hospital in 2007. She practices in Glenview and can be reached at (847) 901-0252.

LYNDA RODEN, DO, Internal Medicine, is certified by the American Osteopathic Board of Internal Medicine. She completed residency requirements at Pontiac Osteopathic Hospital in 1998. Dr. Roden practices in Gurnee and can be reached at (847) 855-0123.

JENNIFER SCHAEFER, MD, Obstetrics and Gynecology, is certified by the American Board of Obstetrics and Gynecology. She completed residency requirements at Illinois Masonic Medical Center in 1998. Dr. Schaefer practices in Libertyville and can be reached at (847) 680-3400.

ADRIANA SPELLMAN, MD, Obstetrics and Gynecology, is certified by the American Board of Obstetrics and Gynecology. She completed residency requirements at Illinois Masonic Medical Center in 1991. Dr. Spellman practices in Libertyville and can be reached at (847) 680-3400.

PETER J. THADANI, MD, Orthopaedic Surgery, is certified by the American Board of Orthopaedic Surgery. He completed residency requirements at University of Illinois/Chicago in 1998. Dr. Thadani practices in Libertyville and can be reached at (847) 247-4000.

SAMINA M. WAGGONER, MD, Pediatric Hospitalist, is certified by the American Board of Pediatrics. She completed residency requirements at University of Chicago Children's Hospital in 2005. Dr. Waggoner practices at Lake Forest Hospital and can be reached at (847) 234-5600.

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

DENNIS PESSIS, MD, served as president of the North Central Section of the American Urological Association Inc. during 2007. His duties included moderating The President's Seminar at the Association's 81st Annual Meeting in Hollywood, Fla. last fall. Another annual meeting highlight was the presentation of 240 scientific papers from urological residency programs at major medical institutions in the Midwest.
Talking With Children About Cancer

When a parent is diagnosed with cancer, one of the concerns is telling the children. This presentation will address the best ways to talk about cancer with children.

Date: Tuesday, April 15
Time: 7 to 8 p.m.
Location: Outpatient & Acute Care Center
Presenter: Stuart Pinkwater, PhD, Cancer Wellness Center
Register: www.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, April 26 or June 28
Time: 9 to 11 a.m.
Location: Health Education Center
Info: (847) 377-8470

Tummy Time

Pediatric physical therapist Caryn Reuland will discuss the importance of tummy time for the development of your child. Gross motor milestones, plagiocephaly (abnormal head shape), and torticollis will also be covered.

Date: Tuesday, June 24
Time: 7 to 8 p.m.
Location: Outpatient & Acute Care Center
Register: (847) 535-8832

Facts and Myths about Cancer

Join Joseph Imperato, MD, FACR, medical director of radiation oncology and president of the medical staff at Lake Forest Hospital, for an educational evening as he explores the facts and myths of cancer.

Date: Monday, April 7
Time: 7 to 8:30 p.m.
Location: Cancer Wellness Center
215 Revere Drive
Northbrook, IL 60062
Register: (847) 509-9595

Are You One in a Million?

Millions of men are up all night with frequent urination and weak flow caused by an enlarged prostate. You’ll learn about Benign Prostatic Hyperplasia (BPH), Erectile Dysfunction (ED) and drug-free solutions.

Date: Tuesday, April 22
Time: 7 to 8:30 p.m.
Location: Health Education Center
Presenters: Nejd Alsikafi, MD, and Raza Khan, MD, FACS
Register: (847) 535-6112

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

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

Date: Wednesday, April 30
Time: 7 to 8:30 p.m.
Location: Health Education Center
Presenter: Bruce Summerville, MD
Register: www.lfh.org or (847) 535-6112

Stress Management Using Self-Hypnosis

Self-hypnosis is an induced state of mind and creates an altered state of consciousness which can help the healing process. This experiential program will teach how to create your own self-hypnosis routine.

Date: Wednesday, May 7
Time: 7 to 8 p.m.
Location: Outpatient & Acute Care Center
Presenter: James Schadewald, Cancer Wellness Center
Register: www.lfh.org or (847) 535-6112
Senior Lunch & Learns
A delicious complimentary lunch with educational speakers discussing issues for seniors is offered at Lake Forest Hospital and its Outpatient & Acute Care Center in Grayslake. Lunch starts at 11:30 a.m.

Enjoy a musical presentation by the Grayslake High School Choir April 8 in Grayslake

Debbie Malinowski, master gardener, University of Illinois Extension, will offer tips on shade gardening April 15 in Lake Forest

Caryn Reuland, LFH physical therapist, will discuss back pain with helpful information May 13 in Grayslake/May 20 in Lake Forest

State Sen. Michael Bond will discuss legislative issues of interest to seniors June 10 in Grayslake

Dr. Shuba Lodd will discuss hypertension and cholesterol June 17 in Lake Forest

Register: Required (847) 535-8800

Runner/Walker Clinic
Physical Therapy staff will examine your strength, flexibility, foot structure and gait pattern to provide a personalized plan to streamline your stride. There are scheduled 15-minute appointments and a 30-minute lecture for all.

Date: Thursday, April 24
Time: 6 to 8:30 p.m.
Location: Lindenhurst HFC
Presenter: Kerry Hansen-Meskin PT, DPT, and Kristin Scott PT, DPT
Register: Required (847) 535-8832

National Bike Month
We will be hosting a race to see who can bike the farthest during the month of May. Mileage will be recorded and prizes awarded.

Date: May 1 to 31
Time: Various
Location: Lake Forest HFC
Register: Jessica Semanson, (847) 535-7037, jsemanson@lfh.org

Get Ready for Golf Season
Golf pro Betty Kaufmann, physical therapist Dave Carey and sports psychologist Wayne Glad, PhD, prepare you for golf season. Topics include grip assessment, injury prevention and mental preparation. Please bring a 5 iron!

Date: Monday, May 19
Time: 7 to 9 p.m.
Location: Outpatient & Acute Care Center
Register: Required (847) 535-8832

The Lake Forest One-mile Run/Walk and Fitness Festival
The Lake Forest Health and Fitness Center and Lake Forest Hospital will co-host this first-ever event on our beautiful campus. Proceeds will benefit cancer care at Lake Forest Hospital.

Fee: $20 each, children (11 and under) $10 each, families (4 or more) $50
*Fees are increased on race day*

Date: Saturday, June 7
Time: One-mile run/walk begins at 8 a.m. followed by the fitness festival
Register: Jessica Semanson, (847) 535-7037, jsemanson@lfh.org

Four Decades of Mind/Body/Spirituality and Healing in Medicine
The field of medicine is increasingly aware of the role spirituality can play in reducing stress and improving hypertension, cardiac arrhythmias, chronic pain, insomnia, cancer treatment, anxiety, depression, preparation for surgery and more.

Date: Wednesday, June 18
Time: 7 to 8 p.m.
Location: Health Education Center
Presenter: Emily Rosencrans, chaplain
Register: (847) 535-6112

Lymphedema
Join breast cancer rehab specialist Robin Flory for an educational seminar about lymphedema and the best ways to reduce your risks. This program, appropriate for cancer patients and caregivers, includes free screenings.

Date: Tuesday, July 8
Time: 7 to 8:30 p.m.
Location: Outpatient & Acute Care Center
Register: (847) 535-8832
Get Ready for Race Season

Our exercise specialists will host various workshops to help you run more effectively or better your time. Whether you want to run a 5K or half marathon, we can help you.

Fee: Dependent on race fees and workshops
Date: Now - December
Time: Various
Location: Lake Forest HFC
Register: Jessica Semanson (847) 535-7037, jsemanson@lfh.org

Breast Reconstruction after Mastectomy

If you have been diagnosed with breast cancer or have had a mastectomy, come have an interactive discussion with a plastic surgeon about breast reconstruction. Topics include breast implants and abdominal flaps.

Date: Wednesday, April 23
Time: 7 to 9 pm
Location: Health Education Center
Presenter: Leonard Lu, MD
Register: (847) 535-6112

Sticks and Stones Won’t Break MY bones!

Participants in this discussion on osteoporosis will be able to

Identify risk factors
Know strategies to prevent or slow osteoporosis
Know the newest therapies

Date: Tuesday, May 13
Time: 7 to 8:30 p.m.
Location: Health Education Center
Presenter: Lori Siegel, MD
Registration: (847) 535-6112

Getting to Know Your Breasts

Early detection of breast cancer saves lives. This course provides you with the tools you need to do a thorough breast exam which puts you in control of your own breast health.

Date: Tuesday, May 27
Time: 6:30 to 8 p.m.
Location: Hunter Family Center for Women’s Health
Presenters: Iva Kurien, RN, breast health specialist
Jennifer Tepper MS, APN, CNS, nurse navigator
Register:(847) 535-8545 or bhansen@lfh.org

Skin Cancer Screenings: If You Can Spot It, You Can Stop It

Call after April 15 to schedule a free screening appointment.

Dates: During May
Time: Evenings
Location: Hunter Family Center for Women’s Health
Register: Required (847) 535-6112

Heart Smart Screening

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

Fee: $30 (fasting is required)
Dates: Weekday appointments available
Location: Specialty Care Center
Register: (847)-535-8500

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

Free Speech and Language Screening for Children

Schedule an appointment to screen your child’s (3 to 6 years old) speech and language development or have a telephone consultation with a speech/language pathologist for children under 3.

Register: (847) 535-6114

Community First Aid

Instruction includes first aid for bleeding, broken bones, insect bites, sudden illnesses and a variety of other injuries. This course, offered by CPR Associates Inc., does not include CPR.

Fee: $40
Dates: Saturday, April 5
Time: 9 a.m. to noon
Location: Health Education Center
Register: (773) 973-6933
HeartSaver CPR
Learn infant, child and adult CPR through the American Heart Association Pediatric and Heartsaver course offered by CPR Associates Inc.

Fee: $40
Dates: Saturday, April 12, May 10, or June 14
Time: 9 a.m. to 1 p.m.
Location: Health Education Center
Register: (773) 973-6933

Health-Care Provider CPR
CPR Associates Inc. is offering health care provider CPR classes for those individuals who need CPR to fulfill a job requirement in the health care/medical industry.

Fee: $40
Date: Saturday, May 3, or June 7
Time: 9 a.m. to 2 p.m.
Location: Health Education Center
Register: (773) 973-6933

SUPPORT GROUPS

Alzheimer’s Support Group
Sessions are held the first Thursday of each month—6:30 to 7:30 p.m.—in the Westmoreland Long-Term Care Center Library, 660 N. Westmoreland Road (adjacent to Lake Forest Hospital). Effective May 1, a second session will be added on the same day at 2 p.m.

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.

Maternity Programs + Hotlines

The following childbirth courses and related educational programs are open to the community. Call (847) 535-6182 or send an e-mail to mrieber@lfh.org for more 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

Safe Sleep for Your Baby
Monday, May 19, 7 to 9 p.m.—Nancy Maruyama, RN, co-executive director of SIDS of Illinois, will speak on the topic of Sudden Infant Death Syndrome and safe sleep for all babies. Registration is required by calling (847) 535-6182.

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 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.

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.
Yes, please send me the following 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
- Hunter Family Center for Women’s Health
- Outpatient & Acute Care Center, Grayslake
- Adult Volunteer Opportunities at LFH
- Student Volunteer Opportunities at LFH

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
CareCoach To Participate In Upcoming Lake County Arthritis Walk

Lake Forest Hospital’s mobile health CareCoach will return to the annual Lake County Arthritis Walk on Saturday, April 26, at Adler Memorial Park, 1584 N. Milwaukee Ave. in Libertyville. The walk is part of the Arthritis Foundation’s nationwide effort to raise awareness and funds to fight arthritis, the nation’s leading cause of disability. The CareCoach will provide free blood pressure and blood sugar (for diabetes) screenings from 8 a.m. to noon.

Lake Forest Hospital’s CareCoach has been serving uninsured and under-insured persons in Lake County since 1999. It makes regular visits to approximately two dozen sites across the county, offering free blood pressure, blood sugar and cholesterol screenings plus consultation with a registered nurse.

Check out www.lfh.org for a complete schedule.