

INGALLS Progress

WINTER 2013



Face a Future with Breast Cancer or Cut the Risk to Less than 1%?

Lifesaving Heart Care at Ingalls Gets University Park Woman Back on Track

Ingalls MRIs with 3T Magnet: the Most Powerful Available Anywhere, Yield Most Accurate Diagnosis

Getting Connected to Doctor Right

 Ingalls

Letter to the Community



Kurt E. Johnson
President and CEO
Ingalls Health System

Creating an exceptional experience for our patients is truly at the center of all that we do.

From our nationally recognized inpatient care, to our award-winning outpatient services – convenience, accessibility, comfort and quality are the guiding principles upon which we base every decision.

Making your inpatient stay as comfortable as possible remains a top priority at Ingalls. That's why we continue to convert a majority of our semi-private rooms to private wherever possible. These rooms are created to maximize space and make our patients' hospital stay more conducive to healing in a family-friendly environment that allows for patients and caregivers to have private medical conversations in a more confidential setting.

Ingalls remains at the forefront of providing the most advanced technology as well, and our new 3T MRI unit in Flossmoor is evidence of that commitment. Our 3T magnet is the most powerful available anywhere, which translates to the most detailed pictures of the body that can assist your doctor in making an accurate, informed diagnosis. When your health is at stake, that's what you deserve – and nothing less.

We believe that outpatient services should be located in communities where people live and work. Ingalls takes great pride in being the premier provider of outpatient services. That's why we've created an exceptional network of Family Care and Urgent Aid centers that offer lab testing, diagnostic imaging, physical therapy, low-level emergency care, primary care and so much more.

With Ingalls facilities located throughout the south suburbs, you're never more than a simple car drive from superior 24/7 care. And for times when you need healthcare that isn't necessarily an emergency, we are pleased to announce we have opened our new Ingalls Care Center in Crestwood, where primary care is available on your schedule!

This beautiful new facility provides a comprehensive primary care team of doctors and advanced practice nurses offering Quick Care, featuring walk-in appointments and extended hours, including weekends.

As always, we look forward to serving you in the months and years ahead, and we remain vigilant in our pledge to bring you programs and services that positively impact your health and the health of those you love.

Welcome New Doctors to the Neighborhood

For more information about physicians on staff at Ingalls, or to make an appointment with any of the physicians listed, please call the Ingalls Care Connection at 708.915.CARE (2273), or visit us at ingalls.org.



TERRILL APPLEWHITE, M.D., W.C.C., is a board-certified wound care specialist and internal medicine physician. An expert in managing acute and chronic wounds, Dr. Applewhite uses a variety of treatment modalities, including hyperbaric oxygen therapy and skin-graft techniques. Dr. Applewhite earned his medical degree from the University of Illinois, completed an internal medicine residency at Cook County Hospital, and completed a cardiology fellowship at Howard University Hospital.



BENNETT CACES, M.D., Ph.D. is a board-certified specialist in oncology and hematology with an interest in the treatment of lymphoma, blood conditions and prostate, bladder and kidney cancers. He received his medical degree from the University of Phillipines and completed a residency and fellowship at New York Downtown Hospital and University of Chicago, respectively.



EDGAR CHEDRAWY, M.D., has joined the Ingalls medical staff as a cardiothoracic surgeon. Dr. Chedrawy earned his medical degree from Dalhousie Medical School in Halifax, Nova Scotia. A tenured associate professor of surgery at University of Illinois at Chicago, Dr. Chedrawy is a member of Cardiac Surgery Associates, S.C.



ROBERT E. SCHLENKER, M.D., has joined the medical staff as a plastic and reconstructive surgeon. Dr. Schlenker received his medical degree from Loyola University. He completed a general surgery internship and residency at University of Tennessee Health Science Center in Memphis, a plastic surgery residency at University of Washington Medical Center at Seattle, and a hand surgery fellowship at Thomas Jefferson University—The Philadelphia Hand Center. His office is located in Oak Lawn.



VENKAT SESADRI, M.D., is an orthopedic surgeon who specializes in shoulder and elbow surgery. He earned his medical degree from Washington University School of Medicine in St. Louis, where he also completed a residency in bone and mineral diseases. He completed an orthopedic surgery residency at University of Pittsburgh Medical Center and a shoulder/elbow surgery fellowship at University of Pennsylvania School of Medicine. Dr. Seshadri has joined the practice of Premier Orthopaedic and Hand Center in Flossmoor.

Ingalls Announces Achievement Awards in Clinical Excellence, Cancer, Women's Care and Information Technology

For the eighth year in a row, Ingalls is proud to announce it is a recipient of the prestigious Healthgrades Distinguished Hospital Award for Clinical Excellence.



This distinction places Ingalls among the top 5% of hospitals nationwide for clinical performance among nearly 4,500 U.S. hospitals.

In all, Healthgrades cited Ingalls for excellence in 28 distinct clinical areas, including heart care, orthopedics, women's health, gastrointestinal care, emergency medicine and more.

"Ingalls places quality and patient safety at the forefront of every decision we make," said Kurt Johnson, Ingalls President and CEO. "We continue to offer exceptional quality, and our patients can feel confident they are receiving superior healthcare close to home."

Ingalls is the proud recipient of the Outstanding Achievement Award by the American College of Surgeons' Commission on Cancer (CoC).

Ingalls is one of a select group of only 79 U.S. healthcare facilities with accredited cancer programs to receive this national honor.

Ingalls' cancer program was evaluated on 29 program standards and eight commendation standards in providing quality care to cancer patients. To be eligible, award recipients must have received commendation ratings in seven commendation standards and a compliance rating for each of the 29 other standards.

Ingalls is pleased to be a recipient of the Healthgrades 2013 Women's Health Excellence Award™.



The 2013 Women's Health Excellence Awards were presented to 176 hospitals, out of the 4,783 hospitals evaluated. Like Ingalls, these hospitals excelled in the treatment of women in a variety of specialties.

Ingalls offers a full range of women's healthcare services, including complete breast care and walk-in mammograms, through the Richard K. Desser, M.D., Comprehensive Breast Center in Tinley Park.

On the cover: Homewood resident Maureen Carlson and Ingalls physical therapist Elisabeth Posnik work together at an outpatient session as part of Ingalls innovative cancer rehabilitation program.

Ingalls is proud to hold the designation of one of Health Care's Most Wired Hospitals for 2013.



The achievement represents Ingalls' commitment to adopting technologies that improve patient documentation, reduce the likelihood of medication errors and rapidly restore access to data in the case of a disaster or outage.

Through technology improvements implemented over the last several years, Ingalls is now able to provide services such as computerized physician order entry, electronic medication prescribing and bedside medicine administration.

Get with the Guidelines—Gold Plus for Stroke Care

The American Heart Association/American Stroke Association awarded Ingalls its Get With The Guidelines—Stroke Gold

Plus Performance Achievement Award for its commitment and success in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to evidence-based guidelines.

Through this program, Ingalls tracks comprehensive efforts to rapidly diagnose and treat stroke patients admitted to the emergency department. These efforts include being equipped to provide brain-imaging scans, having neurologists available 24/7 to conduct patient evaluations and using clot-busting medications when appropriate.

To receive the GWTG-Stroke Gold Plus Performance Achievement Award, Ingalls consistently complied for at least 12 months with the requirements in the program, including aggressive use of medications like tPA, anti-thrombotics, anticoagulation therapy, cholesterol-reducing drugs and smoking cessation.



Face a Future with Breast Cancer or Cut the Risk to Less than 1%? Homewood Woman Undergoes Preventive Double Mastectomy at Ingalls



Mark Kozloff, M.D.



Michael Romberg, M.D.

Maureen Carlson of Homewood never imagined she'd be mentioned in the same sentence as movie star Angelina Jolie. But earlier this year, each woman made the courageous decision to undergo a preventative double mastectomy to lower her lifetime risk of breast cancer from more than 50 percent to less than one percent.

Maureen's story begins in December of last year, when the first mammogram she'd had in nearly 10 years revealed a suspicious mass. A surgical excision showed the presence of lobular carcinoma in situ (LCIS).

"When abnormal cells grow inside the lobules of the breast, but have not spread to the nearby tissue or beyond, the condition is called LCIS," explains Mark Kozloff, M.D., hematologist/oncologist and medical director of Ingalls Cancer Care. "Compared to women without LCIS, those with LCIS are up to 12 times more likely to develop invasive cancer in either breast."

For most women, the average lifetime risk of developing breast cancer is roughly 12%. For women with LCIS, that number jumps to more than 50%. Maureen did some research on her own, then met with Dr. Kozloff and general surgeon Michael Romberg, M.D., to discuss options.

One route involved taking the anti-breast cancer drug tamoxifen to prevent the development of invasive breast cancer, along with regular mammograms every six to 12 months.

While that option may be the most attractive for many women, Maureen had a complicating factor: fibrocystic breast disease. Thick, dense, lumpy breasts can be difficult to test. Finding cancerous cells hiding in dense breast tissue is even trickier.

At Dr. Kozloff's urging, Maureen also underwent genetic testing to look for a possible ovarian/breast cancer link. Though that test came back negative, the threat of breast cancer still loomed in her future.

With option one looking decidedly less promising, Maureen discussed the second: preventive mastectomy, in which one or both breasts are surgically removed to reduce or prevent the risk of cancer, followed up by immediate reconstruction.

Ingalls physical therapist Elisabeth Posnik, P.T., guides Maureen through a therapy session.



"It was almost like looking into a crystal ball," she explained. "When you stop to think about it, breasts are just fatty tissue. I'm not attached to them. I'm 58 years old; maybe if I was 20, I would be more concerned about having them removed. My breasts were so dense and filled with cysts, we could have been doing lumpectomies until the cows came home."

Examining the Odds

"For women with LCIS, the odds are not in their favor," Dr. Romberg added. "I felt she would greatly benefit from the double mastectomy. With the availability of genetic testing and the medical knowledge we've gained over the last 10 to 15 years, more and more women are asking about preventive mastectomy as an option."

Maureen was already heading in that direction. Then she presented Dr. Romberg with a question. "I asked, and he told me, 'If this were my wife, I would recommend the surgery,'" Maureen said.

That was all Maureen needed to hear. With her insurance company willing to cover the cost of surgery and reconstruction, the energetic wife and mother of four scheduled the procedure in April at Ingalls Memorial Hospital.

Dr. Romberg performed the double mastectomy; plastic surgeon Sami Bittar, M.D., joined him in the operating room and did the reconstruction immediately afterwards.

Following a four-day hospital stay, Maureen went home and began outpatient physical therapy with Ingalls oncology specialist Elisabeth Posnik, P.T.

Posnik and a multidisciplinary team of Ingalls healthcare professionals comprise the hospital's nationally certified cancer Survivorship Training and Rehabilitation (STAR®) program. The first of its kind in the area, the program is designed to help patients heal from the debilitating side effects of cancer and its treatments. The program's services, which are utilized at some of the country's best cancer centers, including Johns Hopkins, are usually reimbursable by health insurance providers. The program addresses the unique needs that affect cancer survivors such as lymphedema, fatigue, musculoskeletal pain,

joint stiffness, weakness, cognitive problems, balance problems and issues with communication, swallowing or eating.

After her preventative double mastectomy, Carlson was one of the first to experience STAR® cancer rehabilitation services at Ingalls.

"We did a lot of movement of the tissue," Maureen explained. "She worked on the back, chest and arms. I'm a retired occupational therapist, so I know a good physical therapist when I see one, and Elisabeth is the best!"

"When Maureen first came in for therapy, she was in quite a bit of pain," Posnik said. "She couldn't sleep well, she couldn't move well, which is to be expected after this type of surgery. We worked on soft-tissue mobilization, stretching and strengthening." Within weeks, Carlson was comfortably wearing a bra and moving freely.

"The best part was I had everything done so close to home," Carlson adds. "When I say, 'Where did you have it done,' they're surprised when I say, 'Ingalls.' And I respond, 'Oh my gosh, yes, Ingalls! ...When these services are available in my backyard, heck yes, that's where I'm going!'

friends ask, 'Where did you have it done,' they're surprised when I say, 'Ingalls.' And I respond, 'Oh my gosh, yes, Ingalls!' The fact that I can make it there in 12 minutes from my home is great. The experience was so much nicer than having to go downtown and deal with traffic and expensive parking. When these services are available in my backyard, heck yes, that's where I'm going!"

Fully recovered and back to her active lifestyle, Maureen no longer has the threat of breast cancer looming. "I'm so grateful," she concluded. "As far I'm concerned, 30 more years, here I come!"

For more information, call 708.915.STAR (7827), or ask your physician for a referral.

Ingalls
Cancer Care

Well Respected. Well Connected.™

Ingalls MRIs with 3T Magnet: the Most Powerful Available Anywhere, Yield Most Accurate Diagnosis

You may have recently seen or heard about “vertical” magnetic resonance imaging (MRI) for upright imaging or machines with particularly wide openings to increase a patient’s comfort during an MRI scan. While patient comfort is always a consideration, the most important factor to keep in mind when considering where to go for your MRI is the strength of the magnet, which determines the clarity of the resulting image.

While it may be more comfortable, vertical MRI offers a 37% to 60% weaker magnet strength, and it also is more susceptible to outside artifacts, possibly creating a blurrier picture. It is best utilized for patients who truly cannot tolerate a traditional supine MRI scan.

At Ingalls Memorial Hospital and Ingalls Family Care Centers, our MRI technology offers the most powerful magnet strength available *anywhere*. With units that offer 1.5T and 3T magnet strength, Ingalls MRI provides the clearest, most detailed pictures of the body to assist your doctor in making an accurate, informed, speedy diagnosis. When your health is at stake, that's what you deserve.

MRI is a highly sophisticated way to look inside the body without using X-rays. Using a powerful magnetic field and radiowaves, MRI can noninvasively obtain detailed images of bone, soft tissue, organs, vessels and most other internal structures.

MRI also plays a vital role in cancer diagnosis, staging and treatment planning. It allows doctors to distinguish between normal and diseased tissue to precisely pinpoint cancerous cells and detect tumors within the body,” said board-certified radiologist, Grace Lee, M.D.

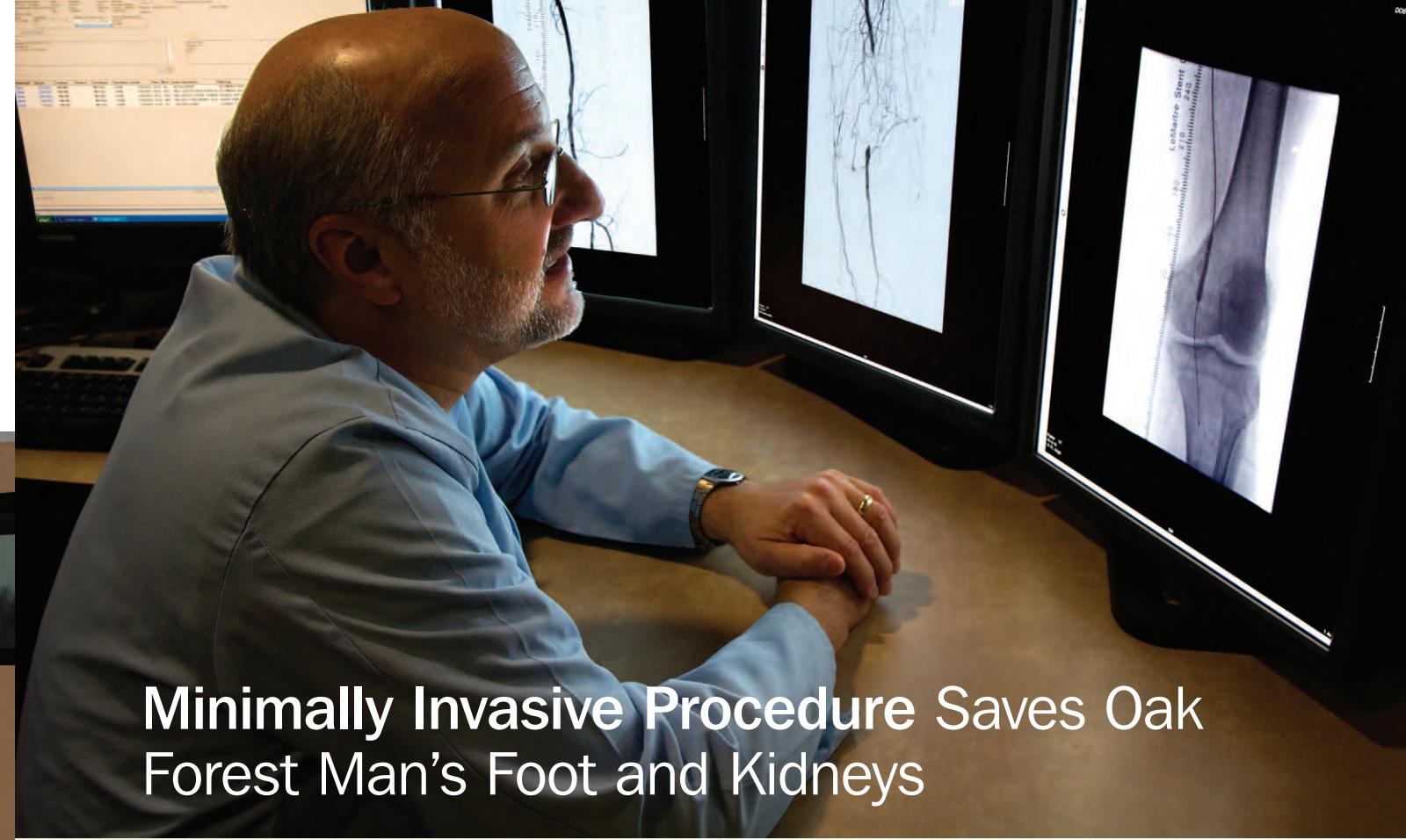
The strength of an MRI is measured in units called Tesla. A 3 Tesla (3T) magnet is nearly twice as strong as a 1.5T magnet, and allows radiologists to obtain very precise



images of even the tiniest abnormalities. Most abnormalities can be clearly seen with a 1.5T MRI but the 3T MRI may be specifically indicated for imaging certain smaller body parts and for those with very special imaging needs.

For maximum patient comfort and convenience, Ingalls offers MRI services at four locations throughout the south suburbs, with machines that offer more spacious openings and shorter bore lengths that don't compromise on quality.

When your doctor determines an MRI is required, you have the option to choose the very best. For more information or to schedule an MRI, call Ingalls Central Scheduling at 708.915.3333.



Minimally Invasive Procedure Saves Oak Forest Man's Foot and Kidneys

Interventional Radiologist, Dr. Perry Gilbert.

A non-healing wound is a serious concern for anyone. For a diabetic with kidney disease, it can spell disaster.

Sixty-five-year-old John Musial of Oak Forest faced a potential health crisis earlier this year when he developed a sore on his left heel.

A trip to the doctor confirmed the presence of a wound about the size of a quarter. Specialists at another hospital did tests and recommended an angiogram with a possible angioplasty to reopen a blocked artery in John's leg to aid healing. Unfortunately, since angiograms use dye to detect the presence of blockages, John's already weakened kidneys would be subjected to further assault.

Doctors told him he needed the procedure; without it, he faced amputation of his foot. But with it, the dye from the angiogram could send him into kidney failure and necessitate dialysis for the rest of his life. Neither was an attractive option for the still-employed machine and maintenance specialist.

John had heard of a rarely used procedure called a CO₂ angiogram, which uses carbon dioxide as an alternative to

contrast material during an angiogram procedure. When doctors at the first hospital refused to perform the procedure, John's kidney specialist Michael Peck, M.D., referred him to board-certified interventional radiologist Perry Gilbert, M.D., Radiology Medical Director at Ingalls.

“Carbon dioxide angiograms are beneficial because they don't have the side effects associated with contrast-enhanced angiograms,” Dr. Gilbert explained. “They are used mainly with patients that have had a previous allergic reaction to contrast material and patients with poor kidney function.”

So in April, John was admitted to Ingalls where he underwent a successful CO₂ angiogram and angioplasty of the left leg. After a three-day stay, he was sent home, where he continued his recovery.

With his wound sufficiently healed, John, who now wears special shoes to protect his feet, returned to work in July.

“I'm doing great,” John gratefully said. “Thanks to Dr. Gilbert, I was able to keep my foot and my kidneys.”



Lifesaving Heart Care at Ingalls Gets University Park Woman Back on Track

It began as a routine workout on a sunny June afternoon. Fifty-five-year-old Peggy Bennett of University Park was running two miles to prepare for an upcoming health and fitness evaluation for the Air Force Reserves.

Push-ups, sit-ups and a one- or two-mile run were part of the physically fit major's training regimen, and had been for nearly three decades.

"I felt fine afterwards," she remembers. "I came home and drank a frozen protein drink." A few minutes later, however, the mother of two felt a burning sensation at the base of her throat. Annoyed more than anything, Peggy wrote it off as indigestion. Especially since she'd eaten shortly before her run. Fatigued, she sat down in front of the TV and finished her drink.

Hours later, Peggy woke up feeling nauseated. To her surprise, she vomited and began sweating.

Thinking she'd caught a flu virus, she crawled in bed, too tired to do anything but sleep. Rest, she reassured herself, was what she needed most.

For the next several days, the normally energetic lab technician felt drained. Unable to go to work, she stayed in bed and subsisted on heartburn medication and fluid-replenishing drinks.

Peggy's two grown daughters became increasingly alarmed and urged her to go the doctor.

"It hadn't occurred to me that being in bed for two or three days was unusual," she added. "But that's not really like me, and my daughters knew it."

When she wasn't feeling any better by the fourth day, Peggy drove herself to Ingalls Urgent Aid in Flossmoor. She described her symptoms, and doctors there immediately ordered an electrocardiogram (EKG) of her heart.

To her shock, the test revealed she'd had a heart attack. Urgent Aid staff arranged for immediate ambulance transport to Ingalls Memorial Hospital in Harvey.

Uncovering Heart Disease at Ingalls: Heart Testing at Four Locations

A variety of outpatient tests can provide your doctor with important information about how your heart functions and whether you have heart disease.

For your convenience, Ingalls offers comprehensive heart testing at four locations throughout the south suburbs. All sites have on-site cardiology coverage to ensure rapid and accurate reading of your tests.

- Calumet City
- Harvey
- Flossmoor
- Tinley Park

EKG. An electrocardiogram (EKG) is a graphic measure of the electrical activity of your heart. An EKG shows specific patterns that your doctor will look for to determine whether you have any abnormalities. The test takes less than five minutes.

Echocardiogram. An echocardiogram is an ultrasound of the heart. A small probe like a microphone, called a transducer, is placed on the chest and generates a picture with the data it collects. The painless test takes about 45 minutes to complete.

Stress Test. Stress tests are performed to see how the heart performs under physical stress. The heart can be stressed with exercise on a treadmill or a bicycle. If a person cannot exercise on a treadmill or bicycle, medications can be used to cause the heart rate to increase, simulating normal reactions of the heart to exercise. During a stress test, a patient wears EKG wires while exercising so that the electrical signals of the heart can be recorded at the same time. Blood pressure is monitored throughout the test. To ensure a patient's safety, an Ingalls cardiologist is on-site throughout the test.

To schedule a cardiovascular exam at any Ingalls location, call 708.915.3333.

For more information on our Cardiac Care Center, scan this QR code with your smartphone. To download a free QR code scanner, visit GetScanLife.com on your smartphone.



Christine Izzarelli, R.N., B.S.N.,
C.V.R.N., and Edgar Chedrawy, M.D.



"While some patients may be candidates for a stent or angioplasty to reopen a blocked artery, in cases like this one, bypass surgery is the best available option."

—Edgar Chedrawy, M.D.

When Peggy arrived, she was whisked to the cardiac catheterization lab, where an angiogram confirmed two completely blocked coronary arteries. It was a miracle she'd survived for four days without any medical care.

"I'm sure I had the heart attack that very first day," she said. "I was at home for four days. That's when I knew that God had played a really big part in all of this. He was there with me the entire time."

To reduce the workload on her weakened heart and increase blood flow, cardiologists at Ingalls placed Peggy on an intra-aortic balloon pump.

She remained on the pump for several days before undergoing double bypass surgery.

"While some patients may be candidates for a stent or angioplasty to reopen a blocked artery, in some cases like this one, bypass surgery is the best available option," explains cardiovascular/thoracic surgeon Edgar Chedrawy, M.D., who performed Peggy's surgery. "But the important thing to remember is that bypass surgery doesn't cure the underlying heart disease that caused blockages in the first

place. Lifestyle changes are still a necessary part of treatment after surgery."

For Peggy, that change means cutting down on unhealthy snacks and committing to a more-regular exercise regimen. Following 12 weeks of cardiac rehabilitation, she returned to work in late October.

"I'm feeling good," she adds. "The care I received at Ingalls, my nurses and doctors were all wonderful. I'm happy to be getting back to my regular routine again."

"Time is of the essence when it comes to the heart," adds Christine Izzarelli, R.N., B.S.N., C.V.R.N., cardiac surgery nurse clinician. "Don't brush off symptoms or worry about being embarrassed if what you're experiencing isn't a heart attack. Women's symptoms differ from men's and can be more vague. Most importantly, listen to your body and get your symptoms evaluated right away, while there's still time for treatment."

If you're experiencing heart attack symptoms, call 911 immediately. For a referral to a cardiologist, call Ingalls Care Connection at 708.915.CARE (2273).



Advanced Orthopedic Institute

Move again. Live again.[™]



Quick Care

**Walk-in Appointments
Available Every Day**

FACILITY INFORMATION:
Monday through Friday: 8 a.m.–8 p.m.
Saturday and Sunday: 8 a.m.–4 p.m.

Ingalls Care Center in Crestwood
4727 Cal Sag Road
(northeast corner Cal Sag and Cicero)
Crestwood, IL

CALL: 708.915.ASAP (2727)

BOOK ONLINE: Ingalls.org/InQuicker

FACILITY CAPABILITIES:

- Walk-in Quick Care
- Primary Health Care
- Lab Tests and X-Rays
- Physical Therapy
- Occupational Health

Drs Kavitha Bathala (center) and Akbar Rahmani (2nd from right) with staff at Ingalls Care Center in Crestwood.

Ingalls Care Center In Crestwood: So Much More Than A Doctor's Office

Primary care that works on your schedule!

The new Ingalls Care Center in Crestwood offers convenient, quality care from a comprehensive primary care team of physicians and advanced practice nurses.

The new facility includes: Quick Care, featuring same day appointments and extended hours, including weekends; Primary Health providers that see adults and children two years and older; Lab, X-ray and physical therapy; and Ingalls Occupational Health Program.

Quick Care is open Monday through Friday from 8 a.m. to 8 p.m. and on weekends from 8 a.m. to 4 p.m. Medical professionals are available to take care of all of your family's minor illnesses and injuries, and services are often less expensive than care from a drugstore clinic.



Ingalls Care Center is located at 4742 Cal Sag in Crestwood (north east side of the intersection at Cicero and Cal Sag). Walk-ins are welcome, or book online at Ingalls.org/InQuicker. For more information on the new Ingalls Care Center, please call 708.915.ASAP (2727).

For more information on our new Ingalls Care Center in Crestwood, scan this QR code with your smartphone. To download a free QR code scanner, visit GetScanLife.com on your smartphone.

The sacroiliac joint acts as a type of shock absorber for the spine, minimizing the impact caused by walking and moving around.



Minimally Invasive Joint Fusion Puts an End to Back Pain

When the sacroiliac joint (SI) starts to wear down, however, a host of troubling symptoms can appear—including pain in the lower back, upper legs, buttocks and sometimes higher on the spine.

"The SI joint is a really strong joint that keeps us standing," explains George Miz, M.D., orthopedic and spine surgeon. "And yet it is an underappreciated cause of pain in up to 25% of patients with lower back discomfort."

For 81-year-old Richard Brinker, the pain in his back was almost constant.

"When I would sit or lay down, the pain would creep up," the Burbank retiree explained. "When I tried to walk, I'd go a few feet and would have to sit down. It became unbearable."

Richard had a history of lower back problems. In fact, Dr. Miz performed a fusion surgery on his lower back in 2011. While it fixed that source of pain, Richard continued to be troubled in the left SI joint area. Physical therapy and pain injections provided limited relief. After additional testing, the left SI joint was singled out as the cause of his problems.

That's when Dr. Miz told Richard about minimally invasive SI joint fusion, a procedure that uses titanium implants bolted into the pelvis to stabilize the troubled joint. Dr. Miz is one of the first in the area to perform the advanced procedure.

"Instead of an open procedure, we place three pins through a small incision of about an inch," he said. "We put them right through the pelvis and lock it into place." Richard underwent surgery at Ingalls in May. Within days, he was completely pain-free.

"I was up walking two hours after surgery," he marvels. Within weeks, he was back to vacuuming and housework he said with a smile.

"Dr. Miz is the only person I'll ever let touch my back," he adds. "I live closer to other hospitals, but I'll come to Ingalls because that's where Dr. Miz operates."

For more information, call Ingalls Care Connection at 708.915.CARE (2273).

Sisters Make Knee Replacement Surgery a Family Affair at Ingalls

At the Advanced Orthopedic Institute at Ingalls, knee replacement surgery is a family affair!

Sisters Carol Polka, 67, of Frankfort, and Rose Marie Ricci, 63, of Manhattan, had their right knees replaced in August—just one day apart. And with a simple request, Ingalls accommodated their special wish for adjoining rooms.

This is the second time Carol and Rose, who have a family history of arthritis, underwent knee replacement surgery at Ingalls. In 2010, the pair had their left knees replaced at the same time too.

After each surgery, the close-as-can-be siblings even went to physical therapy together at the Ingalls Family Care Center in Flossmoor, where they are set to graduate from an eight-week rehabilitation program.

"Arthritis runs in the family," Carol explained. "It was down to bone-on-bone, and it was painful."

Knee replacement surgery was the only option.

"We figured we might as well do it together," Rose added. "It's nice to have someone with you, who understands what you're going through."

Orthopedic surgeon Mark Nikkel, D.O., performed Rose's surgery August 12, and orthopedic surgeon Joseph Thometz, M.D., performed Carol's the very next day.

Both received custom-fit knee implants using Visionaire Patient Match technology, which uses MRI and X-ray images of a patient's knee to design and build surgical instruments tailored to a patient's unique knee anatomy.

Though Carol and Rose may share a family resemblance, knees are a different matter entirely, Dr. Nikkel explains.

"Every person's knee joint has subtle differences in shape and contour, but traditional surgical instruments used to place knee implants are one-size-fits-all," Dr. Nikkel explains.



Sisters, Carol and Rose Marie, enjoy a post-surgery stroll.

With Visionaire technology at Ingalls, the surgeon comes to the operating room with surgical instruments engineered exclusively for the patient's knee and an implant that matches the knee's dimensions.

"With computer-guided precision, the knee implant is then carefully put in place," Dr. Thometz added. "That precision is very important because a misaligned implant can cause pain and instability, and the implant will eventually fail. My patients have had incredible success with Visionaire."

And that's definitely the case with Carol and Rose. Both were discharged from Ingalls after just three days and

then began physical therapy to regain their strength and range of motion.

Physical therapists at Ingalls, once again, were happy to schedule the sisters' rehab together. In fact, says Danielle Linn, P.T., D.P.T., togetherness has likely helped them heal quicker.

"It's like having an exercise buddy. The sisters really motivate each other," Linn said. "After knee surgery, some of the stretches and range-of-motion exercises can be painful. But Carol and Rosie use humor to keep it light and encourage each other. It's nice to have that connection. We really enjoy them when they're here, and we're pleased with their progress."

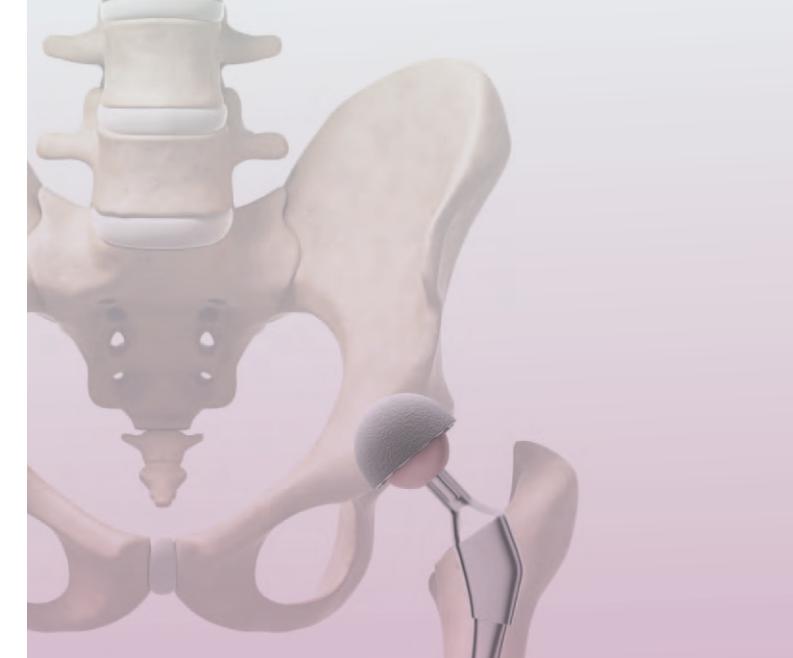
"They've done a great job taking care of us," Carol adds. "And the environment there is beautiful. Just walking in makes you feel good."

Speaking of walking, both Carol and Rose are walking on their own now, without assistive devices, and plan to return to work soon.

They also plan to resume their favorite activities: walking, shopping, and traveling... together, of course!

"We would definitely recommend Ingalls for surgery and physical therapy," Rose said. "We've been through it twice, and we wouldn't go anywhere else."

For more information or to schedule a next-day appointment with an orthopedic specialist, call IngallsExpress at 708.915.PAIN (7246).



Anterior Hip Replacement Means Less Pain and Quicker Recovery

Hip replacement surgery is one of the most common surgeries performed in the United States today, but not all hip surgeries are the same.

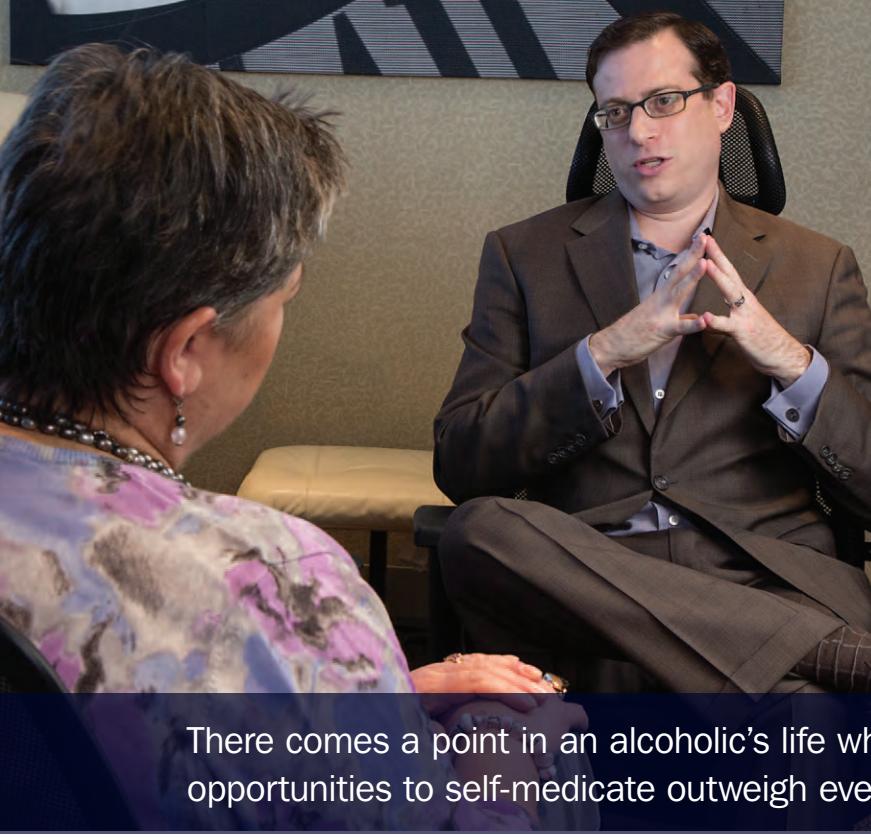
Surgeons at the Advanced Orthopedic Institute at Ingalls offer a unique alternative approach, accessing the hip joint from the front, or anterior. Known as the "anterior approach," the technique allows the surgeon to make one small incision on the front of the hip and work between the muscles and tissues, without detaching them from either the hip or thigh bones. That technique means less pain, a shorter time from surgery to recovery, and a lower risk of dislocation.

Afterwards, patients can immediately bend at the hip and bear full weight when comfortable. Additionally, since the incision is in the front, patients avoid the pain of sitting on the incision site.

Orthopedic surgeons at Ingalls were among the first to bring this revolutionary procedure to the Chicago area and, as a result, perform more than anyone else. In fact, patients who have had traditional "posterior" hip replacement surgery previously, choose to have an anterior hip replacement if they need joint surgery on the other hip.

"Even better, a wider range of patients—including larger, heavier patients—may be candidates for minimally invasive or anterior hip surgery," adds board-certified orthopedic surgeon David Smith, M.D. "Keeping the muscles intact is the key to greater hip strength and faster recovery."

For more information about anterior hip replacement at Ingalls, call 708.915.PAIN (7246).



Overcoming Alcoholism: Sylvia Wasn't a Destitute Drinker— She Was a Well-to-Do Doctor's Wife

There comes a point in an alcoholic's life when drinking takes over. When opportunities to self-medicate outweigh everything else.

For 60-year-old south suburban woman Sylvia, a nightly dose of alcohol helped dull the pain of her husband's passing. Several days a week, she bought a pint, nursed it in front of the TV, and then passed out. Eventually, nighttime drinking became daytime drinking too.

For five years, this was Sylvia's pattern. She drank alone, and when she ran out, she had a network of 20 liquor stores she bought from. "I didn't want them to know I had a drinking problem," she said. "So I'd switch things up and go to different stores."

Like many alcoholics, Sylvia was a private drinker. On rare occasions when she ventured out with friends, she kept her addiction under control.

And unlike the stereotypes often associated with an alcoholic, Sylvia wasn't a destitute drinker. On the contrary, she was a well-to-do doctor's wife.

Sylvia made appointments to see her doctor; she even attended Alcoholics Anonymous meetings. But it wasn't until she got a DUI that she made the decision to get sober for good.

"It was the worst day of my life," she says of her DUI arrest. "I had never felt so humiliated. Yet it was the best day of my life too. It forced me to do something about my problem. Thankfully, I didn't hurt myself or anyone else."

Urged by her doctor, psychiatrist and addictions specialist Joseph Beck, M.D., she voluntarily admitted herself to the four-week program at the Illinois Institute for Addictions Recovery (IIAR) at Ingalls. The IIAR is a 16-bed adult addiction treatment facility providing care for a wide range of addictions. Since Sylvia's treatment four years ago, she's never touched a drop of alcohol again.

"The first Saturday night that I was in treatment, a group of us were eating popcorn and watching a movie about addictions," she recalls. "I was surrounded by people dealing with similar issues, some worse than mine, and it suddenly hit me that this was the best Saturday night I'd had in five years."

Though she had to conquer the addiction herself, Sylvia says the IIAR counselors gave her the tools she needed to be successful.

"And for that," she adds, "I'm forever grateful."

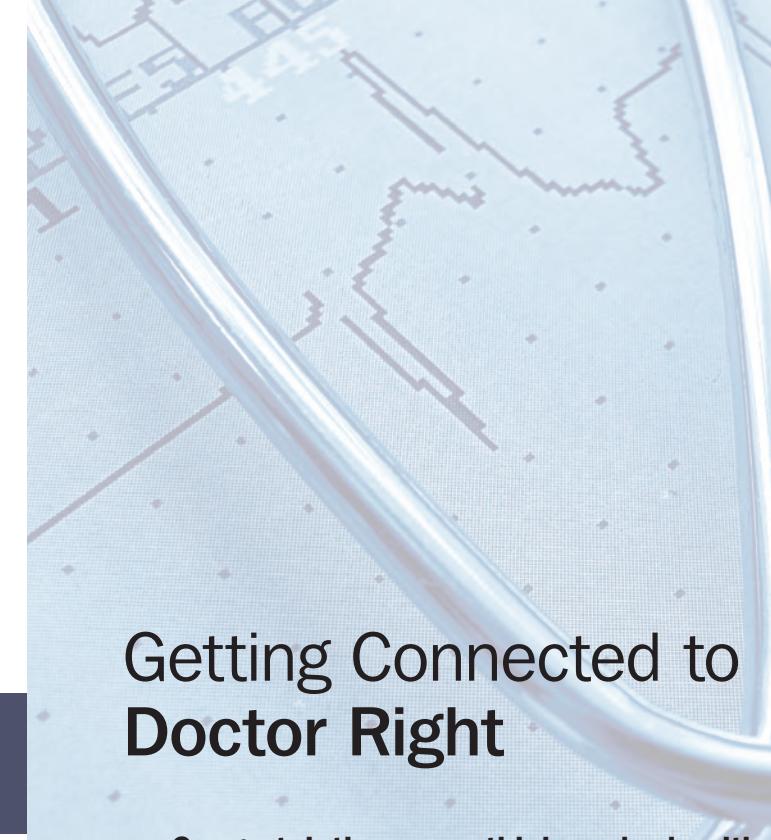
"What many people don't realize is that coming to treatment is the first step in a lifelong journey of recovery," Dr. Beck explains. "Your life (the people, places and things you're associated with) has to dramatically change after treatment. That's really where the rubber meets the road for so many of our clients."

After her discharge, Sylvia reconnected with old friends and began volunteering in the community. She repaired fractured family relationships and rediscovered her love of traveling. She even hired a personal trainer and lost 83 pounds in the process.

With the help of the IIAR, Sylvia emerged from the darkness of her addiction and rebuilt a life that now brings her joy.

To others facing the uncomfortable truth of addiction, Sylvia advises, "The most important thing is to be honest with yourself. Are you the person you want to be? If the answer is no, you don't have to do it alone. Help is closer than you think."

If you or someone you love is ready to reach out for help, call 708.915.4090.



Getting Connected to Doctor Right

Congratulations; you think you're healthy! You can't know for sure, though, until you're examined by a primary care physician.

Some health conditions remain silent until they are advanced and hard to manage. Early detection and prevention may help avoid a life-threatening situation, and offer more options for effective treatments.

A primary care physician (PCP) is your medical point person with whom you can have a trusted, ongoing relationship. "A PCP understands your unique health condition, risk factors and history," explains Kavitha Bathala, M.D., family practice physician. "Your own physician provides preventive care, health counseling, and continuity to ensure your good health continues."

Your PCP knows precisely what medical conditions you have, the results of your lab tests, the medications you take regularly and whether you have any drug allergies. Access to this type of information is vital – especially when your health is at stake. Additionally, a primary care physician will keep you healthier as you age. That continuity of care dramatically increases the likelihood that you'll receive the correct diagnosis and appropriate treatment.

Some practices utilize the services of a nurse practitioner (NP) to provide additional accessibility and continuity. NPs are registered nurses whose education and clinical practice experience extend far beyond basic registered nurse training. As a result, they can work autonomously to take care of more minor illnesses or injuries that don't always require a physician.



Dr. Bathala with a patient

What to Look for When Choosing a PCP

- **Feeling a sense of rapport**, and trusting that your PCP will listen to your concerns.
- **Someone who accepts your insurance**, and who is on staff at a hospital that accepts your insurance.
- **Are the office hours and location convenient?** Is the staff friendly, helpful and good about returning calls?

Knowledge is Power

Before you select a PCP, do your homework and make an informed choice; a great place to start is www.HealthGrades.com.

HealthGrades is an independent ratings company that ranks hospitals based on publicly available patient data such as safety, mortality, infection rates, etc. "Quality outcomes are a very important consideration for patients when they're choosing a primary care physician and hospital," explains Rewa Hasanat, M.D., family care physician. "You and your family deserve the very best care for the long term, and that's exactly what you should get when you make your selection."

Ingalls Health System has PCPs in conveniently located offices throughout the south suburbs, close to where you live and work. Ingalls Care Connection referral service has collected extensive information about each doctor's practice, which we combine with your health needs, personal preferences and location to find the best physician match for you.

Choosing the right doctor for your family is an important decision. Call 708.915.CARE (2273) today, or search on Ingalls.org/InQuicker.

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