

A publication of FHN

# Insight

Volume 8, Issue 2

## Genetic Risk Assessment Now Offered

FHN Top Doctors Miles And Minutes Starts Soon!

What Times Would You Like Your Appointments?



*We're here, for you.*

**FHN**



## Welcome Spring!

I'm excited to welcome you to the first issue of INSIGHT for Spring 2017! I'm looking forward to being able to go "All In" by spending time outdoors with my family supporting our community as it has so much to offer. On a personal note I also look

forward to enjoying all the beauty of Northwest Illinois while riding on my motorcycle, so please keep a lookout for all the bicyclists and motorcyclists as the season begins.

In this issue we recognize 13 of our providers who have been named to America's Top Doctors List, and we're also including some of the feedback other providers received for Doctors' Day and Dentists' Day in March. We're very proud of all of our providers and the care they offer our communities. We have an amazing team at FHN committed to helping all the families that we are fortunate enough to serve.

We also are introducing our Genetic Risk Assessment and Testing Program, a state-of-the-art way to screen for certain types of cancer, and reminding everyone of our Miles And Minutes program, which we're jazzing up a little for some new fun this year. Please also note that we're asking for your input in an online survey about our office hours – we're very interested to hear your thoughts on what we can do to make visiting us as convenient as possible. Our goal is to be able to provide the latest evidenced based medicine in a way that can meet the needs of our busy community.

The rest of this issue presents the annual report for the FHN Foundation, where you can read about the many wonderful things accomplished through your gifts to the Foundation. I appreciate everyone who's supported FHN through contributions over the years as it makes a difference for others – **thank you!**



## Upcoming Events!

Mark your calendar now for these upcoming FHN events, all of which are free. For more info and registration (needed for us to plan for refreshments), visit [www.fhn.org](http://www.fhn.org) – registration is usually open two to three weeks prior to each event. Hope to see you soon!

**Wednesday, May 24 • 5:30–7 p.m.**

### **Women's Diagnostic Center Open House**

FHN Memorial Hospital

1045 W. Stephenson St., Freeport

During Women's Health Month, visit with women's care providers and tour the Women's Diagnostic Center at FHN Memorial Hospital. You'll see FHN's new state-of-the-art Spec CT scanner and hear a short presentation on our new Genetic Risk Assessment and Testing Program, another state-of-the-art offering that allows screening for certain types of cancer. Enjoy refreshments and take home a women's care goodie bag!

**Wednesday, June 21 • 5:30–7 p.m.**

### **Meet Mark!**

FHN Family Healthcare Center – Burchard Hills

1010 West Fairway Drive, Freeport

Meet Mark Gridley, FHN's new President & CEO, along with other FHN executives, staff, and board members at a town hall cookout at FHN Family Healthcare Center – Burchard Hills on Wednesday, June 21 at 5:30 p.m. We'll be grilling on the patio, and you'll have the opportunity to ask questions or discuss whatever healthcare topics are on your mind. There's plenty of indoor space available there too so the event will be held rain or shine. Please RSVP by Friday, June 2 at [www.fhn.org/cookout](http://www.fhn.org/cookout) so we'll be sure to have enough food for everyone. See you there!

**Wednesday, June 28 • 5:30–7 p.m.**

### **Better Than the Bee's Knees! Orthopedic Services Open House**

FHN Family Healthcare Center – Burchard Hills

1010 West Fairway Drive, Freeport

In only about 15 minutes, you'll learn more about TRUMATCH® personalized knee replacements now offered by FHN. We'll outline how a three-dimensional computerized scan of your leg allows the creation of customized surgical guides based on your unique anatomy. Positioning and alignment are crucial to the overall performance of your implant: researchers have found that even a misalignment as slight as three degrees can lead to uneven wear, instability and increased risk of revision surgery. Then you can chat with our orthopedic specialists and surgery team, and tour our physical rehab facility as well as provider offices at Burchard while enjoying light refreshments.

**Wednesday, July 26 • 5:30–7 p.m.**

### **The Latest in Cancer Care – Open House at the Leonard C. Ferguson Cancer Center**

1163 West Stephenson Street, Freeport

Meet our cancer care providers – including new physicians who've begun offering treatment at FHN in the last year – and hear about some of the latest developments in cancer care in a short (15-minute) presentation. Then tour throughout our updated Center, including a large state-of-the-art chemotherapy area, healing garden, and equipment for radiation therapy including an Image Guided Radiation Therapy (IGRT) machine and a 4-D CT scanner. Refreshments will be available – weather permitting, we'll enjoy them in the healing garden!



# 13

## FHN Physicians Named to America's Top Doctors® List

FHN is proud to announce that 13 of our skilled, dedicated physicians have been named to the 2017 Castle Connolly America's Top Doctors list.

Castle Connolly is considered America's trusted source for identifying Top Doctors and has been recognized by several national media sources including *The New York Times*, *USA Today*, *Good Housekeeping*, *Redbook*, *Town & Country*, *Ladies Home Journal*, *Good Morning America*, the *Today Show*, *20/20* and more than 100 other television and radio stations.

Physicians do not (in fact, cannot) pay to be included on the Castle Connolly list. The physicians included in America's Top Doctors were nominated by their peers in an extensive survey process of thousands of American doctors each year. Each doctor's education, training, hospital appointments and more are screened by the Castle Connolly physician-led research team. The doctors who are among the very best in their specialties and in their communities are selected for inclusion.

Ten FHN physicians are making repeat appearances on the list, and FHN is proud to congratulate them and the three new additions to the list (noted with a \* at right).



Surgeon  
Barry Barnes  
MD, FACS



Surgeon  
Rafael Castro  
MD, FACS, WCC



\*Urologist  
David Cheng  
MD, FACS



Infectious Disease  
Specialist  
Robert Geller  
MD, MS, FACP,  
FIDSA



Allergy, Asthma  
and Immunology  
Specialist  
Timothy Jessen  
MD



\*Nephrologist  
Farhan Khan  
MD



Cardiologist  
Prasad Kilaru  
MD, FSCAI, FACC



Otolaryngologist  
Toni Levine  
MD, FACS



Family Medicine  
Physician  
Michael McFadden  
MD



\*Cardiologist  
Madhu Malladi MD,  
FACC, FASE



Gastroenterologist  
Vivek Mehta  
MD

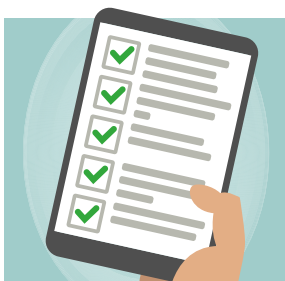


Cardiologist  
Bhadrash Patel  
MD, FACC, FACP



Family Medicine  
Physician  
Jeffrey Schleich  
MD

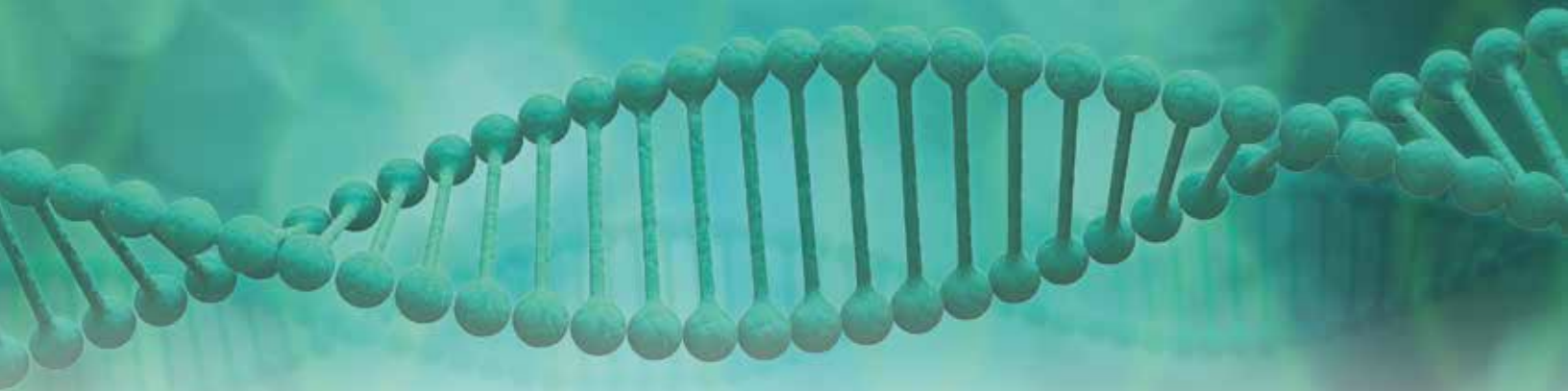
### FHN Survey Help Us Be Sure to Have Time for You—and You Could Enjoy Dinner On Us!



FHN has expanded office appointment hours in recent years, but we know that there's always room for improvement in working to be available when it's most convenient for you.

We'd like your input on this topic! Please complete our five-minute online survey on appointment times for non-emergency office visits at [www.fhn.org/officeappointmenttimesurvey](http://www.fhn.org/officeappointmenttimesurvey) by the end of the business day Friday June 2 and you'll be entered into a drawing for one of three sets of gift cards to area restaurants, each set valued at \$100.

We appreciate—and value—your time. Thanks for participating in the survey, and for choosing FHN!



# myRisk, My Choices

## FHN Introduces Genetic Risk Assessment and Testing Program

We can't always know why one person develops cancer and another doesn't. But research has shown that certain risk factors may increase a person's chances for developing cancer.

Some of the risk factors can be controlled, like exposure to certain chemicals or behaviors such as tobacco use. Other factors are beyond our control, like our age, personal health history and our family history.

If you'd like to know more about your personal chances of developing cancer, FHN can help.

"We want to help people with a strong personal or family history of cancer better understand their own risk of developing certain cancers," says FHN Women's Diagnostic Center Care Navigator Amy Bollon. "It empowers people to be more involved in their healthcare decisions based on the benefits of genetic testing.

Your first encounter with the FHN Screening and Risk Assessment Program will be during your yearly mammogram appointment.

Your screening tech will ask you to fill out a simple questionnaire to get the information needed to discuss cancer risk and determine if there are any "red flags" in your personal or family history. (These indicators can include multiple cancers on the same side of the family, any one cancer diagnosed at age 50 or younger, or a rare cancer such as ovarian or male breast cancer at any age.)

If we see any of those "red flags," you'll meet with the Care Navigator to talk about the benefits of hereditary cancer testing, and you'll be offered the myRisk Hereditary Cancer Panel test.

The National Comprehensive Cancer Network, US Preventative Services Task Force, and American Congress of Obstetricians and Gynecologists have all provided guidance regarding the importance of further risk assessment based on a patient's personal and/or family history of cancer. Individuals found to have a hereditary cancer syndrome or an elevated risk for certain cancers may be candidates for increased surveillance or other prevention options.

The myRisk test is pretty simple on your end – just a small blood draw. Most patients pay nothing out-of-pocket for the testing, and your information is kept private. (The testing company, Myriad, offers free testing for patients who meet certain medical and financial criteria.)



The blood is sent to a lab that analyzes 28 genes that impact inherited risks for eight cancers—breast, ovarian, gastric, colorectal, pancreatic, melanoma, prostate, and endometrial.

Results are usually available in two to three weeks; if your results indicate that further screenings or medical management may be appropriate, your Care Navigator will set up an appointment for you to meet with FHN Ob/Gyn Ruhee Sidhu, MD, FACOG to discuss your next steps.

If you want or need referrals to other specialists or additional resources, your Care Navigator and the Imaging Team at the FHN Women's Diagnostic Center will provide guidance and support to help you navigate the network of comprehensive services and programs available at FHN and beyond.

A copy of the test results, along with a personalized medical management plan based on professional medical society guidelines, will be shared with your primary healthcare provider and included in your electronic medical record to assist in further screening management.

"We want to empower and educate all of our patients, and provide resources for those who may benefit from genetic testing," Amy says.

If you'd like more information about the FHN Screening and Risk Assessment Program, talk to your healthcare provider or call the FHN Women's Diagnostic Center at 815-599-6421.



# FHN Get FiTeam Challenge Winners!



The FHN Get FiTeam Challenge encouraged 152 participants to take a proactive approach to their own health and wellness. Over 12 weeks, the participants logged their workout times, healthy eating habits, and competed in a variety of events with the main goal of developing healthy habits and getting fit.

The contestants were competing for their own health and wellness, but they also were competing for prizes: gift cards to Hibbett Sports and Shopko.

Teams were able to win in two categories: Team total points and team total percent weight loss. The winners are:

Total Team Points	Team	Points	Prize	
	1. Happy to Ditch the Junk in the Trunk	1,426	\$250	Shopko Gift Card Each
	2. Fit and Lean 2017	1,327	\$100	
	3. Fat & Furious	1,232	\$50	
Team Total Percent Weight Loss	Team	Avg. Team Weight Loss	Prize	Hibbett
	1. Happy to Ditch the Junk in the Trunk	12.95%	\$250	Sports
	2. Fat Arm of the Law	9.74%	\$100	Gift Card
	3. Make America Thin Again	8.30%	\$50	Each

Congratulations to all the Get FiTeam Challenge participants for taking steps to improve their health!

## FHN Celebrated Dentists' Day and Doctors' Day in March

by giving you a chance to say "hi" to your healthcare providers. Here's a sampling of what you had to say:

**Provider:** Allen Workman, MD  
Thanks for all your kindness and the great care you always give myself and my husband. You always have time to listen to our concerns and give us good direction.

**Provider:** Rebecca Pedersen, MD  
Thank You Dr. Pedersen, for your wonderful and caring attitude!  
We love having you take of our family and grandkids too!

**Provider:** Michael McFadden, MD  
Thanks for the hours and hours of dedicated service that you give to your patients. You truly are one of a kind. Its my pleasure to be associated with a physician like you.  
Happy Doctor's Day!

**Provider:** Prasad Kilaru, MD, FSCAI, FACC  
Your excellent care for my heart problem and those of my family (for years now) is very much appreciated!  
Thank you so very much!

**Provider:** Ruhee Sidhu, MD, FACOG  
I am glad I found you when I came to Freeport! I like you! I have confidence in you!

**Provider:** M. J. Merry, MD  
Thank you for all you do for our patients and the pediatric patients! You are truly an asset to FHN!



## Let's Get Growing!

### FHN Community Garden Spaces Available for 2017

A healthy diet is rich in fruits and vegetables, and a healthy lifestyle includes plenty of activity. Put them together and you've got gardening!

Get out in the garden with FHN this spring and summer for some exercise, fresh air and—eventually—healthy, fresh produce: Be part of FHN's Community Garden!

Spaces are available in FHN's Community Garden for this growing season. The raised garden beds, 4 x 8 feet, are \$25 each. The Community Garden is located just west of the FHN Family Healthcare Center—Burchard Hills, 1010 W. Fairway Drive in Freeport.

Applications for the 2017 growing season are due by **Wednesday, May 31**, and planting can begin as soon as the beds are prepared.

For more information and to download an application, visit [www.fhn.org/communitygarden](http://www.fhn.org/communitygarden) or call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 901.



# Good for You, Good for Your School

## Get Ready for an Active Summer with FHN Miles And Minutes!

Did you know that according to the American Heart Association, just 30 minutes of moderate exercise 5 days a week can improve your health? That recommendation is at the heart of one of FHN's most popular programs, Miles And Minutes.

"A healthy lifestyle doesn't have to be complicated," says FHN President and CEO Mark Gridley. "Getting 30 minutes of activity can be as simple as taking a walk, going swimming or even just doing some yard work. The point is to get moving, enjoy yourself, and, with Miles And Minutes, support your community's schools."

Participating in Miles And Minutes is free and easy to do—participants report online how many minutes they've spent on various activities, and those minutes are converted into "miles."

### Keeping it Fair and Fun

The online program normalizes miles based on the number of students in each school system to help ensure that all area school systems have a chance to win, no matter their size or how many participants they enlist. (You can see the complete normalization index online at [www.fhn.org/walk\\_rules.asp](http://www.fhn.org/walk_rules.asp).)

First (\$2,000), second (\$1,000), and third (\$500) prizes in two categories will be awarded:

- school system with the most average "miles" logged per participant
- school system with the most "miles" total

The competition begins Sunday, May 28 and will run through Sunday, Sept. 3. Sign up online at [www.fhn.org/milesandminutes](http://www.fhn.org/milesandminutes). If you haven't registered, there's still time—you

can sign up and participate right through Sept. 3. There is no charge to participate, and anyone age 12 and older can join, including student athletes!

### Keeping Yourself and Your Family Healthy

Spending 30 minutes on physical activity at least every other day is likely to make you feel better every day. You might even find yourself spending a little extra time on your bike ride, walk, or in the pool. That's great!

"Getting up and getting moving is so important to our health, and we hope that encouraging activity through the summer with Miles And Minutes will inspire people to keep moving because it helps them feel good and stay healthy," Mark says.

## Insight

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**FHN**

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**FREEPORT**  
**ALL**  
**IN.**

**This year, look for special challenges to give your school more chances to win prize money!**

### School Systems in FHN Service Area

- |                                     |                              |
|-------------------------------------|------------------------------|
| Chadwick-Milledgeville              | Lena-Winslow School District |
| Dakota School District              | Orangeville School District  |
| Durand School District              | Pearl City School District   |
| East Dubuque                        | Pecatonica School District   |
| Eastland School District            | River Ridge                  |
| Forrestville Valley School District | Scales Mound                 |
| Freeport Catholic Schools           | Stockton School District     |
| Freeport School District            | Tri-County Christian School  |
| Galena                              | Warren School District       |
| Immanuel Lutheran School            | West Carroll School District |