

On Health

New Year, A New Healthier You
Stay Healthier, Live Better.

IN THIS ISSUE

- Good Company: Franciscan St. James ranked among nation's best
 - Get effective cancer treatment close to home
 - The latest cardiovascular disease treatments
 - When surgery is the best weight loss solution
 - The changing face of home health care
- ...and much, much more



Dear Friends and Neighbors

In 2011 we celebrated Franciscan St. James Health's Centennial and used the unique opportunity that milestone gave us to look to the future, as well as celebrate our past.

We had occasion to recognize the remarkable dedication of the physicians and staff who enabled Franciscan St. James to be an oasis of hope for 100 years in the south and southwest suburbs. Our Centennial also gave

us the opportunity to recognize and honor the Sisters of St. Francis of Perpetual Adoration for their century of faithful service to our community.

One of the ways we chose to celebrate our Centennial was by rededicating ourselves to continuing our mission to serve the south and southwest suburbs.

In 2012, as we enter our second century of service, we are intensifying our efforts to improve performance and patient satisfaction at both Franciscan St. James campuses, and in every service line. Those efforts have included honest and critical analyses of all of our practices and protocols, and resulted in a wide variety of constructive changes that have already benefitted our patients and improved upon the quality, compassionate care that you expect and deserve.

Just in the last couple of years, Franciscan St. James has earned more healthcare industry recognitions than any other time in the last century. Most recently, Franciscan St. James earned clinical achievement awards in cardiac care, neuroscience, pulmonary care, critical care and women's health from HealthGrades, one of the nation's most trusted, independent analysts of hospital quality outcomes. I invite you to learn more about our HealthGrades honors on Page 3 of this edition of *On Health*.

All of the progress made at Franciscan St. James to improve performance and patient satisfaction would have been impossible without the remarkable commitment of our physicians, nurses, clinical and support staff, and volunteers. Everyone at Franciscan St. James has enthusiastically given their talents, efforts and faith to ensure a strong start to our second century.

May God bless you and your families.

Seth C.R. Warren
Regional Chief Executive Officer
Franciscan Alliance Corp.
President, Franciscan St. James Health



Olympia Fields Campus



Chicago Heights Campus



A Message from Sister Madonna

Most women have much to learn about heart health. Most don't know that it's the leading cause of death among American women. In fact, heart disease claims more women than men.

When it comes to heart health, many women are confused about their risk factors. What's the difference between good cholesterol and bad cholesterol? What about blood sugar and diabetes? What changes can I make to my diet to improve my heart health?

Additionally, National Institutes of Health (NIH) research has found that women often experience different heart attack symptoms than men. Surprisingly, fewer than 30% reported having chest pain or discomfort prior to their heart attacks, and 43% reported no chest pain during any phase of their attack.

We are firmly committed to battling heart disease and promoting greater heart health awareness. That's why Franciscan St. James Health is inviting women from across the south and southwest suburbs to our Day of Dance for Your Health on Thursday, February 16, 2012, at the St. James Health & Wellness Institute in Chicago Heights.

Day of Dance will increase awareness of cardiovascular disease and its risk factors, and promote immediate action for better health. It will feature dancing and other activities to remind participants that preventing cardiovascular disease and embracing a healthy lifestyle can be a fun, energizing experience. Franciscan St. James will also offer free heart health screenings, including Cholesterol, Blood Glucose, Blood Pressure, Bone Density and Waist-Girth.

We care about you. Please care about yourself and join us.

Sister M. Madonna Rougeau, OSF

To learn more, or to register, visit www.franciscanstjames.org, or call 1-800-STJAMES. We hope to see you there.

Franciscan St. James Health to Benefit from Chicago Auto Show First Look for Charity

The Franciscan Alliance Foundation of St. James Health will again participate in the annual Chicago Auto Show First Look For Charity, on Thursday, February 9, 2012, at McCormick Place.

First Look for Charity is the benevolent black-tie event held the evening before the Chicago Auto Show opens to the public. The event annually raises approximately \$2 million for 18 Chicago area charities. Franciscan St. James Health is among those 18 charities.

This is the third of a nine-year commitment that the Chicago Auto Show has made to Franciscan St. James.

"We are grateful to Dennis Bauer, of Arnie Bauer Cadillac Buick GMC, for bringing this opportunity to St. James," said Franciscan St. James president, Seth Warren. "It has raised significant resources for technology advancements to better serve our patients in the south and southwest suburbs."

Rock band, *Blues Traveler* will enliven the show floor brimming with 1,000 new vehicles, some on display for the first time ever. Singer/harmonicist John Popper leads the quintet known for his extended jamming style in live performances. The band's best-known single, "Run-Around," is Billboard magazine's all-time longest-charting radio single.

To top it all off, two attendees will win the keys to a 2012 Cadillac Escalade and a 2012 Cadillac SRX. Guests will enjoy abundant hors d'oeuvres, champagne, wine, soft drinks and desserts at the nation's largest auto show.

For tickets and more information call (708) 747-4000, ext. 5470, or visit www.chicagoautoshow.com/firstlook.



Dennis Bauer, of Arnie Bauer Cadillac Buick GMC (left), shows off a brand new Cadillac to Franciscan St. James Health's Seth Warren and Michael Bruni.

good company:

Franciscan St. James delivers nationally-ranked healthcare



Franciscan St. James Health has invested in providing a high level of patient satisfaction, offering breakthrough technologies and procedures delivered by dedicated, talented health care professionals. Those efforts have put Franciscan St. James in good company among the nation's most respected hospitals, and earned multiple awards from the nationally recognized, HealthGrades.

HealthGrades is a trusted, independent source of physician information and hospital quality outcomes. Their well-respected studies of hospital quality focus on areas that include clinical excellence and patient safety.

A high HealthGrades rating is your guarantee of receiving top quality care. While some people travel far from home for various procedures, you can be confident in your decision to stay close to home at Franciscan St. James.

HealthGrades has rated Franciscan St. James among the best 100 hospitals in America for Cardiac Surgery in its 2012 study. In addition, we earned their Cardiac Surgery Excellence Award, ranking us among the top five percent in the nation, and number six in Illinois, for cardiac surgery. These honors continue to be well-earned by our top-notch team of dedicated surgeons and nurses, who are experienced in the most up-to-date cardiac procedures and technologies.

Receiving HealthGrades 2012 Neurosurgery Excellence Award places us in the top 10 percent of U.S. hospitals, and number 10 in Illinois. Franciscan St. James has also earned HealthGrades Five-Star stroke treatment rating for 10 straight years. Treating the full spectrum of neurological disease, our highly trained, experienced specialists provide the latest, most effective treatments for the entire spectrum of neurological disorders.

Staffed by the finest medical specialists in pulmonary care, Franciscan St. James also received the 2012 HealthGrades Pulmonary Care Excellence Award, placing us among the top 10 percent in the nation. This is the third consecutive year that Franciscan St. James has earned that honor. Franciscan St. James has also earned HealthGrades Five-Star rating for pneumonia treatment every year since 2004. Our skilled pulmonary caregivers are committed to striving for the best outcomes for their patients.

Earning HealthGrades Excellence Award for Women's Health in 2011 put Franciscan St. James among the top five percent in the nation for the second straight year. Award recipients were chosen after analyzing mortality rates and in-hospital complications among 16 of the most common procedures and diagnoses among women.

2012 marks the second straight year that the specially-trained health professionals comprising Franciscan St. James critical care teams has earned HealthGrades Critical Care Excellence Award. According this year's ratings, Franciscan St. James is HealthGrades' sixth-ranked Illinois hospital for critical care.

Franciscan St. James Health pleased to be ranked among the nation's finest hospitals, but what matters most is what this means to the patients who entrust us with their care. These and numerous other awards we have received reflect the dedication, compassion and commitment of our entire team of health care professionals.



TOP 5% IN THE NATION



TOP 10% IN THE NATION



CALL 1-800 ST. JAMES (785-2637). Seating at seminars is limited. Sign up today.

REFINING cardiac catheterization

New technologies bring added comfort and easier recoveries



Dr. P. Raghu Reddy

Franciscan St. James Health recently acquired new equipment for cardiac catheterization. Using this technology, interventional cardiologists, who are doctors specially trained in invasive cardiac procedures, can perform cardiac

catheterization through the

wrist using the radial artery instead of the femoral artery in the groin.

Cardiac catheterization is a tool that enables doctors to view the entire blood supply to the heart, including any narrowing or blockage of the arteries. It is performed on patients who have symptomatic coronary atherosclerotic disease, which is a narrowing in the blood vessels that supply blood to the heart. Cardiac catheterization enables interventional cardiologists to identify and treat significant blockages with a balloon and/or stent.

While using the radial artery is not a new concept, the equipment used in the past was not as refined and therefore the technique was abandoned. With the old equipment, the procedure took too long, increased radiation exposure, and was difficult for both interventional cardiologists and patients. Today's advanced equipment greatly improves the ease of the radial artery approach, making it a valuable option.

Using the radial artery instead of the femoral artery is not only more comfortable for the patient, but safer. Studies have shown that, especially in procedures requiring stents, the radial artery approach can reduce the risk of bleeding from 2.5 to 0.5 percent.

Most patients are appropriate candidates for a radial artery approach. Patients also have an easier recovery and a better experience overall.

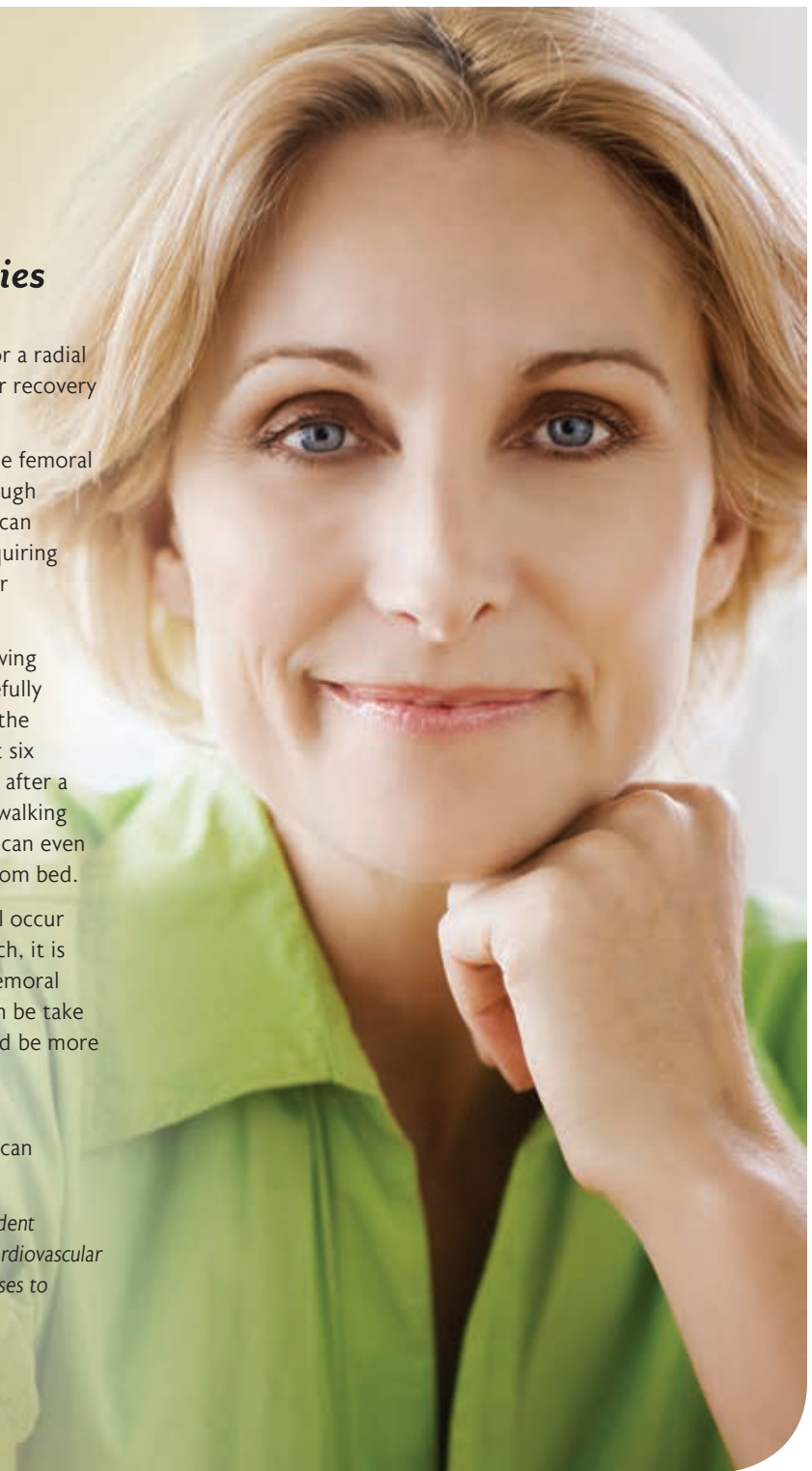
The most common complication of using the femoral artery is bleeding at the site of entry. Although this only occurs 2.5 percent of the cases, it can be dangerous and even life-threatening, requiring surgery to repair, and cause lifelong vascular complications.

To avoid the complication of bleeding following a femoral artery approach, patients are carefully transferred from the cath table to a bed in the recovery area. They remain in bed for about six hours to allow the artery to heal. However, after a radial artery approach, patients are up and walking immediately following the procedure. They can even walk from the cath table to the recovery room bed.

Although a bleeding complication could still occur in the wrist following a radial artery approach, it is easier to detect and control. Because the femoral artery is deep within the groin, bleeding can be more difficult to manage.

For those patients who do require cardiac catheterization, we are pleased that Franciscan St. James now offers this option.

P. Raghu Reddy, MD, FACC, FSCAI, is an independent physician, board certified in Internal Medicine, Cardiovascular Disease and Interventional Cardiology, who chooses to practice at Franciscan St. James Health.



Breakthroughs in cardiovascular disease treatments.

FREE HEART HEALTH SEMINAR

Presented by Dr. P. Raghu Reddy

New technologies in invasive cardiac procedures are reducing discomfort and smoothing recoveries. Learn how specially-trained cardiologists are now treating various forms of cardiovascular disease and the key essentials of heart health.

Thursday, March 22
6:30 p.m.

Franciscan St. James
Family Care Center
17859 S. 80th Avenue
Tinley Park

FREE GIVEAWAYS
& FREE HEART
SCREENING
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FOR ALL ATTENDEES!
\$135 value

SPACE IS LIMITED.

Call 1-800-STJAMES or visit FranciscanStJames.org to register.

BIOMEDICAL “CEMENT”

a quick fix for some spinal fractures



Dr. Amar P. Shah

Sustaining an acute spine fracture doesn't have to mean living with debilitating life-altering pain for weeks, months or even years. For many patients, kyphoplasty or vertebral augmentation can “glue” back together a vertebral body fracture so that stability is restored.

This exciting, minimally invasive, image-guided procedure is now offered by Franciscan St. James Health's department of interventional radiology to treat newly suffered compression fractures of the thoracic spine and

lumbar spine - the area from the mid to lower back.

Performed on an inpatient or outpatient basis at both Franciscan Saint James campuses, kyphoplasty often offers same day pain relief and the ability to get back to your daily life activities. “Twilight” conscious sedation, similar to that used for colonoscopy, is used instead of general anesthesia, which can sometimes present its own set of risks, especially for older patients.

The procedure is performed in Franciscan St. James real time imaging suites. The sedated patient is placed on his or her stomach, then a small incision - the size of a pen tip - is made near the compression fractures. Using a small, minimally invasive instrument, we fill the vertebral body with biomedical “cement.”

This safe, inert material used in a variety of orthopedic applications re-establishes stability to the effected vertebral body fracture. In some cases, it can even “re-inflate” the vertebral body back to or near its original height. It's also amazing to see most patients' pain go away or significantly improve within three to four hours following the procedure.

With all patients, we must first determine if their fractures are candidates for kyphoplasty. We first perform an MRI of the spine to determine if the fracture is acute and structurally sound enough to warrant kyphoplasty. Meanwhile, most insurance companies prefer that conservative management be tried first. This includes a short course of pain medications and possible immobilization with a custom made back brace.

For many, there are distinct advantages to kyphoplasty versus conservative therapy since the pain of the fracture can affect a person's activities of daily living and in some cases can cause significant kyphosis, or curvature of the spine, which can compress patients organs including their lungs or bowels. This can in some cases cause problems such as shortness of breath or constipation.

We almost always take the conservative route with younger patients because their bones usually heal well enough within a reasonable period of time. Kyphoplasty patients tend to be middle-aged to older people, some of whom have an underlying pathologic process of the bones, such as osteoporosis or the spread of cancer to the bones.

Regardless of the fracture cause, kyphoplasty is an exciting, relatively safe tool available to interventional radiologists in the treatment of compression fractures. Patients can, in many cases, have the procedure done as an outpatient and go home the same day, experience dramatic, same-day pain relief, and ultimately resume the activities they were enjoying prior to their compression fracture.

Dr Amar P. Shah, MD, is an independent interventional radiologist who chooses to practice at Franciscan St. James Health.



Get same-day spinal fracture pain relief.

FREE KYPHOPLASTY SEMINAR

Presented by Dr. Amar P. Shah

Learn how kyphoplasty of vertebral augmentation effectively restores the spine's stability and reduces the debilitating, long-lasting pain associated with acute spine fractures.

Tuesday, February 21

6:30 p.m.

Franciscan St. James

Olympia Fields Campus
20201 S. Crawford Avenue
Olympia Fields

**FREE
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FOR ALL
ATTENDEES!**

SPACE IS LIMITED.

**Call 1-800-STJAMES or visit
FranciscanStJames.org to register.**

FIND THE RIGHT weight loss approach for you

The goal of losing weight can be elusive, and the Center for Bariatric Surgery at Franciscan St. James Health is here to provide guidance and assistance.



Dr. Vafa Shayani

Our focus is on weight management, healthy living, and helping people lose weight using the method that is best for them. The Center for Bariatric Surgery supports patients who wish to pursue surgical or non-surgical weight loss.

Our program coordinator is a registered dietician with a degree in counseling, who combines the benefits of these two disciplines in her approach to each patient. Together, with help from a psychologist and an exercise program, our coordinator works with non-surgical patients, using individually designed weight management protocols.

Patients who express an interest in surgery are carefully considered before we proceed. The severity of obesity can be determined using body mass index (BMI), which is based on the relationship between height and weight. BMI range of 18.5 to 25 is considered ideal for most individuals. A BMI of 27 indicates that a person is overweight, 30 indicates obesity, and those with a BMI of 35 and higher are considered morbidly obese.

To be accepted into Franciscan St. James' surgical weight loss program, patients must meet certain BMI requirements, be psychologically ready, and be of good enough health to undergo general anesthesia and a surgical procedure. People who satisfy all the criteria are invited to attend an educational seminar or meet with me for a formal consultation.

There are several surgical weight loss options available to patients, the least invasive of which is adjustable gastric banding. Gastric banding is considered to be the simplest and safest of all surgical procedures both short and long term, and 75 percent of obese and morbidly obese patients do very well with this approach.

Franciscan St. James has chosen to offer gastric banding as our sole surgical option. We are happy to provide referrals to patients who require or prefer alternative surgical methods.

Studies have suggested that patients who have surgical intervention lose weight more reliably than their counterparts who do not have surgical intervention. What's more, it has been found that people who undergo bariatric procedures are more likely to keep their weight off in the long term and suffer fewer health problems.

At the Center for Bariatric Surgery, we have learned that what patients generally prize the most is the improvement in quality of life. An intangible concept that many people take for granted, quality of life involves being able to participate in the activities of daily living. It may include such things as taking a walk with your spouse, being able to play with children and grandchildren, or the ability to dance without having to stop frequently to catch your breath.

If you have a BMI of 30 or higher, you owe it to yourself to explore all the weight loss options that are available to you. We're here to help you on your journey.

Vafa Shayani, MD, is an independent, board certified bariatric and general surgeon, and medical director of the Franciscan St. James Center for Bariatric Surgery.



Understanding obesity surgery and the Lap Band System[®]

FREE SURGICAL WEIGHT LOSS SEMINAR

Presented by Dr. Vafa Shayani

Dr. Shayani will provide an overview of the disease of obesity. Review the current bariatric procedures including risks and benefits. The Lap Band[®] System and the path towards surgery will be discussed in detail. All participants are welcome to bring friends or family. Bring your questions. Bring your hope.

Tuesday, February 14
6:00 pm.

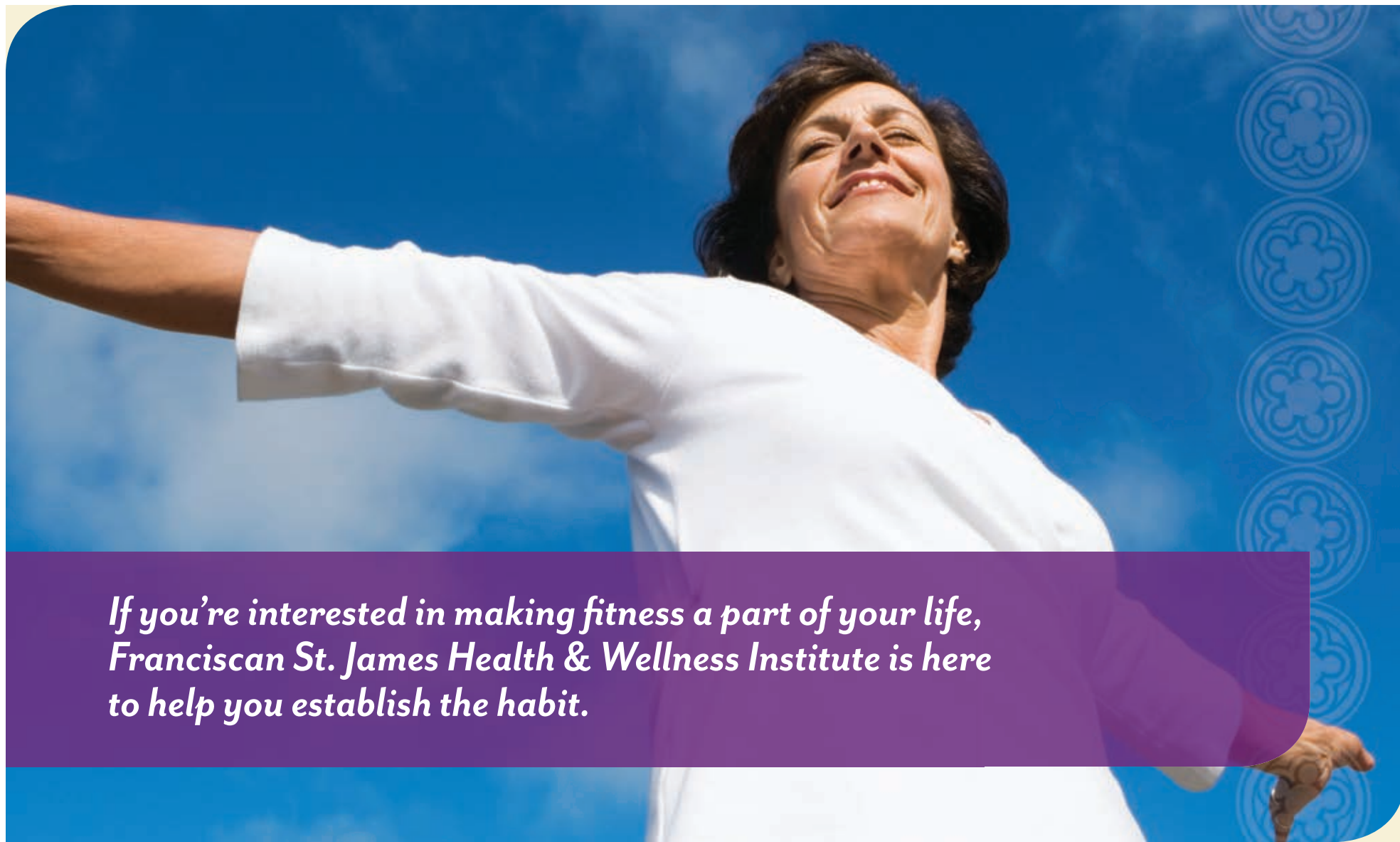
Tuesday, March 13
6:00 pm.

Franciscan St. James Center for Bariatric Surgery
20201 S. Crawford • Olympia Fields

**FREE
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FOR ALL
ATTENDEES!**

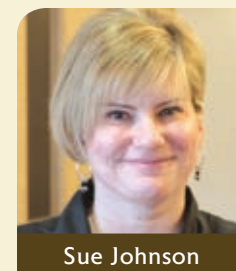
SPACE IS LIMITED.

Call 1-800-STJAMES or visit FranciscanStJames.org to register.



If you're interested in making fitness a part of your life, Franciscan St. James Health & Wellness Institute is here to help you establish the habit.

exercise can be habit-forming!



Sue Johnson

Many people find health clubs intimidating, but when you walk through our doors, expect a different experience from the norm. In our friendly, fun, inviting atmosphere, you'll find people who are truly dedicated to helping you

set and meet your fitness goals, find the right classes, and make friends.

Starting off, you'll build success into your routine if you leave behind preconceived notions of what you can do. If you haven't been active for a while, don't expect to start at the level you were when you left off. To get back into running, for example, walk the first time. Next time, walk most of it and run one lap, building up gradually.

In order to establish healthy exercise habits, start by making small changes and setting small goals. Achieving success along the way builds confidence and reinforces the desire to keep going. Push yourself just a little more at each visit.

The slower your pace as you begin, the better off you'll be in the long run because you won't hurt yourself. To minimize muscle soreness and stiffness, start slowly and stretch out the muscles you used when you're finished. Little things like taking a warm bath, rest and ice go a long way towards soothing those aches and pains.

Before you join a fitness club or embark on any exercise regimen, take time to determine what the best times and days of the week are for you. By making exercise an enjoyable part of your schedule rather than an interruption or inconvenience, you'll be more likely to stick with it. And remember, even if you lose momentum and slow down, or even stop for a while, you can always come back.

The staff at the Health & Wellness Institute takes a personal interest in our members, reaching out to ensure each individual gets the most they can out of their membership. Through orientations and assessments, we'll show you the array of options open to you and help you find those that will help you accomplish your goals.

We truly offer something for everyone, with a Junior Olympic-sized lap pool and warm water pool, exercise classes, senior classes, yoga and other specialized classes, cardio and fitness equipment, and more. All classes and equipment are included in your membership, even our full yoga program with offerings every day of the week. Our recently remodeled men's and women's locker rooms each include marble showers, whirlpool, sauna and steam rooms, with all the amenities you might need.

Ready to pick up a good habit? St. James Health & Wellness Institute makes fitness accessible and pleasant. To learn more, visit our website at www.sjhwi.org or call 708-755-3020.

Sue Johnson is the executive director of the Franciscan St. James Health & Wellness Institute

FREE health & fitness seminars

Join us at the Franciscan St. James Health & Wellness Institute
100 W. 197th Place • Chicago Heights



FITNESS AFTER RETIREMENT

Presented by Drs. Roy Bardwell and William Campbell and a certified, Health & Wellness Institute personal trainer.

Tuesday, February 14, 6:30 p.m.
Friday, February 17, 11:30 a.m.



EXERCISE & WEIGHT LOSS

Presented by Dr. Vafa Shayani and a certified, Health & Wellness Institute personal trainer.

Tuesday, February, 7 6:30 p.m.

SPACE IS LIMITED.

Call 1-800-STJAMES or visit FranciscanStJames.org to register.



EXERCISE AND HEART HEALTH

Presented by Dr. P. Raghu Reddy and a certified, Health & Wellness Institute personal trainer.

Tuesday, February 21 6:30 p.m.



THE BENEFITS OF WATER EXERCISE

Presented by a board-certified Gerontologist and a certified, Health & Wellness Institute personal trainer.

Tuesday, February 28, 6:30 p.m.



EXERCISE & BONE HEALTH

Presented by Dr. Anil Kesani and a certified, Health & Wellness Institute personal trainer.

Tuesday, March 6 6:30 p.m.

varicose vein sufferers find OPTIONS FOR RELIEF



Dr. Murtuza Habeeb

Varicose veins—those twisty, ropey veins in the legs can develop in adults usually over the age of 20. They are large and lumpy and the most common complaint about them is their appearance. These serviceable veins do not pose a health risk but can become extremely painful, create a feeling of

heaviness and numbness in the legs, and cause swelling around the ankles.

A complication of varicose veins is ulcers in the legs. Usually located near the ankle, ulcers happen when the blood backs up through the vein, seeps out and gets to the skin causing skin breakdown and ulceration.

There's no predicting who will get varicose veins and none of the causes are preventable. Many are iatrogenic, which simply means there is no determinable cause. Genetics also plays a role. The pressure from pregnancy can bring about quite painful varicose veins. The pain is relieved once the baby is delivered, but may return with the next pregnancy.

Another cause of varicose veins is deep venous thrombosis (a blood clot in the vein). The clot can damage the valve in the vein, causing the blood to reflux back into the veins, which leads to varicose veins.

The treatment for ulcers as well as the initial treatment for varicose veins is to wear compression stockings. Available in different levels of tightness, the stockings compress the vein itself so blood can't back further into the leg and is forced to return to the heart.

The stockings relieve the pressure, swelling and associated pain and heaviness while they are being worn. I advise

patients to wear them whenever they are active, putting them on in the morning and taking them off before bed.

If little or no pain relief is obtained through wearing compression stockings, laser or radiofrequency ablation are often the next step. In ablation, the vein is numbed and a catheter is placed inside of it. A needle within the catheter burns the vein shut, in essence clotting it off.

Ablation is a minimally invasive procedure done under a local anesthetic. Within a couple of weeks, the vein will disappear.

The more invasive and painful procedure of vein stripping used to be the only varicose vein surgery option. It is still practiced for patients with veins that are not conducive to ablation or who prefer this method.

To strip a vein, incisions are made at the top and bottom of the damaged vein. A fine plastic wire is threaded through the vein and tied to it, and the vein is pulled out through the lower incision.

Following either procedure, patients are up and walking and go home the same day, returning to work within a day or two. More pain medication is required after stripping.

There's no need to suffer from painful varicose veins. Talk to your doctor to learn more about the options available to you.

Murtuza Habeeb, MD, is an independent Vascular and Endovascular Surgeon who chooses to practice at Franciscan St. James Health.



Great Legs for Life.

FREE SEMINAR ON THE LATEST VARICOSE VEIN TREATMENTS



Presented by **Dr. Eugene Tanquilut**

The truth about varicose veins is uncovered at this free seminar. Learn about the types of veins in your body, contributing factors for varicose veins, symptoms of varicose veins, and the most effective treatment options.

Thursday, March 15
6:30 p.m.

**Franciscan St. James Health
and Vascular Institute**
20201 South Crawford Avenue
Olympia Fields

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& FREE HEART
SCREENING
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FOR ALL ATTENDEES!
\$135 value

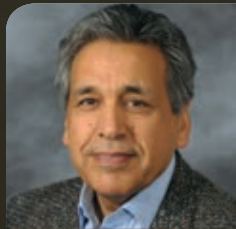
SPACE IS LIMITED.

Call 1-800-STJAMES or visit FranciscanStJames.org to register.

NEED A DOCTOR? Call 1-800-StJames (785-2637) or visit FranciscanStJames.org

Get the most advanced radiation treatment close to home

Important changes are taking place in the area of radiation therapy, bringing less invasive, shorter treatment times and improved quality of life for certain cancer patients.



Dr. Mir Shah

Some new treatments involve new ways of using existing technologies that have been at Franciscan St. James Health's Comprehensive Cancer Institute for the last two years.

Stereotactic radiosurgery (SRS) has long been used in the treatment of brain tumors. In

recent years, application of this non-invasive radiation technique has been expanded beyond brain tumors, treating areas including the abdomen, chest and pelvis.

SRS employs a single large dose of radiation to ablate the tumor as would be done with surgery, hence the name "radiosurgery." Because of the large dosage size, SRS must be targeted with pinpoint precision, and can only be applied to small areas that can be completely immobilized.

New equipment and faster computers, such as the Varian Trilogy at Franciscan St. James Health, enable us to compensate for body motion that can cause the target to move. Stereotactic Body Radiation Therapy (SBRT) is used to treat small tumors in the lungs, liver, pancreas and other areas.

SBRT is delivered in just three to five treatments, a significantly shorter time period than with conventional radiation treatment. With a goal to not only control the tumor but to palliate symptoms, we have been able to realize dramatic results.

For example, conventional methods of treating cancer that has spread to the spine do not achieve pain relief for a week to ten days. With SBRT, most patients feel so

improved after only one session they are able to decrease their use of narcotics for pain. The large dose of radiation limits the use of stereotactic treatments in spine cases to those in which one or two vertebrae are involved.

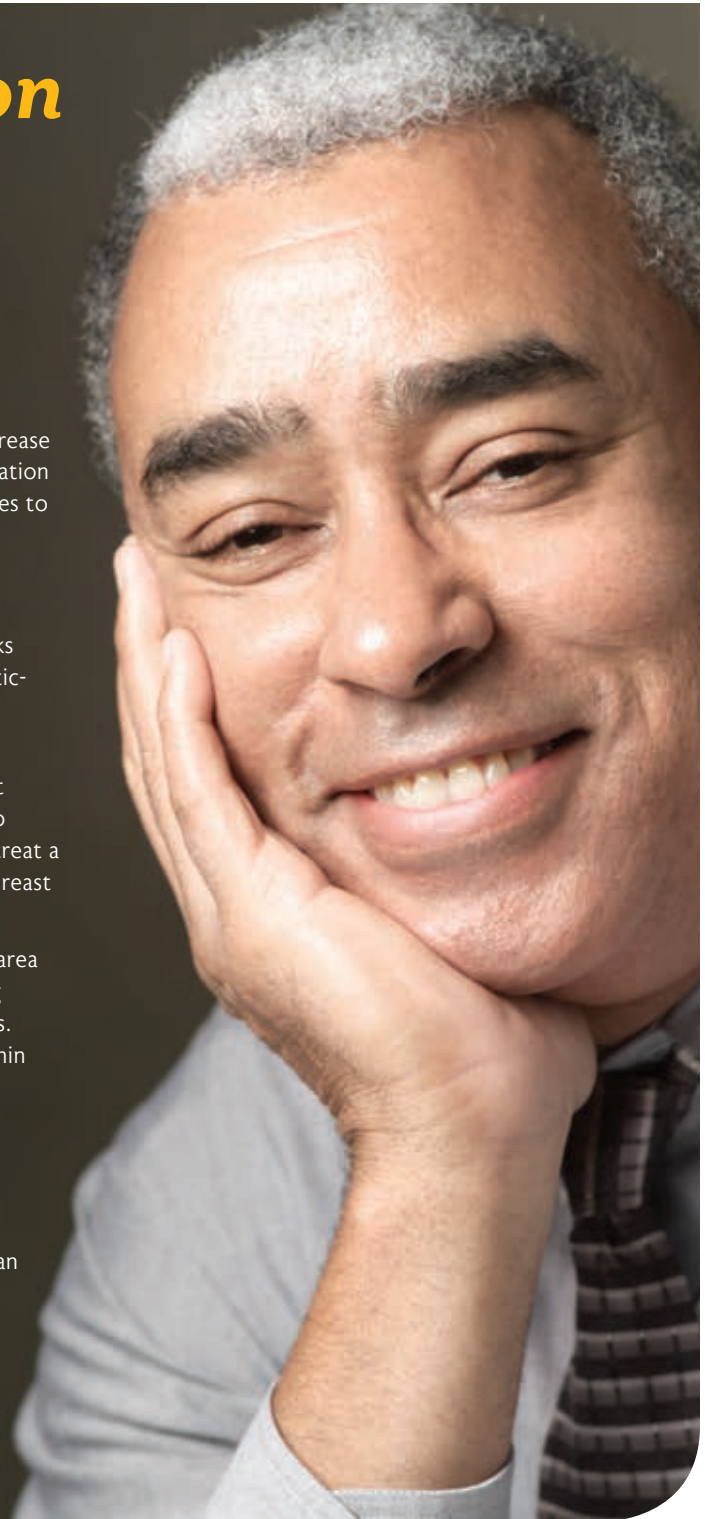
Now in trials, SBRT will soon be available for use in treating early stage prostate cancer. Currently, such cancers are treated with radical surgery or nine weeks of conventional radiation therapy. Using a stereotactic-guided method, a patient forgoes the surgery and requires only five radiation treatments.

Our new understanding of breast cancer has brought about some important changes in how we are able to treat specific cases. In some patients we are able to treat a smaller area of the breast using Accelerated Partial Breast Irradiation (APBI).

APBI focuses radiation treatment specifically on the area of the breast where the tumor was removed, sparing healthy tissue and organs such as the heart and lungs. What's more, the entire treatment is concluded within one week as opposed to the traditional, seven-week course of daily radiation.

These new applications in radiation therapy have previously been available only at university medical centers. As local hospitals such as St. James Hospital acquire the technologies, you and your loved ones can take advantage of high tech solutions being offered right in your own backyard.

Mir Shah, MD, is an independent radiation oncologist, and medical director of Franciscan St. James Radiation Oncology Services.



Get effective cancer treatment close to home.

FREE CANCER TREATMENT SEMINAR

Presented by Dr. Mir Shah

Learn how the Comprehensive Cancer Institute at Franciscan St. James is treating a wide variety of cancers with high-tech radiation technologies.

*Tuesday, March 27
6:30 p.m.*

**Franciscan St. James
Comprehensive Cancer Institute**
20201 South Crawford Avenue
Olympia Fields

**FREE
GIVEAWAYS
FOR ALL
ATTENDEES!**

SPACE IS LIMITED.

Call 1-800-STJAMES or visit FranciscanStJames.org to register.

Living with diabetes: what you need to know.



Dr. Arcot Dwarakanathan

FREE DIABETES SEMINAR

Presented by
Dr. Arcot Dwarakanathan

Learn about the latest medical treatment guidelines and medications, taking charge of your care and what you should do each year, and every 3 months to effectively manage your diabetes at this free seminar.

Tuesday, March 20
6:30 p.m.

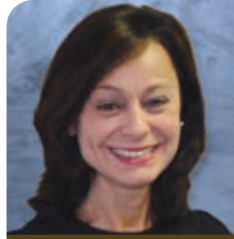
Franciscan St. James Center for Diabetes
20201 S. Crawford Avenue
Olympia Fields
(parking on campus west side, off Crawford)

FREE GIVEAWAYS FOR ALL ATTENDEES!

SPACE IS LIMITED.

Call 1-800-STJAMES or visit FranciscanStJames.org to register.

PRE-DIABETES a wake-up call to heed



Pegge O'Donnell, RN

There are nearly 26 million people in the United States with diabetes. Many experts consider diabetes an epidemic because that number is expected to mushroom to more than 40 million in the near future. Many of those who will be diagnosed already have or will have developed a condition known as pre-diabetes.

Formerly called impaired glucose tolerance, pre-diabetes is a condition where blood glucose levels are elevated but are not high enough to be diagnosed as diabetes. According to the American Diabetes Association, approximately 79 million people in the United States have pre-diabetes. Unless they take steps to change their lifestyle, most people with this condition will go on to develop type 2 diabetes. What's more, pre-diabetes also increases their risk for heart disease and stroke.

Pre-diabetes is diagnosed with a fasting blood glucose test, which is part of the blood panel a doctor will order for an annual physical. A result between 100 and 125 indicates the condition.

An insidious process, pre-diabetes develops very subtly. A recent study showed that, while more than 30 percent of all adults in the United States have pre-diabetes, 90 percent of them are unaware they have it. Especially because there are usually no symptoms associated with the condition, it's essential to know your risk factors and be tested, even if you have just one.

Risk factors for pre-diabetes include being overweight, having a family history of diabetes, not participating in regular exercise, or consuming a high-fat, high-calorie

diet. People with high blood pressure, high triglycerides or high LDL (BAD) cholesterol are also likely candidates for developing pre-diabetes or diabetes. Anyone who is over 40 years of age, women who have delivered a baby weighing over nine pounds, and women who had gestational diabetes should be tested annually. Ethnicities more prone to diabetes include African-American, Alaska Native, American Indian, Asian American, Hispanic/Latino, or Pacific Islander, and should receive yearly tests.

Although pre-diabetes is on the rise, there are ways you can lower your risk and even treat the condition. Choosing healthier foods, increasing physical activity, and losing extra weight can decrease insulin resistance, improve blood lipid levels and lower your blood pressure. Because most insurance companies now pay for you to meet with one of our certified diabetes educators, more doctors are referring patients to us for help.

At the Franciscan St. James Health Center for Diabetes, we work with people to develop realistic, achievable lifestyle changes that enable them to take charge and prevent a diabetes diagnosis. Even a five to ten percent reduction in body weight and participating in some physical activity can bring about a major risk reduction in pre-diabetes. Exercise doesn't have to mean working out at a gym – we have seen dramatic results from just walking 30 minutes a day, four times a week.

With almost any lifestyle change, people often start out with good intentions and eventually fall off the wagon. The most important thing to keep in mind is, it's never too late to get back on.

Pegge O'Donnell, RN, is a Certified Diabetes Educator, and manager of Franciscan St. James Health Center for Diabetes

Diabetes Center education program earns American Diabetes Association recognition for 20th straight year

The Franciscan St. James Health diabetes self-management education program has been awarded continued recognition from the American Diabetes Association (ADA). This marks 20 uninterrupted years of recognition for the Franciscan St. James Diabetes Center, located on the hospital's Olympia Fields campus.

Franciscan St. James was the first hospital in the south suburbs to be recognized in 1991.

Self-management education is an essential component of diabetes treatment. One consequence of compliance with the National Standards is the greater consistency in the quality and quantity of education offered to people with diabetes.

Franciscan St. James participants are taught, as needed, self-care skills that promote better management of their diabetes treatment regimen.

The Franciscan St. James program covers diabetes disease process; nutrition management; physical activity; medications; monitoring; preventing, detecting, and treating acute complications; preventing, detecting and treating chronic complications through risk reduction; goal setting and problem solving; psychological adjustment; and preconception care, management during pregnancy, and gestational management.

good health begins with A GOOD NIGHT'S REST



Christine Urello

Whether or not you are rested affects every aspect of your life. Not getting enough sleep on a regular basis can make it difficult to concentrate, reduce energy levels, increase irritability, and cause an overriding feeling of being tired. Over time, lack of sleep can contribute to heart problems, high blood pressure and other health issues.

True insomnia is defined as trouble falling asleep or staying asleep, and can be difficult to identify. If you're experiencing difficulty sleeping, examine what's going on in your life that may be disrupting your sleep. When you're going through a stressful period, try to learn how to alleviate worries and calm down enough to achieve a restful night's sleep.

In addition to stress, an inability to sleep well may be caused by a sleeping disorder such as sleep apnea or periodic limb movement. Menopause can play a role as can excess weight. Traveling can throw off our circadian rhythm, which is the pattern of being asleep and awake that the body follows during a 24-hour period.

If you can't identify the cause of your sleeping difficulties, you should see your doctor to rule out sleep disorders or medical causes. Your doctor may prescribe medication for chronic insomnia to get you in the practice of falling asleep. Seeing a counselor may also help. Taking sleep medications before knowing the cause of your sleeplessness can be dangerous as it can make conditions like sleep apnea worse.

Below are some sleep hygienics, which are things you can avoid and things you can do to assist with falling asleep and staying asleep.

AVOID:

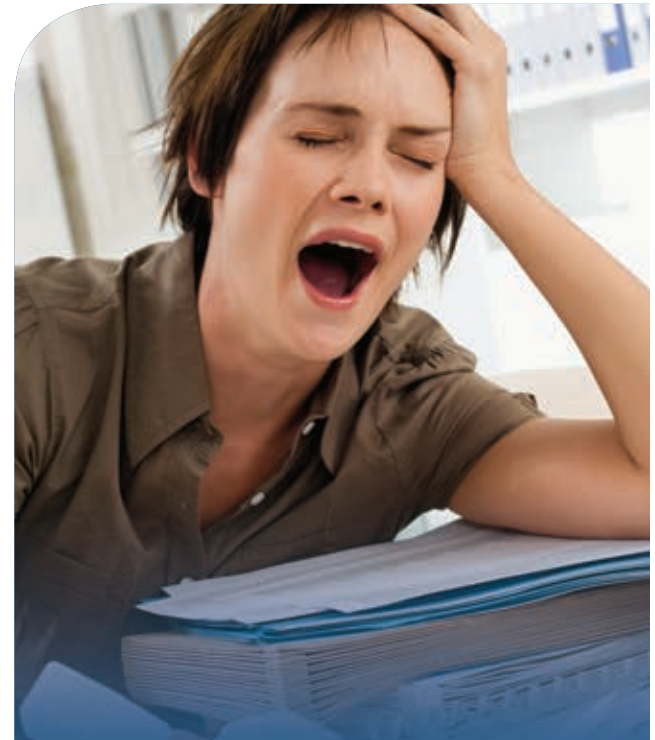
- reading or watching a scary, intense or stimulating novel, television show or movie
- working on things you brought home from work right before bed or when you wake up during the night
- exercising within a few hours of going to bed
- drinking too many caffeinated beverages during the day or before going to bed
- leaving the television on in your bedroom

SOME SUGGESTIONS FOR GETTING GOOD REST INCLUDE:

- Focus on comfort – your bedroom should be a serene environment with a comfortable mattress and pillow. Set a temperature that's neither too hot nor too cold.
- Take a warm bath or drink warm milk prior to retiring for the night.
- Lay in one spot instead of tossing and turning, which increases frustration and makes it worse.
- If you can't initially fall asleep or fall back asleep when you wake up during the night, get up and leave the bedroom. Read something dull or watch something neutral on television. When you become tired, get back into bed and try and fall asleep.

In order to perform at our optimum levels, we need a good six to eight hours of sleep each night. The Center for Sleep Disorders at Franciscan St. James Health tests for sleep disorders and can rule out insomnia as the cause of your inability to feel rested.

Christine Urello is the Clinical Coordinator at the Franciscan St. James Center for Sleep Disorders



Tired of being tired?

FREE SLEEP DISORDERS SEMINAR

Lack of quality sleep creates fatigue but, more importantly, sleep disorders can contribute to health problems such as weight gain, an inability to concentrate, high blood pressure and heart disease. Learn about the latest in the diagnosis and treatment of sleep disorders.

Thursday, February 9

6:30 p.m.

WellGroup HealthPartners

10043 Lincoln Highway
Frankfort

**FREE
GIVEAWAYS
FOR ALL
ATTENDEES!**

SPACE IS LIMITED.

**Call 1-800-STJAMES
or visit
FranciscanStJames.org
to register.**



HOME HEALTH CARE

goes high tech



Cathleen Winnick

The face of home health care has changed over the years, as technology brings exciting improvements in our ability to care for homebound patients and monitor their progress. With the adoption of new technologies, Franciscan St. James Home Health Care offers patients a wealth of hospital-like services in the comfort of their own homes. In terms of recovery, patients do much better at home.

Using the latest home health equipment enables us to more effectively manage patient care, improve outcomes, and eliminate unnecessary trips to the emergency room. Web-based monitors give our nurses and physicians round the clock access to patient health data in real time.

One such advance is the PolyRemedy Personalized Woundcare System (PWS™) which ensures consistent, individualized wound care. On initial and subsequent visits, the nurse measures the wound, noting the amount of drainage, and orders the appropriate bandage to be mailed to the home. Patients and caregivers are instructed in bandage technique and the healing process is monitored via computer. Alerts will occur for changes such as an increase in size, drainage, or pain at the wound site.

Our nurses are also certified for Wound V.A.C. therapy, an advanced system designed to treat chronic, acute and traumatic wounds. This easy-to-use system reduces healing time and enhances patient mobility while at home.

Telehealth monitoring records a patient's blood pressure, pulse, respirations and weight from the patient's home. Patient-specific questions can be programmed in for

patients to answer which provide a detailed snapshot of an individual's ongoing health condition. This data is transmitted and reviewed by an RN seven days per week. Especially useful for cardiac patients, the information gathered may prompt a phone call to check on the patient or indicate that the physician should become involved.

Using ProTime® machines eliminates the need to draw blood to monitor clotting activity in patients who are on blood thinners. With a simple finger stick, ProTime delivers immediate results that can then be called into the physician's office and adjust medications when needed.

Franciscan St. James Home Health teaches patients and their caregivers to deliver in-home oxygen therapy, intravenous feedings, specialized pain medication and pain pumps, chemotherapy and other treatments. Each of our nurses is certified in the latest wound care treatments, tracheotomy care, IV infusion and tube feedings. Our expert level of treatment and range of services can often prevent extended hospital care and nursing home admission.

When hospital patients are released to our agency, we plan and coordinate their physician-ordered care to optimize recovery and comfort. Our services include:

- Skilled Nursing
- Certified Wound Care Program
- Wound Care Certified Nurse
- Infusion Nursing
- Physical, Speech and Occupational Therapy
- Certified Home Health Aides
- Social Services

Established in 1984, Franciscan St. James Home Health Care has stood the test of

time by consistently providing above and beyond care. One of the largest agency programs in Illinois, we are licensed, full-service and accredited by the Community Health Accreditation Program (CHAP). And while our in-home recovery processes have been revolutionized by technology, we've retained our focus on providing compassionate care. Our patients consistently rank us in the top ten percent in the nation.

Cathleen Winnick is the Director of Franciscan St. James Home Health Services.



Get quality, attentive care at home.

HOME HEALTH CARE SEMINAR

Learn how new technologies and other improvements are helping home health professionals enhanced patient care and improved outcomes at this free seminar.

Thursday, February 23
6:30 p.m.

WellGroup HealthPartners
10043 Lincoln Highway
Frankfort

**FREE
GIVEAWAYS
FOR ALL
ATTENDEES!**

SPACE IS LIMITED.

Call 1-800-STJAMES or visit FranciscanStJames.org to register.

NEED A DOCTOR? Call 1-800-StJames (785-2637) or visit FranciscanStJames.org

a natural approach to **HEALING BACK PAIN**



Dr. Roy Bardwell

Every year, up to 45 percent of Americans suffer from back pain, which often prohibits people from performing everyday activities. In fact, back pain is the number one cause of workplace absenteeism in America.



Dr. William Campbell

When a patient comes into our practice with back pain, our first step is to determine the cause and assess its severity. We can rule out serious injury by testing for strength and sensation in the legs as well as by identifying the severity of the pain.

Our goal is to treat people as conservatively as possible, the less invasively the better. Most back pain can be treated using a multi-disciplinary approach comprised of anti-inflammatory medication, muscle relaxers or pain relievers; physical therapy, rest, ice, and OMT (Osteopathic Manipulative Treatment). Surgery can be required to repair damaged muscle or tissue.

OMT is a musculo-skeletal technique used for restoring joint symmetry and range of motion. In this hands-on treatment, an osteopathic physician (D.O.) uses their hands to examine the joints, tendons, ligaments and muscles.

A D.O. will look for pain and restriction during motion. Sometimes a joint can become “stuck” or muscle tightness can restrict the motion of the joint. Multiple muscles are attached to a joint and when one or two are tighter than others, range of motion is decreased. This muscle imbalance can also cause pain.

OMT restores range of motion to the joint as well as restoring a semblance of muscle balance. It has been found to be one of the most effective treatments for lower back pain.

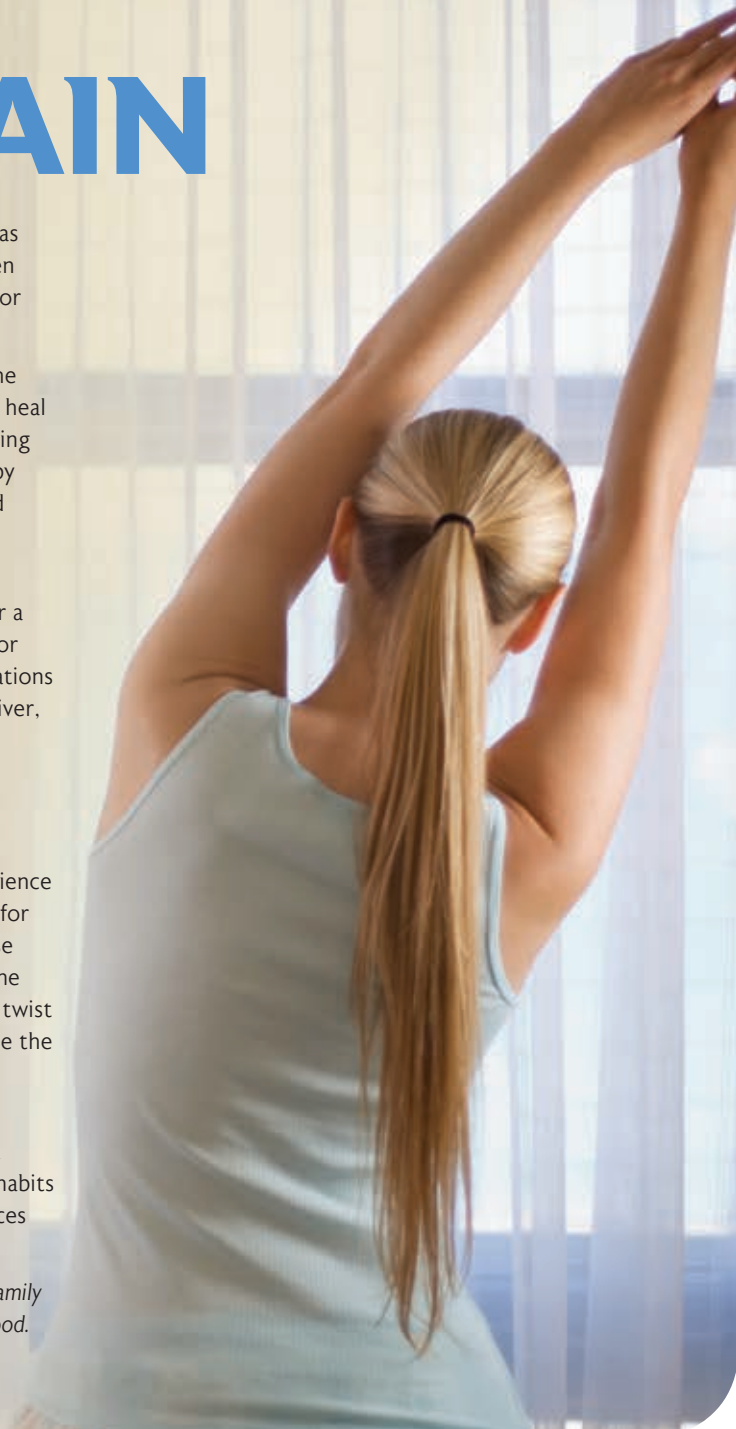
The body has the innate ability to heal itself, and the job of a D.O. is to give people’s bodies a chance to heal themselves. We prescribe exercises such as stretching to keep joints as mobile as possible. Physical therapy addresses strengthening muscles that are weak and trying to restore range of motion to tight muscles.

The majority of back pain results from repetitive motion, whether that involves sitting hunched over a desk in the same position or long periods of time, or repeated heavy lifting, bending or twisting. Occupations prone to chronic back pain include laborer, UPS driver, nurse, or anyone who sits at a computer all day. Other causes of back pain include factors such as smoking, gaining excessive weight, lack of exercise and lack of flexibility.

People who are over 40 are twice as likely to experience occupational back pain. Treatment can relieve pain for these individuals, but it tends to come back because it is work-related. Practicing good posture, using the correct form when lifting, and being careful not to twist and bend the back during the day can help minimize the recurrence of pain.

Staying on top of the pain is a process. Once we relieve back pain, whether through OMT or using a combination of approaches, incorporating healthy habits and taking preventative measures reduce the chances of suffering from back pain.

Roy Bardwell, DO, and William Campbell, DO, practice Family Medicine at the St. James Family Care Center in Homewood. Call 708-709-9700 to schedule an appointment.



Relieve back pain fast, without medications.

FREE OSTEOPATHIC MANIPULATIVE TREATMENT SEMINAR

Presented by Dr. Roy Bardwell and Dr. William Campbell

Learn how minimally invasive, osteopathic manipulation may relieve back discomfort, as well as arthritis pain, headaches, sinus problems and more, often without medication at this free seminar.

**Thursday, March 1
6:30 p.m.**

**Franciscan St. James
Olympia Fields Campus
20201 S. Crawford Avenue
Olympia Fields**

**FREE
GIVEAWAYS
FOR ALL
ATTENDEES!**

SPACE IS LIMITED.

Call 1-800-STJAMES or visit FranciscanStJames.org to register.

hospital services

Olympia Fields Campus

20201 S. Crawford Avenue
Olympia Fields, IL 60461
(708) 747-4000

Center for Bariatric Surgery

Takes a holistic approach to surgical weight loss, including psychological, nutritional and fitness education before and after surgery.

Center for Colon & Rectal Surgery

Colorectal health services provided by a board-certified, fellowship trained specialist. Offers the only specialty lab in the area.

Center for Diabetes

The first center in the area accredited by the American Diabetes Association, with a fully certified staff and two board-certified endocrinologists.

Center for Pain Management

The physician specialists at St. James Health utilize the latest techniques to precisely target and treat a patient's pain for rapid recovery.

Patricia A. Joyce Comprehensive Cancer Institute

A leading research and teaching institute with a board-certified oncology team. Radiation and infusion therapies offered under one roof.

Heart & Vascular Institute

A Top 100 Cardiovascular Hospital, offering preventive care, noninvasive and bypass procedures, rehab and outpatient services.

Center for Comprehensive Wound & Disease Management

Customized treatments for chronic, non-healing wounds under the direction of an internationally recognized wound care team.

Chicago Heights Campus

1423 Chicago Road
Chicago Heights, IL 60411
(708) 756-1000

Center for Rehabilitation

A comprehensive inpatient program offering a multidisciplinary team with two board-certified physiatrists.

Hospice House

A dedicated inpatient program for controlling pain, reducing anxiety and improving quality of life for patients with terminal illnesses.

Pediatrics

From preventative health care to treatment of childhood diseases to immediate care, Pediatrics provides 24-hour, in-house Neoped coverage with access to pediatric cardiologists and a board-certified pediatric intensivist.

Sleep Disorder Lab

Offers clinical sleep studies for the diagnosis and treatment of disorders such as sleep apnea, narcolepsy and periodic limb movement.

Other Services

Franciscan St. James Health Ambulance & EMS

20201 S. Crawford Avenue
Olympia Fields, IL 60461
(708) 756-1200

Offers EMS transportation to the hospital campuses and other facilities. CPR classes also available.

Franciscan St. James Health Health & Wellness Institute

100 W. 197th Place
Chicago Heights, IL 60411
(708) 755-3020, ext. 7100

A 75,000-sq.-ft. medically based fitness center and day spa. Offering aquatics, a multi-court gym, rehab therapies, massage and childcare.

Franciscan St. James Health Home Health

1400 Otto Boulevard
Chicago Heights, IL 60411
(800) 977-0003

Comprehensive, at-home healthcare tailored to each patient's needs.

Alverno Durable Medical Equipment

16149 S. Clinton Street
Harvey, IL 60426
(800) 848-2159

Provides respiratory devices and an array of medical equipment for at home use. A registered respiratory therapist is available to evaluate each patient's needs.

These services are available at both hospital campuses:

Diagnostic Imaging

Diagnostic services vary by campus and include ultrasound, MRI, PET, CT scanning, digital mammography and bone density screenings.

24/7 Emergency Centers

Emergency medical services provided by board-certified specialists.

Women & Children Services

Programs include the Breast Health and Wellness Center in Olympia Fields and the Women's Inpatient Unit and Lullaby Birthplace in Chicago Heights.

Joint Program

Offers comprehensive surgical and nonsurgical treatments for the reduction of chronic or acute joint pain.

Occupational & Environmental Health Centers

Customized health services for a faster, safer return to work. Includes the International Travel Clinic, a comprehensive program to ensure safety and health during and after travel.

WellGroup HealthPartners*

wellgroup.org

333 Dixie Highway
Chicago Heights, IL 60411
(708) 756-0100

20939 S. Cicero Avenue
Matteson, IL 60443
(708) 709-9375

Olympia Fields
Heart & Vascular Institute
(708) 709-6100

10043 Lincoln Highway
Frankfort, IL 60423
(708) 709-9300

Olympia Fields
Franciscan Medical Pavilion
(708) 709-6295

*A Franciscan Alliance Affiliate

Outpatient Centers:

St. James Health Community Health Center of Chicago Heights-North

30 E. 15th Street
Chicago Heights, IL 60411

Professional Pharmacy
(708) 754-6402

Occupational and Environmental
Health Center
(708) 709-2000

Orthopedic and Occupational
Rehabilitation Center
(708) 709-2009

St. James Health Surgery Center

333 Dixie Highway
Chicago Heights, IL 60411
(708) 754-4890

St. James Health Outpatient Pharmacy

Olympia Fields Campus
3700 203rd Street, Suite 108
Olympia Fields, IL 60461
(708) 747-7283

St. James Health Community Health Center of Beecher

989 Dixie Highway
Beecher, IL 60401
(708) 946-9330

St. James Health Community Health Center of Mokena

19807 LaGrange Road
Mokena, IL 60448
(708) 478-8208

St. James Health Community Health Center of Monee

4854 W. Court
Monee, IL 60449
(708) 534-3222

Franciscan St. James Health Family Care Centers

Homewood
18636 Dixie Highway
Homewood, IL 60430
(708) 709-9700

Olympia Fields

3700 West 203rd Street, Suite 112
Olympia Fields, IL 60461
(708) 679-2580

Tinley Park

17859 S. 80th Avenue
Tinley Park, IL 60477
(708) 709-9600

ONGOING SEMINARS & SUPPORT GROUPS

Unless otherwise noted, all seminars and support groups are free and open to the public.

Bariatric Surgery Education Seminar
6:00 p.m., 2nd Tuesday and 4th Friday of each month
Center for Bariatric Surgery

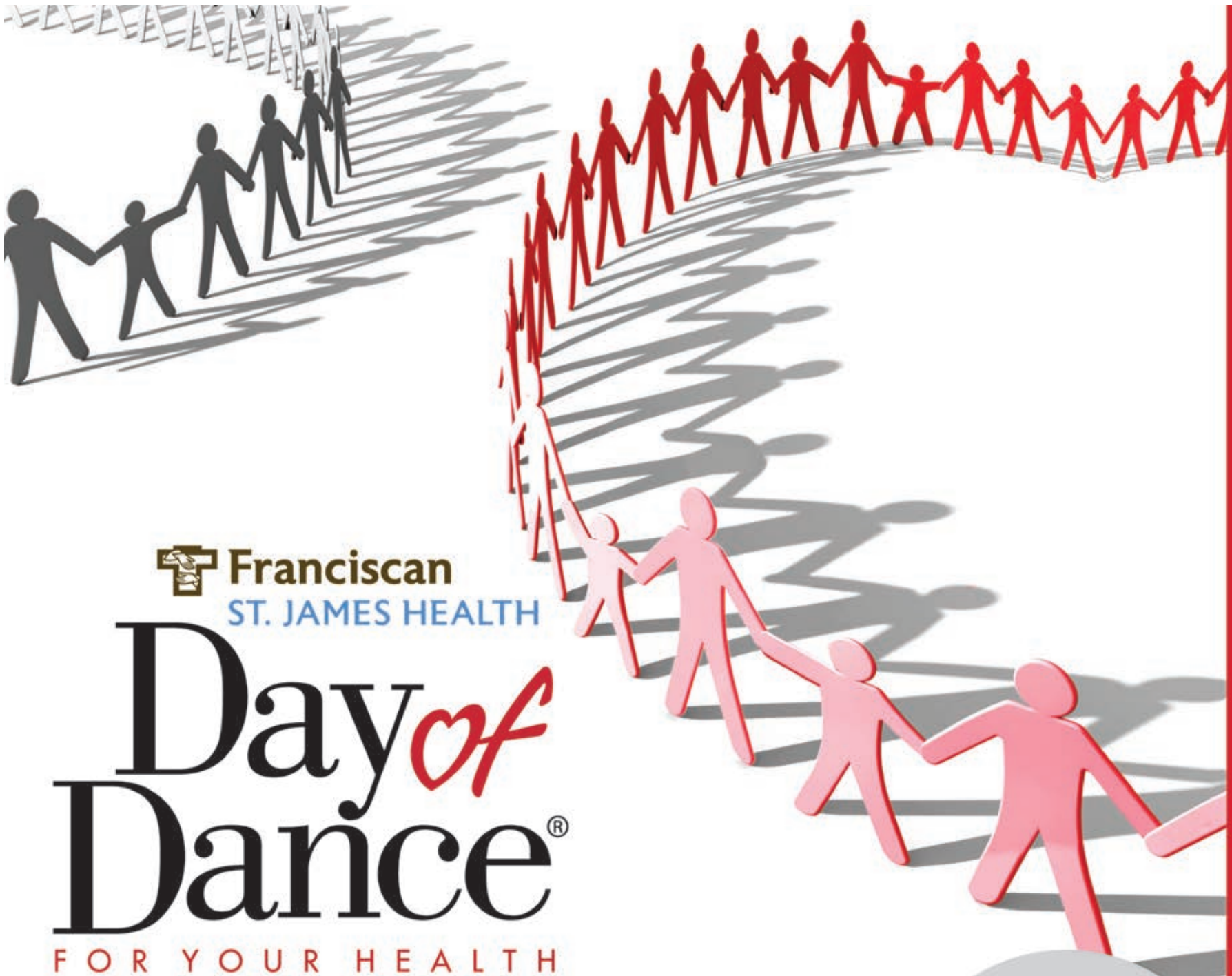
Bariatric Surgery Support Group
6:00 p.m., 2nd Monday of the month
Nursing Education Classroom

Cardiac Support Group: "Heart Talk"
12:30-1:30 p.m., 3rd Monday of the month
Heart & Vascular Institute
Participants bring their lunch. We provide the beverage and dessert.

Heart of a Woman Support Group
6:00-7:30 p.m., 2nd Thursday of the month
Heart & Vascular Institute

Breather's Support Group (Pulmonary Support Group)
12:30-1:30 p.m., 3rd Thursday of the month
Heart & Vascular Institute
Participants bring their lunch. We provide the beverage and dessert.

This publication does not substitute for routine physician healthcare services. Always consult with your doctor. Franciscan St. James Health is a division of Franciscan Alliance Corp. • 13 hospitals • 20,000 dedicated physicians, employees and volunteers.





 **Franciscan**
ST. JAMES HEALTH

Day of Dance[®]

FOR YOUR HEALTH

FREE Bring your friends and family to dance, learn simple ways to stay healthy, and enjoy wonderful music.

Thursday, February 16 • 6:00 p.m.

	197th Pl.	Haisted
Vollmer Rd.	 Prairie State College	

St. James Health & Wellness Institute
100 197th Place
Chicago Heights
10 minutes east of I-57, off Vollmer Road

Admission is **Free**, BUT SPACE IS LIMITED.
For Reservations, call 1-800-STJAMES
or visit www.FranciscanStJames.org

FREE
Heart Health Screenings
begin at 5:30 p.m.

- Blood Glucose/Cholesterol (8 – 12 hours fasting for best results)
- Blood Pressure
- Bone Density (Osteoporosis)
- Pulmonary (Spirometry)
- VISIA™ Complexion Analysis

FREE Flu Shots



Day of Dance[®] for Your Health is powered by Spirit of Women[®], a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.



franciscanstjames.org/dayofdance