

On Health

New Year, Healthier You

Franciscan St. James Health is leading the charge in medical advances to promote your family's health.



IN THIS ISSUE

- Take Control of your Cardiovascular Health
- The Latest Varicose Vein Treatment
- Precision Radiation Treatments
- Relief for Dupuytren's Contracture
- Minimally Invasive Spinal Stenosis Solution
- Obesity Treatment News
- Early Intervention for Autism



2010: A Year of Accomplishment and Change

Before we begin the celebrations associated with our centennial year in 2011, it is important to acknowledge our more significant accomplishments of the past year. These meaningful developments are further evidence of our ongoing commitment to delivery quality care to the south suburbs.

In June, our Chicago region, which includes St. James and WellGroup HealthPartners, reported our first monthly operating surplus in the 10 years since we added our Olympia Fields campus. And to prove that it was the foreshadowing of good things to come, we did it again in August.

In October, St. James was one of just 29 hospitals across the country to be awarded the 2010 Top Improver Award from Press Ganey Associates. This award is evidence that our entire organization – including doctors, nurses and staff – has renewed its dedication to focus on the patient experience and improve patient satisfaction scores.

In November, the Center for Rehabilitation at our Chicago Heights campus earned its first accreditation from CARF International, an independent, nonprofit accrediting body that measures quality, value and outcomes among North American rehabilitation facilities.

These successes are the result of our ongoing commitment to make our patients' experience the best in the south suburbs. They are directly attributable to the hard work and effort of each and every physician, staff member and volunteer at St. James Health.

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

A NEW LOOK FOR 2011

In an effort to bring broader recognition to our 13-hospital system, which is among the largest in the Midwest, our corporate parent, Sisters of St. Francis Health Services has changed its name to Franciscan Alliance.

That will bring a new name and new look to St. James. We are now *Franciscan/St. James Health*.

As our corporate board of trustees chairperson, Sister M. Jane Marie Klein, OSF, said, "Franciscan Alliance is the perfect pairing of two words to create a meaningful, memorable name that affirms our promise to continue Christ's ministry in our Franciscan tradition. Our 13 hospitals are very well known at the community level for their exceptional high-quality medical treatment and compassionate care. With this new name, we expect to broaden awareness of the system's comprehensive, high-quality health care services and highly regarded compassionate care."



A Message from Sister Madonna

We here at St. James are excited that it is 2011. That is because this year marks one hundred years since the Sisters of St. Francis of Perpetual Adoration have been ministering in Chicago Heights. The Sisters accepted the invitation of the early twentieth century community leaders and opened St. James Hospital in Chicago Heights in 1910, and the cornerstone was laid for the new hospital in January 1911.

Since opening on Thanksgiving Day in 1911, St. James Health has grown with the communities we serve. The ministry that began 100 years ago as a 50-bed hospital providing inpatient care has grown to a two-campus hospital with facilities in Olympia Fields and Chicago Heights, and services that encompass inpatient care, home health, home medical equipment, and outpatient services at multiple sites.

In spite of the changing nature of health care, one thing that has not changed is the overall mission of the Sisters. The Sisters, along with the many individuals who have been a part of St. James Health are here "To continue Christ's ministry in our Franciscan tradition." That means meeting the emotional, spiritual and physical needs of our patients in a manner consistent with the vision of our founding Sisters a hundred years ago.

The doctors, nurses, staff and, of course, the Sisters have a great appreciation for our history. We look forward to sharing some of the historic information with you in the months to come. We also encourage you to watch for community events that will enable us to together celebrate our centennial year.

Any centennial year is a time of jubilee and blessings. We eagerly look forward to the blessing that will unfold for each of us during this 100th year. Our crowning celebrations will include the 2011 Franciscan St. James Health Gala in October and the Mass of Thanksgiving celebrated by Francis Cardinal George in November. Stay tuned for other events along the way.

Sister M. Madonna Rougeau, OSF
Vice President of Mission Integration

2011 Chicago Auto Show's First Look for Charity to Benefit St. James Health

Franciscan St. James Health will once again be a participant at the annual Chicago Auto Show First Look For Charity to be held Thursday, February 10, 2011 at McCormick Place.

First Look for Charity is a 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. This is the second of a nine-year commitment that the Chicago Auto Show has made to St. James Health.

The 2011 Chicago Auto Show's First Look for Charity provides a "first look" at the year's hottest new automobiles and an occasion to help raise significant dollars for the hospital. "We are grateful to Dennis Bauer, of Arnie Bauer Cadillac Buick GMC, for bringing this opportunity to St. James Health," said Michael Bruni, St. James Health vice president of external affairs. "It continues to help raise significant dollars for technology advancements to better serve our patients."

This exclusive black tie event includes:

- A private reception for St. James Health ticket purchasers
- A preview of the Chicago Auto Show
- Exquisite cocktails and hors d'oeuvres
- A chance to win a 2011 Honda CR-Z or 2011 Hyundai Sonata (Prize vehicle winners must be present)

Both individuals and corporations can make this event a success! Join us in this special opportunity to support St. James Health.

EVENT TICKETS

Individual tickets are \$250, and corporate packages are available. St. James Health will receive all of the proceeds of tickets purchased on its behalf. For information call Joanna Voorhees at 708.747.4000 x5470 or visit www.chicagoautoshow.com. Black tie attire is mandatory.



Dr. Shahrokh Kayhan

St. James Health Wins Press Ganey's Top Improver Award

Franciscan St. James Health Centers is proud to announce that Press Ganey Associates, Inc. has named it a 2010 Top Improver Award Winner.

The Top Improver Award recognizes institutions that have shown continuous improvement in their patient, physician, or employee satisfaction scores—comparing quarterly scores over two years, with improved scores in three of the four eligible periods.

Franciscan St. James Health is one of just 29 Press Ganey client facilities to receive this honor in 2010.

At St. James Health, a concentrated effort to improve patient satisfaction scores began with engaging every member of the hospital workforce, including physicians, nurses, staff and volunteers.

“Our entire organization embraced our efforts to align our mission and our goals with specific, day-to-day actions,” said St. James Health president and chief executive officer, Seth Warren. “We focused on the patient experience in all areas and have seen significant improvement across the board. The Top Improver Award recognizes two particular areas: emergency care and inpatient care.”

Because timeliness of care is among the strongest indicators of patient satisfaction, the St. James Health Emergency Department introduced PhysicianFirst. This protocol enables an emergency physician to evaluate an incoming patient, make a preliminary diagnosis and order necessary tests as soon as the patient arrives – even before being admitted to an Emergency Department patient room.

“This and other initiatives led to significant improvement in all areas of courtesy and attitude for both the inpatient and emergency patient surveys,” Warren said.

Richard B. Siegrist Jr., Press Ganey chief executive officer, noted, “We are proud partners of St. James Health. Their dedication to continuous improvement serves as a model for all.”

Press Ganey currently partners with more than 10,000 health care facilities—including 50% of U.S. hospitals—to measure and improve the quality of their care and their bottom line. The company’s databases are the largest in the industry, and allow facilities nationwide to benchmark their results against peer organizations.



THE CENTER FOR REHABILITATION AT ST. JAMES HEALTH AWARDED 3-YEAR CARF ACCREDITATION

The Center for Rehabilitation at Franciscan St. James Health has earned a three-year CARF International accreditation for its inpatient rehabilitation program for adults.

This is the first accreditation that the international accrediting body has awarded to St. James Health, making it one of just a few south suburban institutions to earn this distinction.

“CARF’s three-year accreditation represents the highest level of accreditation that can be awarded to a hospital’s inpatient rehabilitation facility and shows that St. James Health is meeting nationally- and internationally-recognized service standards,” said St. James Health director of rehabilitation, Tom Fajman.

This accreditation is the culmination of a two-year initiative that began with the renovation of the hospital’s inpatient rehabilitation unit in Chicago Heights.

“Successful inpatient rehabilitation relies on several factors, including appropriate case management, a dedicated team of professionals, an investment in space and equipment, as well as demonstrating high-quality patient outcomes when compared to regional and national data,” Fajman said.

To earn its accreditation, St. James Health submitted to a rigorous peer review process, which covered several hundred different standards, to ensure that it met CARF service and quality guidelines.

St. James Health was also required to perform to CARF performance standards for one full year before the accreditation was awarded.

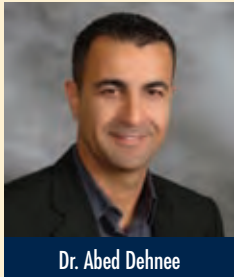
“The CARF accreditation assures patients seeking treatment at St. James Health that our facility continues to meet internationally accepted standards for quality and accountability,” said St. James Health president and chief executive, Seth Warren. “It is also a testament and to the hard work and dedication of the entire Center for Rehabilitation staff.”

Founded in 1966 as the Commission on Accreditation of Rehabilitation Facilities, CARF is an independent, non-profit accrediting body that establishes consumer-focused standards to help organizations, like St. James Health, measure and improve the quality of their programs and services.



TAKE CONTROL of Your Cardiovascular Health

Cardiovascular disease kills more than 600,000 people in the U.S. each year. It is the most common cause of death in the United States... and also one of the most preventable.



Dr. Abed Dehnee

Cardiovascular disease includes coronary artery disease, which can cause a heart attack or angina; it also includes strokes, peripheral vascular disease, congestive heart failure and others.

What can you do to help yourself? First, you should be aware of your risk factors. Non-modifiable risk factors are those you cannot change, such as age, gender, and family history of heart disease. After menopause, women are as likely as men to have a heart attack. In the first year following a heart attack, a man's mortality rate is about 25 percent and a woman's is about 38 percent.

Modifiable risk factors are those you can control or change. Among the most documented and studied is smoking. Smokers are four times more likely to suffer from cardiovascular disease than non-smokers. Additional factors that put people at risk—but are controllable—are high blood pressure, diabetes, high cholesterol, obesity or being overweight, stress, a high-fat diet, and physical inactivity.

It's important that people know their numbers, meaning, they should know their blood pressure, cholesterol and if diabetic, their blood sugar levels. These conditions are all controllable with medications and lifestyle modifications. Some people who lose weight and increase physical activity not only improve their cardiovascular health, but find that they no longer need to take medications.

Stress is another big factor in heart disease. Yoga and exercise are both stress reducers, and some behavioral health systems provide group sessions for stress relief.

New guidelines suggest that everyone should exercise 60 minutes a day. Patients should start out with 10 or 15 minutes of exercise daily and gradually increase over a period of a few weeks. This way, exercise becomes more of a lifestyle than a task. It's best to choose an exercise you like, establish a routine, and do it with a friend or in a class. If you miss a few days, don't give up—just start again.

Remember, cardiovascular disease can be highly preventable. In addition to knowing your numbers, get out there and move more, make healthy food choices, lose weight if you need to, and live tobacco-free. Because every person is different, you should talk with your doctor to learn more about your individual risk.

Abed Dehnee, MD, FACC, is a cardiologist and Director of the Echocardiography Laboratory at St. James Health. His private group practice is Cardiovascular Care Associates.



Free Online Heart Risk Evaluation

Most people won't know they have heart disease until it has progressed too far. So, you should be aware of the risk factors and the lifestyle changes you can make to reduce your chances of developing serious problems. Our free online heart risk evaluation takes only a few minutes to complete. Look for the homepage evaluation button...it might just save your life.

Visit www.StJamesHospital.org

FREE HEART SCREENING with every completed online evaluation \$135.00 Value

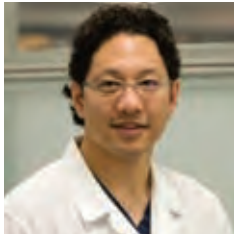
Includes:

- Ankle Brachial Index (ABI)
- Body Mass Index (BMI)
- Blood Pressure (BP)
- Fasting Blood Sugar
- Waist-Girth

Must be 40 years of age or older to receive free heart screening. Voucher for free screening will be mailed within 7-10 days of completion of online heart risk evaluation. By appointment only.

Vein Clinic Offers the Latest in Varicose Vein Treatment

Varicose veins are the most common form of venous reflux disease, where the valves weaken and blood pools inside the vein, resulting in a “rope-like” appearance. More than simply a cosmetic issue, it can be extremely painful. If you suffer from varicose veins, you’re among approximately 25 million others in America.



Dr. Eugene Tanquilut

Symptoms of venous reflux disease include swelling, pain, itching, or a tired, heavy feeling in the legs. There are a variety of causes for this kind of vein malfunction, such as a history of a clot, genetic predisposition, obesity, smoking, or pregnancy. People who are on their feet all day, like cashiers or teachers, are also more likely to develop vein problems.

Veins have one-way valves that push the blood out of the legs towards the heart. In venous reflux disease, the valve stops working, causing the blood to “reflux,” or flow back into the vein. As the

vein fills up with blood, this can cause varicose veins, skin changes, blood clots, leg ulcerations and swelling.

At the Vein Clinic at Franciscan St. James Health, an ultrasound is performed to diagnose varicose veins. We consult with patients and first try a course of conservative therapy that can include exercise, wearing compression stockings and doing leg elevations. If these approaches are unsuccessful, endovenous laser therapy is the next option.

The newest treatment available for venous reflux disease, endovenous laser therapy is a non-surgical, outpatient procedure that renders excellent results. The procedure involves numbing the insertion area with a local anesthetic and inserting a very thin laser fiber into the vein through a needle. Activating the laser delivers thermal energy which causes the vein to close. Eventually, the remaining healthy veins in the leg take over, redirecting blood flow to the heart.

Following the procedure, a compression stocking is initially worn for support and patients can usually resume normal activity the same day, being careful not to overdo it. Depending on the person, there may be some discomfort that requires taking over-the-counter pain medication.

In the past, the only procedure performed to provide relief from varicose veins was a more invasive and painful surgical stripping procedure that required a lengthy recovery period. St. James Health’s Vein Clinic has seen tremendous results and continues to have enthusiastic patient response using endovenous laser therapy. Patients are provided with complete information about their condition, the course of treatment, and what they can expect.

Eugene Tanquilut, DO, is an endovascular surgeon with offices at WellGroup HealthPartners in Olympia Fields.



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.

**FREE
GIVEAWAYS
FOR ALL
ATTENDEES!**

Thursday, February 17

7:00 p.m.

Frankfort WellGroup HealthPartners

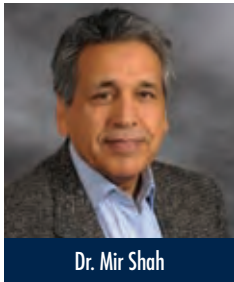
10043 Lincoln Highway • Frankfort

SPACE IS LIMITED.

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

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

Precision Radiation Treatments Consider Your Body's “FOURTH DIMENSION”



Dr. Mir Shah

Advances in Stereotactic Radiosurgery

The most sophisticated form of radiation therapy available, stereotactic radiosurgery delivers much higher and more precisely targeted doses of radiation with pinpoint accuracy. Though “surgery” is part of its name, this non-surgical procedure uses no knife or incision.

Also referred to as stereotaxy, the stereotactic technique was initially used for treating lesions and tumors in the brain. The skull's easily immobilized, rigid structure, coupled with little movement of its interior tissues, presented an ideal environment for the procedure. But

recent advances have broadened stereotaxy's applications to a wide array of tumors, including those located in the lung, abdomen, breast, and other areas of the body. And that's good news for many cancer patients.

The Critical Fourth Dimension

Today's stereotactic radiosurgery takes into account the body's three dimensions of length, width and depth, and adds an important fourth dimension—the ability to overcome the movement of the target. Tumors and lesions shift with the body's natural dynamics, such as breathing. Now, with faster computers and improved technologies, we are able to manage the target's movement. We can, for example, precisely track a lung tumor while the patient is breathing normally.

Patients are awake for stereotaxy, which is a painless procedure. For the procedure, a patient is positioned on a treatment couch. To aid in achieving millimeter accuracy, the area to be treated as well as the surrounding area are immobilized. Now with the technology to manage the target's motion, patients can breathe naturally, which helps to reduce stress and increase comfort. Patient cooperation is fundamental to the procedure's success, and we educate them fully prior to the procedure.



Important Benefits

The ability to use such precision targeting enables physicians to deliver a higher dose of radiation while largely sparing surrounding tissues. This in turn reduces treatment times, and can increase the treatment's effectiveness and lessen possible side effects.

In addition to treating large tumors, stereotactic surgery has broadened the range of treatable tumors to include smaller lesions and metastases. Some cancers that were previously considered untreatable with radiation can benefit from this procedure, enabling patients to avoid more invasive techniques, such as surgery or chemotherapy.

Stereotactic radiosurgery can also be used in conjunction with chemotherapy or other modalities. This highly successful treatment is often used as a curative method, meaning it is the only treatment used on a patient. Franciscan St. James Health Comprehensive Cancer Institute has been using this progressive technique for two years with dramatic results.

Mir Shah, M.D. is Medical Director of Radiation Oncology at St. James Health Comprehensive Cancer Institute.

UNIVERSITY-LEVEL CANCER CARE IN THE SOUTH SUBURBS

If you or someone you care about has been diagnosed with cancer, you're not alone. Each year, about 1.5 million Americans learn they have some form of the disease.

However, in recent years, there have been advances in radiation oncology that have vastly improved the way treatments are designed and delivered for each patient. And many of these breakthrough treatments are used every day at Franciscan St. James Health.

“We have the most effective tool in the fight against cancer. It is called the Trilogy,” said St. James Health's Lead Radiation Therapist, Nick Opacic, RT (R)(T), MPA. “And St. James Health is the one of the few Chicago area hospitals to utilize the Trilogy system to its fullest potential. This means that we can treat virtually any type of cancer or inoperable tumor. The Trilogy allows us to use IMRT (intensity modulated radiation therapy), Stereotactic Radiosurgery or Rapid Arc™. St James Health was among the first in the U.S., to use Rapid Arc™. This technique can dramatically reduce radiation treatment times for our patients.”

The Trilogy system is a major advancement in cancer treatment technology. It has, in addition to the aforementioned capabilities, On Board Imaging (OBI). This is real-time image data used to pinpoint the sculpted radiation beam to the tumor while protecting the surrounding healthy tissue. The OBI is used to accurately place

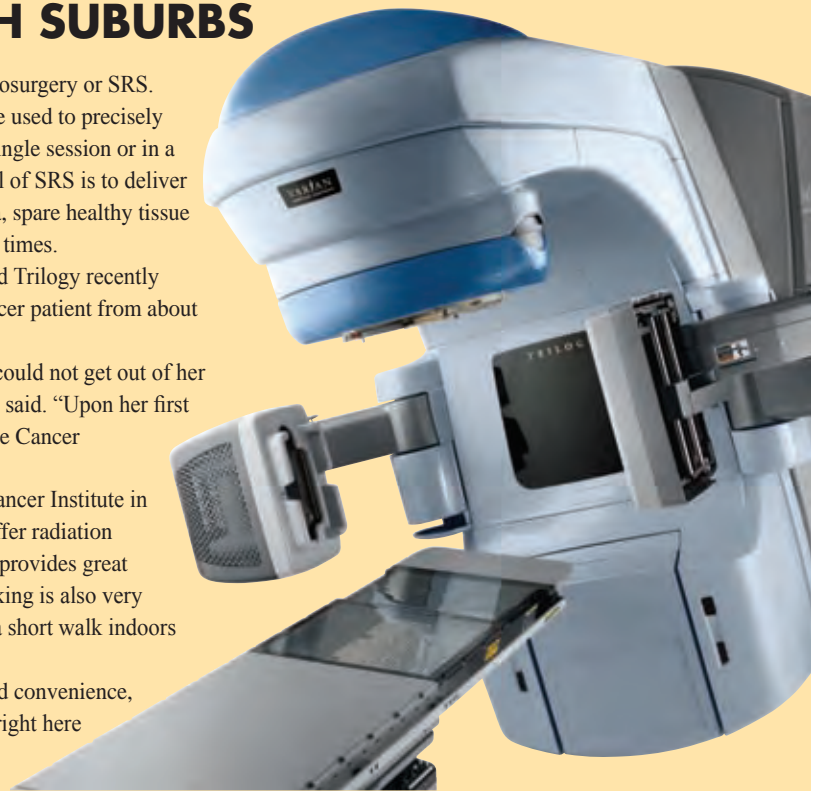
the radiation beam for the Stereotactical Radiosurgery or SRS. Radiosurgery is a radiation delivery technique used to precisely deliver a large radiation dose to tumors in a single session or in a short course of up to five treatments. The goal of SRS is to deliver a high dose of radiation to the prescribed area, spare healthy tissue and to shorten patient treatment and recovery times.

The Radiation Oncology Department and Trilogy recently reduced the treatment number for a spine cancer patient from about 20 treatments to five.

“When the treatment began, the patient could not get out of her wheelchair without much assistance,” Opacic said. “Upon her first follow up, she walked into the Comprehensive Cancer Institute without the need of a wheel chair!”

The Patricia A. Joyce Comprehensive Cancer Institute in Olympia Fields is the only area program to offer radiation and infusion therapies under one roof, which provides great convenience and comfort to our patients. Parking is also very convenient and the hospital services are just a short walk indoors from our Institute.

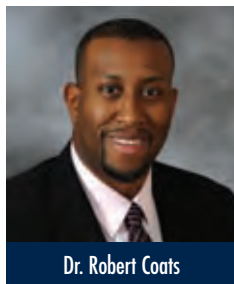
“By combining technology, expertise and convenience, St. James Health offers university-level care right here in the south suburbs,” added Opacic.



Dramatic, Simple Relief

from Dupuytren's Contracture

Sometimes confused with Trigger Finger, Dupuytren's Contracture is a systemic disease that causes a progressive, abnormal thickening of the tissue in the palm of the hand. Over time, a rope-like cord may develop that pulls the finger permanently towards the palm. The cords are not only visible, but palpable, meaning they can be felt—it's like there's a small twig or branch underneath the skin.



Dr. Robert Coats

The ring and little fingers are the most commonly affected by Dupuytren's Contracture. Though not painful, the condition can make it difficult or even impossible to perform everyday tasks such as shaking hands or putting on gloves.

In the past, a delicate, complex surgery was the only recourse for Dupuytren's sufferers. But in February 2010, a highly effective, non-surgical treatment called XIAFLEX was approved for use by the FDA. This breakthrough therapy involves a simple injection with a very small gauge needle and small volume of medication. Twenty-

four hours later, the patient returns and the fingers are numbed with a local anesthetic which enables manipulation of the fingers to straighten them.

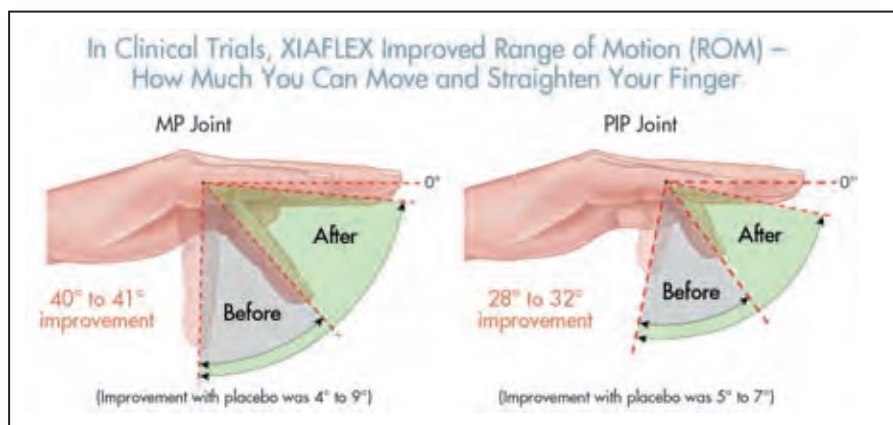
The manipulation usually takes less than a minute, and a loud pop is heard when the cord breaks. Patients are able to begin moving their hands immediately, first registering disbelief which is quickly replaced by joy.

Before XIAFLEX, the only alternative to straighten Dupuytren's Contracture was surgery. Even the most successful surgeries leave a scar and require post-operative therapy and splinting. It is usually months before patients can effectively use their hands because of the trauma involved. What's more, there is a level of reoccurrence with Dupuytren's Contracture because it is a disease process. While neither surgery nor medication can alter the disease, the injections are far less traumatic and may be repeated.

Fortunately, most patients are able to benefit from XIAFLEX injections and manipulation. Only patients who have significant scar tissue from previous hand surgeries or non-palpable/inaccessible cords are not candidates for the procedure.

There are few things I've done that make me as happy as seeing how happy this makes patients. It's nice to be able to do something and 24 hours later have a tangible result.

Robert W. Coats II, M.D., is a Board-Certified Orthopedic Surgeon who specializes in hand and upper extremity surgery. He has completed a hand fellowship and earned a Certificate of Additional Qualification (CAQ) for hand surgery. He practices at WellGroup HealthPartners and sees patients in Chicago Heights, Olympia Fields and Frankfort.



Get Relief for Stiff, Contracted or Curled Fingers.

FREE DUPUYTREN'S CONTRACTURE SEMINAR

Presented by Dr. Robert Coats

Are your fingers stiff, contracted or curled with reduced range of motion? You may suffer from Dupuytren's Contracture, a progressive, abnormal thickening of tissue in the palm of your hand. Learn about the only FDA-approved, non-surgical treatment option at this free seminar.

Tuesday, March 1
6:30 p.m.

Frankfort WellGroup HealthPartners
10043 Lincoln Highway • Frankfort

**FREE
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ATTENDEES!**

SPACE IS LIMITED.

**Call 1-800-STJAMES or visit
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CALL 1-800 ST. JAMES (785-2637). Seating at seminars is limited. Sign up today.

Minimally Invasive Approach Treats **SPINAL STENOSIS**

The most common symptom of spinal stenosis is a shooting pain down the back of the legs when walking. New treatment options provide relief for these and other symptoms.



Dr. William Payne

Often referred to as a pinched nerve in the spine, lumbar spinal stenosis is a gradual narrowing of the space where nerves pass through the spine. Conditions that may bring about spinal stenosis are aging, arthritis, a slipped vertebrae, or general “wear and tear.”

Additional symptoms may include numbness and tingling in the legs, calves or buttocks; decreased endurance during physical activities; weakness and loss of balance; and decreased standing tolerance.

Spinal stenosis typically worsens over time and an increase in severity may make surgery more complicated or difficult. If left untreated, patients may experience increased pain or, worse yet, nerve damage that leads to permanent pain, weakness or loss of sensation.

A physician will perform a physical examination followed by tests to diagnose spinal stenosis. An x-ray can help rule out things such as a fracture, tumor, or infection that may be causing the symptoms. It will also indicate the integrity of the bone. An MRI is performed to show the disc, the nerve and spinal sac, and to enable the doctor to see how badly the nerves are being pinched.

Once diagnosed, the initial course of treatment includes physical therapy and strengthening exercises, rest and restricted physical activity, corticosteroid injections, and medications and analgesics to reduce pain and swelling. If conservative measures fail to bring appreciable relief, one minimally invasive procedure that can be used to treat spinal stenosis is ILIF, or Interlaminar Lumbar Instrumented Fusion.

ILIF was developed as an alternative to standard lumbar spinal stenosis treatments and can be done as an outpatient procedure. Patients who need to have the procedure performed on more than one level of the spine will require a one-day hospital stay.

In ILIF, the patient receives a general anesthetic and a small incision is made in the back. The surgeon uses a surgical tool to open up the space between the two spinous processes, which are the “shark fins” on a person’s spine. A bone spacer made of donor bone is placed between the two vertebrae to create more space for the nerves, and a plate is affixed to hold the spacer in place.

With this highly successful procedure, appropriately selected patients can expect several years of relief. If you suffer from spinal stenosis symptoms, ask your doctor if you might be considered for ILIF. While not all patients are good candidates for ILIF, there are many different minimally invasive applications that can be performed.

William Payne, MD, is an Orthopedic Surgeon at Franciscan St. James Health.



Control Your Pain. **FREE MINIMALLY INVASIVE SPINE TREATMENT SEMINAR**

Presented by Dr. William Payne

Control your pain with a better understanding of chronic pain, minimally invasive treatment options and pain management at this free seminar.

**FREE
GIVEAWAYS
FOR ALL
ATTENDEES!**

Tuesday, February 22
7:00 p.m.

Health and Wellness Center Chicago Heights
100 W. 197th Place • Chicago Heights

SPACE IS LIMITED.

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

GREAT NEWS IN THE Fight Against Obesity



Dr. Vafa Shayani

An FDA panel has recently recommended the Allergan Lap-Band for use in a wider range of patients. Under the new guidelines, Allergan Lap-Band surgery would become an option to patients with a Body Mass Index (BMI) as low as 30, providing they also have a comorbid condition. This is great news for many who suffer from obesity.

Among the variety of weight loss operations available, gastric banding is the least invasive, safest, and most commonly performed. Gastric banding is accomplished using a permanent implant which is placed around the upper portion of the stomach so a person feels less hungry and eats only a small amount at each sitting. Over time, the tightness of the band can be adjusted in a brief, in-office procedure. Other weight loss operations include

gastric bypass, sleeve gastrectomy and the most aggressive, duodenal switch, each with their own unique risk/benefit ratio. As with any surgery, the potential benefits must outweigh the risks.

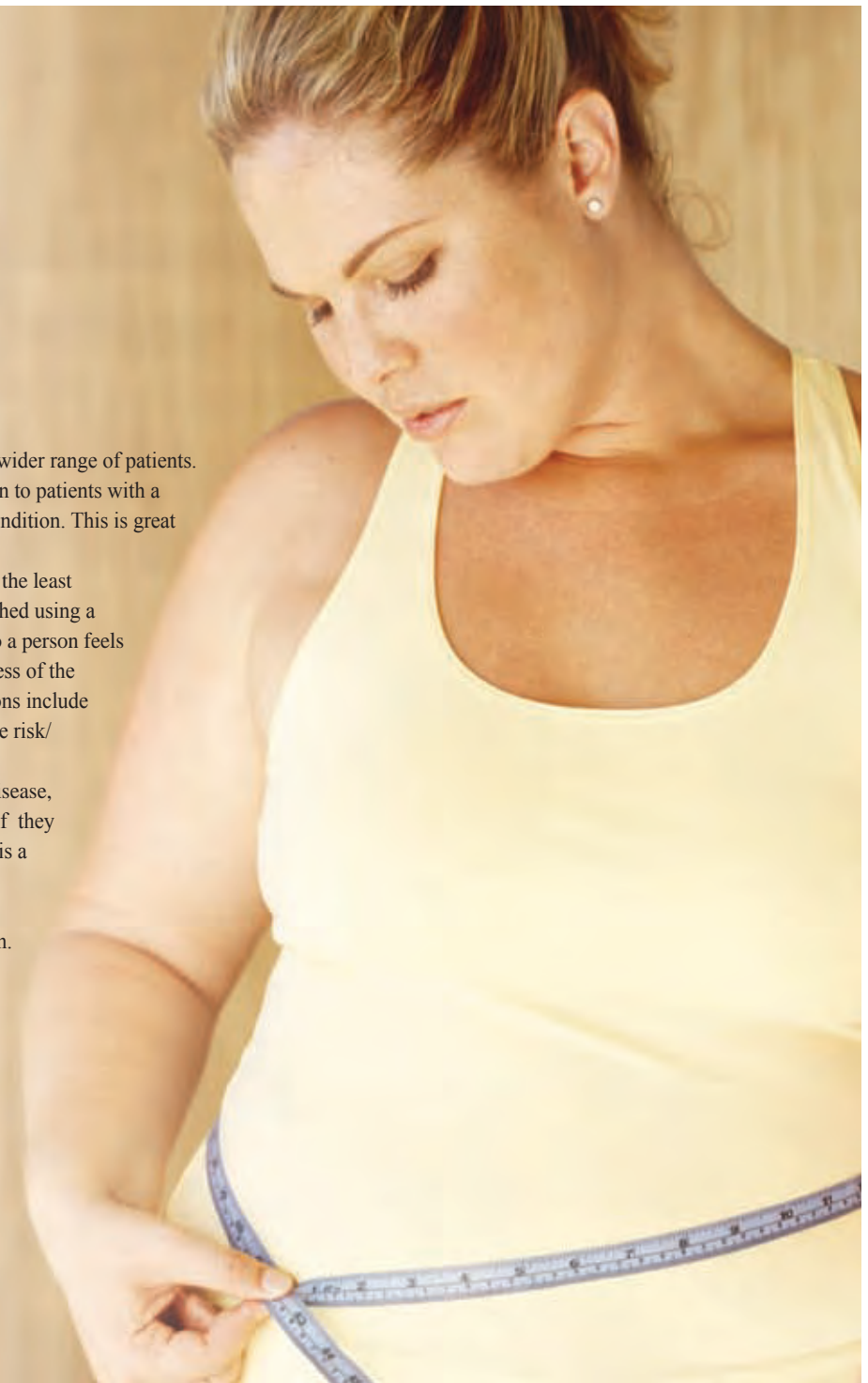
Obesity often contributes to what are known as comorbid conditions, such as hypertension, heart disease, diabetes, sleep apnea and others. Currently, a person is considered appropriate for surgical intervention if they have a BMI of at least 35 and an associated health condition or, if otherwise healthy, a BMI of 40. BMI is a calculation based on an individual's height and weight. For example, someone with a BMI of 35 weighs approximately one and a half times their ideal weight for their height. If approved by the FDA, the new guidelines will provide many more patients with the opportunity for this potentially life-saving operation.

Patients with a gastric band see their surgeons regularly during the first couple of years and once or twice a year after attaining their desired weight. This long-term connection with the physicians plays an important role in the patient's continued success.

Franciscan St. James Health's Weight Loss Program provides compassionate guidance for those suffering from obesity. Every person requires and deserves a personalized plan of care. Prior to surgery, patients receive a psychological evaluation and nutritional counseling. An on-staff Registered Dietician assists patients who don't qualify for surgery in the medical weight management program.

The Weight Loss Program at St. James Health's measures the success of any procedure by results that combine weight loss, improved health issues and improved quality of life. If you think you might be a candidate for gastric banding, call the Center for Bariatric Surgery to schedule an initial consultation. The bariatric program at St. James Health is determined to positively impact the lives of every patient.

Vafa Shayani, MD, FACS, FASMBMS the Bariatric Medical Director at St. James Health.



Are You Looking for Permanent Weight Loss Solutions?

FREE SURGICAL WEIGHT LOSS SEMINAR

Presented by Dr. Vafa Shayani

Have you waged a constant battle with obesity? Have diets failed to help you keep your weight under control? Get information about the latest obesity treatment options at a free education seminar. Bring your questions. Bring your hope.

Tuesday, February 8

6:00 p.m.

Tinley Park Family Care Center

17859 S. 80th Avenue • Tinley Park

**FREE
GIVEAWAYS
FOR ALL
ATTENDEES!**

Friday, February 25

6:00 p.m.

St. James Health Olympia Fields Campus

20201 S. Crawford Ave • Olympia Fields

SPACE IS LIMITED.

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

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

Autism Treatable with Early Intervention

It's estimated that one in 110 children are affected by autism. Although no two autistic children are exactly alike, children with autism typically have developmental delays in language, behavior and social interaction. Recent research indicates that 10 to 20 percent of children with autism are capable of full recovery with early intervention.



Dr. Kimberly Middleton

Autism presents a broad and varied spectrum of signs and symptoms, making it difficult to get the early diagnosis that is so critical. Parents should be watchful and aware throughout a child's developmental stages because the longer autism goes untreated, the lesser the chances of improvement.

Clues to watch for in infants include a hypersensitivity to light, sound and touch. Babies may avoid eye contact and fail to respond to verbal cues even to the point of appearing to be deaf. Normal behavioral milestones include the ability to babble or coo and point or wave by the age of 12 months. Infants should be able to say at least one word by 16 months and two-word phrases by 24 months. Not reaching these milestones or showing a regression in development can be possible indicators of Autism Spectrum Disorders.

The autistic child can develop repetitive movements and routines, make unusual hand movements, rock, spin, or be constantly in motion. Some will have robotic speech or echolalia where they continually repeat certain words or phrases. Still, others may lose a previously acquired ability to say words or have problems starting or sustaining a conversation.



Dr. Francine Pearce-Falls

Autistic children can have difficulty bonding, even with parents, and shy away from hugs and other forms of physical contact. It's common for children with autism to live in their own world, preferring to be left alone, and failing to respond to their names.

At the first signs of autistic behavior, parents are advised to see their primary care provider. Your provider can make a referral to someone who will evaluate the child's behavior, observe his or her movements, and confirm a diagnosis. Additional lab tests may be performed before beginning the next step, intensive therapy.

Because children with this disorder tend to be highly individual, developing strategies for them is a process of trial and error. The goals of treatment are to improve different aspects of everyday functioning and helping them move towards their greatest potential. With early intervention, autistic children may actually become independent and live normal or near-normal lives.

Kimberly Middleton, MD is a Family Medicine Physician at St. James Family Medical Center in Tinley Park. Francine Pearce-Falls, MD is a Pediatric Medicine Physician at WellGroup HealthPartners in Frankfort. Both physicians are specially trained in autistic behavioral disorders and ADHD.



Get a Handle on Autism. FREE AUTISM SEMINAR

Learn how parents can help manage problem behavior in children with autism and related disorders in a free seminar.

Thursday, February 24
7:00 p.m.

Presented by Dr. Kimberly Middleton

**St. James Family Care Center
of Tinley Park**

17859 S. 80th Avenue • Tinley Park

Presented by Dr. Francine Pearce-Falls

WellGroup HealthPartners

10043 Lincoln Highway • Frankfort

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Hospital Services

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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.

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

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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

St. James 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.

St. James 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.

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1400 Otto Boulevard
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(800) 977-0003

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

Alverno Durable Medical Equipment

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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.

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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.

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

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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*

www.wellgroup.org

333 Dixie Highway
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(708) 756-0100

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

Olympia Fields
Franciscan Medical Pavilion
(708) 709-6295

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

18030 S. Wolf Road
Orland Park, IL 60467
(708) 709-9650

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

*An Franciscan Alliance affiliate

Outpatient Centers:

St. James 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 Surgery Center

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

St. James Outpatient Pharmacy

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

St. James Community Health Center of Beecher

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

St. James Community Health Center of Mokena

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

St. James Community Health Center of Monee

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

St. James Family Care Center of Homewood

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

St. James Family Care Center of Tinley Park

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

This publication does not substitute for routine physician healthcare services. Always consult with your doctor.

St. James Health is a division of Franciscan Alliance Corp.
• 13 hospitals • 20,000 dedicated physicians, employees and volunteers.

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.



8th Annual Frankfort Wellness Fair

REFRESHMENTS

GIVEAWAYS

RAFFLE PRIZES

Saturday, February 5, 2011 • 9 a.m. to Noon
Founders Center • 140 Oak Street • Downtown Frankfort

“Cooking for a Healthy Lifestyle” Demonstrations

by Health & Nutrition Professionals

FREE Health Screenings

- Blood Pressure
- Blood Glucose (12-hr. fasting optional)
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- Ask the Physician
- Bariatric Surgery
- Cancer Prevention
- Diabetes Awareness
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- Joint Replacement
- Medical Spa
- Pain Management
- Rehabilitative Medicine
- Sleep Disorders
- Wound Care

Sponsored by Village of Frankfort and Frankfort Park District. For further information, visit www.villageoffrankfort.com, or call 815-469-2177

Don't Miss These FREE Educational Seminars!

Must attend ONE seminar to be eligible for raffle prizes.

9:30 a.m.

Lap Band: Your Weight Loss Solution

Vafa Shayani, MD

Those who have failed to lose weight by dieting can learn about surgical weight loss options, including the Lap Band system. Dr. Shayani, Chicagoland's most experienced Lap Band surgeon, will discuss the benefits and risks of various surgical weight loss options.



FREE CONSULTATION VOUCHERS TO ALL ATTENDEES!

10:00 a.m.

Minimally Invasive Procedure for Carpal Tunnel

Robert Coats, MD

Dr. Coats is an orthopedic surgeon who specializes in hand surgery. He will also discuss a FDA-approved, non-surgical treatment option for Dupuytren's Contracture: a progressive abnormal thickening of tissue in the palm of your hand.



10:30 a.m.

Post-menopausal Osteoporosis Risks & Prevention

Charisa M. Spoo, DO

This presentation will discuss the diagnosis of Osteoporosis postmenopausal, the risk factors, and prevention. Dr. Spoo is a Radiologist for the St. James Health Patricia A. Joyce Comprehensive Cancer Institute.



11:00 a.m.

Biomedical Approach to ADHD

Francine Pearce Falls, MD

Dr. Pearce-Falls, a pediatrician for WellGroup HealthPartners in Frankfort, previously a staff pediatrician for Children's Memorial Hospital, will focus on children with ADHD and how parents can cope with their constant activity, impulses and needs.

