

Heart and Vascular Care 3

"When you have a surgeon and a heart center you trust, it makes all the difference."

—Anne Russell

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Dear Friends & Neighbors,



This past June I had the privilege of welcoming more than 100 hospital employees, physicians and guests to the 30th Anniversary Celebration of the Olympia Fields campus. It was an amazing evening, full of fond memories, and it made me realize how

we often don't pause enough to remember and recognize what hard work and innovation have brought to our community.

As you read this issue of *On Health*, I'd like you to consider how the specialty programs discussed in these pages allow you and your family to receive all the care you need right here, right now.

You'll read about Anne Russell, who came to the south suburbs to have a complex heart surgery at our Heart and Vascular Institute, which recently received an annual performance reward from the American Heart Association and American Stroke Association for consistent adherence to the latest evidence-based treatment for patients with coronary artery disease.

Our hugely successful Joint Program has changed the way patients experience joint replacement—with education and individualized attention that alleviates fear and enhances recovery. St. James is also one of the few community hospitals that can successfully treat colorectal problems because of the advanced technologies and fellowship-trained physician we

have available. And, our Pain Management program brings university-level treatments to patients in a convenient outpatient setting.

In addition, our emergency departments at both the Olympia Fields and Chicago Heights campuses offer a full range of advanced emergency care to more than 70,000 patients each year. So, while we recently announced the discontinuation of our trauma program, our EDs continue to provide comprehensive diagnostics and treatment for all our emergency patients.

When we look at everything St. James provides, it's clear to me what we as a community have gained—a hospital, close to home, with two campuses capable of treating virtually any condition. That means high-quality, comprehensive healthcare delivered by friends and neighbors, for friends and neighbors, with compassion, respect and joy. To me, this is the best healthcare.

Sincerely,

Seth C. R. Warren
President, St. James Hospital and Health Centers

A Message from Sister Madonna



When a massage therapist volunteers her time to renew a woman's spirit after weeks of cancer treatment, our community benefits. When a Registered Nurse spends her free time helping stroke survivors recover faster, our community

benefits. When a pediatrician donates his time to immunize less-privileged children, our community benefits.

Of the many miracles I see at St. James, the compassion and dedication of our staff are among the most inspiring. These healthcare professionals take time out of their busy lives to help others because they genuinely believe in our mission and the welfare of our community.

Equally important to the community is the amount of money the hospital contributes to care for our patients.

In 2007, St. James provided more than \$72 million in charity care, uncompensated care for Medicare and Medicaid patients, and other community support activities. Through May of this year, St. James contributed more than \$23 million for these same types of services to improve the health and quality of life for people throughout the south suburban region.

Through our contributions, whether it's the personal commitments and actions of physicians and staff or the financial support we provide, St. James is a source of hope, health and healing for our community.

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



James Catt, Frankfort, Illinois

The Joint Program

Relieving the pain and fear of joint replacement surgery



Dr. Canaday



Dr. Mehl



Dr. Payne

My hip had been bothering me for years since I broke it in high school.

When my good hip started going too, Dr. Mehl said I'd worn out the one overcompensating for the other. So he replaced both at St. James.

The best thing about this program is the class beforehand. They don't just tell you what's going to happen, they show you. I saw what my hip joint replacement looked like. I learned what kind of exercises I'd be doing. I knew exactly what to expect before, during and after surgery.

At St. James, everything happened like they said it would. In my unit, the nurses only care for joint patients, and the physical therapists have you up and moving the first day. I had two surgeries, one for each hip, and even had the same nurse and therapist for my home care.

I was guided every step of the way at St. James. It's nice to know what to expect and to see the same friendly faces. It takes the fear and the pain away.

—James Catt, 53, heavy equipment mechanic and resident of Frankfort

Coordinated Care

The Joint Program at St. James offers patients a comprehensive set of services at both hospital campuses. "We designed the program to coordinate care throughout our system," says orthopedic surgeon William Payne, MD, MPH. "Surgeons, nurses, social workers and physical therapists each play an integral part to ensure the best outcomes for our patients."

Educational Classes

Before surgery, patients meet with Joint Program Coordinator Sandy Siano, PCT, to learn about their surgery and recovery. "We go over every aspect of the program," Sandy says, "what they can expect before and after surgery. Everyone comes away relaxed and amazed. Classes like these take away the fear of the unknown and enhance patients' recovery when they know what to expect."

Dedicated In-Hospital Care

After surgery, patients recover in a unit dedicated to the postsurgical care of joint replacement patients. "The nurses in these units can anticipate the needs of our patients," says orthopedic surgeon Clay Canaday, DO. "They can, not just because they're specially trained to do so, but because they choose to do so. They enjoy their role."

Return to Daily Activity

The goal of the Joint Program is to help patients achieve the most complete recovery possible. To accomplish this, physical therapy begins almost immediately. Nursing care and therapy can continue at home or at an outpatient or skilled nursing facility. "It all depends on the patient," Sandy says. "I personally follow up on everyone, because I love to see their outcomes. And, the outcomes are fantastic."

Why suffer with joint pain? Call our program coordinator at (708) 756-1000, ext. 5646 to learn more. Or, find the right orthopedic surgeon for you at 1-800-StJames (785-2637).

Comprehensive Care for the Best Possible Outcomes



Patient Anne Russell reunites with her cardiothoracic surgeon Dr. Blakeman.

The trouble with my heart started at my retirement party in 1999. I had an acute aortic dissection and had to have emergency surgery. Lucky for me, Dr. Blakeman saved my life.

In the years that followed, I learned I had more aneurysms and, in 2005, needed another surgery. When I asked for Dr. Blakeman, I found out he had moved to the St. James Heart and Vascular Institute in Olympia Fields. So I followed him there.

I live in Chicago, but decided that Olympia Fields was where I needed to be to get my heart healthy again. I had no idea that a heart center of this size existed in the south suburbs. I was amazed by the level of care, not only from my doctor, but from the whole team.

They made sure I understood everything that was happening to me. I felt so safe and comfortable. That's why they say St. James has one of the best cardiac care centers in the region.

Heart surgery is a frightening thing, but when you have a surgeon and a heart center you trust, it makes all the difference.

—Anne Russell, 71, resident of Chicago

As the south suburban leader in cardiovascular care, the St. James Heart and Vascular Institute (HVI) offers patients high quality, comprehensive services right in their neighborhood. Since opening the HVI, St. James was named a Top 100 Cardiovascular Hospital by Solucient for two consecutive years. In addition to that, St. James has surpassed the national average in successful cardiac surgical outcomes for seven consecutive years. Few community hospitals in the Chicago area have attained this level of success.

Comprehensive Services

Cardiovascular disease includes a number of disorders that can affect your heart (cardio) and/or your body's blood vessels (vascular). At the HVI, our dedicated team of expert clinicians is able to offer a wide range of services to provide patients with a seamless and comprehensive approach to their cardiovascular care. From prevention and diagnosis to treatment and rehabilitation, you will find the professional expertise and technology you need right here at St. James.

"The HVI was designed to diagnose and treat every stage of the disease process," says Cindy Brassea, BSN, MBA, senior vice president of hospital operations. "Oftentimes, we see patients when they first recognize their symptoms and are in need of a diagnostic work-up to determine their treatment options. We also see patients who have suffered an acute event, like a heart attack, and are in need of immediate treatment. In addition, our outpatient programs provide services for those recovering from their illness who need ongoing support and monitoring. At St James, there is a service designed to fit the needs of all stages of cardiovascular disease."

Commitment and Compassion

At the HVI, patients benefit from the commitment and collaboration of a team of professionals: board-certified cardiologists, interventional cardiologists, electrophysiologists, cardiothoracic and vascular surgeons, interventional radiologists and nurse practitioners. This team-based approach assures that all avenues are explored when considering the treatment options for cardiovascular disease. Patients rely on the knowledge and expertise of this team to guide them through the numerous diagnostic, interventional, surgical and rehabilitative services.

It's not just the medical expertise that this team offers that shows their commitment to quality care. It is also the compassionate care they offer through every stage of treatment and recovery that reflects their commitment. "It's the personal interaction

we have on a daily basis with our patients that allows us to do great things," says cardiothoracic surgeon Brad Blakeman, MD, FASC. "Communication with the patient and family is extremely important. We have to be cognizant that we are not just treating medical problems; we're treating human beings and their families."

Expert Guidance

A team-based approach to cardiovascular care offers patients a treatment plan that affords them the best possible outcomes for the many complex conditions that fall under the umbrella of cardiovascular disease. Peripheral arterial disease (PAD) is one such complex condition and results from a buildup of fatty deposits referred to as plaque in the blood vessels outside of the heart, oftentimes occurring in the legs. This buildup of plaque leads to

a narrowing of the blood vessels which limits the blood flow. PAD is commonly seen in the diabetic population and is often the cause of non-healing wounds on the legs and feet. To treat PAD, interventional cardiologists and radiologists, vascular surgeons and wound care specialists often work together to assess each patient's individual needs and develop a treatment plan most likely to achieve the best possible outcome.

"When I meet with patients, we openly discuss what the best options are for treating their disease," says Aswath Subram, MD, FASC, medical director of noninvasive vascular services. "For some patients the open surgical approach is the best option for treatment, whereas other patients may benefit from a minimally invasive vascular procedure. In some instances, the best course of treatment may simply be medications. As specialists we are best suited to make these decisions because we are familiar with the latest advances in treatment."

"Many patients with PAD don't realize that they have a problem until sores develop or the blood flow is so restricted that they are in jeopardy of losing a leg. That's why communication among the specialists is so crucial," says Srinivas Reddy, MD, FSCAI, medical director of the cath lab. "As specialists we rely on the expert opinions of our colleagues to determine the best course of treatment," Dr. Subram explains. "That is what our patients receive at the Heart and Vascular Institute—a group of highly qualified specialists who work together to develop the best course of treatment."

Time is Muscle

The heart is a muscle that needs oxygen to function and every minute counts when it comes to treating a heart attack. About 200,000 people a year have heart attacks caused by blockages in crucial arteries supplying the heart with blood and oxygen. Balloon angioplasty, a procedure that involves inflating a tiny balloon at the site of the blockage, is the best way to treat a severe heart attack. This procedure offers the patient the best outcome, but only if it is done within 90 minutes of the patient's arrival at the hospital, called the "Door-to-Balloon" time.

To assure the best possible outcomes for our patients, St. James developed and implemented a protocol based upon the American College of Cardiology and the American Heart Association's best practice guidelines which focuses on reducing time to treatment:

- ▶ Emergency Department (ED) physicians activate the cardiac team without waiting for a cardiology consult.
- ▶ A single page system is used to activate the cardiac team.
- ▶ The cardiac team arrives onsite within 30 minutes of receiving the page.
- ▶ Local ambulances transmit the EKG to the ED prior to the patient's arrival.
- ▶ Beginning Fall 2008, cardiologists will also be able to view the EKG, either via a cell phone or PDA, prior to the patients arrival.

If you have chest pain, dial 911 immediately. Don't drive yourself to the hospital. Remember...time is muscle!

To find the right physician for your cardiovascular needs, call 1-800-StJames (785-2637).

Minimally invasive treatments for pain at St. James

Pain medications are often the first line of treatment and the most conservative.

Nerve-blocking injections place medicines directly at the site of pain.

Radiofrequency ablation offers a more permanent solution by using a high frequency current to desensitize nerve endings.

Disc decompression or fusion can relieve back pain, due to bulging discs or other problems, without surgery.

Spinal cord stimulators and infusion pumps are implantable devices that deliver electrical stimulation or medication directly to pain receptors.

Pain, the fifth vital sign

By decreasing or eliminating pain in patients, the Pain Management program at St. James improves their quality of care and quality of life.

“Patients can suffer for years without adequate treatment, straining work and home life,” says pain management specialist Jalaja Piska, MD. “Pain is such an important measure of health that we look at it as the ‘fifth vital sign.’”

Pain Management at St. James is an interventional outpatient program that offers patients a full range of treatment options, including several minimally invasive procedures.

“By providing a dedicated facility and staff, St. James allows pain specialists like me to meet our patients’ needs,” says Mauricio Orbeago, MD, “often in one visit.”

If you suffer from acute or chronic pain, contact Judy Kenney, RN, MSN, CNS, APN, CNOR, RNFA, Pain Management nurse, at (708) 756-1000, ext. 7246 (PAIN).

Acute or chronic pain can result from injury, exposure to chemicals, surgery, radiation therapy, diabetes-related peripheral neuropathy, shingles, fibromyalgia or arthritis.

Become a Miracle Maker for St. James

We often marvel at the medical breakthroughs and patient stories we read in magazines or see on TV. But these miracles only become real when they are made available to the community. And, making them real requires the commitment and participation of everyone. This fall, the south suburban community has an opportunity to do just that by joining us for some fun and festivity.

The **Lynn Panici Memorial Golf Outing**, inspired by St. James breast cancer patient Lynn Panici, will fund:

- ▶ Support services for children who have lost a parent to cancer
- ▶ Lynn’s Boutique, a specialty shop that provides wigs, hats, clothing and breast prostheses for patients undergoing cancer treatment
- ▶ Capital investments in technology for the early detection of breast cancer

The **2008 St. James Gala** honors outstanding citizens who continue to serve as pillars of the community. Proceeds from this event will be used to purchase:

- ▶ A Long Term Video EEG, a seizure monitoring device
- ▶ A Dyna CAD (computer-aided detection) machine for breast MRI procedures
- ▶ Upgrades for the Pediatrics and Obstetrics units

By sponsoring or attending an event, you too can become a **Miracle Maker for our community**. Call Michelle Jimenez, Director of Development, at (708) 756-1000, ext. 3479 to learn more.

2008 Community Foundation Events

Eighth Annual Lynn Panici Memorial Golf Outing
Tuesday, September 9

Odyssey Country Club, Tinley Park

Event Sponsor: JDM Steel

Courage Award Sponsor:

VITAS Innovative Hospice Care®

St. James Hospital and Health Centers Gala
Saturday, October 25

United Club (formerly the Cadillac Club)

Soldier Field, Chicago

Franciscan Service Pillar Honorees:

Jerome and Lynn Thrall

Patricia A. Joyce Pillar Honoree:

Dr. Roseanne Krinski

Shedding Light on a Misunderstood Subject

Several mild to severe anal and rectal problems go undiagnosed and untreated because patients and physicians alike mistake them for hemorrhoids.



Dr. Brill

Millions of Americans who suffer from pain, bleeding or changes in their bowel habits assume their symptoms are caused by hemorrhoids. Out of embarrassment, fear or misunderstanding, they seek relief from over-the-counter remedies, often suffering needlessly and delaying proper diagnosis and treatment.

When patients do muster the courage to speak to their family doctor, these physicians often are not equipped to properly and painlessly examine this area.

The **St. James Center for Colon and Rectal Surgery** is solely dedicated to the evaluation and treatment of diseases of the colon and rectum. Headed by board-certified, fellowship-trained colon and rectal surgeon Scott Brill, MD, FACS, the Center specializes in the outpatient treatment of common anal and rectal problems such as hemorrhoids, anal fissures, abscesses and fistulae. It also contains the only anal physiology lab in the south suburban region for the evaluation of fecal incontinence.

“Most patients with hemorrhoids can be treated in the office with either Infra-Red Coagulation or Rubber Band Ligation,” says Dr. Brill. “Both are simple, fast and effective hemorrhoid treatments. Only a minority of patients require surgery.”

Although bleeding from the rectum is often due to hemorrhoids, it can be associated with many other conditions, including colorectal cancer. “This is why a proper examination, often including a colonoscopy, is crucial,” Dr. Brill explains. “Once their conditions are properly diagnosed, patients feel a tremendous sense of relief and can then focus on getting well.”

Adult patients can present with symptoms at almost any age. Women, for example, are prone to fissures and hemorrhoids during or after pregnancy. Injuries while giving birth can also result in poor bowel control later in life. Most women who experience bowel incontinence are under the age of 65.

Fortunately, the St. James Center for Colon and Rectal Surgery provides a caring setting where patients receive expert diagnosis and treatment to resolve their conditions and put their minds at ease.

If you're experiencing symptoms, call us at (708) 709-9475 to learn what the Center can do for you.

Facts to Know: Common Anal and Rectal Problems

Hemorrhoids

Enlarged, bulging blood vessels

Causes: Chronic constipation or diarrhea, pregnancy, straining during bowel movements, overuse of laxatives or enemas

Treatment: Infra-Red Coagulation, Rubber Band Ligation, PPH (Procedure for Prolapsed Hemorrhoids), Hemorrhoidectomy

Anal Abscess

An infected lesion

Causes: Bacteria or foreign matter entering a small gland just inside the anus

Treatment: Draining in office or hospital depending on severity

Anal Fistula

Small cavity or tunnel under the skin

Causes: Almost always the result of a previous abscess

Treatment: Fistulotomy or anal Fistula Plug, a surgery to close the cavity

Anal Fissure

Small tear or cut in the anus

Causes: Trauma, such as passing a hard, dry stool

Treatment: Over 90% will heal without surgery through dietary changes. Or, a sphincterotomy, a short outpatient procedure, may be needed.

Bowel Incontinence

Inability to control gas or stool

Causes: Anal operations or traumatic injury during childbirth

Treatment: Dietary changes, constipating medicines, exercises, and muscle repair.

Hospital Services

Flip the page for additional articles and information

H 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.

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 preventative care, non-invasive and bypass procedures, rehab and outpatient services.

Center for Comprehensive Wound & Disease Management

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

H Chicago Heights Campus

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

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 Rehabilitative Medicine

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

Pain Management

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

Hospice House

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

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:

H 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.

1 St. James Health & Wellness Institute

100 W. 197th Place
Chicago Heights, IL 60411
(708) 755-3020, ext. 110
A 71,500-sq.-ft. medically based fitness center and day spa. Offering aquatics, a multi-court gym, rehab therapies, massage and childcare.

2 St. James Home Health & Alverno Home Infusion

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

Comprehensive, at-home healthcare tailored to each patient's needs. IV medications available through Alverno Home Infusion.

3 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 non-surgical 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.

For career opportunities,
visit StJamesHospital.org



Outpatient Centers:

- 1** St. James Community Health Center of Chicago Heights–North
30 E. 15th Street
Chicago Heights, IL 60411

Professional Pharmacy
(708) 754-6402
St. James Center for Diabetes
(708) 709-2010
Occupational and Environmental Health Center
(708) 709-2000
Orthopedic and Occupational Rehabilitation Center
(708) 709-2009
- 2** St. James Surgery Center
333 Dixie Highway
Chicago Heights, IL 60411
(708) 756-0100
- 3** St. James Community Health Center of Mokena
19807 LaGrange Road
Mokena, IL 60448
(708) 478-8208
- 4** St. James Community Health Center of Beecher
715 Dixie Highway
Beecher, IL 60401
(708) 946-9330
- 5** St. James Community Health Center of Monee
4854 W. Court
Monee, IL 60449
(708) 534-3222
- 6** St. James Community Health Center of Homewood
18811 Dixie Highway
Homewood, IL 60430
(708) 335-0870

WellGroup HealthPartners*: www.wellgroup.org

- 1** 333 Dixie Highway
Chicago Heights, IL 60411
(708) 756-0100
- 2** 10043 Lincoln Highway
Frankfort, IL 60423
(708) 709-9300
- 3** 20939 S. Cicero Avenue
Matteson, IL 60443
(708) 709-9375
- 4** 18030 S. Wolf Road
Orland Park, IL 60467
(708) 709-9650
- 5** 17859 S. 80th Avenue
Tinley Park, IL 60477
(708) 709-9600
- H** Olympia Fields
Franciscan Medical Pavilion
3700 203rd Street
Olympia Fields, IL 60461
(708) 709-6295
- H** Olympia Fields
Heart and Vascular Institute
3800 203rd Street
Olympia Fields, IL 60461
(708) 709-6100

*An SSFHS affiliate

NEED A DOCTOR?

Call our free physician referral line:
1-800-STJAMES (1-800-785-2637)

Visit us on the Web at:
www.StJamesHospital.org



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

Calendar of Events

Unless otherwise noted, all classes are free and open to the public.

■ Chicago Heights campus

■ Olympia Fields campus

EMS Education

Call (708) 747-4000 ext. 1108 to register.

Healthcare Provider CPR \$45
6:00–10:00 pm • Sept. 23, Oct. 28,
Nov. 18
Cornet Hall

9:00 am–2:00 pm • Nov. 1
Nursing Education Classroom

Advanced Cardiac Life Support
Provider \$200
9:00 am–5:00 pm • Nov. 21 & 22
Stephanie Center

Healthcare Provider CPR
Recertification \$35
1:00–3:00 pm • Sept. 23, Oct. 28,
Nov. 18
Cornet Hall
2:30–4:30 pm • Sept. 25, Oct. 16,
Nov. 6
Auditorium

Advanced Cardiac Life Support
Recertification \$125
9:00 am–5:00 pm • Oct. 11
Stephanie Center

Pediatric Advanced Life Support
Provider \$200
9:00 am–5:00 pm • Sept. 19 & 20,
Nov. 7 & 8
Stephanie Center

Pediatric Advanced Life Support
Recertification \$125
9:00 am–5:00 pm • Oct. 10
Stephanie Center

First Aid/CPR Program \$35
American Heart
6:00 pm–10:00 pm • Oct. 23
Auditorium

Bariatrics

Call (708) 679-2717 to register.

Bariatric Surgery Support Group
5:30 pm • 2nd Wed. of the month
Nursing Education Center

Bariatric Surgery Education Seminar
5:30 pm • 1st & 3rd Wed. of the month
Nursing Education Center

Cardiopulmonary Rehab

Call (708) 679-2032 to register.

Cardiac Support Group: "Heart Talk"
2:00–3:00 pm • 1st Tues. of the month
Heart & Vascular Institute

Pulmonary Support Group:
"Better Breathers"
2:00–3:00 pm • 3rd Thurs. of the month
Heart & Vascular Institute

St. James is a division of the Sisters of St. Francis Health Services, Inc. • 13 hospitals • 20,000 dedicated physicians, employees and volunteers



HOSPITAL
and Health Centers

1423 Chicago Road
Chicago Heights, Illinois 60411

Non-profit org.
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