

SPRING/SUMMER 2010

# health sense

A PUBLICATION BY KISHHEALTH SYSTEM

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## *Breathe Easier*

Simple Procedure  
Offers Sinus  
Sufferers  
a Solution

## *Under ONE Roof*

Kish Cancer  
Center Provides  
Comprehensive Care

## *Keeping Kids*

Safe This Summer



# A Solution for Sinuses

*Imagine what life would be like if breathing through the mouth were your only option. For one DeKalb man, that frustrating scenario was a daily reality, until he underwent a remarkable procedure at Kishwaukee Community Hospital.*



Forty-nine-year-old Michael Ryan and his wife, Sheila, love to go for bike rides together; but prior to April 2009, Michael's lifelong inability to breathe through his nose posed an unpleasant problem when the couple hit the trails.

"I swallowed a lot of bugs while bike riding, because I could only breathe through my mouth," says Michael, an analyst for 3M. "Sinus infections were also an issue for me, and I actually began to lose vision in one of my eyes after an infection. I knew then it was time to take action."

Sheila, a nurse, suggested her husband see Joseph M. Scianna, MD, otolaryngologist on staff at Kish Hospital. After an initial examination, Dr. Scianna recommended Michael undergo Balloon Sinuplasty™, an incision-free procedure that opens the natural doorways of the sinuses while causing minimal damage to surrounding structures. Michael had undergone a different, unsuccessful sinus surgery in the past, but his eagerness to resolve the

problem and Dr. Scianna's thoroughness in explaining Balloon Sinuplasty to him and his wife convinced him to try the procedure.

## ENDING A NASAL NIGHTMARE »

Candidates for Balloon Sinuplasty suffer from chronic sinusitis and do not respond to medical therapy. The procedure is performed on an outpatient basis, allowing patients to return home the same day.

Michael underwent Balloon Sinuplasty in April 2009 and returned to work a week and a half after the procedure. He experienced only mild pain immediately after the procedure—a typical result for patients. The outcome, however, exceeded his greatest expectations.

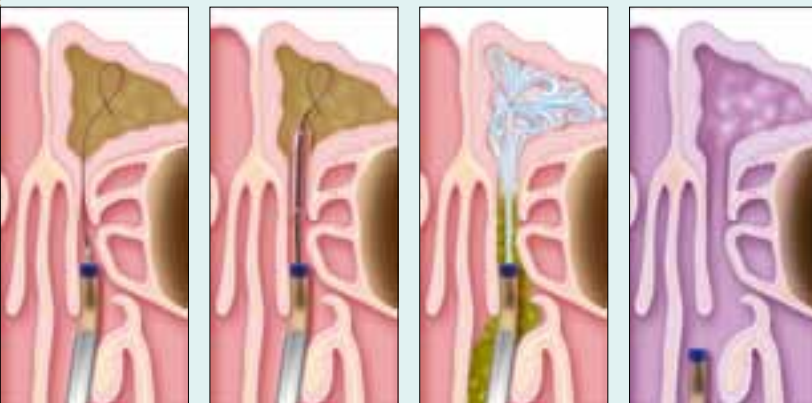
"Sheila and I no longer give a second thought about riding our favorite trails, because I can breathe normally now," Michael says. "If you have sinus problems, don't hesitate to find out if you're a candidate for Balloon Sinuplasty."

## SIGNS OF CHRONIC SINUSITIS

- \* aching in the upper jaw and teeth
- \* nasal congestion
- \* pain around the eyes, cheeks, nose, or forehead
- \* persistent fever
- \* recurrent sinus infections
- \* thick yellow or green discharge from the nose or back of the throat



Dr. Scianna sees patients in Sycamore and Sandwich. For more information about otolaryngology services, visit [www.kishhospital.org](http://www.kishhospital.org) and select "Health Services" and then "Ear, Nose and Throat."



## Balloon Sinuplasty

"Once a patient is anesthetized, I thread a catheter through the nostrils, followed by a guide-wire with a light on the end. When I see the wire is in place, I pass a balloon catheter over the wire and inflate it, which opens up the nasal passage. The procedure takes between one and two hours. Studies have shown that years after the procedure the sinuses remain open."

—JOSEPH SCIANNA, MD, OTOLARYNGOLOGIST

# UNDER ONE ROOF

DESIGNED WITH PATIENTS AND THEIR FAMILIES IN MIND, THE NEW CANCER CENTER AT KISHWAUKEE COMMUNITY HOSPITAL WILL CONSOLIDATE STATE-OF-THE-ART CANCER SERVICES AND OFFER SPECIALIZED AMENITIES TO PROVIDE AN OPTIMAL TREATMENT EXPERIENCE.

The new Cancer Center will bring together comprehensive cancer services in one building and improve the treatment experience for patients. Medical oncology and hematology will be relocated from elsewhere on campus to a new Cancer Center adjacent to radiation oncology. The Cancer Center will have an onsite laboratory, PET/CT scanner, pharmacy, and reference library.

Kish recognizes the importance of excellence in laboratory services and uses Mayo Medical Laboratories, a part of Mayo Clinic, as a reference lab. The Cancer Center's onsite lab will be an extension of the main laboratory at Kish Hospital, providing faster blood work results. In addition, the new Cancer Center will offer unique services, including music therapy, art therapy, massage therapy, and acupuncture.



OPENING FALL 2010

## A HEALING ENVIRONMENT »

From the circular lobby overlooking a new healing garden to expanded treatment areas, patient needs have been considered in the design of the new Cancer Center. The building will be warm and bright, and patients will have a view of the pond and willow trees from the medical infusion area where intravenous infusion treatments and chemotherapy are administered.

Patients will have the option of using private infusion areas or receiving therapy in a small group. Each private space will have room to accommodate a family member, and one station features a bed for patients who prefer to lie down during treatment.

“Our goal is for the amenities within the building to provide a comfortable, healing environment for our patients,” says Debra Bemis, RN, director of Oncology Services for KishHealth System. “We offer a multitude of services for cancer treatment, and we will continue to build upon our high level of care to be a provider of choice for cancer services in the community and beyond.”

## HIGH TECH AND HIGH TOUCH »

Physicians and staff had a part in planning the new Cancer Center and will enjoy greater efficiencies and privacy in the delivery of care, with redesigned nurse stations, larger exam rooms and treatment space, education and conference space, and the support of new technology.

**GIVING TO THE NEW CANCER CENTER**  
Opportunities exist for community members to honor or memorialize a friend or loved one who has suffered from cancer. For information on how you can give to the new Cancer Center or if you are interested in a naming opportunity, please contact Kishwaukee Health Foundation at 815.748.9954 or visit [www.kishwaukeehealthfoundation.org](http://www.kishwaukeehealthfoundation.org).



For more information about KishHealth's comprehensive cancer



The relocation of the positron emission tomography/computed tomography (PET/CT) scanner to the new building will reduce wait times for scans. (For more information, see “We Have the Technology.”) The centralized location will facilitate communication among members of a patient’s treatment team.



Patients will have improved access to oncology specialists through a new clinical affiliation with Loyola University Medical Center, and physicians will be able to attend weekly tumor conferences and other medical forums through the university. The affiliation will also provide a seamless transition for complicated cases, such as bone marrow transplants, and open access to clinical trials administered through the new Cancer Center’s research office.

“A tremendous asset to patients in our community is that we will have the opportunity to participate in clinical trials,” says Sabet Siddiqui, MD, medical director of Oncology, oncologist, Kishwaukee Cancer Center. “Due in part to the Loyola University affiliation and our facility upgrades at the new Cancer Center, clinical trials will offer patients new hope through leading-edge treatment options.”

**ANCILLARY SERVICES »**

Other spaces in the new Cancer Center will help support patients and their families as they strive to deal with cancer diagnoses, treatment, and survivorship. The resource library and resource center will provide access to information through the Internet or onsite via a volunteer.

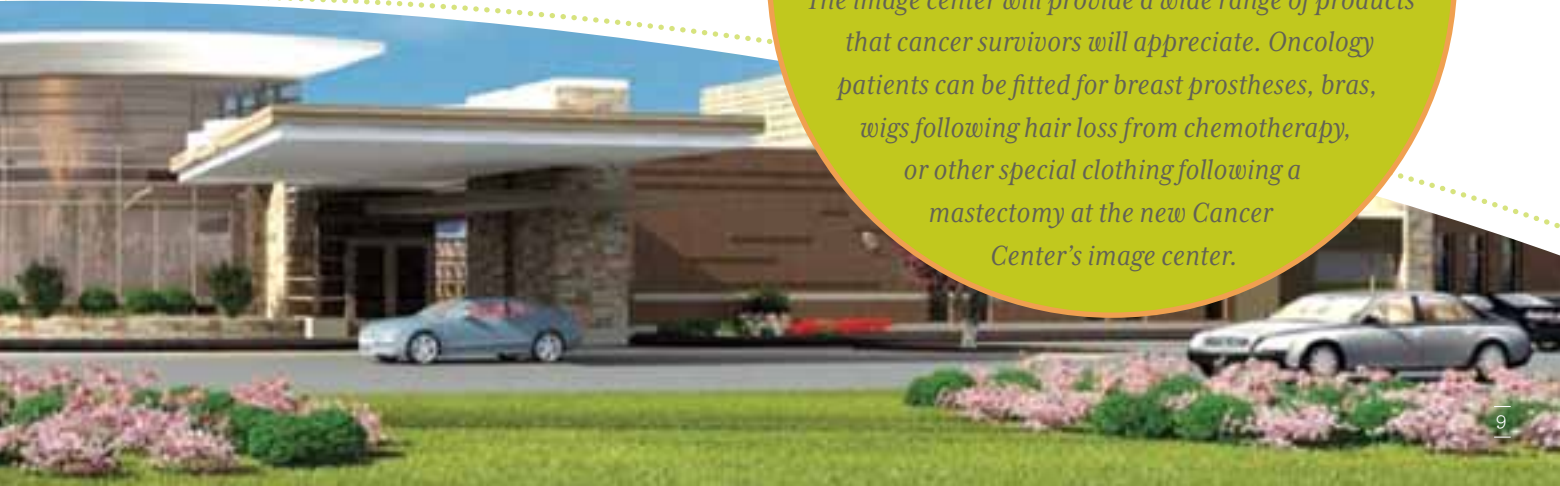
“The building has been designed for expansion to meet our community’s needs for cancer services now and in the future,” says Joseph Dant, vice president, Business Development, KishHealth System. “We are extremely proud of the service we provide in Oncology, and our new Cancer Center will be a facility that matches the high level of care we already deliver.”

## We Have the Technology

The new Cancer Center at Kishwaukee Community Hospital will provide a healing environment for cancer patients and a centralized location for technological advancements in support of comprehensive cancer care services.

- ▶ A positron emission tomography/computed tomography (PET/CT) scanner helps physicians pinpoint areas of abnormal metabolic activity, which is helpful in cancer diagnosis, by gathering two types of data in one convenient test.
- ▶ Intensity modulated radiation therapy (IMRT) may increase the chances of destroying tumors while eliminating or decreasing the side effects of exposure to surrounding tissues.
- ▶ Image-guided radiation therapy (IGRT) provides focused radiation therapy that can be adjusted to match the current location of the tumor for improved accuracy.
- ▶ Education and conference rooms equipped with technology for patient care teleconferencing with Loyola.
- ▶ Each chemotherapy treatment bay with its own television.

services, visit [www.kishhealthcancer.com](http://www.kishhealthcancer.com).



**POSITIVE IMAGE**

*The image center will provide a wide range of products that cancer survivors will appreciate. Oncology patients can be fitted for breast prostheses, bras, wigs following hair loss from chemotherapy, or other special clothing following a mastectomy at the new Cancer Center’s image center.*



# Minimally Invasive Options FOR UTERINE HEALTH

*For years, the only treatment for symptoms related to uterine fibroids—a common condition affecting women—was a hysterectomy, or removal of the uterus. Now, interventional radiologists at Kishwaukee Community Hospital can utilize minimally invasive endovascular techniques to treat uterine fibroids.*

Fibroids are small benign growths in the uterus that can cause heavy menstrual bleeding, typically in women older than 35. It's estimated up to 50 percent of women have uterine fibroids, which can vary in terms of size and number.

While some women do not exhibit symptoms, signs of fibroids include:

- \* heavy, prolonged menstrual bleeding and pain
- \* increased pressure on the bladder and rectum
- \* feeling of heaviness or fullness in lower pelvic area
- \* pain during sexual intercourse

#### TREATMENT OPTIONS »

With interventional techniques, radiologists use a small catheter and directly place it into the uterine arteries to embolize, or block, the blood vessels that allow fibroids to grow. By selectively eliminating blood supply, physicians can starve fibroids of oxygen and nutrients, causing them to shrink while the normal uterus remains largely unaffected. This therapy can cure symptoms, and recovery time can be as quick as three to seven days, often with no evidence of scarring.

“As a physician specializing in vascular and interventional radiology, I am excited about bringing new, minimally invasive

techniques and treatments to patients,” says Suveer Tatineni, MD, board-certified diagnostic and interventional radiologist at Kishwaukee Community Hospital. “In many cases, a woman’s regular physician or gynecologist will consult with me about the most appropriate procedure for the patient. I work closely with the referring doctor, using our collective knowledge and skills to treat the patient in the safest, most efficient, and most appropriate manner.”

#### PROCEDURE DETAILS »

During the uterine embolization procedure, the patient is mildly sedated. A small catheter is inserted into the femoral artery through a tiny incision in the groin. Using real-time fluoroscopic guidance to visualize uterine arteries, the interventional radiologist inserts a microcatheter directly into the fibroid blood supply. Tiny embolization particles are injected into the arteries to block the blood flow to the fibroids. Without blood flow and oxygen, the fibroids die.

Patients may experience mild pelvic pain and cramping for 24 to 48 hours following the procedure, and typically, women return to normal activities within a week. About 90 percent of women who have had an embolization experience complete symptom relief.

“This procedure can be an excellent alternative for women who want an alternative to hysterectomy,” says Dr. Tatineni. “It’s important to discuss all of your treatment options with your gynecologist before seeking a referral for uterine fibroid embolization.”



To find a physician who can help, call 815.748.2974.



GRIEF IS A WORD THAT ENCOMPASSES MANY  
EMOTIONS—FROM SADNESS TO FEAR TO ANGER  
TO MISUNDERSTANDING. IF YOU OR SOMEONE  
YOU KNOW HAS RECENTLY LOST  
A LOVED ONE, DEKALB COUNTY  
HOSPICE IS HERE.

## You Are Not Alone

Through the Memorial Teddy Bear Workshop, DeKalb County Hospice staff and volunteers help grieving community members who have lost a loved one turn a special piece of clothing into a permanent and comforting reminder.

Volunteers help participants cut the bear pattern from an article of the loved one's clothing and help stitch and stuff the teddy bear.

The bear keepsake becomes something to hug, talk to, and love.

For more information or to volunteer, please call 815.756.3000 or visit [www.dekalbcountyhospice.org](http://www.dekalbcountyhospice.org).

Because every person deals with grief in a different manner, DeKalb County Hospice offers options that provide support, education, and understanding for those who have experienced a loss.

“Grief responses are a natural part of the bereavement process,” says Sue Rankin, Bereavement Program coordinator for DeKalb County Hospice. “Our goal is to listen to each person's story and validate the emotions a person is experiencing.”

**SHARING THE BURDEN »** Sometimes hearing from and sharing with others can enhance the healing process. DeKalb County Hospice offers support groups for a variety of ages and experiences.

“We offer different support groups, both for adults and children, that are education-based as well as emotionally therapeutic,” Rankin says. “Those who are grieving greatly benefit from hearing the experiences of others and knowing they are not alone.”

*Adult support group offerings include:*

- ▶ Bridges of Hope for those who have experienced the loss of a spouse, sibling, or friend
- ▶ Lunch Group meets monthly for those who have recently experienced the loss of a spouse
- ▶ Pathways, a group for those who experienced the death of a loved one in the past 12 to 18 months who wish to learn, grow, and feel connected
- ▶ Journey, a monthly adult group for newly bereaved and those who have attended a previous support group and would like to still receive support
- ▶ Living after Loss, a group focusing on parents who have experienced the death of a child

*Children's support groups include:*

- ▶ Kids' Connection Club, a group that meets twice per month during the school year for children ages 6 to 13 who have experienced the death of a significant person
- ▶ First Friday Friends Club, a group for children ages 6 to 13 who have lost a significant person—this group meets monthly.

### EXPRESSING YOUR FEELINGS »

If you or a loved one is not quite ready to talk about a loss, DeKalb County Hospice also provides a resource library that offers books related to grief and loss.

“Grief is a journey, and one in which we all, sadly, will experience during our lifetimes,” Rankin says. “Our bereavement staff is able to support others during this journey. It's so humbling that families allow us to take part in this journey and offer hope.”

Kishwaukee Health Foundation supports hospice; learn more at [www.kishwaukeehealthfoundation.org](http://www.kishwaukeehealthfoundation.org) or call 815.748.9954.

# GETTING BACK in the game

WHETHER YOU ARE A PROFESSIONAL ATHLETE OR WEEKEND WARRIOR, A SHOULDER INJURY CAN PUT YOU ON THE SIDELINES. SHOULDER INJURIES COVER A RANGE OF SEVERITY AND TREATMENTS.

The fact is we are all susceptible to shoulder injury. Seniors, athletes, and those who perform repetitive activities are most vulnerable. Repetitive motion can place tremendous pressure on the shoulder, causing chronic inflammation and pain, while overuse of the shoulder is also a common cause. If an activity is performed excessively or incorrectly, a great toll can be taken on the shoulder.

“Three joints are responsible for allowing the majority of movement in the shoulder,” explains Tony J. Choi, MD, orthopedic surgeon. “Of these, the ball-and-socket glenohumeral joint, otherwise known as the shoulder joint, is the most flexible in the human body.”

The most common shoulder injury involves tendonitis in the rotator cuff—muscles and tendons that support the shoulder joint. When tendonitis strikes, it is important to seek medical attention to prevent the injury from causing further tissue damage.

#### SEEKING TREATMENT »

Once a shoulder is injured, the joint can become weaker and more likely to be injured again in the future. To help avoid re-injury, several measures can be taken to ensure the joint is healthy and fully repaired.

After diagnosis, anti-inflammatory medication and hot and cold packs are often used to treat shoulder injury. In addition, steroid injections and

surgery can play a role in treatment to help with the initial pain from a shoulder injury. The mainstay of treatment for the long term involves physical therapy.

“Treatment of shoulder injuries revolves around stabilizing the affected joint and allowing it time to heal properly,” adds Dr. Choi. “One of the most important elements in recovery is physical therapy.”

When a shoulder injury calls for surgical repair, Kishwaukee Community Hospital provides a healing environment and a professional staff skilled in minimally invasive arthroscopic procedures as well as open joint replacement.

## QUALITY CARE RIGHT HERE

Orthopedic Surgeon Tony J. Choi, MD, practices at Midwest Orthopaedic Institute, a multi-specialty clinic in Sycamore and Sandwich. He's on staff at Kishwaukee and Valley West Community Hospitals.

“Our physicians perform cutting-edge surgery that rivals that being done in larger cities,” says Dr. Choi. “Dr. Michele Glasgow [MD] and I cover every disorder in the shoulder and elbow, offering arthroscopic shoulder surgeries, care for shoulder and elbow trauma, shoulder replacements, and the new reverse-shoulder replacement not previously available in this area.”

For more information about orthopedic services at Kishwaukee Community Hospital, visit [www.kishhospital.org](http://www.kishhospital.org).

## Sore Shoulder?

If you suffer from shoulder pain, see an orthopedic specialist for diagnosis and treatment that can prevent worsening of the problem. Common causes include arthritis, bursitis, dislocation, muscle strain, shoulder separation, and tendonitis.

Visit [www.kishhospital.org](http://www.kishhospital.org) to explore orthopedic services provided by physicians from Midwest Orthopaedic Institute at Kishwaukee Community Hospital.

