

CONNECTIONS

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A health and lifestyle publication from Evanston Northwestern Healthcare.



Paralysis Averted

Teamwork in the ER and beyond

Pregnancy and Depression
Lightening the *Mother-load*





Mark R. Neaman
President and CEO,
Evanston Northwestern
Healthcare

Welcome to the debut of *Connections*, a bimonthly publication bringing you the latest in medical technology, research, and personal care at Evanston Northwestern Healthcare (ENH). Every issue of *Connections* will give you up close and personal access to new medical developments and share with you some of our patients' amazing stories.

Our mission is "To preserve and improve human life," which we endeavor as a fully integrated, multi-hospital healthcare system serving northern Illinois. Our system of care is strengthened by the presence of the ENH Research Institute—where an advancement such as the discovery of a lead gene that causes schizophrenia (a chronic, debilitating brain disorder that affects 70 million people worldwide) was recently detected by an ENH physician/researcher. Our commitment to research allows for the easy migration of the latest findings into our hospitals, ambulatory settings, and even our patients' homes.

By reading *Connections* you can stay engaged with the management of your family's healthcare needs. October is Breast Cancer Awareness Month and in this issue, you will find information about our newly opened Breast Cancer Center and Total Joint Replacement Center.

Our cover story dramatically illustrates the concept behind our newly launched brand campaign, "Better Connections. Better Care." Here, a patient's entry into the ENH system led her to a successful outcome and recovery by connecting her to a "dream team" of physicians.

When **you** choose an ENH physician, you're automatically connected to hundreds of world-class primary care physicians and specialists, and just as importantly, they're connected to you. That's because we believe better connections mean better care, and that's why we're here.

We are very interested in what you think about our new magazine. We encourage you to share your thoughts and opinions by sending in "letters to editor."

We hope you enjoy *Connections* and that it will be a valuable and educational resource for you, your family, and your friends.

Regards,

Mark R. Neaman
President and Chief Executive Officer
Evanston Northwestern Healthcare

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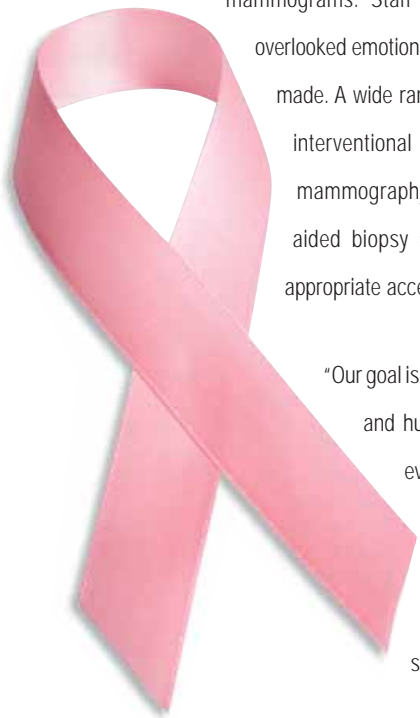
New Center for Breast Health at Glenbrook Hospital Offers Exceptional Care in Compassionate Environment

Once a week in the early morning, most of the staff at the Patricia G. Nolan Center for Breast Health at Glenbrook Hospital convenes for a lively interdisciplinary case review of new patients currently undergoing treatment at the center. These meetings highlight the commitment to the timely sharing of expertise and information that sets the center apart from many of the other medical facilities a woman may choose when seeking breast cancer treatment, according to the center's leaders, Jan Jeske, MD, Radiology; David J. Winchester, MD, Surgical Oncology; and Elaine Lee Wade, MD, Medical Oncology and Hematology. Doctors Jeske and Winchester are co-directors of the center with Dr. Wade serving as the associate director. They are all on the faculty of Northwestern University's Feinberg School of Medicine.

More than 70,000 breast imaging procedures are performed annually at Evanston Northwestern Healthcare (ENH) facilities, with more than 25% of those taking place at Glenbrook Hospital. Established with a \$1.5 million gift from the Daniel and Ada L. Rice Foundation, the Center for Breast Health makes it easier and more pleasant for women to schedule and undergo breast cancer screening, including

mammograms. Staff members are trained to provide the often overlooked emotional support so critical when a positive diagnosis is made. A wide range of advanced diagnostic screening tests and interventional capabilities will be available, including digital mammography, film-screen mammography, and computer-aided biopsy systems. Patients also will have timely and appropriate access to breast MRI.

"Our goal is to provide the resources, equipment, knowledge, and human compassion to enable a complete breast evaluation, particularly for those women who have a newly diagnosed breast abnormality," said Dr. Jeske. "This center is special because of the close proximity of specialized radiologists, surgeons, nurses, [continued on page 5](#)



Evanston Northwestern Healthcare Is the Only Regional Site Conducting Landmark Study on Migraines

ENH Researchers Lead Groundbreaking Study That May Connect Headaches to Heart Condition



Ted Feldman, MD

Evanston Northwestern Healthcare (ENH) is conducting a clinical trial to explore a possible link between migraine headaches and a tiny opening in the heart, called a patent foramen ovale (PFO), and

whether closing it might reduce migraines. Principal investigators for this study include Ted Feldman, MD, ENH Director of Cardiac Catheterization, and Susan Rubin, MD, ENH Director of the Women's Neurology Center.



Susan Rubin, MD

A PFO occurs when a small opening between the heart's left and right upper chambers, or atria, does not close during infancy. Nearly 25% of adults have a PFO, but it usually does not affect regular daily activities. Recent studies show that almost 40% of migraine sufferers have a PFO.

It is not yet known why people with a PFO may be more likely to have migraines. Nor is it known why closing the PFO may reduce the incidence of migraine attacks. Medical scientists theorize that blood allowed to pass through the PFO from the upper right chamber of the heart to the upper left chamber without first being filtered by the lungs may contain substances that trigger migraines. Even in patients with a PFO, the flap over the opening is closed most [continued on page 5](#)

Prostate Cancer Center of Excellence at Evanston Northwestern Healthcare

Evanston Northwestern Healthcare (ENH) is respected for establishing comprehensive, multidisciplinary programs that offer patients and their families the best treatment options, as well as access to research initiatives aimed at early detection and non-invasive therapies. Continuing this tradition of excellence, and in keeping with its mission to preserve and improve human life, ENH is establishing a Prostate Cancer Center of Excellence. This new Prostate Cancer Center of Excellence will bring together professionals in surgery, oncology, and medical oncology along with team members from genetics, psychosocial counseling, dietary science, and sexual health and rehabilitation to respond to what can now be a survivable disease with individualized recovery plans for each patient.

Prostate Cancer

A man is diagnosed with prostate cancer every 3 minutes in the United States. Every 13 minutes a man dies of prostate cancer. This widespread prevalence of prostate cancer results in approximately 240,000 cases in our country each year, 32,000 of which result in death. Although it is the most common non-skin cancer in the United States, and second only to lung cancer as the primary cause of cancer death in men, prostate cancer is only recently attracting the attention it deserves. As men have become more educated about their own health issues and more willing to seek treatment, the rate of recovery from prostate cancer has risen, with a nearly 90% cure rate following early detection.

Despite improvements in detection and treatment, men with newly diagnosed or recurrent prostate cancer frequently face difficult or confusing treatment decisions. This uncertainty impacts not only them but also their families. There is no single, one-size-fits-all approach to treating prostate cancer. While it is critical that men diagnosed with prostate cancer be treated comprehensively, the difficulties associated with seeking out various specialists and attempting to coordinate care can be overwhelming for patients and their families. The entire diagnostic and treatment process calls for a continuous support network as men follow the recommendations of their physicians. On behalf of these patients and their loved ones, there exists a tremendous need to:

Establishing a Prostate Cancer Center of Excellence

ENH believes that men diagnosed with prostate cancer should be able to consult with 3 primary specialists to determine the most effective treatment: a urologist, a radiation oncologist, and a medical oncologist. ENH also believes that centralizing these relevant disciplines and their associated services is the most productive model for reaching consensus on treatment, coordinating care, and offering men the most conclusive treatment advice. The Prostate Cancer Center of Excellence provides a seamless continuum of care for patients and a comprehensive flow of information to patients and their families. The center is led by Charles B. Brendler, MD, Vice Chairman for Academics and Development in the Evanston Northwestern Healthcare Department of Surgery and Professor of Urology at Northwestern University's Feinberg School of Medicine.



Charles B. Brendler, MD

Dr. Brendler brings to ENH a wealth of expertise and knowledge, having served for 13 years as Professor and Chief of Urology at The University of Chicago, and, previously, for another 13 years as a faculty member in the Department of Urology at The Johns Hopkins University School of Medicine.

- Strengthen early detection strategies for prostate cancer
- Develop a customized treatment plan for each patient
- Address each stage of treatment from multiple perspectives
- Help patients deal with quality-of-life and survivorship issues

"Physicians feel strongly that screening is a wise decision for most men but specifically those at higher risk," said Dan Shevrin, MD, Senior Attending, ENH Division of Hematology/Oncology and Associate [continued on page 5](#)

Evanston Northwestern Healthcare Oncology Program Among Best in U.S.

In the 2007 U.S. News & World Report "Best Hospitals" issue, ENH's oncology program is ranked among the 50 best programs.

Evanston Northwestern Healthcare (ENH) is one of the best healthcare systems in the United States, according to *U.S. News & World Report* in its annual survey of America's hospitals. In the 2007 "Best Hospitals" issue, ENH's oncology program is ranked among the 50 best programs in the country for the second consecutive year.

"This recognition reinforces the world-class care provided by Evanston Northwestern Healthcare," said Janu Khandekar, MD, Chairman, Department of Medicine. "Twenty five years ago our cancer center became the first built by a community hospital anywhere in the nation. Today, our approach to care is being replicated by cancer centers worldwide." ENH offers patients access to a multi-specialty team of international experts that convenes on behalf of each patient to design and support their treatment plan.

The 2007 rankings are based on a mathematical formula that takes into account:

- The ratio between actual and expected mortality at a hospital
- A group of factors such as available technology, patient/community services, procedure volume, and nursing
- Each institution's reputation, according to a poll of 200 specialists in each field, who are asked to list "the five hospitals they consider best in their specialty for difficult cases, without considering cost or location"

Evanston Northwestern Healthcare: One of 2007's "Most Wired" Hospital Systems

For the fourth consecutive year, Evanston Northwestern Healthcare (ENH) has been named one of the nation's "Most Wired" hospital systems by the 2007 "Most Wired" Survey and Benchmarking Study. This study was released in the July issue of *Hospitals & Health Networks* magazine, which has been naming the 100 "Most Wired" hospitals and health systems annually since 1999.



"We are very proud to receive this award once again," said Tom Smith, Chief Information Officer at ENH. "The 'Most Wired' award measures the use of information technology (IT) in a hospital. It measures usage

in clinical areas as well as administrative and billing areas," he said. "We have been able to apply IT to meet the needs of both staff and patients. The end result of all these systems is to provide the best in patient care."

The nation's 100 "Most Wired" hospitals show better outcomes in 4 key areas:

- Mortality rates
- Patient safety measures from the Agency for Healthcare Research and Quality (AHRQ)
- Core measures from Hospital Compare
- Average length of hospital stay

This study focuses on how the nation's hospitals use information technologies to enhance quality, customer service, public health and safety, business processes, and workforce issues.

Center for Breast Health, *continued*

and genetic counselors that will provide comprehensive evaluation and support for women requiring therapy or additional monitoring." Housing all of the proposed elements under one roof could have a dramatic impact on the health and peace of mind of the thousands of women ENH serves.



Jan Jeske, MD

"Minimally invasive image-guided biopsy systems will allow for precise evaluation of tumors that may not be detectable by physical findings," said Dr. Winchester. "With this close association among specialists, we provide patients with seamless and supportive guidance through their diagnostic evaluation and therapy."



David J. Winchester, MD

Dr. Wade, who has worked with breast cancer patients for 15 years, believes the heightened level of communication that distinguishes the center, as well as the level of expertise of the staff, offers women an unusually high caliber of care. "We talk about our patients as a whole, carefully coordinating every case and aspect of care," she said. Dr. Wade's commitment to her patients is evident in her service to various cancer-related organizations, including the Susan G. Komen Breast Cancer Foundation, the Y-Me National Breast Cancer Organization, and the American Cancer Society. "Patients who come to the center will feel welcome and well-cared for here," said Dr. Wade.



Elaine Lee Wade, MD

For your convenience, additional breast cancer screening sites include: Nordstrom in Old Orchard Shopping Center; Vernon Hills Specialty Care Center; ENH Medical offices in Deerfield and Evanston; Old Orchard in Skokie; and Evanston and Highland Park Hospitals. To schedule a routine mammogram, call 1-888-ENH-6400.

Migraine Trial, *continued*

of the time. However, during physical exercise, coughing, or other instances when pressure inside the chest increases, the flap can suddenly open, allowing unfiltered blood to cross into the heart's upper left chamber.

The ESCAPE Migraine clinical trial expects to enroll 500 patients in the United States who have not found relief from migraines with preventive medicine, have experienced unwanted side effects from drug therapy, or have been advised by a doctor against medications due to another condition. The ESCAPE Migraine trial is one of over 600 clinical trials currently being conducted at the ENH Research Institute. For more information, visit www.enh.org.

Prostate Cancer, *continued*

Professor of Medicine, Northwestern University. "Sadly, many of those at risk are under the misconception that the treatments for prostate cancer will lead to incontinence and impotence and that's not necessarily true." In fact, incontinence is rare and if the disease is caught early, newer surgical and radiation techniques are available to reduce the likelihood of impotence.

The most important thing to remember about prostate cancer is that testing should begin at age 40 for men with a family history of the disease and all African-American men, and should begin at age 50 for all other men. As with any other test, patients should discuss the pros and cons of prostate cancer screening with their physician. Screening, done by your family physician, involves a blood test, the Prostate Specific Antigen (PSA) test, and the Digital Rectal Exam (DRE). These simple tests take only a few minutes and are the best weapons against this common, but usually slow growing cancer.

If you don't have a family doctor, visit www.enh.org to locate an Evanston Northwestern Healthcare physician near you. For information about the the new Prostate Cancer Center of Excellence, please call 847-657-5730.

HOW A
10-inch BLOOD CLOT
NEARLY LED TO
Total Paralysis

(and the team of doctors who prevented it)

Deborah McConnell, a 60-year-old Lake Forest resident, recalls every detail of last April 28th, when she awoke in agony at 4 AM. "The pain felt like a firecracker exploding through my neck and in my shoulders," she said. "I told my husband we had to go to Evanston Hospital immediately." Although Mrs. McConnell had no idea what was wrong with her, she reacted wisely by seeking help immediately. It was a decision that altered the course of her life.



As they traveled south from Lake Forest to Evanston Northwestern Healthcare (ENH), the McConnells called the answering service of Dr. David Shapiro, an orthopaedic surgeon whom both of the McConnells had seen previously—Mrs. McConnell for back pain and Mr. McConnell for the regular discomfort he experiences as the result of his height (he stands 6 feet 6 inches).

“Dr. Shapiro was referred to me by two ENH doctors I respect very much,” said Mrs. McConnell. She was referring to Geoffrey Fenner, MD, FACS, Chief of the Division of Plastic Surgery at ENH, and David J.

“The pain I experienced was like a firecracker exploding through my neck and in my shoulders.”

Winchester, MD, General Surgery. In fact, both of these physicians had performed surgical procedures on Mrs. McConnell in the past with excellent results. In a kind of medical foreshadowing, she’d asked them to help her select an orthopaedic surgeon, “When you think so highly of a physician—and in this case *two* physicians—you feel assured that the doctor they’re recommending will be excellent.”

The McConnells arrived at ENH’s Emergency Department at about 5 AM—approximately an hour after her excruciating back and neck pain had awakened her. She was still experiencing agonizing spasms and paralysis had already set in.

Before long, a magnetic resonance image (MRI) revealed the rarest of medical occurrences—and one that is quite dangerous: a hematoma (blood clot) between 8 and 10 inches long in her spinal column.

The hematoma, called a “spontaneous bleed,” was of unknown origin.

Jeffrey W. Cozzens, MD, a neurosurgeon in ENH’s Department of Surgery, was on call in the Emergency Department early that morning. Working as a team, Drs. Cozzens and Shapiro devised and performed a 7-hour surgery that covered an area from the middle of the cervical spine (the top 7 vertebrae in the back) to the upper part of the thoracic spine (the middle 12 vertebrae in the back). They removed the hematoma, which was putting immense pressure on the spinal cord and causing the paralysis.



(from left to right) David Shapiro, MD, Deborah McConnell, and daughter Heather, review x-rays of Mrs. McConnell’s spine.

“It’s a very complex and tricky surgery,” explained Dr. Shapiro, who performed a fusion to meld the spine together and ensure that Mrs. McConnell’s posture would remain intact.

Amazingly, within a day, most of the neurological damage was reversed. Dr. Shapiro pointed out that if Mrs. McConnell had delayed taking action by even a few hours, she would probably be a quadriplegic today. Mrs. McConnell would have retained mobility in her shoulders, but that would have been the extent of her ability to control her movements.

Rather surprisingly, Mrs. McConnell’s recovery was a speedy one. This can be attributed, in part, to advanced technologies in bone fusion. Dr. Shapiro was able to employ 2 high-tech substances (BMP and “Symphony”) to enhance the healing of Mrs.

McConnell’s fusions and minimize her pain. Dr. Shapiro said that for the past 70 years and until quite recently, those needing spinal surgery had to undergo the difficult process of having bone taken from their own hips to repair the spinal column, a procedure that caused people the most pain.



Mrs. McConnell noted that during her hospital stay, “I had a very strong will to get better and incredible support from family and friends.” Mrs. McConnell fly fishes, plays a mean game of bridge, and is a passionate amateur in the art of theorem painting, an early American decorative technique that dates back to the first half of the 19th century. She avoided living the rest of her life as a quadriplegic, thanks to the emergency surgical team at ENH. As her friend, a former ENH nurse, said to her, “You’ve won the lottery. You were lucky enough to be taken care of by a surgical ‘dream team.’”

Mrs. McConnell also credits Miledones N. Eliades, MD, Physical Medicine/Rehabilitation, for leading a superlative rehabilitation team. For her, the high point of rehab was pet therapy. Mrs. McConnell took a particular liking to a lively “Labradoodle.”

“I wanted to get my butt out of bed to see those dogs,” she laughed. “Rehab was actually an engaging

process. We exercised as a group and participated in other activities that helped promote well-being and the healing process.”

As of late July, Mrs. McConnell is almost completely recovered. She will be spending her time participating in an array of activities, including counting her lucky stars.

“I think ENH ranks above other hospitals I’ve had experience with. From the time I was admitted to the time I went home, I had incredible care.”

Deborah’s Dream Team

- David Shapiro, MD
Orthopaedic Surgery
- Geoffrey Fenner, MD, FACS
Chief, Division of Plastic Surgery
- David J. Winchester, MD
General Surgery
- Jeffrey W. Cozzens, MD
Neurosurgery
- Miledones N. Eliades, MD
Physical Medicine/Rehabilitation



Pregnancy and Depression:

Lightening the

Mother load

The statistic that **1 in 10** women experience depression during and/or after pregnancy may no longer be headline news, but the myth of motherhood always being a near-blissful state is difficult to dispel.

The Perinatal Depression Program

Jo Kim, PhD, Director of the Perinatal Depression Program at Evanston Northwestern Healthcare (ENH), is on a mission to create a safety net for women who discover, often unexpectedly, that pregnancy and new motherhood aren't always the stuff dreams are made of. That's why at ENH, a staff of licensed mental health professionals collaborates with Kim—and with expectant moms—to ensure a smoother transition to motherhood.

A visionary approach: “Our program is groundbreaking,” said Kim. “Very few healthcare providers have as comprehensive a system for treating depression in pregnancy as we do here at ENH.” For example, “Only a handful of hospitals use universal screening with women in the third trimester or have a 24-hour telephone line available to women experiencing depression, those who love them, and healthcare providers.”

The program at ENH was founded in memory of a young woman who lost her battle with postpartum depression. In the summer of 2001, Jennifer Mudd Houghtaling, suffering from postpartum depression, took her life and left behind a grieving son, husband, and family. Since then, Jennifer's parents, Dr. Charles Mudd and his wife Joan, have spent countless hours researching services and support groups that could have helped Jennifer and other women suffering from postpartum depression. They learned that there's a gap in this area of mental health and have donated their time and money to help fill that gap through the establishment of ENH's innovative program.

Motherhood myths

“The biggest myth about motherhood is still that it's always the most joyous time in a woman's life. There's still a stigma involved,” said Kim, who credits actress Brooke Shields for shining much-needed light on the subject of postpartum depression by chronicling her own struggles in the book, *Down Came the Rain: My Battle with Postpartum Depression*.

“Another myth worth busting is that pregnancy-related depression most often occurs *after* birth,”

Postpartum depression affects a woman's sense of well-being and keeps her from functioning effectively. Women may feel worthless and have thoughts of death or suicide. “It is critical that women experiencing postpartum depression seek help,” said Kim, who emphasizes that treatment *is* effective. A combination of medication, support groups, and counseling is often recommended.

And last, at the far end of the spectrum, is postpartum psychosis, occurring in 1 or 2 of every 1,000 births,

Very few healthcare providers have as comprehensive a system for treating depression in pregnancy as we do here at ENH.

said Kim. In truth, some women are every bit as likely to be depressed *during* pregnancy.

From “baby blues” to postpartum psychosis

It's critical to define terminology and draw distinctions when discussing depression and pregnancy, Kim explained. A phenomenon called the “baby blues” surfaces among 50% to 80% of new mothers. They experience sadness, crying spells, and other symptoms, but these are not severe and will normally dissipate within a few weeks. Hormonal changes, fatigue, and disrupted sleep patterns are the culprits. In most cases, napping or talking to an understanding spouse or friend is helpful. If those symptoms don't fade, and in fact become more severe, postpartum depression may be setting in.

and usually becoming evident in the 6 weeks postpartum. Women with psychiatric disorders such as bipolar disorder or schizoaffective disorder are at greater risk for postpartum psychosis. When postpartum psychosis occurs, it is a psychiatric emergency requiring immediate medical attention. When women experience it, symptoms include irrational behavior, suicidal thoughts, and thoughts of harming their children.

Women who are pregnant can talk with their doctors about depression, or they can call Evanston Northwestern Healthcare's confidential 24-hour crisis and support line at 866-ENH-MOMS (866-364-6667). Learn more on the Web at <http://www.enh.org/clinicalservices/maternityservices/postpartum>.

Harmony of Mind, Body, and Spirit

Integrating the mental and spiritual into physical healing

Evanston Northwestern Healthcare's (ENH) Integrative Medicine Program, which opened its doors in 1999, is now operating at near full capacity, and Leslie Mendoza Temple, MD, Medical Director of the program, believes that many more patients will continue to benefit from its wide range of services. "I haven't encountered many conditions that integrative medicine therapies cannot alleviate in some way," said Dr. Mendoza Temple.

Dr. Mendoza Temple and her team operate within an environment in which both practitioner and patient are engaged in the patient's healing process and lifelong learning. The program serves as a new model for addressing healthcare in the United States. Indeed, the ENH program represents a national model of excellence in an environment where similar programs have struggled for survival, or have completely shut down.



After completing her Family Medicine Residency at ENH, Dr. Mendoza Temple completed a 2-year dual fellowship in Academic Faculty Development in Family Medicine while studying at the University of Arizona Program in Integrative Medicine. The first of its kind in the U.S., the fellowship program is directed by Andrew Weil, MD, internationally recognized as a pioneer in integrative medicine.

Dr. Mendoza Temple explained, "Integrative medicine emphasizes the therapeutic relationship between practitioner and patient and makes use of evidence-based therapies—whether from the Western allopathic realm or traditional Oriental medicine." Oriental medicine is a 3,000-year-old system of healthcare and the third most utilized type of medicine in the world.

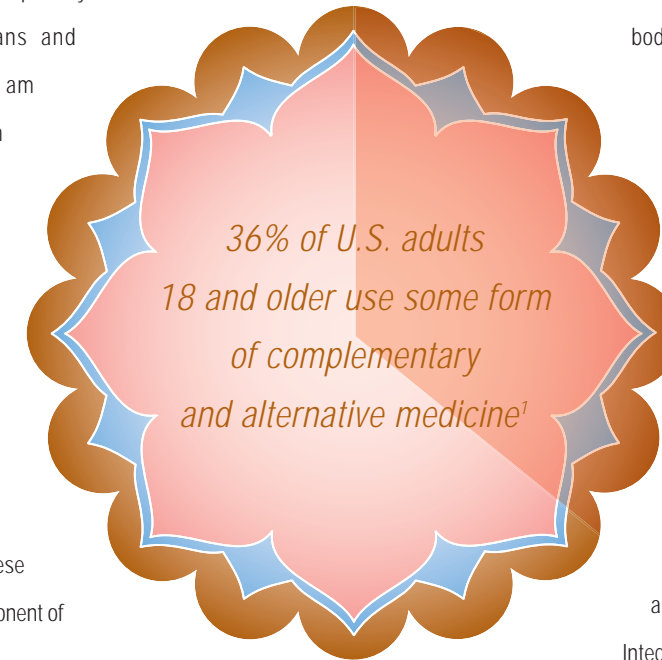


Leslie Mendoza Temple, MD

Dr. Mendoza Temple has seen an increasing number of referrals from primary care physicians and specialists. "I am pleased with the growing physician awareness of how integrative medicine can provide new ways to help patients," she said. "Increasingly, patients can talk with their healthcare providers about complementary and alternative medicine (CAM) therapies and whether or not these offerings should be considered as a component of their treatment plans."

Those who have had no prior experience with CAM therapies may wonder how integrative medicine can fit into their healthcare plans. Dr. Mendoza Temple said that many conventional therapies may be combined with CAM therapies, as long as there is proper medical supervision. For example, many cancer patients receive acupuncture during and after their treatment regimens to help reduce nausea, fatigue, and pain. People with health issues as

diverse as insomnia, gastrointestinal dysfunction, or chronic migraines may find relief and pain control with the program's acupuncture, bodywork, stress reduction, and nutrition counseling therapies.



Linda Basili was diagnosed with head and neck cancer one and a half years ago. Prior to her combination treatment of chemotherapy and radiation, she sought alternative therapy of acupuncture and craniosacral therapy through Integrative Medicine. She says, "I really believe the reason I've come through my radiation and chemo treatment with very little side effects is because of Integrative Medicine. Quite honestly, their therapy has kept my body in balance during very aggressive cancer treatments. I think all cancer patients should seek the guidance of integrative medicine while also working with their oncologist. The two go hand in hand."

The ENH Integrative Medicine Program's staff currently includes a nurse, licensed practitioners of traditional Oriental medicine, licensed integrative bodyworkers, medical exercise therapists, a nutrition counselor, herbalists, and a yoga/meditation instructor.

Dr. Mendoza Temple is an Assistant Professor of Family Medicine at Northwestern University Medical School. She participates in clinical studies with the ENH Research Institute's Center for Outcomes Research (CORE). Her expertise is also reflected in her contributions to textbooks and journals in the fields of Family and Integrative Medicines.

For more information about the ENH Integrative Medicine Program, please visit www.enh.org/integrative. Healthcare services, plus a variety of classes, are provided at the ENH Integrative Medicine Program clinic located at the Park Center, 2400 Chestnut, Glenview; 847-657-3540.

¹Barnes PM, Powell-Griner E, McFann K, Nahin RL. Complementary and alternative medicine use among adults: United States, 2002. CDC Advance Data From Vital and Health Statistics, No. 343. 2004;1-20.

Total Joint Replacement Center Serves Growing Demand With Surgical Improvements and Expertise

Changes in the way people are living, working, and exercising have a dramatic impact on modern life. These days, most individuals have an expectation of being active, productive, and physically fit at any age. Evanston Northwestern Healthcare's (ENH) Total Joint Replacement Center (TJRC) at Glenbrook Hospital anticipates and understands these expectations. Our goal is to better educate, manage, and follow ENH patients and help them benefit from the rapidly growing field of total joint replacement. "The Total Joint Replacement Center at Glenbrook Hospital has become one of the busiest and best joint replacement programs in the country. The center focuses on enhancing patient outcomes, increasing patient satisfaction, and enabling expanded research and teaching that will benefit joint replacement patients," said William Robb, MD, Chairman, Department of Orthopaedic Surgery at Evanston Northwestern Healthcare.

The TJRC recognizes several trends:

- Baby boomers are rapidly reaching the age when total joint replacement is inevitable for many.
- Minimally invasive techniques continue to be a growing interest among total joint replacement patients.

- Large numbers of Americans who have led active lifestyles from an early age are discovering that their joints are literally wearing out, and arthritis is a major problem.
- A growing number of younger people are obese, driving an accelerated demand for total joint replacement and creating special needs for successful surgery.
- People are simply living longer and want to stay active and independent.

patients to increase their satisfaction and provide state-of-the-art expertise and technology. The center's highly trained nurses and staff work together with orthopaedic surgeons to ensure that each patient has a comprehensive understanding of both the surgery and rehabilitation following surgery.

Specialists in total joint replacement at ENH have been providing care for more than 2 decades to more than

These days, most individuals expect to be active, productive, and physically fit at any age.



Over the next 20 years, the need for total joint replacement will increase *fourfold*, according to Dr. Robb.

Total joint replacement is a surgical procedure in which an arthritic or damaged joint is replaced with an artificial joint, called a prosthesis or implant. By having a centralized program to guide patients through the entire process of total joint replacement, from the preparation for surgery through the completion of rehabilitation, ENH is partnering with

1,000 patients each year from the North Shore, the Chicago Metropolitan Area, and the Midwest. The TJRC is currently designed to help patients undergoing hip, knee, and ankle replacements. In the future, it may expand to include shoulder and elbow replacement. Additionally, the center actively conducts research with the objective of providing "best" outcomes for all total joint replacement patients. Research programs at the center are conducted in collaboration with ENH's Research Institute.

Dr. Robb emphasizes that the center is patient-focused and patient-friendly. Its staff is trained to address individual patient needs. A 40-year-old patient expecting to recover at home following surgery has far different concerns than an elderly patient already living in a long-term care environment. From the moment patients are referred to the center, they learn about what to expect before, during, and after the surgery.

Dr. Robb and his colleagues at the center, James C. Kudrna, MD; Van Stamos, MD; Robert McMillan, MD; Rima Nasser, MD; Arnold Cohn, MD; and Michael O'Rourke, MD (all orthopaedic surgeons who specialize in total joint replacement) concur that the overarching factor determining success following total joint replacement is the degree of patient preparation and understanding.

Recently recruited from the University of Iowa, Dr. O'Rourke is the Director of the center. He believes the center's comprehensive approach, allowing physicians, nurses, physical therapists, and administrative staff to work with patients, ensures that expectations are realistic and that important post-surgical milestones are achieved as early as possible. This philosophy allows the best opportunity for streamlined patient care.

Orthopaedic surgeons at ENH are leaders when it comes to total joint replacement, offering innovative technology and treatment options including:

- Experience in making surgery less invasive through shorter incisions and minimizing surgical trauma to muscles and tissues surrounding the replaced joint.
- Computer-assisted surgery for knee and hip replacements, increasing precision and reliability of the surgery.
- Establishment of progressive pain management strategies that speed recovery and minimize postoperative pain.

Recently approved in the U.S. (available in Europe for several years), hip resurfacing is designed primarily for younger patients,

according to Dr. Kudrna. "Unlike the prosthesis used in traditional hip replacement, which is made to replace the femoral head, the resurfacing prosthesis is designed to preserve, reshape, and cap the femoral head," said Kudrna. "In many cases, hip resurfacing is preferable because it saves bone and may be more durable."

"All these factors combine to make the surgical experience better and allow reproducible successful outcomes," said Dr. Robb.

The TJRC offers the latest advancements and technology to ENH patients. One recent example of this new technology is hip resurfacing—an alternative to traditional total hip replacement.

For a referral to an orthopaedic physician to evaluate your condition for the best treatment option, please call Evanston Northwestern Healthcare Physician Referral at 847-570-5020.



Gene Linked to Schizophrenia Detected at Evanston Northwestern Healthcare Research Institute

ENH researcher identifies schizophrenia gene and searches for treatment

Pablo Gejman, MD, Director of the Evanston Northwestern Healthcare Center for Psychiatric Genetics and a researcher at the Evanston Northwestern Healthcare Research Institute, has detected a lead gene that causes schizophrenia,

a chronic, debilitating brain disorder that affects 70 million people worldwide. Currently there is no cure for schizophrenia, but cure and prevention are the main goals of Gejman's research.

"The hallmark of schizophrenia is the presence of psychosis, which includes symptoms of delusions and hallucinations," said Dr. Gejman, lead author of the study "Polymorphisms in Trace Amine Receptor 4 (TRAR4) are Associated with Susceptibility

for Schizophrenia on Chromosome 6q23.2," published in the *American Journal of Human Genetics* in 2004. "Frequently, patients with schizophrenia show disorganization and incoherence, particularly

during the acute periods of the disease. There are other common symptoms of schizophrenia, known as 'negative.' They typically take the form of affective flattening, lack of motivation or apathy, and reduced feelings of being pleased or gratified. Schizophrenia is frequently associated with depression, and the suicide rate is high."

Dr. Gejman's team detected the gene by studying the DNA of family members of persons affected with schizophrenia. People who have schizophrenia frequently have one form of the gene. Dr. Gejman's research would potentially be useful for developing new medications to treat schizophrenia. Many patients who are taking medication are able to live reasonably productive lives, but improved drugs will help to minimize side effects often associated with current medication. Antipsychotic medications have been available since the mid-1950s. Many of these drugs inhibit a brain chemical called dopamine. Along with serotonin, dopamine is a neurotransmitter synthesized in the brain and is essential for the central nervous system to function properly. Both allow nerve cells in the brain to send messages to each other.

Dr. Gejman and his collaborators are the recipients of an \$11 million grant, one of the largest from the National Institutes of Health. "The results from our research will improve our understanding of the biological mechanisms that lead to schizophrenia and how the genes that confer risk to schizophrenia interact with the environmental risks," Dr. Gejman said. "Alterations in mood are common in schizophrenia. Bipolar disorder might have some shared genetic factors with schizophrenia; our research might yield light on them."

With one of the largest schizophrenia databases in the world, Dr. Gejman is working with thousands of patients to research gene mutations and other genetic makeup that causes the disease. There are different types of schizophrenia, including paranoid, catatonic, disorganized, and schizoaffective disorder. Schizoaffective disorder causes severe mood symptoms and psychosis.

"It is difficult for people suffering from schizophrenia to differentiate between what is real and what they have imagined, and people with the disorder are usually withdrawn in social situations and display few emotions," said Dr. Gejman. Some schizophrenics may see, feel, or hear something that does not exist. Hearing imaginary voices is common. It is usually detected in people ages 13 to 25, but can appear earlier in males than it does females."

Genetic factors also play a role, as people who have family members with schizophrenia may be more likely to get the disease themselves. However, there are also non-genetic factors. For example, there is evidence suggesting that certain infections during intrauterine development or at birth may increase the risk for developing schizophrenia later in life.

Dr. Gejman stated, "The symptoms of schizophrenia can make it difficult to relate with the patient, and the burden on families is high. Families benefit from education on what to expect from schizophrenia and from dedicated emotional support. A positive attitude of the family in regards to continuing medical care is critical for the outcome of the disease."

The ENH Research Institute is the research arm of Evanston Northwestern Healthcare (ENH). Affiliation with Northwestern University's Feinberg School of Medicine, and the university's basic sciences and biomedical engineering departments, creates a dynamic environment where the best and brightest clinical and scientific minds collaborate and innovate. The Institute has achieved national renown for its clear focus on clinical and "translational" research—research that renders laboratory findings directly into advancements in patient care.

The National Institutes of Health (NIH) is the nation's most prestigious judge of biomedical research excellence. ENH is in the top 5% of all institutions that receive funding from the NIH; among multi-specialty independent research hospitals, it ranks 10th in the nation and number one in Illinois.

The ENH Research Institute has built a national and international reputation in the following 7 areas of research with the greatest potential to benefit the people of our communities:

- Advanced Imaging
- Cancer
- Cardiovascular
- Medical Genetics
- Neuroscience
- Outcomes
- Peri-neonatal



Today, ENH conducts approximately 600 clinical trials of various types. To view a listing of current trials underway, go to www.enh.org and search "clinical trials."

ENH researchers Pablo Gejman, MD (left) and Alan Sanders, MD review DNA samples. Both are affiliated with the Northwestern University Feinberg School of Medicine

Will's Challenge: How one infant's care inspired a loving gift for others

Shortly after adopting him, Sarah Schmidt and Julie Matthei learned their infant son Will had sickle cell anemia, a chronic blood disorder. They were determined to find the best treatment available for Will, and they found it at Evanston Hospital, part of Evanston Northwestern Healthcare (ENH). Now, through a special philanthropic gift to Evanston Hospital, Schmidt and Matthei are helping to provide improved health resources for other families in the community while creating a way for others to help.

As Schmidt and Matthei quickly learned, even routine illnesses for an infant often entailed a trip to the Emergency Department and could require an overnight hospital stay. They met other families struggling with the same challenge—caring for a sick child while juggling family and career responsibilities. Having quality healthcare services close to home alleviated these challenges, and they decided to make a charitable contribution to Evanston Hospital to help improve care for their son and the

more than 2,000 other children and their families who use the services of the Pediatrics Unit.

The couple initiated *Will's Challenge* in honor of their son, making an initial, significant gift. The fund will

finance needed enhancements and patient amenities to Evanston Hospital's 20-bed Pediatrics Unit.

To Schmidt and Matthei, *Will's Challenge* is both a way to express thanks for the quality healthcare they received and to strengthen these resources for the community by getting other families involved.

"Evanston Hospital's Pediatrics Unit is a gem," said Schmidt. "For us, it's close to home, and the staff is just the right size to be able to really know your child's needs. We always leave the hospital feeling thankful."



Will is now a rambunctious 2-year-old, and while his sickle cell anemia will be a lifelong health concern, he has a bright future thanks to the resources at Evanston Hospital and the support of its patients and friends.

For more information on supporting *Will's Challenge*, please visit www.enh.org/foundation or call the ENH Foundation at 224-364-7200.

How to Keep Kids Safe and Healthy During the School Year

By Russell G. Robertson, MD, Evanston Northwestern Healthcare

Autumn leaves are turning. And you know what that means: whether they like it or not, your school-age children are back in school. While they're busy learning the three Rs, it couldn't hurt for you to bone up on the three Ss (how to keep them safe, sound, and successful).

Optimal sleep for optimal learning

Although children of any age need their sleep, keep in mind that your teenagers may require more sleep than anyone else in the family (as many as 9 to 10 hours). Unfortunately, they rarely get it.

But if you can help them get more Zs, they may actually get more As. One way to do this is to limit distractions like TV and computers before bedtime. It may not be easy, I know, but good sleep habits are so important that extra effort may be required on your part. If nothing you do to change their habits seems to work, they should get an additional 2 or 3 hours to sleep in on the weekends to help them replenish their deficit.

Vaccinations can help prevent needless illness

One might think that by age 5 or so, immunizations for children would be a thing of the past, but that's not the case. For example, there are new ways to

prevent a rare but lethal form of meningitis. A pertussis booster is also available for whooping cough. And for young women, there is now a vaccine to prevent infection from the most common forms of the human papilloma virus (HPV), which can cause cervical cancer.

No one looks forward to shots, but they are important to keeping your children in the best possible health. So be sure to make appointments with your family physician in a timely manner. If you're not sure of the timing or have other questions regarding vaccinations, just call your doctor's office and they'll be glad to answer your questions.

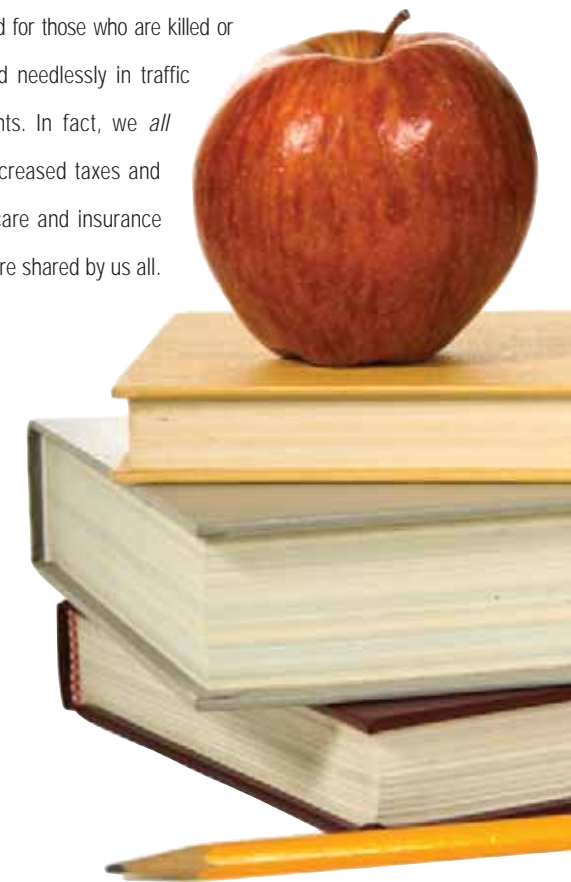
Accidents waiting to happen

While we all fear diseases, the reality is that accidental injuries are the most common cause of disability and death in our children. But, like many diseases, accidents can also be prevented. You may not be able to be with your kids all the time, but you can teach them how to avoid accidents. Education is quite literally the best medicine.

Play it safe. Start by making sure your children are well protected during play by insisting that they wear bicycle helmets, pads for inline skating, and appropriate protective gear for all sports activities. It's important that you clearly communicate this

message about safety, even if other adults do not reinforce this message.

Seat belts: make them a habit. Seat belts are a safety measure that by now should be a habit for everyone. According to the National Highway Traffic Safety Administration (NHTSA), "The needless deaths and injuries from safety belt non-use result in an estimated \$26 billion in economic costs to society annually." The emotional cost of unbuckled drivers and passengers goes far beyond the grief and loss suffered for those who are killed or maimed needlessly in traffic accidents. In fact, we *all* pay: increased taxes and healthcare and insurance costs are shared by us all.



Seat belts save lives, whether you're driving fast or slow, so be a role model for your kids by buckling up before you turn on the ignition. Believe me, if you aren't wearing your seatbelt, your kids aren't going to be wearing theirs.

Teens at the wheel

A related highway traffic safety issue is teen driving. There's no way around it: teens want to drive; it goes with the territory. It's natural to be anxious—even terror-stricken—to even think about your teenager driving a 1-ton-plus vehicle. Try to quell your alarm and remember that experience behind the wheel has a profound effect on reducing car accidents. If you have a new teenage driver in your family, ask him or her to drive as often as possible (with a licensed adult driver in the car, of course). Don't let your teenager take to the road without an adult in the car until he or she has adequately and repeatedly demonstrated competence, courtesy, and safe driving.

After-school safety

With more and more children coming home to an empty house, established rules regarding a "guest policy" are essential. The after-school hours are the time of day when kids are most likely to have sex or consume alcohol or other intoxicants if there are no adults present. In my opinion, few if any visitors should be allowed in the home

when parents are absent. It goes beyond trust issues between you and your child; it's also about protecting your children from the behaviors of others.

Teenage drinking

It has been reported that an average of 25.6% of high school students have drunk alcohol for the first time before age 13. In fact, the age at which high school students start to drink is getting younger and younger.

Think carefully about where you store your alcohol. If it's out of sight, it will probably pose less of a temptation. Exercise drinking-related behavior that will have a positive influence on the way your child approaches drinking. Most important of all: talk to your kids—seriously and repeatedly—about the dangers of underage drinking.

Oh what a Web

We've all heard about the dangers posed by the Internet—especially to children. It's important to discuss rules about computer use often with your children. And remember, there's absolutely nothing wrong with checking to see which Web sites your kids visit in your absence. In fact, it's absolutely right. Finally, ask yourself if your child really needs access to the Internet 100% of the time. If the answer is "no," then you can limit their access to when you are at home so you'll be able to see for yourself what they're up to.

Create a positive learning environment

It may not be the only reason, but the main reason for attending school is to learn. As a former teacher, I can assure you that the ways in which you communicate with your child about school issues can

make all the difference in scholastic performance. Reinforce the values of learning and inquisitiveness.

If you see that your child is struggling with school, make certain that he or she has no hearing, vision, or learning disabilities that may be impeding the understanding and learning of new information. Be sure to let your children know that your love for them is independent of their grades. Never fail to praise them for their accomplishments. A strong and affectionate parent-child relationship is the best defense against any bad influences that may be lurking.

Enjoy a family meal daily

Eating together every day helps establish a pleasant routine that your child will remember for years to come. Importantly, it also creates a natural environment for conversation and sharing.

Three little words

My prescription for making this school year happy, healthy, and fruitful, is to say "I love you" to your kids at least once daily. That simple little phrase packs a lot of power.

Have a great school year!

Dr. Russell G. Robertson has a Family Medicine practice in Glenview. He has written regularly on topical issues related to health and families for many years, and currently writes a column, "The Doctor Is In," for *Pioneer Press Newspapers*. His office can be reached at 847-657-5757.

community calendar

Evanston Northwestern Healthcare is pleased to offer you classes and events. The following is a list of some of those offerings. To register for classes and events, or to view more, log on to www.enh.org/calendar. You can also call 847-570-5020.

October Is Breast Cancer Awareness Month

Breast Cancer Support Group

Oct. 10, 2007, 7–8:30 PM
 Graham Medical Office Building
 1000 Central St., Suite 800, Evanston, IL
 This support group is for breast cancer patients at any stage of treatment. Participation is welcome in these open-ended meetings.

Justin Roberts Benefit Concert

Oct. 6, 2007, 11 AM–Noon and 2–3 PM
 Evanston Hospital, Frank Auditorium
 Children's music sensation Justin Roberts will perform in an intimate setting at Evanston Hospital. All proceeds will benefit *Will's Challenge* to renovate the Pediatrics Unit at Evanston Hospital. Free parking in Evanston Hospital's parking garage. Individuals may purchase 6 tickets at a time. Tickets are \$20 each and purchases are final.

"Look Good Feel Better" Support Group

Oct. 15, 2007, 4:30–6:30 PM
 Highland Park Hospital, 847-480-3853
Oct. 16, 2007, 5–7 PM
 Glenbrook Hospital, 847-657-5826
 A special support group for women actively undergoing cancer treatment. It teaches beauty techniques and strategies to combat appearance-

related side effects of radiation and chemotherapy. This program is offered in collaboration with the American Cancer Society, CTFA, and NCA.

Key to the Cure

Oct. 18–21, 2007
 Saks Fifth Avenue, Highland Park
 847-859-8930
 Benefits breast cancer research and treatment.

Celebrate LIFE: Diet and Nutrition Guidelines for Cancer Survivors

Oct. 25, 2007, 6–7:30 PM
 Highland Park Hospital
 The LIFE Cancer Survivorship Program, a community partner with the Lance Armstrong Foundation, introduces part one of the Myra Rubenstein Weis Survivorship 101 Lecture Series. Come and hear about "Eating to Beat Malignancy" and "Walking Away from Cancer" from the LIFE Healthcare Professional Staff. Presenters Carol Rosenberg, MD, FACP, LIFE Program Director and Founder; Carole Martz, RN, AOCN, LIFE Clinical Nurse Coordinator; and Oehme Soule, RD, lead dietician for the Women's Health Initiative, will address nutrition, exercise, and lifestyle concerns in conjunction with the American Cancer Society's "I CAN COPE" modules for cancer survivors. Light refreshments will be served starting at 5:30 PM. For more information, call Carole Martz, RN, AOCN, at 847-926-5818.



November Is American Diabetes Month

A Night in Morocco:

From Casablanca to Marrakech, Architectural Artifacts
Nov. 3, 2007
 Presented by The Associate Board of Evanston Northwestern Healthcare
 4325 N. Ravenswood, Chicago
 847-570-5306 or Kate Dell at kdell@enh.org
 Benefits Infant Special Care Unit at Evanston Hospital.

Cholesterol/Glucose Screening — PC

Nov. 6, 2007, 8–10 AM (15-minute intervals)
 Glenview Park Center, 2400 Chestnut, Suite A Glenview, IL
 This 15-minute screening measures total cholesterol, HDL ("good cholesterol"), LDL ("bad cholesterol"), triglycerides (fatty acids that contribute to plaque build-up), and glucose (an indicator of diabetes) to determine risk for heart disease. Fee: \$25.

Diabetes Education Support Group

Nov. 20, 2007, 7:30–9 PM
 Highland Park Hospital
 This program is for people interested in increasing their awareness about diabetes self-care through evening education programs. For more information, please call 847-432-8000 extension 5032.

Blood Pressure Screening

Every other Friday, 8:30–10:30 AM
 Highland Park Hospital
 Free.



TRUST. HONESTY. LOYALTY.

————— *It's the least* —————
*you should expect from people who
see you at your most vulnerable.*



Your spouse, your doctors, and your nurses. That's it. Think about it, who else gets to see you at your most vulnerable? That's why we provide some of the same things that make your relationship with your family strong—trust, honesty, and loyalty. For example, through our Kellogg Cancer Care Center, we connect you to a team of doctors who collaborate on behalf of each patient to design and support an individualized treatment plan. This helps build the connections you can have with your healthcare provider. You see, we've learned over the 100 years we've been doing this that better connections mean better care. And that's why we're here.



Better Connections. Better Care.

Evanston Hospital | Glenbrook Hospital | Highland Park Hospital

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