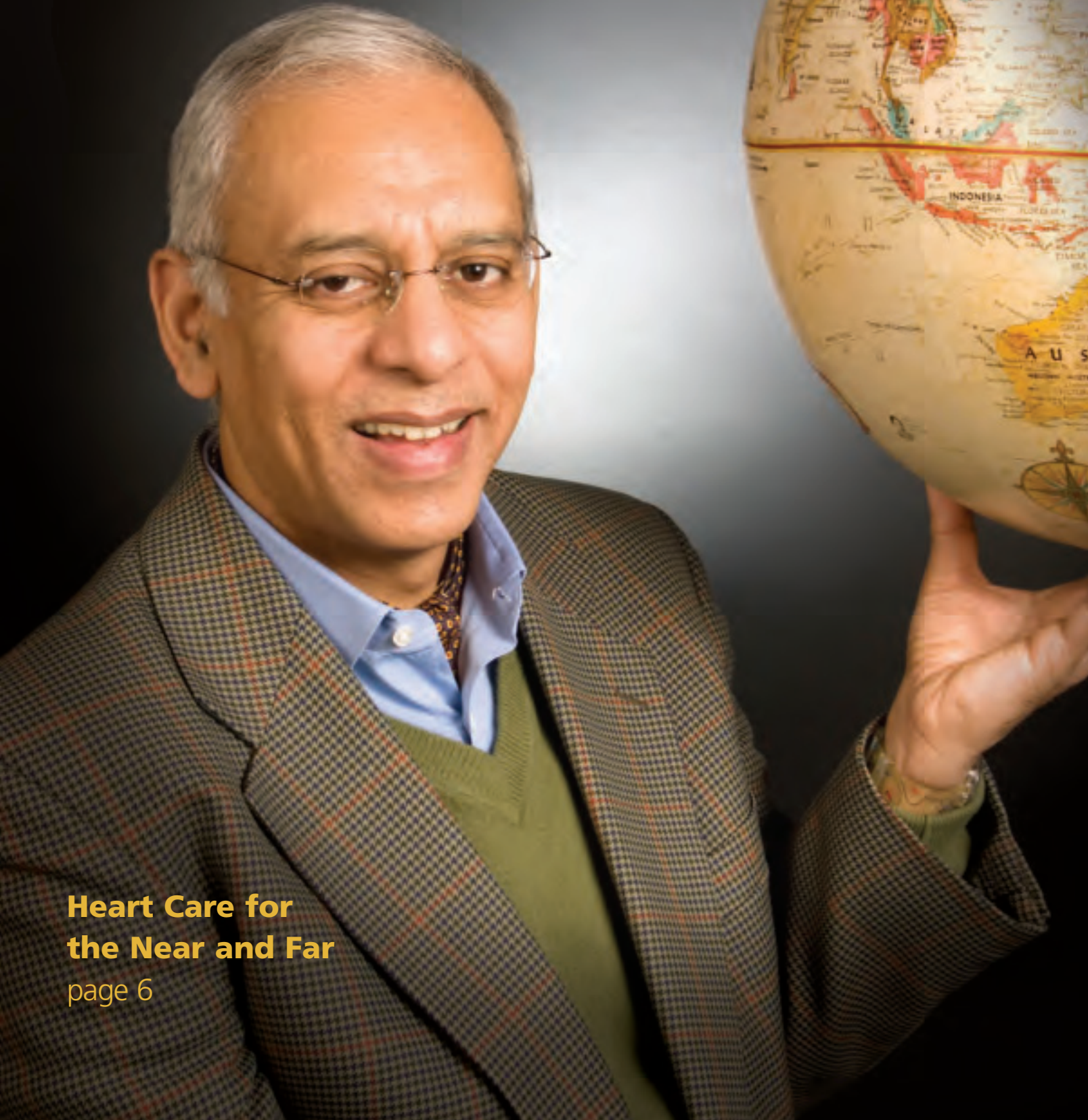


PILOT

WINTER 2007

ENH EVANSTON
NORTHWESTERN
HEALTHCARE

Evanston Hospital
Glenbrook Hospital
Highland Park Hospital
ENH Medical Group
ENH Foundation
ENH Research Institute



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CHARLES R. WALGREEN, JR.
1906-2007

A Lifetime Commitment to Evanston Northwestern Healthcare

Charles R. Walgreen, Jr., son of the founder of the Walgreen drugstore chain, died February 10 at his home in Northfield. He was the former chairman and president of Walgreens for nearly four decades—from 1939 to 1976—and had a longstanding personal and professional partnership with Evanston Northwestern Healthcare (ENH) that evolved over half a century.

A member of its Board of Directors since 1955, Mr. Walgreen also was a Life Director and a member of the health system's Legacy Society, which honors generous benefactors whose gifts make a significant, permanent impact on patient care. He received a "Lifetime Achievement Award" from ENH and endowed the Mr. and Mrs. Charles R. Walgreen, Jr. Chair of Cardiology. Mr. Walgreen served as Honorary Chairman of The Campaign for Evanston Northwestern Healthcare, a landmark \$150 million fund-raising initiative to support eight world-class Centers of Excellence.

Mr. Walgreen was a leading supporter of Evanston Northwestern Healthcare's success in medical research and scientific efforts. His gift to The Campaign, along with that of his three children—Charles R. Walgreen III, James Alan Walgreen and Leslie Ann Pratt—established the Charles R. Walgreen, Jr. Building, located on the Evanston Hospital campus. This state-of-the-art research and academic medical facility reflects Mr. Walgreen's deep commitment to research as the key to improving healthcare and provides critical space for physician-scientists to pursue research initiatives that directly impact patient care.

Mark Neaman, ENH President and CEO, noted that, "We have lost a great friend in Chuck Walgreen. He was an individual of vision and perseverance who gave so much of himself to our organization. It was a distinct pleasure to know Chuck for the past 30 years."

Breast Center Set to Open at Glenbrook Hospital

The Patricia G. Nolan Center for Breast Health, a comprehensive diagnostic and treatment facility established with a \$1.5 million gift from the Daniel F. and Ada L. Rice Foundation, will open at Glenbrook Hospital this spring.

Each year, nearly 70,000 breast imaging procedures are performed at ENH facilities, with more than 25 percent of those taking place at Glenbrook Hospital. The Center for Breast Health will make it easier and more pleasant for women to schedule and undergo screening mammograms. The collaboration of radiologists and surgeons will reduce the time from diagnosis of abnormalities to biopsy and surgical treatment. A host of advanced diagnostic imaging tests and therapies will be available, including digital mammography, film-screen mammography and computer-aided biopsy systems. Patients also will have convenient access to breast MRIs.

Radiologist Jan Jeske, MD, and surgical oncologist David J. Winchester, MD, will be the Center's co-directors. Dr. Jeske is an assistant clinical professor at Northwestern University's Feinberg School of Medicine, where Dr. Winchester also serves as an associate professor.

"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 discovered breast abnormality," said Dr. Jeske. "What makes this Center special is the close proximity of specialized radiologists, surgeons, nurses and genetic counselors who will provide comprehensive evaluation and support for women requiring therapy or additional monitoring."

"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 the close association among specialists, we hope to provide our patients with seamless guidance."



Co-directors of The Patricia G. Nolan Center for Breast Health, Jan Jeske, MD, and David J. Winchester, MD.

CORE Receives \$21 Million NIH Award

The ENH Research Institute's **Center on Outcomes, Research and Education (CORE)** recently received a five-year award to produce the "National Institutes of Health (NIH) Toolbox for Assessment of Neurological and Behavioral Function." Richard Gershon, PhD, Director of Psychometrics and Informatics at ENH, is the principal investigator. The award, administered through the National Institute on Aging, is the largest amount of money awarded to an ENH Research Institute investigator.

With the award, Dr. Gershon and his team of ENH Research Institute investigators are responsible for developing, locating and validating measurement tools for assessing neurological and behavioral functions (emotional, cognitive, sensory and motor), with an emphasis on measuring outcomes in a clinical trial. The assessment will be sent back to NIH as a tool kit to be used in epidemiological and longitudinal studies across the 15 institutes of NIH.

"In the long run, this should produce faster and less expensive ways for researchers to apply for and conduct research studies," said Dr. Gershon. "This may mean that clinical trials are completed more quickly and can more easily compare new treatments and drugs to existing ones or to other new ones under consideration—bringing those new treatments or drugs to the market faster."

Webster Library Celebrates 100 Years

On Dec. 21, 1906, five Evanston-area physicians pooled their medical texts and resources to establish the Evanston Science Library Association. One hundred years later, the organization they founded continues to thrive as the Webster Library (renamed for Edward H. Webster, one of the charter members), located on the 6 North wing of Evanston Hospital.

The library serves the information, education, research, administrative and patient-care needs of Evanston Hospital and Evanston Northwestern Healthcare (ENH). (Separate medical libraries serve Glenbrook and Highland Park Hospitals.)

“From the beginning, the Webster Library has always served everyone—not just doctors,” said Dalia Kleinmuntz, MLS, the library’s Director. “As long as the topic is in some way related to medicine or healthcare, we can help with research.”

On-site, the library maintains a collection of 4,000 books as well as journals and audiovisual materials. Items not in the library’s collection usually can be obtained through the library’s cooperation with other university, hospital and



Director Dalia Kleinmuntz cuts the cake at the Webster Library 100th anniversary celebration in December. Participating are (from left): Timothy Sanborn, MD; Suzanne Swanson, Linda Feinberg, MSLS; Maria Oviedo, Deebea Masood, MD.

public libraries and publishers. The library also has access to online resources such as databases, full-text journals and books—many of which may be accessed from any ENH-networked computer. Staff librarians conduct searches upon request and provide

services such as regularly forwarding the tables of contents of journals to patrons who request them.

For more information about the Webster Library’s resources and services, call (847) 570-BOOK (2665).

Evanston Hospital Returns to Trauma I Status

Trauma surgeons provide ‘round-the-clock coverage.

Following approval by the Illinois Department of Public Health’s Division of Emergency Services and Highway Safety, Evanston Hospital returned to providing Level I Trauma Center care effective Nov. 27, 2006.

To meet the Trauma I status requirements, Evanston Hospital recruited four board-certified trauma surgeons to provide 24-hour in-house coverage: Giovanni Giannotti, MD; James Boffa, MD; Andrew Agos, MD; and Anthony

Raspanti, MD, Trauma Medical Director at Evanston Northwestern Healthcare (ENH).

“The patient’s care will not be jeopardized by having to be transported longer distances,” said Dr. Raspanti. “Non-trauma patients who have historically used Emergency Department services will continue to receive the same high caliber of care they have come to expect from Evanston Hospital.”

Leapfrog Names Evanston a Top Hospital

The Leapfrog Group, a consortium of employers and other health-benefit buyers, has named Evanston Hospital to its first-ever Leapfrog Top Hospitals list. The list of 59 is based on the organization's Hospital Quality and Safety Survey, which includes data from more than 1,200 U.S. hospitals.

The list places Evanston Hospital among nationally recognized leaders in patient safety and includes only two hospitals in the state of Illinois. The voluntary survey evaluates hospitals' progress on the National Quality Forum's 30 "Safe Practices for Better Healthcare" and organizes the goals into four "leaps" or categories:

1. Computerized Physician Order Entry
2. Staffing of Intensive Care Units by trained ICU specialists
3. Evidence-Based Hospital Referral
(how well hospitals perform five high-risk procedures and care for two high-risk neonatal conditions)
4. Leapfrog Safe Practices Score
(how well hospitals are progressing on the other 27 National Quality Forum Safe Practices)

"How proud we are to be recognized," said President and CEO Mark R. Neaman. "We have been in compliance with Leapfrog standards as an organization since the inception of the survey. Evanston Northwestern Healthcare is especially proud that since the addition of Leap 4, which also measures patient safety compliance, all three of our hospitals—Evanston, Glenbrook and Highland Park—have been fully compliant with Leapfrog's safe standards expectations."

Said Liz Behrens, RN, MSN, Vice President of Quality and Performance Improvement, "The Leapfrog survey is a rigorous evaluation of an organization's commitment to dedicating resources toward enhancing and promoting best practices in the realm of patient safety. This honor acknowledges our commitment to clinical excellence and patient safety for each and every patient."

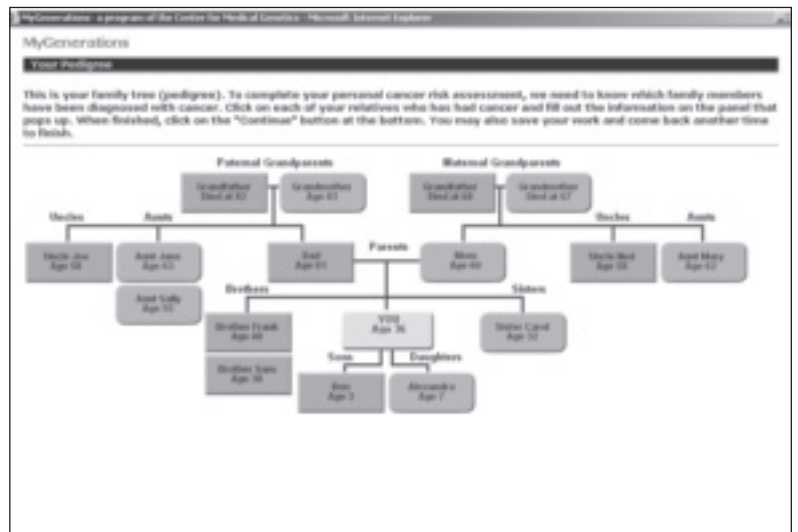
The list places Evanston Hospital among nationally recognized leaders in patient safety and includes only two hospitals in the state of Illinois.



Health History Program Available Online

MyGenerations, the family health history program developed by the Evanston Northwestern Healthcare (ENH) Center for Medical Genetics, can now be accessed from any Internet-connected computer at www.enh.org/mygenerations.

The program, which also remains available on computer kiosks located at Evanston, Glenbrook and Highland Park hospitals and in the Graham Medical Office Building, allows users to document their family history of cancer, print a family tree and receive an individualized risk assessment for hereditary cancers that they can share with their family members and physicians.



ENH Research Institute at 10: A Swift Ascent in Reputation, Rankings

Just 10 years after its inception, the **ENH Research Institute** has earned the distinction of being ranked #10 in the nation among Comprehensive Independent Research Hospitals in funding from the National Institutes of Health (NIH). “This accomplishment speaks very highly of our physician scientists,” said ENH President and CEO Mark Neaman. “It is quite remarkable to have achieved a #10 ranking in funding by our 10th Anniversary.”

At the state level, ENH is again the #1 ranked Independent Research Hospital in Illinois. ENH also is in the top 5.5 percent of the more than 3,000 institutions of all types and sizes—including universities, research institutes, medical schools and hospitals—in receiving NIH funds. These rankings are for the Fiscal Year ending Sept. 30, 2005.

These milestones reflect the steadily growing reputation the Research Institute has developed since its founding in 1996. The Institute’s ties to the comprehensive clinical services of Evanston Northwestern Healthcare (ENH), along with its affiliation with Northwestern University’s Feinberg School of Medicine and the university’s basic science and biomedical engineering departments, create a dynamic environment where leading clinical and scientific minds collaborate and innovate. The Institute has achieved particular renown for its focus on clinical and translational research—research designed to turn laboratory findings into advancements in patient care. As a result, ENH patients have access to more than 650 clinical trials in areas such as cancer, heart disease and medical genetics. “The center point of ENH’s ascent to its current status as one of the nation’s top research hospitals is ENH’s tremendously talented faculty,” said Leopold G. Selker, PhD, MBA, President, ENH Research Institute. “Every month that talent base is coming forward with new discoveries, inventions and innovations which ultimately redound as benefits to our patients.”

“This accomplishment speaks very highly of our physician scientists. It is quite remarkable to have achieved a #10 ranking in funding by our 10th Anniversary.”

Mark Neaman
ENH President and CEO

ENH Research Institute Research Park Building



Pancoe-ENH Life Sciences Pavillion



Charles R. Walgreen, Jr. Building



Report Supports Benefits of ENH's Universal MRSA Screening

A report evaluating the infection control initiative by Evanston Northwestern Healthcare (ENH) and released at the recent American Society for Microbiology 46th Annual Interscience Conference on Antimicrobial Agents and Chemotherapy (ICAAC™) in October shows that testing of all admitted patients is far more effective than either passive surveillance or targeted active surveillance when monitoring for Methicillin-resistant *Staphylococcus aureus* (MRSA). Passive surveillance detects patients with clinical cultures only, and targeted active surveillance screens only patients in wards identified as high-risk.

“Evanston Northwestern Healthcare has employed universal surveillance since August 2005, and in 24,045 admissions tested, universal surveillance correctly detected MRSA on 1,309 incoming patients,” said Ari Robicsek, MD, the ENH epidemiologist who presented the report. “ICU-based targeted active surveillance correctly identified only 478 MRSA carriers, or 37 percent of those detected by universal surveillance. With passive surveillance, currently what the majority of U.S. hospitals practice, only 247 patients would have been identified

as MRSA carriers, missing fully 80 percent of the MRSA [carriers].”

A second report from ENH reinforced the importance of repeated MRSA testing, even when patients have been MRSA-negative in the past.

“Both of these papers show that active MRSA surveillance at patient admittance is critical to reducing the ongoing spread of MRSA within U.S. hospitals,” said Lance Peterson, MD, ENH Director, Microbiology and Infectious Disease Research and one of the authors of the report. Past medical publications have shown that, of patients harboring MRSA at admission, up to one in five develops an infection. For patients who acquire MRSA while in the hospital, up to one quarter develop a potentially lethal infection.

“Both of these papers show that active MRSA surveillance at patient admittance is critical to reducing the ongoing spread of MRSA within U.S. hospitals.”

Lance Peterson, MD
ENH Director, Microbiology
and Infectious Disease Research

ENH Campuses Go Smoke Free

Effective Nov. 16, 2006, the prohibition against smoking inside Evanston Northwestern Healthcare (ENH) hospitals and facilities was extended to include all ENH-owned property, including outside grounds and parking structures.

“As a healthcare organization, ENH undertook this initiative as part of its ongoing commitment to promoting healthy lifestyles,” said Ray Grady, President, Hospitals and Clinics.

“Allowing smoking on our property was not compatible with our mission of preserving and improving human life.” At the same time, ENH recognizes that smoking is an addiction, and has made resources available to assist employees who want to quit—including smoking cessation workshops, reimbursement for the cost of nicotine-replacement therapy and referrals to other sources of smoking-cessation assistance.



Duffy Wins Nursing Spectrum Award

William Duffy, RN, MJ, CNOR, Vice President of Nursing and Perioperative Services, won *Nursing Spectrum* magazine's “Advancing and Leading the Profession” Excellence Award. Nominated by Karen Barnes, RN, MSN, Director of Clinical Education in Nurse Recruitment and Retention, Duffy was one of 30 local finalists for six professional categories. Annette Dopp, RN, MBA, CNOR, Senior Director of Perioperative Services, was a finalist in the Management category. Duffy is one of six national winners who were pictured on the cover of *Nursing Spectrum's* Nov. 6, 2006 issue.

Heart Care for the Near and Far



The reputation of ENH's cardiac specialists has a global reach



Salman Bokhari (from l.) and his wife, Christine, on a follow-up visit with Drs. Ted Feldman and John C. Alexander, Jr.

Salman Bokhari is a true world citizen. The 54-year-old native of Pakistan currently resides in Hong Kong; had college, university and post-graduate education in the UK; has a Swiss passport, and over the years has dwelled in more than a dozen countries. His work as a pharmaceutical company executive involves extensive travel throughout Southeast and South Asia.

So when this veteran globetrotter learned he needed heart surgery, he didn't feel limited by geographical boundaries in his search for high-quality care. He researched many first-rate surgical programs across the globe (his health insur-

ance allowed him the luxury of traveling anywhere for treatment) and selected Evanston Northwestern Healthcare (ENH).

Bokhari says he chose ENH for several reasons, including the international reputation of its heart specialists and its outstanding results and outcomes. But nearly all of the top centers can make such boasts. What ultimately led Bokhari to choose ENH was the compassionate and attentive care he knew he would receive from all members of the Cardiovascular Care Center team.

"First, you evaluate all the facts. Then, you look at the hospital and the hospital philosophy. Finally, you look at the

people—who's there and who will be taking care of you," Bokhari said of his decision-making process. "I had confidence in the doctors [at ENH] and their assistants. I felt like I was getting the right responses very quickly, and knew I would receive the highest-quality care."

An unlikely patient

At first glance, Bokhari does not look like a candidate for bypass surgery. A former competitive cricket, hockey and squash player, Bokhari eats a healthy, low-fat diet and exercises regularly. (His wife, Christine, is a gymnastics teacher.) But even Bokhari's 10,000 steps a day—he prefers to walk whenever possible—can't erase his family history. Bokhari's sister suffers from a congenital heart defect, his father had high blood pressure and died of a stroke, and his mother has both high blood pressure and diabetes.

"Our genes are something we can't avoid," he said good-naturedly. "And when it runs in the family, one has to be extra careful."

That cautious perspective led Bokhari to seek care when he experienced chest pain while on vacation in Australia two years ago. After doctors discovered a severe blockage in his coronary artery, Bokhari underwent a stenting procedure, in which cardiologists inserted two drug-eluting stents. A stent is a tiny flexible mesh tube that props open the artery. Drug-eluting stents are coated with a medication that slowly dissolves and helps prevent scar tissue from forming and blocking the artery.

The procedure was successful, and within a week Bokhari was back in Hong Kong and feeling close to normal. Six months after the procedure, however, a routine examination discovered an area of reblockage, as well as a small coronary aneurysm, or bulge in the wall of his coronary artery. It seemed the stents had done their job by propping the artery open, but they'd actually done their job a little too well, explained Ted Feldman, MD, director of cardiac catheterization at ENH and holder of the Mr. and Mrs. Charles R. Walgreen, Jr. Chair in Cardiology.

"The concept [of drug-eluting stents] is the drug stops the healing process and stops scar tissue from forming and blocking the stents," he said. "In this case, the effect went too far and not only stopped scar tissue from forming, but also stopped the normal artery wall cells from growing. As a result, the artery wall weakened and ballooned."

This complication is extremely rare, and occurs in less than 1 percent of stented patients, Dr. Feldman noted. Some coronary aneurysms must be operated on right away, as they put people at risk for heart attack; but smaller ones are often observed over a period of time. Because Bokhari's aneurysm was small, he and his cardiologist agreed to take a wait-and-see approach.

His next examination, however, showed not one but two coronary aneurysms. Although his Hong Kong cardiologist recommended continued observation, Bokhari decided to seek a second opinion. A consultation with one of Switzerland's top cardiologists led him to believe that coronary artery bypass graft surgery, which would reroute blood flow around both the blockage and the aneurysms, was his best treatment option, and so he began researching cardiothoracic surgery programs.

Long-distance bedside manners

Bokhari's search soon led him to the Chicago area, where he has relatives, and to Dr. Feldman, who treats Bokhari's sister and is well known as a top interventional cardiologist. A principal investigator in many important clinical trials, Dr. Feldman has authored more than 300 publications on new therapies in interventional cardiology. He was also the first in the United States to repair non-functioning mitral valves non-surgically by deploying a small clip. Bokhari's own cardiologist in Hong Kong was familiar with Dr. Feldman's work and international standing.

Dr. Feldman was more than happy to consult with Bokhari via long-distance calls and emails. In fact, the same day that Bokhari's sister contacted Dr. Feldman, he sent an e-mail, leaving his cell phone number and encouraging Bokhari to call at any time. Although separated by a 14-hour time difference, the two soon connected and Dr. Feldman reviewed Bokhari's medical records and angiograms, or X-rays of his coronary arteries.

While this intercontinental consultation greatly impressed Bokhari, it's standard procedure for the technologically sophisticated and internationally active ENH cardiac team, Dr. Feldman noted. "Cardiology is a very intensively image-driven field, and we're all very accustomed to electronic image transfer," he said. "I communicate with physicians from all around the world on a daily basis."

Open lines of communication also exist within the Cardiovascular Care Center, where cardiac specialists and surgeons work in close concert to ensure patients receive the best care. Bokhari unknowingly benefited from this collaborative environment while still in Hong Kong. Soon after reviewing Bokhari's details, Dr. Feldman consulted with John C. Alexander, Jr., MD, Head of the ENH Cardiothoracic Surgery Program.

A renowned cardiothoracic surgeon, Dr. Alexander helped establish and build cardiac surgery at ENH from 1984 to 1999, and returned in 2006 to head the program. After reviewing Bokhari's angiograms, he agreed with Dr. Feldman that bypass surgery was the best treatment option.

"His biggest risk—both from the reblockage and the aneurysm—was stopped blood flow," Dr. Alexander said. >>



The Bokharis with nurse practitioner Dawn Derrick, APN-CNP (l.), and physician assistant Lona Ernst, MS, PA-C, who took part in Bokhari's care

"This was a person who easily could have had a heart attack. It was pretty clear he needed to be operated on."

Armed with this knowledge, and the confidence that two of Chicago's top cardiac specialists had already devoted time, energy and thoughtful consideration to his care, Bokhari made plans to travel to Evanston.

Choosing a leader

While Bokhari may be one of the most far-flung ENH patients, he's certainly not the only one to choose ENH after evaluating other programs. The Cardiovascular Care Center is staffed by a team of leading clinical cardiologists, interventional cardiologists, electrophysiologists and cardiothoracic surgeons. These specialists offer the latest advances in medical treatments and technology, and conduct a wide range of groundbreaking clinical trials. The Center's interventional cardiology program is one of the busiest in the region, with patients from all over the Midwest and the rest of the country. ENH also has been selected as the Midwestern training site for a new surgical approach to treating and stopping atrial fibrillation, or fast, irregular heart rhythms.

Despite the sophistication of services and procedures, however, individualized and compassionate patient care is never lost in the shuffle, Dr. Alexander stressed. "It's truly world-class care in a community setting," he said. "This is a place where individual care and taking care of people and being involved is a top priority, and it's one of the reasons it's nice to practice here."

It's also why Bokhari flew more than 17 hours to meet with Drs. Feldman and Alexander last October. "Dr. Alexander came out between procedures and spent time with me explaining what the procedure would be like," Bokhari recalled. "Dr. Feldman took time to explain the risks, and ultimately said, 'the decision is yours.' I found that very reassuring, in that the doctor was giving the patient time to consider all the facts instead of just pushing through."

Bokhari was ready to push through, however, and so was scheduled for surgery the very next day. The surgery went smoothly, and Bokhari's recovery was rapid and free of complications. When he did experience some post-surgical pain, he was quite surprised to find Dr. Alexander himself checking in on him.

"Here's this guy who's a very well-respected and well-known surgeon who gets a call at 4:30 a.m.—on a Saturday—saying 'Mr. Bokhari is having some pain.' And at 5 o'clock he's standing at my bedside," Bokhari recalled. "He did so many things like that to put patients at ease."

Now that he's fully recovered (he's returned to traveling for work and golfing for pleasure), Bokhari can't say enough about the entire cardiac team, including Dr. Feldman and the surgical and ICU nursing staffs. And while he hopes to avoid 17-hour commutes for future health problems, he has no doubt that choosing ENH for his cardiac care was the right decision.

"I really believe that there was a reason Dr. Feldman and Dr. Alexander came into my life," he said. "As the saying goes, there's a time and a place for everyone, and it wasn't my time to go. And I have them to thank for that."

EH Certified Stroke Center is First on North Shore



The Joint Commission, a national healthcare accrediting organization, recently awarded Disease-Specific Certification to the Primary Stroke Center at Evanston Hospital, making it the only such center on the North Shore and one of about 200 in the nation.

Stroke is the third leading cause of death and the number one cause of disability. More than two-thirds of stroke survivors are left with some kind of disability, often related to speech, movement or memory. One of the most effective ways to reverse a stroke is to administer intravenous tissue plasminogen activator (tPA) within three hours after symptoms begin. “Very few stroke victims are treated today, because all stroke treatments depend on very rapid response time by the public, 911 responders, the emergency department staff and by stroke specialists,” said Daniel Homer, MD, Director of the Evanston Hospital Stroke Center. “The concepts behind Primary Stroke Centers include a heightened state of readiness for stroke patients, making sure hospital-wide mechanisms are in place to rapidly identify and intervene in acute stroke and a multidisciplinary team who can deliver rapid and sophisticated care.”

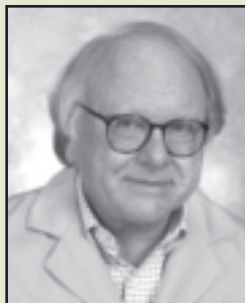
The Primary Stroke Center includes an Acute Stroke Team for rapid diagnosis and treatment. The team is staffed 24 hours a day, seven days a week, led by Dr. Homer, Dennis Groothuis, MD, and Richard Munson, MD, who heads a dedicated stroke treatment unit. Clinical nurse specialist Deborah Lynch, RN, MSN, and neurovascular surgeon Issam Awad, MD, also provide medical treatment for stroke victims. A stroke registry nurse and a nurse educator are available to families for support and education. Dr. Munson believes having a dedicated stroke unit at Evanston Hospital

will help ensure that patients benefit from advances in knowledge of stroke treatment. “Volumes of data are published every year on the management of stroke patients,” he said. “The stroke unit will enable us to filter, implement and evaluate this information in a rational and consistent manner, with the aim of improving the quality of life for our patients.” Teaming with a neurosurgeon who specializes in cerebrovascular disease can be lifesaving when a stroke patient is brought into the hospital. “Neurovascular surgeons intervene in certain types of strokes to relieve pressure from the brain, drain a bleed or correct a blood vessel anomaly, which may cause another stroke,” said Dr. Awad.

In order to achieve accreditation, the Primary Stroke Center was required to meet stringent Joint Commission criteria based on recommendations by the Brain Attack Coalition. Over time, the ENH center will grow to include Glenbrook and Highland Park Hospitals. Several of the components necessary for establishing the program were made possible by philanthropic donations. A gift from The Staubitz Family Trust created ENH’s Stroke Registry five years ago, enabling the collection of clinical data to track and improve the quality of stroke care at ENH hospitals. The Robert Szombathy Acute Stroke Team Fund has supported hospital-based neurologists with stroke-intervention expertise to be available to see patients. And Thomas and Suellen Altholz established the Stroke Education Program to fund community and patient education, continuing medical education and patient support programs.



Daniel Homer, MD



Dennis Groothuis, MD



Richard Munson, MD



Issam Awad, MD



Deborah Lynch, RN, MSN

Orthopaedics

IS NEW CENTER OF EXCELLENCE

What makes a Center of Excellence? At Evanston Northwestern Healthcare (ENH), it's the convergence of exceptional healthcare professionals and facilities, all dedicated to providing the latest advances in care, conducting patient-centered research and supporting multidisciplinary collaboration. Until recently, ENH had seven Centers of Excellence—in Advanced Imaging, Cancer Care Cardiovascular Care, Gastroenterology, Maternal and Child Health, Medical Genetics and Neuroscience—for which The Campaign for Evanston Northwestern Healthcare has raised more than \$125 million in support.

Now, Orthopaedics has been named a new Center of Excellence, in recognition of its critical contribution to addressing today's most pressing health concerns in a major medical specialty.

"With the aging demographics of our population, the number of patients who need orthopaedic care, including surgery to replace joints and treat sports-related injuries, will increase fourfold over the next 20 years," said William J. Robb III, MD, Chairman of the Department of Orthopaedic Surgery. "Because ENH has a long tradition of orthopaedic excellence with a commitment to heal, research and teach, the new Center for Orthopaedics

will help us fulfill our leadership role as an academic medical institution."

Advancing Care for a Variety of Patient Needs

The Center for Orthopaedics draws on the latest advances to care for patients with a wide range of orthopaedic diseases and injuries. At ENH, patients of all ages have access to comprehensive diagnostic, treatment and rehabilitation programs, including:

- Total joint replacement of the knee, hip, shoulder, elbow and ankle
- Arthroscopic surgery for the knee, hip, shoulder, elbow, wrist and ankle
- Microsurgery for the hand
- The latest foot and ankle surgery
- Spine surgery, including fusions and disc replacement
- Innovative fracture care

"Today, most orthopaedic surgeries are less invasive and have more predictable outcomes, which have markedly enhanced patient care," said Dr. Robb. "At ENH, orthopaedic care is provided by a multidisciplinary team, including highly specialized orthopaedic surgeons and radiologists, nurses, physical therapists and physician assistants."

Orthopaedic surgeons at ENH also have been innovators and educators, as

they pioneer new surgical techniques and clinical practices. ENH has received national awards recognizing the collaboration of surgeons and nursing administration for its Total Joint Program and hip fracture care. The Department of Orthopaedic Surgery has established Centers for Arthroscopic Surgery, Total Joint Replacement and a Motor Skills Education Laboratory, all of which are designed to provide state-of-the-art orthopaedic care for patients at ENH.

Improving Patient Care through Research and Teaching

"Our commitment to clinical research and medical education helps us provide better care and improve quality outcomes for our orthopaedic patients," said Dr. Robb. "In addition, it enables us to attract gifted clinicians and play a vital role in the education of orthopaedic residents from Northwestern University's Feinberg School of Medicine."

Clinical research currently underway at the Center for Orthopaedics includes studies to understand the effects of alternative bearings on the tissues around total joint replacements, the benefits of computer-assisted surgery for total joint replacement, functional improvements for patients with complex wrist fractures treated with immediate fracture fixation and new prosthetic designs for total ankle replacement.

These and other critical research programs provide patients the opportunity to participate in clinical trials designed to explore emerging treatment options and improve orthopaedic care.

Please join us in supporting the new Center for Orthopaedics. For more information on how you can make a difference, or to make a charitable gift, please contact Jim Lynch, Director of Development, ENH Foundation, (224) 364-7205, jlynch@enh.org

Philanthropic Gift Supports Center for Orthopaedics Medical Research and Education

Fifteen physicians from the Illinois Bone & Joint Institute, Ltd. (IBJI) have made a five-year pledge of \$520,000 to support medical research and education in the Department of Orthopaedic Surgery. IBJI has more than 20 practice sites and specialties in diagnosing and treating injuries and diseases of the musculoskeletal system.

"This Campaign contribution is the first large, multi-year gift from a group of private practicing physicians with privileges at ENH," said William J. Robb III, MD, Chairman of the Department of Orthopaedic Surgery. "It demonstrates a significant commitment from orthopaedic surgeons, ensuring that the research and education missions of the Department of Orthopaedic Surgery are fulfilled."



Shannon and John St. Clair

Spine Surgery Brings Bears Wife to Her Feet

On Super Bowl Sunday 2007, Shannon St. Clair, wife of Chicago Bears tackle John St. Clair, was on her feet, cheering with the rest of the crowd in Miami. Seven months earlier, the 29-year old wouldn't have been able to stand for more than a few minutes without debilitating pain.

That was before she found ENH attending physician Gary Shapiro, MD. Dr. Shapiro, a fellowship-trained spine surgeon who practices at Illinois Bone & Joint Institute, is the spine consultant to the Chicago Bears.

"Normally, the bones of the spine stack up in nice alignment," said Dr. Shapiro. "In Shannon's case, a chronic fracture in one of the vertebrae of her lower back had caused it to slip more than 50 percent forward. As a result, the nerves that run through the spinal column got pinched."

The degenerative condition is most often seen in older people, but St. Clair's case likely was caused by a defect in her spine.

St. Clair had seen a succession of spine surgeons in her search for relief. "Two said I should have surgery, another two said it could make my condition worse," she recalled. "When I finally saw Dr. Shapiro, he was very confident. He said the worst-case scenario was that I would be 85 percent better after surgery."

Dr. Shapiro also was confident that he could perform the procedure through a single incision in St. Clair's back and could limit surgery to fusing the degenerated segment of her spine, preserving range of motion. Other surgeons had proposed accessing her spine through both her abdomen and back—a much more invasive procedure with a more painful recovery.

The surgery took place at Evanston Hospital in July 2006. Dr. Shapiro realigned and reconstructed St. Clair's spine using screws and a "cage"—a hollow cylindrical device packed with bone graft material that acts as a spacer between vertebrae—to replace the disc that had collapsed.

Afterwards, St. Clair felt a little stiff, but regained her mobility rapidly. "I was supposed to have rehab at my house to help me move around, but I canceled it because I was doing fine." Since then, she's engaged a personal trainer, is running on a treadmill, and is looking forward to roller skating again. But perhaps what she's enjoying most is the ability to go to places that require standing for more than a few minutes—the grocery store, a crowded restaurant, a football stadium.

"Two years ago I couldn't stand up in the family section for more than three minutes; I was in so much pain. I carried around a cane that opens into a chair so I could sit down," said St. Clair. "For the Super Bowl, the buses took family members to the stadium five hours before the game—and I was able to stand up and walk around for hours."

Improved Ankle Replacement Can Ease Pain, Preserve Mobility

Chuck Tencate, owner of a Chicago-area steel company, had a history of weakness and sprains in his ankles. "I could step on a pebble, and they would pop out, dislocate," he said. The 59-year old tried not to let the problem interfere with his love of tennis, wearing lace-up braces for extra support. But over the past several years, instability gave way to constant pain. Tennis was out of the question; he could barely walk from his house to his car.

Tencate researched possible treatments. He consulted with orthopaedic surgeons, who suggested ankle fusion, a procedure in which the bones of the ankle are screwed together and encouraged to grow together—relieving the pain but also freezing the joint in a fixed position.

"I'm young enough and active enough that I didn't want a fusion, which would affect my gait," said Tencate. But he'd also heard that ankle joint replacements often failed.

Then he found ENH senior attending physician Steven L. Haddad, MD, a fellowship-trained foot-and-ankle specialist and orthopaedic surgeon with the Illinois Bone and Joint Institute. Dr. Haddad was one of just six U.S.

>>



Chuck Tencate

orthopaedic surgeons to participate in the evaluation and approval of a new prosthetic joint called the Agility LP® Ankle Replacement.

“Mr. Tencate’s severe arthritis had led to joint deformities,” said Dr. Haddad. “So his ankles would have been difficult to either replace or fuse.” But Dr. Haddad’s experience—he’s been doing ankle replacements since 1999, has trained with the developer of the Agility device and now teaches other surgeons how to implant the prosthesis—combined with the improvements in the prosthesis made replacement a viable option for Tencate. “The new prosthesis is a big improvement,” said Dr. Haddad. “It’s a more stable implant that does a better job correcting deformity. It also has a lower risk of sinking into the bone as the patient puts demand on it, so it should last longer.”

In August 2006, Tencate underwent replacement of his left ankle—the worse of the two. “The ankle feels great,” he said. “I haven’t felt this kind of stability since I was a kid. What’s holding me back now is the right ankle.” He’s planning to have that one replaced this summer.

After the second surgery, Tencate isn’t sure if he’ll return to tennis, although Dr. Haddad has told him that playing doubles is a possibility. “I think I’ll take up golf,” he said. “Hiking and golf. And maybe I’ll go back to water skiing.”



Chuck Tencate’s arthritis caused deformity and severe pain.



A new-generation ankle prosthesis relieved Tencate’s pain and preserved his mobility.

High School Football Star Back in the Game After Rare Shoulder Procedure



Steve Levin, MD, consults with Jimmy Spivey on the results of his Latarjet procedure.

“All I want to do is get back in the game,” said Jimmy Spivey, a junior at Zion-Benton Township High School, who plays right guard and defensive end on the school’s football team.

During his sophomore season, Spivey dislocated his shoulder and underwent a minimally invasive arthroscopic procedure to correct his injury. Over the next few months, he dislocated his shoulder three more times and was in tremendous pain. “That’s when I decided to get a second opinion from Dr. Levin,” he said.

Steve Levin, MD, is Chief of Orthopaedic Sports Medicine at ENH Medical Group and Assistant Professor of Orthopaedic Surgery at Northwestern University’s Feinberg School of Medicine. Dr. Levin describes the shoulder as a shallow ball-and-socket joint, with the socket resembling a golf tee, holding the top of the upper arm bone, or humeral head. “In Jimmy’s case, the edge of his shoulder socket had flattened considerably,” said Dr. Levin, “so his arm bone kept slipping out of place, or falling off the golf tee and dislocating.”

Dr. Levin told Spivey that if he ever wanted to play football again, he’d need what’s called a Latarjet procedure—a rare technique that had never been performed at ENH.

During the procedure, the surgeon removes a small section of the coracoid bone, located in another part of the shoulder, and transplants it to the defective joint. “The graft builds up the flattened edge of the shoulder socket in order to hold the ball of the humerus bone in place,” said Dr. Levin.

After his surgery at Evanston Hospital, Spivey had physical therapy. He also credits his successful recovery to advice and support from athletic trainer Sandy Johansen and Coach Mike Corcoran.

“Jimmy has an upbeat attitude and his prognosis is excellent,” said Dr. Levin. “I fully expect him to suit up for next fall’s football season.”

2007 Gala to Help Establish Center for Alzheimer's, Cognitive and Memory Disorders

Nearly 4.5 million Americans have Alzheimer's disease, the most common form of dementia, and it's becoming more prevalent as the population ages. The disease can be devastating—for patients and for their loved ones—because there is no cure, and most patients require long-term assistance.

In Alzheimer's disease, brain cells that process, save and retrieve information deteriorate and die. One of the most heart-wrenching signs of Alzheimer's disease is when a person begins to lose his or her memory. A woman who has devoted her life to motherhood can no longer remember the names of her children or even recognize them. A man whose lifelong hobby has been music cannot recognize the work of his favorite composer.

As patients become progressively more disoriented, their illness causes profound changes in their quality of life and creates tremendous stress for family members trying to meet their ever-increasing needs.

In response to the growing need for a coordinated program to care for patients with Alzheimer's disease and related dementias in our community, The Auxiliary of Evanston Northwestern Healthcare 2007 Hospitals' Gala will raise funds to support the establishment of The Center for Alzheimer's, Cognitive and Memory Disorders. The center will be an expansion of Glenbrook Hospital's Alzheimer's and Memory Assessment Program, a multidisciplinary effort that provides comprehensive and coordinated care for patients and their families. The program is co-directed by neurologist Zoran Grujic, MD, and Victoria Braund, MD, Head of ENH's Division of Geriatrics. In addition, neuropsychologist Michael Mercury, PhD, provides consultation services for patients and families.

"Alzheimer's patients can have problems with cognition, behavior and activities in daily living," said Dr. Grujic. "Our program tries to help families deal with all of those consequences."

The program already has received vital philanthropic support from Mr. and Mrs. Joseph Levy and the Sydney J. Taylor family. With the funds raised at this year's Gala, The Center for Alzheimer's, Cognitive and Memory Disorders will be able to undertake exciting new initiatives that directly affect patient care and advance medical research into quality-of-life issues and innovative therapies. In addition, funding from the Gala will enable The Center to:

- Continue to provide comprehensive, multidisciplinary clinical care;
- Create a state-of-the-art facility at Glenbrook Hospital;
- Offer community outreach programs;
- Recruit an additional neurologist specializing in dementia;
- Establish a medical director position; and
- Advance medical education for patients with Alzheimer's disease and other dementia, and their caregivers.

For more information about supporting The Center for Alzheimer's, Cognitive and Memory Disorders or the Hospitals' Gala, contact Susan Weindruch, Director of Auxiliary Programs, at (847) 570-5097 or sweindruch@enh.org, or visit www.enh.org/auxiliary.



Annmarie Trapp and Marcy Alspach are Co-Chairs for the 35th Hospitals' Gala, which kicked off with a celebration in Winnetka at chef Michael Lachowicz's restaurant, MICHAEL.



SAVE THE DATE:

2007 Hospitals' Gala – A View to a Thrill

The Auxiliary of Evanston Northwestern Healthcare (ENH) invites you to attend its 2007 Hospitals' Gala.

When: June 16, 2007

Where: Union Station, Chicago

This annual event benefits clinical and research efforts at ENH. Funds raised at the 2007 Gala will help establish The Center for Alzheimer's, Cognitive and Memory Disorders.

Kaminer, Cella, Jilling Named to Endowed Chairs

Three Evanston Northwestern Healthcare (ENH) professionals recently were named to endowed chairs, the highest form of recognition an academic medical center can confer. All three are newly endowed positions, each made possible by a generous donor commitment of \$1.5 million.

The clinical and research professionals named to the chairs were honored at formal investiture ceremonies for their outstanding contributions. However, the real beneficiaries are ENH patients, as endowed chairs allow ENH to attract and retain leading scientists and researchers committed to advancing clinical care.

Below is a list of the new chair holders and the donors who made their positions possible.

- Lynne Kaminer, MD, Head of the Division of Hematology, was named the Virginia and James Cozad Chair of Hematology Oncology. Virginia Cozad and her husband, James, established the chair in gratitude for the collaborative care she received from her internist, Todd Newberger, MD, and her hematologist, Dr. Kaminer.
- David Cella, PhD, Director of the ENH Center on Outcomes, Research and Education (CORE), was named the Davis Family Chair of Outcomes Research through the generosity of William Davis, Immediate Past Chairman of the ENH Board of Directors, and his wife, Judy.
- Tamás Jilling, MD, was invested to the Ellrodt-Schweighauser Family Chair of Perinatal Research. ENH Foundation board member Scott Schweighauser and his wife, Liz Ellrodt, endowed the chair as their way of saying thank you for the care their family received when two of their children were patients in Evanston Hospital's Infant Special Care Unit.

For more information regarding philanthropic support of Endowed Chairs, contact Patrick Reedy, Assistant Vice President, ENH Foundation, (224) 364-7203 or Mike Bates, Director of The Campaign, (224) 364-7204 or visit www.enh.org/foundation.



Virginia Cozad, Lynne Kaminer, MD, James Cozad



Kimberly Davis (from left), Judy Davis, David Cella, PhD, William Davis, Grant Davis



Liz Ellrodt, Tamás Jilling, MD, Scott Schweighauser

Lance Armstrong Foundation Grant Benefits ENH Cancer Survivorship Program

Evanston Northwestern Healthcare (ENH) received a \$50,000 Community Program grant from the Lance Armstrong Foundation (LAF) to help implement a unique program called **Living in the Future (LIFE)**. LIFE assists cancer survivors as they transition from cancer treatment to living in the future.

Surviving cancer often brings diverse and unexpected physical and physiological challenges. The LIFE program is designed to create a bridge for continued care of post-treatment cancer survivors and provides a customized survivorship care plan.

This plan is at the core of LIFE and facilitates a dynamic partnership among the patient, oncologist and primary care physician. It includes guidelines for continued monitoring, preventive practice recommendations and information on available services. An educational series also is available to all members of the community. This series covers topics of cancer survivorship and provides information on community-based resources.

"LIFE bridges the gap for the post-treatment cancer survivor, facilitating a smoother transition from the oncology specialty care environment back to the community, family and primary care setting," said Carol A. Rosenberg, MD, LIFE Program Director and Director of Preventive Health Initiatives for ENH.

LIFE is the first community program in the region specifically designed with evidence-based cancer survivorship guidelines from the Institute of Medicine. In its first year, the program will focus on breast cancer survivors; it will expand to include patients with all types of cancer in the following years.

"By awarding an implementation grant to the LIFE program at ENH, the Lance Armstrong Foundation applauds our healing community as a model for others in the healthcare field," said Dr. Rosenberg. The LAF inspires and empowers people affected by cancer and provides the practical information and tools they need to live life on their own terms. Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong, the Foundation is located in Austin, TX.

The LIFE program is also receiving support from the **Myra Rubenstein Weis (MRW) Health Resource Center**, which is helping fund various needs including sponsorship of LIFE's "Thriviship" seminar, an educational resource for cancer



The LIFE Program provides cancer survivors like Helen Hackett (second from left) support and information for post-cancer healthcare. Members of the LIFE Program team include oncologist Leon Dragon, MD (from left), Program Director Carol A. Rosenberg, MD, and Clinical Coordinator Carole Martz, RN.

survivors. The MRW Resource Center, located at Highland Park Hospital, was established in memory of Myra Rubenstein Weis, who died in 1990 of breast cancer. Through ongoing fundraising efforts and an annual luncheon (see below), a group of dedicated volunteers has supplied the MRW Health Resource Center with a variety of information sources to help individuals learn more and make informed decisions about healthcare needs.

"We are so pleased to support the LIFE program, because it is making such a difference in the lives of those who have survived cancer," said Linda Clark, co-chair of the 11th Annual MRW Benefit Luncheon. "Because more patients are surviving cancer, the community needs an educational resource to address their unique needs."

Philanthropic support is vital to advancing the LIFE program and making a difference in the lives of cancer survivors and their families. For more information on how you can support the LIFE program, please contact Allyson Regnier, Director of Development, (224) 364-7207, aregnier@enh.org

For more information on supporting the MRW Health Resource Center, or to receive an invitation to the 11th Annual MRW Benefit Luncheon, please contact Sue Rosenfeld, Development Coordinator, (847) 859-8930, rosenfeld@enh.org.

SAVE-THE-DATES



Wednesday, April 25
11th Annual Myra Rubenstein Weis Benefit Luncheon
Deal a Hand of Health
Highland Park Country Club
(847) 859-8930

Saturday, June 16
35th Annual Hospitals' Gala
A View to a Thrill
Union Station, Chicago
(847) 570-5095

Thursday, Aug. 23
American Craft Exposition
Benefit Preview Party
Aug. 24, 25, 26
Exposition
Henry Crown Sports Pavilion
Northwestern University
(847) 570-5096

“Key to the Cure” Raises Money for Women’s Cancer Research

The Auxiliary of Highland Park Hospital partnered with Saks Fifth Avenue in Highland Park and Mercedes Benz USA for the Key to the Cure charity shopping event last October. The event raises money for more than 50 charitable programs dedicated to finding new detection methods, treatments and, it is hoped, a cure for women’s cancer.

Proceeds from the event at the Highland Park Saks, which totaled nearly \$10,000 and will benefit women’s cancer services, support and screenings at Highland Park Hospital and the Arthur G. Michel, MD, Fellowship in Breast Cancer Research.

THE CAMPAIGN for EVANSTON NORTHWESTERN HEALTHCARE

As a result of the extraordinary generosity of three donor families, James and Virginia Cozad, William and Judy Davis, and Liz Ellrodt and Scott Schweighauser, three Evanston Northwestern Healthcare (ENH) professionals recently were invested with endowed chairs (see story page 14). As of February 2007, The Campaign for Evanston Northwestern Healthcare has raised more than \$128 million toward a \$150 million goal.

One of The Campaign’s initiatives, The Evanston Hospital Surgical Suites and Intensive Care Unit, received significant support from the Illinois Tool Works Foundation, which pledged \$500,000. Other recent gifts include:

- \$1.5 million from Roy Kehl in honor of gastroenterologist James Rosenberg, MD, which will support ENH’s Center for Gastroenterology.
- \$150,000 from Sarah Schmidt and Julie Matthei in honor of their son, Will, for the Department of Pediatrics.
- \$150,000 from the Parkinson’s Disease Research Society to support the work of Michael Rezak, MD, and the Early Detection Center for Parkinson’s Disease.
- \$100,000 from Mr. and Mrs. Frank Lieber to support the Szombathy Acute Stroke Team Fund.

Evanston Northwestern Healthcare Wishes to Thank...

The **Dr. Scholl Foundation**, for a grant of \$50,000 to the Evanston Northwestern Healthcare Code Team for six biphasic defibrillators to be placed in key clinical locations at Highland Park Hospital.

The **Washington Square Healthcare Foundation**, for a grant of \$37,500 in support of Lance Peterson, MD’s project END MRSA (Enhanced Nucleic acid Detection of methicillin-resistant *Staphylococcus aureus*). This is Washington Square’s second grant supporting this work, which will help develop a new safety strategy for detecting and monitoring patients with community-acquired MRSA.

The **Helen Brach Foundation**, which awarded \$15,000 to extend the clinical hours of a Nurse Practitioner in Evanston Hospital’s Child and Adolescent Center. The added hours will accommodate an increase in patient registration and additional patient appointments.

The **Marvin and Kay Lichtman Foundation**, for a grant of \$7,500 toward the ongoing Immunology of Pregnancy research of Michael Benson, MD.

Target Corporation’s community grant program, for its second \$3,000 grant in 2006 to Reach Out and Read, which provides new books to children visiting Evanston Hospital’s Child and Adolescent Center. The **Evanston Greatland Target** awarded this second grant in recognition of Reach Out and Read’s leadership by Ronna Jacobson, EdM, Coordinator, Perinatal Family Support Center.

The local grant program of the **Sigma Sigma Sigma Foundation**, which awarded \$1,437 to Evanston Hospital’s Child Life Program for sensory items to occupy children undergoing certain medical procedures. The Child Life Program was nominated by Tri Sigma’s Chicago North Shore Alumnae Chapter.

HPH Auxiliary to Support Primary Stroke Center

Evanston Hospital recently received certification as a Primary Stroke Center by The Joint Commission, a national healthcare accrediting organization (see page 9). Now, the Auxiliary of Highland Park Hospital has begun raising funds to support the components necessary for the formation and certification of a Primary Stroke Center at Highland Park Hospital.

The Auxiliary kicked off its new fundraising initiative in December 2006 with *Festa Italiano*. More than 80 people attended the event at the Highwood Bocce Courts and enjoyed an Italian dinner, bocce ball and a silent auction. The event raised approximately \$5,000 toward the Auxiliary's four-year, \$400,000 fundraising goal.



Virtual Fundraising Committee Member Judy Tarschis (from left), Highland Park Hospital Auxiliary Immediate Past President Patti Nahin, Virtual Event Chair and Auxiliary President-Elect Julie Stone, and President Nadine Woldenberg.

Auxiliaries Name New Presidents



Kathy Leighton

The Auxiliary of Evanston Northwestern Healthcare (ENH) and the Auxiliary of Highland Park Hospital each named a new president for 2006-2007.

Kathy Leighton was named president of The Auxiliary of Evanston Northwestern Healthcare. She has held leadership positions in the ENH Auxiliary since joining the organization in 1981.



Nadine Woldenberg

Nadine Woldenberg was named president of the Auxiliary of Highland Park Hospital. Woldenberg has been involved with the Auxiliary at Highland Park Hospital for seven years.

The Auxiliaries of ENH and Highland Park Hospital are fundraising organizations of volunteers providing service and community awareness for ENH's hospitals and programs.

Virtual Event Raises \$100,000

The Auxiliary of Highland Park Hospital's 2006 Virtual Event raised approximately \$100,000 to help the group complete its \$1 million pledge to Women's Services at the hospital's Ambulatory Care Center.

The Auxiliary mailed requests asking for a charitable contribution in support of the group's pledge. Donors received a one-time discount at their choice of participating stores, which included: Bett's, CD City, Deborah Fell, Della Moda, Eclectic, Gordon Salon Services, Jolie Mason, My Generation, Olga's Day Spa, Raintree Gifts, Red 21, Ross Cosmetics, Studio Sans Pareil, The Bootery, The Silk Thumb and Highland Park Hospital's Alcove Gift Shop.

Associate Board Supports Infant Special Care Unit

The Associate Board welcomed a record 200 guests to its November 2006 benefit, *A Night of Illuminations, Part Deux*, held at A New Leaf in Chicago.

The Associate Board is currently raising funds to support equipment and special project needs in the Henrietta Johnson Louis Infant Special Care Unit (ISCU) at Evanston Hospital. November's event raised more than \$50,000 to provide the ISCU with the most up-to-date technologies and equipment to care for the hospital's tiniest patients. To date, The Associate

Board has directed \$85,000 toward the ISCU, with an overall goal of \$100,000.

Corporate sponsors for the event included: Madison Dearborn Partners; GTCR Golder Rauner, LLC; Willis Stein & Partners, LLC; Kirkland & Ellis; Lake Capital; William Blair & Company; and AT&T.

For more information about joining or supporting The Associate Board, contact Kate Dell, Auxiliary Project Manager, (847) 570-5306, kdell@enh.org, or visit www.enh.org/associates.

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Outcomes Research: Listening to Patients' Voices to Improve Research and Clinical Care

“ENH is a national leader in collecting, managing and analyzing vast amounts of quality-of-life data to improve the healthcare of patients with chronic diseases,” said David Cella, PhD, Director of the ENH **Center on Outcomes, Research and Education (CORE)** and Professor of Psychiatry and Behavioral Science at Northwestern University's Feinberg School of Medicine. Dr. Cella, the Davis Family Chair of Outcomes Research (see page 14), has built an internationally prominent research program with an emphasis on outcomes measurement, particularly quality-of-life outcomes.

Clinical studies abound on safe and effective ways to treat chronic illnesses such as heart disease, cancer, stroke and diabetes. But rarely do researchers evaluate how a treatment strategy actually affects a patient's quality of life. This area of study, called “outcomes research,” is important, because understanding the role of hard-to-measure, subjective symptoms like pain, fatigue and emotional well-being in disease progression is critical to improving health and finding even better therapies.

Outcomes researchers survey patients to understand how various treatments affect a patient's quality of life and whether quality-of-life considerations outweigh other clinical benefits. From there, caregivers can determine the most appropriate treatment option that may offer patients a better life. Outcomes research is vital to determine best practices in medicine, and can improve patient care and the quality of life for millions of Americans who live with chronic illness.

Dr. Cella developed the Functional Assessment of Chronic Illness Therapy (FACIT) Measurement System, with input from patients with cancer. The general version of the questionnaire (FACT-G) surveys respondents in four domains: physical well-being, social/family well-being, emotional well-being and functional well-being. There are now more than 40 treatment-, symptom-, condition-, and non-cancer specific questionnaires within the system, which is used worldwide.

One of the top investigators in the United States in quality-of-care/quality-of-life measurement, Dr. Cella is principal investigator of an \$8 million National Institutes of Health Roadmap Initiative to create the first national database on patient-reported outcomes. The ENH Research Institute houses one of the largest patient-reported outcomes research centers in the world.



David Cella, PhD

Functional Well-Being:
I am able to work
I am able to enjoy life
I am sleeping well

Physical Well-Being:
I have pain
I have a lack of energy

Social/Family Well-Being:
I get emotional support from my family
My family has accepted my illness

Emotional Well-Being:
I feel sad
I worry that my condition will worsen

Neuro-oncology Patient Runs for a Cause

Carrie Green, 33, has been an avid runner for more than a decade, calling it a “passion and source of great strength.” Running took on new meaning for Green, a full-time mother of two, after she was diagnosed with a brain tumor in 2005. Now, her hobby is a source of fundraising for brain tumor research at Evanston Northwestern Healthcare (ENH).

Green was living in Naperville while her husband, Charlie, was completing an orthopaedics rotation at an East Lansing, Michigan hospital. While visiting him in July 2005, she had a seizure and was taken to the hospital. Physicians diagnosed her with a malignant brain tumor, which they successfully removed. They then referred Green for further treatment to Nicholas Vick, MD, formerly chairman of the ENH Department of Neurology and a professor at Northwestern University’s Feinberg School of Medicine.

The Greens sought other opinions, but their search confirmed Dr. Vick as their choice. “I knew we were in competent hands with someone who was putting us on the right course of treatment,” said Green. She has been taking oral chemotherapy treatments with Temodar® and has regular MRIs to rule out any new tumor growth.

During her treatment, the Greens trained for and completed Milwaukee’s Lakefront Marathon in October 2006 and raised nearly \$12,000 for brain tumor research and patient care at ENH.

“At the midway point of the marathon, a fellow runner said, ‘I don’t think we are going to win’ in an exhausted and frustrated tone,” Green said. “I wanted to remind him of how blessed we were to be running and pushing our healthy bodies to an extreme. However, all I said was ‘we are winning!’”



Carrie Green completed the Milwaukee marathon while being treated for a brain tumor.

Running has offered me an increased tolerance of any side effects as well as an inner strength to help fight this disease. Doctors, scientists and researchers need to continue their search in understanding more about brain tumors, so that their patients can live meaningful lives, raise children and grow old with loved ones.”

To support the Greens in their fundraising efforts on behalf of ENH, visit www.enh.org/foundation, or call the ENH Foundation at (224) 364-7200 to make a gift and find out ways to support our programs and services.



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