



SILVER CROSS
HOSPITAL

The way you *should* be treated.™

the SILVER CROSS experience

1900 Silver Cross Blvd., New Lenox, IL 60451 • 815-300-1100 • www.silvercross.org

SILVER CROSS TO LAUNCH HEART SURGERY PROGRAM LATER THIS SPRING

Silver Cross Hospital will soon offer the full spectrum of heart care services our community needs when it launches its new heart surgery program later this spring.

“Heart patients will no longer have to experience the stress and anxiety of having to leave their preferred hospital and travel for advanced heart care,” said Silver Cross President/CEO Ruth Colby.

The hospital will add two state-of-the-art operating rooms, a “hybrid room” equipped with advanced medical imaging devices to support minimally invasive surgery, and two recovery rooms. In addition, a 16-bed cardiac care unit will open on the first floor directly below the Procedural Care Unit (PCU) to care for patients after heart surgery, and will be serviced with a dedicated elevator between the two units.

With the eighth largest cardiac catheterization program in the State of Illinois, Silver Cross leads the local market for outpatient cardiac procedures performed annually. In 2017 alone, Silver Cross performed more than 3,500 diagnostic and interventional cardiac



catheterizations, an 11 percent increase over the previous year.

“Offering open heart surgery was the next logical step for Silver Cross,” Colby added. “We are a hospital well-positioned to expand cardiac services, and we have a safety record that proves it.”

Future Structural Heart Program

In addition, the open heart surgery program paves the way for Silver Cross to develop a structural heart program, which uses minimally invasive catheter-based technology to treat life-threatening valve disorders and structural heart defects. This approach lowers the risk of

infection and complications, reduces trauma to the chest (since the chest doesn’t have to be opened), shortens hospital stays and leads to a faster recovery.

Silver Cross is partnering with Cardiothoracic & Vascular Surgical Associates, a group of highly skilled surgeons known for innovation, outstanding outcomes and very high patient satisfaction scores, that have pioneered minimally invasive valve surgery.

“Patients deserve to have options when considering

where to go for services, especially ones as serious as cardiac services,”

adds Dr. Pat Pappas, cardiothoracic surgeon on staff at Silver Cross. “Silver Cross has the facility, staff and quality to not only support a structural heart program, but to thrive.”



Pat Pappas, M.D.

For more information, visit our website at www.silvercross.org. +

Free Hernia Screenings

June 4, 4-7 p.m.

Silver Cross Hospital Conference Center

Are you experiencing pain or obvious swelling in the abdominal area? It could be a hernia!



Venkata Kakarla, M.D.



Maria Rapciak, M.D.

Join surgeons on staff at Silver Cross Hospital for a free hernia screening and seminar.



Thomas Vasdekas, M.D.



Shishin Yamada, M.D.

Screenings will be performed Tuesday, June 4, from 4 to 7 p.m. at the

hospital by surgeons Dr. Venkata Kakarla, Dr. Maria Rapciak, Dr. Thomas Vasdekas and Dr. Shishin Yamada.

Then, learn more about hernia signs and symptoms, the importance of early detection and the treatment options available, including minimally invasive robotic surgery, during informational sessions at 5 and 6 p.m.

What is a Hernia?

A hernia happens when part of an internal organ or tissue bulges through a weak area of muscle. This often causes pain and bulging, especially in the abdomen since that's where most hernias occur.

Hernias affect men and women of all ages and are usually the result of strain on the abdominal wall caused by aging, genetic predisposition, heavy lifting, pregnancy, athletic activities, obesity, previous surgery, constipation, and chronic coughing. There are two types of hernias:

- Ventral hernia is located in the abdomen and may appear at an incision site any time after surgery (incisional hernia).
- Inguinal hernia occurs in the groin area.

To register for the June 4 free hernia screenings at Silver Cross, visit www.silvercross.org or call 1-888-660-HEAL (4325).

TINLEY PARK MAN EXERCISING AGAIN 2 WEEKS AFTER ROBOTIC HERNIA SURGERY

Ken Lehmann of Tinley Park lived with an inguinal hernia for more than a year. It wasn't until he went in for his regular checkup last December that his doctor recommended surgery.

"I remember blowing my nose one day and felt a small pop," he said. "After a checkup with my doctor, he sent me over to Dr. Vasdekas to get checked out for the hernia."

Dr. Thomas Vasdekas, board-certified general surgeon with the Midwest Institute for Robotic Surgery at Silver Cross Hospital, confirmed Lehmann had a left inguinal hernia, and that surgery was the best option to repair it—specifically robotic-assisted surgery at Silver Cross Hospital.

An inguinal hernia occurs when tissue, such as part of the intestine, protrudes through a weak spot in the abdominal muscles. The resulting bulge can be painful, especially when you cough, bend over or lift a heavy object.

While common and not usually life-threatening, inguinal hernias don't go away on their own, Dr. Vasdekas explained. Even smaller hernias eventually grow larger and need to be surgically repaired.

"The advantages with robotic-assisted surgery are that we can make incredibly small incisions to repair the hernia, giving the patient a faster recovery time and with a lot less pain," Dr. Vasdekas said, who has performed more than 1,000 robotic surgeries. "Less pain means patients require less pain medications."

"We're actually seeing less opioid use with robotic surgeries."

Robotic hernia surgery requires three small incisions, two on either side of the lower abdomen and one through the belly button. The da Vinci robotic system at Silver Cross gives surgeons greater dexterity to perform the procedure, while the small incisions cause less strain on the abdomen making recovery for the patient easier.

Lehmann went in for surgery on Jan. 30, and was back to work two days later. He said he had no pain from his incisions, and only some discomfort from the gas used during surgery.

"Now, all I have are two quarter-inch lines on my stomach, and you can barely even tell anything was done," he said. "I don't think it could've gone any better."

Healthy and active, Lehmann likes to ride his bicycle 300 miles a month when the weather is warmer; he also works out regularly. Thanks to robotic surgery at the Midwest Institute for Robotic Surgery at Silver Cross Hospital, he was only off his schedule for a couple of weeks!

"After I had my two-week checkup with Dr. Vasdekas, he gave me the OK to start working out again. By then I felt like I could do anything."

For more information, visit www.midwestroboticsurgery.org +



Ken Lehmann continues to stay active.

Minimally Invasive Treatments for Spinal Conditions

April 23, 8-9 a.m.

Silver Cross Conference Center

Join Dr. Chintan Sampat, orthopedic surgeon, as he discusses minimally invasive spine surgery. Minimally invasive surgery can offer benefits such as a shorter hospital stay and fewer complications. Learn about the latest treatments. FREE.

Varicose Veins and Venous Insufficiency in Women

May 9, 6-7 p.m.

Silver Cross Conference Center

If you are experiencing routine aching, swelling, leg pain or feeling self-conscious because of your varicose veins, join Dr. Laura Ragauskaitė, general surgeon, as she discusses the latest treatments for varicose veins and leg ulcers. FREE.

Back Pain and Robotic Spine Surgery

May 15, 8-9 a.m.

Silver Cross Conference Center, Pavilion A

If you or someone you know is suffering from chronic back pain, attend this lecture with orthopedic spine surgeon Chintan Sampat, M.D., the first surgeon in Illinois and the tri-state area to offer the latest navigation-guided robotic procedure that maximizes safety and accuracy while minimizing recovery time. FREE. Register at midwestroboticsurgery.org

Fighting Fibroids without Surgery

May 21, 6-7 p.m.

Silver Cross Conference Center

Uterine fibroids are most common in women aged 30-55 years, but they can occur at any age. Fibroids can also cause a number of symptoms depending on their size and location and affect quality of life. Join Dr. Feraz Rahman, interventional radiologist, as he discusses the latest treatment options for treating uterine fibroids. FREE.

Obesity & Your Health: Is Weight Loss Surgery Right for You?

Every Wednesday, 5:45-7 p.m.

Silver Cross Hospital, Pavilion A, Suite 260

Learn about the advantages and risks of traditional and laparoscopic bariatric weight loss surgery including ReShape® gastric balloon placement and the REALIZE® and LAP-BAND® gastric band systems, find out if you are a candidate for the procedure, talk with the physician.

SCREENINGS

CT Lung Cancer Screenings

Low-dose CT lung cancer screenings are quick, painless, non-invasive screening tests that can detect nodules or spots that might be early indicators of lung cancer. Medicare, Medicaid and many private insurances cover CT lung cancer screenings for eligible patients that meet specific criteria: 55 to 77 years old; smoked at least a pack a day for 30 years or two packs a day for 15 years; a current smoker that has quit within the past 15 years; and generally in good health. To schedule a test, obtain an order from your doctor and call (815) 300-7076.

WOMAN VACATIONING JUST WEEKS AFTER ROBOTIC PARTIAL KNEE REPLACEMENT

Every March, Tammy Zeiter and her family vacation in Mexico, but when they were there last year, the Morris business owner started noticing pain in her right knee.

Tests ordered by her doctor showed a torn meniscus and diseased cartilage, causing the bones to rub against each other painfully. But even after a meniscus repair, Zeiter said her pain persisted.

“It would just swell up all the time,” she explained. “So I decided instead of having it continuously drained and going through constant problems, I would just get it fixed.”

That’s when she came to see Dr. Rajeev Puri, orthopedic surgeon with the Midwest Institute for Robotic Surgery at Silver Cross Hospital. After additional tests, Dr. Puri recommended a partial knee replacement as the best option for Zeiter.

With a partial knee replacement, only the damaged part of the knee is replaced, which helps minimize trauma to the healthy bone and tissue. The Midwest Institute for Robotic Surgery at Silver Cross Hospital uses the Mako robotic-arm assisted technology for partial and full knee replacements. The Mako allows for precise placement of the implant.

“Robotic surgery was the best option for Tammy, and using the Mako robot, I’m able to replace the part of her knee that was diseased while helping to spare the healthy bone and ligaments around it,” Dr. Puri said. “Two weeks after surgery, and she no longer needed a cane to



Tammy Zeiter

walk around. She’s even wearing heels and riding a bike in her therapy!”

Three weeks after surgery, Zeiter was feeling great. Walking up stairs is easier, and she’s even able to exercise and do squats—something that would have caused her significant pain before surgery. Best of all, she was looking forward to the next family trip to Mexico!

“I’m doing great,” she said. “I’ve already gotten back to work, and even graduated to outpatient rehab a couple weeks after surgery. Dr. Puri, his entire staff, and everyone at Silver Cross Hospital were just amazing. They went above and beyond for me. I told my husband if I ever need anything else done I want to go back to Silver Cross.”

For more information, visit www.midwestroboticsurgery.org. +

Screenings for Women’s Health

May 1, 6-7 p.m.

Silver Cross Conference Center

Recommended screening tests for women’s health are important. Join Dr. Maria Rapciak, general surgeon, as she discusses breast and colorectal cancer screening recommendations, including colonoscopy, mammograms and more recent testing advancements. FREE.

Skin Cancer Screenings

May 17, 1-3 p.m.

University of Chicago Medicine Comprehensive Cancer Center

Join us for free partial and full-body skin cancer screenings to help prevent late-stage skin cancer.

You mean,
I can get treated,
not seated?

Nice!



SILVER CROSS

Prompt, Convenient,
and Compassionate

**24/7
EMERGENCY CARE**

143rd & Bell Rd. • HOMER GLEN

Register at www.silvercross.org or 1-888-660-HEAL (4325)



Find us online!

The Silver Cross Experience is published by Silver Cross Hospital. The information is intended to inform and educate about subjects pertinent to health, not as a substitution for consultation with a personal physician. If you would like to be included in or removed from our mailing list, contact us at silvercross.org.

Ruth Colby, *President/Chief Executive Officer*
Debra Robbins, *Director, Marketing/Community Relations*

** Physicians on Silver Cross Hospital's Medical Staff and Teladoc have expertise in their areas of practice to meet the needs of patients seeking their care. These physicians are independent practitioners and are not the agents or employees of Silver Cross Hospital. They treat patients based upon their independent medical judgment and they bill patients separately for their services.*

NON PROFIT ORG
U.S. POSTAGE
PAID
Permit No. 1019
Bedford Park, IL

WHEN IT COMES TO STROKE, THINK FAST!

When it comes to treating stroke, time is brain! Often referred to as a “brain attack,” a stroke occurs when blood flow to an area of the brain is cut off, depriving brain cells of oxygen. When brain cells die, abilities controlled by that area of the brain, like muscle control and memory, are lost, making stroke a major cause of death and disability in the United States today. In fact, every 40 seconds, someone in the U.S. suffers a stroke.

The acronym FAST stands for the warning signs of stroke: **F**ace drooping, **A**rm weakness, **S**peech difficulty, and if you witness or experience any of these symptoms, it's **T**ime to call 911 immediately.

Other symptoms include sudden severe headache, dizziness or trouble walking, trouble seeing, confusion and numbness or weakness of the face, arm or leg, especially on one side of the body. Call 911 if you witness or experience any of these, even if you're not sure it's stroke-related. Waiting could be devastating.

The Silver Cross Neuroscience Institute

From diagnosis of a stroke, brain tumor, or affliction of the brain, spine and vascular system, the experts at the Silver Cross Neuroscience Institute are with you every step of the way, through treatment and into recovery.

The comprehensive care at the Silver Cross Neuroscience Institute is unique. Highly skilled neurologists, neurosurgeons, and neuroendovascular specialists collaborate with emergency medicine physicians and physical

medicine and rehabilitation specialists to provide 24/7 comprehensive care.

Together, they have the knowledge to diagnose, stabilize, treat, and rehabilitate with the utmost speed and skill.

You can feel confident knowing you or your loved one is receiving quality care at the Silver Cross Neuroscience Institute, where both the physicians and the program are nationally recognized.



Face drooping.
Arm weakness.
Speech difficulty.
Time to call 911.
Spot a stroke F.A.S.T.

Silver Cross is designated as a Primary Stroke Center by The Joint Commission and The American Heart Association/American Stroke Association. Our stroke program received the American Heart/American Stroke Association's Get with the Guidelines Stroke Silver Plus Quality Achievement Award, and our partnership with the Shirley Ryan AbilityLab—ranked the best rehabilitation hospital in the U.S. by *U.S. News & World Report* every year since 1991—allows patients to recover close to home at Silver Cross Hospital.

For more information about the Silver Cross Neuroscience Institute, visit www.silvercross.org. +

Learn More!

Stroke: Risks, Prevention & the Latest Treatments

May 14, 6-7 p.m.
Silver Cross Conference Center

A stroke occurs when the blood supply to part of the brain is interrupted or reduced, depriving brain tissue of oxygen and nutrients. May is National Stroke Awareness Month. Join Dr. Matthew Reynolds, neuroendovascular surgeon, as he discusses stroke risk factors, prevention and the latest treatments at Silver Cross. FREE. Register at www.silvercross.org.



Matthew Reynolds, M.D., Ph.D.