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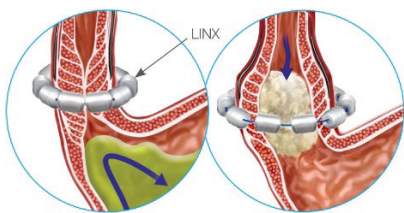
REVOLUTIONARY HEARTBURN RELIEF:

Silver Cross the Only Hospital in Will County to Offer Life-Changing LINX Surgery

Christine Guzior of Lemont enjoys an active lifestyle, working, vacationing, and spending time with her grandkids. But not too long ago, severe heartburn and acid reflux had taken its toll.

No matter what she ate or drank—at home or at a restaurant—Christine, 65, suffered with painful reflux and swallowing problems. She tried sleeping upright in an adjustable bed, but that didn't help. Neither did years of acid-reducing medications and dietary changes.

Fortunately, relief came for Christine one spring day in 2017 when she received the *Silver Cross Experience* newsletter in her mailbox. That's where she read about a free lecture for the latest minimally invasive surgical options to treat heartburn, reflux disease and Barrett's esophagus. She signed up and soon met Dr. Reza Gamagami, an experienced surgeon with The Midwest Institute for Robotic Surgery at Silver Cross Hospital. One of the options he discussed was an exciting anti-reflux treatment called the LINX reflux management system.



What Is LINX?

"LINX is a revolutionary solution for reflux and heartburn," said Dr. Gamagami. "The LINX device is similar to a beaded bracelet; it's a flexible ring of magnetic beads placed laparoscopically around the base of the esophagus to help keep the stomach valve closed and prevent reflux from occurring." The LINX

implant was designed to be a lifelong solution to acid reflux.

Last October, Dr. Gamagami used the da Vinci XI robot-assisted surgical system to perform Christine's hiatal hernia repair with placement of the LINX anti-reflux device. Patients are allowed to eat regular food after surgery and typically go home the same day or the next.

Silver Cross is the only hospital in Will County to offer the minimally invasive LINX implant, and Dr. Gamagami is the only trained surgeon in Will County to perform the LINX technique.

Life After LINX

"I couldn't believe how wonderful I felt so soon after surgery," Christine said. "In just two hours after my procedure, I was eating pot roast, drinking several glasses of water and not coughing or having reflux! My recovery has been remarkable.

"This surgery with the LINX implant has totally changed my life for the better—I am a new person," she added. "I am forever grateful to Dr. Gamagami for his remarkable expertise and wonderful bedside manner. I don't want others to suffer like I did for years, so I constantly pass out Dr. Gamagami's brochures wherever I go!"

"Christine's heartburn and regurgitation symptoms have been eliminated in a minimally invasive way," Dr. Gamagami added. "She also has been able to stop taking all of her anti-reflux medication, which could have unwanted and concerning side effects when taken long term."

Tired of Living with Heartburn?

Many people have lived with heartburn and reflux for years, using medications like Prilosec and Nexium despite cautions against long-term use of these and other proton pump inhibitor drugs. "If you look at the Nexium package, it says it's only meant for 14 days, and if you need more you should call your doctor," says Dr. Gamagami. "We often see patients who have been on these medications for 14 years." Proton pump inhibitors reduce acid in the stomach, providing symptom relief, but they do not solve the cause of reflux. Additionally, many people have hiatal hernias, which further aggravate the condition.

For more information, visit midwestroboticsurgery.org. +



Dr. Reza Gamagami visits with Christine Guzior.

Learn More

Hernia Screenings

June 6, 4-7 p.m.

Silver Cross Hospital Conference Center



Reza
Gamagami, M.D.



Venkata
Kakarla, M.D.

Join surgeons from The Midwest Institute for Robotic Surgery for free hernia screenings. They will be performed by Dr. Reza Gamagami, Dr. Venkata Kakarla, Dr. Laura Ragauskaitė and Dr. Thomas Vasdekas.



Laura
Ragauskaitė, M.D.



Thomas
Vasdekas, M.D.

In addition, Drs. Kakarla and Vasdekas will offer lectures on the signs and symptoms of a hernia, the importance of early detection and minimally invasive robotic surgery at 4:45 and 6 p.m. Participants will also have the opportunity to “test-drive” the da Vinci robot! Light refreshments will be served. FREE.

Robotic-Assisted Hip Replacement

June 14, 6:30-7:30 p.m.

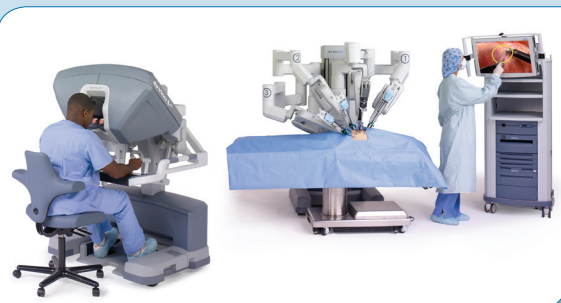
Silver Cross Hospital Conference Center



Rajeev Puri, M.D.

One of the main objectives of hip replacement is equalizing leg lengths when surgery is over. New computer-aided navigation techniques help orthopedic surgeons accomplish this in a minimally invasive manner that decreases operating time and X-ray exposure to the patient. Join Dr. Rajeev Puri, orthopedic surgeon, as he discusses this and more about hip replacement surgery. FREE.

**Register to attend at
midwestroboticsurgery.org or
call 1-888-660-HEAL (4325).**



MIDWEST INSTITUTE
for **ROBOTIC SURGERY**
at Silver Cross Hospital

BREAKTHROUGH TREATMENT FOR SLEEP APNEA: SILVER CROSS FIRST IN AREA TO OFFER TRANSORAL ROBOTIC SURGERY

Are oversized tonsils getting in the way of a good night's sleep? Enlarged lingual tonsils—those located at the back of the tongue—are a leading cause of obstructive sleep apnea, a potentially dangerous condition in which breathing stops several hundred times a night.

But transoral robotic surgery (TORS) now available at The Midwest Institute for Robotic Surgery at Silver Cross Hospital offers one of the latest advances in sleep medicine. TORS uses the da Vinci® robot-assisted surgical system to treat severe obstructive sleep apnea by removing or reducing the size of the enlarged lingual tonsils. Best of all, the minimally invasive procedure is “incision-less,” meaning all work is done through the mouth, not through incisions in the neck.

Obstructive Sleep Apnea

Obstructive sleep apnea affects more than 18 million Americans; it occurs when soft tissue in the back of the throat collapses during sleep, blocking the airway. Not only do sleep apnea sufferers feel tired much of the day, they're at higher risk for depression, diabetes, high blood pressure, heart attack, stroke and even death.

Before surgery, the most often-prescribed treatments include changes in lifestyle habits such as weight loss, oral appliances and breathing devices like the continuous positive airway pressure (CPAP) mask.

Surgical Treatment for Sleep Apnea

“With TORS, we're able to perform surgery through the mouth—or transorally,” explains Sung Chung,



Sung Chung, M.D.



Rajeev Mehta, M.D.

M.D., who together with Rajeev Mehta, M.D., are specially trained in TORS procedures at Silver Cross. Both are board-certified ear, nose, throat specialists and head/neck surgeons.

“TORS allows us to remove obstructions blocking a patient's airway on the base of the tongue—and work farther back in the throat with precision,” Dr. Mehta adds.

The two surgeons successfully performed the first TORS procedures at Silver Cross in February. They're among a handful of surgeons in the Midwest using the technique.

Thanks to its high-definition, 3-D camera, the da Vinci system offers unparalleled views of the back of the throat. And its sophisticated robotic instrumentation, which translates the surgeon's movements to a robotic arm, allows surgeons to work in tight, hard-to-reach places with the utmost precision.

Because the procedure is performed through the mouth, patients experience significantly less pain and recovery time. In most cases, patients are released from the hospital one or two days after surgery. Full recovery takes up to four weeks.

Before TORS, patients with obstructive sleep apnea had few choices when surgery was required. The traditional, open technique is performed through a neck incision. The jaw is often cut, and bone repositioned with screws, pulling the attached tongue base forward. The procedure results in a lengthy recovery time for patients before they can return to everyday life.

To be considered for TORS, patients must first be assessed in the office. This usually includes a review of sleep study results and an evaluation by the otolaryngologist to identify what tissue obstruction is causing the sleep apnea. If the tongue base is found to be a cause of the obstruction, the patient is a candidate for the TORS sleep apnea procedure.

Visit midwestroboticsurgery.org for more information. +



When Wounds Won't Heal

May 8, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Our bodies have a miraculous way of healing themselves. With time and appropriate medical attention, most skin wounds will heal. But what if a wound doesn't heal? Join Dr. Eric Borncamp, Medical Director of the Silver Cross Wound Center, as he discusses the importance of proper wound treatment, the latest techniques in wound management and wound prevention. FREE.

Solutions to Sinus and Allergy Problems

May 15, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Dr. Ankit Patel, ear, nose, throat, head and neck surgeon, will present the latest treatments for allergies and chronic sinusitis, including image-guided endoscopic sinus surgery allowing for faster healing and less post-operative pain. FREE.

Managing Heartburn/GERD: Endoscopic Treatments and Diet

May 22, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Learn about the risks and treatment options for heartburn, acid reflux or GERD, Barrett's esophagus and esophageal cancer from Dr. Kamran Ayub, Medical Director of the Advanced Endoscopy Center at Silver Cross Hospital. In addition, learn about dietary management of GERD from registered dietitian Amy Readle. FREE.

Breast Cancer Myths

June 5, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

With all the information available about breast cancer, sometimes it's hard to know the difference between what's right and wrong. Join Dr. Jennifer Tseng, breast surgeon with the Silver Cross Breast Center, as she answers our most burning questions and addresses common myths about breast cancer. FREE.

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

Every Wednesday, 5:45-7:00 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. FREE.

SCREENINGS

Balance Screenings for Active Adults

The Rehabilitation Institute of Chicago (RIC)

at Silver Cross, 1051 Essington Rd, Joliet

RIC physical therapists will determine your strength, balance, and risk for falling and provide recommendations to help you stay healthy and active. Call (815) 300-6580. FREE.

CT Lung Cancer Screenings

Low-dose CT lung cancer screenings are quick, painless, non-invasive screening tests that can detect nodules or spots on the lung 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.



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Find us online!

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Ruth Colby, *President/Chief Executive Officer*
Deb 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.*

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BREAKTHROUGH Y-90 TREATMENT SELECTIVELY TARGETS LIVER TUMORS

Patients with colorectal cancer that has spread to the liver now have another treatment option at Silver Cross Hospital called selective internal radiation therapy (SIRT). This revolutionary therapy is an FDA-approved, non-surgical treatment that uses tiny beads called microspheres to deliver radiation directly to tumors in the liver.

“The microspheres contain the radioactive element Y-90, which is delivered through the hepatic artery and directly into the liver’s blood vessels to kill cancer cells,” explains Feraz Rahman, M.D., one of two board-certified interventional radiologists who perform the treatment at Silver Cross. “By directing high doses of radiation precisely into the tumor, healthy liver tissue can be preserved.”



Feraz Rahman, M.D.



Ashish Vyas, M.D.

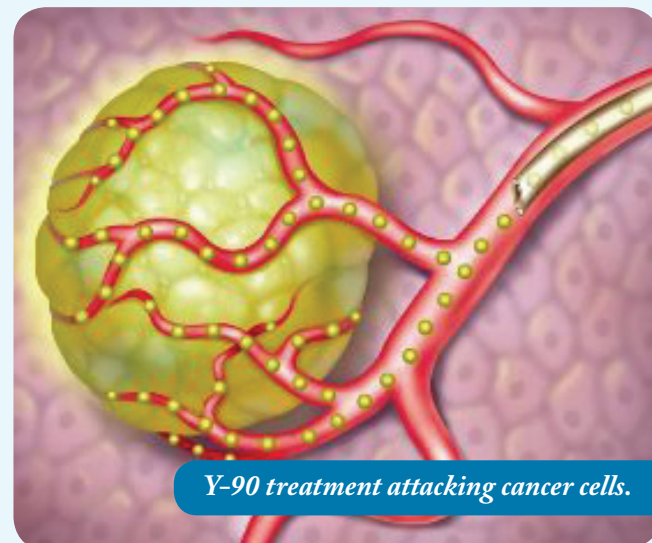
Of the nearly 140,000 Americans diagnosed with colorectal cancer every year, at least 60 percent will see their cancer spread to the liver. SIRT is only suitable for patients whose liver is the only site of cancer, or the liver is the major site of the disease. SIRT has no effect on tumors outside the liver.

“Clinical studies have shown that when used in combination with chemotherapy, Y-90 microspheres can shrink liver tumors more than chemotherapy alone, improve quality of life and increase life expectancy,” adds Ashish Vyas, M.D., who also performs the procedure at Silver Cross.

Due to the liver tumor’s unique blood supply, millions of tiny spheres are delivered directly to the tumors, blocking the supply of blood to the cancer cells and delivering a high dose of radiation to the tumor. SIRT can help extend the lives of patients with inoperable tumors and improve their quality of life.

“Typically, patients undergo two procedures,” Dr. Rahman added. “Both include a procedure known as an angiogram and are performed under conscious sedation.”

The purpose of the first angiogram (called mapping) is to prepare the liver for SIRT. During the mapping procedure, the interventional radiologist blocks the vessels to minimize the potential for the Y-90 microspheres to travel to areas



outside the liver, such as the stomach or intestine. Assuming that the results of the initial tests are acceptable, the prescribed dose of Y-90 microspheres will then be administered under a second procedure, which is usually conducted one or two weeks after the initial angiogram is completed.

For a small number of patients, treatment can shrink the tumor enough that it can be removed by surgery at a later date.

Normally, patients can be discharged within four to six hours of the procedure and are able to resume normal daily activities two to three days after treatment.

For more information about this new treatment option, visit www.silvercross.org. +