



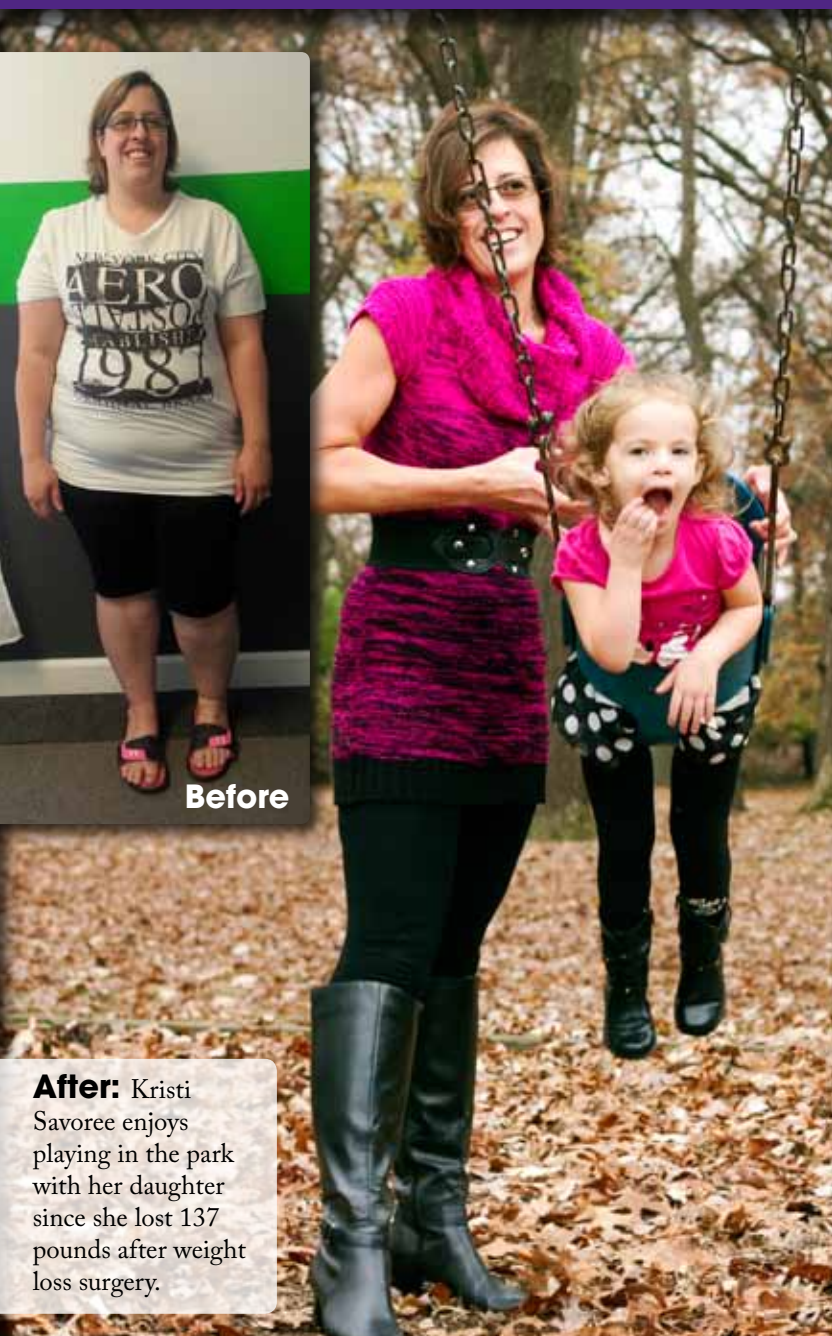
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WEIGHT LOSS SURGERY: A WALK IN THE PARK



Before

After: Kristi Savoree enjoys playing in the park with her daughter since she lost 137 pounds after weight loss surgery.

Kristi Savoree loves to go to the park with her daughter. But at 278 pounds, the pain in her back, knees and feet made it difficult to keep up with the active toddler.

While researching weight loss surgery programs online, Kristi found BMI Surgery at Silver Cross Hospital and decided to attend a free informational session.

“After listening to Dr. Joyce’s presentation, I was inspired,” said the Morris mom. His staff helped me through the entire process—from working with my insurance company, to long after my surgery. With their help and support from my husband, I had laparoscopic sleeve gastrectomy surgery in December 2014.”

For over a decade, BMI Surgery’s Drs. Christopher Joyce and Brian Lahmann have helped more than 4,500 patients win their personal battles with obesity and enjoy healthier lives. Their weight loss program is nationally accredited by the American College of Surgeons and the American Society of Metabolic & Bariatric Surgery and designated as a Blue Distinction Center for Bariatric Surgery. BMI Surgery and Silver Cross Hospital were the first in Will and Grundy counties to offer laparoscopic gastric bypass, laparoscopic sleeve gastrectomy, Lap-Band™ and REALIZE™ gastric band systems, and now the ReShape™ Integrated Dual Balloon

System. An FDA approved, first-of-its-kind non-surgical weight loss procedure for people with mild to moderate obesity, ReShape provides a new option for adults with a body mass index of 30 to 40 and a related health condition who haven’t succeeded at diet and exercise alone and do not want or qualify for bariatric surgery.

“Whether you are interested in having bypass, band or balloon, we screen our patients very carefully to ensure their success and safety,” said Dr. Joyce, Medical Director of the Bariatric Surgery Program at Silver Cross Hospital.

To get ready for surgery, Kristi met with an exercise physiologist, dietitian, cardiologist, psychologist, pulmonologist, and bariatric nurse. When the time came for her procedure, she spent just one night at Silver Cross Hospital.

“Dr. Joyce has an amazing bedside manner. He never made me feel obese,” Kristi said. “He told me that the surgery was merely a tool to lose weight and the real success depended on me making lifestyle changes.

Since surgery, Kristi has lost 137 pounds. She has more energy and can now chase her daughter around the park and bike ride for hours without any pain. The program has also taught her to eat healthier and exercise regularly. +

Free Informational Session

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 weight loss surgery. Find out if you are a candidate for the procedure and talk with the physicians. To attend, visit www.bmisurgery.org or call 1-888-660-HEAL (4325).



Drs. Christopher Joyce and Brian Lahmann

SURVIVING STROKE: JACK SHEEHAN'S STORY

Peg Sheehan was out to lunch with the girls when her husband called complaining of a horrible headache and blurry vision. She offered to come home, but Jack said he was alright. He wasn't. Shortly after they hung up, Jack called back asking Peg to dial 911. On March 26, 2014, Manhattan paramedics transported him to Silver Cross Hospital's Emergency Department (ED) where a Code Stroke Team was waiting.

To rule out an aneurysm, ED physician Dr. Anthony Murino ordered a CT Scan on the 64-year-old. The test showed Jack had blood in the ventricular system of his brain. Within minutes, Dr. Kamran Khan, neurosurgeon, inserted a drain to relieve the pressure. Once Jack's headache and high blood pressure were under control, Dr. Richard Burgess performed an angiogram, which showed some irregularities on the right side of Jack's brain.

"It was not an aneurysm but a fistula or tear," recalls Dr. Burgess, interventional neurosurgeon with the Silver Cross Neuroscience Institute. "It needed to be repaired or Jack could have been severely disabled or worse."

A MRI uncovered that Jack had an arterial venous malformation of the brain stem that was the cause of the bleeding and pressure. After consulting with his partner, Harish Shownkeen, M.D., Dr. Burgess developed a detailed treatment plan that offered Jack the best chance to regain his abilities. This included Dr. Khan immediately inserting a second drain to relieve the fluid and blood that was building up on the left side of Jack's brain.

Surgery was scheduled for the next day to stop the bleeding. Because of Jack's history of heart disease,

his cardiologist, Dr. Joseph Stella, evaluated him to make sure he could survive the procedure. On March 28, Dr. Burgess took Jack to Silver Cross



Peg and Jack Sheehan

Hospital's endovascular suite where using a type of "super glue" he closed off several fistulas between the artery and vein near Jack's brain stem.

"All the doctors and nurses were amazing," exclaimed Peg. "Dr. Burgess spent as much time with us as we needed to understand what was happening to Jack. He came by a couple times of day. Dr. Khan, Dr. Shownkeen and Dr. Stella too. It was touch and go for quite a while."

Healing Takes Time and Talent

Jack spent several weeks in the ICU where Peg and the nurses played music to help with Jack's healing. He was struggling with high blood pressure and an abnormal heart rate and there was concern that Jack may have pneumonia. The doctors decided to keep Jack sedated until his vitals were under control. This lasted until March 31. A couple days later, Jack was ready to start therapy with The Rehabilitation Institute of Chicago (RIC) at Silver Cross Hospital. His team consisted of physical and occupational therapists, speech-language pathologists and physical and rehabilitation medicine physicians under the direction of Dr. Andrew Hendrix.

"The therapists worked hard to get Jack ready to move from the ICU to RIC's rehabilitation unit on the 5th floor," said Peg. "They taught me what I could do to help which included exercises for getting him up and for swallowing. This was very difficult for Jack. He had a feeding tube for a long time. Seeing the therapists was always the favorite part of Jack's day."

As Jack's progress improved, he regained his sense of humor and even knew who the golfers were competing in the Master's tournament. On April 17, Jack was transferred to the rehab unit where he adjusted to a rigorous schedule to further improve his mobility, speech and memory.

On April 25, Jack was finally able to eat real food, climb stairs and do crossword puzzles. His brain was healing. Just one week later, Jack was able to ascend a full flight of stairs, walk without assistance, and even won a game of bean bag toss.

On May 9, after spending nearly 7 weeks in the Hospital, Jack went home. His double vision was finally gone. He continued his therapy as an outpatient with RIC at Silver

Cross for a month. An angiogram on June 24 revealed Jack's brain had healed. There were no signs of fistulas.

Ready to Hit the Links

A Eucharistic minister who volunteers on Wednesdays at the Hospital, Peg attributes Jack's recovery to the power of prayer and the entire team at Silver Cross.

"They were supportive and never gave up always thinking out of the box to help Jack; especially Dr. Burgess who would always calm me down and listen to my concerns," said Peg. "He is a very caring physician and sensitive to both the patient and family's needs."

Peg adds, "When something like this happens, you don't always get to choose your doctors and nurses. Anyone who gets Dr. Burgess and the rest of the Silver Cross staff is very fortunate."

The Sheehans recently moved to Orland Park to be closer to their children and grandchildren. Jack is back golfing, although he admits the game will never be the same. He also helps Peg out around the house—even cooking and cleaning. Peg's Jack is back! +

Free Program

Modern Diagnosis and Treatment of Stroke

Feb. 16, 6:30-7:30 p.m., Silver Cross Hospital Conference Center

Dr. Richard Burgess, Interventional Neuroradiologist at Silver Cross Neuroscience Institute, will discuss the latest minimally invasive treatment and recovery options for new and recurrent strokes. FREE. Register to attend at silvercross.org or call 1-888-660-HEAL.



HELPING YOU STAY WELL

Baseline Cardiac Risk Assessment

Silver Cross Hospital, New Lenox

Silver Cross Health Center, Homer Glen

This screening includes measurements of total cholesterol including HDL and LDL levels, blood glucose level, triglyceride level, blood pressure and body fat; 12-lead EKG; health and lifestyle evaluation; and a personal phone consultation with a registered cardiac nurse to review results and answer questions. A 12-hour fast is required. Cost is \$40. To schedule an appointment, call (815) 300-7076.

Colorectal Cancer Screening Kit

In honor of National Colon Health month, Silver Cross Hospital is offering free Screening Kits throughout March. Beginning at age 50, individuals should begin regular colorectal screenings. Using the kit, you will collect a stool sample in your home and send it to the hospital's Lab to be tested for blood. Results are mailed back for patients to share with their physician. To request a colon cancer screening kit, visit silvercross.org or call 1-888-660-HEAL.

Diabetes Screening

March 22, 11 a.m.-5 p.m.

Silver Cross Hospital Seasons Dining Room

In recognition of the American Diabetes Association's Diabetes Alert Day, the Silver Cross Diabetes Center, Walgreens and Joliet Noon Lions Club will offer free screenings to detect diabetes. Participants will be offered a Diabetes Risk Test and non-fasting Blood Glucose Test. No appointment required. For more information, call (815) 300-5990.

GIRL TALK: Pelvic Pain

March 23, 6:30-8 p.m.

Silver Cross Hospital Conference Center

Dr. Nahla Mehri, urogynecologist; Dr. Anthony Rinella, spine surgeon; and Karen Grube, physical therapist with The Rehabilitation Institute of Chicago at Silver Cross, will talk about the signs, symptoms and treatment for pelvic floor disorders including chronic pelvic pain, urinary incontinence and pelvic organ prolapse. FREE.

Healing Heartburn & Barrett's Esophagus

Feb. 23, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Dr. Ashiah Shah, gastroenterologist, will discuss the latest endoscopic treatments to eliminate chronic heartburn and preventing Barrett's Esophagus, which can lead to cancer. FREE.

LUNG CANCER:

Quick, Coordinated Care can Save Your Life

March 3, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Dr. David Cziperle, thoracic surgeon and co-director of the Silver Cross Multi-Disciplinary Lung Cancer Conference, will discuss diagnostic and treatment options for patients with lung nodules, lung cancer, and other chest-related abnormalities. FREE.

Low Back Pain Screening

Jan. 19, Silver Cross Health Center—Homer Glen,

(815) 300-6288

Jan. 20, Silver Cross Professional Building—New Lenox,

(815) 300-6123

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| | |
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| MRI | Physical Therapy |
| X-Ray | Urgent Care |
| Ultrasound | |
| Lab | New Lenox |
| EKG | Route 30 |
| Physical Therapy | Physical Therapy |

physical therapist with The Rehabilitation Institute of Chicago at Silver Cross for individuals experiencing aches, pain, spasm, stiffness or weakness of the lower back. Call to schedule an appointment.

Solutions to Sinus Problems

March 1, 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 to treat chronic sinusitis including image-guided endoscopic sinus surgery allowing for faster healing and less post-operative pain. FREE.

This Nagging Knee

Feb. 18, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

From arthritis to tendonitis, Dr. T. Andrew Ehmke, orthopaedic surgeon, will discuss the common causes of nagging knee pain. He'll also cover the latest non-surgical and

surgical treatment options, including medicines, exercise and minimally invasive knee replacement. FREE.

Treating Hip and Knee Arthritis

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

Silver Cross Hospital Conference Center

Orthopaedic surgeons Drs. Tom Antkowiak and Rajeev Puri will discuss new treatments for hip and knee arthritis. Dr. Antkowiak will focus on the diagnosis and treatment of early hip arthritis with the goal of preventing a hip replacement using arthroscopic techniques. Dr. Puri will talk about new devices that spare ligaments and tissues usually sacrificed in conventional knee replacements FREE.

For more information or to register,
Call 1-888-660-HEAL (4325)
or visit www.silvercross.org



Find us online!

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** Physicians on Silver Cross Hospital's Medical Staff have expertise in their areas of practice to meet the needs of patients seeking their care. These physicians are independent practitioners on the Medical Staff 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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