



SILVER CROSS
HOSPITAL

The way you *should* be treated.™

the SILVER CROSS experience

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CLOSING A HOLE IN THE HEART USING CATHETER TECHNOLOGY

It's the morning of July 15, 2019, and 56-year-old Kevin Platt wakes up with tingles in his right arm. He shakes it off thinking he slept wrong and gets ready for work at an area car dealership where he's a mechanic.



Dr. George Aziz

Kevin drives himself, but when he gets to work, he notices he can't do the things he usually does, like punching into the time clock and typing on his computer. "Nothing made sense," he remembers.



Dr. Hong Jun Yun

Kevin's co-worker took notice and drove him to the nearest hospital where he was diagnosed with a stroke.

Doctors suspected an irregular heartbeat or atrial fibrillation, a leading risk factor for stroke, and fitted him with a heart monitor that he wore for four weeks.

He next met with interventional cardiologist Dr. Hong Jun Yun and learned he had a hole in his heart, clinically known as a patent foramen ovale or PFO.

"It's likely Kevin was born with this heart defect," said Dr. Yun. "During fetal development there's a small flap-like opening that separates the right and left chamber of the upper heart. Normally, that closes after birth, but in Kevin's case it didn't."

About Patent Foramen Ovale

PFO is actually fairly common, with nearly 25 percent of the population having the condition. But most don't know it, and the majority of the time, it doesn't cause any health problems.

However, the condition may play a role in migraine headaches, and it increases the risk of stroke and transient ischemic attack.

"Many times, a TIA or stroke is the first sign of PFO," he added. It can occur because a blood clot or solid particles in the blood can move from the right side of the heart to the left through the PFO opening, travel to the brain and cause a stroke.

Dr. Yun and interventional cardiologist Dr. George Aziz collaborated together on Kevin's case and recommended a transcatheter PFO closure procedure—the very first one performed at Silver Cross.

"We insert the catheter into a vein



Transcatheter PFO closure procedure

in the leg and guide it up through the vessel all the way to the heart," Dr. Aziz said. "Once there, we're able to feed the device through the catheter and plug the hole in his heart."

Transcatheter closure of a PFO is a far less invasive procedure than open heart surgery and causes less downtime for the patient.

Kevin, who had the surgery in September, went home the very same day. Though he still experiences lingering effects of his stroke, the father of three is back on his bicycle and looking forward to meeting his first grandbaby in February.

"I'm getting back to living my life the way it was before," he added.

For more information about our total heart care program, visit silvercross.org/heart. +



Kevin Platt

BACK TO DOING WHAT HE LOVES AFTER ROBOTIC KNEE SURGERY

Craig Eckert of New Lenox says he'll never forget the day last year when knee pain stopped him right in his tracks. It happened while he was out walking his dog.

"I couldn't make it back to the house. That's when I knew I had to see a doctor," Craig, 65, of New Lenox, explained. "Daily activities were becoming difficult too."

The culprit was arthritis. Craig's primary doctor referred him to Rajeev Puri, M.D., an orthopedic surgeon who specializes in robotic knee replacement surgery at the Midwest Institute for Robotic Surgery at Silver Cross.

"I prefer to offer conservative treatment options first for knee pain such as home exercises, physical therapy, bracing, medications or injections," Dr. Puri explained. "If these methods aren't successful, I'll discuss surgical options such as a partial or total knee replacement, expected outcomes and rehabilitation."

Robotic-Assisted Knee Replacement

The Midwest Institute for Robotic Surgery at Silver Cross offers Mako™ robotic-arm assisted surgery.



Craig Eckert

"The Mako™ surgical equipment has the ability to map out the procedure beforehand and size the implant perfectly by using the patient's CT scan. The device simulates how the knee will move and act once the implant is in place. This technology can perform a 'rehearsal' before the surgery begins, giving the surgeon an opportunity to make adjustments either before or during the knee replacement surgery," said Dr. Puri.

"I was able to go home the day after my surgery and experienced very little discomfort afterward. Five weeks after my surgery, Dr. Puri said I could return to playing golf! It was such a relief to return to my daily activities without

knee pain anymore," Craig, who also happens to be a Silver Cross volunteer, added. +

For more information about robotic-assisted joint replacement, visit midwestroboticsurgery.org.

LIKE A "NEW SET OF LEGS" FOLLOWING PERIPHERAL ARTERY TREATMENT

Joliet resident Beverly Dixon, 63, says she feels like a woman half her age after treatment for peripheral artery disease at Silver Cross.

Beverly, who had been plagued with muscle cramps in her legs when she walked or climbed stairs, was afraid the pain would eventually force her to leave her job working with disabled clients. That's when she turned to her primary care doctor, Latha Arla-Polavarapu D.O., an internal medicine specialist with Silver Cross Medical Group.

Dr. Arla consulted with interventional radiologist Dr. Feraz Rahman to see what therapies might help her patient with suspected peripheral artery disease, a narrowing of the arteries in the legs that can cause pain, sores or even dead tissue, and lead to stroke and heart attack.

Interventional radiologists like Dr. Rahman deliver precise, targeted treatments to complex, painful and potentially life-threatening conditions through a tiny incision in the skin. And because therapy is less invasive, these procedures involve less risk, less pain and less recovery time compared to open surgery.

Minimally Invasive Technique

Interventional radiology treatments are a well-accepted choice for many conditions and are especially appropriate for patients who are in frail health or who have already undergone numerous surgeries. Beverly, a former smoker with high blood pressure, had risk factors for peripheral artery disease.

Dr. Rahman successfully treated the blockages in her legs, using minimally invasive techniques. These included an angiogram to locate the blockages; atherectomy to remove the plaque buildup; angioplasty, which uses a balloon to open up a narrow artery; and a stent to keep the artery open for improved blood flow.



Beverly Dixon and Dr. Feraz Rahman

"I never even had a surgery in my 63-year lifetime, so naturally I was a little afraid," Beverly admitted, "but Silver Cross was great. I went from having excruciating leg cramp pains that woke me up at night and hardly being able to walk from a parking spot to the store, to going out and shoveling snow in January. I was worried I'd have to quit my job, and now I feel like a 30-year old with new legs!" +

For more information, visit silvercross.org.

Helping You Stay Well

What Does the Thyroid Do and When Does it Need to Come Out

Jan. 16, 5-6 p.m.

Silver Cross Conference Center

Come learn from endocrine surgeon Dr. Shabir Abadin about the thyroid gland, its function and reasons to have your thyroid removed. FREE.

HPV 101: Understanding Human Papillomavirus HPV—Cervical Cancer and Beyond.

Jan. 30, 5-6 p.m.

Silver Cross Conference Center

Join Dr. Nita Lee, gynecologic oncologist, for a discussion about human papillomavirus (HPV), its link to cervical and other cancers along with the latest treatment options. FREE.

Shrink Your Prostate without Surgery (Prostatic Artery Embolization)

Feb. 4, 5-6 p.m.

Silver Cross Conference Center

An enlarged prostate gland may cause urine leaking, loss of bladder control, pain and other symptoms that affect quality of life. Learn about a new minimally invasive procedure at Silver Cross called prostatic artery embolization. Interventional radiologist Dr. Feraz Rahman will speak about this highly effective treatment. FREE.

Robotic Total Knee Replacement

Feb. 25, 5-6 p.m.

Silver Cross Conference Center

Join Dr. Robert Daley, orthopedic surgeon, for a discussion on the latest minimally invasive total knee replacement techniques including Mako™ robotic-arm-assisted surgery, allowing for a precise fit of your knee implant, increased bone preservation, added stability and reduced pain. FREE.

Heart Attack and Stroke Prevention in Women

March 4, 8-9 a.m.

Silver Cross Hospital Conference Center

Heart disease and stroke are leading causes of death for women. Join Dr. Reshma Relwani, internal medicine specialist, as she discusses risk factors, prevention and latest treatments available. 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. FREE.

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.

With Weight-Loss Surgery at Silver Cross, Get Ready to Fit into Everything

More than one in three American adults is considered “obese,” putting them at heightened risk for heart disease, hypertension, Type 2 Diabetes and cancer.

Since 2003, Silver Cross Hospital and BMI Surgery bariatric surgeons Christopher Joyce, M.D., and Brian Lahmann, M.D., have helped nearly 7,000 individuals live healthier and happier lives after weight-loss surgery.

These two highly-skilled bariatric, general and laparoscopic surgeons are pioneers in their field, performing Will and Grundy counties’ first gastric bypass, laparoscopic gastric bypass, adjustable gastric bands, and sleeve gastrectomy procedures.



Christopher Joyce, M.D.
Bariatric Surgeon



Brian Lahmann, M.D.
Bariatric Surgeon



As compared to other bariatric surgeons around the country, Drs. Joyce and Lahmann have extremely low complication rates, and their patients lose an average of 82% of their excess body weight one year after gastric bypass. They also consistently rank in the Top 1% of physicians in the nation for patient satisfaction. +

To read patient success stories or attend a free informational meeting, visit bmisurgery.org.

APPLE HEALTH: EASY ACCESS TO YOUR SILVER CROSS HEALTH RECORDS ON YOUR IPHONE

Wouldn't it be nice to access your health records anytime anywhere...right in the palm of your hand? If you have an iPhone, now you can!

If you use Silver Cross Hospital's MYSilverCross health record system, now you can use Health Records on iPhone, which integrates MYSilverCross with Apple's Health app.

MYSilverCross is your personal view into Silver Cross Hospital's electronic medical record. Available 24 hours a day, 7 days a week, MYSilverCross provides free, secure online access to a portion of your medical records.

And with access now available on your iPhone, you can take your health record with you wherever you go.



With MYSilverCross You Can:

- View selected lab results
- Review discharge instructions and patient educational materials
- Access a summary of your medications, allergies, immunizations and any medical issues for your personal use or to send to your physician or other healthcare provider

If you don't have a MYSilverCross account, start one now.

For more information or support, call our free Support Center at 1-877-621-8014. +

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



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 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.*

LOCKPORT WOMAN URGES OTHER WOMEN NOT TO IGNORE SYMPTOMS OF HEART DISEASE

When Pamela Frontera of Lockport cheered for the Bears against the Broncos in Denver earlier this season, she had a lot to be grateful for! Not only did the Bears beat the Broncos, Frontera was in the stands cheering them on... an amazing feat for a woman who had open-heart surgery at Silver Cross Hospital less than two months earlier.

“Before I found out about my heart blockages, I thought I was just slowing down due to my age. Now I share my story with as many women as I can and encourage them to get checked out and not to dismiss any symptoms,” the 66-year-old explained.

Frontera didn't experience typical symptoms of heart disease such as chest discomfort, shortness of breath, pain in the neck, jaw, throat, or upper abdomen. She experienced flu-like symptoms and dizziness.

Women's Symptoms are Different

In fact, women's symptoms of heart disease like Frontera's can be different than men. Women may feel a fullness in the center of their chest, break out in a cold sweat, experience pain in one or both arms, back, neck, jaw or stomach, have shortness of breath without chest discomfort, nausea or vomiting.

Frontera's story began last July, when she woke up feeling so lethargic she could barely get dressed. She also had a troubling pain across



Pamela Frontera

the middle of her back. That's when she asked her husband to take her to the emergency department at Silver Cross Hospital.

A stress test followed by an angiogram performed by cardiologist Parag Jain, M.D., F.A.C.C., detected three blocked heart arteries that would require coronary artery bypass surgery.

Frontera's surgery was performed at Silver Cross by noted thoracic and cardiovascular surgeon Dr. Pat Pappas, who has over 25 years of experience performing heart surgery. When she recovered, she began cardiac rehabilitation at Silver Cross.

“There's a comfort in wearing the heart monitor during my sessions that gives me

some reassurance that I am exercising at a level I can tolerate,” she added.

“When I found out I needed heart surgery I already had tickets to see the Chicago Bears play in Denver in September—so I figured there was no way I would be recovered in time to go,” she added. “But, with the encouragement of my medical team and family I was able to make the trip and see the game!”

For more information about our total heart care program, visit silvercross.org/heart. +

Show Your Heart Some Love

How healthy is your heart? For just \$45, you can find out at Silver Cross Hospital's **Love Your Heart screening Saturday, Feb. 22, from 7 to 11 a.m.** in the Silver Cross Hospital Conference Center!

- Total cholesterol including HDL and LDL levels
- Blood glucose level
- Triglyceride level
- Blood pressure
- Body fat and 12-lead EKG.

Other highlights include a healthy breakfast, giveaways and more.

Register at silvercross.org or call 888-660-HEAL (4325). A 12-hour fast is required.