

The Silver Cross Experience

FALL/WINTER 2021



SILVER CROSS
HOSPITAL

The way you *should* be treated.

Silver Cross Achieves “Triple Crown” for Healthcare

Earning the “Triple Crown” for healthcare – a Fortune/IBM Watson Health **100 Top Hospitals®** ranking, a **5-Star Rating** by the Centers for Medicare and Medicaid and an **A for Safety** from the Leapfrog Group all in the same year – is a proud moment for Silver Cross Hospital.

This puts us in a very exclusive group of hospitals nationwide that have achieved this level of excellence in patient safety, patient outcomes and patient experience.

The **CMS 5-Star Rating** for hospitals summarizes quality information on

important topics, like readmissions and deaths after heart attacks or pneumonia, with seven measures that include:

- Mortality
- Safety of care
- Readmission
- Patient experience
- Effectiveness of care
- Timeliness of care
- Efficient use of medical imaging



FIVE-STAR RATED
By Centers for Medicare & Medicaid (CMS)

The more stars, the better a hospital performed on the quality measures.

Silver Cross Hospital was one of only 5 hospitals in Illinois named to the Fortune/IBM Watson Health **100 Top Hospitals®** list in 2021.

This recognition demonstrates Silver Cross Hospital’s ongoing commitment to prioritize patient-centered care. According to IBM Watson Health, as compared to similar hospitals, Silver Cross had better results on key clinical and operational performance indicators. These include survival rates, patient complications, healthcare-associated infections, 30-day mortality rates, 30-day readmission rates, length of stay, throughput in emergency departments, inpatient expenses and ratings from patients.

Watson Health
100 Top Hospitals® 2021



This fall, Silver Cross earned its **14th Straight “A” Leapfrog Hospital Safety Grade**, a national distinction recognizing the hospital’s achievements protecting patients from errors, injuries, accidents and infections. This is the 14th Straight A for Silver Cross, placing the 300-bed hospital among the very safest hospitals in the nation.

Mokena Urgent Care Now Open

Silver Cross is pleased to announce the opening of its second Urgent Care Center at the southeast corner of U.S. Route 30 and Owens Road in Mokena. The center brings needed urgent care services to the residents of Mokena and surrounding communities.

Staffed by licensed nurse practitioners working under the supervision of a board-certified family medicine physician, the center features comfortable exam rooms, on-site X-ray services, a procedure room and a spacious waiting room. Walk-in care is available with no appointment needed. For added convenience, you can schedule a visit online while you wait at home or work.

Silver Cross Urgent Care is open seven days a week from 8 a.m. to 8 p.m. Monday through Friday and 8 a.m. to 5 p.m. on weekends for everyday illnesses and injuries that need medical attention right away.

For more information about **Silver Cross Urgent Care**, visit silvercross.org/urgent-care or call **815-300-CARE (2273)**.

GRAND OPENING

Celebration



Saturday, Jan. 15 • 9 a.m. to noon
Tours • Refreshments • Raffles

For more information or a physician referral, visit silvercross.org

TAVR Procedures are Culmination of Teamwork and Expertise

Retired accountant Bob Guler of Frankfort made history at Silver Cross Hospital when he became the first patient to undergo transcatheter aortic valve replacement (TAVR) earlier this year. The minimally invasive alternative to open valve replacement was performed in the hospital's new Cardiac Hybrid Room, part of a \$22 million cardiac expansion that opened at the end of March.



Dr. Corinne Nawrocki



Dr. Joseph Stella

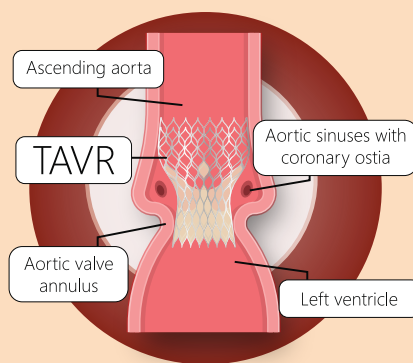


Dr. Ravi Ramana

For most of his life, Bob enjoyed good health. Then at age 65, he said, "Everything started going downhill." His primary care physician, **Corinne Nawrocki, D.O.**, and cardiologist, **Joseph Stella, D.O.**, noticed as well. On an echocardiogram done earlier this year, Dr. Stella discovered Bob had severe aortic stenosis and referred him to the multidisciplinary heart valve team at Silver Cross. After further testing, Bob learned he was a candidate for TAVR.

According to **Ravi Ramana, D.O.**, an interventional cardiologist and medical director of Silver Cross's structural heart program, TAVR is done by inserting a catheter about the size of a pen through an artery in the leg and up into the heart. A new tissue heart valve is then implanted inside the narrowed valve, resulting in a normal functioning valve. This improves the patient's symptoms and takes the excess strain and stress off the heart muscle. TAVR avoids the need for opening the patient's chest and putting them on a heart-lung machine.

Transcatheter Aortic Valve Replacement (TAVR)



A benefit of TAVR compared to open heart surgery is typically a quicker recovery period. And that was definitely the case for Bob. Just hours after surgery, he was sitting up having dinner. A few hours later, he walked with help to the bathroom and then walked the hallways with assistance. He was discharged home the next day to recuperate.

"I would definitely recommend TAVR to others who qualify for the procedure. They'll get great care at Silver Cross!" Bob said.



Bob Guler

For more information about heart care at Silver Cross, visit silvercross.org/heart



New Cardiac Hybrid Room at Silver Cross

Save Your
Life

with a
\$49 Heart Scan



The scan produces a score that identifies your level of calcium deposits, the earliest indicator of heart disease.

Find out your risk and what you can do to lower it.

To schedule your \$49 Heart Scan today, call (815) 300-SCAN (7226).

silvercross.org/heart



The way you *should* be treated.

Will County's First Level 3 NICU

The Amy, Matthew and Jay Vana Neonatal Intensive Care Unit at Silver Cross Hospital to open in spring 2022

New Lenox residents Tom and Michele Vana recently made an undisclosed transformational gift to support Will County's only Level III Neonatal



Pictured from left, Mitchell Cunningham, Amy Cunningham, Tom Vana, Michele Vana, Matthew Vana, Morgan McCarey (Matthew's significant other) and Silver Cross President/CEO Ruth Colby.

Intensive Care Unit (NICU) opening in early 2022 at Silver Cross Hospital. The NICU will be the first and only of its kind in Will County and will provide advanced care for premature newborns and full-term babies with congenital disorders. In recognition of their generous support, the facility will be named the Amy, Matthew and Jay Vana Neonatal Intensive Care Unit at Silver Cross Hospital after the couple's triplets.

Help Give Babies a Fighting Chance — Donate Today!

To make a charitable donation to support **Silver Cross Hospital's NICU and Birthing Center**, visit silvercross.org/giving/ways-to-give/donate-now/ or send your check payable to Silver Cross Foundation, 1900 Silver Cross Blvd., New Lenox, IL 60451. For more information, including commemorative naming opportunities, contact Tracy Simons at (815) 300-7113 or tsimons@silvercross.org.

Morris Woman has New Taste for Life After Robotic Colon Surgery

For two decades, Donna Bonic of Morris has had to add constant abdominal pain to her list of concerns. But in the past five years, her stomach issues grew increasingly worse.

Routine colonoscopies showed nothing serious, so doctors would prescribe antibiotics and other medications that worked... until the next time. Finally, her gastroenterologist recommended she see



Donna and Martin Bonic

Laura Ragauskaite, M.D., a general surgeon on staff at the Midwest Institute for Robotic Surgery at Silver Cross Hospital in New Lenox.

"During the appointment, Dr. Ragauskaite looked at me and said, 'I'm going to make you feel better.' I almost cried."

A CT scan showed Donna needed to have a chronically infected portion of her colon removed due to recurrent diverticulitis, and Dr. Ragauskaite would be using robotic-assisted surgery for a portion of the procedure.



Dr. Laura Ragauskaite

"Robotic surgery gives us better visualization during the procedure, in addition to letting us perform more intricate maneuvers with smaller incisions," said Dr. Ragauskaite.

"They caught it just in time, and I am so grateful," said Donna, who was able to go home less than a week after surgery. "There was no pain and no blood, and I can eat whatever I want now."

Dr. Ragauskaite wants to make sure people pay attention to those subtle signals that can mean abdominal trouble: change in bowel habits, chronic pain, nausea, blood in the stool and low-grade fever.

Donna said the surgery literally has been life-changing. "I feel like a new person. All that time I spent in pain. It's like a miracle."

For more information, visit silvercross.org.

Cochlear Implant Surgery Transformational

Much to his surprise, Larry Miller of Richton Park shares something in common with *The Incredible Hulk's* Lou Ferrigno. Both underwent cochlear implant surgery this year. Larry had his at Silver Cross Hospital in New Lenox, and both agree their lives have been transformed.

Larry had been wearing hearing aids for 10 years, following years of working around loud machines, despite donning ear protection. But even after retirement, his hearing grew worse, especially in his right ear.

"Every time I would go in to the audiologist, I would say, 'Turn it up,'" said Larry, 71. "He said, 'I can't turn them up any higher.

You need to go to a specialist to see what's going on."



Larry Miller with Cochlear Implant

Larry found **Scott DiVenere, M.D.**, an otolaryngologist at Silver Cross Hospital. After running some tests, Dr. DiVenere told Larry he was a candidate for a cochlear implant and referred him to **Matthew Bartindale, M.D.**, an otolaryngologist specializing in head and neck surgery – and cochlear implants.

"Patients who are cochlear implant candidates don't just have a volume issue, they also have a clarity issue," said Dr. Bartindale.



Dr. Matthew Bartindale

"You can think of hearing like an old analog radio – there's the volume knob and the frequency knob. Larry's volume knob wasn't great, but that can be 'turned up' with hearing aids. His problem, especially in the right ear, was the frequency knob."

Read Larry's success story at silvercross.org





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Find Us Online!



Watson Health[®]
100 Top
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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.

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Bedford Park, IL

Local Teacher Enjoys Brand-New Life after Weight Loss Surgery at Silver Cross

Nicole Thompson admits she's struggled with weight issues most of her life.

"I'm an only child," she explained. "So when my parents weren't home, I got bored. I watched TV and ate." When the New Lenox schoolteacher had her second child at 40, she put on even more pounds.

At 5'4" and nearing 300 pounds, Nicole had been considering the idea of gastric bypass surgery. Then, when a Facebook acquaintance had the surgery, Nicole attended a seminar offered by renowned bariatric surgeon **Brian Lahmann, M.D., F.A.C.S.**, of BMI Surgery at Silver Cross Hospital.



Nicole BEFORE and AFTER Surgery

The bariatric surgeons of BMI Surgery have performed over 10,000 weight loss surgeries at Silver Cross. What's more, the hospital's well-established weight loss surgery program is the only one in Will County that has been named a MBSAQIP accredited center – Comprehensive and Blue Distinction Center for Bariatric Surgery. The center offers several weight loss surgery options, including gastric bypass surgery and gastric sleeve.

During a screening, Nicole and Dr. Lahmann decided gastric bypass was the best option for her. She passed the required pre-operative medical and psychological tests and scheduled her surgery during summer break from school. When she returned to school in the fall, fellow teachers and staff who didn't know about her surgery noticed she had lost some weight. But by Christmas, it was dramatic.

The surgery and the work she put into it resulted in Nicole dropping nearly 150 pounds. "I'm a Size 6. I have never been a Size 6 in my life," she said proudly.

Dr. Joe Northup Joins BMI Surgery

Silver Cross Hospital is pleased to welcome **Joe Northup, M.D., F.A.C.S.**, to its Bariatric Surgery team. Dr. Northup comes to BMI Surgery from Premier Weight Loss Solutions in Dayton, Ohio, with over 17 years of experience as a bariatric surgeon.

Certified through the American Board of Surgery, Dr. Northup completed his residency at the Medical College of Ohio at Toledo as well as an Advanced Laparoscopic and Bariatric Fellowship at the University of Virginia. In addition, he has received several awards and written numerous articles about general and bariatric surgery. He is a Fellow of the American Society for Metabolic and Bariatric Surgery, American College of Surgeons and American Society of Bariatric Surgeons.



Dr. Joe Northup

Dr. Northup specializes in laparoscopic bariatric procedures including laparoscopic sleeve gastrectomy, laparoscopic Roux-n-Y gastric bypass and bariatric revisional procedures.

Dr. Northup is known for his personable and caring manner.

For more information, visit bmisurgery.org.

For more information about weight loss surgery at Silver Cross, visit bmisurgery.org

