

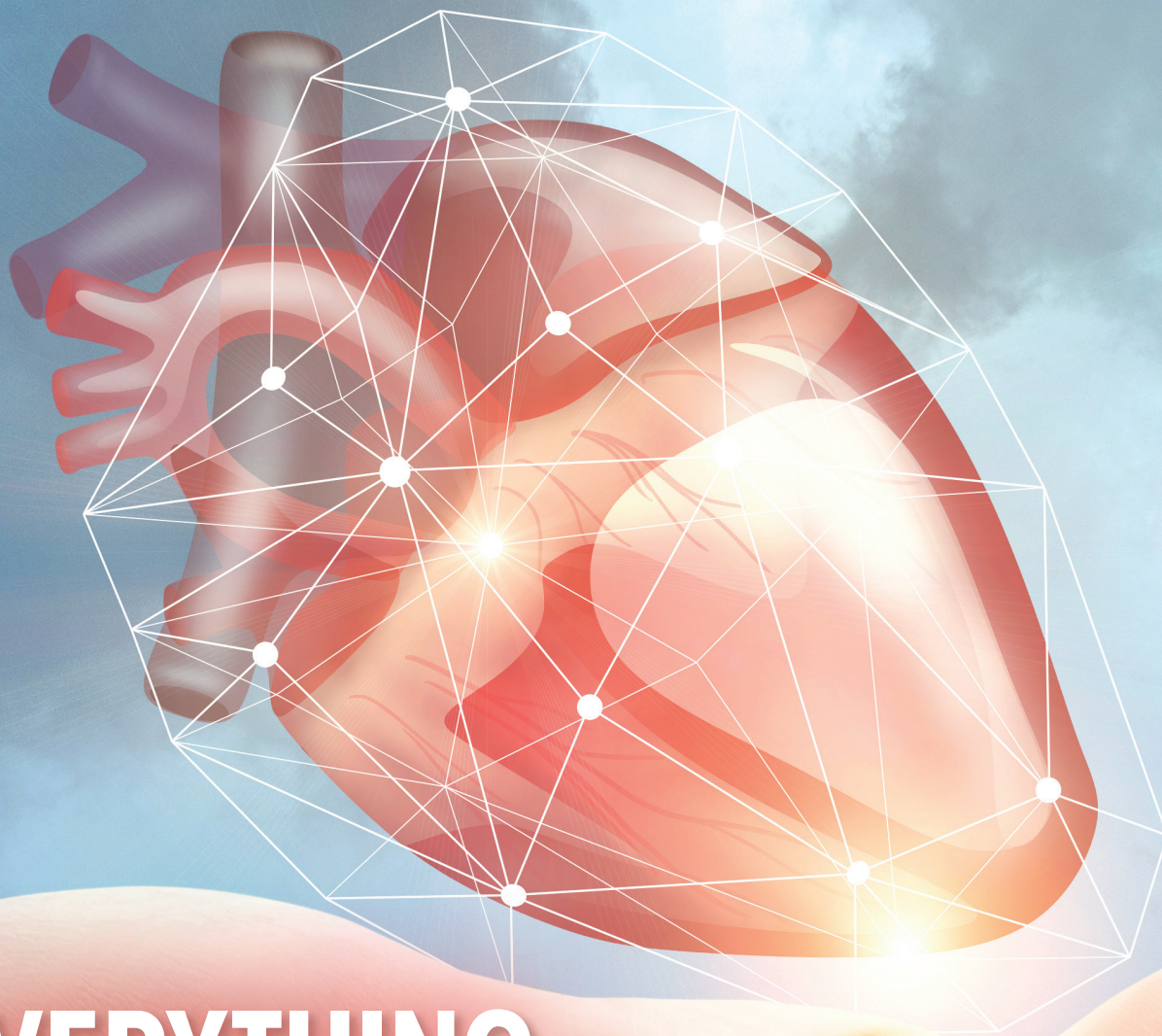
# The Silver Cross Experience

SPRING 2023



SILVER CROSS  
HOSPITAL

The way you *should* be treated.



**EVERYTHING**  
**Your HEART**  
**Needs.**

**Right Here. Right Now.**

**INSIDE THIS ISSUE:**

**\$49 Heart Scan**

**Valve Replacement/TAVR**

**Complex Brain Tumor Care**

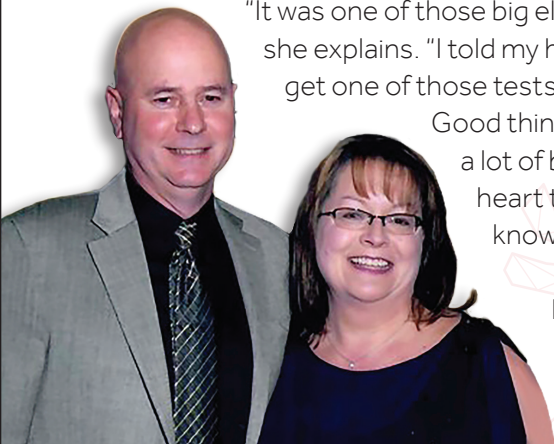
**Weight-Loss Surgery**

# \$49 HEART SCAN Saves Lives



A local couple was driving through Lockport last year when they received a sign from above...literally!

Sharon (who preferred not to use her last name) and her husband were driving down 159th Street when they saw a billboard advertising Silver Cross Hospital's \$49 Heart Scan.



**Rich and Pam Antonini**

"It was one of those big electronic signs," she explains. "I told my husband, 'Let's get one of those tests for the heck of it.'"

Good thing. I learned I had a lot of blockages in my heart that I didn't know about."

Rich Antonini of Lisle thought he was in pretty good shape for someone entering his

mid-60s: no pain; no shortness of breath. His weight was good. But he also knew his parents both had heart issues requiring surgery, and he was the last of his siblings to go on medicine for an elevated cholesterol level.

The nudge to get a heart scan at Silver Cross came when his brother-in-law had bypass surgery, prompting Rich's wife, Pam, to sign up for a scan.

## What Is a Heart Scan?

Calcium artery scoring is a quick, painless exam that uses high-speed CT scanning to measure calcium deposits in the heart. It's ideal for men over age 45 and women over age 55 who smoke, have high blood pressure, high cholesterol or a family history of premature coronary artery disease.

The scan produces a score that identifies the level of calcium deposits. A higher score means you have more

plaque in your coronary arteries, putting you at greater risk for a heart attack.

"My wife required medication," Rich explains. "That led me to get mine checked. My score was 888. It's supposed to be in the 100s or under. That wasn't good."

Both Sharon and Rich followed up with

**Dr. Joseph Stella**, an Interventional Cardiologist with Heart Care Centers of Illinois and Chairman of Cardiology at Silver Cross Hospital. More tests showed they both had blockages so severe, stents were out of the question.

"We've had dozens of patients who've had the heart scan and ended up needing angioplasty, stents or coronary artery bypass graft surgery," Dr. Stella explains. "The scan helps identify patients who are at risk and really want to get an early start and try to prevent the progression of heart disease."

Within weeks of their heart scans, Sharon and Rich both had heart bypass surgeries at Silver Cross, followed by cardiac rehabilitation for three months.

Both are doing great and eager to spread the word about the scan.

## Hidden Dangers

"That heart scan at Silver Cross was worth its weight in gold," says Sharon, 78, mother of three, grandmother of five and great-grandmother of three. "It can give you back your life that you didn't even realize was in danger."

Rich, now 65, said he never had any issues, and even helped his son take down a backyard pool on an unseasonably hot day last April, the day before his test.



**Dr. Joseph Stella**

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# Silver Cross Volunteer Back to Transporting Patients Following TAVR Surgery

As a volunteer in the Cardiac Catheterization Lab at Silver Cross Hospital, Tom Magdziasz doesn't let the fact that he's 75 slow him down.

He transports patients around in wheelchairs from station to station, all the while cracking jokes to help keep up the spirits of those who have a lot on their minds.



**Tom Magdziasz**

getting tougher to push patients around the lab, getting out of breath more easily.

"I had an echocardiogram, and it showed I had a valve narrowing. My cardiologist thought I would be a good candidate for Transcatheter Aortic Valve Replacement (TAVR), but he didn't perform them. Luckily, I knew someone who did."

Tom would see and joke around with **Dr. Francisco Yun**, an Interventional Cardiologist on staff at Silver Cross. Dr. Yun had implanted a stent for Tom three years ago, and while volunteering, Tom had seen a lot of TAVR patients come in and go out happy since the hospital began offering the procedure a year and a half ago.

"I'll feel them out a little bit to make sure it's OK to kid around," said Tom of Frankfort. "I'm pretty good at gauging my audience."

But last summer, he noticed it was

"We have been doing TAVR procedures here at Silver Cross for almost two years," said Dr. Yun. "TAVR has improved quality of life and prolonged it for those who qualify for the procedure. I've performed them for patients in their 90s."

## What is TAVR?

**Dr. Ravi Ramana**, the Medical Director of Silver Cross's Structural Heart Program, explained the procedure:

"TAVR is performed 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. There's no medication to relieve severe aortic stenosis; no WD-40 to keep that valve working. It's either open heart surgery or TAVR."

"This improves the patient's symptoms and takes the excess strain and stress off the heart muscle," said **Dr. Phil Alexander**, a heart surgeon on the TAVR team.

"For those who are good candidates, TAVR avoids the need for opening the patient's chest and putting them on a heart-lung machine."

Dr. Yun said Tom was a good candidate – in general good health and blood vessels large enough to send the catheter through. Suffering from severe aortic stenosis – meaning the valve between the lower left heart chamber and the



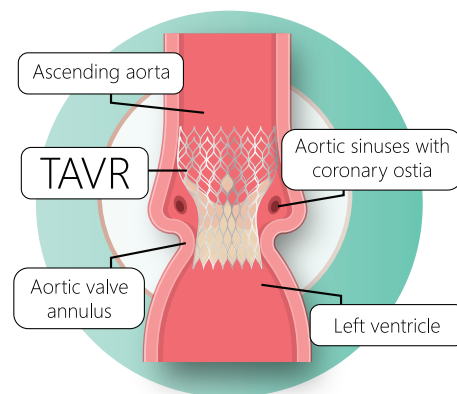
**Ravi Ramana, M.D.**



**Phil Alexander, M.D.**



**Francisco Yun, M.D.**



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# Complex BRAIN TUMOR Surgery Helps New Lenox Grandmother Resume Active Life

**E**dna Teodoro felt off during a vacation to Hawaii last year. She had bad headaches and memory issues.

When she returned home to New Lenox, her husband urged her to see a doctor. The retired bank analyst, 79, insisted she was fine.

A few weeks later, in June 2022, her daughter-in-law overheard her struggling with her speech during a phone call to a grandson. She immediately took Teodoro to the emergency room.

MRI and CT scans found a golf ball-sized tumor deep in Teodoro's brain. The tumor was benign, but the swelling had impacted her cognitive function. The next day, the grandmother of five had a craniotomy to remove the tumor at Silver Cross Hospital, just a few miles from her home.

The complex, six-hour surgery was performed by UChicago Medicine brain tumor specialist and neurosurgeon **Dr. Peleg Horowitz**, a member of the expanding team of UChicago Medicine neuroscience experts treating patients at Silver Cross.

In the past, Teodoro would have needed to travel to UChicago Medicine's main hospital in Hyde Park for a complicated brain surgery. Now, that same high quality of care is available closer to home, thanks to a collaboration between UChicago Medicine and Silver Cross.



**Edna Teodoro**, 79, of New Lenox, meets with her UChicago Medicine neurosurgeon, **Dr. Peleg Horowitz**, at Silver Cross Hospital.

The collaboration is bringing nationally ranked experts and a full range of technologies and treatments to Will County so patients can have high-level neurological cancer care, stroke care and neurosurgery. The two hospitals already collaborate in other areas, including cancer care.

"You get the benefits of the Hyde Park surgeons, radiation doctors and oncologists out in the southwest suburbs. A lot of my patients who live out here find it much more convenient," Dr. Horowitz said.

After her surgery, Teodoro spent four weeks in the hospital and underwent her rehabilitation at Silver Cross.

Within four months, she was doing great, spending lots of time with her tight-knit family and singing at her church.

While some of Teodoro's cognition and memory may never fully return, Dr. Horowitz said her prognosis is good.

"If you remove these tumors completely, they're usually cured and unlikely to return. We'll be watching with MRIs for the rest of her life," he said.



For more information or a physician referral, visit [silvercross.org](https://www.silvercross.org).

# Wilmington Husband, Wife Get Back to Active Living Following **BARIATRIC SURGERY**

**Ryan and Daniele BOLYN** of Wilmington married two years ago. That was about the time Daniele decided she couldn't take the pressure of her weight any longer.

No one in her immediate family was particularly overweight, but Daniele, 27, had managed to put 356 pounds on her 5'5" frame by, as she admits, not exercising and making poor food choices.

Working as a certified nursing assistant, the extreme weight was a liability to her and her job.

"It was very hard getting around. I wasn't able to stand more than 20 minutes at a time; my legs would go numb," she said. "I would have to sit and rest for a while."

Daniele had tried several other weight-loss programs, including Keto, but it was tough to stick with it, and her weight rebounded when she stopped. Frustrated, she scoured the internet once more for answers and came upon the BMI program at Silver Cross Hospital.

"It had a lot of good reviews," she said. "And it sounded interesting."

## Taking That First Step

She attended a BMI program hosted by **Dr. Brian Lahmann**, who with now-retired **Dr. Christopher Joyce**, and new partner **Dr. Joe Northup**, have performed nearly 10,000 weight-loss surgeries at Silver Cross Hospital, which has the only program in Will County that has been named a MBSAQIP accredited center — Comprehensive and Blue Distinction Center for Bariatric Surgery.

After meeting with Dr. Lahmann, they decided gastric bypass was the best route for her. It is one of the most frequently performed weight-loss procedures in the United States. Before the gastric bypass surgery, Daniele had to go through pre-op testing, including cardiac, pulmonary and psychological exams.

"You can't go into this thinking it's going to be easy," she said. "It's very hard. It's a change in lifestyle. But it's worth it."

Following surgery on Dec. 1, 2020, Daniele spent several days at Silver Cross and the next few weeks not feeling much like eating at all.

## Seeing the Results

Within a couple months, Daniele started seeing the weight come off, not just due to surgery, but a change in lifestyle, including vitamins,

high-protein meals and snacks. Sugars, carbs and alcohol are on the restricted list.

Ryan admits he tried to stay with Daniele's new diet, but he couldn't. He also said he was scared when she went into surgery that day, mostly because he couldn't be with her due to COVID-19 restrictions. Yet, none of this was enough to deter him from looking into the BMI surgery himself. Weighing more than 340 pounds on a 5'8" frame, he knew he needed to do something. And seeing the weight come off Daniele was a great motivator.

"I had high blood pressure, and there is diabetes and heart disease in my family," said Ryan, 28. "I had a desk job initially, but then I began



**Ryan and Daniele Bolyn of Wilmington before and after Weight-Loss Surgery at Silver Cross Hospital.**

training for a new one that had me moving much more."

Ryan met with Dr. Northup, who suggested they use the laparoscopic sleeve gastrectomy, which changes the shape and size of your stomach, reducing the

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amount of food you eat at one-time. He had his surgery on Feb. 22, 2022.

## A Team Effort

Now on board with the new, healthy lifestyle, Daniele is down to 168 pounds and a 29.2 BMI (from 58.9), and Ryan, who wants to lose another 10, is down to 210 pounds and a 33 BMI (from 52.6).

Like a good marriage, the weight-loss journey takes hard work, the two say.

"A lot of people ask me about the surgery," Daniele said. "I tell them they have to commit to a new lifestyle. And Silver Cross was great."

Their new lifestyle includes not only eating healthier, but exercising every chance they get, including walking Bailey, their 5-year-old American bulldog.

The Bolyns said Drs. Lahmann and Northup were amazing to work with, explaining all the procedures and making sure they knew surgery alone wouldn't help them.

"But it is so worth it," Daniele said. "I feel 10 times better. It's life-changing."



If you're ready to improve your health and transform your life with BMI Surgery at Silver Cross Hospital, visit [silvercross.org/bmi](https://www.silvercross.org/bmi) or call (815) 717-8744.

Celebrating

20  
years  
10,000  
patients served

BMI Surgery and Silver Cross Hospital's weight-loss surgery program has a demonstrated track record of exceptional outcomes and patient experience.

What's more, it's the only program in Will County accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP) and recognized as a Blue Cross Blue Shield of Illinois Blue Distinction Center for Bariatric Surgery.

Our comprehensive program includes a full screening with renowned bariatric surgeons Dr. Brian Lahmann,

Dr. Joe Northup and other medical specialists; pre- and post-procedure diet and exercise instruction; a monthly support group; and tools to promote an ongoing healthy lifestyle.



Brian Lahmann, MD, FACS  
Bariatric Surgeon



Joe Northup, MD, FACS  
Bariatric Surgeon

## Start standing *up front* in pictures.

Attend a free informational session –

**Obesity and Your Health: Is weight-loss surgery right for you,** any Wednesday from 5:45 to 7p.m. via Zoom.

Take the first step. Visit [silvercross.org/bmi](https://www.silvercross.org/bmi)



# \$49 HEART SCAN Saves Lives

(continued from page 2)

"From the time of the scan to my quadruple bypass was just eight weeks," says Rich, who has an IT support company with several partners. "Then I was in the hospital recovering for nearly a week. I did the cardiac therapy three times a week for three months. They start you out slow. They were all great there, too. You get to know them well going there that often."

After hearing about what the Silver Cross Heart Scan did for him, Rich said about a dozen people he knows said they were going to get one, too. He emphasizes it was so easy and quick.

"Also, my kids know now it's something they need to be aware of. That's very important," he adds. "Others should know they should get one done, especially if they have heart issues in their family. Don't wait."

## Who Should Get a Scan?

Men over 45 and post-menopausal women over 55 should consider a scan, especially if they have the following risk factors:

- A family history of heart disease
- High cholesterol
- High blood pressure
- A smoking habit
- Low physical activity
- Diabetes
- Excessive bodyweight

Peace of mind for only \$49

Choose Our Silver Cross Heart Scan

Our quick, painless heart scan uses high-speed CT scanning to measure calcium deposits in your heart. Find out your risk and what you can do to lower it.

To schedule an appointment, scan the QR code, visit [silvercross.org/heart-scan](https://silvercross.org/heart-scan) or call 815-300-7076.

SILVER CROSS HOSPITAL  
The way you should be treated.

Sharon said people shouldn't be afraid to get the test. Not only is the cost reasonable, but it's quick and can give you at the very least, peace of mind.

"If the test is fine, then you're good to go, and you don't need to worry. If there's a problem, Silver Cross can fix it," she adds.



To learn more about the Silver Cross Heart Scan or schedule a test online, visit [silvercross.org/heart-scan](https://silvercross.org/heart-scan).

## Volunteer is Back Following TAVR Surgery

(continued from page 3)

body's main artery (aorta) is narrowed and doesn't open fully, blocking or reducing blood flow from the heart to the aorta and to the rest of the body.

Drs. Yun, Ramana and Alexander performed the TAVR procedure on Tom last August.

"Tom was out of the hospital in two days, and his follow-up appointments have been great," Dr. Yun said. "I'll see him back in the lab now volunteering."

Tom said he was back volunteering within a few weeks of the surgery.

"Dr. Yun is great. He's very patient and explains everything very well. The nurses were very caring and responsive to all of my needs. They are the backbone of Silver Cross Hospital, and that is why patients really love coming to Silver Cross."

"And TAVR is amazing. If your doctor tells you you need heart valve replacement, don't wait. It will save your life."



For more information about heart care at Silver Cross, visit [silvercross.org/heart](https://silvercross.org/heart).

You are invited to attend the  
**2023 SILVER SOCIAL**

# Just Breathe

A fundraiser to benefit  
Lung Services at Silver Cross Hospital  
**Friday, April 14, 2023**

11 a.m. Check-in & Socializing  
12-2 p.m. Lunch, Program and Raffles

**CD & ME**

23320 S. LaGrange Rd., Frankfort, IL

Join us for an afternoon of sips and socializing, eats and entertainment, robotic demonstrations and raffles.

Guests are encouraged to wear white in support of lung disease awareness.

Please reply by **March 31, 2023**

Silver Cross Foundation  
(815) 300-7105

[www.silvercross.org/giving/events](http://www.silvercross.org/giving/events)



## Know the **Signs** of **HEART Failure**

The new **Advanced Heart Failure Clinic** at Silver Cross offers specialty care for patients with advancing heart failure. A team of advanced heart failure and transplant cardiologists, nurse practitioners and nurses partner with a patient's primary care doctor and cardiologist to provide education, individualized treatment plans, symptom monitoring, medication management and more.

*Heart failure signs and symptoms* may include:



### **SHORTNESS of BREATH**

Are you experiencing shortness of breath with activity or when lying down?



**EDEMA** Are you experiencing swelling in the legs, ankles and feet?



**FATIGUE** Do you feel a reduced ability to exercise?



**COUGHING** Do you have a persistent cough or wheezing with white or pink blood-tinged mucus?



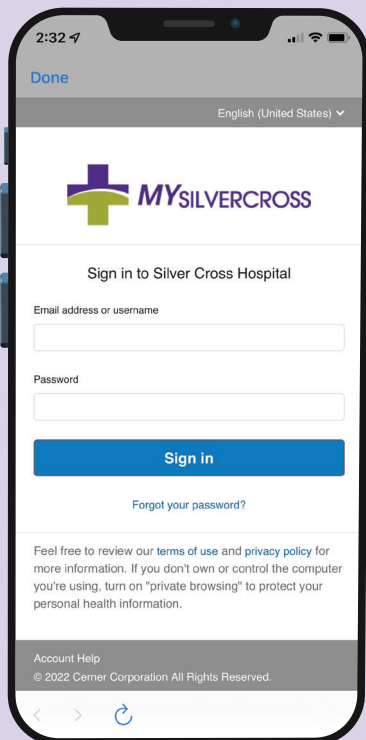
**LOSS OF APPETITE** Are you nauseated or lack an appetite to eat?



**CONFUSION** Do you have difficulty concentrating or decreased alertness?



For more information,  
call **(815) 300-3811**.



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Find Us Online!



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