

CONNECTIONS

NorthShore
University HealthSystem

Evanston Hospital | Glenbrook Hospital | Highland Park Hospital | Skokie Hospital

A health and lifestyle publication from NorthShore University HealthSystem | VOLUME 4 | ISSUE 2 | SPRING 2011



↓ Inside

NorthShore
Pioneers New
Screening
to Detect
Lung Cancer

Orthopaedic
Expertise
Restores
Woman's
Mobility

Miracle Babies

Infants benefit from NorthShore's enduring commitment to exceptional care

Welcome to the spring issue of *Connections*, your resource for the latest information about patient care, medical technology, advances in clinical research and community outreach from NorthShore University HealthSystem (NorthShore). Each issue of *Connections* showcases real stories about our patients and the way our collaborative team of doctors, nurses and support staff serve them and our communities, and support NorthShore's overall mission "to preserve and improve human life."

In March, NorthShore celebrated the one-year anniversary of receiving system-wide Magnet recognition by the American Nurses Credentialing Center (ANCC). This Magnet status recognizes health-care organizations that demonstrate excellence in nursing and the highest standards in patient care. Similar to a seal of approval, Magnet serves as a benchmark for patients to measure the quality of care and safety they can expect to receive at NorthShore. Only about 6 percent of hospitals across the country achieve this recognition, and to date, NorthShore is the only organization in Illinois to receive this prestigious designation as a healthcare system.

Achieving Magnet status validates what we do across NorthShore every day—at Evanston, Glenbrook, Highland Park and Skokie Hospitals and through Home and Hospice Services—providing our patients with the highest quality care leading to better outcomes and satisfaction for our patients and their families.

All of our patients receive exceptional care from our nursing team in our hospitals or at one of NorthShore's many Medical Group offices. The strong and trusted relationship between patient and nurse is a definitive characteristic of the model of care

"The meaningful relationships nurses form with their patients is a valuable aspect of the overall care and compassion provided at NorthShore."



we practice: Relationship-Based Care. This highly collaborative approach to nursing puts the focus on patients and families, with the nurses and care team responsible for their care. To ensure the best outcomes for our patients, nurses work collaboratively with physicians and colleagues across departments. The meaningful relationships nurses form with their patients is a valuable aspect of the overall care and compassion provided at NorthShore.

Our nurses also play an active "behind the scenes" role in patient care. Many of our nurses participate in decision-making councils at the unit, hospital and system levels, providing valuable input on issues that affect their clinical practice. Nurses were key to building NorthShore's Electronic Medical Record (EMR) system in 2003, and we continue to take the lead in further integrating technology with the science of healing.

As healthcare continues to evolve, we at NorthShore remain passionately committed to providing exceptional care to the patients and families we are privileged to serve.

Best regards,

Nancy Semerdjian, MBA, RN, CNA-BC, FACHE
Chief Nursing Officer
NorthShore University HealthSystem

CONNECTIONS

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FRONT COVER: Born with spina bifida, Camille Jarosz (front center) recently celebrated her first birthday with her family, thanks to NorthShore's enduring commitment to exceptional care. Pictured with Camille are sister Claudia, father Peter and mother Anna.

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NorthShore University HealthSystem

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NorthShore Center Offers Breakthroughs for Women Struggling With Pelvic Conditions

It is a fairly common condition among women, but no one likes to talk about it. Still, every day physicians like NorthShore University HealthSystem's Roger P. Goldberg, MD, MPH, are bringing relief and reassurance to many women seeking solutions to a variety of medical conditions—from incontinence to sexual dysfunction—that often develop after childbirth.

"Ever since I had my baby..." is the response Dr. Goldberg most often hears when he asks patients when their symptoms began.

"Typically, a patient's symptoms are urinary or fecal incontinence, prolapse (bulging or falling) of the vagina, bladder and/or uterus pressure and pain, sexual difficulties and bowel troubles," said Dr. Goldberg, who serves as NorthShore's Director of Urogynecology Research, Division of Urogynecology and Reconstructive Surgery, and is on faculty at the University of Chicago Pritzker School of Medicine. "In most cases, the diagnosis is pelvic-floor disorder."

"Millions of women suffer from one or more pelvic-floor symptoms, making the disorders more common than you might think," he said. "Symptoms may take years or even decades to appear, but they often stem from the strain placed on the body during pregnancy and giving birth. At least one in every three women suffers significant loss of bladder control, and up to 65 percent first notice the problem during or after childbirth."



Jill Bernsen catches up with Dr. Roger Goldberg, Director of NorthShore's Division of Urogynecology and Reconstructive Surgery.

Dr. Goldberg and his colleagues at the NorthShore Center for Pelvic Health offer the most advanced diagnostic testing and treatment techniques available today to relieve pelvic-floor disorders.

Two months after the birth of her third child in 2006, Jill Bernsen's pelvic-floor disorders worsened. "I was so uncomfortable," said the 42-year-old Highland Park resident. Following a friend's recommendation, Bernsen scheduled an appointment with Dr. Goldberg.

"He recommended surgery because I had a prolapsed bladder, cervix and rectal wall, but

I decided to get a second opinion," she said. She took a night class to learn Kegel exercises to strengthen the pelvic floor and even tried using an inserted medical device known as a pessary to add support—but neither worked. "Finally, after two years, everything felt wrong," Bernsen said. "I just couldn't take it anymore, so I returned to Dr. Goldberg."

Again, he recommended surgery—a minimally invasive pelvic-floor reconstruction procedure developed at NorthShore. Bernsen had the surgery and a tubal ligation. "Recovery was challenging, but Dr. Goldberg and the staff were great, and I always felt comfortable—I can't brag about them enough," she said.

Each year thousands of women undergo surgery for the condition, thousands more seek nonsurgical treatments, and countless women silently endure symptoms without seeking help, Dr. Goldberg said.

For Bernsen, there was no reason to suffer in silence. "Having the procedure was very, very important to me, and I was determined to make it work," she said.

And make it work, she did. Bernsen followed Dr. Goldberg's instructions and exercised daily. "Before, nothing felt right, but months after surgery everything feels just right," she said. "I'm running, cycling and feeling fantastic!"

To make an appointment or learn more about services at the NorthShore Center for Pelvic Health, please call (847) 492-5700 (Ext. 1265). [G](#)

Cardiovascular Team Mends Patient's Heart and Spirit

By Kim Kurey

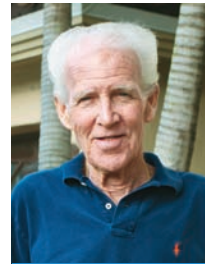
A born optimist, Patrick Mullane, 69, has always strived to live each day to its fullest, almost as if it were a New Year's Eve celebration. But in 2009, the party stopped when Mullane learned he had an abdominal aortic aneurysm, or AAA. This condition occurs when the aorta—the large vessel that carries blood from the heart—develops a balloon-like swelling. Left untreated, that section of the aorta weakens and may eventually rupture with uncontrolled bleeding that is usually fatal.

"I knew surgery was necessary and it would be complicated," said Mullane. His Florida surgeons considered him too high risk for surgery, which prompted Mullane to look at other options and ultimately find the

experts he needed at NorthShore Cardiovascular Care Center.

"When my nephew told me about the expertise of NavYash Gupta, MD, Chief, NorthShore Division of Vascular Surgery, I decided to meet him and see how he could help me," noted Mullane.

Dr. Gupta advised Mullane to have traditional open surgery through his abdomen, because he was not a candidate for the minimally invasive endovascular approach. But first Dr. Gupta assembled a team of NorthShore experts to review his case, including clinical cardiologist Mark Lampert, MD, and pulmonary specialist Christopher Winslow, MD. Drs. Gupta, Lampert and Winslow are



Patrick Mullane

all on faculty at the University of Chicago Pritzker School of Medicine. "We needed to evaluate the health of Patrick's heart and lungs to properly weigh the risks and benefits of the open surgery," said Dr. Gupta.

Sharing critical data through NorthShore's Electronic Medical Record (EMR) system, Dr. Lampert

determined that Mullane's heart was strong enough for him to undergo surgery. Although Dr. Winslow confirmed Mullane's lungs were weakened by chronic obstructive pulmonary disease, the consensus was to move forward.

"I knew it could be risky because of the location of the aneurysm and the weakness in his lungs," said Dr. Gupta, "but I remained confident that we could successfully repair it."

During surgery in October 2010, Dr. Gupta opened the aneurysm and sewed a vascular graft in place. "It was a complete success," he said.

Mullane was impressed with his entire NorthShore experience. "It was beyond my expectations," he said. "They were up front about everything. My nurses were experts, too, and provided me and my family superior care."

Today, Mullane's life is back to normal. "I am walking several miles a week and looking forward to resuming my golf game. It was an amazing team of terrific physicians and an outstanding nursing staff," Mullane said. "They gave me my life back the way I want to live it—as full as possible." **C**



Dr. NavYash Gupta and Nurse Marianne Brandt were part of Patrick Mullane's integrated cardiovascular care team at NorthShore.

Lifesaving Downsize

NorthShore Patient Benefits From Innovative Weight Loss Surgeries

By Martha Floberg

“I’ve accomplished something I thought I could never do,” said Bertha Marrufo of Hanover Park, who underwent two successful bariatric surgeries at NorthShore University HealthSystem over the last two years. Both procedures helped her begin returning to a healthy weight—and may have saved her life.

Before Marrufo first visited Stephen Haggerty, MD, a NorthShore surgeon and on faculty at the University of Chicago Pritzker School of Medicine, her weight was up to 418 pounds. “I tried many times to lose weight,” she recalled, but over the last several years, she continued to gain. “I was embarrassed to go out,” she said, “and my doctor told me that I would die if I didn’t lose weight.”

Not knowing where to turn for help, Marrufo and her daughter began researching treatment options on the Internet—which led them to Dr. Haggerty.

“Ms. Marrufo was an ideal candidate for a new bariatric surgery called the ‘sleeve’ technique,” said Dr. Haggerty, who specializes in weight loss surgery. “In addition to morbid obesity, she had several challenging health conditions, including diabetes, high blood pressure, congestive heart failure and high cholesterol. The sleeve technique can be used in a staged approach to help patients at high risk for complications from more extensive gastric bypass surgery.”

According to Dr. Haggerty, bariatric surgery has a close to 90 percent success rate in helping patients lose a significant amount of weight. It also reduces obesity-related medical conditions and extends their life span.

In May 2009, Marrufo underwent a vertical sleeve gastrectomy at NorthShore Evanston Hospital to help her begin to lose weight. During this minimally invasive laparoscopic procedure, Dr. Haggerty removed 90 percent of her stomach and reshaped it as a narrow tube, or sleeve. This technique helps patients restrict food intake and reduces their hunger drive.

“The nurses were so kind and reassuring, that I knew I was going to get through this,”

recalled Marrufo, who began losing weight right away by following a healthy diet and exercise regimen.

“Typically, this surgery is all that is needed to help patients return to a healthy weight,” said Dr. Haggerty, “but Ms. Marrufo’s weight loss reached a plateau, so in November 2010, she underwent a second, minimally invasive surgery called Roux-en-Y gastric bypass.” This procedure restricts food intake and decreases the absorption of food. “It has an even stronger effect on weight loss and resolving conditions like diabetes,” said Dr. Haggerty.

Today, Marrufo is down to 263 pounds and still losing. Her diabetes is under control, and she is living an active life again.

“Dr. Haggerty brought my life back,” she said. “He was my guardian angel. He said he could help me, that he’d be there for me, and he was.”

“Ms. Marrufo’s experience is an excellent example of NorthShore’s system-wide coordination of care,” said Dr. Haggerty. “We provide an innovative, multidisciplinary team approach to weight management, with dietitians, clinical psychologists, advanced practice nurses, exercise physiologists and highly skilled laparoscopic surgeons. Working together, we have the ability to customize treatment plans based on each patient’s unique needs.”

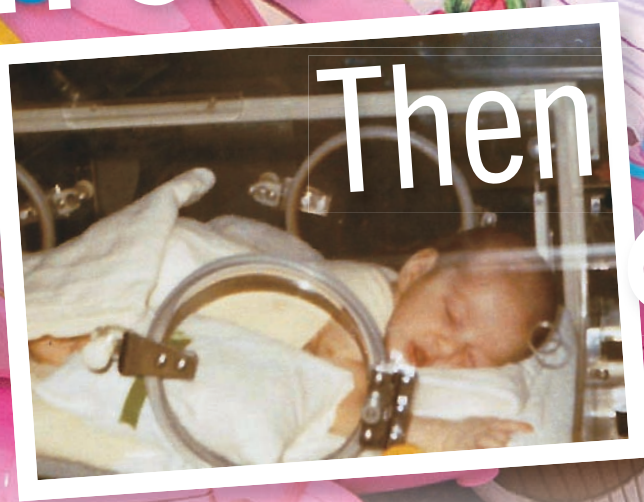
To schedule an appointment with a medical weight loss specialist, please contact the NorthShore Center for Weight Management at (847) 492-5700 (Ext. 1266). **G**



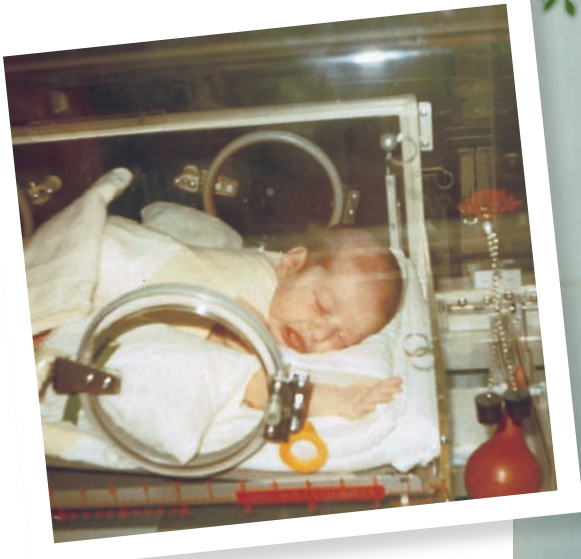
Bertha Marrufo shows off a pair of shorts that are now way too big to wear, thanks to the innovative surgical expertise of Dr. Stephen Haggerty, right. Marrufo has lost more than 150 pounds.

Peter and Anna Jarosz, with daughters Claudia, left, and baby Camille born in 2010 with spina bifida.
Inset: Infant Jami Keller at NorthShore Evanston Hospital in 1969, also born with spina bifida.

NorthShore Miracle Babies: Then & Now



Born 40 years apart, two babies benefit from the same exceptional commitment to compassionate care



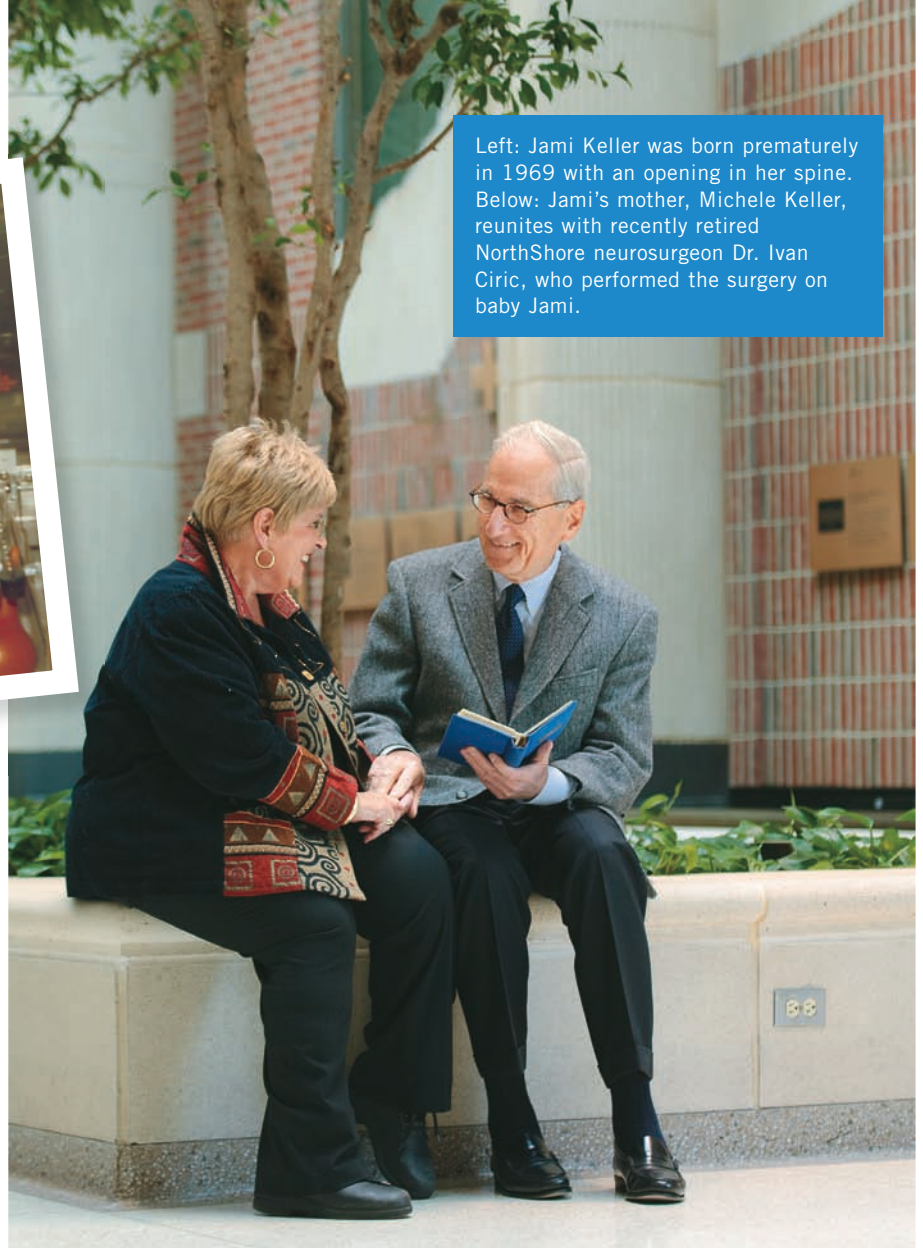
Left: Jami Keller was born prematurely in 1969 with an opening in her spine. Below: Jami's mother, Michele Keller, reunites with recently retired NorthShore neurosurgeon Dr. Ivan Ciric, who performed the surgery on baby Jami.

By Barb Hailey

Jami Keller, 41, and Camille Jarosz, 1, wouldn't appear to have much in common, except that both—born four decades apart at NorthShore Evanston Hospital—had spina bifida, a birth defect caused by the incomplete closing of the neural tube or spine during pregnancy. Despite radical changes in medicine over the years, a constant thread in their treatment was the collaborative expertise and compassion of the NorthShore physicians and nurses who cared for them and their families.

The formation of the neural tube is critical to development, extending into the brain, spinal cord and closing of the spinal canal itself. The effects of spina bifida depend on the size and location of the opening, ranging from minor to critically serious complications, such as urinary and bowel dysfunction or paralysis. Babies with spina bifida also have a greater risk of hydrocephalus, which is a fluid buildup on the brain.

In 1969, Michele Keller, Jami's mother, was unaware of spina bifida and was eagerly anticipating the birth of her first child. Jami was born a month early on July 28. As was customary for the time, Michele was under anesthesia during her delivery. When she



awoke, her obstetrician told her and her husband that there was a problem. “My heart sank,” said Keller. “We weren't even able to see our daughter.”

Just four hours old, Jami underwent surgery to close the opening in her spine. Performing the surgery was NorthShore neurosurgeon Ivan Ciric, MD, who began his career at Evanston Hospital in 1967. At the time, Dr. Ciric performed pediatric neurosurgery, but shortly thereafter devoted his world-renowned career to adult patients. He recently retired from NorthShore after 44 years.

Keller recalls Dr. Ciric's compassion and knowledge of her daughter's diagnosis. “He was so warm and caring,” she said, “that I put all my faith and trust in him.”

Jami remained in the hospital for eight weeks. When she went home, Keller said, “It was basically touch and go” to see if she would walk or have control of her bladder and bowels. Paging through her daughter's baby book, she recalled when Jami took her first steps and was “potty” trained. The book includes Dr. Ciric's final report to Jami's pediatrician in which he wrote, “I do not anticipate any further difficulties.”

Today, Jami has two children of her own. And her mom credits Dr. Ciric for saving Jami's life. Dr. Ciric is modest about the role he played. “It makes me feel good, of course,” said Dr. Ciric. “I receive those accolades with humility. Neurosurgery is science, art and humanity.”

Years and Technological Advances Apart

Anna and Peter Jarosz had no reason to expect complications in the birth of their second child, Camille, in early 2010. Their first daughter, Claudia, was born healthy, and they anticipated a similar experience, until a routine prenatal test changed everything. The alpha-fetoprotein (AFP) test performed during pregnancy determines risks for birth defects. Anna's results indicated a significant risk for spina bifida.

The Jaroszes were referred to the NorthShore Center for Maternal and Fetal Health where an integrated team confirmed spina bifida and provided comprehensive care with nine maternal-fetal medicine physicians, 11 neonatologists, six genetic counselors, specialized perinatal nurses, support staff and state-of-the-art ultrasound technology.

"We were so scared," said Anna Jarosz. "The news was overwhelming." But the staff stepped into action, providing information, making appropriate referrals and scheduling appointments.

NorthShore Evanston Hospital is one of only 10 Level III regional perinatal centers in Illinois and offers specialty care for high-risk mothers and critically ill babies. The hospital's Infant Special Care Unit (ISCU) serves as a referral center for a network of nine hospitals extending north to Wisconsin, west to Barrington and south to Chicago.

Unlike 40 years ago when Jami Keller was born, today's technology provides valuable information to physicians, and knowledge and support to parents. "Diagnosing spina bifida during pregnancy gives the family the ability to know what to anticipate," said maternal-fetal medicine physician Richard Silver, MD, Chairman of NorthShore's Department of Obstetrics and Gynecology and on faculty



Dr. Richard Silver and Nurse Kathy Kearns provided comprehensive care before and after the birth of Camille Jarosz at the NorthShore Center for Maternal and Fetal Health.

at the University of Chicago Pritzker School of Medicine. "For caregivers, we have a great deal of information prior to the baby's birth that helps us prepare for the delivery and subsequent neonatal care."


The Jaroszes praise the NorthShore caregivers who supported them throughout the pregnancy. "They gave us step-by-step instructions about what was going to happen," said Peter Jarosz. One nurse in particular, Kathy Kearns, was a familiar and welcoming face at their regular visits to NorthShore's Fetal Diagnostic Center. "She was so helpful providing information and helping with our insurance

questions," Anna Jarosz said. "She was so nice and sensitive."

Camille was delivered vaginally on March 3, 2010. After physicians applied a protective dressing to the opening in her back, her parents were able to hold her. NorthShore-affiliated pediatric neurosurgeon Arthur DiPatri, MD, examined her shortly after birth. Anna Jarosz remembers him saying he was optimistic for Camille's recovery. "It was like someone gave us a star from heaven," she said. A day after Camille's birth, Dr. DiPatri performed surgery at NorthShore Evanston Hospital and closed the opening on her spine. She spent only nine days in the ISCU and was discharged.

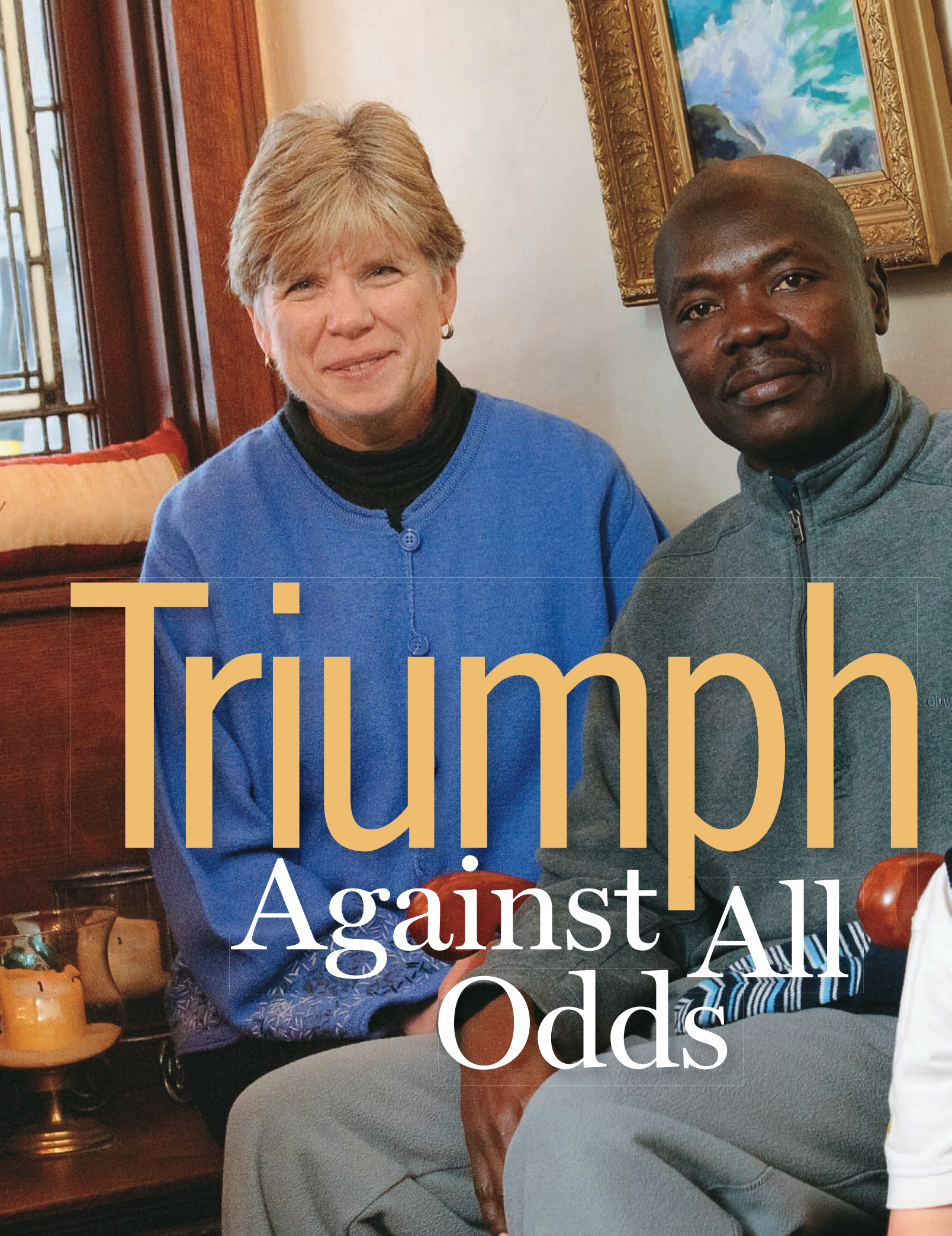
Now a smiling one-year-old with a healthy appetite, Camille is crawling and pulling herself up. So far, her bladder and bowel functions seem to be developing normally.

"We have great hope," said Peter Jarosz. "As a parent, you always ask, 'What is the best I can do for my baby?' We found the best care at NorthShore."

To make an appointment at the NorthShore Center for Maternal and Fetal Health, please call (847) 492-5700 (Ext. 1267). 



Camille Jarosz is a happy, healthy one-year-old.



Triumph

Against All
Odds

Marcel Faugue of Haiti, center, with Jody Weschler and her son, Ed. The Weschlers led an extraordinary effort to save Faugue from an aggressive brain tumor.



Unprecedented NorthShore Collaboration Saves Haitian Man's Life

By Susan J. White

Frank Weschler, MD, and his wife, Jody, of Wilmette were so moved by the devastating earthquake in Haiti that they were compelled to help. Never in their wildest dreams did they envision bringing a Haitian man into their lives like a member of the family.

Dr. Weschler, a NorthShore University HealthSystem-affiliated internist, and Jody, a former pediatric nurse, had made trips to other impoverished countries early in their careers before raising six children. Haiti, however, would become Jody's particular passion.

Working in a Port-au-Prince hospital, the Weschlers cared for a number of earthquake victims and others in desperate need. Marcel Faugue, who was lucky enough not to be injured, was visiting a friend at the hospital when fate connected him to the Weschlers.

Faugue, a 47-year-old father of three and embassy security guard, wore a hat to cover a growing bulge in his skull about the size of an apple. He could find no one to treat him in Haiti.

One day, Jody Weschler saw Faugue without his hat and inquired about his condition. Faugue explained that the lump had appeared five years earlier, and now he had severe headaches and frequent seizures.

Jody took a picture of Faugue and emailed it to her husband, who had returned home. "He's just one of those people you meet who is so gracious and humble. I had to see if something could be done to help him," said Jody Weschler. "I knew he would go on to do good things."

The Weschlers learned that Faugue had saved money for a CT scan, but was told by Haitian doctors that there was nothing they could do. The scan was lost in the earthquake, but Faugue shared the physician's report with Dr. Weschler, who contacted NorthShore neuro-oncologist Nina A. Paleologos, MD, and neurosurgeon Egon Doppenberg, MD, of NorthShore Neurological Institute.

"We were working on the basis of a presumptive diagnosis that this was a benign meningioma, or slow-growing tumor," Dr. Weschler said, but there was little doubt that without surgery the condition was fatal.

"Our first thought was where to begin," said Dr. Weschler, referring to carrying out a plan to bring Faugue to NorthShore Evanston Hospital, "but I knew if anybody could make it happen, Jody could."

As Dr. Weschler continued to communicate with colleagues at NorthShore who were eager to help, his wife began the arduous process of securing a humanitarian visa. Once the government granted permission for Faugue to travel to the United States, Jody Weschler faced the next hurdle—raising money to cover the

costs associated with major surgery and recovery. Dr. Doppenberg and NorthShore plastic surgeon Michael Howard, MD, agreed to perform the surgery for free. They were joined by countless others who donated their time and expertise to aid Faugue's recovery.

"All of my colleagues would have done the same thing," Dr. Doppenberg said. "This is what you go to medical school for, to help people."

The Weschlers were overwhelmed by the generous response. "Frank's patients stepped forward—family after family stepped forward. We received money from people we didn't even know," Jody Weschler said.

In September 2010, five months after meeting Faugue, the Weschlers brought him home—literally to their home—where he would stay through December following his surgery in October.

The operation took eight hours and was "in no way an average procedure," said Dr. Doppenberg. The large tumor was attached to a major vein, and everyone involved was



Internist Dr. Frank Weschler, left, and neurosurgeon Dr. Egon Doppenberg were part of the NorthShore medical team who gave their time and talents to heal Marcel Faugue.

acutely aware of the risks associated with this complex surgery.

"We knew that this patient had to be neurologically perfect to survive in Haiti, to go back and take care of his family," Dr. Doppenberg said. "There was no room for complications that could necessitate prolonged rehabilitation."

The surgery, recovery and rehabilitation involved a tremendous team of NorthShore professionals from a variety of disciplines,

each working together to ensure success.


"You don't see this teamwork and collaboration everywhere in healthcare, but at NorthShore we work together and have access to each other through our Electronic Medical Record (EMR) system," said Dr. Doppenberg. "I don't feel that we did anything special. We take care of our patients and provide the best care possible."

"This is a real testimony to the generosity of the physicians who stepped up," Dr. Weschler said. "This is my hospital, and I know what we are capable of, and it was great to see it all come together."

The Weschlers are quick to deflect praise. "It was a matter of trust, and we have been repaid 1,000-fold for everything," Dr. Weschler said. Their youngest son, Ed, and Faugue became quite close, with the seventh grader helping Faugue learn English, and the grateful Haitian teaching him French.

Faugue arrived in Chicago without speaking a word of English and returned to his job at the embassy with additional responsibilities thanks to his newly acquired language skills.

"This family didn't even know me, and they let me in their home," Faugue said before returning to Haiti. "To say thanks is not enough, I want to find a new word, a way to thank them."

"Marcel touched a lot of lives while he was here," Jody Weschler said. Her involvement in Haitian mission work continues with regular trips to the poorest country in this hemisphere. "The Haitian people I've met and worked with are some of the hardest working, intuitively smart people," she said. "The world just can't allow that kind of poverty to continue. The human spirit is so present—they have so much inner strength and determination to move forward." 

Team Effort, Collaborative Success

The NorthShore team that cared for Marcel Faugue involved physicians, nurses, anesthesiologists, radiologists and staff who came together to care for a patient in need. The following physicians, all of whom are on faculty at the University of Chicago Pritzker School of Medicine, donated their time and talents:

- Dr. Rebecca Blumenthal, anesthesiologist
- Dr. Egon Doppenberg, neurosurgeon
- Dr. Miledones Eliades, physical medicine and rehabilitation
- Dr. Robert Goldschmidt, chief pathologist
- Dr. Steven Greenberg, anesthesiologist/critical care
- Dr. Karol Gutowski, plastic surgeon
- Dr. Michael Howard, plastic surgeon
- Dr. Ranjeev Nanda, radiation oncologist
- Dr. Nina Paleologos, neuro-oncologist
- Dr. James Perkins, blood bank/transfusionist
- Dr. Frank Weschler, internist
- Dr. Doris Yip, neuroradiologist

Back on Her Feet

NorthShore Orthopaedic Expertise Restores Woman's Mobility and Vitality

By Barb Hailey

Patricia Persaud, 69, loves to stay active and travel. But during a trip to Rome in 2009, the Evanston woman was in so much pain from arthritis in her hip and knees that she began to dread, rather than look forward to, her impending retirement and taking even more trips.

Persaud had been diagnosed with arthritis in her late 60s and experienced periodic

episodes when her knees would buckle. Still working full-time in university administration, she received cortisone injections to provide temporary pain relief as a short-term alternative to surgery. Eventually, the pain began to worsen. "There were days when I would think very hard about whether to go out and get my mail," she said. "I began to think this might be the rest of my life—on medications and in constant pain."

Things changed for Persaud when her primary care physician referred her to NorthShore-affiliated orthopaedic surgeon Michael O'Rourke, MD. She and Dr. O'Rourke discussed her options, deciding on hip replacement surgery, with staged replacement surgery to follow on each of her knees. "Dr. O'Rourke explained the procedures in language I could understand, and he patiently answered all of my questions," Persaud said. "Then I looked him up on the Internet, and I was convinced he would do a good job."

NorthShore University HealthSystem's Total Joint Replacement Center (TJRC), with locations at Glenbrook, Skokie and Highland Park Hospitals, guides patients through the entire process, from preparation to surgery through completion of rehabilitation. The Center's highly trained nurses and staff work with orthopaedic surgeons to ensure that each patient has a comprehensive understanding of both the surgery and rehabilitation that follows.

Leading-edge technology helps surgeons optimize each patient's own body mechanics, as well as use shorter incisions to mini-

mize surgical trauma to muscles and tissues surrounding the replaced joints, said Dr. O'Rourke, who is on faculty at the University of Chicago Pritzker School of Medicine. "The patient education at the TJRC helps prepare patients for surgery and minimizes potential complications," he added.

Persaud underwent her first surgery to replace her hip in September 2009. Her right knee was replaced four months later, followed by her left knee in March 2010. Each of her surgeries was followed by physical therapy. Her friends and family were impressed by her progress after surgery, walking and climbing stairs. "The best part of all is that I can now walk without pain, thanks to Dr. O'Rourke's expertise," she said.

"From our innovative treatment options, education and partnership with our patients, the Total Joint Replacement Center strives to make the surgical experience better and allow reproducible successful outcomes," said Dr. O'Rourke. "Patricia is a perfect example of this. The surgery dramatically changed her life."

Persaud retired in November 2010 and has lots of plans. She recently attended a full-day symposium at the Art Institute of Chicago that had her perusing the galleries and traipsing through the city's downtown. She also would like to do more traveling. "I want to go back to Rome and really enjoy it, now that I'm pain-free," she said.

To learn more about the capabilities at NorthShore's Total Joint Replacement Center, please call (847) 492-5700 (Ext. 1268). **C**



Patricia Persaud can once again climb steps with ease, thanks to advanced surgical techniques at NorthShore's Total Joint Replacement Center.

Jonathan Hillenbrand/NorthShore University HealthSystem

CLINICAL RESEARCH

NorthShore Neurologist Aims to Unravel DNA Mysteries

By Susan J. White

A “moral imperative to innovate” is how Demetrius M. (Jim) Maraganore, MD, Chairman of NorthShore’s Department of Neurology, describes his department’s mission to improve neurological health.

“There are too many riddles that we can not solve. We recognize that research is the engine that drives innovation and will allow us to develop methods to predict, prevent and halt neurological disease,” said Dr. Maraganore, the Ruth Cain Ruggles Chair, Co-Director of NorthShore Neurological Institute and on faculty at the University of Chicago Pritzker School of Medicine.

That imperative has given birth to a major research initiative—The DodoNA Project: DNA Prediction to Improve Neurological Health. Supported with an initial commitment of \$1 million from The Auxiliary of NorthShore at Evanston and Glenbrook Hospitals, this sweeping endeavor aims to identify “DNA fingerprints” that predict adverse outcomes and therapeutic responses in patients with neurological disorders.

“DodoNA” references the oldest oracle of ancient Greece located at Dodona, where priestesses and priests would interpret the rustling leaves of a sacred oak tree to predict the future. “Just as at Dodona, we can interpret subtle variations in DNA—the tree of life—to predict outcomes and individualize therapies for our patients,” said Dr. Maraganore. “Through DNA as prophecy, we will cheat DNA as destiny.”

DodoNA will study 11 neurological disorders, including Alzheimer’s disease, Parkinson’s disease, amyotrophic lateral sclerosis (ALS), stroke, migraine, epilepsy, sleep disorders, multiple sclerosis, brain tumors, brain injury and autism. The initiative will enroll 1,000 patients in each of 11 studies and involve NorthShore’s vast team of neurological experts, as well as collaboration with colleagues at the University of Chicago Medical Center.

The research will leverage NorthShore’s nationally recognized Electronic Medical Record (EMR) system, explained Dr. Maraganore, and will involve building “Smart Forms” to collect standardized clinical data at routine patient visits. The data will be stored in the NorthShore Research

Institute’s newly constructed “data warehouse.” Patients’ blood and DNA samples will be stored in a new biobank, which scientists will access to perform automated biochemical tests to define genotypes.

Patients already enrolled in the study have provided positive feedback on the thoroughness of their initial exam. “At the very least, we are collecting more standardized data about these patients’ health, which ultimately improves the quality of care and information we can provide for them,” Dr. Maraganore said.

Dr. Maraganore, whose own research focuses on Parkinson’s disease, has reason to be optimistic about this far-reaching study. His research—which first began at Mayo Clinic where he led a large, multidisciplinary, National Institutes of Health (NIH)-funded team for 15 years before coming to NorthShore—has already made great progress, including several genetic discoveries related to Parkinson’s. His work has resulted in three patent applications and two licensed inventions, including methods to predict and treat Parkinson’s disease.

*Support Dr. Maraganore’s important research by joining us at The Auxiliary’s annual Gala, Saturday, June 18, at Chicago’s Navy Pier, with proceeds benefiting The DodoNA Project. To learn more about tickets to the Gala and membership in The Auxiliary of NorthShore at Evanston and Glenbrook Hospitals, please call (847) 492-5700 (Ext. 1269). **C***



Dr. Demetrius Maraganore is leading a team of NorthShore researchers in the DodoNA Project investigating 11 different neurological disorders.

WOMEN'S HEALTH

Comprehensive Program Targets Colorectal Cancer in Women

By Barb Hailey

Elena Zanussi, 46, is a full-time mom who runs marathons. Eva Becker, 79, is a retired “16-year-old at heart.” Both found the Women’s Gastrointestinal Cancer Risk and Prevention Program at NorthShore University HealthSystem a vital resource in helping maintain their active, healthy lifestyles.

With family histories of colorectal cancer and other gastrointestinal (GI) health concerns, Zanussi and Becker represent the spectrum of patients the program treats—and the type of women they’d like to see more often, said NorthShore gastroenterologist Laura Bianchi, MD, clinical director of the program.

“Women should have a colonoscopy to screen for colorectal cancer beginning at age 50, and sometimes younger,” said Dr. Bianchi. “Currently, only half of American women over 50 follow through with the procedure. We’re trying to change those statistics by spreading the word that colorectal cancer is not just a man’s disease and by overcoming barriers that women have toward screening.”

The NorthShore program offers a team of female gastroenterologists, registered dietitians and nurses.

Gail Dieterich, RN, a specialized GI nurse educator, answers patients’ questions about colonoscopy and supports them through the procedure.

To further encourage relaxation, the program provides music and aromatherapy to enhance comfort before and during a colonoscopy.

Registered dietitian Oehme Soule meets



Dr. Laura Bianchi, center, confers with patient Elena Zanussi, right, and dietitian Oehme Soule at NorthShore’s Women’s Gastrointestinal Cancer Risk and Prevention Program.

with patients during their office visit and provides dietary assessments and recommendations to reduce cancer risk and manage symptoms from GI-related disorders.

Becker sought out the program for advice on weight gain and bowel irregularity. When Dr. Bianchi discovered a family history of colorectal cancer, she recommended a colonoscopy. The test dispelled Becker’s fears, and she continues to work on maintaining a healthy weight.

“Dr. Bianchi and her staff really listen.

They have a welcoming way to discuss these issues and encourage you to take action,” said Zanussi.

Under the Patient Protection and Affordable Care Act, many patients with insurance, including Medicare, can now receive preventive screenings like colonoscopies without a co-payment. *For more information on scheduling a colonoscopy, or to learn about the Women’s Gastrointestinal Cancer Risk and Prevention Program, please call (847) 492-5700 (Ext. 1270).* **C**

Research Advances Early Detection

Hemant Roy, MD, NorthShore gastroenterologist, and Laura Bianchi, MD, clinical director of the Women’s Gastrointestinal Cancer Risk and Prevention Program, are investigating the use of medications and nutrients to prevent colorectal cancer, known as chemoprevention.

With funding from the National Cancer Institute, Drs. Roy and Bianchi, who are both on faculty at the University of Chicago Pritzker School of Medicine, are also on the leading edge of research studying relatively inexpensive and less-invasive screening methods that could lead to even earlier detection to save lives.

PULMONARY INNOVATION

NorthShore Pioneers Screening to Detect Lung Cancer

By Susan J. White

Kathleen Nitschke was practically a lifelong smoker, which by her own admission was not a source of pride.

In recent years, she had grown accustomed to chronic bronchitis and the effects of emphysema. But last May when she had another bronchial attack, her internist encouraged her to have a lung CT scan to determine the extent of her emphysema.

The scan revealed a very small nodule on the upper portion of her right lung, which turned out to be early-stage lung cancer. Nitschke considers herself a very lucky woman. At 72, she is now an ex-smoker and cancer-free following a successful, minimally invasive surgical procedure with thoracic surgeon John Howington, MD, co-director of NorthShore's Thoracic Oncology Program and a clinical associate professor at the University of Chicago Pritzker School of Medicine.

Nitschke continues to have periodic CT scans as a follow-up. "I am very hopeful. I asked about treatment after the surgery, and Dr. Howington told me there is nothing to treat," Nitschke said. Among a new wave of patients taking advantage of early screening, Nitschke and others like her are proving that lung cancer—the leading cause of cancer death in the United States for both men and women—can be cured when caught early.

For the past 10 years, NorthShore has actively participated in the International Early Lung Cancer Action Project (I-ELCAP), which explores the use of low-dose CT scans to detect lung cancer at a curable stage in

Kathleen Nitschke can breathe easier after NorthShore doctors used a new screening to catch and treat her early-stage lung cancer.



asymptomatic smokers. Positive results of the study were further supported by a National Institutes of Health (NIH)-sponsored trial, which showed a 20 percent reduction in lung cancer deaths.

Daniel Ray, MD, principal investigator for I-ELCAP at NorthShore and also on faculty at the University of Chicago Pritzker School of Medicine, acknowledged that while it will take some time before the government and the insurance industry accept this new gold standard for screening, NorthShore is moving forward now to benefit patients.

"For the first time in 30 years of effort to reduce lung cancer mortality by early detection, physicians now have the scientific evidence to support screening high-risk patients for this deadly disease," Dr. Ray said.

Smokers and those with a history of smoking, particularly people between the ages of 55 and 75, are encouraged to talk to their physician about a CT scan, which NorthShore offers as a \$350 self-pay screening. "I would

totally recommend this to anyone who smokes," Nitschke said. "Why wouldn't you take advantage of this opportunity?"

These screenings should be accompanied by smoking cessation counseling and treatment, Dr. Ray added. In addition to the promising results of this trial, several other early-detection strategies are also in development. These include genetic sampling, which will soon provide even more advanced methods for early diagnosis and individually tailored treatment, he said.

"For the first time in my career, I'm hopeful," said Dr. Ray. "Lots of promising developments for early detection and improved treatments are coming together."

"I am grateful for everyone who helped bring me to good health," added Nitschke. "I hope my story will provide others with hope."

For more information or to schedule a lung screening CT scan, please contact your primary care physician. **C**

COMMUNITY RELATIONS

Passing the Torch of Oral Health Education

NorthShore Dentist Leaves Lasting Impression on Future Generations of Caregivers

By Susan J. White

Truly a teaching healthcare system, NorthShore places a high priority on furthering medical education—transferring knowledge to the next generation—and honoring doctors whose leadership and guidance help others practice better medicine.

Harry Staffileno, Jr., DDS, who died January 1, 2011, was one of those exceptional mentors. His training and dedication to education left a lasting legacy that continues to improve dental care for families and communities across the North Shore.

“Dr. Staffileno’s knowledge was phenomenal, and he was ahead of his time,” said Leslie M. Reeder, DDS, who completed her own residency training under Dr. Staffileno nearly 20 years ago and continues the dental program for cancer patients he established in 1988.

“His passion rubbed off on me, and I am grateful to carry on what he started,” said Dr. Reeder, who shares her expertise with NorthShore Kellogg Cancer Center patients and others seeking care from the Dental Center at NorthShore Evanston Hospital.

Jack Cohn, diagnosed in 2010 with Stage IV head and neck cancer, is one of the patients benefiting from this legacy. Cohn’s oncologists were optimistic but made it clear he faced a long road of treatment ahead. His first step before an extensive course of chemotherapy and radiation was an appointment at the Dental Center.



Cancer patient Jack Cohn benefits from the legacy of compassionate care practiced by Dr. Leslie Reeder at the NorthShore Dental Center.

Dr. Reeder initially delivered dismal news; Cohn would need five teeth removed and must adopt a strict new regimen of oral hygiene. But she also left him with a feeling of compassion, which Cohn said was no small thing in the face of his new reality.

Dr. Reeder not only made an appointment for Cohn with an oral surgeon the next morning, but continued to monitor his progress throughout his treatment. “This is the definition of caring,” Cohn said.

Since radiation for head and neck cancer can damage the jaw bone, the standard of care typically means removing loose or diseased teeth before radiation begins, explained Dr. Reeder. Educating patients on the long-term side effects of radiation is equally important.

“I tell patients exactly what to expect so when they experience a new side effect they

will know it is normal and not a signal their cancer is back,” Dr. Reeder said.

Dr. Reeder works collaboratively with oncologists, often visiting patients during treatments so they don’t need to schedule another appointment. “Dr. Reeder hunted me down at least once a week to see how I was doing,” Cohn said. “She’s an angel.”

The NorthShore Dental Center serves the broader community—providing primary care services for medically underserved adult patients. The Center’s commitment to education also thrives as two University of Chicago Pritzker School of Medicine residents are based at the Center. Their presence is a testimony to Dr. Staffileno’s devotion to education. In addition to his longtime role as director of the Dental Residency program, he established an oncology lecture series in memory of his wife, Constance. **C**

A Legacy Based on Gratitude

By Eileen Norris

Selma Carton's 1982 trip to Chicago was truly life changing. She had come from Baltimore to visit her sister for the weekend. After arriving, Carton suddenly fell ill and was unable to walk, possibly due to residual side effects from an earlier brain surgery. Her family rushed Carton to NorthShore Evanston Hospital, where she was soon put under the care of neurologist John P. McMahon, MD.

It was the start of a patient-doctor relationship that has spanned nearly 30 years and thousands of miles—and still thrives.

Carton remained in Chicago for three months after that initial episode for extensive speech and rehabilitation therapy. In the years that have followed, Carton has continued to make an annual 1,500-mile round trip from Baltimore to NorthShore specifically for an appointment with Dr. McMahon, despite living near several prestigious academic medical centers.

Dr. McMahon, who is on faculty at the University of Chicago Pritzker School of Medicine, believes Carton's loyalty is the result of a team effort to manage her care. "I have excellent support and consultations from my colleagues," said Dr. McMahon. "NorthShore is a good institution to help Mrs. Carton because of our strong collaborative environment."

Carton, now 87, credits Dr. McMahon's concerned care for her recovery and survival. Her gratitude runs so deep that Carton established the Emanuel G. and Selma Carton Fund with NorthShore Foundation to honor Dr. McMahon and support a research fellow in neurobiology.

An anthropologist and world traveler,

Selma Carton found a way to generously honor her 30-year relationship with NorthShore neurologist Dr. John McMahon.



Carton has visited every continent, including trips to the South Pole, the Belgian Congo and the French Riviera. While travel has been a big part of her life, she has strived to be a good patient. "I always called Dr. McMahon before I took a trip around the world. Sometimes it wasn't prudent, but he knows me and my way of life is as important to me as living."

"She would call and ask me, 'Do you think I can climb a volcanic mountain while in port on a cruise?'" said Dr. McMahon. "Mrs. Carton has a wealth of travel stories from her journeys to places like Russia and Afghanistan long before many others ventured there."

Carton created a charitable remainder trust and named NorthShore's Department of Neurology as the sole beneficiary of the remainder of her estate. Her gift will create an endowed chair in academic medicine for Dr. McMahon if he is still practicing at the time, with the balance going to the Department of Neurology.

"He's a remarkable person, and I am

more than just pleased with his care," she said.

When she comes for her annual visit, Dr. McMahon always includes a research update. "She likes to visit with our scientists and review current research efforts," he said. "Mrs. Carton is an extraordinary, generous and visionary woman who has made marvelous contributions to NorthShore." **C**

SAVE THE DATES

Myra Rubenstein Weis Health Resource Center's 15th Annual Benefit "Knowledge for Life"

May 4, 2011 • Highland Park Country Club
Benefiting LIFE Cancer Survivorship Program and honoring Leon Dragon, MD

The Auxiliary of NorthShore at Evanston and Glenbrook Hospitals' Annual Gala "Come Sail Away"

June 18, 2011 • Navy Pier, Chicago
Benefiting the DodoNA Research Project for Neurological Health

Learn more at northshore.org/foundation411

Skin Sense: Protecting Yourself in the Summer Sun

By Martha Floberg

When summer finally arrives, there's nothing like the great outdoors. But too much fun in the sun can damage your skin—and put you at risk for skin cancer. NorthShore dermatologist Reshma Haugen, MD, on faculty at the University of Chicago Pritzker School of Medicine, answers commonly asked questions about sun exposure and skin cancer.

Question: How does sun damage the skin?

Answer: Sunlight induces mutations in our skin cells, and over time they may continue to change and become cancerous. Commonly exposed surfaces on the face, ears, neck and upper chest, scalp, hands and arms are areas where skin cancer from the sun typically develops.

Q: Is sun exposure the only cause of skin cancer?

A: No. Some other risk factors include a family history, “immunosuppression” (patients whose immune systems are weakened because of an organ transplant, another type of cancer or immunosuppressive medications), radiation exposure, scarring or having many atypical moles.

But the most common forms of skin cancer—nonmelanoma cancers called basal cell and squamous cell carcinomas—are strongly related to sun exposure. Melanoma, the most serious type of skin cancer, is also associated with high-intensity sun exposure and a history of sunburns.

Q: Are some people more at risk than others?

A: Yes. Redheaded and fair-skinned individuals are at increased risk. People who have had significant sun exposure over a long

period of time are also at risk. Recently, we have found more melanoma cases in younger patients, which could be related to their use of tanning beds.

Q: What are the symptoms of skin cancer?

A: There are several warning signs, including a sore or bump that does not heal or continues to scab, flake or bleed. Some skin cancers look like a pink scaly patch or a mole that changes size, shape or color. It's a good idea to do a skin self-exam every month and check for any changes that may need medical attention.

Q: How can I best protect myself?

A: The best way to prevent skin cancer is to:

- Avoid midday sun, from 10 a.m. to 4 p.m.
- Wear protective clothing, wide-brimmed hats and sunglasses.
- Regularly apply sunscreen.

Q: What types of sunscreen are the most effective and how should they be applied?

A: We suggest sunscreen with an SPF (sun protection factor) of 30 or higher that has ultraviolet, or UVA and UVB, coverage. Follow directions for the recommended amount; most people apply only half as much as indicated. Apply sunscreen to the entire body 15 to 30 minutes before you go outside, paying special attention to the face, ears, back of the neck and hands. Reapply every two hours and after swimming or vigorous activity. Even on cloudy days, UV radiation reaches the surface of the Earth, so also be sure to use sunscreen on these days. **C**



As warm weather approaches, Dr. Reshma Haugen cautions against the dangers of sun exposure.



At **NorthShore Neurological Institute**, excellence is all around you.



To navigate through a neurological condition, you need the finest experts. At the NorthShore Neurological Institute, the nation's best neurologists, neurosurgeons, researchers and rehabilitation specialists are treating the most complex brain and spine conditions. They're perfectly coordinated around your care—from diagnosis to rehabilitation—and dedicated to helping you take control of your life.

Learn more about NorthShore University HealthSystem's **exceptional neurological care** at northshore.org/neuro



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