

Power of Two:
Mayo Clinic Collaboration
Benefits Patients

Risk Reduction:
Proven Strategies to
Avert Alzheimer's

Make It Personal:
Tailored Treatment
Relieves Celiac Symptoms

Connections

A health and lifestyle publication from NorthShore University HealthSystem | Summer 2015 | northshore.org/connections



NorthShore
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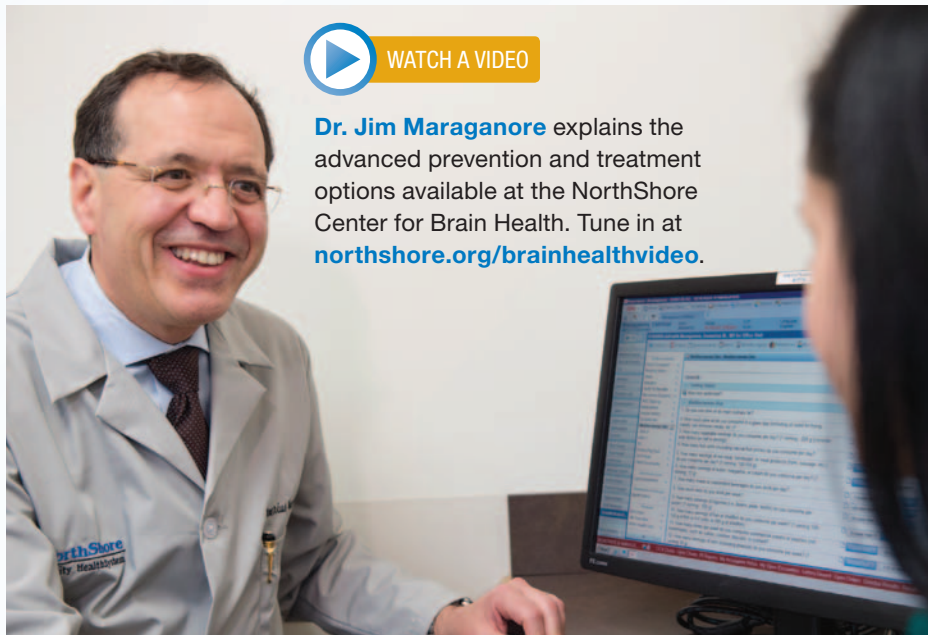
FUTURE- FOCUSED

Cynthia's Triumph Over
Advanced Ovarian Cancer

INSIDE
Your Free Screening
and Prevention Guide

Healthcare for what's next.

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Dr. Jim Maraganore explains the advanced prevention and treatment options available at the NorthShore Center for Brain Health. Tune in at northshore.org/brainhealthvideo.



IMPROVE YOUR ODDS

Research shows that you can reduce your risk for brain disorders by making specific lifestyle changes and taking preventive medical action. NorthShore's Center for Brain Health will help you identify your unique set of risk factors and develop a personalized plan to protect against Alzheimer's. To make an appointment at the Center for Brain Health, call (847) 492-5700 (Ext. 1282). Also, go online and learn if you may be at increased risk for Alzheimer's disease. Take the NorthShore Brain Health Quiz at northshore.org/g1.

Reduce Your Risk for Alzheimer's

New Center for Brain Health Provides Support and Hope

By Susan J. White

The statistics are startling: One in five women and one in 10 men will get Alzheimer's disease during their lifetime. NorthShore University HealthSystem (NorthShore) and its new Center for Brain Health are dedicated to improving these odds.

With growing evidence that clinical intervention can help delay the onset and, perhaps, even *prevent* Alzheimer's disease and other debilitating neurodegenerative conditions, NorthShore is leading efforts to bolster brain health and provide real hope to patients and their families.

CALCULATING AND CUTTING ALZHEIMER'S RISK

The Center for Brain Health is led by Demetrius (Jim) Maraganore, MD, a recognized expert and passionate brain health advocate. The Ruth Cain Ruggles Chair of Neurology and Medical Director of NorthShore Neurological Institute,

Dr. Maraganore leads a multidisciplinary team of specialists—one of the largest in the region—which includes neurologists, neuropsychologists, brain imaging specialists, genetic counselors, physical and cognitive therapists, researchers, dietitians, social workers and lifestyle coaches. The Center has received generous seed funding from The Auxiliary of NorthShore University HealthSystem, further accelerating its development and impact.

Using advanced Personalized Medicine techniques, the team provides genetic testing, performs advanced diagnostics and assesses patient lifestyle factors to predict and protect against Alzheimer's, Parkinson's and chronic traumatic encephalopathy (CTE), which is often seen in patients with a history of multiple concussions.

Twenty distinct Alzheimer's risk factors have been identified, meaning there is much that individuals can do to reduce their personal risk.

"Following a rigorous Mediterranean diet

and getting enough aerobic exercise at least three times a week can reduce an individual's risk by a dramatic 50 percent," said Dr. Maraganore, who holds an academic appointment at the University of Chicago Pritzker School of Medicine. "We also know additional medical interventions can further reduce risk."

TRANSLATING RESEARCH INTO PATIENT BENEFITS

In addition to risk assessments, the Center's innovative approach includes crafting personalized prevention plans for patients.

Promising findings from a recent randomized clinical trial demonstrate that interventions like those at NorthShore improve cognitive function and stave off cognitive decline, impairment and disability even in elderly subjects.

"The Center for Brain Health is translating observational study and clinical trials research so we can directly bring benefit to our patients," added Dr. Maraganore. "We're leading the world in this paradigm shift in neurology: from treating brain disease to improving brain health."



TAKE A BITE OF BRAIN FOOD Dig into tasty recipe ideas that support a brain-healthy Mediterranean diet at northshore.org/g2.



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INSIDE THIS ISSUE

Healthcare for what's next.

When it comes to your health, NorthShore is always thinking ahead of the curve. Look for the "What's Next" logo on stories featuring our leading-edge innovation in disease treatment and prevention. NorthShore is not just here for you now. We're helping you get ready for what's next.

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Connections, Volume 8, Issue 3
Editor: **Phil Rozen**
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ON THE COVER: **Cynthia Lund** reflects on her cancer-free life and healthy future with youngest daughter Olivia, following successful treatment at NorthShore for advanced ovarian cancer.

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Healthcare
for
what's
next.

"NorthShore just felt right to us," recalled **Cynthia Lund** when reflecting on choosing NorthShore to help her fight ovarian cancer.

HEALING POWER

Turning the Tables on Ovarian Cancer

By Andy Buchanan

Recalling the day she learned she had cancer, Cynthia Lund, 43, of Glenview, said, “I had just buried my dad four days earlier—it was a lot to take in.”

Previously, Lund knew something felt off, but she could not pinpoint her exact symptoms. She remembered her body just did not feel right. Then, her stomach became slightly distended. She shrugged it off and attributed it to the growing stress in her life. She and her husband Tom were caring for their three children, the youngest just months old at the time. She also was caring for her ailing father and helping run his business.

“When you’re that stressed, you’re not tuned in to your body,” said Lund. “I definitely didn’t feel right, but at the time I didn’t do anything about it.”

When her father passed away and she had a difficult time making it through the funeral, Lund knew something was clearly wrong. “I had to keep sitting down,” she said. “The next few days, I really took stock of my body.”

She finally took action and went to the Emergency Department at NorthShore Evanston Hospital. An initial CT scan hinted at what was later confirmed by follow-up tests: She had advanced ovarian cancer.

After her diagnosis, the search began for the right healthcare provider and treatment options. There was no panic or depression, just diligent research by Lund and her husband to make sure she would get the best care. They ultimately chose NorthShore Kellogg Cancer Center as their care partner to fight the battle of their lives.

A COMPREHENSIVE, COLLABORATIVE APPROACH

“We definitely covered our bases and interviewed caregivers at three different facilities,” said Lund. “In the end, NorthShore just felt right to us, especially Dr. Gustavo Rodriguez. I had a gut feeling about him. I loved his demeanor and loved everything about NorthShore.”

A gynecologic oncologist, Dr. Rodriguez developed a treatment plan that involved initial rounds of chemotherapy followed by a complete hysterectomy he performed himself. Next, the regimen included additional chemotherapy. The case proved to be more difficult when Dr. Rodriguez discovered that the cancer had begun invading Lund’s small intestine, too.

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You Can Help Prevent Cancer

Ovarian cancer is often called the silent killer because symptoms are easy to dismiss and the disease is often diagnosed too late for effective treatment. More than 100 NorthShore researchers, including Gustavo Rodriguez, MD, are now engaged in ovarian and breast cancer studies seeking better methods for prevention, detection and treatment.

You can support this vital research by attending The Auxiliary of NorthShore’s American Craft Exposition (ACE)

Sept. 25 to 27 at the

Chicago Botanic

Garden. Funds

raised from this

year’s three-

day premier

craft show and

preview party

Sept. 24 will benefit

the development of a

progesterin-based pharmacologic approach

for the effective prevention of ovarian

cancer. Learn more about ACE and buy

tickets at northshore.org/g5.

“This support is critical to further expand our knowledge toward understanding how to prevent ovarian cancer,” said Dr. Rodriguez.

Cynthia Lund’s cancer care team included Gynecologic Oncologist Dr. Gustavo Rodriguez and Oncology Nurse Ann Puglisi.



Tailoring Care Through Genomic Research

Because of her own health issues and a family history of cancer, Cynthia Lund recently completed genetic testing at NorthShore as part of the protocol at the new Center for Personalized Medicine. Those tests revealed she was a carrier of the BRCA1 genetic mutation and at higher risk for developing breast cancer. Armed with this new information, Lund proactively enrolled in NorthShore's High-Risk Breast Program. She now comes in every six months for an assessment that includes a mammogram.

"Knowledge is power, and I need to look out for my daughters," she said. "It's just so nice to be at a place like NorthShore where you can get such advanced care and where the people are so caring."

At the Center for Personalized Medicine, experts customize prevention and treatment plans based on an individual's unique genetic characteristics and health history. In Lund's case, that meant testing to confirm that she was a carrier of a BRCA genetic mutation and then creating a preventive care plan.

Research also is an important pillar of NorthShore's Center for Personalized Medicine, as physician-scientists seek to learn more about patients on both a genomic and molecular level as a way to help predict and prevent conditions, including cancer and heart disease. Peter Hulick, MD, MMSc, Division Head, Medical Genetics, is currently conducting three studies related to breast cancer and genetics.

"Studies show that BRCA gene mutations are responsible for about 5 percent of breast cancers and about 10 to 15 percent of ovarian cancers," explained Dr. Hulick, who holds an academic appointment at the University of Chicago Pritzker School of Medicine. "This is important knowledge, but we're working now on new discoveries that will provide even more answers to complex medical challenges and help us better tailor therapeutic options for our patients."

Dr. Peter Hulick, Division Head, Medical Genetics

Find more facts about targeted treatments through the Center for Personalized Medicine and watch videos online at northshore.org/g4.



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"I consulted with colleagues throughout the process about how best to approach Cynthia's case and how she was responding to treatment," said Dr. Rodriguez, the Matthews Family Chair of Gynecologic Oncology Research, who holds an academic appointment at the University of Chicago Pritzker School of Medicine. Patients also benefit from regular tumor conferences, where cancer experts review and collaborate on specific cases. This "meeting of the minds" helps develop the most effective, individualized treatment plans.

"We have a great team here, and it was so gratifying to see everyone come together behind this one goal of helping Mrs. Lund get better," added Dr. Rodriguez.

The plan worked. Lund comes in for checkups every three months. Continued scans and other tests have shown her to be cancer-free.

"I feel really good now," said Lund. "I'm disease-free and so grateful for the care I





The Lund family easily finds fun in their own backyard in Glenview. **Cynthia** and her husband **Tom** have plenty of stamina to keep up with their three daughters: **Sophia**, age 8; **Gabriella**, age 7 (left); and 3-year-old **Olivia**.

MAKE AN APPOINTMENT

Kellogg Cancer Center creates treatment plans to best benefit each individual patient. From personal health histories to genetic considerations to individual preferences, treatment is built around *you*. Learn more online at northshore.org/g3, or make an appointment by phone at **(847) 492-5700 (Ext. 1283)**.

MORE INSIGHTS ONLINE

Patient Cynthia Lund shares her story about fighting ovarian cancer and taking steps to understand her genetic risk for other cancers. Read her blog at northshore.org/g6.

received at NorthShore,” acknowledging several members of her Kellogg Cancer Center care team by name, including Dr. Rodriguez and Oncology Nurse Ann Puglisi.

PATIENT-CENTERED CARE

NorthShore’s multidisciplinary approach to cancer care goes beyond medical treatment and provides a wide array of support services tailored to fit the individual needs of patients and their families. As part of her treatment, Lund received supplemental therapies, including acupuncture, through NorthShore’s Integrative Medicine program and its Director Leslie Mendoza Temple, MD, who also holds an academic appointment at the University of Chicago Pritzker School of Medicine. “It’s such a collaborative approach, and everyone on the team is just wonderful,” noted Lund, who uses the secure online portal NorthShoreConnect to set up and track her appointments and review test results.

Looking back on her journey—from

diagnosis to treatment to follow-up care—Lund explained how the entire experience has had a profound impact on her life. This includes her career as a voice-over talent in advertising and the challenge of keeping up with her daughters, now ages 3, 7 and 8.

“It may sound strange, but I would say it has definitely changed our lives for the better,” she said. “It’s been a gift to learn how to pace myself and set some boundaries for how much I do physically and emotionally. There’s a lot more balance in my life.”



Cynthia Lund talks about the collaborative care she received at NorthShore in her battle with ovarian cancer. See her story at northshore.org/cynthiasstory.



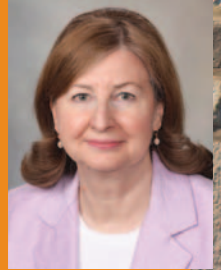


Susan Franke was born with a rare congenital heart defect that requires continuous follow-up care, which benefited from NorthShore's ongoing Mayo Clinic collaboration.



The Power of Two

NorthShore is the only Chicago-based health system within the Mayo Clinic Care Network. This ongoing collaboration serves patients with complex conditions by offering quick and convenient access to subspecialty care and second opinions. Discover how NorthShore and Mayo Clinic are working together for you. Visit



Mayo Clinic
Cardiologist
Dr. Carole Warnes

northshore.org/g7 or call
(847) 492-5700 (Ext. 1284).

Cardio Complexity

Mayo Clinic Collaboration Puts Patients First

By *Martha Floberg*

Born with a rare congenital heart defect, Susan Franke has had more than her fair share of doctor visits. But today, at age 49, Franke said she never experienced the level of physician cooperation and communication that exists between NorthShore and Mayo Clinic.

“They have a great thing going with this collaboration. It really puts the patient first,” she said.

Franke was born with tetralogy of Fallot, a condition involving four anatomical abnormalities that impact the heart’s structure and blood flow. As a child, she underwent two heart surgeries and several heart catheterizations, and received ongoing follow-up care without complication for many years.

But during a routine appointment last summer, her physician identified two new life-threatening conditions, apparently resulting from those previous heart surgeries. The recommendation was for immediate surgery to address the new diagnosis.

Thanks to advances in healthcare treatment options, more adults than ever before are living with congenital heart defects—an estimated 20,000 to 40,000 in Chicagoland alone. Yet many may be unaware of their need for continuous follow-up care.

“I didn’t know what to do,” Franke recalled,

“especially because I had no symptoms. That’s when I decided to get a second opinion at NorthShore in collaboration with Mayo Clinic.”

“Our clinical relationship with Mayo Clinic and seamless coordination of care is a huge value to patients,” said Jorge Saucedo, MD, Allstate Foundation/Judson B. Branch Chair of Cardiology and Co-Director of NorthShore Cardiovascular Institute. Dr. Saucedo noted that NorthShore can treat 99.5 percent of cardiac conditions. “For a small niche of patients—especially adults like Susan with a congenital heart defect—Mayo is the best in the world.”

Dr. Saucedo quickly coordinated a second opinion for Franke with internationally renowned Mayo specialists, including Cardiologist Carole Warnes, MD, and Cardiothoracic Surgeon Joseph Dearani, MD.

“Dr. Saucedo is an excellent patient advocate because he recognized how unusual Susan’s case was,” noted Dr. Warnes. “Through an electronic consult with NorthShore, we looked at the cardiac imaging data and discussed potential issues before making a recommendation.”

The NorthShore and Mayo Clinic teams confirmed pulmonary valve regurgitation—or leakage—and an enlarged right ventricle. They recommended complex pulmonary

valve replacement surgery at Mayo in Rochester, Minnesota, with postsurgical rehab at NorthShore.

Franke’s surgery last December was a complete success. She continues to do well after cardiac rehab and recovery close to home at NorthShore. “My experience exceeded all my expectations,” she said. “It was reassuring to know that everyone was kept in the loop so that I could focus on my recovery.”



MEET THE EXPERT NorthShore Cardiovascular Institute Co-Director **Dr. Jorge Saucedo** is a nationally recognized leader and researcher with an academic appointment at the University of Chicago Pritzker School of Medicine. Get an inside look at the man behind the medicine in an online Q&A at northshore.org/g8.

Technology that Packs a Punch

Patients Benefit from New Liver Scanner

By Susan J. White

Former law-enforcement professional Joe Favia, 49, was the embodiment of good health and in excellent physical shape. When a routine physical and blood work revealed that Favia had hepatitis C, he was stunned.

Surprisingly, the root of Favia's illness stretched back to 1970, when he contracted a virus through a blood transfusion. But his condition went undiagnosed until 2013.

Initial biopsies of Favia's liver showed minimal damage and the early stage of fibrosis, or liver scarring. While his NorthShore hepatologist—or liver specialist—Mitchell Lichtenstein, MD, regularly monitored Favia's condition with blood tests and biopsies, a far better diagnostic option became available at NorthShore—FibroScan™. NorthShore is the first health system in Illinois to obtain this innovative, noninvasive technology that measures the firmness or scarring of the entire liver.

DIAGNOSIS LEADS TO TARGETED TREATMENT

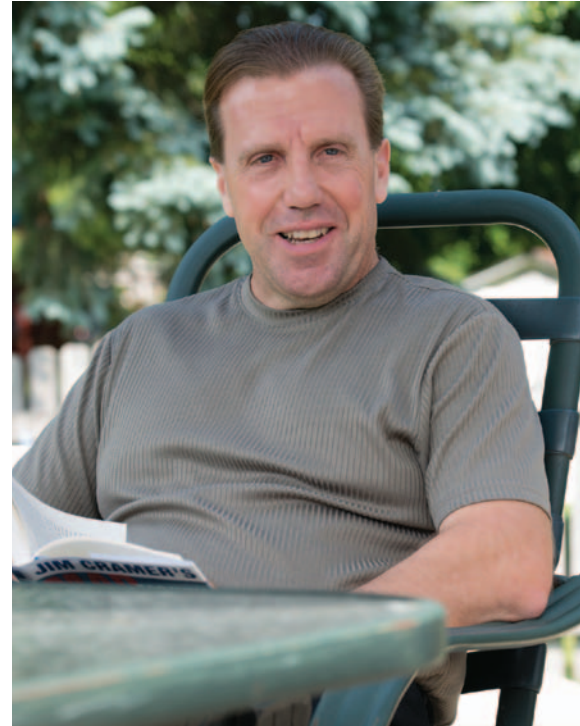
Dr. Lichtenstein, who holds an academic title at the Pritzker School of Medicine, collaborated with Claus Fimmel, MD, Section Chief of Hepatology, and confirmed that the results from Favia's FibroScan showed that he actually has stage 3 fibrosis, just a step away from cirrhosis, or advanced liver disease.

The timing was also fortuitous, as Favia was prescribed a powerful new medication recently approved by the Food and Drug Administration to treat his hepatitis C—which is now completely reversed.

"Hepatitis C is a thing of the past for Mr. Favia, and there's a good chance that his liver will regenerate and heal completely," said Dr. Fimmel, who holds an academic appointment at the University of Chicago Pritzker School of Medicine.

"It's a most gratifying time for us to practice medicine," Dr. Fimmel continued. "When I started practicing, hepatitis C was not treatable. Now, within 30 years, advanced diagnostics have been developed and we essentially have a cure."

"My doctors have been a guiding path through all of this. Everything fell into place, and the care with NorthShore has been tremendous from day one," said Favia. Like his physicians, Favia encourages anyone who had an early blood transfusion or other risk factors for liver disease to take advantage of FibroScan.



"The care with NorthShore has been tremendous from day one," said **Joe Favia**, whose liver disease was confirmed by advanced scanning technology available at NorthShore.

EXCEPTIONAL CARE FOR LIVER DISEASE NorthShore's comprehensive hepatology program offers revolutionary and compassionate care for patients with acute and chronic liver disease. For more information or to make an appointment, call **(847) 492-5700 (Ext. 1285)**.



Hepatology Section Chief **Dr. Claus Fimmel** demonstrates the new FibroScan device with Nurse Practitioner **Judy Tiesenga**.

State-of-the-Art Scanner

NorthShore is one of only a few health systems in the region to offer patients FibroScan technology, widely considered the most accurate liver diagnostic device. Recently approved by the FDA, FibroScan is painless and noninvasive. It evaluates the degree of liver stiffness, or scarring, by determining the speed of sound waves moving through the liver using a sonogram and provides a nonsurgical alternative to the traditional liver biopsy to assess liver damage. For details about this innovative technology, visit northshore.org/g9.

Fast Track to Recovery

The NorthShore Total Joint Replacement Center has a 20-year history of exceptional patient-centered care with outstanding outcomes. Its Rapid Recovery Program features shorter hospital stays and accelerated postoperative rehabilitation to return patients to an active lifestyle as soon as possible.

This well-coordinated team effort involves surgery, anesthesia, minimally invasive surgical techniques and individually tailored pain management regimens. Find in-depth information about these capabilities online at northshore.org/g10.



Hip Tips

Follow these five strategies to protect your hips:

- Stretch and warm up before exercise.
- Include gentle exercise in your routine, such as swimming or water aerobics.
- Wear properly fitting shoes.
- Wear hip pads for contact sports.
- Lose extra pounds to reduce strain on your body.

GET BACK TO YOUR LIFE

NorthShore Orthopaedic Institute surgeons lead the way, using the latest techniques and technology. These experts offer a wide array of procedures designed to restore mobility and help you swiftly resume daily routines and athletic pursuits. To schedule an appointment, please call (847) 492-5700 (Ext. 1286).



"I was able to really come back strong after the surgery," said Robert Goone, who was up and walking two days after a hip replacement at NorthShore.

On the Road Again

Cyclist Rebounds After Hip Replacement

By Barb Hailey

Robert Goone, 53, is the type of guy who doesn't like to slow down. So, as an avid cyclist and athlete, he exhausted all nonsurgical treatment options to address severe hip pain before ultimately deciding on hip replacement surgery.

The Glencoe resident turned to NorthShore Orthopaedic Institute and affiliated surgeon David Beigler, MD, to perform the procedure, fully confident he had a comprehensive team behind him—both pre- and postsurgery—to achieve optimal recovery.

"Before surgery, I went to the joint replacement class at NorthShore and it was unbelievable!" recalled Goone. The class not only prepares patients for the surgery itself, but also sets recovery time and physical therapy expectations. Goone said he felt fully prepped going into surgery with Dr. Beigler, Division Head of Orthopaedic Trauma, who has a 33-year track record of surgical excellence and holds an academic appointment at the University of Chicago Pritzker School of Medicine.

"I'm focused on minimizing the amount of surgical trauma for patients and improving their results, both short-term and long-term," said Dr. Beigler. "Rob was physically active and wanted to return to the same activities he enjoyed prior to surgery."



Orthopaedic Surgeon
Dr. David Beigler

Dr. Beigler performed Goone's anterior hip replacement at NorthShore Glenbrook Hospital in November 2013. Goone was able to walk on the second day following surgery and was released on the third day.

"I noticed as soon as I got home that the acute pain in my hip was gone," Goone said. "I could still feel the effects of surgery, but I knew the source of the pain had been eliminated."

Goone has since become one of NorthShore's biggest promoters. Between the hospital orthopaedic care team and Dr. Beigler, he described the communication and his treatment as "flawless." Goone also praised the physical therapy he received. Even with his high level of motivation, he credits the combined care with keeping him on track for a successful recovery.

"I'm a big bike rider, and I was able to come back really strong after the surgery," explained Goone, who has completed several Century Rides (100-mile bike rides). "I had a great experience!"



WATCH A VIDEO

Robert Goone shares his story of active recovery following hip replacement surgery at NorthShore. Go along for the ride at northshore.org/robertsstory.

NorthShoreConnected

Enhanced Digital Tools Deliver Value

By Martha Floberg

Like most busy 20-somethings, Claire Challenger of Winnetka swears by on-the-go communication tools: smartphones and tablets, texting and apps. Her earning a college degree this year was no cakewalk, but here's one area where Challenger is not challenged at all: staying in touch with her NorthShore physicians. Her secret to staying engaged is the secure online portal NorthShoreConnect.

INSTANT ACCESS, SECURE COMMUNICATION

In fact, NorthShoreConnect is no secret at all. Now, with approximately 300,000 users, the technology allows patients to personally manage their healthcare via smartphone or the Web.

Challenger discovered the value of NorthShoreConnect when she first headed

to Ohio to attend college. There, and here at home, whenever she has a health concern—from frequent sinus infections to medication allergies—Challenger taps or clicks to find answers quickly and conveniently.

"It's so easy to use NorthShoreConnect from anywhere," said the 21-year-old Challenger. "It's a secure way to help me communicate with my doctors about symptoms I may be having or medication I need. I just send an email and get a quick response." She also uses digital tools to make appointments and set text reminders.

HELPING PHYSICIANS DELIVER QUALITY CARE

Patients are not the only ones who appreciate the convenience of these enhanced digital services. Margaret Salamon, MD, Challenger's primary care physician at the NorthShore Center for Women's Health, praised the portal as a personal way to interact with patients that offers tremendous benefits.

"This tool helps me practice great medicine for several reasons, including the ability to remind patients about follow-up

procedures and appointments," Dr. Salamon explained. "By avoiding 'phone tag,' it's a big time-saver so I can work more efficiently."

Dr. Salamon, who holds an academic title at the Pritzker School of Medicine, estimates 70 percent of her patients take advantage of the 24/7 online access. "I'm able to commu-

nicate with them quickly about test results and answer questions they may have about their care," she said.

HEALTHCARE ON YOUR TERMS

The latest enhancements to NorthShoreConnect now enable patients to schedule an array of Medical Group primary care and specialty care appointments, as well as hospital-based services

like CT scans and colonoscopies online or through the mobile app. The app also enables smartphone users to send a scheduled appointment straight to their calendar.

As the portal evolves to offer even greater patient benefits, its core purpose remains the same. As Challenger put it, "With this online tool, I can manage my healthcare wherever I am and on my own terms."



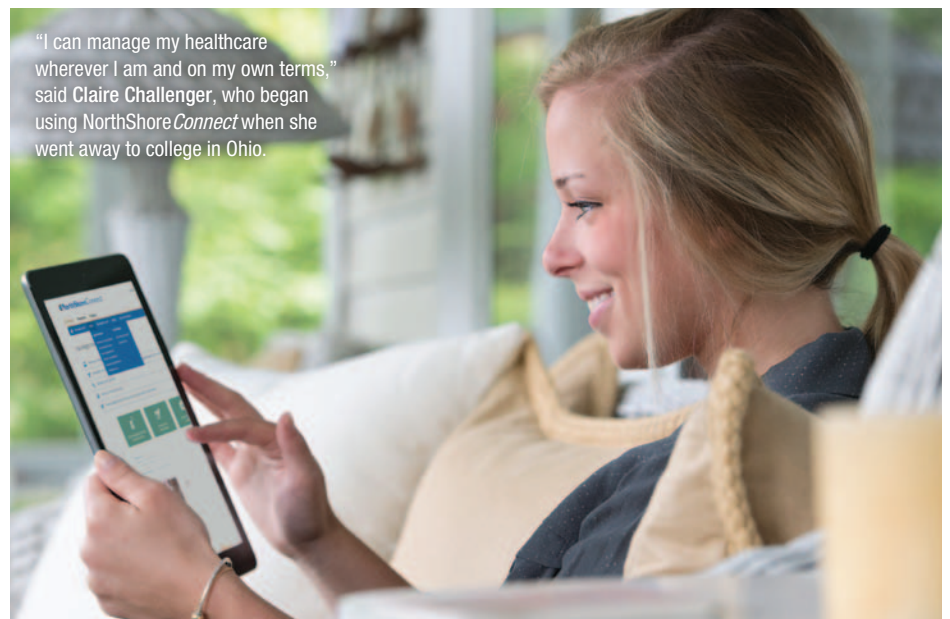
Women's Health Physician
Dr. Margaret Salamon



LET'S GET DIGITAL

NorthShore offers sophisticated digital tools to make it easier to stay connected. There is expanded scheduling for physician appointments and hospital-based procedures. Also, those with family access—or proxy—can more easily manage healthcare for their children or aging parents through NorthShoreConnect or the mobile app.

Additionally, patients can choose how they would like to receive reminders—email or text—for upcoming appointments or healthcare maintenance items including flu shots, mammograms and diabetes testing. Get NorthShoreConnected today. Sign up at northshore.org/g11.



"I can manage my healthcare wherever I am and on my own terms," said Claire Challenger, who began using NorthShoreConnect when she went away to college in Ohio.

Healthcare
for
what's
next.

TRIPLE THREAT AVERTED

Aneurysm Expertise Keeps
Patient in the Game

By Susan J. White



At 65, Carol McConnell was leading a healthy, active life with her husband of 38 years. She worked part-time, volunteered regularly and even played competitive senior basketball. McConnell had no inkling of the potentially deadly threat inside her brain—three bulging arteries known as aneurysms.

Discovery of the frightening condition began at an appointment with her NorthShore Internist Angela Bicos, MD. McConnell told Dr. Bicos of a strange sensation of hearing her pulse when lying down. She was then referred to affiliated Otolaryngologist Steven Charous, MD, who ordered a magnetic resonance angiography to look at her arteries. While there was no explanation for the noise she continued to hear, the imaging revealed three aneurysms in different locations in her brain.

“Approximately 2 percent of the population carries aneurysms, and Mrs. McConnell’s were very aggressive,” said NorthShore Neurological Institute Neurosurgeon Shakeel Chowdhry, MD. “When aneurysms leak or burst, they can prove fatal for about half of patients before arriving at the hospital. Among those patients who make it, only about one-third resume their normal life and capabilities.”

McConnell knew she faced a serious situation. With guidance from her trusted internist, McConnell consulted with expert neurosurgeons at three different institutions before selecting Dr. Chowdhry at NorthShore. “His training can’t be beat,” McConnell said. “I felt very comfortable with him right away. He’s humble, yet very confident and self-assured.”

continued on the next page

Team
Care
Advantage

Two months after her second aneurysm surgery at NorthShore, **Carol McConnell** (right) was back on the court with her Evanston senior women's basketball team.



At the heart of the exceptional and compassionate care offered by NorthShore Neurological Institute are integrated teams of neurologists, neurosurgeons, physiatrists and other specialists. These collaborative, multidisciplinary teams are critical in addressing the most complex cases and providing the best patient outcomes.

Experts like Neurosurgeon Shakeel Chowdhry, MD, have received prestigious multidisciplinary fellowship training, conduct lectures and teach courses at the national level and are frequently published in leading neurosurgical journals and textbooks.



Neurosurgeon
Dr. Shakeel Chowdhry

To make an appointment at NorthShore Neurological Institute, please call **(847) 492-5700 (Ext. 1287)**.

To learn more about aneurysm and other brain disorders online, log in to northshore.org/g12.

STRATEGIC SURGICAL PLAN

Given the position of each aneurysm, Dr. Chowdhry determined McConnell would need two operations—the first to clip (or repair) one on the left side and one in the middle of her brain, and a second surgery a month later to clip the third, located on the right side.

Dr. Chowdhry reassured McConnell that she would be back to her active life once the aneurysms and the threat of rupture were removed. “I put a lot of confidence in *his* confidence,” McConnell said. Thankfully, that confidence was well-placed.

McConnell had the first surgery last November. Removing a small piece of bone above the eye to create a window to the brain, Dr. Chowdhry approached the delicate structures between the frontal and temporal folds of the brain. He had already practiced this approach on an exact model of McConnell’s brain using innovative, presurgical planning software. Advanced, noninvasive imaging is used to create patient-specific models, which allows neurosurgeons like Dr. Chowdhry to rehearse the complete procedure before the patient is in the operating room.

“With planning technology, we see the

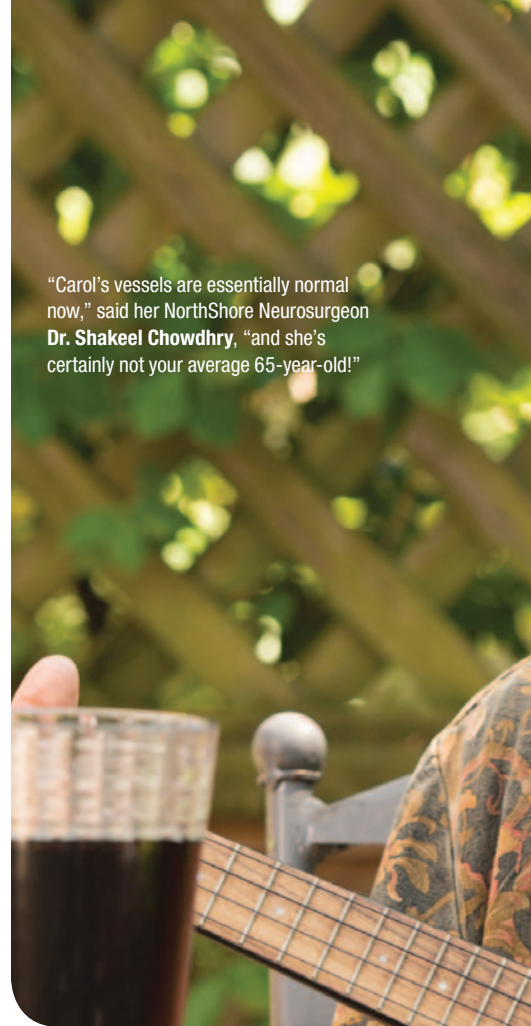
exact layout of the patient’s brain before we are in surgery and have the time to review it in detail. There are very few surprises, and it allows us to work very quickly,” said Dr. Chowdhry, who holds an academic appointment at the University of Chicago Pritzker School of Medicine.

Patient-specific treatments and advanced technology are among the reasons patients like McConnell do so well following surgery, explained Dr. Chowdhry. Repairing the aneurysm located in the middle of McConnell’s brain was particularly complex, Dr. Chowdhry said. It was situated directly above the nerves for vision and contained multiple irregularities. But the presurgical training paid off, as Dr. Chowdhry successfully clipped the first two bulging arteries without complication.

COORDINATED CARE TEAM

McConnell spent two weeks in the hospital, which included 11 days in rehab with physical, occupational and speech therapy. “The nursing staff was excellent, as were all the therapists,” she recalled. “It all was very well coordinated, and the whole hospital experience was really wonderful.”

McConnell spent two weeks at home to



“Carol’s vessels are essentially normal now,” said her NorthShore Neurosurgeon **Dr. Shakeel Chowdhry**, “and she’s certainly not your average 65-year-old!”

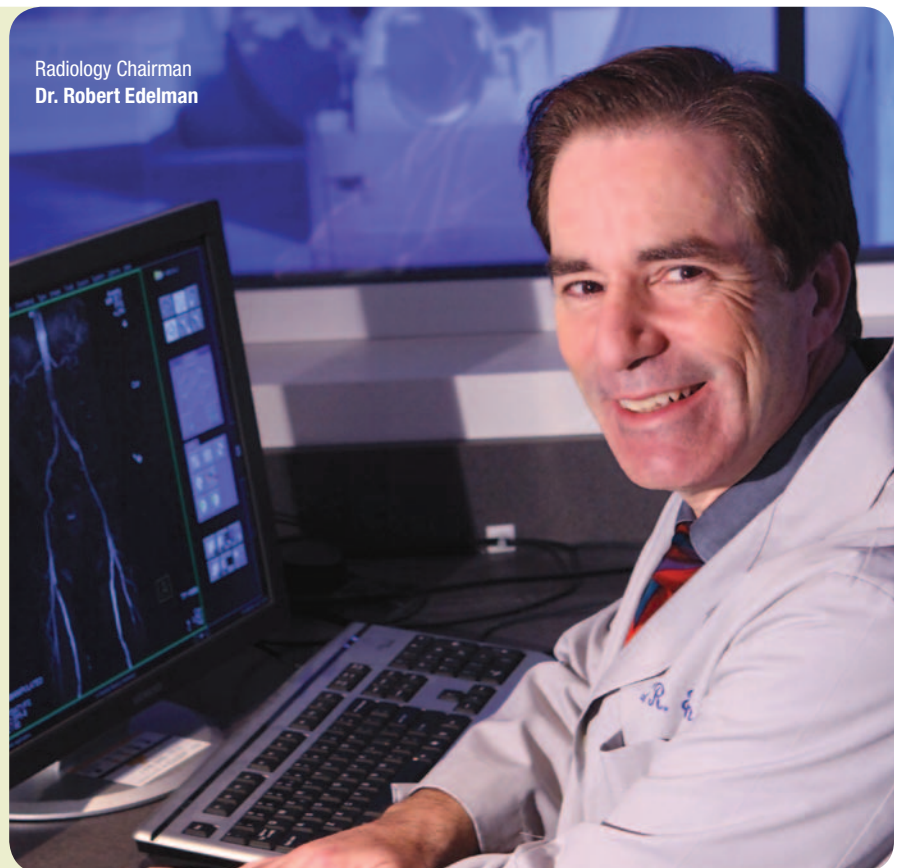
Imaging Leadership

NorthShore’s state-of-the-art imaging capabilities leverage the latest technology, including noninvasive innovations in neuroradiology with a full range of brain, spine and head/neck CT and MRI options, which drive improved outcomes for patients such as Carol McConnell.

An expert team of physician-scientists led by Robert Edelman, MD, the William B. Graham Chair of Radiology, not only supports excellent patient care but also is dedicated to pioneering research and has successfully created new techniques in partnership with Siemens Healthcare and other industry leaders.

Dr. Edelman, who holds an academic title at the Pritzker School of Medicine, talks about NorthShore’s leadership in imaging online. Watch the video at northshore.org/g13.

Radiology Chairman
Dr. Robert Edelman





regain her strength. Then she returned for her second operation at Evanston Hospital. In some ways, McConnell felt returning to go through the process again was easier than the first time. “I had a feeling of ‘I can do this.’ This is survivable, and my doctor did a great job,” said McConnell, who also credits her husband, son, family and friends with providing great support.

Recovery from the second procedure, another success, was much like the first time around. Headaches—a fairly common side effect—were her biggest postsurgical challenge. Surgical clipping of aneurysms, when done correctly, is curative. “Her vessels are essentially normal now, and she’s certainly not your average 65-year-old!” said Dr. Chowdhry, with a nod to McConnell’s energy and vitality.

BACK ON THE COURTS

Two months after her second surgery, McConnell started playing basketball again. She has played in the Senior Olympics four times with her Evanston team and is known for stealing the ball as well as her talented shooting ability—including a rare three-pointer at the 2011 games. Grateful for the ability to keep playing and living life to the fullest, McConnell has offered to consult with other patients sharing a similar experience. “I’m thankful to be alive and for all the phenomenal care I received,” she said.

Dr. Chowdhry also has an eye toward future patients. “As well as we’re doing now, we can always continue to improve. My goal is to help drive innovation and advance technology to keep lowering risk and improving outcomes for future patients.”



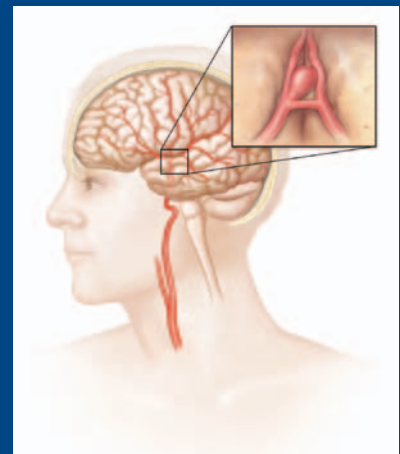
HEALTH NEWS YOU CAN USE

Looking for preventive medicine and wellness information? Sign up today for NorthShore emails tailored to the needs of you and your family. Please visit northshore.org/g14.

What Is a Cerebral Aneurysm?

A brain or cerebral aneurysm develops in a weak area of the arteries and appears as a small sac of blood bulging out from the arterial wall. Most aneurysms do not cause any symptoms until they rupture, which is often too late for effective treatment. A sudden, severe headache—different from other headaches—and/or blurred or double vision can be a sign of an aneurysm and should be treated as an emergency.

While the cause of aneurysms is not known, risk factors include a family history of aneurysms, smoking and high blood pressure.



Community Wellness

Prevention Is Key to Fighting Melanoma

By Martha Floberg

Marcus Dillard, 63, of Northbrook never gave much thought to the bleeding thumbnail he experienced for several years. But what seemed like a minor nuisance turned out to be a major health threat—specifically, skin cancer. In 2013, Dillard was diagnosed with a rare melanoma tumor under his right thumbnail.

Dillard discovered the life-threatening disease through a referral from his family medicine physician Steven Eisenstein, MD, who directed him to NorthShore Dermatologist Shani Francis, MD.

“The type of skin cancer Marcus had is very rare and is found in less than 3 percent of all patients with melanoma,” explained Dr. Francis. “But it represents 33 percent of all melanomas in the African-American population. The thumb and big toe are the most common locations.

“Marcus’s care was truly a team effort,” she continued, “with a NorthShore dermatology surgeon, a radiologist and an oncologist working together to make the right diagnosis and decide on the best treatment plan.”

The physicians agreed to first remove the tumor. But the subungual—or nail bed—melanoma had progressed to a point that it became necessary to amputate Dillard’s thumb to prevent the cancer from spreading.

“This was the best and most conservative treatment plan to follow,” said Dr. Francis, who holds an academic appointment at the University of Chicago Pritzker School of Medicine. “Regular follow-up screenings also are crucial, because patients with a history of melanoma are nine times more likely than the general population to have another melanoma.”

“I’m so glad this problem is solved,” said Dillard, who now views regular skin cancer screenings as a way to save lives. “Now I check my skin regularly, use suntan lotion and get screened by my doctor twice a year. With a history of melanoma in the family, I’ve also encouraged my three children to do the same.

“When you’re diagnosed with cancer, you sometimes ask, ‘Why me?’” continued Dillard, who is a deeply religious man. “My NorthShore physicians took such an interest in me. Both my faith and the professionalism of the staff helped me through this experience.”

“My NorthShore physicians took such an interest in me,” explained **Marcus Dillard**, who was treated for a rare form of melanoma under his thumbnail.

In the Dark About Skin Cancer?

According to the Skin Cancer Foundation, 52 percent of African-American patients and 26 percent of Hispanics are diagnosed with an advanced-stage melanoma, the most common form of skin cancer among young adults and a major cause of death.

Through the NorthShore Quality Fellowship Program, Dermatologist Shani Francis, MD, is on a mission to change that by raising awareness and promoting screenings among minority populations, organ transplant recipients and people with weakened immune systems.

“Minority patients have the misperception that they’re not at risk for skin cancer,” explained



Dermatologist
Dr. Shani Francis

Dr. Francis. “We need to intensify our efforts so they fully understand the dangers of sun exposure and how to reduce their risk.”

Schedule a preventive screening today at **(847) 492-5700 (Ext. 1288)**.

Skin Sense

Dr. Francis offers these top five skin cancer prevention tips:

- Seek the shade, especially between 10 a.m. and 4 p.m.
- Wear sunscreen year-round, with an SPF of 30 or higher.
- Wear protective clothing, including hats and eyewear.
- Avoid tanning beds.
- Keep newborns out of the sun.



DO YOU KNOW what to look for during a skin cancer self-exam? Find out online at northshore.org/g15.



Pediatrician
Dr. Ken Fox



Q&A Back-to-School Health Checklist

A new wardrobe and a supersized smartphone are not the only requirements for stellar school days. NorthShore Pediatrician Ken Fox, MD, answers frequently asked questions about how to keep your child on the right track to health this school year.

Question: My kids always seem to get sick during the school year, especially when it starts. How can I help keep them healthy?

Answer: First, make sure that all their immunizations are up to date. Also, remind your kids to wash their hands with soap and water before meals and after playing outside or using the bathroom. I often suggest they wash for as long as it takes to sing the “Happy Birthday” song. Finally, good nutrition and adequate sleep translate to fewer illnesses. Make sure bedtimes are appropriate and healthy eating is supported—especially breakfast.

Q. If my child is sick, how do I know if it's OK for him or her to go to school?

A. Kids with a fever of 100 or higher should stay home, as that's when infectious illnesses are usually most transmissible. For most illnesses, kids can return to school after 24 fever-free hours. Going to school with a cold is OK if your child knows to cover his or her mouth and frequently wash hands.

Q. How many hours of sleep are recommended?

A. I recommend about nine to 10 hours of sleep for school-age children. Younger kids between ages 3 and 8 need a bit more rest—about 10 to 12 hours. Try to limit screen time (TV, video, phone, computer and tablet) to no more than two hours per day, and turn screens off at least one hour before bedtime.

MANAGE YOUR CHILD'S CARE WITH A CLICK

Take advantage of our secure online portal [NorthShoreConnect](#) to manage your child's care through enhanced family access—or proxy—functionality. On the Web or with our mobile app, you can schedule appointments, set reminders, message your pediatrician and more. Sign-up is fast and easy at [northshore.org/g16](#).

Save These Dates

Oct. 21 and 22, 2015

Understanding Breast Cancer

Join us for a free seminar on breast cancer education and prevention, with experts from Mayo Clinic and NorthShore. The Oct. 21 program will be held at the DoubleTree by Hilton Hotel Libertyville-Mundelein. The Oct. 22 program will take place at the Renaissance Schaumburg Convention Center Hotel.

Oct. 24, 2015

Associate Board 11th Annual Benefit

The NorthShore Associate Board will host its annual benefit, “Once Upon a Time,” at the Auditorium Library at Roosevelt University in Chicago. Proceeds support the Infant Special Care Unit (ISCU), the Department of Pediatrics and the Emergency Family Fund.

STAY UP TO DATE on all NorthShore community seminars and events online at [northshore.org/g17](#).

Nursing Team Earns Distinction

NorthShore's nursing team deserves a robust round of applause. Under the leadership of Chief Nursing Officer Nancy Semerdjian, NorthShore became the first hospital system in Illinois to earn Magnet redesignation. NorthShore first earned the distinction in 2010.

Magnet—the highest honor in nursing—comes from the American Nurses Credentialing Center, which recognizes healthcare organizations that demonstrate excellence in nursing and the highest standards in patient care.

“We know that NorthShore nurses are the very best, and this award validates that after rigorous review. I couldn't be prouder,” said Semerdjian, who announced she will be retiring Sept. 30, after a



45-year career at NorthShore.

Semerdjian joined NorthShore as a staff nurse in 1970. During her tenure, she served as a key leader of a number of



Chief Nursing Officer
Nancy Semerdjian

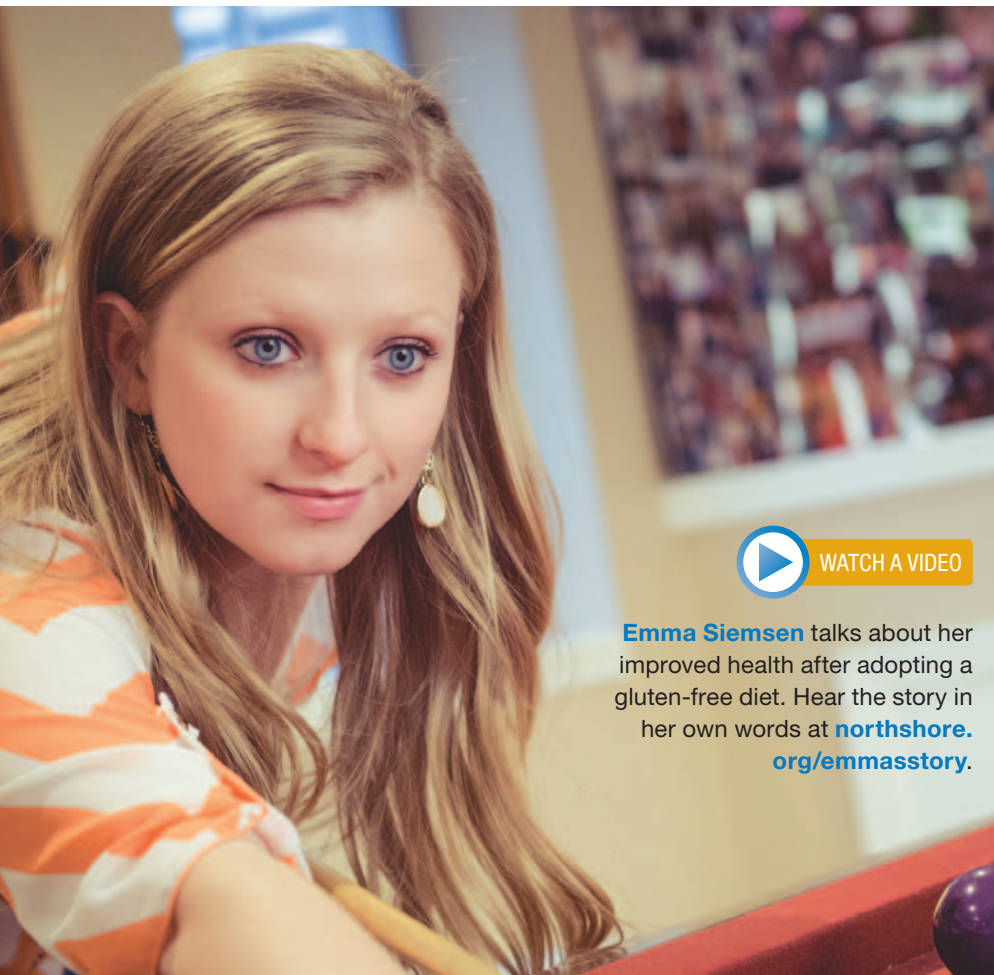
significant initiatives, including the implementation of the systemwide Electronic Medical Record (EMR) system.

BACK TO BEING EMMA

Healthcare
for
what's
next.

Personalized Medicine Expertise Proves Life-Changing

By Susan J. White



WATCH A VIDEO

Emma Siemsen talks about her improved health after adopting a gluten-free diet. Hear the story in her own words at northshore.org/emmasstory.

YOU CAN HELP

Help shape the next generation of medicine by participating in NorthShore's Genomic Health Initiative at the Center for Personalized Medicine. Adult NorthShore patients can donate a blood sample and allow our researchers to study your DNA in combination with research data obtained from your Electronic Medical Record (EMR). All DNA samples and data obtained from patients' EMRs are de-identified and kept strictly confidential. Genomic Health Initiative participants now receive a Starbucks eGift as a thank-you for their contribution. Sign up today on northshore.org/g20 or call (847) 492-5700 (Ext. 1289).

At first, Emma Siemsen thought her stomach troubles and fatigue were stress-induced. After all, she was a busy high school student also mourning the loss of her beloved grandmother.

But by her senior year, Siemsen's symptoms worsened. She was so exhausted she needed a nap after school and could barely keep any food down. Plus, she was losing a dangerous amount of weight.

"The stomachaches were horrible," Siemsen recalled. "I'd drive my younger brother to school feeling nauseous and like I needed to go to the bathroom at the same time. Even if I made it through the school day, it was miserable."

Siemsen was already being treated for environmental allergies by NorthShore Allergy Specialist Deeba Masood, MD.

During the course of her allergy shot treatments, Siemsen told Dr. Masood of her ongoing struggle with terrible cramps, diarrhea and fatigue, thinking she may have food allergies. She even tried a lactose-free diet, as she was working in an ice cream shop and consuming lots of dairy.

PERSONALIZED MEDICINE UNCOVERS THE ANSWER

When Siemsen's symptoms prevailed, Dr. Masood suggested they test her for celiac disease, an autoimmune condition where eating gluten causes an inflammatory reaction in the intestines. Through NorthShore's Center for Personalized Medicine, Dr. Masood was able to analyze Siemsen's unique genetic characteristics—ultimately confirming her hunch of celiac disease. By harnessing the power of specific DNA, physicians can more accurately assess your individual health risk for a variety of illnesses and create customized prevention and treatment plans.

"Dr. Masood has a great bedside manner, and she fully involved me in the decision to do the blood test. She was very sensitive throughout the whole process," said Siemsen.

As many as 70 percent of people with celiac disease are never diagnosed, and symptoms can vary widely from person to

CONNECT WITH EXPERTS IN PERSON

Join us for a special “Make It Personal” event on **Wednesday, Sept. 16, 2015, from 5 to 8 p.m.** at Chicago Botanic Garden. Meet our renowned experts from the NorthShore Center for Personalized Medicine and learn how we are tailoring patient care through genomic research and technology. Register online at northshore.org/g21.

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person. Thankfully for Siemsen, Dr. Masood’s Personalized Medicine approach led to a conclusive blood test and definitive diagnosis. While adopting a gluten-free diet was a challenge at first, the results more than paid off.

GLUTEN-FREE FOR GOOD

“As soon as I went gluten-free, I started gaining weight,” noted Siemsen, who had dropped to an unhealthy 100 pounds on her 5-foot-5 frame. “My energy started to come back and the stomach-aches stopped, too.”

“The diagnosis is clear,” explained Dr. Masood. “If you don’t have the gene, you don’t have the disease.” An early diagnosis is important, as the disease can lead to more serious and long-term effects from nutritional deficiencies. Patients with celiac disease also are at increased risk for other autoimmune conditions, so they should be regularly monitored by their physician.

“Emma experienced swift and dramatic improvement in her symptoms as soon as she adopted the gluten-free diet,” said Dr. Masood, who holds an academic appointment at the University of Chicago Pritzker School of Medicine. “It’s so gratifying to see her grow into this lovely young woman.”

The 21-year-old college student is now in nursing school, something she knew she wanted to pursue from a young age. “When my grandmother was sick, I saw how caring her nurses were and that had a big impact on me. I just love helping people,” Siemsen said.

And when the inevitable challenges of a heavy course load weigh on Siemsen, she’s grateful to once again have the energy to literally run it off. “I love working out. Running is my biggest stress reliever.”



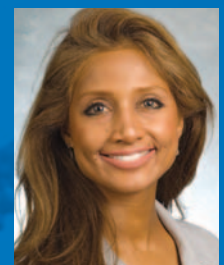
JOIN THE CONVERSATION

A gluten-free diet can be life-changing for celiac disease patients. Participate in a live Web chat with Deeba Masood, MD, on **Wednesday, Sept. 23, 2015, from 9 to 10 a.m.** at northshore.org/g18.



Nursing student **Emma Siemsen** enjoys cooking gluten-free with her mom, **Kathleen**. The dietary changes have turned Siemsen’s life around after struggling with celiac disease.

Genetic Testing Drives Personalized Medicine



Allergy Specialist
Dr. Deeba Masood

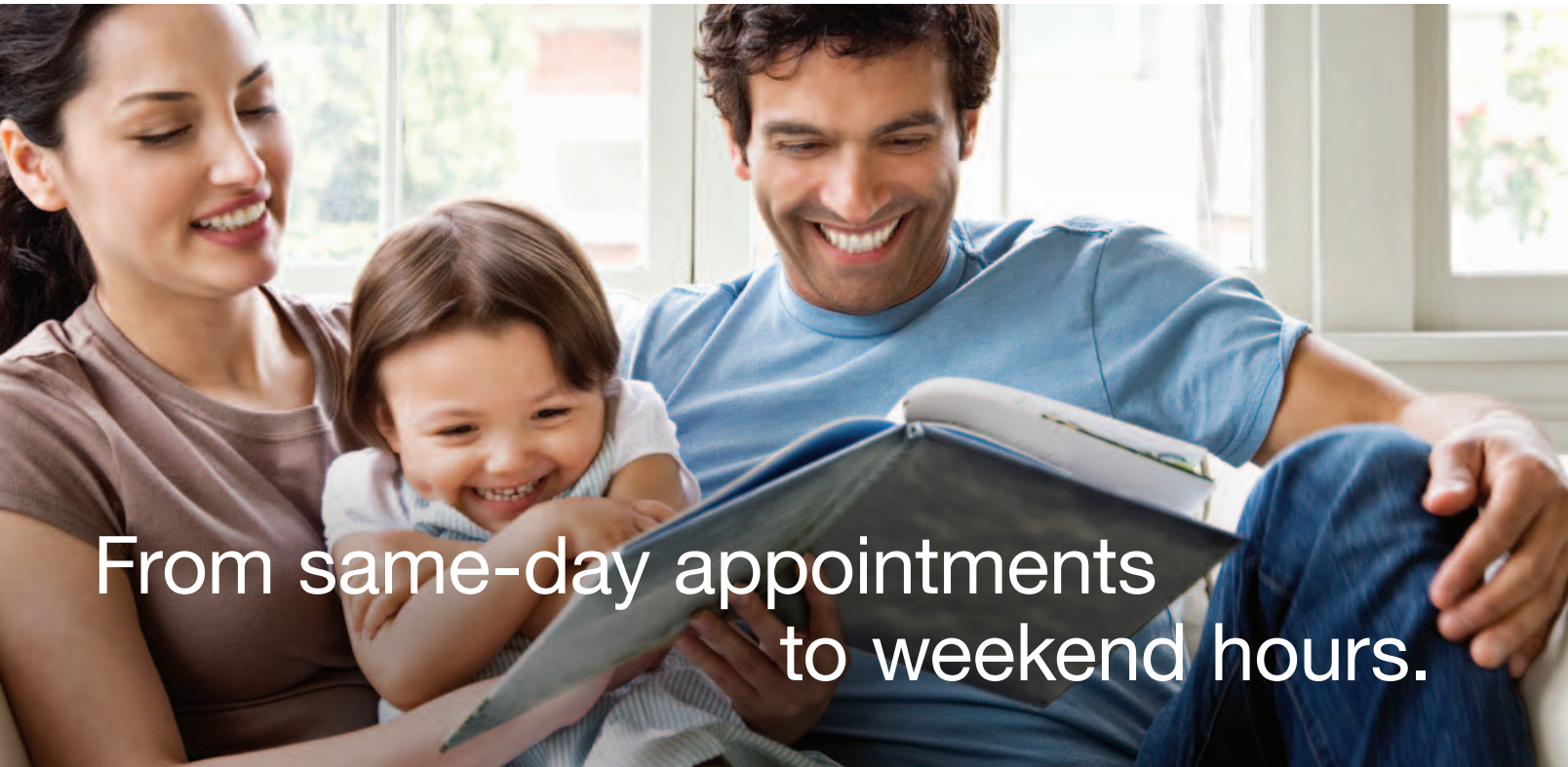
A genetic test for celiac disease, like many other conditions, can provide critical diagnostic information, guide treatment and prevent further complications. Parents who have tested positively for celiac disease should consider a simple test for their children to determine if they, too, carry the gene.

“The results may be reassuring if they don’t carry the gene,” said Deeba Masood, MD. “If they are positive, the earlier you start monitoring for potential symptoms, the better.” Nutritional deficiencies caused by the reaction to gluten can lead to restricted growth in children and a host of other complications.

NorthShore Center for Personalized Medicine is redefining customized patient care. Learn more online at northshore.org/g19 or call for an appointment at (847) 492-5700 (Ext. 1290).



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