

Personalized Medicine:
Harnessing the Power
of Your DNA

Joyful Joints:
Orthopaedic Institute
Advances Arthritis Care

Care Plan Confirmed:
Patient Values Mayo
Clinic Second Opinion

Connections

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

 **NorthShore**
University HealthSystem

A photograph of two men standing outdoors next to a red fire truck. The man on the left is wearing a dark blue jacket and glasses, looking towards the man on the right. The man on the right is wearing a brown suit, a white shirt, and a patterned tie, and has a beard and glasses. They appear to be in conversation. The fire truck has a gold Maltese cross emblem on its side with the words 'WINNEBAGO' and 'KENILWORTH' visible.

SURVIVORS AND FRIENDS

Heart Attack Patients
Forge Friendship
Through Cardiovascular
Institute Expertise

Evanston Hospital | Glenbrook Hospital | Highland Park Hospital | Skokie Hospital
+ more than 100 Medical Group offices

Pacesetters

Meet NorthShore Physicians Leading the Way



Dr. Alison Reynard works with diabetes patient **Jeff Kaplan** on breathing exercises. Cognitive behavioral therapy helped him develop healthier habits and sustained weight loss.



JUMP-START YOUR WEIGHT LOSS

Clinical Psychologist Alison Reynard, PhD, and NorthShore's Division of Health Psychology offer a four-session group program designed to inspire, educate and support participants in adopting a healthier lifestyle. The program teaches simple behavioral skills to change eating habits and increase physical activity. Take the first step by calling **(847) 492-5700 (Ext. 1205)**.

Megan Jacobs, MD, who was concerned about Kaplan's worsening diabetes.

"Many people overestimate the amount of weight they need to lose to improve their life," explained Dr. Reynard, who holds an academic title at the Pritzker School of Medicine. "Even a modest loss can have significant health and quality-of-life benefits."

Self-monitoring is key, with weekly weigh-ins and tracking food and beverage intake along with accompanying thoughts and feelings. Dr. Reynard also helped Kaplan develop strategies to exercise control around trigger foods and practice more mindful eating as opposed to frequent grazing. "It's less about willpower and more about developing effective skills," she said.

"Dr. Reynard has helped me significantly in understanding that everything that happens to you can affect your weight and your psyche," said Kaplan. "She doesn't criticize. She listens and offers honest feedback."

As many chronic dieters are all too aware, most people who diet regain the weight they have lost and often gain even more, said Dr. Reynard. "It has to be a real lifestyle change for it to work."

At her suggestion, Kaplan began using a pedometer to track daily steps and now exercises by walking as often as he can. "I've given away bags of clothing," Kaplan laughed. "I feel a lot better, my level of concentration has improved significantly and I have so much more energy."

Mind over Matter

Cognitive Behavioral Therapy Delivers Powerful Results

By Susan J. White

After years of struggling with his weight and dealing with the resulting diabetes, 68-year-old Jeff Kaplan finally has a new outlook on food and life. He credits NorthShore University HealthSystem (NorthShore) Clinical Psychologist Alison Reynard, PhD, with helping him lose enough weight—35 pounds and counting—to end his need for insulin and dramatically improve his quality of life.

"There are so many things I can do now that I couldn't do before," said Kaplan, who calls Dr. Reynard his "medical rock." Kaplan is confident he will maintain a healthier weight and lifestyle thanks to the positive approach and healthy habits he established with her help.

NorthShore is a regional leader in this evidence-based clinical practice, known as "cognitive behavioral therapy." Used to treat a variety of medical and psychological conditions, this therapy also has become a proven tool to help people implement successful weight management, said Dr. Reynard. Kaplan was referred to Dr. Reynard by NorthShore Endocrinologist



LIGHTEN UP Ready to take your cooking to a healthier level? Visit our Pinterest page at [northshore.org/e1](https://www.northshore.org/e1) to take advantage of tasty, wholesome recipes from NorthShore dietitians.



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Director, Corporate Communications

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ON THE COVER: Rob Bowne (left) and John Roberts are doing well after suffering heart attacks within three days of each other last summer. The two men formed a friendship while receiving care at NorthShore Cardiovascular Institute.

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HEARTFELT FRIENDS

Cardiovascular Institute Expertise Restores Health While Building a Friendship

By Barb Hailey

To say John Roberts and Rob Bowne are heartfelt friends may be an understatement. Roberts, 69, of Winnetka and Bowne, 52, of Deerfield, met on the job—literally.

Bowne, a Winnetka firefighter, responded to a 911 call from Roberts' home in 2014 when Roberts was having a heart attack. Bowne and his colleagues transported him to

NorthShore Evanston Hospital.

In a strange twist of fate, Bowne himself had a heart attack three days later. His colleagues brought him to Evanston Hospital. The two men were reacquainted there and forged a friendship from their shared experience in which NorthShore Cardiovascular Institute played an integral role.

OUT OF BREATH

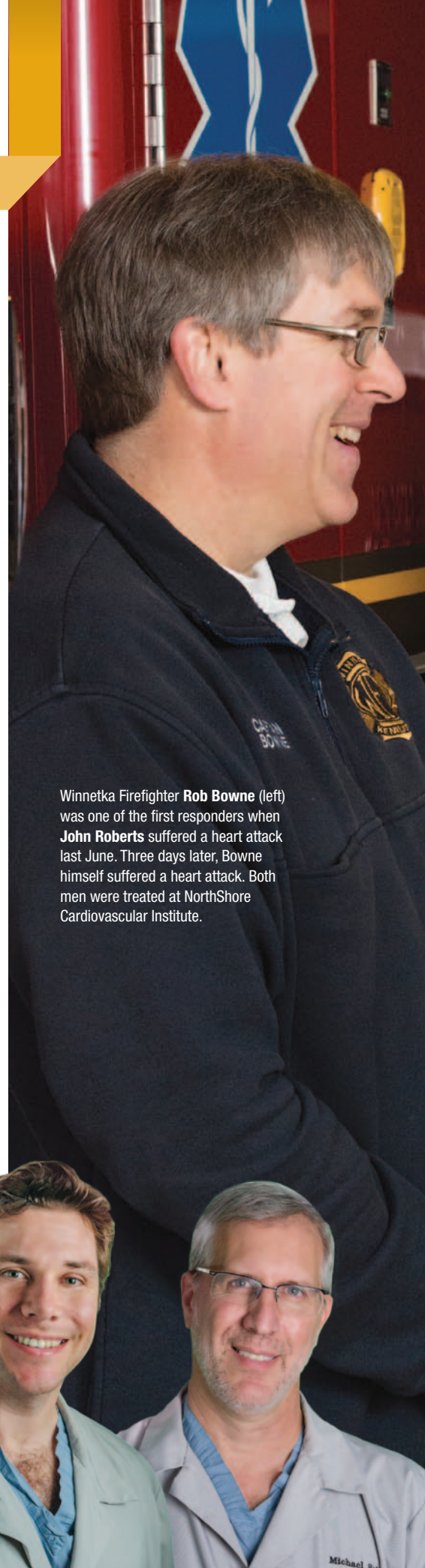
Roberts was home last June when he couldn't catch his breath. He assumed it was related to asthma but couldn't get comfortable and was sweating profusely. His wife noticed his ashen face and called 911. "The Winnetka Fire Department was the first hero of the day," Roberts said.

Bowne and his paramedic crew rushed Roberts to the hospital. NorthShore Cardiologist Michael Salinger, MD, met the ambulance on arrival. "I remember them running the gurney down the hall," Roberts recalled.

"All NorthShore Hospitals are equipped to have 24/7 emergency response teams for our cardiac catheterization lab immediately available," said Dr. Salinger. "When someone is having a heart attack, time is muscle. Data shows that the faster we treat a patient, the more heart muscle we can save, resulting in a better recovery."

NorthShore Cardiologists **Drs. Jason Robin** (left) and **Michael Salinger** hold academic appointments at the University of Chicago Pritzker School of Medicine.

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Winnetka Firefighter **Rob Bowne** (left) was one of the first responders when **John Roberts** suffered a heart attack last June. Three days later, Bowne himself suffered a heart attack. Both men were treated at NorthShore Cardiovascular Institute.





Cardiovascular Institute: Experts in Every Specialty

NorthShore Cardiovascular Institute's integrated team is composed of more than 40 world-class experts in every cardiac specialty. The Institute offers individualized treatment programs to guide patients through diagnosis, treatment and rehabilitation of complex heart conditions and diseases.

Collaborating across disciplines, the Institute's team provides a seamless patient experience using innovative techniques, customized treatment options and breakthrough research.

"We have this tremendous breadth and depth of expertise in managing cardiovascular diseases," said Allstate Foundation/Judson B. Branch Chair of Cardiology Jorge Saucedo, MD, who also holds an academic



Dr. Jorge Saucedo,
Chair of Cardiology

appointment at the University of Chicago Pritzker School of Medicine. "From electrophysiologists to interventional cardiologists, preventive cardiologists and imaging experts, we all work together to ensure the best outcomes for our patients."

Learn more about the comprehensive capabilities of the Institute at northshore.org/e2. To make an appointment, please call (847) 492-5700 (Ext. 1206).



WATCH A VIDEO

Heart attack patients John Roberts and Rob Bowne talk about their integrated cardiac care and the unexpected friendship they forged at NorthShore Cardiovascular Institute. Watch the video at northshore.org/johnandrobssstory.



“It was fun to go through cardiac rehab with someone with whom you have a connection,” said **John Roberts**, referring to his post-heart attack care at NorthShore.

experienced pain similar to a pulled muscle and indigestion. His co-workers ran an EKG, which measures the electrical activity of the heart. It initially read normal, but the pain worsened. A second EKG indicated Bowne was having a heart attack.

“I knew the protocol and off we went,” Bowne said of the transport to Evanston Hospital’s Emergency Department. A 26-year veteran of the Winnetka Fire Department, Bowne knew he was in good hands. “All went well in the cath lab. And once the angioplasty got the blood flowing to my heart, I had no pain,” he said.

INTEGRATED CARE

NorthShore Cardiovascular Institute works with first responders from across the community on protocols and procedures to obtain early evaluations from EKGs. “We have information from the field that allows us to prepare a patient’s care before they cross the threshold of the hospital,” Dr. Salinger explained. Both Roberts and Bowne benefited from the Institute’s integrated approach, from their treatment by paramedics to their hospital care and cardiac rehabilitation. Bowne also had support from his affiliated internist Stephen Bundra, MD.

Both men said the cardiac rehabilitation team at NorthShore was “phenomenal” at guiding them back to their active lifestyles. For support, Bowne and his daughter showed up to Roberts’ first and last day of cardiac rehabilitation.

NorthShore follows the high standard set by the American College of Cardiologists and the American Heart Association of a 90-minute “door to balloon” time—the critical period from when a patient enters the Emergency Department to when his or her blocked coronary artery is opened through a balloon stent, restoring blood flow to the heart.

NorthShore Cardiovascular Institute’s multidisciplinary team has a wide breadth

of skills to treat various cardiac problems. For example, a torn aorta or pulmonary embolism have symptoms similar to a heart attack but require different treatment, including surgery. The Institute’s skilled staff can evaluate and treat these problems with the same efficient approach.

As Roberts recovered in Evanston Hospital’s Cardiac Unit, Bowne was finishing a workout at his fire station and

CLIP AND SAVE ▼

Heart-Healthy Snack

Certain B vitamins may be especially beneficial for cardiovascular health, including B6 (pyridoxine) and B9 (folate). For a good dose of these Bs, try this easy bean dip recipe:

INGREDIENTS

- 1 15.5-ounce can beans (red kidney beans, navy beans or black beans)
- 1 14.5-ounce can diced tomatoes, with chilies and spices added
- 1 tablespoon powdered cumin
- 1 tablespoon chili powder
- ½ cup fresh cilantro

Drain and rinse beans and put in a blender. Drain tomatoes and add to blender. Add cumin, chili powder and cilantro. Blend to desired consistency. Refrigerate until ready to serve with baked corn chips or toasted whole-wheat pita triangles. Makes about two cups.

NUTRITION FACTS

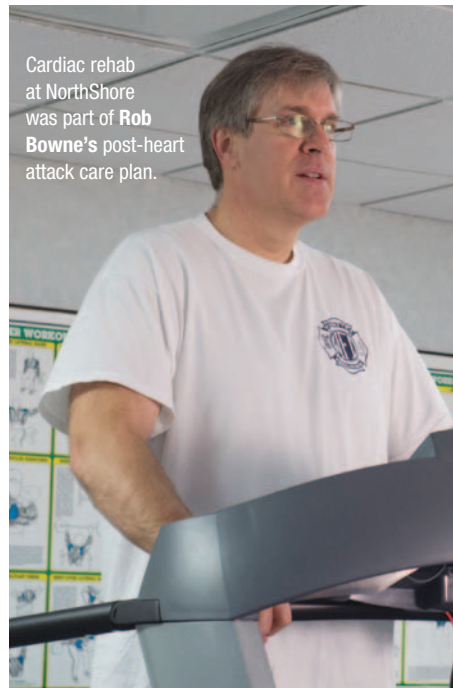
Each half-cup serving contains about 56 calories, less than a gram of fat, no cholesterol, 492 mg sodium, 10 grams carbohydrates, 4 grams fiber and 3 grams protein.



“He was very encouraging, and it was fun to go through cardiac rehab with someone with whom you have a connection,” Roberts said.

The men’s post-treatment care included monitoring by a cardiologist. Jason Robin, MD, Bowne’s NorthShore cardiologist, said quick intervention, along with current treatments and medications, enable patients to recover strongly from heart attacks.

“Rob’s quick treatment was a factor in how healthy his heart looks today,” noted Dr. Robin.



Cardiac rehab at NorthShore was part of Rob Bowne’s post-heart attack care plan.

Medications, such as statins to control cholesterol and blood thinners, along with continued exercise and a healthy diet had Bowne’s heart function back up to snuff within six months. He is now back at work full time. “He can do everything he did before,” Dr. Robin added.

Roberts and Bowne took a victory lap of sorts just three weeks after their heart attacks. Roberts founded the Winnetka Fourth of July parade 25 years ago, and he asked Bowne, his wife and daughter to ride in his 1910 Packard at the end of the 2014 parade. The two men look forward to this summer’s parade as well.

“I’m sorry we both had to have heart attacks, but it set up a lifelong friendship,” Roberts said.

“Going through the parade, you could see how well he knows everybody,” Bowne said. “He’s become a big proponent of our fire department, too, and that’s very meaningful.”

Could It Be a Heart Attack?

Warning signs are not always the same for men and women

MEN EXPERIENCE:

- Chest pain—uncomfortable pressure, squeezing, fullness or pain in the center of your chest
- Upper body discomfort—pain in one or both arms, the back, neck, jaw or stomach
- Shortness of breath
- Breaking out in a cold sweat
- Lightheadedness
- Nausea

WOMEN EXPERIENCE the same symptoms, most commonly chest pain, but are more likely than men to experience shortness of breath, nausea and back or jaw pain. Also:

- Clammy sweating
- Dizziness—lightheadedness and possible blackouts
- Anxiety
- Fluttering, rapid heartbeats or palpitations
- Pressure-like pain between the breasts that may radiate to the left arm or shoulder

Source: American Medical Association



NorthShore Leads Study of New Heart Valve System

Ted Feldman, MD, Director of NorthShore’s Cardiac Catheterization Laboratory, is one of two co-principal investigators of a new international clinical trial evaluating the safety and effectiveness of the transcatheter Lotus Valve System. The innovative procedure addresses severe aortic valve stenosis—a thickening and stiffening of the heart valve—resulting in reduced blood flow. It is intended for patients at a high or extreme risk for surgical valve replacement.



Dr. Ted Feldman

Dr. Feldman is the Charles R. Walgreen Chair of Cardiology and holds an academic appointment at the University of Chicago Pritzker School of Medicine. He performed the trial’s first three Lotus implants at NorthShore. It is the first transcatheter aortic valve replacement device that is fully repositionable and retrievable, allowing for greater precision.



Performer **Scott Vehill** created a one-man show about his battle with Parkinson's disease and depression, along with the care he received at NorthShore.

Life Creates Art

As an artist, Scott Vehill is committed to giving back to the community. "I've created a show called *Shaky Scotty Speaks and Sings* to help me re-evaluate the entire process of being diagnosed with Parkinson's disease, the grief and depression associated with it, and my rehabilitation at NorthShore," he said. "It gives me a chance to help others experiencing a chronic, debilitating disease." For more information about Vehill's performance, visit rhinofest.com.

The Art of Collaboration

Multispecialty Team Helps Performer Manage Parkinson's Disease

By Martha Floberg

As a producer, director and writer of experimental theater in Chicago for years, Scott Vehill, 58, knows how to captivate an audience. A founding member of the Prop Thtr Group, Vehill also acknowledges how fortunate he is to have physicians at NorthShore committed to coordinating his care for Parkinson's disease and depression.

"NorthShore is an amazing, comprehensive healthcare operation," said Vehill. "Everyone's trying to help, and it's comforting to know they're working together as a team."

In January 2013, Vehill's affiliated primary care physician, Robert Wolf, MD, referred him to NorthShore Neurological Institute because he suspected early-stage Parkinson's disease.

"Scott began medication to treat his tremors and gait. Despite some improvement, we were prevented from further treatment because of his worsening depression," said Neurologist Ashvini Premkumar, MD,

who noted that Parkinson's disease can trigger other conditions, including depression and anxiety.

That is when Dr. Premkumar reached out to a colleague in NorthShore's Department of Psychiatry—Joshua Straus, MD. "Having these connections across clinical specialties is extremely helpful," explained Dr. Premkumar, who holds an academic title at the Pritzker School of Medicine. "Our team approach at NorthShore is absolutely essential to getting the best possible outcomes for our patients."

Vehill's severe depression benefited from a combination of medication and psychotherapy and enabled Dr. Premkumar to continue treating his Parkinson's disease.

Today, Vehill manages his health through the secure online portal NorthShoreConnect, which provides him easy coordination of his medications and ongoing clinical care. "I'm online all the time to check on appointments and reports," he said.



Neurologist
Dr. Ashvini Premkumar



LEADER IN MOVEMENT DISORDERS

NorthShore Neurological Institute is a recognized leader in the treatment of Parkinson's disease and movement disorders. Our specialists also are international leaders in research and innovation to predict, prevent and halt the progression of Parkinson's disease. Go online to learn more about current clinical trials at northshore.org/e3. To make an appointment, call (847) 492-5700 (Ext. 1207).



Scott Vehill talks about the challenges of Parkinson's disease and depression and how collaborative care at NorthShore has made a big difference. Watch the video at northshore.org/scottstory.

Colon Cancer Awareness Month: Prevention Is Key

Cases Increasing Among Younger People

By Barb Hailey

As a busy mom of 5-year-old twins, Susan Ripka, 43, could easily have passed off her recurring digestive issues as stress. Instead, Ripka's decision to see NorthShore Gastroenterologist Laura Bianchi, MD, turned out to be a lifesaving move as she was diagnosed and treated for early-stage colorectal cancer.

Dealing with symptoms of diarrhea and abdominal pain, Ripka later began experiencing rectal bleeding. "As a mom, sometimes you put things off and muster through," she said. "Once I saw the blood—that was it. I found Dr. Bianchi."

Colorectal cancer begins as abnormal growths—or polyps—in the colon or rectum. Screening by colonoscopy can identify and remove precancerous polyps before they develop into cancer, as well as detect colorectal cancer early, when treatment is optimal.

Colon cancer cases are decreasing among Americans over age 50, likely due to more widespread colonoscopy screening. But Dr. Bianchi points out, cases have been increasing among younger people ages 20 to 49 over the last two decades.

"Colorectal cancer is the leading cause of

colon-related deaths among nonsmokers," said Dr. Bianchi.

"People should ask family members about a history of colon polyps or colon cancer that might prompt earlier screening. Patients of all ages should discuss new bowel symptoms or abdominal pain with their physician."

Ripka's timely response to her symptoms was indeed lifesaving. After a thorough consultation, Dr. Bianchi recommended that Ripka have a colonoscopy, and she removed a polyp from her colon. Testing revealed an invasive form of colorectal cancer. Dr. Bianchi referred Ripka to NorthShore Surgeon Joseph Muldoon, MD. Both physicians hold academic appointments at the University of Chicago Pritzker School of Medicine.

Dr. Muldoon removed a section of Ripka's colon and several lymph nodes. Testing showed the cancer had been found at its earliest stage and had not spread. She did not require radiation or chemotherapy.

Because her father-in-law battled colon cancer and she has six siblings who may be at risk, cancer prevention has renewed importance to Ripka and her family. "You can't wait," she added. "My early diagnosis was a miracle."

Drs. Laura Bianchi and Joseph Muldoon collaborated on a treatment plan for Susan Ripka's early-stage colon cancer.



Scheduling Made Easy

Up to 90 percent of colorectal cancers are curable if caught early. Those at average risk should begin screening at age 50. Those with higher risk factors—including family history—should be screened earlier. March is Colon Cancer Awareness Month and the perfect time to schedule your screening.

Many patients with insurance—including Medicare—can now receive colonoscopies without a copayment, coinsurance or deductible. Call (847) 492-5700 (Ext. 1208), or go online today and take advantage of new scheduling options for hospital services—including colonoscopies—through NorthShoreConnect.

MORE INSIGHTS ONLINE Patient Susan Ripka shares her feelings about the importance of early detection and screening for colon cancer. Read her blog at northshore.org/e4.



"My early diagnosis was a miracle," said colon cancer patient **Susan Ripka**, a busy mom of 5-year-old twins **Hannah** (left) and **Rachel**.

SQUEAMISH ABOUT A COLONOSCOPY?

Get the facts to make a smart decision. Go online to watch videos and learn more about the colonoscopy procedure, including the prep. Visit northshore.org/e5.

Second Opinion Provides Peace of Mind

NorthShore is the only health system in the Chicago region that is a member of the Mayo Clinic Care Network. This ongoing relationship provides patients like Elizabeth Nastarzewski the benefit of having two experts working together, consulting on her care—NorthShore Oncologist Jennifer Obel, MD, and Mayo Clinic Oncologist Robert McWilliams, MD.

“I knew Dr. Obel’s name and her practice style. I was able to easily access the case, study it and weigh in,” said Dr. McWilliams. “It was a perfect example of how this relationship can work.”



Mayo Clinic Oncologist
Robert McWilliams

LEARN HOW NorthShore and Mayo Clinic are working together for you. Go online at northshore.org/e6, or call (847) 492-5700 (Ext. 1209).

Pancreatic cancer patient **Elizabeth Nastarzewski** enjoys piano time with her husband **Andrew**. She remains cancer-free following treatment at Kellogg Cancer Center.



Cancer in Check

Mayo Clinic Second Opinion Endorses Treatment Plan

By Andy Buchanan

A confirmed diagnosis of pancreatic cancer is scary for anyone, and patient Elizabeth Nastarzewski’s fear was coupled with complete shock.

“I never faced serious illness in my whole life,” Nastarzewski recalled. “Then all of a sudden, boom!”

Nastarzewski, 66, of Glenview, was determined to fight with all she had and be there for her husband, two children and two grandchildren. A longtime NorthShore patient, she consulted with experts at Kellogg Cancer Center, meeting first with Medical Oncologist Jennifer Obel, MD, who holds an academic title at the Pritzker School of Medicine.

While pancreatic cancer can be difficult to combat, Nastarzewski’s cancer had not spread. She was scheduled for surgery with Marshall Baker, MD, who performed a pancreatoduodenectomy—known as the Whipple procedure. Dr. Baker, who also holds an academic appointment at the University of Chicago Pritzker School of Medicine, has successfully performed more than 200 of the highly specialized procedure.

The Whipple surgery is demanding because the pancreas is so integrated with other organs, portions of which also

must be removed and then reconnected. Nastarzewski’s successful procedure was followed by chemotherapy and radiation. Follow-up scans showed her to be cancer-free. While still in recovery, she was overjoyed.

But as the care team followed Nastarzewski’s case, blood work indicated possible markers of the cancer returning even though her scans were clean. Dr. Obel recommended holding off on further chemotherapy—which can be taxing for patients—and instead continued to closely monitor her.

“It was up in the air for a brief time, and uncertainty can cause anxiety for the patient,” said Dr. Obel. So, to help ease the worry, Dr. Obel tapped into NorthShore’s ongoing collaboration through the Mayo Clinic Care Network to get a second opinion. Through electronic consultation, a Mayo Clinic oncologist concurred with Dr. Obel’s decision to hold on further chemo at that time. Today, Nastarzewski remains cancer-free.

“I’m very happy with Dr. Obel and the care provided by everyone at NorthShore, and also to have that second opinion,” added Nastarzewski, who uses the convenient online portal NorthShoreConnect to manage her follow-up appointments and check lab results. “I’ve been so lucky to have access to such wonderful care.”

Drs. Jennifer Obel and Marshall Baker lead Elizabeth Nastarzewski’s integrated clinical team at Kellogg Cancer Center.



Q&A

Focus on Dry Eye Syndrome

NorthShore Division Chief of Ophthalmology Marian Macsai, MD, offers important tips about dry eye syndrome—a common, yet irritating condition that is especially troublesome during our cold, dry Midwest winters.

Q: What is dry eye syndrome?

A: It's a condition that develops when the eye doesn't produce enough of the watery layer that makes up tears, or tears evaporate because they lack normal levels of an oily substance. This inflammatory disease is associated with several factors, including aging, hormonal changes, autoimmune disease, certain medications, disorders of the eye surface and cosmetic surgery.

Q: What are the symptoms?

A: Patients typically complain of stinging, burning, pain, redness, tearing, fatigue, blurred vision and intolerance to wearing contact lenses. Some patients also feel as if something is in their eye.

Q: Can I prevent it?

A: It's important to avoid wind and dry air and to protect your eyes by wearing wraparound sunglasses. Use a humidifier and rest your eyes by taking frequent, short breaks when reading or using a computer or cellphone. Staring at a computer screen reduces the normal rate of blinking and can result in drying of the eye's surface.

Q: What are my treatment options?

A: Schedule a complete eye exam to determine the underlying cause of dry eye syndrome. Your doctor may recommend one of the following:

- Dietary supplements
- A mild eyelash shampoo
- Cyclosporine eye drops to help you produce more of your own tears
- Anti-inflammatory eye drops

Over-the-counter artificial tears may provide relief, but seek medical attention if you use them more than four times a day. Some patients may need to reduce or eliminate wearing contact lenses. Patients with advanced cases may require surgery to close the tear drainage system. Dr. Macsai—who holds an academic appointment at the University of Chicago Pritzker School of Medicine—continues the conversation about dry eye syndrome in a blog at northshore.org/e7.



Dr. Marian Macsai is NorthShore Division Chief of Ophthalmology.



MAKE AN APPOINTMENT

NorthShore's Eye and Vision Center is the largest multispecialty ophthalmology group on the North Shore. All eye physicians are board-certified and fellowship-trained, bringing you the latest medical and surgical techniques to suit your eye care needs. To make an appointment, call **(847) 492-5700 (Ext. 1211)**, or visit northshore.org/e8.

INNOVATIVE TREATMENTS

NorthShore has several clinical trials under way studying the safety and effectiveness of dietary supplements and the use of nasal spray to increase tear production. To find out if you may be eligible to participate, please call **(847) 492-5700 (Ext. 1210)**.

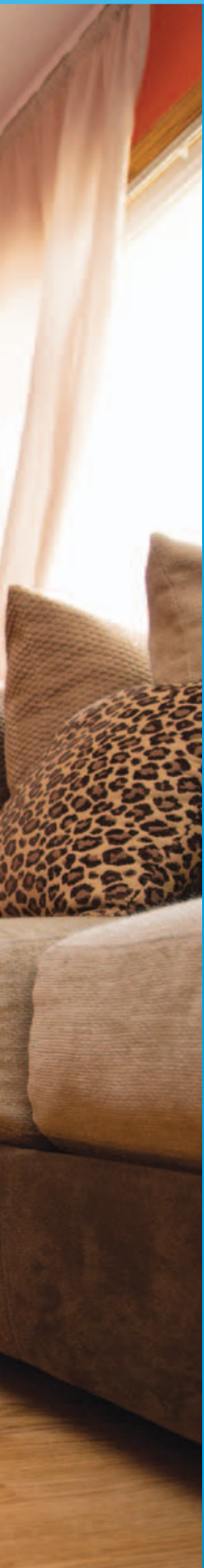




After expert orthopaedic surgery at NorthShore, **Saira Marquez** is better able to keep up with her young son **Julian**.

Health News Customized for You

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/e12.



MOM ON THE MOVE

NorthShore Experts **Heal Patient's
Crippling Arthritis**

By Susan J. White

Diagnosed with rheumatoid arthritis (RA) at age 16, Saira Marquez still had a self-described normal, active life including a love of dance. But when she became pregnant with her son Julian, everything changed. Crippled with debilitating pain in her hips that left her in a wheelchair and barely able to walk, Marquez hoped that following her son's birth her body would return to normal. But her RA only got worse.

Three months after her son was born, Marquez could no longer tolerate the pain. She also developed a limp that made her self-conscious. "I didn't even want to go out. I was so depressed. The pain was horrible. Even getting out of bed to go to the bathroom at night was extremely painful," she recalled.

LIFESAVING EXPERTISE

Her rheumatologist urged the 24-year-old Marquez to see NorthShore Orthopaedic Institute Surgeon Lalit Puri, MD, MBA. "He saved my life," Marquez said, after having both hips replaced by Dr. Puri. She has since gained a new lease on life.

"I wasn't even scared of the surgery. As soon as I met Dr. Puri, he completely explained the situation and the benefits of the operation and I went for it. I wanted to be done with the pain."

While it is not necessarily the norm for patients as young as Marquez to undergo hip replacement, it was her only option, said Dr. Puri, Division Chief of Adult Reconstruction.

continued on the next page

Advancing Arthritis Care

Patients like Saira Marquez and others now have an important new resource to help them manage arthritis and musculoskeletal care. The NorthShore Arthritis Center within the Orthopaedic Institute provides comprehensive, integrated care from a collaborative team of experts in rheumatology, orthopaedic surgery, and physical medicine and rehabilitation.

Using a holistic, patient-centered approach, the Center provides a singular access point for patients and offers a full range of diagnostic services and treatment options, including access to the latest medications and state-of-the-art surgical techniques.

Getting patients to the right specialist in a timely manner is key to starting treatment and potentially preventing further problems, said NorthShore Rheumatologist James Grober, MD, one of the Center's Medical Directors.

"Patients know they have pain, but might not know where to go or what kind of doctor to see," Dr. Grober said. "We try to take the pressure off patients as we work together to get them back to healthy, active lives."

"There are more than 100 kinds of arthritis, more than 100 different medical conditions that can manifest as joint pain, so getting the right diagnosis early on is critical," he added.

The Center's physicians and dedicated support staff, including occupational and physical therapists, are all connected through NorthShore's Electronic Medical Record (EMR) system, ensuring seamless communication about each patient. To schedule an appointment at the Arthritis Center, call **(847) 492-5700 (Ext. 1216)**, or learn about the capabilities at northshore.org/e9.

"By the time I met Saira, she was dealing with crippling RA and such severe hip pain that limited her ability to do even the simplest things we take for granted. She had obviously failed conservative therapies, and total hip replacement was the only answer," he said.

Dr. Puri performed the first minimally invasive hip arthroplasty on Marquez's right hip in June 2014 and initially thought he would wait up to six months before the second surgery to replace her left hip. But Marquez was a model patient, working diligently with her physical therapists and healing rapidly.

"They make you stand up the same day of the surgery, and I was amazed. I was immediately able to start walking without pain," Marquez said.

"She made a remarkable recovery," Dr. Puri said. "NorthShore's surgical care team including nurses and physical therapists was a large part of that, but Marquez also gets a lot of credit for her recovery. She was incredibly upbeat about all the hills she would have to climb, and that's half the battle."

Dr. Puri performed Marquez's second hip replacement three months later. "I wanted to go back to my normal life as soon as possible," Marquez said.



Orthopaedic Surgeon
Dr. Lalit Puri

INTEGRATED CARE TEAM

The minimally invasive surgery allows for quicker recovery times, and NorthShore's multidisciplinary team approach—including specially trained total joint replacement nurses and physical therapists—maximizes benefits for patients, explained Dr. Puri. The entire patient care team, including pain control specialists in anesthesiology and experienced nurses, from pre-op through postsurgery and home care, are all important to patients' success, he added.

"I was at Skokie Hospital for three days, and everyone there was great," Marquez said. "They are really nice and interested in what's going on with you as a person. The therapists explained exactly what I needed to do. I did my physical therapy at home because of my son, and the home care people were so helpful."

Dr. Puri continues to be a part of Marquez's care team, which includes her NorthShore Rheumatologist Justin Gan, MD, who is successfully managing her RA with medication. "To see her walk with confidence now is so gratifying," said Dr. Puri. "Despite the fact that she has RA, she's capable of doing whatever she wants to do."

Marquez hopes to go back to school and study to become an ultrasound technologist, but for now she is enjoying time with her young son. "I'm a normal mom now. With the RA, it's a little hard to carry him for a long time, but I can get on the floor and play with him. I go to Zumba almost every day. I can dance and move—music has always been a big part of my life. It's amazing to be able to do what I like again!"

"They make you stand up the same day of the surgery, and I was amazed. I was immediately able to start walking without pain."

— Saira Marquez



“I go to Zumba almost every day. It’s amazing to be able to do what I like again,” said **Saira Marquez** following a double hip replacement to ease her crippling rheumatoid arthritis.

Research Drives Patient Care Improvements

NorthShore’s adult reconstruction specialists maintain a joint replacement registry, tracking patient outcomes and using the data to improve patient care. Lalit Puri, MD, and his team of residents from the University of Chicago Pritzker School of Medicine presented a study related to hip arthroplasty and length of stay at the American Association of Hip and Knee Surgeons annual meeting in November 2014. The team also has been invited to present its work at the American Academy of Orthopaedic Surgeons annual meeting in March 2015.

Dr. Puri’s team considered multiple factors to gauge patients’ ability to be discharged after two days in the hospital. They also are studying blood-conserving medications, which also may allow for shortened hospital stays.



JOIN THE CONVERSATION

Learn about the latest innovations in arthritis care from the experts at NorthShore Orthopaedic Institute. Participate in a live Web chat on **Monday, March 16, 2015, from 1 to 2 p.m.**, featuring Victoria Brander, MD, at northshore.org/e10.

Manage Your Care with a Tap or Click

You can access NorthShore expertise when you need it and where you need it—on your smartphone, tablet or computer.

More than 270,000 NorthShore patients enjoy the convenience of NorthShoreConnect—the easy-to-use, secure online gateway to schedule appointments, see lab results, refill prescriptions and chat with physician experts. And now, NorthShoreConnect offers new online scheduling options for hospital services such as bone density screening, colonoscopy and mammography.

Sign up for NorthShoreConnect today at northshore.org/e11. Tap or click on “Register Now” to get started.



NorthShore in the Community

Free Screenings Are a Healthy Choice

By Barb Hailey

When Leonard Thigpen of Glencoe retired 22 years ago after a long career in building engineering, he decided to take the necessary steps to enjoy a healthy retirement.

That included taking advantage of free health screenings offered by NorthShore.

Over the last decade, the 82-year-old Thigpen has visited NorthShore Highland Park Hospital twice a month for free blood pressure and glucose screenings to make sure he stays healthy.

"I'm trying to maintain my general health," Thigpen said. "High blood pressure and glucose levels are several of the factors medical professionals say are involved in heart attacks and strokes. I'd like to prevent those for as long as I can."

Thigpen's consistent screenings alerted him to high blood pressure, which he now has under control after following up with his physician. His experience illustrates how this free preventive care by NorthShore can complement and enhance a person's routine

medical care, said Anne Middaugh, RN, MSN, a NorthShore Community Health Specialist.

"Our health screenings can offer physicians more information to look at than just a few times a year at appointments," Middaugh said. "It fosters discussion between doctor and patient."

Middaugh sees patients in the Myra Rubenstein Weis Health Resource Center at Highland Park Hospital from 8:30 to 10:30 a.m. on the first and third Fridays of each month for blood pressure and glucose screenings. It is one of many screenings and classes Middaugh oversees throughout the communities served by NorthShore.

Sometimes the screenings can be lifesaving. Middaugh has walked patients to the Emergency Department when they presented with dangerously high blood pressure. "Patients value seeing a nurse on a regular basis at the screenings," she said. "They will often talk to me about other health concerns, and I can provide them information or refer them to their physician."



TIPS FROM THE PROS

Free screenings can complement your regular physician visits by prompting important questions you can ask your doctor. Family Medicine Physician Curtis Mann, MD, offers sound advice on how you can make the most of your annual doctor visit in a recent blog. Read his guidance at northshore.org/e14.

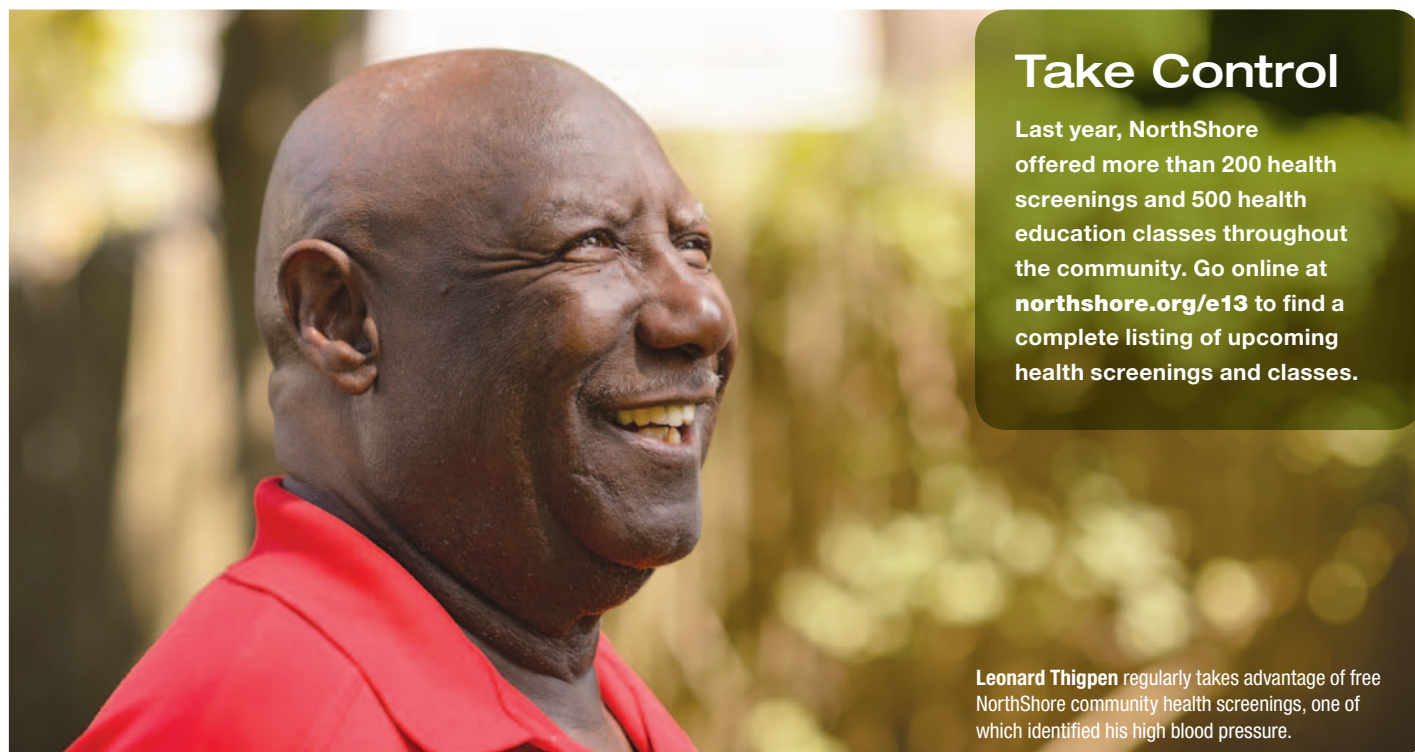


Family Medicine Physician
Dr. Curtis Mann



ON THE SIDE

Looking for healthier side dishes for your next family dinner? Visit our Pinterest page at northshore.org/e15 to find tasty, wholesome recipes.



Take Control

Last year, NorthShore offered more than 200 health screenings and 500 health education classes throughout the community. Go online at northshore.org/e13 to find a complete listing of upcoming health screenings and classes.

Leonard Thigpen regularly takes advantage of free NorthShore community health screenings, one of which identified his high blood pressure.

New Treatment for Sleep Apnea Sufferers

NorthShore is the first health system in Illinois to offer obstructive sleep apnea patients a new, minimally invasive surgical technique to ease their condition with upper airway stimulation. The procedure—recently approved by the FDA— involves implanting a stimulation system for the hypoglossal nerve, which controls tongue movement. Once activated, the device senses the breathing cycle and delivers stimulation during inhalation to key muscles that help keep the airway open during sleep.



NorthShore Division
Chief of Otolaryngology
Dr. Mark Gerber

“This technique is clinically proven to reduce sleep apnea events and improve quality of life,” explained Mark Gerber, MD, Division Chief of Otolaryngology–Head and Neck Surgery, who holds an academic appointment at the University of Chicago Pritzker School of Medicine. “We’ve developed a team led by Dr. Jonathan Pomerantz to offer this new option in collaboration with the NorthShore Sleep Center.”

Unlike a continuous positive airway pressure (CPAP) system, upper airway stimulation does not require a mask and there is no oral appliance. You can learn more about this innovation online at northshore.org/e16. If you have already tried CPAP for documented obstructive sleep apnea and would like to be evaluated for this new procedure, please call **(847) 492-5700 (Ext. 1217)**.

Advanced Imaging Technique Benefits Patients

Robert Edelman, MD, the William B. Graham Chair of Radiology, has developed a new diagnostic tool for patients suffering from peripheral arterial disease, or PAD. More than 200 million people worldwide suffer from PAD—a potentially life-threatening circulatory problem in which narrowed arteries reduce blood flow to the limbs.

Many PAD patients cannot tolerate the contrast dye used in CT or magnetic resonance imaging (MRI) scans that provide physicians with an image of a patient’s blood vessels.

So Dr. Edelman—in partnership with Siemens Healthcare—has developed a new way to create these critical images without the dye. The new scans are just as accurate, faster for the patient and less expensive. Also, unlike CT, there is no exposure to ionizing radiation.

Dr. Edelman believes radiologists are likely to start using this new technology even in patients who can tolerate the contrast dye. “We’ve been using it for some time already at NorthShore,” explained Dr. Edelman, who holds an academic appointment at the University of Chicago Pritzker School of Medicine. “NorthShore values the importance of this kind of research, and our patients have access to diagnostic innovation like this before other institutions.”



Save These Dates

April 25

Understanding Your Heart

Featuring experts from NorthShore Cardiovascular Institute and Mayo Clinic
Renaissance Hotel Northbrook

May 6

19th Annual Myra Rubenstein Weis Health Resource Center Luncheon

Proceeds support the Living in the Future (LIFE) Cancer Survivorship Program, diabetes education and the Myra Rubenstein Weis Health Resource Center

May 13 and 14

Understanding Lung Cancer

Featuring experts from NorthShore Kellogg Cancer Center and Mayo Clinic
May 13 at Chicago Botanic Garden
May 14 at Renaissance Schaumburg Hotel and Convention Center

STAY UP TO DATE on all NorthShore free community seminars and events online at northshore.org/e17.

WHERE PERSONAL MEETS POWERFUL

NorthShore Center for Personalized
Medicine Transforms Prevention
and Treatment

Dr. Janardan Khandekar,
Director, NorthShore Center
for Molecular Medicine

Dr. Peter Hulick, Director,
NorthShore Center for
Medical Genetics

NorthShore is getting personal about your healthcare in ways that will forever change how we predict, prevent and treat disease. Our new Center for Personalized Medicine combines scientific and clinical expertise in genomic medicine, with NorthShore's longstanding tradition of compassionate care and leadership in data analytics. The goal is to more accurately assess your individual health risks and create effective prevention and treatment plans tailored specifically for you.

Two NorthShore physician leaders in this field— Director of the Center for Molecular Medicine Janardan Khandekar, MD, and Peter Hulick, MD, MMSc, Director of the Center for Medical Genetics—explain how NorthShore's approach to personalized medicine dramatically improves the way care is delivered to you and your family. Both physicians hold academic appointments at the University of Chicago Pritzker School of Medicine.



With all the discussion about personalized medicine, can you provide a simple definition and explain how patients benefit?

Dr. Hulick: Personalized medicine is the ability to predict, prevent and more effectively treat disease by understanding variation within one's genetic code. We analyze a person's DNA to determine whether particular health conditions may occur with a higher chance than in the general population—and in some cases even prevent them from occurring. For people diagnosed with cancer, for example, we're learning how their unique genomic fingerprint can contribute to developing more effective treatments.

Dr. Khandekar: In personalized medicine, we apply our knowledge of the human genome and individual genetic characteristics to develop personally tailored treatments to better fight diseases like cancer, diabetes or heart disease. In cancer treatment, for example, armed with your unique genetic information and the makeup of the particular cancer cells, we can pinpoint paths to more effectively stop tumor growth and cause cancer cells to die.

What makes personalized medicine unique at NorthShore?

Dr. Khandekar: We are one of only a few health systems with a systematic process to analyze a patient's genome and link it with more than 10 years of collective research and clinical data from our Electronic Medical Record (EMR) system. We use this combined data to develop innovative approaches for predicting, preventing and treating various diseases and conditions.

Dr. Hulick: We also are integrating pharmacogenomics into clinical care. For instance, we can examine how changes in the DNA of tumor cells influence a patient's response to a drug like Herceptin in breast cancer. Your DNA also influences how you tolerate a host of commonly prescribed medications such as statins for cholesterol, pain medications and blood thinners.

So NorthShore personalized medicine can customize my care even before I get sick?

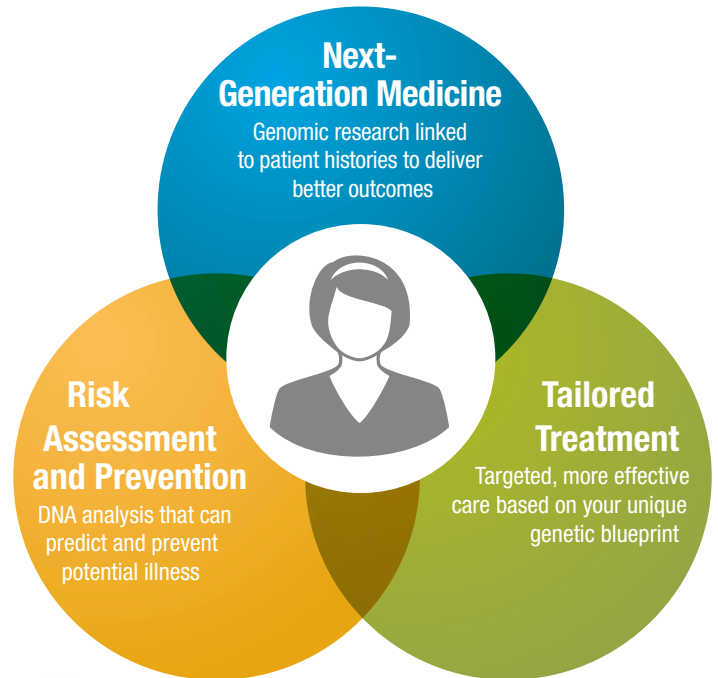
Dr. Hulick: That's correct. Our Center for Medical Genetics works proactively with you to help identify potential risk. This includes an extensive evaluation of your personal and family medical history, risk assessment and relevant genetic testing, if desired. We deliver state-of-the-art guidance regarding management, screening, early detection and prevention of disease based on our current understanding of genetics.

Dr. Khandekar: But we also have the capability to react quickly and effectively if a disease is diagnosed. We make decisions on how to best treat an individual patient based on his or her genetic makeup. In patients with cancer, for example, we have the capability to analyze tumor DNA and recommend appropriate therapies to slow or even stop the progression of the disease.

Dr. Hulick: The goal of our integrated care team is to bring answers never available before and proactively identify health risks. By identifying potential risk *before* disease occurs, we can personalize care. And if you develop a disease, we offer a tailored plan to improve outcomes while reducing treatment-related side effects.

Center for Personalized Medicine

Tailoring patient care through genomic research and technology



WATCH VIDEOS AND LEARN MORE

Capture the power of personalized medicine through videos of real NorthShore patients who have benefited from these breakthroughs. Please visit northshore.org/e18 or call (847) 492-5700 (Ext. 1218) to make an appointment.

YOUR DNA CAN HELP Personalized medicine is an evolving field made possible through leading-edge research projects such as NorthShore's Genomic Health Initiative. This study compares patient medical histories and clinical outcomes with genomic research to identify linkages to the most effective treatment options for the larger population.

Adult NorthShore patients can help by donating a blood sample. Your sample allows NorthShore researchers to study your DNA in combination with research data obtained from your Electronic Medical Record (EMR). All patient DNA samples and data are de-identified and kept strictly confidential.

Get involved by visiting northshore.org/e19 or by calling (847) 492-5700 (Ext. 1220).



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NorthShore Cardiovascular Institute

ADVANCING YOUR HEART'S HEALTH

ONE BEAT AT A TIME.



At NorthShore Cardiovascular Institute, we know how much others count on you. So you're cared for by a team of leading heart specialists with comprehensive expertise—from A-Fib and Coronary Artery disease programs, to wellness, prevention and intervention.

We also provide:

- **Top interventional cardiologists** and lipidologists (for cholesterol management)
- Nonsurgical and surgical approaches as well as **minimally invasive procedures**
- **Collaboration with Mayo Clinic**, sharing knowledge and second opinions

At NorthShore University HealthSystem, excellence is advanced heart care, focused on you.

To learn more about our Cardiovascular Institute, visit northshore.org/cardio or call **(847) 86-HEART**.