

## New Study Examines Freezing Ovaries for Women Facing Infertility

**G**ayle Meyer knew she had a chance of beating Hodgkin's disease if she underwent high-dose radiation and chemotherapy along with a bone marrow transplant. But she was concerned that the treatments would mean giving up the possibility of having more children.

Ms. Meyer, 28, a single mother of an 8-year-old daughter, was told the life-saving treatments could cause infertility. "I asked my oncologist at Northwestern Memorial Hospital what my options were," recalls Ms. Meyer, who was diagnosed with a form of cancer that causes enlargement of the lymph nodes, spleen and lymphoid tissue called Hodgkin's lymphoma or Hodgkin's disease. "I still wanted the ability to have children."

A nurse who lives downstate in Normal, Ms. Meyer's search for innovative treatment options brought her to Northwestern Memorial, where cancer patients benefit from an ongoing collaboration with the Robert H. Lurie Comprehensive Cancer Center of Northwestern University. Andrew M. Evens, DO, an oncologist on the medical staff at Northwestern Memorial and assistant professor of Medicine at Northwestern University's Feinberg School of Medicine, told her about a medical research study available for Northwestern Memorial patients.

Before beginning her treatment, Ms. Meyer learned she could undergo a new and experimental procedure to remove and freeze an ovary with the possibility of later retrieving viable eggs. Conducted through the Center for Reproductive Research at Northwestern University, the goal of the research is to collect eggs from frozen ovaries and bring them to maturity in a laboratory so they can be fertilized in vitro. The resulting embryo then would be implanted in the patient's uterus at a later date.

"My oncologist asked if I would be interested in participating in the study," says Ms. Meyer, who was the first patient to participate at Northwestern Memorial. "The timing was perfect."

Physicians and researchers at Northwestern Memorial and the Feinberg School are leading a national effort to try to better understand the impact of cancer treatment on fertility and are working to identify new technologies to preserve fertility. This new and developing discipline is known as oncofertility.

***"A cancer diagnosis is devastating, especially for a young woman of reproductive age."***

— Julian C. Schink, MD

Last July, The National Institutes of Health announced a \$21 million grant to the fertility preservation program of the Feinberg School, known as the Oncofertility Consortium, to help fund the study. The Oncofertility Consortium, one of the only programs of its kind in the nation, formally began during the fall of 2006. It is a collaboration of experts from Northwestern Memorial, the Lurie Cancer Center, the Feinberg School and many other areas within the university so that the effort includes scientists, physicians, psychologists, medical ethicists, biohealth law representatives and researchers. The team invited four other institutions to join the effort and expand the physician base for recruiting patients—the University of Pennsylvania, the University of Missouri, Oregon Health & Science University and the University of California, San Diego.

The program is recognized as a Center of Excellence by Fertile Hope, a nonprofit organization that helps cancer patients who are faced with possible infertility. To receive this designation, a cancer center must demonstrate that all patients are informed about their reproductive risks; provide educational materials for healthcare professionals, patients and survivors; make referrals to appropriate fertility specialists; and, when possible, conduct research on cancer-related infertility, pregnancy after cancer and parenthood after cancer.

The consortium is being led by Teresa Woodruff, PhD, chief of the Division of Fertility Preservation at the Feinberg School.



*When she was diagnosed with Hodgkin's disease in 2004, Gayle Meyer, pictured above with her 8-year-old daughter Kaitlyn Tammen, chose to enroll in a clinical trial that she hoped would increase her chances of being able to have more children.*

"For a long time, there have been no fertility options for women undergoing cancer treatment," Dr. Woodruff says. "After diagnosis, oncologists and patients are very focused on survival. It's a stressful, immediate situation that often overshadows questions about the quality of life after survival."

Technology makes it relatively easy to freeze and later use sperm, but preserving eggs is more difficult because they are more delicate, Dr. Woodruff says. There are no guarantees that thawed eggs will be viable. Another option for women is to undergo an emergency in vitro fertilization before cancer treatment and freeze embryos for later use. While that option can delay cancer treatment, Dr. Woodruff says removing and freezing an ovary can be done immediately.

"I'm really energized by this because we now can offer both men and women various options," Dr. Woodruff says.

In many cases, physicians are uncertain how a cancer treatment will affect fertility, which makes it difficult to discuss the possible outcomes or actions to take, Dr. Woodruff explains. One of the goals of the oncofertility program, she says, is to help raise awareness among patients and physicians.

Julian C. Schink, MD, chief of Gynecologic Oncology at Northwestern Memorial and professor of Obstetrics and Gynecology at the Feinberg School, says many women have assumed that cancer treatment, especially gynecological cancers, meant they could never become pregnant and have children. "A cancer diagnosis is devastating, especially for a young woman of reproductive age."

Dr. Schink says that some women consider forgoing cancer treatment to try to have children first. "When it comes to treatment they ask themselves 'my life or my fertility?' It's a very tragic decision to make," he says.

But cancer treatment is moving in another direction. "As we discover new treatments that might be successful in treating younger patients, we are doing much more than preserving their lives,"

*Continued on back page*

# SPRING CLASSES 2008

Wellness Institute

www.nmh.org/wellness

## Smoking Cessation

### Smoking Cessation: Group Program

This eight-session program, led by a smoking cessation specialist, provides a step-by-step plan for quitting, information on cessation medications and techniques for staying smoke-free.

*Mondays, April 7 to May 26; noon to 1 p.m.*

*Mondays, April 7 to May 26; 6 to 7 p.m.*

*Tuesdays, April 8 to May 27; 6 to 7 p.m.*

\$200

### Smoking Cessation: Individual Program

This personalized program provides a psychological and habitual addiction assessment and techniques for quitting smoking and avoiding relapse. Information about cessation medications, including Zyban™ and Chantix™, also is provided. Appointments are available at \$175 per hour. Call the smoking cessation specialist at 312-926-2069.

### Fitness and Weight Control

Most fitness classes are ranked at levels I, II or III. Our customer service representatives can help you determine your class level.

11-WEEK MOVEMENT CLASSES

*Take any\* one class per week for 11 weeks: \$143*

*Take any\* two classes per week for 11 weeks: \$242*

*Take any\* three classes per week for 11 weeks: \$346.50*

*Take any\* four classes per week for 11 weeks: \$440*

\*Unless designated otherwise

(No classes on Monday, May 26 for Memorial Day. Monday classes and multi-day classes will continue one week at end of session.)

### Pilates Mat

Pilates Mat uses mindful movement to build strength, beginning with the abdomen, lower back and hips. Emphasizes posture, body alignment and breathing. Stretching and strengthening exercises are performed on the floor. Mat required.

*Tuesdays, April 8 to June 17; 7 to 8 a.m. (Level II\*)*

*Tuesdays, April 8 to June 17; noon to 1 p.m. (Level II\*)*

*Tuesdays, April 8 to June 17; 5 to 6 p.m. (Level I\*)*

*Wednesdays, April 9 to June 18; 7 to 8 a.m. (Gentle Level I)*

*Thursdays, April 10 to June 19; 7 to 8 a.m. (Level I\*)*

*Thursdays, April 10 to June 19; 1 to 2 p.m. (Level I\*)*

*Fridays, April 11 to June 20; 12:15 to 1:15 p.m. (Gentle Level I)*

*Fridays, April 11 to June 20; 6:15 to 7:15 p.m. (Level I)*

\*Classical Pilates—vigorous and fast paced

### Pilates Mat for Older Adults

At a slower pace, this class teaches exercises to strengthen the abdomen, lower back and hips. Not intended for those with chronic health conditions. Class is challenging, using classical Pilates techniques.

Exercises are performed on the floor. Mat required.

*Thursdays, April 10 to June 19; noon to 1 p.m.*

### Strength and Balance for Older Adults

This class helps increase strength, mobility, coordination and balance by incorporating breathing and relaxation, a short aerobic warm-up and resistance exercises. Exercises are performed standing, sitting and on the floor. Modified exercises provided.

*Mondays, April 7 to June 23; 11 a.m. to noon (Level II)*

*Wednesdays, April 9 to June 18; 11 a.m. to noon (Level II)*

*Wednesdays, April 9 to June 18; 1:45 to 2:45 p.m. (Level I)*

*Fridays, April 11 to June 20; 11 a.m. to noon (Level I)*

### Prenatal Aerobics and Nia

This program has low-impact aerobics and/or Nia, an easy-to-follow routine that combines Tae Kwon Do, Tai Chi, yoga and modern dance. This class builds strength and stamina for labor, improves flexibility and offers cardiovascular conditioning.

**Six-week series:** \$132/twice a week or \$78/once a week

*Mondays and Wednesdays; 5:30 to 6:30 p.m.*

*and/or Saturdays; 9:30 to 10:30 a.m., April 5 to May 14*

**Five-week series:** \$110/twice a week or \$65/once a week

*Mondays and Wednesdays; 5:30 to 6:30 p.m.*

*and/or Saturdays; 9:30 to 10:30 a.m., May 17 to June 25*

(No classes Memorial Day week, May 24 to May 30)

### Total Control™ Women's Fitness Program for Bladder Control

This class is more than Kegels. Total Control is an innovative fitness and lifestyle class proven to promote better sex, sleep and bladder control. Ideal for restoring your body to fitness and functionality after childbirth or during mid-life.

*Mondays and Wednesdays;*

*April 7 to May 21; 6:45 to 8 p.m. (Level I)*

*June 2 to June 25; 6:45 to 8 p.m. (Level II)*

*April 7 to June 25; 6:45 to 8 p.m. (Full series, Levels I and II)*

*Level I series: \$182; Level II series: \$104; Levels I and II: \$264*

(No classes Memorial Day week, May 26 to May 28)

### Lose Weight the Right Weigh

The Wellness Institute offers a comprehensive weight management program designed to establish personal accountability and behavior change. The program is divided into modules that meet specific patient needs beginning with a 12-week intensive core. Patients work individually with physicians on the medical staff, registered dietitians, exercise physiologists and health psychologists to establish a life plan that works for them.

Call 312-926-WELL (9355) for more information.

### Yoga

Hatha yoga, the physical practice of postures, improves stamina, flexibility, cardiovascular performance, muscle tone, circulation and respiration. Classes incorporate breathing and relaxation. Poses are

performed standing, kneeling, sitting and lying down. Participants must be able to rise from the floor repeatedly. Mat required.

*Mondays, April 7 to June 23; 10:30 to 11:30 a.m. (Level I\*)*

*Mondays, April 7 to June 23; 12:15 to 1:15 p.m. (Level I)*

*Mondays, April 7 to June 23; 5:15 to 6:15 p.m. (Level II\*)*

*Mondays, April 7 to June 23; 6:15 to 7:15 p.m. (Level I\*)*

*Tuesdays, April 8 to June 17; 8 to 9 a.m. (Level I)*

*Tuesdays, April 8 to June 17; 6 to 7 p.m. (Level II\*)*

*Wednesdays, April 9 to June 18; 12:15 to 1:15 p.m. (Level I\*)*

*Wednesdays, April 9 to June 18; 12:15 to 1:15 p.m. (Level II)*

**Wednesday, April 9 to June 18; 12:15 to 1:15 p.m. (NEW—Therapeutic\*\*\*)**

*Wednesdays, April 9 to June 18; 6:30 to 7:30 p.m. (Restorative\*\*)*

*Thursdays, April 10 to June 19; 6:10 to 7:10 p.m. (Level II)*

*Thursdays, April 10 to June 19; 6:15 to 7:15 p.m. (Level II\*)*

*Thursdays, April 10 to June 19; 7:20 to 8:20 p.m. (Level I)*

\*Iyengar yoga includes traditional yoga positions with an emphasis on precision and alignment. Yoga strap and yoga block required.

\*\*Restorative yoga emphasizes supported yoga postures and breathing awareness to aid in deep relaxation. Two 4-inch yoga blocks and one blanket required. Prior yoga experience required.

\*\*\*Therapeutic yoga aims to relieve stress for mind and body, working toward regaining and maintaining fitness. Focuses on breathing. All levels welcome.

### Yoga for Fuller Figures

A gentle, yet active Iyengar yoga class taught at a comfortable pace with individual consideration. Props are used to make the poses more accessible. Poses help develop strength, coordination, balance and flexibility, which aid in greater mobility. Participants must be able to rise from the floor and have the general ability to move around. Yoga strap, block and mat required.

*Wednesdays, April 9 to June 18; 5:15 to 6:15 p.m.*

*Thursdays, April 10 to June 19; 5:15 to 6:15 p.m.*

### Older Adult or Gentle Yoga

This gentle, yet active Iyengar yoga class caters to the needs of older adults and those needing a class that is gentler than Level I. Poses help develop strength, coordination, balance and flexibility, leading to greater mobility. Participants must be able to rise from the floor repeatedly. Yoga strap, block and mat required.

*Mondays, April 7 to June 23; noon to 1 p.m.*

*Wednesdays, April 9 to June 18; 11 a.m. to noon.*

*Thursdays, April 10 to June 19; noon to 1 p.m.*

*Fridays, April 11 to June 20; 11:15 a.m. to 12:15 p.m.*

### Prenatal Yoga

Learn techniques to alleviate lower back pain, leg pain and poor posture. Also includes breathing techniques and relaxation to prepare for childbirth. Mat required.

**Six-week series:** \$198/twice a week or \$117/once a week

*Sundays, April 6 to May 11; 9:30 to 11 a.m. (all levels)*

*Tuesdays, April 8 to May 13; 6:30 to 8 p.m. (all levels)*

*Thursdays, April 10 to May 15; 5 to 6:30 p.m. (all levels)*

**Five-week series:** \$165/twice a week or \$97.50/once a week

*Sundays, May 18 to June 22; 9:30 to 11 a.m. (all levels)*

*Tuesdays, May 20 to June 24; 6:30 to 8 p.m. (all levels)*

*Thursdays, May 22 to June 26; 5:30 to 7 p.m. (all levels)*

(No classes Memorial Day week, May 25 to May 31)

### Mommy and Baby Pilates and Body Sculpting

Meet other new moms while interacting with your baby and burning calories. Please bring your baby in a car seat carrier. For moms six weeks to 10 months postpartum. Tone and strengthen thighs, glutes and abs and sculpt shoulders and arms.

**Six-week series:** \$132/twice a week or \$78/once a week

*Mondays and Wednesdays; 4:30 to 5:30 p.m.*

*and/or Saturdays; 10:30 to 11:30 a.m., April 5 to May 14*

**Five-week series:** \$110/twice a week or \$65/once a week

*Mondays and Wednesdays; 4:30 to 5:30 p.m.*

*and/or Saturdays; 10:30 to 11:30 a.m., May 17 to June 25*

(No classes Memorial Day week, May 24 to May 30)

### Tai Chi

Slow, steady movements encourage the flow of “Chi” or vital energy. Performed in a standing position, Tai Chi helps reduce tension and builds strength and balance. Ideal for those with arthritis or joint pain.

*Mondays, April 7 to June 23; 5:30 to 6:30 p.m. (Level II)*

*Mondays, April 7 to June 23; 6:45 to 7:45 p.m. (Level I)*

*Tuesdays, April 8 to June 17; 9 to 10 a.m. (Level II)*

*Tuesdays, April 8 to June 17; 10 to 11 a.m. (Level I)*

*Wednesdays, April 9 to June 18; 4:30 to 5:30 p.m. (Level III)*

*Wednesdays, April 9 to June 18; 5:40 to 6:40 p.m. (Level II)*

*Wednesdays, April 9 to June 18; 6:45 to 7:45 p.m. (Level I)*

*Thursdays, April 10 to June 19; 9 to 10 a.m. (Level I)*

*Fridays, April 11 to June 20; 12:30 to 1:30 p.m. (Level II)*

*Fridays, April 11 to June 20; 1:45 to 2:45 p.m. (Level I)*

## Diabetes Classes

### Insulin Starts

This class is for any patient starting on insulin. Topics discussed include the role of insulin in treatment, types of insulin, injection sites, timing of meals and prevention and treatment of hypoglycemia.

Call 312-926-WELL (9355) to register.

*Mondays, 10:30 a.m. to noon*

\$72/session

### Diabetes Survival Skills

This class is for people newly diagnosed with diabetes, patients who need instruction in glucometer use or those requiring refresher education about diabetes. Classes define diabetes and discuss types, the role of diet and exercise in glucose control, basic diet and exercise guidelines,

instruction in blood glucose monitoring and prevention and treatment of hyper- and hypoglycemia.

Call 312-926-WELL (9355) to register.

*Thursdays, 3:30 to 5 p.m.*

\$72/session

## Breast Cancer Classes

### Breast Cancer Wellness Program

This four-part repeating series addresses nutrition, physical fitness, stress management and weight management. The classes focus on the unique needs of women who are undergoing breast cancer treatment. Each of the classes is designed to provide basic tools to manage areas of life that can be controlled and enhance overall quality of life. All classes are free and can be repeated but registration is required. Call for specific times.

**Series 1:** April 1, Nutrition; April 8, Physical Fitness; April 15, Stress Management; April 22, Weight Management.

**Series 2:** May 6, Nutrition; May 13, Physical Fitness; May 20, Stress Management; May 27, Weight Management

**Series 3:** June 3, Nutrition; June 10, Physical Fitness; June 17, Stress Management; June 24, Weight Management

No charge

## Robert H. Lurie Comprehensive Cancer Center of Northwestern University

### Brain Tumor Support Group

Provides support and education for patients with brain tumors, their families and friends. For more information call 877-926-4644 or visit [www.cancer.northwestern.edu](http://www.cancer.northwestern.edu).

*Third Monday of every month; 5 to 6 p.m.*

No charge

### Myeloma Patient and Caregiver Support Group

Provides patients with information about the disease, insurance and billing, nutrition and pain management. To register, contact Edna Hawkins at [edna.hawkins@nmff.org](mailto:edna.hawkins@nmff.org) or call 312-695-4523.

No charge

### Cutaneous T-Cell Lymphoma Public Educational Symposium

Program topics will include the latest therapies, quality of life issues and coping with a diagnosis of cutaneous T-cell lymphoma. For more information call 312-695-1304 or visit [www.cancer.northwestern.edu](http://www.cancer.northwestern.edu).

*Wednesday, March 5; 5 to 8 p.m.*

No charge

### Cancer Support and Advocacy Information Fairs

An information fair will be held each month. For more information call Mary Pratica at 312-926-7377 or visit [www.cancer.northwestern.edu](http://www.cancer.northwestern.edu).

*All dates 11 a.m. to 2 p.m.*

No charge

*Wednesday, March 12:* General cancer support and colorectal cancer information

*Thursday, April 3:* General cancer support and oral, head and neck and thyroid cancer information

*Wednesday, May 14:* General cancer support and survivorship information

## Prentice Women's Hospital

For Prentice Women's Hospital maternity tours, please meet at the customer service desk at 250 E. Superior St. No registration required.

Sorry, children under 12 are not allowed.

*Mondays at 7 p.m., Wednesdays at 2 p.m. and the first and third Saturdays of every month at 10 and 11 a.m.*

No charge

### Lifetime of Health

Vice President of Public Relations, Marketing and Physician Services: Holli Salls Director of Communications: Bonita Brodt Editor: Kristi O'Brien Art Direction/Design: Paul Romejko Photography: Robert Knapp Lifetime of Health is published by the Division of Public Relations, Marketing and Physician Services of Northwestern Memorial Hospital as a service to the community. If you have comments or suggestions regarding this publication or would like to reproduce any part of this publication, please contact Public Relations, Marketing and Physician Services at 312-926-2038, or write to: Editor, Lifetime of Health, Northwestern Memorial Hospital, 240 E. Ontario St., Suite 450, Chicago, IL 60611-3223 or LOH@nmh.org. © January 2008. Northwestern Memorial Hospital 1268-08

# REGISTER NOW! PLEASE CALL 312-926-8400

## Prentice Women's Hospital

[www.nmh.org/maternity](http://www.nmh.org/maternity)

### Your New Baby

Learn the essentials of parenting and newborn care from birth to 3 months. Class covers infant behavior, sleep patterns, illness recognition, comforting techniques and growth and development. Emphasis on feeding, sleeping and calming techniques based on strategies developed by national experts. Participants receive a CD, DVD and a book.

Monday and Thursday evenings and Saturday and Sunday mornings and afternoons. Call for times. \$45/couple

### Pediatric Care: Baby's First Year

A pediatrician on the medical staff will address common medical issues and office visit routines during the first year of life. Includes a complimentary copy of "Your Baby's First Year," published by the American Academy of Pediatrics.

Monday, March 17 or April 21; 7 to 9 p.m. \$10/person or \$15/couple

## Pregnancy/Postpartum

### Bowser and the Baby

Is your dog ready to welcome your new baby? Bowser may need help adjusting. Learn how to teach even old dogs new behaviors that will make them safer, happier and more like a baby's best friend. Babies are welcome to attend, but please leave Bowser at home. Participants receive an illustrated dog training manual.

Tuesday, March 25; 6 to 8 p.m. \$35/couple

### Infant Massage Classes

Learn the art of infant massage from a certified infant massage instructor. Massage has been shown to encourage digestion, boost the immune system, promote sleep, improve circulation and raise the infant's stimulation threshold. For newborns ages 4 weeks to pre-crawling. Group and private classes available.

Wednesday afternoons. Call for times. \$75/series of three classes or \$60/hour for private classes

## Patient Education

### Regain Function After Breast Cancer Surgery

Physical and occupational therapists lead exercises and provide instruction in scar massage to help breast cancer patients regain shoulder flexibility after surgery. Education on lymphedema prevention and treatment is provided. Registration and surgeon's consent required.

The second Tuesday of the month; 10 a.m. to noon or 4 to 6 p.m. \$15/class

### Bereavement Support Group

For anyone who has experienced the death of a loved one. Reflect on feelings, thoughts and memories and ways to grieve. Call 312-926-4600 for more information or to register.

The first Tuesday of every month; 6:30 to 8 p.m. No charge

### Prostate Cancer Information Group

These monthly sessions for patients, families and friends offer information on prostate cancer and discussion of issues with a healthcare professional and/or survivors. Facilitator: Jeffrey Albaugh, MS, APRN, CUCNS

The second Thursday of the month; 5:30 to 7 p.m. No charge

## Health Learning Center

### Look Good...Feel Better

Join us for an American Cancer Society makeover with a licensed cosmetologist. Complimentary products will be provided. Call Nicky Calhoun at 312-926-4282 to register.

Mondays, March 24, April 28 and May 26; 10 a.m. to noon No charge

### Vision Through Voices

Join our group to hear short readings on a variety of topics with a discussion following.

Tuesdays, March 25, April 22 and May 27; 11 a.m. to noon No charge

### EatWise

Wondering if you are eating healthy and getting enough of the right nutrients? EatWise is a one-on-one assessment that combines specialized software with accessible Internet tools to help you analyze your nutritional habits and gain a better understanding of healthy eating.

\$15/one-hour session

### Mini-Med School: Bones, Joints and Muscles

This series of Mini-Med School will address issues related to bones, joints and muscles. The sessions, led by Northwestern Memorial experts, will engage you in exploring the way we move and the problems that can affect our musculoskeletal systems. Join us to learn the basics, as well as the latest on osteoarthritis, back health and joint replacement. Attend all four sessions and earn a certificate of completion.

Registration and refreshments start at 5 p.m. Lectures begin promptly at 5:30 p.m. and conclude at 7 p.m.

Tuesdays, April 1, 8, 15 and 22 \$15/session or \$50/series

### Third Annual Prevention Program: Osteoporosis

Empower yourself during this three-part series addressing the issues of osteoporosis and osteoporosis prevention. Learn the basics of bone health, as well as what you can do to reduce your risk for osteoporosis. Attend all three sessions to develop your personal risk reduction plan.

Tuesdays, May 6, 13 and 20; 5:30 to 7 p.m. No charge

### Great Expectations Refresher

Designed for those who have taken a childbirth course but would like to review the latest trends, options and hospital procedures. Includes a tour of maternity areas.

Saturday, March 8; 9 a.m. to noon \$50/couple

### Expectant Fathers

Join other fathers-to-be to learn about pregnancy, childbirth and parenting from the male perspective. Participants receive a complimentary copy of the book, "Be Prepared: A Practical Handbook for New Dads."

Thursday, April 3; 5 to 8 p.m. \$45/person (includes dinner)

### Transitions to Motherhood Series

This six-week series guides new moms through discussions on caring for their newborns. Clinical experts speak on key topics such as feeding and sleep issues, fussy babies, how a baby can affect marriage and dealing with difficult emotions.

Wednesdays; 10:30 a.m. to noon Call for details. \$85/series

### Expectant Grandparents

This session for soon-to-be grandparents covers trends in childbirth, newborn safety and care and tips for supporting new parents. Includes publications, "Grandparenting Joys and Challenges" and "101 Ways to Spoil Your Grandchild."

Call for details. \$20/couple

### Tike Hike

This class helps soon-to-be older brothers and sisters prepare for a new sibling. Includes a tour of Prentice and a goodie bag with stickers, coloring book and more. For children ages 3 and older.

Every other Thursday; 11 a.m. to noon  
Every other Saturday; 10 to 11 a.m. and 11:30 a.m. to 12:30 p.m.  
Call for dates. \$10/child

### Women's Wellness Wednesdays

This new series will keep you informed about women's health issues, as well as what you can do to reduce your risk for possible problems. Join Northwestern Memorial experts and learn how to maintain and make the most of your good health.

Wednesday, March 5: The Impact of Endometriosis: Learning to take charge  
Wednesday, March 12: Fear of Fibroids: The truth behind treatment options  
Wednesday, March 19: Taking the hysteria out of hysterectomy: Options and alternatives for surgery  
5:30 to 6:30 p.m. No charge

### Wellness 101: Cholesterol

Join us for this three-part series as we explore cholesterol and lifestyle changes that may improve your numbers. A certified health education specialist will help you get started by guiding you through the basics. Please feel free to bring your lunch.

Tuesdays, March 4, 11 and 18; noon to 1 p.m. No charge

### Herbals: Be Smart, Sensible and Safe

Ever wonder if Gingko biloba can improve your memory? Or if taking fish oil capsules will lower your cholesterol? This class will introduce you to the most reliable resources available so you can find answers to your questions on herbal supplements, nutraceuticals, alternative medicines and more. Join us and learn how to be smart, sensible and safe when making the decision to try these products.

Wednesday, May 14; 5:30 to 7 p.m.  
Thursday, May 15; 10:30 a.m. to noon No charge

### Ask the Pharmacist

Bring your questions and your medications for an individual consultation with a Northwestern Memorial registered pharmacist. By appointment only.

Thursday, May 22; 10 a.m. to 2 p.m. and 4 to 6 p.m. No charge

## Transplantation

Call 312-695-0828 to register or to speak with a transplant coordinator.

### Kidney Transplantation

Learn about kidney transplantation, from placement on the waiting list to recovering from surgery. Discussion also includes current medications, Northwestern Memorial's "Prednisone-Free" transplant program and the living donor program. Instructor: Michael M. Abecassis, MD, MBA, chief of Organ Transplantation at Northwestern Memorial and J. Roscoe Miller Distinguished Professor of Surgery and Microbiology-Immunology at Northwestern University's Feinberg School of Medicine. Transplant patient meetings held weekly at Northwestern Memorial and monthly at the Northwestern Organ Transplant Clinic in Oak Brook. Sessions available in Spanish.

Call for dates. 1 to 2:30 p.m. No charge

### Pancreas Transplantation

Learn about indications for pancreas transplantation, what surgery involves and success rates at Northwestern Memorial. Instructor: Dixon B. Kaufman, MD, PhD, director of Pancreas and Islet Cell Transplantation at Northwestern Memorial and Professor and Vice Chair, Research, Division of Organ Transplantation at the Feinberg School. Patient meetings held monthly.

Call for dates. 1:30 to 3 p.m. No charge

### Great Expectations for Teens

A childbirth class for expectant teens and those who plan to be with them at delivery. Pizza included.

Friday, March 7; 4 to 7 p.m.  
Call for details. No charge

### A Baby?...Maybe!

Thinking about becoming pregnant? Learn from an obstetrician ways to prepare for a health pregnancy and promote conception.

Wednesday, March 12; 6 to 7:30 p.m. \$10/person or \$15/couple

### Comfort Measures

This class is for pregnant women and their partners who have already taken a birthing class, but would like to prepare for an unmedicated birth. Couples will have the opportunity to practice the comfort measures used for labor at a slower pace. In addition, couples will learn about several alternative birthing choices such as water birth and hypnosis. Couples taking this class should already have taken a Great Expectations childbirth class or have a strong knowledge of the stages of labor.

Saturday, April 5; 9 a.m. to noon \$45/couple

### Cesarean Birth Class

This class is designed for people who have been told by their doctor that they will be giving birth by cesarean section. The class includes indications for the cesarean section, your partner's role in the operating room, a brief explanation of the surgery, newborn procedures and what to expect during the postpartum and recovery period. Each couple will receive a copy of "The Essential C-Section Guide."

Saturday, April 5; 1 to 3:30 p.m. \$45/couple

### Wealth Management Strategies for Parents

A financial planner discusses college savings plans, life insurance, estate planning and what to do with a 401K if your job status changes. Parents are welcome to bring infants in carriers/strollers.

Wednesday, March 19; 12:30 to 1:30 p.m. \$5/person or couple

## For Multiples

### Great Expectations for Multiples Refresher

Designed for those who have taken a childbirth course but are expecting their first set of twins and would like to review the latest trends, options and hospital procedures with an emphasis on multiples. Includes a tour of maternity areas in the hospital. Classes scheduled as requested. Call for details.

### Breastfeeding Multiples

Couples learn techniques and tips for breastfeeding twins or more. Includes information on the role fathers play in breastfeeding multiples.

Tuesday, March 25; 6 to 9 p.m. \$50/couple

### Great Expectations for Multiples

This two-week program for those expecting twins or more features information from the Great Expectations class with emphasis on multiples. Two-part series on Tuesday evenings or Saturdays during the day.

Saturday March 15 and March 22; noon to 4 p.m.  
Tuesday, April 8 and April 15; 5:30 to 9:30 p.m. \$150/couple (includes lunch or dinner)

## Support Groups

### New Moms Support Group

Intended for those who wish to talk more personally about the struggles and challenges of becoming a new mom, this unstructured discussion group is facilitated by a clinician with expertise in helping women successfully cope with the challenges of the childbearing years. Complimentary on-site baby-holding service is available for group members. For moms whose children are newborns to one year of age.

Every Monday morning. Call for details. \$125/six sessions

### Endometriosis Support Group

This support group helps women with endometriosis deal with problems associated with the disorder. Members offer support and share ideas on coping. The group also offers information pertinent to the disorder and its treatment.

Second Thursday of each month; 7 to 9 p.m.

### Parents of Multiples Group

Parents of multiple children may have concerns about the psychological and physical needs of their families. This club allows parents and soon-to-be parents of multiples to swap ideas. Guest speakers discuss individuality, nutrition, sleep habits, savings and more. An open discussion follows to promote education and a feeling of support for families.

Tuesday, March 18; 6 to 7:30 p.m.

### Together in the Loss of a Child

This SHARE support group is for parents of infants who have died during pregnancy or shortly after. Speakers discuss subsequent children, handling the holidays and more.

One Thursday evening each month. Call for details.

### Y-ME Breast Cancer Support Group

Experts in medical, psychosocial and other areas speak to current and former breast cancer patients, families and friends. For more information contact Y-ME of Illinois, 312-364-9071 or visit [www.y-me.org/illinois](http://www.y-me.org/illinois). Registration not required.

The second Saturday of every other month.

## NFL Selects Northwestern Memorial as a Site for Joint Replacement Program

The NFL and the NFL Players Association have selected Northwestern Memorial Hospital as one of 14 medical centers nationwide to assist retired players who need joint replacement surgery.

The medical facilities will participate in a new program that provides financial assistance to players for their surgery and post-surgical rehabilitation. Facilities were chosen based on their expertise in orthopaedic surgery, quality of service and reputation, according to the NFL. The orthopaedic staff at Northwestern Memorial performs more than 1,000 joint replacements a year and physicians on the medical staff have a long history of serving as team physicians for professional sports teams in Chicago.

"This program gives us an opportunity to provide care where we feel there is a real need," says Lalit Puri, MD, MBA, an orthopaedic surgeon on the medical staff at Northwestern Memorial and assistant professor of Orthopaedic Surgery at Northwestern University's Feinberg School of Medicine.

To be eligible for the program, players must have played in a required number of games and seasons during their careers in the NFL.

Players who are candidates for surgery may undergo hip, knee or shoulder replacement, says Dr. Puri, who is director of the NFL joint replacement program at Northwestern Memorial. [M](#)

## Northwestern Memorial Receives American Stroke Association Award

Northwestern Memorial Hospital has received the American Stroke Association's Get With the Guidelines™ Stroke Silver Performance Achievement Award. The award recognizes the success of the hospital's stroke program in ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations. Northwestern Memorial is the first hospital in Chicago to achieve this recognition.

To qualify, a hospital must demonstrate that physicians and nurses practicing there have followed specific treatment guidelines during a 12-month period. Examples of guidelines for emergency care of stroke patients include the appropriate use of medications to respond to and prevent blood clots. Other guidelines relate to the prevention of subsequent strokes and include the prescription of blood-thinning and cholesterol-reducing drugs, when appropriate and helping patients to stop smoking.

"The fact that we were able to consistently meet these high standards indicates we are doing an exceptional job in taking care of patients with acute stroke and preventing subsequent strokes," says Mark J. Alberts, MD, medical director of the Stroke Program at Northwestern Memorial and professor of Neurology at Northwestern University's Feinberg School of Medicine. [M](#)



### Oncofertility *Continued from front page*

Dr. Schink says. "We are working to preserve their dreams, hopes and wishes."

Now, for example, some women with advanced-stage cervical cancer who require a hysterectomy still have options, Dr. Schink says, noting that women of reproductive age "will still have an ovary and the ability to create an embryo through in vitro fertilization."

Ralph Kazer, MD, a physician on the medical staff at Northwestern Memorial and chief of the Division of Reproductive Endocrinology and Infertility at the Feinberg School, is working with cancer patients at Northwestern Memorial who want to have children.

"With a cancer diagnosis, patients need to know their options immediately because treatment often needs to begin as soon as possible," Dr. Kazer says.

Radiation and chemotherapy are known to be harmful to fertility, though their effects vary based on dosage and frequency of treatment, Dr. Kazer says. "But the younger the patient is, the more likely that her fertility will be preserved."

Oncofertility is a relatively new area of medical specialty and research. "Historically, infertility was not something that was discussed or considered as important in treating cancer. The primary goal was to save the patient's life," Dr. Kazer says. "But in vitro fertilization and other options give patients real possibilities."

Cancer patients are not the only ones who can benefit from fertility preservation. For example, women may choose the procedure to preserve



*Teresa Woodruff, PhD, is leading a study examining the possibility of freezing an ovary to help cancer patients and other women who fear they may become infertile have children in the future.*

eggs in case of premature ovarian failure. Additionally, some women may have a family history of fertility problems and this can be a way to save eggs for the future. The procedure also is an option for young children through a collaboration with Children's Memorial Hospital.

There now are 14 women enrolled in the research study at Northwestern Memorial. Doctors surgically removed one of Ms. Meyer's ovaries in an outpatient procedure called a laparoscopy before she started cancer treatment. Through the study, 80 percent of the ovary will be preserved for Ms. Meyer should the technology succeed. The other 20 percent will be used by the study researchers to explore ways to extract immature eggs and allow them to develop in a laboratory environment.

"We want to recruit as many patients as possible for this study," says Laxmi A. Kondapalli, MD, director of Clinical Research for the Oncofertility Consortium at Northwestern University. Dr. Kondapalli is working with Dr. Woodruff on the research.

Northwestern's consortium is part of a cooperative with hospitals and universities across the country committed to fertility preservation. Patients anywhere can participate in the study, which will cover most costs. If a woman is interested in having her ovary frozen, the researchers can send a rapid response team to retrieve the tissue.

So far, researchers have succeeded in creating pregnancies in laboratory mice and hope soon to try the procedure with monkeys. "Our hope is that over the next three years or so we can use the same techniques for humans," Dr. Kondapalli says.

Ms. Meyer, now in remission, says she was grateful to know she had options and is hopeful that her fertility will be preserved so she can become pregnant and have more children in the future. She says she feels her participation in the research study is important not only for her, but for other women facing possible infertility. "Even if it doesn't benefit me, my hope is that it benefits medical science and other women down the road."

*For more information, call Northwestern Memorial Hospital's Health Resources and Physician Referral Service at 312-926-8400. [M](#)*

**FOR A REFERRAL TO A PHYSICIAN AFFILIATED WITH NORTHWESTERN MEMORIAL HOSPITAL, CALL 312-926-8400.**

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