

## New Medical Device Reduces Risk of Recurrent Strokes



After undergoing surgery to place a stent in a narrowed artery to his brain, Kerroy Wolfe says he feels more secure about his health.

Physicians on the medical staff at Northwestern Memorial Hospital can provide patients with preventive stroke care using new stents designed for the delicate and intricate blood vessels in and around the brain.

One morning, Kerroy Wolfe began having trouble with his eyesight. The 62-year-old Chicagoan bumped into the side of the building while walking into a store. He didn't think much about it until later that evening when he was watching television.

"Although I could still see the TV set, I could only see half of the panel—nothing on the right side," says Mr. Wolfe.

During a routine eye exam already scheduled to take place two days later, his ophthalmologist tested his peripheral vision and found that Mr. Wolfe had experienced a transient ischemic attack, a small stroke lasting a few minutes. Though most people recover quickly after such an attack, it can often be a precursor to a larger, debilitating stroke and should be treated right away.

The ophthalmologist called Mr. Wolfe's physician immediately, and a CT scan and MRI revealed a blockage in one of his intracranial carotid arteries, which supply blood to the brain. His neurologists sent him to Northwestern Memorial Hospital, the first Chicago hospital to earn a Certificate of Distinction for Primary Stroke Centers from the Joint Commission on Accreditation of Healthcare Organizations. The designation recognizes that Northwestern Memorial provides exemplary stroke care.

### Immediate, Expert Care for Stroke

Patients treated through Northwestern Memorial's Stroke Program benefit from the expertise of a multidisciplinary medical team of world-renowned specialists who are available 24/7 to respond in the critical first hours following a stroke and throughout recovery. Neurovascular specialists on the medical staff use the latest technology to make fast and efficient diagnoses that can improve a stroke patient's outcome by reducing the time to treatment and lowering the risk of recurrent strokes.

When Mr. Wolfe's neurologists realized his high risk for stroke, they referred him to Northwestern Memorial immediately for expert care to minimize that risk.

*"The Wingspan is a real breakthrough because it's the first stent designed specifically for blood vessels in the head."*

"When intracranial arteries get plugged, they have the potential to cause substantial, significant strokes," says Mark J. Alberts, MD, director of the Stroke Program at Northwestern Memorial and professor of Neurology at Northwestern University's Feinberg School of Medicine. "We're talking about robbing someone of their ability to walk, to feed themselves. Many of the activities of daily living are potentially at risk."

A stroke, also known as a brain attack or cerebrovascular accident, occurs when a blockage or rupture of a blood

vessel to the brain causes a sudden loss of brain function. Transient ischemic attacks occur when blood flow to the brain is briefly interrupted,

causing reversible stroke-like symptoms. Stroke is the third leading cause of death in the United States and the leading cause of serious, long-term disabilities.

"Just as plaque in the heart vessels can cause a heart attack, plaque in the brain can cause a stroke or brain attack," says Bernard Bendok, MD, co-director of the Neuroendovascular Program at Northwestern Memorial and assistant professor of Neurological Surgery and Radiology at the Feinberg School.

### New Treatment Reduces Risk of Strokes

Though Mr. Wolfe regained much of his vision in a couple of days, the severity of his stenosis, or narrowing of the artery, made him a candidate for the Wingspan™ stent, a new device designed to prevent recurring strokes caused by intracranial atherosclerotic disease or the narrowing of blood vessels in and around the brain, says Dr. Bendok, who provided care for Mr. Wolfe.

In May of 2006, Northwestern Memorial became one of the first hospitals in Chicago to perform a stent procedure using the new device. While physicians have long been using coronary stents in intracranial arteries, the newer stents are smaller and more flexible, allowing neuroendovascular specialists to place them using a less invasive procedure.

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## Stroke

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“The Wingspan is a real breakthrough because it’s the first stent designed specifically for blood vessels in the head,” says Ali Shaibani, MD, co-director of the Neuroendovascular Program at Northwestern Memorial and an assistant professor of Radiology and Neurological Surgery at the Feinberg School.

“Brain vessels are about one-third the thickness of heart vessels,” says Dr. Shaibani. “And whereas heart arteries are surrounded by muscle, which makes them well supported, brain vessels are surrounded by cerebrospinal fluid, so they’re much more delicate. Because coronary stents tend to be stiff, it’s difficult to navigate them through the arteries in the neck all the way into the head.”

### New Stenting Technology

In contrast to steel cardiac stents, the new Wingspan stents are made of nitinol, an alloy of nickel and titanium. They move through intricate brain vessels more easily and put less pressure on the vessel when expanded.

“Because these stents are very gentle and flexible, they’re easier to place, and the stent procedure takes less time than with traditional stents,” says Dr. Bendok. The shorter procedure also may contribute to a shorter recovery time for patients, he says.

Narrowed or blocked intracranial arteries also can be treated with blood-thinning drugs like aspirin, along with lipid-lowering drugs to reduce high cholesterol. But not everyone responds to medication, says Dr. Bendok, noting that studies suggest that between 11 and 22 percent of transient ischemic stroke victims will have another stroke within a year, even with medication.

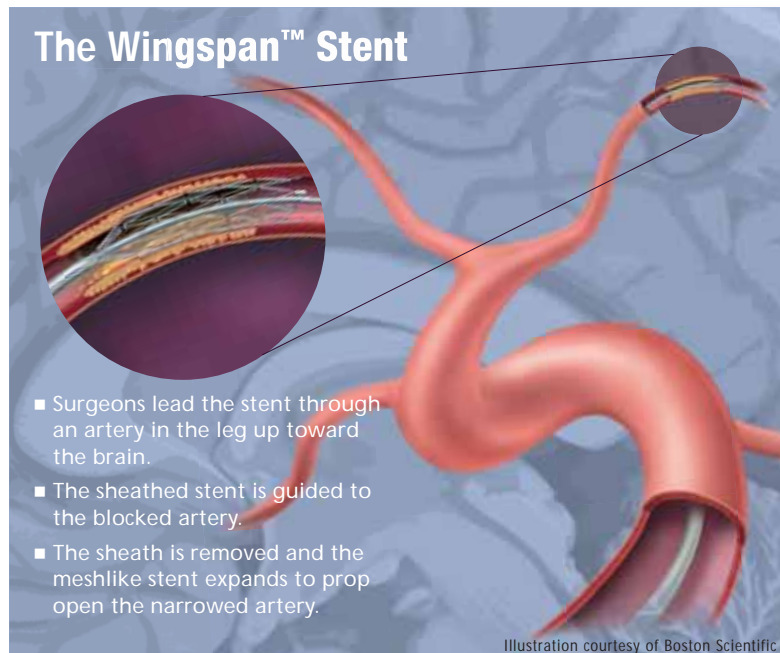
During his initial consultations, Mr. Wolfe says he learned his risk for having a stroke within the next year was approximately 25 percent if he didn’t have the Wingspan procedure. The surgery would reduce that risk

to about 10 percent. “The numbers didn’t really seem worth it at first,” he says.

But when seeking a second opinion from Allan Burke, MD, a neurologist on the medical staff at Northwestern Memorial and associate clinical professor of Neurology at the Feinberg School, he saw the CT angiogram showing the size of his blockage.

“I’m a mechanical designer so I’m used to looking at drawings,” Mr. Wolfe says. “When I saw the CT, I could visualize how much blood was not flowing to my brain. That really scared me. I knew I didn’t have a choice.”

Of the 700,000 Americans who experience a stroke each year, 200,000 are individuals experiencing recurrent attacks. The chances for having another stroke depend on how narrowed an artery has become and whether symptoms have occurred, says Dr. Bendok.



“Patients with a 70 percent or greater stenosis are more likely to benefit from an intracranial stent,” says Dr. Bendok, noting that the blockage in Mr. Wolfe’s artery measured 80 percent.

The procedure takes from one to two hours. Using an image of the patient’s brain vessels as a map, neuroendovascular specialists use a catheter to guide the stent. It is inserted through an artery in the leg and guided up to the blockage in the brain. A tiny balloon on the tip of a catheter is used to flatten plaque in the artery and expand the pathway.

The stent is placed into the narrowed artery and after a protective sheath is removed, the thin, wire-mesh stent expands and conforms to the contours of the artery wall. By increasing the pathway within a brain vessel, the stent improves blood flow and promotes healing so that clots and plaque cannot break off and cause another stroke.

Besides stenting, the only other option for victims of stroke is an extracranial/intracranial bypass, a procedure in which surgeons reroute a healthy artery in the scalp to the area of brain tissue affected by a blocked artery.

“It is a very demanding procedure because surgeons have to sew together very small blood vessels,” says Dr. Alberts. “Often it doesn’t work, and there can be significant complications.”

In contrast, the Wingspan stent procedure provides patients an option with fewer risks and a less complicated surgery.

### Recovering After the Surgery

“There was no pain,” says Mr. Wolfe. “The only difference I could see was a pressure bandage on my leg where the catheter went in.” He went home the next day and after three months of rest, returned to work. He will continue to see Dr. Bendok for follow-up exams.

“We like to see the patient at one month, three months and one year after the procedure—and every year or two thereafter,” says Dr. Bendok, who will provide

ongoing care to Mr. Wolfe to check for stroke symptoms and conduct neurological exams.

Already, the procedure has dramatically improved Mr. Wolfe’s health. During his one-

month follow-up, he learned his artery blockage was reduced from 80 percent to 10 percent.

“It was a big relief. I’m glad I went through with it because I feel a lot more secure about my health,” he says.

A bicycling enthusiast, Mr. Wolfe says he plans to get back on his bike again soon. In the meantime, he’s resumed his favorite cold-weather pastime—driving to every Northern Illinois University football game to watch his nephew play.

“I only missed one game last year,” he says, “And I don’t plan to miss more than one game this year.”

For more information, call Northwestern Memorial Hospital’s Health Resources and Physician Referral Services at 312-926-8400. **M**

## Recognizing the Symptoms and Understanding Risk Factors for Stroke

Because every minute of a stroke can have damaging effects on the brain, anyone who experiences symptoms of a stroke should seek medical attention immediately, says Mark J. Alberts, MD, director of Northwestern Memorial Hospital’s Stroke Program and professor of Neurology at Northwestern University’s Feinberg School of Medicine. Strokes can occur with no warning, making it important to recognize the symptoms and understand the risk factors.

“High blood pressure often has been called the ‘silent killer,’ because there are no symptoms until it causes a problem. It’s the same with stroke—it’s silent until it acts up,” says John Sorin, MD, an internist on the medical staff at Northwestern Memorial and associate of Clinical Medicine at the Feinberg School who provides treatment for patients with risk factors for stroke.

### Symptoms of stroke include:

- Difficulty speaking or understanding speech
- Vision problems
- Sudden dizziness and imbalance
- Sudden weakness in an arm or leg, usually on one side of the body
- Sudden, severe headache with no explainable cause

A transient ischemic attack, or smaller stroke, occurs when the brain does not receive oxygen for a short period of time, causing reversible stroke-like symptoms. However, suffering a smaller stroke is often a strong predictor of a future major stroke and should not be ignored, Dr. Alberts says.

A completed stroke is a brain attack that occurs when oxygen-rich blood is unable to reach a certain part of the brain. Damage to the brain is irreversible, and the way a person’s body is affected depends on where in the brain the stroke occurs. The effects of stroke can include paralysis, vision and speech problems, memory loss and even changes in personality.

Though stroke risk is generally higher in older adults, men and those with a family history of stroke, it can affect anyone of any age or gender. Individuals can lower their risk by addressing certain controllable risk factors, says Dr. Sorin. In general, lowering high blood pressure through lifestyle changes and medication, if needed, can lower risk for stroke.

### To prevent strokes, physicians recommend:

- Cardiovascular exercise at least three times a week combined with a low-salt, low-fat diet
- Eliminating the use of tobacco, which contributes to high blood pressure
- Monitoring blood pressure under the care of a physician. Dr. Sorin often advises his patients to invest in a home blood pressure monitor to make the process more convenient.



Kerroy Wolfe says he is glad to be spending his weekends traveling to his nephew’s football games.

**“I’m glad I went through with it because I feel a lot more secure about my health.”**

## Cancer Patients Find Energy and Comfort in Art Therapy Program

Linda Dunbar has drawn a tranquil room. It has a comfortable chair, and sunlight is falling across the floor. The image appears woven, but it is actually a photo image transferred onto strips of medical tape. The words, lightly etched, four times over the image, read: “You have cancer.”

Ms. Dunbar, 58, created the piece during a session of the Expressive Art Therapy program at Northwestern Memorial Hospital. The free program is available to oncology patients and their families and is a joint effort between Northwestern Memorial and The Robert H. Lurie Comprehensive Cancer Center of Northwestern University, the only National Cancer Institute-designated comprehensive cancer center in Illinois.

“Art has helped me,” says Ms. Dunbar, who was diagnosed in 2000 with multiple myeloma, a blood cancer. “You can lose yourself, express yourself and share yourself through art.”

In art therapy, the practice of creating visual art is used to promote relaxation, coping and healing, says Nancy Nainis, MA, ATR, who oversees the Expressive Art Therapy program and leads weekly sessions with patients.



*Mitchell Loewenthal-Grassini says creating art helps him cope and gives him a way to express himself.*

“Art therapy provides a means of expression and comfort that can be truly extraordinary,” says Steven T. Rosen, MD, director of Cancer Programs at Northwestern Memorial, director

of the Robert H. Lurie Comprehensive Cancer Center of Northwestern University and the Genevieve E. Teuton Professor of Medicine at Northwestern University’s Feinberg School of Medicine. “It is often an integral part of the care program for an individual facing the challenge of cancer.”

During each two-hour session, patients sit in cushioned chairs at large round tables and are offered a variety of art materials to work with. At a recent session, one patient worked on a collage, another

sketched and yet another painted. When finished, patients discuss their creations.

Mitchell Loewenthal-Grassini, 45, who recently completed chemotherapy, placed his pencil drawing of a house and pine trees on the wall for the others to view. “It symbolizes

getting back to work and getting back in the world,” he told the group. When sharing their art, patients often talk about their well-being, their families and even how treatment is progressing.

“Art therapy may open the door to the discussion of important psychosocial issues,” says Jamie Von Roenn, MD, medical director of the Palliative Care and Home Hospice Program at Northwestern Memorial and professor of Medicine at the Feinberg School.

“Sometimes patients go from laughter to crying and back to laughter,” Nainis

says. “You can access deep emotions through art therapy.”

Stephanie Williams, MD, oncologist on the medical staff at Northwestern Memorial and associate clinical professor of Hematology/Oncology at the Feinberg School, says the program provides patients with a safe and supportive outlet for their feelings.

Ms. Dunbar says art therapy has enriched her life. At a recent art fair, she displayed some of the pieces she created during the sessions.

“Art diverts your mind from worry,” she says. “Art therapy provides a rest stop on the cancer journey.”

For more information, see Page 5 or call Northwestern Memorial Hospital’s Health Resources and Physician Referral Services at 312-926-8400. **M**



*Over the course of a two-hour art therapy session, oncology patients create artwork and talk about their meaning with other members of the group.*

A pilot study Nainis helped conduct at Northwestern Memorial demonstrated that art therapy lessened pain, fatigue, depression and anxiety among cancer patients. Nainis says it was the first such study of its kind to show that art therapy could help reduce tiredness in cancer patients.



*Art therapy helps patients work through the emotional challenges of battling cancer.*

## Northwestern Memorial Hospital Receives Recognition for Quality Patient Care and Family-Friendly Workplace

Chicago-area consumers have chosen Northwestern Memorial Hospital as the Chicago-area winner of the 2006/07 National Research Corporation’s Consumer Choice award for the ninth year. This is the second year Northwestern Memorial has been the sole recipient of the award.

The Consumer Choice award is based on market research survey responses from Chicago-area consumers who rank hospitals according to four criteria: *Best Doctors*, *Best Nurses*, *Image and Reputation*, and *Overall Quality*.

According to the same survey, consumers also ranked Northwestern Memorial as the

“most preferred” hospital in the eight-county Chicago region for the 12th consecutive year.

“It is an honor to be recognized by the people we care for every day,” says Dean M. Harrison, president and chief executive officer of Northwestern Memorial HealthCare. “We are pleased to know that many in the Chicago area have come to see us as their first choice for medical care.”

Also, for the seventh consecutive year, Northwestern Memorial has been named as one of *Working Mother* magazine’s “100 Best Companies for Working Mothers” for dedication in meeting the needs of working mothers and fathers.

Northwestern Memorial was recognized for several programs and resources available to working families, including flexible work schedules, access to an on-site children’s care center and the paid time off program.

“We take great pride in providing the best environment for both our patients and our employees,” says Dean Manheimer, senior vice president of Human Resources. “We are extremely honored to be recognized by *Working Mother* for providing our employees with the resources and support needed to balance their professional and personal lives.” **M**

# WINTER CLASSES 2006-2007

Wellness Institute [www.nmh.org/wellness](http://www.nmh.org/wellness)

Prentice Women's Hospital

## Healthy Sexuality

Sexuality is an integral part of being human. Love, affection and intimacy are essential for healthy relationships and individual well-being.

But a number of health-related issues can lead to problems with intimacy and sexual performance. Trained healthcare practitioners at the new Sexual Health Program at Northwestern Memorial's Wellness Institute can provide guidance for sexuality



and intimacy issues that may arise from serious illnesses, chronic medical conditions, common medications and changes after surgery or during life stages.

Though many may feel too embarrassed to talk about such issues, a consultation with a

healthcare practitioner can facilitate improved sexual health and overall well-being.

For more information on the Sexual Health Program, call Health Resources at 312-926-8400.

## 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, Jan. 15 to March 5; noon to 1 p.m.*

*Mondays, Jan. 15 to March 5; 5:30 to 6:30 p.m.*

*Mondays, Jan. 22 to March 12; 7 to 8 p.m.*

*Tuesdays, Jan. 16 to March 6; 7:30 to 8:30 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™, also is provided. Appointments are available at \$175 per hour. Call the smoking cessation specialist at 312-926-2069.

## Relaxation

### Meditation

Meditation can reduce blood pressure, relieve pain and insomnia and promote physical, mental and emotional balance. A meditation specialist will help participants practice deep breathing techniques, understand the mind-body connection and identify a personal meditation style.

*Wednesdays, Jan. 10 to Feb. 7; 5:30 to 7:30 p.m.*

\$200

## Fitness Classes

Most fitness classes are ranked at levels I, II and 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

### 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, Jan. 9 to March 20; 7 to 7:45 a.m. (Level II\*)*

*Tuesdays, Jan. 9 to March 20; noon to 1 p.m. (Level II\*)*

*Tuesdays, Jan. 9 to March 20; 5 to 6 p.m. (Level I\*)*

*Thursdays, Jan. 11 to March 22; 7 to 7:45 a.m. (Level II\*)*

*Thursdays, Jan. 11 to March 22; 1 to 2 p.m. (Level II\*)*

*Fridays, Jan. 12 to March 23; 12:15 to 1:15 p.m. (Gentle Level I)*

*Fridays, Jan. 12 to March 23; 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, Jan. 11 to March 22; 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, Jan. 8 to March 19; 11 a.m. to noon*

*Wednesdays, Jan. 10 to March 21; 11 a.m. to noon*

*Fridays, Jan. 12 to March 23; 11 a.m. to noon*

### 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, Jan. 8 to March 19; 5:30 to 6:30 p.m. (Level II)*

*Mondays, Jan. 8 to March 19; 6:45 to 7:45 p.m. (Level I)*

*Tuesdays, Jan. 9 to March 20; 9 to 10 a.m. (Level II)*

*Tuesdays, Jan. 9 to March 20; 10 to 11 a.m. (Level I)*

*Wednesdays, Jan. 10 to March 21; 4:30 to 5:30 p.m. (Level III)*

*Wednesdays, Jan. 10 to March 21; 5:40 to 6:40 p.m. (Level II)*

*Wednesdays, Jan. 10 to March 21; 6:45 to 7:45 p.m. (Level I)*

*Thursdays, Jan. 11 to March 22; 9 to 10 a.m. (Level I)*

*Fridays, Jan. 12 to March 23; 12:30 to 1:30 p.m. (Level II)*

*Fridays, Jan. 12 to March 23; 1:45 to 2:45 p.m. (Level I)*

### 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, Jan. 8 to March 19; 10:30 to 11:30 a.m. (Level I\*)*

*Mondays, Jan. 8 to March 19; 12:15 to 1:15 p.m. (Level I)*

*Mondays, Jan. 8 to March 19; 5 to 6 p.m. (Level II\*)*

*Mondays, Jan. 8 to March 19; 6:15 to 7:15 p.m. (Level I\*)*

*Tuesdays, Jan. 9 to March 20; 6 to 7 p.m. (Level II\*)*

*Wednesdays, Jan. 10 to March 21; 12:15 to 1:15 p.m. (Level I\*)*

*Wednesdays, Jan. 10 to March 21; 12:15 to 1:15 p.m. (Level II)*

*Wednesdays, Jan. 10 to March 21; 6:30 to 7:30 p.m. (Restorative\*\*)*

*Thursdays, Jan. 11 to March 22; 5 to 6 p.m. (Level II\*)*

*Thursdays, Jan. 11 to March 22; 6:10 to 7:10 p.m. (Level II)*

*Thursdays, Jan. 11 to March 22; 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.

### 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, Jan. 10 to March 21; 5:15 to 6:15 p.m.*

### Older Adult or Gentle Yoga

This gentle yet active Iyengar yoga class caters to the special needs of older adults and those needing a class more gentle 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 and mat required.

*Mondays, Jan. 8 to March 19; noon to 1 p.m.*

*Wednesdays, Jan. 10 to March 21; 11 a.m. to noon*

*Thursdays, Jan. 11 to March 22; noon to 1 p.m.*

*Fridays, Jan. 12 to March 23; 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.

(Classes are once a week for six weeks) \$99

*Mondays, Jan. 8 to Feb. 12; 6:15 to 7:45 p.m. (all levels)*

*Thursdays, Jan. 11 to Feb. 15; 5 to 6:30 p.m. (all levels)*

(Classes are once a week for five weeks) \$82.50

*Mondays, Feb. 19 to March 19; 6:15 to 7:45 p.m. (all levels)*

*Thursdays, Feb. 22 to March 22; 5 to 6:30 p.m. (all levels)*

**Prentice Women's Hospital Maternity Tours:** Please meet at the reception desk at 333 E. Superior St. No registration required. Sorry, children are not allowed.

*Mondays at 7 p.m., Wednesdays at 2 p.m. and the first Saturday of every month at 10 and 11 a.m.* No charge

## Baby 101: Essentials for First-Time Parents

Complete all five classes and receive a \$45 refund.

### Great Expectations Prepared Childbirth

Prepare for childbirth with instruction on birthing options, labor stages, hospital procedures, pain management, comfort techniques, postpartum and newborn care in the hospital.

*Four-class series: Mondays and Tuesdays; 6:30 to 9 p.m.*

\$120/couple

*Two-class series: Fridays; 5 to 9 p.m.*

\$150/couple (includes dinner)

*One-day class: Saturdays and Sundays; 8:30 a.m. to 5:30 p.m.*

\$120/couple

### Your New Baby

Learn the essentials of parenting and newborn care from birth to 3 months. Goes beyond the basics of diapering and bathing and covers infant behavior, sleep patterns, illness recognition, comforting techniques and growth and development. Participants will receive the book, "The Joy of Parenthood."

*Tuesday and Thursday evenings and Sunday mornings.*

Call for details. \$40/couple

### Pediatric Care: Baby's First Year

A pediatrician addresses medical issues common in the first year of life. Includes a complimentary copy of "Your Baby's First Year," published by the American Academy of Pediatrics.

*Mondays, Jan. 15, Feb. 19 and March 19. Call for times.*

\$10/person or \$15/couple

## Patient Education

### Breast Cancer Wellness Program

This four-part repeating series addresses nutrition, physical fitness, stress management and weight management for women undergoing breast cancer treatment. Attend any or all classes. Registration is required. Call for specific times.

**Series 1:** Jan. 9, Nutrition; Jan. 16, Physical Fitness; Jan. 23, Stress Management; Jan. 30, Weight Management

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

**Series 3:** March 6, Nutrition; March 13, Physical Fitness;

March 20, Stress Management; March 27, Weight Management

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 every month; 5:30 to 7 p.m. No charge*

### 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

## Health Learning Center

### First Tuesdays

First Tuesdays explores advanced research and potential issues surrounding a current medical and health topic. Light refreshments will be served.

*"To Keep or Not to Keep: Do New Year's Resolutions Work?"*

Join us as we discuss the benefits and detriments of creating New Year's resolutions. Does this tradition help achieve goals or leave us feeling guilty?

*Tuesday, Jan. 9; 5 to 6:30 p.m.*

No charge

# REGISTER NOW!

## PLEASE CALL 312-926-8400

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

### Infant/Pediatric CPR and Safety

Learn car seat and home safety, CPR and anti-choking techniques for newborns and children. Reflects new 2006 American Heart Association CPR guidelines.

*Saturdays and Sundays; 10 a.m. to 12:30 p.m. or 1 to 3:30 p.m. Thursdays; 6 to 8:30 p.m. Call for dates. Infant/Pediatric CPR in Spanish; Saturday, March 10; 9 to 11:30 a.m.*

*\$40/person or \$60/couple*

### Breastfeeding: The Best Beginning

Designed for pregnant couples and taught by lactation consultants, this class provides practical information about milk production, techniques/positions, milk pumping and storage and tips for breastfeeding success. Includes ways dads can help.

*Wednesday mornings and evenings and Saturday mornings and afternoons.*

*Call for dates and times.*

*\$45/couple*

**Free teen breastfeeding course available. Call for details.**

## Pregnancy/Postpartum

### Total Control™ Pelvic Wellness Exercise Program

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.

*Intro level: Mondays and Wednesdays, \$125/twice weekly, seven-week series*

*Level I (for women who have taken the introductory class):*

*Thursday evenings, \$70/seven-week series*

*Call for dates and times.*

### A Baby? ... Maybe!

Thinking about becoming pregnant? Learn from an obstetrician how to provide the best start for your baby.

*Call for dates and times.*

*\$5/person*

### Not Just Another Nutrition and Pregnancy Lecture

Curious about news regarding mercury in fish or why you shouldn't eat lunch meat, sushi or blue cheese? Wondering if it's OK to have a glass of wine when you're breastfeeding? A dietitian will discuss these and other topics and answer questions about portion sizes, calorie intake and folic acid.

*Call for dates and times.*

*\$5/person*

### 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.

*Sunday, Feb. 25; 9 a.m. to noon*

*\$45/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, Feb. 1; 5 to 8 p.m.*

*\$40/person (includes dinner)*

### Expectant Grandparents

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

*Sundays, Jan. 14 and March 11. Call for times.*

*\$20/couple*

### Great Expectations for Teens

A two-part childbirth preparation series for expectant teens and those who plan to be with them at delivery. Snacks and a baby gift included.

*Fridays, Jan. 5 or 12 and March 2 or 9; 4 to 7 p.m. No charge.*

*Call for details.*

### 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, Feb. 24; 9 a.m. to 12:30 p.m.*

*\$50/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. Best for children 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*

### Infant Massage Classes

Learn massage techniques clinically proven to encourage digestion, development and better sleep. Group and private classes available.

*Three consecutive Wednesdays; November, December and January. Call for dates and times.*

*\$75/series of three classes or \$60/hour for private classes*

### 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, the impact of a baby on marriage and difficult emotions.

*Wednesdays; 10:30 a.m. to noon. Call for dates.*

*\$85/series*

Prentice classes continued on next page →

### Look Good ... Feel Better

The latest cancer treatments are not always prescribed by physicians. Join us for an American Cancer Society makeover with a licensed cosmetologist. Complimentary products will be provided. Call Jill Scott-Trainer at 312-926-4282 to register.

*Mondays, Dec. 18, Jan. 22 and Feb. 26; 10 a.m. to noon*

*No charge*

### MedlinePlus

This class provides hands-on experience in finding information for diagnosis, treatment, support and more for all types of diseases and conditions. Handouts provided.

*Friday, Jan. 26; noon to 1 p.m.*

*No charge*

### Mini-Med School: Heart

Join experts in unlocking the heart's mysteries through interactive Mini-Med School classes. The sessions, led by Northwestern Memorial physicians, will explore the heart's anatomy, conditions, risk factors and treatments. Attend all four sessions and earn a certificate of completion. Registration and refreshments at 5 p.m. Lectures begin promptly at 5:30 p.m. and conclude at 7 p.m.

*Tuesday, Feb. 6; Heart 101*

*Tuesday, Feb. 13; Heart Disease Risk Reduction*

*Tuesday, Feb. 20; Valve Disease and Atrial Fibrillation*

*Tuesday, Feb. 27; Coronary Disease and Heart Failure*

*\$15/session or \$40/series*

### Vision Through Voices

Join our reading group to hear short readings on a variety of topics with a discussion following. The group meets on the fourth Tuesday of every month.

*Tuesdays, Jan. 23 and Feb. 27; 11:30 a.m. to 12:30 p.m.*

*No charge*

### Wellness Wednesdays

Join Northwestern Memorial experts to learn how to maintain and make the most of your health. Light refreshments provided.

*"Surviving the Season: Stress Reduction for a Healthy Holiday"*

From nostalgia and delight to stress and depression, holidays can trigger a variety of emotions. But don't let stress keep you from enjoying the holiday season. Lyssa Menard, PhD, will discuss staying well during this busy season and coping with potential holiday stressors.

*Wednesday, Dec. 6; 5 to 6:30 p.m.*

*No charge*

### "Vascular Care: Contemporary Treatment of Varicose Veins"

Varicose veins are common and occur for a variety of reasons. Whether you seek relief from symptoms, or are concerned about the appearance of your veins, there are treatment options available. Scott Resnick, MD, radiologist on the medical staff at Northwestern Memorial, and William Pearce, MD, surgeon on the medical staff at Northwestern Memorial, will discuss varicose veins and treatment options.

*Wednesday, Jan. 17; 5 to 6:30 p.m.*

*No charge*

### Wellness Wednesdays for Women: Heart Disease

The red dress is the national symbol for women and heart disease and is designed to inspire women to take action to protect their heart health. This program will educate you on heart disease and how it affects women. Learn about risk factors, prevention and more.

*Wednesday, Jan. 31; 5 to 6:30 p.m.*

*No charge*

### EatWise

Confused about conflicting nutritional claims in the media? 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*

## Transplantation

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

### Kidney Transplantation

Learn about kidney transplantation, from getting 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 Abecassis, MD, MBA, chief of Organ Transplantation. Transplant patient meetings held weekly at Northwestern Memorial Hospital and monthly at the Northwestern Organ Transplant Clinic in Oak Brook.

*1 to 2:30 p.m. Call for dates.*

*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. Patient meetings held monthly.

*1:30 to 3 p.m. Call for dates.*

*No charge*

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

### Expressive Art Group

A variety of art forms allow cancer survivors to express feelings, develop coping skills, gain a positive focus, relax with healing imagery and help manage symptoms such as anxiety and fatigue. For more information, contact Nancy Nainis at [nnainis@nmh.org](mailto:nnainis@nmh.org) or call 312-926-4909. Registration not required.

*Wednesdays from 10 a.m. to noon*

*No charge*

### Brain Tumor Support Group

This group provides support and education for patients with brain tumors, their families and friends. For more information call 877-926-4664 or visit [www.cancer.northwestern.edu](http://www.cancer.northwestern.edu).

*The 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*

## Prentice *Continued*

### 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. *Wednesdays, Feb. 7 or March 21; 12:30 to 1:15 p.m. No charge*

## For Multiples

### Breastfeeding Multiples

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

*Saturday, Feb. 10; or Tuesdays, Jan. 2 and March 6  
9 a.m. to noon \$45/couple*

### Marvelous Multiples™

This two-week program for those expecting twins or more features information from the Great Expectations class with emphasis on multiples.

*Saturdays, Jan. 6 and 13 or March 3 and 10; 9 a.m. to 3 p.m.  
Tuesdays, Feb. 6 and 13; 5 to 9 p.m.  
\$150/couple (includes lunch or dinner)*

### Marvelous 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.

*Friday, Feb. 16. Call for details.*

## Prenatal/Postnatal Exercise

### Prenatal Aerobics and Nia

This program pairs low-impact aerobics with 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.

*Mondays and Wednesdays; 5:30 to 6:30 p.m. Call for dates.  
\$95/series for twice a week or \$50/series for once a week*

### 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.

*Mondays and Wednesdays; 4:30 to 5:30 p.m. Call for dates.  
\$95/series for twice a week or \$50/series for once a week*

## Support Groups

### Together in the Loss of a Child

For parents of infants who have died during pregnancy or shortly thereafter. Speakers discuss subsequent children, handling the holidays and more.

*The first Thursday of every month; 7 to 9 p.m. No charge*

### 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. No charge*

### Bereavement Support Group

For anyone who has experienced the death of a loved one. Reflect on feelings, thoughts and memories and ways to grieve.

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

### Parents of Multiples Support 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 to swap ideas. Speakers discuss individuality, nutrition, sleep habits, savings and more.

*Tuesdays, Jan. 16 and March 20; 6 to 7:30 p.m. No charge*

### Endometriosis Support Group

Helps women with endometriosis cope with problems associated with the disorder and learn more about its treatment.

*Call for details. No charge*

### New Moms Group

Talk about the challenges of caring for a new baby and develop strategies with the help of other mothers and a clinical expert.

*Mondays; 11:45 a.m. to 1:15 p.m. Call for dates.  
\$120/six consecutive sessions*

**Our classes fill up quickly, so register soon. All payments, due at the time of registration, can be made with American Express, Discover, MasterCard and Visa. Call 312-926-8400 to register.**

## Children's Memorial Move Provides New Opportunities for Collaborative Patient Care

The plans to build a replacement Children's Memorial Hospital in the downtown Streeterville neighborhood will provide several opportunities for collaborative relationships to advance patient care.

The new Children's Memorial Hospital is scheduled to open in 2012 on a 1.8-acre site between Chicago Avenue and Superior Street, just west of the new Prentice Women's Hospital, which will open in the fall of 2007.

"We are excited that Children's Memorial Hospital has chosen to build its new hospital in Streeterville," says Dean M. Harrison, president and chief executive officer of Northwestern Memorial HealthCare. "The proximity of Children's Memorial to our new Prentice Women's Hospital and adjacent campus partners will offer greater collaboration in the areas of patient care, research and education, which ultimately benefits our patients and community."

Groundbreaking is scheduled for 2008. Costs for the new hospital are estimated to be \$800 million. The pediatric hospital will have 275 private rooms, each approximately 300 square feet—more than doubling the space of the 250 semi-private rooms at the hospital's current Lincoln Park location. The private room configuration will increase the hospital's capacity to serve patients by 30 percent, allowing 3,000 more patient admissions per year. By 2017, Children's hopes to expand to 343 beds.

About 500 faculty members affiliated with the department of Pediatrics at Northwestern University's Feinberg School of Medicine practice at Children's Memorial. After the move, there will be ongoing opportunities to expand academic and research partnerships to advance patient care.

"In addition to increasing research discoveries and clinical treatments through collaboration," says Kathleen Ellis, communications director of the Children's Memorial replacement hospital, "we also are confident that the closer proximity of the hospitals will improve patient access to treatments as they transition from children to adults." **M**

## Northwestern Memorial Earns Medicare Approval as Heart Transplantation Facility

Northwestern Memorial Hospital has earned Medicare approval for heart transplantation, a distinction that will provide coverage for procedures provided to Medicare beneficiaries and will allow the hospital to offer heart transplantation as an option for more patients.

To be considered a Medicare-approved heart transplantation facility, the Centers for Medicare and Medicaid Services requires that a heart program complete 12 transplants in 12 months with a one-year patient survival rate of 72 percent.

As part of the care provided by the Bluhm Cardiovascular Institute of Northwestern Memorial Hospital, the heart transplant program was re-launched in June of 2005. After one year, cardiac surgeons on the medical staff completed 15 transplants with a 100 percent survival rate. To date, 21 successful heart transplants have been achieved with a 100 percent patient survival rate.

The Bluhm Cardiovascular Institute offers a world-class heart and vascular program, comprehensive services and state-of-the-art surgical treatments in all areas of cardiovascular care. Physicians, nurses and a range of multidisciplinary specialists work together in a variety of areas to offer patients the best treatment options. **M**

## Need a Physician?

Northwestern Memorial Hospital and physicians on our medical staff accept a variety of health insurance and managed care plans.

Whether you need a primary care physician or a specialist, our Physician Referral Service can help. Our health consultants can give you information regarding a physician's practice philosophy, specialty, board certification, education, gender, years in practice, office hours and location. They also can help you schedule an appointment with a physician on the Northwestern Memorial medical staff who participates in the service.

Just call our Physician Referral Service at **312-926-8400**, Monday through Thursday from 8 a.m. to 8 p.m., Friday from 8 a.m. to 6 p.m. or Saturday from 8 a.m. to 2 p.m. For more information about Northwestern Memorial, please visit [www.nmh.org](http://www.nmh.org).

**Note:** The State of Illinois has passed legislation allowing women to designate an obstetrician/gynecologist as their principal healthcare provider for managed care plans. Women's principal healthcare providers have many of the same referral authorization responsibilities as other principal healthcare providers and can refer women to network specialists. Please check with your plan for specific administrative details. Not all physicians on the medical staff at Northwestern Memorial participate in every managed care plan. **M**



Lifetime of Health

Northwestern Memorial Hospital

Chicago, Illinois 60611-3053

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## Trial Tests Technology to Predict Patient Responses to Antidepressants

For 25 years, A. Lee Brown has battled depression. She says the illness was triggered by a string of tragedies, including the deaths of two of her sisters in their 40s and a nephew who left five small children behind.

Ms. Brown, 53, says she lost many of those years, often spending long stretches sleeping just an hour a night. "This is different than the blues most people get from time to time. The blues go away," says Ms. Brown, a Chicago resident. "This is day after day after month after month after year after year. And it is a miserable thing."

She underwent psychotherapy, and antidepressants have helped her through the years, but she says relief has been temporary.

An estimated 20 million Americans suffer from depression, making it a leading cause of disability. Only about 30 percent of those who seek treatment improve with the first antidepressant prescribed. Often, it can take weeks or months for doctors to discover whether a medication is helping, says William Gilmer, MD, psychiatrist on the medical staff at Northwestern Memorial Hospital and associate professor of Psychiatry and Behavioral Sciences at Northwestern University's Feinberg School of Medicine.

Through the Asher Center for the Study and Treatment of Depressive Disorders at Northwestern University's Feinberg School of Medicine, Dr. Gilmer is overseeing the only Midwest site of a national, multi-site research trial to study whether brain-monitoring technology can quickly determine if an antidepressant medication is working.

Currently, determining whether a patient will respond to an antidepressant is mostly trial and error. "The basic idea of the study is to see if we can predict right now who will get better 12 weeks later, which is really quite remarkable," says Dr. Gilmer.



*Readings of brain waves might help physicians immediately determine whether an antidepressant medication is helping a patient or having no effect at all.*

The trial uses electroencephalogram (EEG) tests to measure brain activity in the prefrontal cortex and anterior cingulate, areas of the brain linked to mood where antidepressant medications are thought to take effect.

Forty-five participants will be chosen for the research at Northwestern, each involved for 13 weeks with EEG tests conducted during seven visits, says Jenelle Fleck, RN, MN, CNP, research manager in the Department of Psychiatry and Behavioral Sciences at the Feinberg School. Participants must be diagnosed with major depression, with the most recent episode lasting two or more weeks, and are not eligible if they already are on a steady medication regimen. When Ms. Brown learned about the study, she applied to be a participant.

Nationwide, the trial will accept 375 participants, each receiving an FDA-approved antidepressant medication such as Lexapro, Wellbutrin XL or a combination. Participants and physicians will not see the EEG reports until the trial ends in early 2007.

After the study is complete, participants will receive referral options, including to physicians on the medical staff at Northwestern Memorial, for

the maintenance of medication and treatment as part of a standard course of care. After the trial, medications will not be provided for free and will not be a part of a research study.

Ms. Brown says she dreams of the day when she discovers what being "normal" means. "On days I'm feeling OK, I try to remember that there could be better days ahead," she says. "I don't want to forget that."

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

## Study Tests Phone Counseling for Peripheral Artery Disease Patients

Three years ago, when Alice Davies walked her granddaughter to and from school, she stopped every block to rest. Her legs felt heavy, tight and painful to the touch.

A visit to her neighborhood health clinic revealed she suffered from peripheral arterial disease, a condition in which the arteries in the legs become narrowed due to plaque buildup. While some, like Ms. Davies, experience cramping, pain or tiredness in the leg or hip muscles during activity, others do not experience any symptoms. But the effects of the disease can be serious.

"Peripheral arterial disease patients are at markedly increased risk of suffering a heart attack or stroke," says Mary McDermott, MD, a physician on the medical staff at Northwestern Memorial Hospital and associate professor of Medicine and Preventive Medicine at Northwestern University's Feinberg School of Medicine.

Dr. McDermott is overseeing a federally funded research study that uses ongoing telephone consultations to help individuals with peripheral arterial disease manage their symptoms and improve risk factors for heart disease and stroke. Patient participants are being recruited at Northwestern and at the University of Massachusetts.

"Our prior work has established that patients with the disease are significantly less likely to receive preventive therapy to protect against heart disease and stroke compared with patients who have a history of heart attack," says Dr. McDermott.

The current study aims to help patients learn ways to minimize their risk for heart disease and stroke and improve communication with



*Alice Davies receives guidance on lifestyle changes to lower her cholesterol.*

their physicians so they receive optimal treatment. Dr. McDermott hopes to enroll about 220 patients at the Northwestern site by spring of 2008.

Though Ms. Davies' physician had prescribed her a cholesterol-lowering medication and suggested changes to her diet and exercise, she applied to be a participant in the study. Individuals with an LDL ("bad") cholesterol of greater than 70 who have peripheral arterial disease or peripheral arterial disease symptoms are encouraged to apply. Participants are randomly placed in one of three groups that will receive either phone counseling to help lower LDL, phone counseling to increase knowledge about peripheral arterial disease or no phone calls at all. As part of the group that receives counseling to lower LDL, Ms. Davies receives a 20- to 25-minute phone call from a behavioral therapist every six weeks. The therapist talks to her about nutrition, helps her monitor medications and develops discussion topics for her to bring up with her doctor. She also receives health information by mail and has received a pedometer to track her physical activity.

She will visit Northwestern Memorial for three screenings to measure her progress. "If we can establish that telephone counseling is an effective intervention, it would be important to see it incorporated into the medical management of patients with peripheral arterial disease," says Dr. McDermott. In a practice setting, she says, such calls could be made by staff trained in behavioral change.

"Lifestyle changes are difficult to sustain without adequate information, and physicians can only provide a certain amount of education during an office visit," says Robert Havey, MD, a physician on the medical staff at Northwestern Memorial and clinical assistant professor of General Internal Medicine at the Feinberg School, who often treats patients with high cholesterol. "Patients need information repeated and reinforced, which results in improved understanding and better compliance."

Ms. Davies already has lowered her LDL from nearly 400 to about 180. Her leg pain is gone, and she walks often for exercise.

She says the telephone counseling encourages her to stick with the changes she's made. "It's meaningful to know that someone cares enough to call me and help me remember to take care of myself," she says.

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

## Patient-Focused Technology in the New Prentice Women's Hospital

New technologies that support patients and caregivers are being tested for use in the new Prentice Women's Hospital, scheduled to open in the fall of 2007.

"As we planned for the new Prentice, we recognized early on that advances in technology would enable better caregiver communications and services to our patients and their families," says Tim Zoph, vice president of Information Services and chief information officer.

An interactive scheduling system that uses electronic LCD screens in nursing areas to display the real-time status of patients prior to, during and after surgical procedures may replace or supplement dry-erase boards typically used to alert caregivers of a patient's daily schedule. The system will help caregivers better anticipate the needs of patients during the course of their care.

A new nurse call system will allow patient calls to be sent directly to wireless devices carried by nurses. A similar wireless communication system in the neonatal intensive care unit will directly notify an infant's nurse of a health concern.

Other amenities designed specifically for use by patients also are being evaluated for possible use. An electronic room service system for meals will allow inpatients to view menus on their in-room television screens and order their meals directly from food service by phone 24 hours a day. Patient services offered via in-room televisions will allow patients to have bedside access to several amenities, including health education and information, entertainment and the Internet.



The new Prentice Women's Hospital opens in the fall of 2007.

In addition to specific systems currently being tested, the new Prentice also is wired for compatibility with technologies that may be introduced in the future.

Building on more than a century of excellence in caring for women and their families, the new Prentice will replace the existing Prentice facility and support extraordinary healthcare through a commitment to world-class medicine, research and education.

The new Prentice and its related women's health programs will set the standard for women's healthcare through all stages of life. Built with the needs of women and their families in mind, the new Prentice will feature family-focused amenities including specially designed waiting areas, all private rooms with Internet access and visitor beds for overnight accommodations.

It will be the second state-of-the-art facility to open on the medical campus since the Galter and Feinberg pavilions opened in 1999. The new Prentice will house the Lynn Sage Comprehensive Breast Center and the Renée Schine Crown Neonatal Intensive Care Unit, one of the nation's largest neonatal intensive care units. The new Prentice will continue to serve as the Midwest's largest birthing center with the capacity to deliver up to 13,600 newborns a year. **M**

### New Prentice Web Site: 'We Treat You Like a Person, Not a Patient'

For up-to-date health and wellness information for women at all stages of life, visit the new Prentice Women's Hospital Web site at <http://prentice.nmh.org>. The site highlights women's specialties and services, class and program listings and provides a link to *The Source for Women*, Northwestern Memorial Hospital's quarterly women's health magazine. The site also offers women the opportunity to build a personal wellness Web site and to read about ongoing progress at the new state-of-the-art Prentice facility, which will open in the fall of 2007.

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

# Lifetime of Health

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Thank you.

