Preventing Sudden Cardiac Death in our Youth!

ADVANCED Cancer Treatment in Grundy County

Knee Replacement can change your life
Total knee replacement can be a life-changing surgery. So much, in fact, that Orthopedic Surgeon Keith Rezin, M.D., says after undergoing surgery, many of his patients tell him they should have had their knee replaced years ago.

“Patients come to me in varying degrees of knee pain,” says Dr. Rezin, a physician on the medical staff at Morris Hospital. “Some have suffered for years to the point that they have curtailed or completely stopped some of their favorite activities.”

Dr. Rezin says he loves to see his patients a few months after their surgeries and hear their stories of travel and golf and enjoying friends and family like they hadn’t been able to in a while.

Improved Technique

Today, the knee replacement surgical technique is better than ever.

“Knee replacements have come a tremendously long way in the last seven to eight years,” says Dr. Rezin. “I’ve been doing the procedure for 30 years now, and it’s amazing to see the transformations in total knee replacements. For numerous reasons, people are bouncing back so much quicker today. The technique has gotten so much better.”

Today, the knee prosthesis itself is made to fit each patient’s own individual anatomy by using a custom cutting jig based on the patient’s MRI. And because the knee prosthesis lasts longer, patients can have the surgery at a younger age.

“I believe we’re going to get 20, 25 years out of today’s knee prostheses,” says Dr. Rezin. “As a result, I feel more comfortable doing a knee replacement on a younger person than I might have, say, 10 years ago.”

Another reason knee replacement surgery has gotten better is due to the effects of a new anesthetic injected around the knee during surgery. It’s a strong pain-reliever that lasts three to four days post-op, which helps with the all-important rehabilitation.

Dr. Rezin believes patient education also plays an important role. His patients receive extensive pre-op education so they know well in advance about the physical therapy they will need to get back on their feet and comfortable as soon as possible.

“The vast majority of my patients are doing very well two weeks after surgery,” he says. “They are walking well by that time, many without a walker or cane, and feeling comfortable. At six weeks, 95 percent feel well enough that they don’t have to come in to the office again.”

Is it Time for a New Knee?

Knee pain, a crackling sound or swelling in the knees are signs that the knee joint is deteriorating. Causes can be osteoarthritis, rheumatoid arthritis or post-arthritis from an injury or previous knee procedures.

Evaluations by an orthopedic surgeon include taking a patient history, doing a range of motion exam, observing the patient walking, and taking an X-ray.

While not everyone qualifies for knee replacement surgery, Dr. Rezin says sometimes those who do might not be ready for surgery. He lets patients decide when they feel the time is right.

“With knee replacement, we can get people moving quickly and safely with very minimal risks,” he says.

To find an orthopedic surgeon on the medical staff at Morris Hospital, go to morrishospital.org/doctors.
Patients who have knee replacement surgery begin an immediate physical therapy program to ensure a full and healthy recovery. The physical therapists at Morris Hospital do a great job helping patients achieve their goals.

Life After Knee Surgery

Morris landscape architect Jay Zumbahlen, 61, has always loved being active. He plays basketball and golf and walks plenty at his job sites.

About three years ago, he started noticing pain in his left knee and treated it with ice and a mild pain reliever. The knee pain worsened as he and his wife began a high-intensity training program, CrossFit.

“During that time, I really started feeling some severe pain during and after workouts,” says Jay. “I was taking a lot of ibuprofen and would just go through the pain because I was enjoying what I was doing.”

While Jay thought the fix for his pain might be a simple one, an examination by orthopedic surgeon Keith Rezin, M.D., revealed enough arthritic damage to his knee that a replacement was recommended. “I was very hesitant,” he says. “I thought, I don’t want to do this at all”

However, Jay decided to take Dr. Rezin’s advice and had his knee replaced last October. After completing rehab, he returned to CrossFit training in January and has since returned to the competition circuit, working his way up the qualifying ladder over the spring to emerge at number 145 worldwide in the CrossFit Masters Division in his age group.

“My knee feels great, and my experience has been awesome,” Jay says. “Every day, my knee just gets better and better.”

The Road to Recovery

“We work with our patients on a one-to-one basis,” Morris Hospital physical therapist Elaine Gengenbacher says. “That’s our biggest asset because not all physical therapy centers do that. Our therapists also have a wide variety of long-term experiences that they bring to the department. Several are also certified in specialized services, such as orthopedics.”

Gengenbacher says knee replacement physical and occupational therapy begins while the patient is still in the hospital, and then continues on an outpatient basis for an average of four to six weeks. While the primary goal is to help the new knee regain its range of motion and strength, physical therapy after knee replacement surgery also helps increase circulation and decrease swelling.

The Morris Hospital therapists also teach patients how to properly use a walker or a cane, how to regain their gait and how to return to everyday activities.

Post-knee replacement therapy is offered at three Morris Hospital locations: the Diagnostic and Rehabilitative Center on Gore Road in Morris, the Ridge Road Campus in Channahon and the Yorkville Campus on Saravanos Drive. For more information, call 815-364-8919 or visit morrishospital.org/rehabilitationservices.

Life After Knee Surgery

Morris Hospital offers physical therapy in Channahon, Morris and Yorkville.

Morris Hospital Knee Replacement Outcomes - 2016

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Morris Hospital brings cardiac screening to area high schools

When Polly Ward received an email from Minooka High School last fall about a free, cardiac screening program being offered at the school through Morris Hospital, she didn’t hesitate to sign up her two teenagers. Polly remembered hearing stories about seemingly healthy, active kids who died suddenly due to undiagnosed heart conditions.

As soon as a nurse from Morris Hospital called and said 16-year-old Mick’s EKG was abnormal, Polly and her husband, Chris, quickly made sure their son had all the appropriate follow up. They were surprised to learn that their cross country runner and tennis player son had Wolff-Parkinson-White Syndrome, a condition characterized by abnormal electrical pathways in the heart that cause a disruption of the heart’s normal rhythm. In rare cases, arrhythmias associated with WPW syndrome can lead to cardiac arrest and sudden death, according to the National Institutes of Health.

“Mick is a really healthy, fit kid who runs distances of 8-10 miles,” says Polly. “This is something he was born with that likely wouldn’t have been detected if it weren’t for the cardiac screening at the school. He was never lightheaded or short of breath, and he never felt an irregular heartbeat. He didn’t have any symptoms.”

Mick is one of over 3,000 students at seven area schools who participated in Morris Hospital’s new Rhythm of Our Youth screening program this past school year. On a pre-scheduled day, Morris Hospital brings in a specially trained volunteer crew who spends a full day performing EKG screenings on students who have parental permission. During the screening, electrode adhesives are placed on the student’s chest, arm and ankles, and the electrodes then provide the electronic tracing of the heart rhythm. The test takes about three minutes, is painless and aims to catch the small percentage of students who are at risk for sudden cardiac death.

Of the students screened last school year, about 3 percent were referred to their physician for follow-up. Typically, less than 1 percent of the students are found to have a medical problem that requires cardiac intervention.

“The EKG is a screening tool that can offer clues to an underlying heart problem,” says G. Steinar Gudmundsson, M.D., a Morris Hospital cardiologist and Medical Director of Rhythm of Our Youth. “We have found a few students with potentially serious problems, and in general, they have had good outcomes. The benefits of the program can be many, but mostly to help find young individuals with undiagnosed heart problems before they can have a negative impact on their lives.”

The idea for Rhythm of Our Youth originated from a Morris Hospital employee and bloomed into a community-supported program that now features a 10-member team and cast of volunteers. The EKG machines and other supplies needed to conduct the screenings are funded through gifts to the Morris Hospital Foundation from community members.

The program is open to all students, not just those who participate in organized school athletics.

For Mick Ward, the diagnosis lead to having a procedure at Advocate Christ Medical Center called a cardiac ablation where the nerve ending on his heart that was causing the rhythm abnormality was cauterized. Mick recovered for just one week and then returned to normal activities.

“I don’t know when Mick would have ended up having an EKG,” says his mother. “I feel so grateful that Morris Hospital would come into our high school and perform something that’s a life changer.”

For more information, visit morrishospital.org/rhythmofouryouth.

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Rhythm of Our Youth Screening Schedule 2017-18 school year:

- Ottawa Marquette H.S. – September 1
- Dwight H.S. – September 22
- Yorkville H.S. – October 3 & 4
- Yorkville H.S. Academy – October 11
- Reed-Custer H.S. – October 31
- Wilmington H.S. – November 14

Students must have parental permission to participate. Consent forms are available from the school or online at morrishospital.org/rhythmofouryouth.

Note: The Rhythm of Our Youth Screening program was held at Cool City H.S., Gardner-South Wilmington H.S., Minooka H.S., Morris H.S., Newark H.S., Seneca H.S. and Premier Academy during the 2016-17 school year. Morris Hospital will return to these schools in 2018-19.

To volunteer at the screenings call 815-705-7022.
The Statistics are Startling.

One-quarter of adults in the five counties served by Morris Hospital are overweight and one-third are obese according to the most recent Community Health Needs Assessment conducted by Morris Hospital in collaboration with the Grundy County Health Department. That’s a shift from 2013 when one-third were overweight and one-fourth obese.

Overweight and obesity are just two of many health concerns Morris Hospital monitors by conducting a Community Health Needs Assessment every three years. The report is compiled using data from a variety of local, county and state sources, along with information and opinions obtained during targeted interviews with individuals who represent the broad interests of the community served by Morris Hospital, including representatives from Coal City School District, Grundy County and Kendall County Health Departments, Channahon Park District, and area healthcare providers.

Along with overweight and obesity, other significant health issues that were identified for area counties include: access to health care, asthma/lung disease, cancer, cardiovascular disease, diabetes, mental health, preventive practices, and substance abuse.

In response to the findings, Morris Hospital asked community stakeholders to help prioritize the identified health needs. Based on their input, mental health, substance abuse, and preventive practices (screenings, vaccines, nutrition, physical activity) were identified as the top three priorities.

“At this time, we are in the process of creating a three year implementation strategy that focuses on addressing these health issues with a goal of creating a healthier community,” says John Roundtree, Planning Manager at Morris Hospital.

Here are some of the other key findings among the five counties in Morris Hospital’s service area:

- Heart disease, cancer, stroke and lung disease are the leading causes of death in all five counties.
- Of the five counties, Grundy has the highest incidence rate for all cancers (530.2 per 100,000 persons), Grundy County also has the highest incidence rate of lung cancer (92.2), colorectal cancer (54) and esophageal cancer (8.1). LaSalle County has the highest rate of prostate cancer (176.9) and Will County has the highest rate of breast cancer (128.8).
- Among adults, between 18.7% and 25.9% of the population rated their mental health as ’Not Good’ for between 1 and 7 days in the past month. Mental health ratings of ’Not Good’ for between 8 and 30 days in the past month were reported by an additional 10.4% to 15% of the population.
- Grundy, LaSalle and Will are below state averages for obtaining yearly flu shots.
- In Grundy, LaSalle and Livingston, the rate of binge drinking (five or more drinks per occasion for males; four or more for females) exceeds the state rate of 20.3%.
- Smoking continues to be a leading cause of preventable death. Smoking prevalence among adults in Grundy County and LaSalle County is higher than the state rate of 16.7%, with 24.9% of Grundy County residents being smokers and 21.4% of LaSalle County residents.

An entire copy of the Community Health Needs Assessment can be found on www.morrishospital.org/chna. Paper copies are available by calling 815-705-7009, or by filling out the form under Contact Us on the hospital’s website and typing “Community Health Needs Assessment” in the questions/comments field.

The five counties included in Morris Hospital’s Community Health Needs Assessment are: Grundy, Kendall, LaSalle, Livingston and Will.

Get Healthy with Morris Hospital!

Get Moving! Morris Hospital offers a free exercise class for adults age 55 and older. Check the schedule at morrishospital.org.

Know your heart disease risk! Take our free, online heart risk assessment from the convenience of your own home by going to morrishospital.org/getcheckednow.

Manage diabetes! Morris Hospital’s Diabetes Education Center is a great resource for help with diabetes management. Check morrishospital.org for a schedule of free diabetes education classes, or call 815-705-7367 for information on one-on-one education.

Seek support! Being diagnosed with a medical condition or illness can take a toll on your mental health, as well as your physical well being. Learn more about our many support groups for individuals with cancer, heart failure, stroke, and chronic pulmonary conditions by checking the calendar on morrishospital.org.
Keeping the Rhythm
with pacemakers and defibrillators

Under normal conditions, the heart adjusts the beat to the demand of our body through its own natural pacemaker and electrical conduction system. But on occasion, certain abnormalities can cause a person's heart rhythm to veer off its native beat.

If the beat is too fast, the heart may lose control. If the beat is too slow, the heart may fail to keep up. Once the heart is out of tempo, the body is no longer in harmony.

As Muhammad Marwali, M.D., has seen, people of all ages can experience a variety of heart-rhythm conditions that can cause their heart to fall out of sync. In those instances, patients with abnormal heart rhythms can benefit from pacemakers and defibrillators, which can add years, energy and hope to a person's life.

"They're lifesaving and life-changing," says Dr. Marwali, a board-certified electrophysiologist with Morris Hospital Cardiovascular Specialists who specializes in the diagnosis and management of heart-rhythm conditions. "Cardiac devices can improve a person's quality of life. After recovering from the procedure, patients can return to their normal routine without practically any limitations."

Dr. Marwali is qualified to perform the implantation of cardiac devices including pacemakers and defibrillators. He says implanting these intra-cardiac devices involves a low risk procedure that can be performed in the Morris Hospital Cath Lab with typically only a one-day hospital stay for observation.

"From what I've seen, most patients who've received a pacemaker can feel the difference," Dr. Marwali says. "It can fix the problem and make them feel better."

Pacemakers

Pacemakers are small devices that send low, electrical pulses to pace the heart when it beats too slowly—a condition called bradycardia. People with a slow heartbeat can experience symptoms such as passing out, dizziness, shortness of breath and chest pain.

According to Dr. Marwali, a slow heartbeat can be the result of simply getting older as "wear and tear" in the heart's electrical conduction system begins taking its toll. While most pacemaker recipients are seniors, people of any age can have an inherent electrical conduction system problem that can be remedied with a pacemaker.

"Many conditions can manifest themselves as bradycardia," Dr. Marwali says. "In seniors, a slow heartbeat may indicate an arrhythmia or it may indicate heart blocks. Even in some younger patients, a slow heart beat may indicate an electrical conduction disease that causes symptoms."

Defibrillators

Defibrillators, on the other hand, are typically used to treat the heart when it is beating too fast. Like pacemakers, a defibrillator is implanted in the chest with the lead— or wire—threaded to the patient's heart. The lead senses the heartbeat and sends an electrical impulse when it detects a heart-rhythm abnormality. If it detects cardiac arrest, it delivers a shock.

Dr. Marwali says ideal candidates for defibrillators are patients with severe congestive heart failure, cardiomyopathy, congenital heart disease or an inherited disease of the heart that increases the risk for cardiac arrest. Symptoms of these conditions can include feeling dizzy or light-headed, palpitations, feeling the heart racing or shortness of breath.

"Both pacemakers and defibrillators are truly lifesavers," Dr. Marwali says.

In addition to preventing catastrophic heart events, both pacemakers and defibrillators are capable of remote monitoring and are programmed to adjust to physiologic increases in a person's heart rhythm during activities like exercise. Dr. Marwali specifically recalls one patient who returned to hunting and another who returned to serving in the Army.

"These patients can do anything they want," he says. "If they exercise, the device will pace their heart according to their normal physiologic needs. There are no limitations."

In addition to implanting pacemakers and defibrillators, an electrophysiologist diagnoses and treats all arrhythmias and heart-rhythm problems, including: Ablations of Arrhythmias - Atrial Fibrillation, Ventricular Tachycardia, Supra Ventricular Tachycardia (SVT), and Wolff-Parkinson-White Syndrome

Congenital Channelopathy - Long QT Syndrome, Brugada Syndrome.

For more information, call Morris Hospital Cardiovascular Specialists at 815-705-1000.
Nestled behind the emergency room at Morris Hospital, a group of rooms buzzes with determined nurses and radiology technicians whisking back and forth, clad in blue gowns. Behind the door, the unit reveals an array of state-of-the-art equipment, computers, screens, lights and cabinets stocked with specialized medical supplies. But it's always the staff, moving smooth, certain and precise, who bring it all to life. “The staff is like a well-oiled machine,” says Jori Christensen, Director of Morris Hospital’s Cardiovascular Services. “This is a very dynamic group that knows what needs to be done. It just comes naturally.”

This unique crew powers Morris Hospital’s Catheterization Laboratory, or Cath Lab, which is a specially designed unit for advanced cardiovascular diagnostic testing and procedures such as coronary and peripheral angiography, angioplasty, stenting, pacemaker and defibrillator implantations, along with interventional radiology special procedures.

Treatment for Heart Attacks
While most of these tests and procedures are scheduled in advance, the Cath Lab is also the place patients are taken if they are experiencing a potentially fatal heart attack in which the coronary artery is blocked and requires immediate response. Using images obtained with the Cath Lab’s Siemens Artis Zee cardiovascular angiographic system, specially trained cardiologists at Morris Hospital are able to open blocked arteries and restore blood flow to the heart during a procedure called coronary angioplasty. Stents, tiny, wire mesh tubes — are used with angioplasty to hold the artery open.

“When a patient is having a heart attack, timing is very important,” says Syed Ahmed, M.D., an interventional cardiologist with Morris Hospital Cardiovascular Specialists. “If you delay treatment, major damage to the heart muscle can begin to occur and the patient can lose their life.”

“Because we have the capabilities of the Cath Lab here at Morris Hospital, within the matter of an hour, the patient can be back in stable condition. That is why the Cath Lab at Morris Hospital is so important. It’s where we respond to emergent cases and save lives.”

Because heart attacks can happen at any time, an interventional cardiologist and team from the Cath Lab staff is on call at all times and ready to intervene within 30 minutes. Door-to-balloon is defined as the time it takes from the minute the patient arrives in the emergency room to the time the patient is in the Cath Lab and the blockage is open. Whereas the national benchmark for “door-to-balloon time” is 90 minutes, the average door-to-balloon time at Morris Hospital is 62 minutes, with a hospital-best time of 23 minutes.

The close proximity of Morris Hospital’s Cath Lab and quick response from the staff is often lifesaving for patients who need emergent care. “We are the first line of defense in many cases,” Christensen says. “Time is tissue. The sooner we can get intervention for patients having a heart attack, the better.”

Beyond Heart Attacks
In addition to emergency cases, the Cath Lab also provides the equipment and setting for patients who need other cardiac, peripheral or interventional radiology procedures, including pacemakers and defibrillators.

“Because of the Cath Lab capabilities at Morris Hospital, we are able to better serve the community,” says Muhammad Marwali, M.D., an electrophysiologist with Morris Hospital Cardiovascular Specialists. “We can do more cardiac procedures right here in Morris. This makes it easier for patients so they don’t have to travel far from home.”

According to Christensen, the variety of procedures performed in the Cath Lab keeps the team on its toes. While one procedure may be focused on a heart artery, the next on a leg artery, and the next on the implantation of a pacemaker, that’s how life is in the Cath Lab.

“You never know what’s coming through the door,” Christensen says. “We are definitely a fluid department and have to be flexible. Being able to provide advanced, lifesaving services for our community is definitely rewarding.”

Know the Heart Attack Warning Signs
Don’t wait to get help if you experience any of these warning signs:

- Chest discomfort 
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach. 
- Shortness of breath 
- Cold sweat, nausea, lightheadedness

For a free heart attack warning signs magnet, go to morrishospital.org/magnet
Thirteen years ago, Morris Hospital & Healthcare Centers made a commitment to providing advanced cancer treatment for the community by opening the Radiation Therapy Center on West U.S. Route 6 in Morris. That commitment was recently renewed through a $2.6 million investment that brings the most advanced cancer treatment planning and delivery system to Grundy County.

Called TrueBeam™ from Varian Medical Systems, the system uses imaging and radiotherapy technology to treat cancer with speed and accuracy while avoiding healthy tissues and organs. While TrueBeam was designed for complex cancers of the head and neck, lung, breast, stomach and brain, it also can be used to treat cancers of the liver and prostate, along with other cancers treated with radiation therapy.

“Our new technology gives physicians the tools to treat many different types of cancers,” says Liz Bates, Director of Imaging Services at Morris Hospital & Healthcare Centers, explaining that radiation therapy involves the use of x-rays or energy particles to destroy cancer cells or damage their ability to reproduce. “For the patient, treatments with TrueBeam are faster and more accurate. The new system has also allowed us to expand the treatment options we can offer patients, even for the most challenging cases.”

Along with a new linear accelerator that delivers radiation treatment, Morris Hospital has a new GE 4-D CT scanner that’s used strictly for cancer treatment planning purposes, a new Eclipse cancer treatment planning software system, and a new oncology-specific electronic medical record system called Aria. The new cancer treatment system was funded in part by the community with proceeds from the 2016 Morris Hospital Auxiliary Gala and gifts to the Morris Hospital Auxiliary and Foundation.

During treatments, the linear accelerator rotates around the patient’s body to deliver radiation therapy from nearly any angle. Because of greater accuracy, radiation oncologists can direct higher doses of radiation. The TrueBeam linear accelerator also has a sophisticated motion management feature that helps protect nearby healthy tissue and critical organs by synchronizing radiation beams with the patient’s breathing. That means doctors can treat a moving lung tumor as if it were standing still.

Another advantage of the system is faster treatment times. Whereas a standard intensity-modulated radiation therapy treatment with the original system typically took about 20 minutes, the treatment time with the TrueBeam is reduced to four or five minutes, a real benefit for patients.

“Nobody wants to lay on a table longer than they have to, especially patients who are in pain,” says Cassandra Worley, a Radiation Therapist and Supervisor at Morris Hospital’s Radiation Therapy Center.

Along with Worley, the treatment team at Morris Hospital’s Radiation Therapy Center includes two additional radiation therapists, an oncology nurse, and a patient service representative, all who have been part of the program since it opened in 2004. Working with a dosimetrist, Radiation Oncologists Ommar Hla, M.D., and Gregory Treharne, M.D., develop a customized treatment plan for each individual patient.

A number of support services are provided for patients, along with free transportation to and from treatments through the Morris Hospital Patient Transportation Service.

For more information, call 815-364-8915, or visit morrishospital.org/cancer.
Relief from Lymphedema Symptoms

A new, outpatient therapy service from Morris Hospital is assisting patients suffering from lymphedema, a chronic, often progressive condition that can result in excess swelling of the head, arm, leg, and/or trunk caused by disruption of the lymphatic system. Therapy is provided with specially trained physical therapists at the Diagnostic & Rehabilitative Center of Morris Hospital, 100 W. Gore Road in Morris.

Lymphedema can occur following some surgeries, trauma, disease or radiation therapy that results in damage to the lymphatic system and can lead to cellulitis, a potentially serious bacterial skin infection. The first signs of lymphedema include heaviness, aching, burning, stiffness, and tight jewelry.

“Lymphedema is most effectively managed with a combination of treatments known collectively as Complete Decongestive Therapy (CDT),” says Valerie Skroch, Certified Lymphedema Therapist. “While there presently is no cure for lymphedema, we can help patients effectively manage the condition through clinical treatment, education and support to patients and families, and individual efforts at home.”

Treatment may include manual lymph drainage to stimulate and redirect lymph flow through specialized massage; compression with bandaging, garments and occasionally pumps; exercise to assist the muscle pump to move fluid and improve motion and strength; and skin care to maintain healthy tissue and prevent infection.

For more information, call 815-364-8919, ext. 7826.

Look Who Made the 100 Great Community Hospitals List...Again!

Morris Hospital & Healthcare Centers’ was named to Becker’s Hospital Review's 100 Great Community Hospitals list for the second year in a row in recognition of quality care, patient satisfaction and overall excellence.

The Becker’s Hospital Review editorial team selects hospitals for inclusion based on analysis of key awards, rankings and certifications, in addition to the hospital’s reputation for leadership and innovation. According to Becker’s, the institutions featured on the list play a key role in their communities. Several of the listed hospitals have rolled out unique population health initiatives over the past few years and are among the highest employers in their region.

Becker’s Hospital Review is a monthly publication offering up-to-date business and legal news and analysis relating to hospitals and health systems. This is the sixth year Becker’s has published a list of 100 Great Community Hospitals, with a “community hospital” defined as one with fewer than 550 beds that has minimal teaching programs. Hospitals do not pay to be included on the list.

Pay Your Hospital Bill Online!

Online bill pay is now available through Morris Hospital’s patient portal for both physician office payments and hospital based patients. Patients must have an established patient portal account in order to use the online bill pay feature. For help setting up a My Health® Morris Hospital patient portal account, call 815-705-7700, or email myhealthmedicalrecords@morrishospital.org.

For help setting up a physician office portal account, contact your physician office directly.

Welcome New Physicians

- Anesthesiology:
  Christine Prekezes, M.D.
  150 W. High St., Morris
  815-942-2932

- Family Medicine:
  Shailly Macker, M.D.
  105 Saravanos Dr., Yorkville
  630-553-4600

- Hospitalist:
  Shahaab Uddin, M.D.
  150 W. High St., Morris
  815-942-2932

- Pathology:
  Hector Lugo, M.D.
  150 W. High St., Morris
  815-942-2932

- Podiatry:
  Kyle Templin, D.P.M.
  810 E. Division St., Coal City
  815-634-2324
  2081 Ridge Rd., Suite 113, Minooka
  815-521-9347

Looking for a physician?
Go to morrishospital.org/doctors to search by town or specialty.

Be sure to check out our physician profile videos when you go to our website!
Falls are the leading cause of non-fatal injuries in children, with their developing muscles and bones and penchant for daredevil activities. Those between childhood and old age suffer their share of injuries from falls, as well, and many times end up in surgery or physical therapy or are seen walking around town with crutches or orthotic boots.

But the segment of the population that perhaps suffers most from falls is older adults. The Centers for Disease Control and Prevention reports that one out of three older adults falls every year.

According to Ryan Bechtel, Morris Hospital lead physical therapist, falls can have an enormous impact on quality of life.

“Falls are a huge threat to the health of our senior population,” Bechtel says. “They are the leading cause of injuries and deaths for seniors and can lead to lengthy hospitalizations or time spent in long-term care facilities. The injuries can also affect their ability to live independently.”

There are several ways to reduce the chance of falling, according to Bechtel. One is to make sure leg and core muscles are in good shape since strength and balance are important in preventing falls. Seniors should also have regular eye exams to make sure their sight is acute and glasses are the correct strength.

Getting rid of floor clutter and other tripping hazards in the home, such as throw rugs, may also help, as will installing stair rails and bathroom grab bars.

And just because there is no snow or ice around during the summer doesn’t mean outdoor surfaces won’t be slippery. Areas around swimming pools and lawn sprinklers might be slick during the warmer seasons. Bechtel advises to be careful when walking on lawns and paths, as uneven surfaces may also cause stumbles.

“Be sure to tell your medical provider if you have had a recent fall or if you feel you might not have good balance,” says Bechtel.

The Role of Physical Therapy

Individuals at risk for falling may benefit from physical therapy, which helps strengthen muscles to avoid falls. Physical therapy typically begins with a variety of assessments designed to catch weaknesses that could lead to a fall.

“Through physical therapy, we develop a tailored program to help improve any balance deficits,” Bechtel says.

Through one-on-one physical therapy, Morris Hospital also provides treatment for individuals who have experienced injuries due to a fall. Treatments range from deep tissue massage, ultrasound therapy, electrical stimulation, flexibility stretches and joint mobilizations.

Morris Hospital offers physical therapy services at three locations: In Channahon at the Morris Hospital Ridge Road Campus; in Morris at the Diagnostic & Rehabilitative Center on Gore Road, and in Yorkville at the Morris Hospital Yorkville Campus. For more information, call 815-364-8919, ext. 7826.

Fall Prevention Awareness Day!

Free Event

Friday, September 22
11 a.m.-1 p.m.
Morris Hospital
Whitman Education Rooms

Learn what you can do to prevent accidental falls!

• Assistive device demonstrations
• Home interventions
• Medication review (bring a list of your medications!)
• Fall risk screenings
• Eye sight evaluations
• Presentations on fall prevention, exercise and medications
• Open house style
• Light refreshments and giveaways

Registration is not required.
For information, call 815-705-7025.
HEART HEALTH

What Everyone Should Know About their Heart Medications
September 14, 6-7 p.m.
It's important to understand the purpose of your heart pills and to be aware of side effects and drug interactions. Learn this and more during an informative discussion with Morris Hospital Pharmacist Dr. Carolyn Spiegel. Register online or call 815-705-7832. (Free)

Do You Have Rhythm? What You Should Know about Irregular Heart Beats
October 26, 5-6 p.m.
Dr. Muhammad Marwali, a cardiologist specializing in electrophysiology, will discuss different types of irregular heartbeats, including atrial fibrillation, and their signs, symptoms, diagnostic tests and current treatment options. Register online or call 815-705-7832 (Free)

HEALTH SCREENINGS

Skin Cancer Screening
August 25, 9 a.m.-12 p.m. at Morris Dermatology, 1499 Lakewood Drive, Morris
The American Cancer Society recommends a self-exam of the skin once a month to check for any changes in patterns of moles, freckles or other marks on the skin. A skin exam by a doctor or qualified health professional is also recommended as part of a routine cancer checkup. To register, call 815-416-6089. (Free)

Diabetes Screening
November 3, 7-9 a.m., Morris Hospital main lobby, Channahon Healthcare Center, Morris Hospital Yorkville Campus, Morris Hospital Ottawa Campus, Family Physicians of Coal City
86 million people are estimated to have pre-diabetes, and most do not know it. This free screening includes a quick fingerstick blood glucose test to find out if you have diabetes or at high risk to develop it. For best results, fast for 12 hours. Registration is not needed. For information, call 815-705-7367. (Free)

Wellness Wednesdays
Appointments are available every Wednesday at Morris Hospital by calling 815-416-6089. Appointments are available weekdays from 8 a.m.-3 p.m. at the Morris Hospital Yorkville Campus by calling 630-553-8200. Take a step toward living a healthier life by keeping a check on your health. Choose from this menu of screenings:
- Abdominal aortic aneurysm (ultrasound) - $40
- Peripheral artery disease (ultrasound) - $40
- Carotid artery (ultrasound) - $40
- Artery screening bundle (all three above) - $100
- Heart healthy screening (blood test) - $35
- Testosterone (blood test) - $50
- Vitamin D (blood test) - $50

Online Risk Assessments
Check your risk for heart disease, stroke, and peripheral artery disease any time from the convenience of your home. You’ll receive instant results, plus a 6-page report that outlines how to reduce your risk factor. Go to morrishospital.org/getcheckednow. (Free)

HELP FOR DIABETES

Stress Management
September 12, 6-7 p.m.
We all have stress in our lives. Because stress can have varied impact on diabetes, learning how to manage stress effectively will help individuals with diabetes achieve closer to normal glycemic excursions. Join Michelle Yost, Nurse Practitioner and Certified Diabetes Educator, to learn new, more positive ways to deal with stressful events in your life and better manage your diabetes. Registration is not required. For information, call 815-705-7367. (Free)

Medicare Benefits for Diabetes
October 10, 6-7 p.m.
Medicare can be confusing, and knowing what benefits an individual with diabetes can take advantage of may help in understanding and managing this complex chronic disease. Come and get helpful information on how to choose a plan, benefits you may have access to, and advantages of those benefits. Registration is not required. For information, call 815-705-7367. (Free)

KID’S CLASSES

Babysitter’s Training Course
September 9, 9 a.m.-3 p.m.
Designed for youths age 11 and older, this course can help babysitters: interview for a babysitting job, choose safe and age-appropriate toys and games, perform first aid, learn diapering and feeding techniques, handle bedtime issues, and learn tips for having a safe babysitting experience. Participants should bring a doll to class. Lunch is included. Register online or call 815-705-7365. ($40)

LIVING WITH CANCER

I Can Cope Cancer Support Group
September 14, November 9, 1-3 p.m. at the Morris Regional Oncology Center, 1600 West U.S. Route 6, Morris
This American Cancer Society educational series is for people facing cancer, either personally or as a friend or family caregiver. Register online or call 815-364-8915. (Free)

Look Good Feel Better
November 13, 1-3 p.m. at the Morris Regional Oncology Center, 1600 West U.S. Route 6, Morris
In addition to quarterly meetings, support group members gather during the other months to assure continuous support is available. For additional details, please call 815-705-7367. (Free)

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Do your legs hurt when you walk?

If so, you could have blockages in your arteries that reduce blood flow in your legs, known as Peripheral Artery Disease (PAD).

Take our FREE online PAD risk assessment at morrishospital.org/getcheckednow

You will receive instant results, including a 6-page report with important information about reducing your risk factors.

Free assessments are also available for heart disease and stroke!