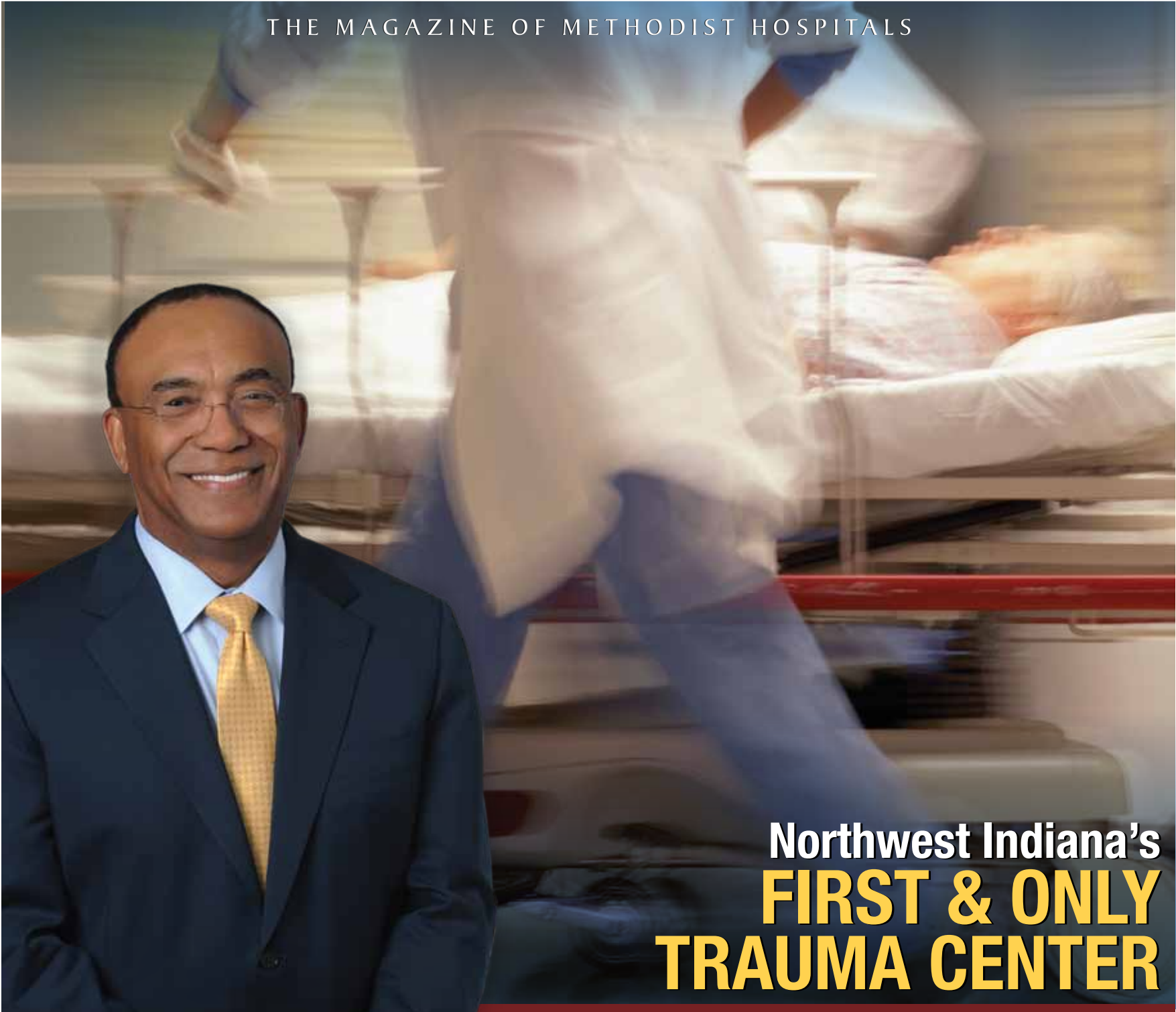


HEALTHWISE

THE MAGAZINE OF METHODIST HOSPITALS



Northwest Indiana's
FIRST & ONLY
TRAUMA CENTER

Meet Methodist's
New President and CEO
Raymond Grady
Story on page 2



Methodist Welcomes New President and CEO

Raymond Grady Takes Hospital's Helm After National Search



Methodist Hospitals' new President and CEO Raymond Grady comes to Methodist Hospitals with the experience and expertise to help the hospital fulfill its mission to deliver quality healthcare to Northwest Indiana.

That experience includes all aspects of hospital and health care management, including quality and safety improvement processes, cost and productivity improvement, clinical partnership development and Accountable Care Organization development. He also has a successful track record of facilitating hospital system growth through joint ventures and acquisition.

"Ray Grady comes to us with the background, experience and focus to successfully lead Methodist Hospitals into the future," said Methodist Hospitals Board Chairman, Mamon Powers. "Mr. Grady is not only a seasoned leader, but he has also demonstrated the ability to build and maintain exceptional relationships with medical staff, forge strong partnerships with communities, and to enhance the quality of the patient and family experience."

He comes to Methodist Hospitals after its Board of Directors conducted a nationwide search for a President and CEO to shepherd the hospital through a period of considerable change in the healthcare industry.

"Methodist Hospitals has stabilized its financial health thanks in large part to the hard work and dedication of its staff and physicians," Grady said. "But we cannot make the mistake of resting on our laurels. That's because what got us to where we are today won't necessarily get us where we must be in tomorrow's health care environment."

Prior to joining Methodist Hospitals in February, Grady spent most of his career at NorthShore University Health System north of Chicago, where he served as President of that system's Hospitals and Clinics Division, and CEO of its flagship institution, Evanston Hospital.

Grady has also served as the Chief Administrative Officer of Aurora Healthcare, a 15-hospital system in Wisconsin. In that position he provided strategic

oversight of system-wide initiatives in supply chain management, clinical research and Aurora Ventures, Aurora's for-profit arm.

He will draw upon that successful experience to continue to bring innovation to Methodist Hospitals with plans to enhance services, improve efficiency and lower costs.

But first, he is working hard to get to know Methodist Hospitals.

"The first thing any wise, new CEO does is take time to listen, talk and interact with patients, visitors, physicians and staff. That's exactly what I have been doing," Grady said. "This is important because these interactions will enable me to begin to define reality and set priorities as well as learn about the organization's culture."

Taking that approach to his new role has already left some distinct impressions on the new CEO.

"There is a lot of potential in this organization," he said. "At its core is a proud, dedicated and passionate workforce. When you have that kind of excitement there is not much you can't accomplish."

"While we are not a for-profit institution, we do have shareholders," Grady added. "Our shareholders are the patients and families who come to us for care. Every time we improve the health of one individual in this community, or the health of the community at large, we pay a significant dividend to our shareholders."



We're Holding a Jacket for You.

Become a Methodist Hospitals Volunteer

We can never have too many helping hands and smiling faces. Volunteering is a wonderful way to make a difference in the life of someone else. Methodist Hospitals' Volunteer Services offer unique opportunities for anyone 15 years or older to share their time, talents and interests to support our mission.

For more information on volunteer opportunities, call
Northlake Campus, Gary: 219-886-4452 or Southlake Campus, Merrillville: 219-738-5622



METHODIST
HOSPITALS

Built Around You

Our Ongoing Facilities Enhancements are Helping Methodist Hospitals Care for You and Your Family Better than Ever.

Methodist Hospitals' evolution and expansion continues as we strive to respond to the unique needs of our community, and deliver the best patient experience in Northwest Indiana.

Northwest Indiana Orthopedic-Spine Center at Methodist Hospitals

Every aspect of patient care, from diagnosis, treatment and pain management to recovery and rehabilitation, is addressed at the new, state-of-the-art Northwest Indiana Orthopedic-Spine Center at Methodist Hospitals' Southlake Campus.

This multi-specialty clinic houses all of the experts and services in one place, where patients can have the benefit of care that reflects the best practices of a skilled and experienced team. We care for injuries and illnesses that affect the bones, joints, ligaments, tendons, muscles and nerves, including sprains, strains, fractures, hyperextensions, tendonitis, bursitis and arthritis. Services include arthroscopic surgery, hand surgery and foot and ankle surgery, as well as total joint replacement.

When it comes to successfully treating back pain, we're out front. The Northwest Indiana Orthopedic-Spine Center at Methodist Hospitals offers both surgical and non-surgical treatments for back pain, degenerative conditions, disc problems, inflammatory conditions, osteoporosis, scoliosis and much more. Priority Consult, a pioneering management system that utilizes digital technology to direct patients to the most appropriate non-surgical or surgical treatments before their first appointment, is a cornerstone of our spine care.

The Northwest Indiana Orthopedic-Spine Center at Methodist Hospitals is located at 101 E. 87th Ave., Merrillville. To learn more, call 219-738-6670, or visit MethodistHospitals.org.

Midlake Multi-Specialty Center

Leading the way to better health means improving access to quality care in the communities we serve.

The new Midlake Multi-Specialty Center's mission is to bring expanded outpatient services and clinical specialists to Gary. Its core services are delivered by the Northwest Indiana Orthopedic-Spine Center at Methodist Hospitals, with space to accommodate additional specialties, including general surgery and neurology.

These same specialists and surgeons are recognized leaders in the development and utilization of advanced treatments that significantly improve patient outcomes.

For more information or to arrange an appointment, please call 219-738-6670.

Methodist has also expanded the imaging capabilities at our Midlake Campus. We now offer diagnostic x-rays in a comfortable and relaxing environment.

Updated Northlake Campus Cafeteria

Our recently renovated Northlake Campus Cafeteria now offers more healthy dining options.

Visitors and guests may now enjoy custom meals prepared by our chef at the marché station, choose from a variety of hot, grilled entrees or feast on a healthy salad prepared at our expanded salad bar.

We will keep you up to date as Methodist Hospitals unveils more facilities enhancements and added services...because every change we make is designed to serve you better!



Northwest Indiana Orthopedic-Spine Center at Methodist Hospitals



Imaging Equipment at the Midlake Campus Multi-Specialty Center



Northlake Campus Cafeteria



Northlake Campus Recognized as Level III Trauma Center

Stepping up to Fill a Void in NW Indiana



Jennifer Mullen

“Within 30 minutes, a surgeon is present at the bedside and an operating room is prepared.”

The State of Indiana has recognized Methodist Hospitals’ Northlake Campus in Gary as an “in process” Level III trauma center. It’s the first and only trauma center in Northwest Indiana to achieve this designation.

This designation allows Methodist to fill Northwest Indiana’s long-standing gap in trauma care. Previously, the closest trauma centers were in South Bend, Chicago and Oak Lawn.

Injuries are the leading cause of death among Indiana children, adolescents and adults through age 44, and the fifth leading cause of death overall. Research shows the sooner trauma patients reach definitive care—particularly if they arrive within 60 minutes of being injured—the better their chance of survival.

What Level III Trauma Center Status Means to You

This designation affects not only Gary, but also communities within 45 minutes of our Northlake Campus. Its location near an industrial corridor and between three of the state’s busiest interstates makes it ideally situated to serve The Region.

Functioning as a Level III trauma center, our facility has the ability to stabilize and provide initial treatment to any patient with traumatic injuries. The sickest, most critically injured patients elicit a full trauma team response where all resources respond to the bedside, including a surgeon, emergency staff, blood bank, radiology, respiratory, and spiritual care.

All levels of trauma centers are expected to deliver the same standard and quality of care. The difference between levels is the availability of resources. Methodist has agreements in place with Level I and Level II trauma centers to transfer patients whose needs exceed our resources once they are stabilized.

Trauma Center vs. Emergency Department

Most people don’t realize that their local hospital’s emergency department is not necessarily a trauma center. While every emergency department cares for trauma patients, a trauma center meets specific standards and requirements, including:

- a surgeon automatically responding to the most critically injured patients
- trauma-trained nurses and physicians
- trauma care guidelines
- injury prevention activities
- an administrative trauma staff

In addition, Methodist’s trauma quality program continuously evaluates all aspects of care a trauma patient receives, from the time Emergency Medical Service (EMS) is dispatched through discharge. That process of ongoing evaluation allows us to focus on our strengths and weaknesses and evolve our program accordingly.

The Indiana Triage and Transport Rule requires that injured patients meeting defined criteria must be transported to the nearest trauma center within a 45-minute range. EMS providers in Lake, Porter, and Jasper counties have been notified of Methodist’s Level III status. So they now know to transport their most severely injured cases to the Northlake Campus.

We are pleased to have the resources that enable Methodist Hospitals to step up and address this sorely needed, and long overdue, service to Northwest Indiana.

Jennifer Mullen, BSN, RN, CEN, TNS, is the Methodist Hospitals Trauma Program Coordinator



Runners prepare for the start of the POP on Violence 5K Walk/Run in August.



A Methodist clinician provides a screening to a Gary Men's Health Luncheon attendee.



Hospital food service professionals participate in last summer's Farmer's Market and Food Fairs.



Mayor Karen Freeman-Wilson proclaims September 28, 2014, First Ladies Health Day.



Health Fair attendees benefited from its screenings and other resources.



Denise Dillard (left) is congratulated by Methodist Hospitals Vice President and Chief Medical Officer, Dr. Michael Davenport.

METHODIST *in the Community*

Methodist Hospitals is a strong advocate for the continued physical, emotional and economic wellbeing of the residents in the communities we serve. Our commitment to the community goes beyond delivering quality healthcare, it also means supporting our neighbors in their efforts to make Northwest Indiana a great place to live.

Tackling Youth Violence

Methodist Hospitals was among the presenters of a Youth Violence Prevention Conference at Indiana University Northwest in May. More than 300 Gary, Hammond, East Chicago, Merrillville and Crown Point high school students attended workshops and presentations pertaining to current issues of today's youth.

Methodist Hospitals High School Intervention Team gave a detailed presentation about texting while driving, drug and alcohol abuse and HIV awareness at Lew Wallace High School in May. Our Intervention Team will offer more presentations in 2015.

Methodist Hospitals was a sponsor of the POP on Violence 5k Walk/Run, in which more than 100 walkers and runners participated, at Gary's Marquette Park in August. POP on Violence, founded by Dr. Michael McGee, Methodist's Emergency Department Medical Director, raises awareness and combats teen violence in Northwest Indiana.

Men's Health

Methodist Hospitals was a major sponsor of the Gary Men's Health Luncheon & Fair at Ivy Tech Community College in June. Methodist cardiologist Dr. Mihas Kodenchery gave a presentation on preventing heart disease while hospital clinicians offered health screenings to more than 60 attendees.

Farmer's Market and Food Fair

Methodist Hospitals sponsored a series of Farmer's Markets and Food Fairs at the hospital's Northlake campus to promote nutrition and enhance the availability of fresh produce to Gary residents.

Women's Health

Methodist Hospitals supported Community Healthnet health center's 16th Annual Breast Care Awareness Walk in September. Methodist Breast Care Services representatives offered information about mammograms

and other women's services. Methodist also sponsored a group of breast cancer survivors who participated in the walk.

More than 400 people attended the First Ladies Health Initiative sponsored by Methodist Hospitals, Walgreens and the City of Gary at the Gary Genesis Convention Center in September. Congregants from over 25 area churches received free flu shots, testing for high blood pressure and diabetes, and information about breast cancer, HIV/Aids and other illnesses that are more prevalent in African American communities. Drs. Andre Artis, Kenneth Segel and Lashawn Freeman made presentations. Gary Mayor Karen Freeman-Wilson proclaimed September 28th as First Ladies Health Day in the city.

2014 Fall Community Health Fair

Nearly 400 people attended Methodist Hospitals' 2014 Free Fall Community Health Fair at the Indian American Cultural Center in Merrillville in October. The event featured free health screenings, a Farmers' Market and information about Methodist services and resources, as well as those offered by more than 20 other organizations.

Indiana Hospital Association Award of Merit

Denise Dillard, Methodist Hospitals' chief consultant for government and external affairs, received the Indiana Hospital Association Award of Merit for her exemplary service to health care. One of the IHA's two most prestigious awards, the Award of Merit is presented to an individual other than a hospital CEO who has made noteworthy contributions to the health care field and has demonstrated a devotion to the interests and goals of hospitals and the humanitarian services they provide. It was awarded to Ms. Dillard at the 2014 IHA Annual Membership Meeting in October.

Colonoscopy

Your Ultimate Weapon in the Fight Against Colon Cancer



Dr. Kumar Venkat

“Remember, colon cancer usually develops without symptoms and the earlier it’s detected the more curable it is.”

The high incidence of cancer in the United States has made it the second leading cause of death in our country. Among the many different types of cancer, colon cancer is the second most common.

Detection and Prevention

An important differentiating factor between colon and other cancers is the high detectability of colon cancer. In its earliest stages, colon cancer usually exhibits no symptoms. Fortunately, colonoscopy offers a 90 percent success rate in identifying these cancers during their earliest stages, when they are most curable.

Colon cancer often begins as small, noncancerous clumps of cells (polyps) that develop into cancers over a two- to 12-year

period. During a colonoscopy, samples of suspicious tissue are taken and abnormal tissue and polyps are removed. The procedure has been shown to reduce the incidence of colon cancer by removing polyps. Once removed, those polyps do not grow back.

Who Needs to Have a Colonoscopy and When

While generally symptom-free, possible indicators of colon cancer are blood in the stool, a change in bowel habits, anemia, and loss of appetite. People of any age should see their doctor if they experience any of these symptoms.

As a standard practice, men and women who are over the age of 50 should have a colonoscopy every 10 years. Individuals with a family history of colon cancer and African-Americans are at higher risk, and should have a colonoscopy performed at an earlier age and at shorter intervals.

What to Expect

The procedure involves the insertion of a long, flexible tube called a colonoscope into the rectum. A tiny video camera located at the tip of the tube enables the physician to see the inside of the colon. Because of updated sedation techniques, the experience of having a colonoscopy has greatly improved. Most people undergoing the procedure neither feel nor remember having it done.

Preparation for the test takes place the day before the exam. Patients have a clear liquid diet during the day and begin taking laxatives at 6 p.m. While this stage of the process can serve as a deterrent to having the test, it’s a minor inconvenience in light of the test’s life-saving potential.

With the value of having a regular colonoscopy firmly established, the majority of family doctors now recommend the procedure.

Remember, colon cancer usually develops without symptoms and the earlier it’s detected the more curable it is.

A colonoscopy gives you the ability to detect and possibly prevent the second leading cause of cancer in the United States. Discuss your personal history with your family doctor to determine your best starting age and frequency of this potentially life-saving test.

Kumar Venkat, MD, is a Methodist Hospitals board certified gastroenterologist.

Take Control: Reduce Your Risk of Colon Cancer **FREE COLON CANCER AWARENESS SEMINAR**



Dr. Harsh Dalal

Presented by Dr. Harsh Dalal

Although it’s the third deadliest cancer, Colon Cancer is also among the most preventable and treatable cancers when diagnosed early. Learn how to reduce your colon cancer risk, its warning signs, symptoms and the latest treatments and technologies at this free seminar.

FREE Gift for All Attendees!

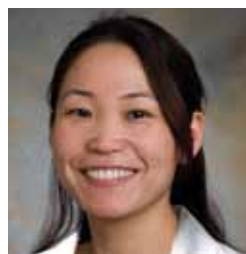
Community Invited.

Wednesday, April 29, 5:30 pm

Methodist Hospitals
Southlake Campus – Pavilion B
200 E. 89th Ave., Merrillville

Space is Limited! Reserve your seat today.
Call 1-888-909-DOCS (3627) or visit MethodistHospitals.org

Leading-Edge Stroke Treatments at Methodist



Dr. Mayumi Oka

Stroke is the fourth leading cause of death and the leading cause of adult disability in the United States. Yet, it's common for people to wait for hours after experiencing stroke symptoms before they seek treatment.

In fact, "time is brain". That means the longer you wait, the more brain cells are dying. As more time passes between the onset of a stroke and the treatment of that stroke, your treatment options are reduced, often dwindling to none.

If a stroke is suspected, call an ambulance immediately.

Most hospitals administer tPA within the first four-and-a-half hours of the onset of non-bleeding type of stroke. Methodist Hospitals has access to advanced technologies and procedures that may extend that window of opportunity.

The Methodist Hospitals' Emergency Department performs a full assessment of potential stroke patients within 45 minutes of their arrival, with initial testing and evaluation.

For eligible patients, further testing may include CT angiograms to obtain 3D imaging of brain vessels and CT perfusion to identify brain areas that can be saved.

One method used to extend the treatment window takes place in the Biplane Cath Lab.

"The Biplane enables us to see exactly where we are going, quickly and safely," said Methodist Hospitals interventional neuroradiologist, Mayumi Oka. "With the Biplane technology, I can deliver medication or place a stent retriever or aspiration device directly into the clot. These interventional techniques can remove the clot, restoring blood flow."

There is a narrow window of about six hours in which advanced stroke treatment can be performed. A patient's particular circumstances will determine the use of these options.

For some stroke patients, the best course of treatment includes surgical intervention, such as hemorrhagic stroke treatment and aneurysm clipping.

"Hemorrhagic stroke usually requires surgery to repair the defective blood vessel and relieve pressure within the skull caused by bleeding. Surgical treatment of an aneurysm or defective blood vessel can prevent additional strokes," said Methodist Hospitals neurosurgeon, Dr. Kevin Waldron. "Prior to surgery, the exact location of the subarachnoid hemorrhage



or aneurysm is identified through cerebral angiography images. An operation to apply tiny titanium clips to the base of the aneurysm allows it to deflate."

The first step is to know the signs of stroke. To increase your chances of "saving brain," seek immediate treatment if you experience any of these symptoms:

- numbness, tingling, weakness or loss of movement in your face, arm or leg, especially if limited to one side of your body
- vision changes
- trouble speaking
- confusion or difficulty understanding simple statements
- problems with walking or balance
- severe headache that is different from past headaches

The advanced treatment capabilities for stroke are examples of Methodist Hospitals' commitment to provide patients with access to the most advanced technologies.

Mayumi Oka, MD, is a board certified Methodist Hospitals Interventional Neuroradiologist.

Kevin Waldron, MD, is board certified Methodist Physician Group Neurosurgeon.

"One method we use to extend the treatment window takes place in our biplane cath lab."

May is National Stroke Awareness Month

FREE STROKE AWARENESS SEMINARS

Presented by Methodist Hospitals clinical professionals

Stroke 911: Warning Signs of Stroke

Presented by Dr. Sanjeev Maniar, Neurologist

Understanding the warning signs of stroke may just save your life. Learn about the warning signs and symptoms of stroke at this free seminar.

Wed., April 8, 5:30 pm

Southlake Campus - Pavilion B
200 E. 89th Avenue, Merrillville

Free Stroke and Heart Disease Screenings start at 4:30 pm

Healthy Lifestyles Prevent Stroke

Presented by Sherry Mosier, RN, BSN, CNRN, Stroke Coordinator

Your healthy lifestyle can help prevent the onset of stroke. Learn how you can avoid the debilitating effects of stroke at these free seminars.

Tues., May 12, 5:30 pm

Valparaiso Family YMCA • 1201 Cumberland Dr., Valparaiso
Free Stroke and Heart Disease Screenings start at 4:30 pm

Fri., May 22, 12:15 pm

Gary YMCA • 150 W. 15th Ave., Gary

Free Stroke and Heart Disease Screenings start at 11:30 am

Advanced Treatments Strike Out Stroke

Presented by Drs. Kevin Waldron, Neurosurgeon and Mayumi Oka, Neurointerventional Radiologist

Remarkable, lifesaving technologies are being used today at Methodist Hospitals to treat stroke. Learn how these new treatments are helping people overcome stroke and preserve quality of life.

Thurs., May 14, 5:30 pm

Southlake Campus - Pavilion B
200 E. 89th Avenue, Merrillville

Free Stroke and Heart Disease Screenings start at 4:30 pm.

Avoiding the Disability of Stroke

Presented by Dr. Daksha Vyas, Neurologist

Prevention is the key. Learn the most common risk factors for stroke and the potentially life saving steps you can take to avoid stroke at this free seminar.

Thurs., May 28, 5:00 pm

Midlake Campus - Multi-Specialty Center
2269 W. 25th Avenue, Gary

Free Stroke and Heart Disease Screenings start at 4:30 pm.

SPACE IS LIMITED! Reserve your seat today. Call 1-888-909-DOCS (3627) or visit MethodistHospitals.org

Go Red for Women Luncheon Symposium

Thurs. June 4, 10:00 am to 1:30 pm.

**Radisson Hotel at Star Plaza, Celebrity Ballroom
800 E. 81st Ave., Merrillville**

You're cordially invited to enjoy an amazing event of inspirational and heart survivor presentations, engagement with vendors and a heart healthy luncheon.

**For information call 219-996-4958
FREE Stroke and Heart Disease Screenings
(No blood test)**



**DOOR PRIZES,
including a \$500
Macy's Shopping Spree**

FREE Gift for All Attendees!

Advanced Cardiovascular Through Dedication, Experience, E.

Methodist Pioneers Heart Failure Monitor in Chicagoland *First to Use CardioMEMS System that Improves Management, Decreases Hospitalizations*

In February, Methodist Hospitals debuted a new technology in the management of heart failure, the CardioMEMS HF System. Methodist is the first Northwest Indiana hospital – and the first in all of Chicagoland – to offer this exceptional system to its heart failure patients.

The system includes an implantable pulmonary artery (PA) sensor, delivery system and Patient Electronics System. The sensor is permanently implanted into a patient's PA via the delivery system during a non-surgical procedure that lasts about 40 minutes and is performed under local anesthesia.

Designed to last a patient's lifetime, the sensor measures pressure in the pulmonary artery and heart rate. Increases in PA pressure appear before weight and blood pressure changes, which are often used as indirect measures of worsening heart failure.

"In the past, heart failure management has relied on patients reporting symptoms after heart failure has

worsened," said Methodist Hospitals cardiologist Dr. Kais Yehyawi. "Now, CardioMEMS allows physicians to proactively adjust treatment."

Reducing hospitalizations has a direct impact on the wellbeing of heart failure patients. The CardioMEMS System has already proven to significantly reduce those hospital admissions.

Easy to Use

Patients use the Patient Electronic System to take daily readings which are sent to their doctor. The system consists of an electronics unit and pillow with built-in antenna that may be used at home or other locations.

Once a day, the patient lays on the pillow, allowing the antenna to wirelessly gather and transmit information. It's a simple, painless daily task that may reduce heart failure patient hospitalizations.

The information is transmitted to our secure website where nurse practitioner Kathy Gjeldum looks for warning trends.

"We get real time data on pulmonary pressure so we know if something's going on before the patient even has symptoms," Gjeldum said."

For patients with heart failure, the heart is unable to pump enough blood to meet the demands of the body. These patients are frequently hospitalized, have a reduced quality of life and face a higher risk of death.

More than 5.1 million Americans are living with this condition and 670,000 new cases are diagnosed yearly.

"Methodist Hospitals is committed to improving patient care and investing in innovative medical technology such as the CardioMEMS HF System," said Dr. Andre Artis, Cardiologist and Heart and Vascular Institute Co-Medical Director. "We are always seeking new solutions for successful patient outcomes in the diagnosis and treatment of heart failure."

Methodist began implanting the CardioMEMS device on February 4, when six patients on both campuses received the sensor. Several patients have been implanted since.

If you have heart failure, talk to your doctor to learn more about the CardioMEMS system.



The CardioMEMS Patient Electronic System sends daily readings to heart failure patients' doctors.

ular Care xpertise & Technology

9

Seeing Heart Attacks Before They Happen

Northwest Indiana's Only Hospital to Participate in Global Research Study



Dr. Andre K. Artis

"Methodist Hospitals is proud to be involved in a cutting-edge research effort that could advance our understanding and management of coronary artery disease."

In the summer of 2013, Methodist Hospitals acquired the breakthrough Infraredx catheter technology to benefit our patients with coronary artery disease.

That technology, which uses both light and sound to examine blood vessels, gives us a much clearer view inside coronary arteries.

We already know that this newfound clarity helps us to determine whether a patient with chest pain will benefit from further therapy. It has changed the way we treat our most vulnerable patients and assists us with angioplasty and stent procedures.

Now, Methodist Hospitals is participating in the Lipid-Rich Plaque (LRP) Research Study to determine if we can use this technology to better predict future cardiac events.

The LRP research study will ultimately include 9,000 patients at 100 hospitals in 10 countries. It is specifically aimed at discovering whether there is a link between the presence of LRP -- a type of fatty coronary artery plaque -- and an increased occurrence of a cardiac event, such as a heart attack.

So far, more than 40 Methodist Hospitals patients have agreed to participate in this study, making Methodist among the top three enrolling hospitals in America. The results of this research study are expected to be published in about two years.

In a recent case, an inconclusive angiogram prompted further examination of a pre-operative patient with low LDL cholesterol and no history of coronary artery disease. Using the Infraredx catheter technology, we found a large deposit of lipid core plaque, which is associated with most heart attacks.

As a result of this discovery, we were able to initiate statin and aspirin therapy to reduce the

risk of an event during and after that patient's surgery.

CARDIOVASCULAR CLINICAL TRIALS

Methodist Hospitals is participating in several clinical trials and research focused on developing new treatments for heart and vascular conditions.

For a listing of our clinical trials, visit www.MethodistHospitals.org

Previous practices may not have adequately prevented such an event. But in this case, the Infraredx catheter technology enabled us to identify and monitor a plaque that was suspected to be vulnerable to rupture. In short, we effectively minimized this patient's risk of heart attack.

Looking into a blood vessel through this catheter, we can clearly see the fat on the blood vessel wall. We can assess how much fat there is, where it's deposited, and the length of the blood vessel carrying the fat deposit.

Methodist Hospitals is proud to be involved in a cutting-edge research effort that could advance our understanding and management of coronary artery disease. That understanding will help inform our decision of how and when to use drugs and/or interventional treatments like angioplasty, and may lead to far-reaching improvements in health, longevity and quality of life.

Andre K. Artis, M.D., is a board certified Methodist Physician Group cardiologist, and co-director of the Heart and Vascular Institute at Methodist Hospitals.



New Advancements in Heart Failure Management **FREE HEART FAILURE MANAGEMENT SEMINAR** Learn about the CardioMEMS

Presented by Dr. Andre Artis

Our cardiologists have a remarkable new technology to help people with heart failure live better with fewer hospitalizations. Learn about CardioMEMS, the new heart failure management device that Methodist Hospitals introduced to all of Chicagoland!

Community Invited.

Thursday, April 9, 5:30 pm
Methodist Hospitals
Southlake Campus – Auditorium
8701 Broadway, Merrillville

Space is Limited! Reserve your seat today.
Call 1-888-909-DOCS (3627) or visit MethodistHospitals.org

Speech Therapy Goes Beyond Speaking



Carole Bates

“The Speech-Language Pathologists on staff at Methodist Hospitals Rehabilitation Institute strive to help patients regain the skills they have lost.”

We take a lot for granted when we're healthy.

The ability to communicate, to eat, and to think reasonably are three such things that we take for granted. They are also three of the many skills that all of us need and use in our daily lives that the Speech-Language Pathologist addresses when treating patients.

The ability to understand a simple question, to put words together to create a phrase or sentence, to read and understand a bill or menu, or to write a word on a sheet of paper are basic skills that can be difficult for persons with impaired communication.

The social act of eating, whether it's at home or in a public place, can often be less

enjoyable for persons with impaired swallowing skills. As a result, they are unable to really enjoy their favorite foods or beverages.

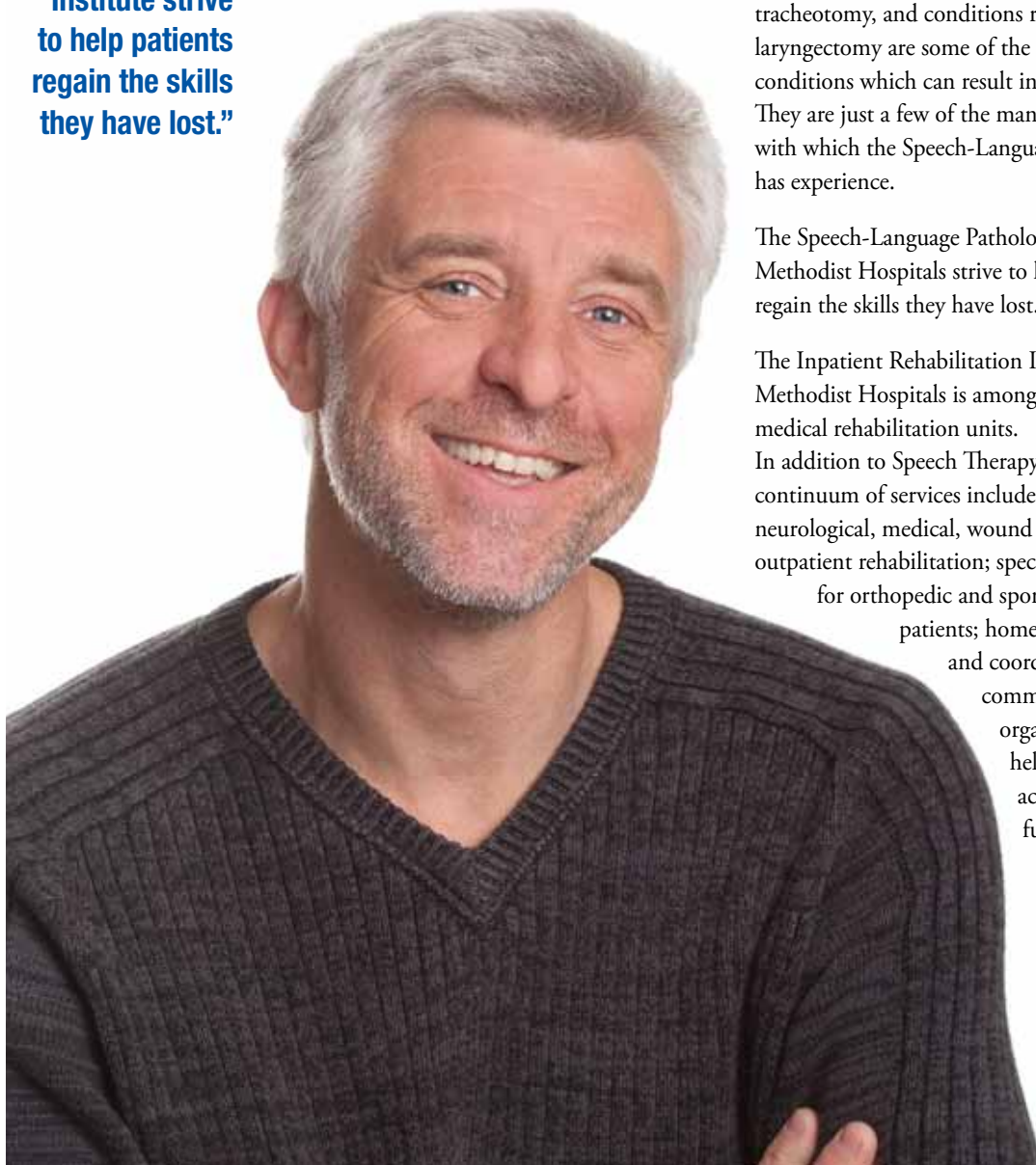
Individuals with voice impairment can have trouble being heard and understood when speaking. And persons with impaired cognition can display difficulty with thinking skills, such as memory and problem solving, which can lead to added safety risks inside and outside the home.

Stroke, Traumatic Brain Injury, Multiple Sclerosis (MS), Parkinson's Disease, Amyotrophic Lateral Sclerosis (ALS, more commonly known as Lou Gehrig's disease), Myasthenia Gravis, vocal cord paralysis, vocal nodules, vocal polyps, conditions requiring tracheotomy, and conditions requiring laryngectomy are some of the more common conditions which can result in these issues. They are just a few of the many conditions with which the Speech-Language Pathologist has experience.

The Speech-Language Pathologists on staff at Methodist Hospitals strive to help patients regain the skills they have lost.

The Inpatient Rehabilitation Institute at Methodist Hospitals is among Indiana's largest medical rehabilitation units.

In addition to Speech Therapy, our complete continuum of services includes acute inpatient, neurological, medical, wound care, and outpatient rehabilitation; specialty programs for orthopedic and sports injury patients; home care services; and coordination with community-based organizations to help each patient achieve maximum functional ability.



CARF-Accredited Rehabilitation Services for over 40 years

Methodist Hospitals' inpatient rehabilitation services recently earned another three-year accreditation from the Commission on Accreditation of Rehabilitation Facilities (CARF).

Methodist's dedicated Inpatient Rehabilitation Institute has been accredited by CARF since 1973.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through consumer-focused standards that help organizations, such as Methodist Hospitals, measure and improve the quality of their programs and services.

Patients requiring further outpatient speech therapy will receive their referrals at discharge with their doctors' orders. In an effort to better serve Northwest Indiana, Methodist Hospitals provides outpatient speech therapy services at two convenient locations:

Merrillville

303 East 89th Avenue
219-738-3500

Gary

2269 W. 25th Avenue
219-944-4160

Carole Bates is a Methodist Hospitals Speech-Language Pathologist.

Safer, More Comfortable IV Therapy

Methodist Leads the Way with Groundbreaking Research that Matters



Michelle DeVries, MPH, CIC

“When patients come to Methodist Hospitals, they put their lives in our hands. We take that responsibility very seriously.”

At Methodist Hospitals, we’re always looking for ways to improve safety and comfort for our patients who receive intravenous (IV) therapy. This therapy, which can be lifesaving, involves placing a catheter into a patient’s vein to deliver medications or other fluids. It’s important to keep bacteria from invading the IV line and causing a dangerous infection.

For that reason, we now use the SwabCap® disinfection cap. This cap helps disinfect IV lines before nurses use them to administer fluids.

Prior to adopting the device, we tested it in 2011. That study showed that it dramatically reduced infections, so Methodist now requires that the cap be placed on all IV lines. This is a level of infection prevention you won’t find at most hospitals.

An article about our research on the disinfection cap, which I conducted with other members of our clinical staff, was published in the Journal of the Association for Vascular Access (JAVA). The co-authors of the study were Methodist infection control



The SwabCap® disinfection cap has helped Methodist Hospitals significantly reduce bloodstream infections.

officer Patricia S. Mancos, BS, SM(ASCP), CIC and Mary J. Valentine, MSN, RN, CNS, OCN, our Director of Nursing Professional Development.

Here’s how a disinfection cap works. It’s a small, orange-colored plastic device with a sponge inside that holds isopropyl alcohol. Nurses twist the cap onto a part of the IV line called an IV connector, which is the device through which nurses deliver IV fluids. When the cap is twisted on, the sponge releases alcohol to disinfect the connector hub – where the fluids pass through.

We studied the impact the cap had at Methodist Hospitals to make sure it performed

well. Using that cap led to 45 percent fewer overall infections. That improvement was “statistically significant,” meaning it was not mere coincidence.

Since that study was completed, bloodstream infections have continued to drop at Methodist.

We introduced an updated group of practices in 2014 for inserting and maintaining IV lines. That year, our bloodstream infection rate dropped 35 percent compared to 2013. This means increased safety for patients with IV lines. It also provides patients greater comfort and better protects their blood vessels, because they are receiving fewer needlesticks due to the new practices.

When patients come to Methodist Hospitals, they put their lives in our hands. We take that responsibility very seriously – as evidenced by our careful approach to constantly improving IV therapy.

Michelle DeVries, MPH, CIC, is Senior Infection Control Officer for Methodist Hospitals.



Bloodless Medicine at Methodist



Dr. Bharat H. Barai

“Methodist Hospitals was the first hospital in Northwest Indiana, and among only about 100 hospitals nationwide to have a Bloodless Medicine program.”

Bloodless medicine refers to providing medical care without using donor blood. It requires implementing specialized techniques and procedures and may be used for most surgeries, including open heart.

Methodist Hospitals was the first hospital in Northwest Indiana, and among only about 100 hospitals nationwide, to have a Bloodless Medicine program.

There are generally three reasons why people opt to have bloodless surgery.

The most common is the patients' religious beliefs, such as Jehovah's Witnesses. Others choose it out of fear of contracting a blood-borne illness from a transfusion. Third, patients with certain antibodies cannot accept transfused blood.

Each bloodless surgery procedure is highly individualized. Taking into account the kind of surgery the patient will be having, we estimate the expected blood loss and what kind of reserve is needed. Techniques used during surgery are customized for that patient's beliefs and their restrictions.

Well in advance of the surgery, we carefully prepare and counsel each patient. We let them know what to expect at every turn, including building up their blood.

We also find out what kind of restrictions they may have, relative or absolute. Some will allow a blood transfusion if a catastrophic event occurs and their life is in danger. Others will not allow transfusions under any circumstances.

Prior to surgery, we prepare the patient's blood by raising their hemoglobin level, increasing the raw material used to make blood in their system, and using medications that can stimulate blood production in the bone marrow. This enables the body to draw upon its reserves to make its own blood.

During surgery, various techniques may be used to minimize blood loss. Patients are advised of these options, too. They are also given the opportunity to approve or reject them. Those options may include electrocautery, the use of heat to “seal” incisions during surgery, or a cell saver machine, which collects the patient's lost blood, cleans it and returns it to the patient.

Methodist uses various surgical techniques to minimize blood loss.

These include laparoscopic and robotic surgery, which require smaller incisions, stereotactic surgery, which uses special instruments to diagnose and remove brain tumors with minimal blood loss, or Lithotripsy, which uses ultrasonic waves to dissolve kidney stones.

Methodist Hospitals' Bloodless Medicine program draws people from as far as 60 miles away. They are drawn by our reputation for successfully performing these procedures

while respecting their wishes. Pioneering this program in Northwest Indiana exemplifies Methodist Hospitals' commitment to meet the needs of every patient.

Bharat H. Barai, MD, is the Medical Director of the Methodist Hospitals Oncology Institute and Chief of Hematology/Oncology



Award Winning Cancer Care

Methodist Hospitals has been setting the standard for cancer diagnosis and treatment for years. Our Comprehensive Cancer Program has been accredited by the American College of Surgeons for 40 years, and was **one of just 74 U.S. cancer programs** to earn the Commission on Cancer's Outstanding Achievement Award for its most recent accreditation. All of the recognitions we have earned are the result of our unwavering commitment to quality cancer care certified by the Commission on Cancer – **because everything our physicians, nurses and staff do is in the pursuit of excellence: in knowledge, continuing education and patient care.**



Welcome our new 2014 MEDICAL STAFF



Jihan Akhtar, MD
Ophthalmology



Alexis Alvarado, PA-C
Pain Management



Nicole Bautista, MD
Nephrology



Ursula Colareta Ugarte, MD
Neonatology



James Currier, MD
Radiation Oncology



Paul DesRosiers, MD
Radiation Oncology



Lexie Dore, MD
Emergency Medicine



Onyinye Echeumuna, NP
Internal Medicine



Seferino Farias, MD
General Surgery



Robert Frank, MD
Plastic Surgery



Rupali Gandhi, MD
Pediatric Cardiology



Nihja Gordon, MD
Emergency Medicine



Preeti Gurnani, MD
Nephrology



Jun Hu, MD
Pathology



Oranu Ibekie, MD
Family Medicine



Kedar Kakodkar, MD
Otolaryngology



Farzana Khan, MD
Psychiatry



Kent Kirk, MD
Ophthalmology



Scott Kirk, MD
Ophthalmology



Adbulkader Kulam, MD
Anesthesia



Gaurav Kumar, MD
Pulmonology



Rajiv Kumar, M.D.
Radiology



Sridivya Kumar, M.D.
Nephrology



Julia LeBlanc, M.D.
Gastroenterology



Kemi Mascoll-Robertson, MD
Neonatology



Harpreet Minhas, DPM
Podiatry



Lillian Moore, FNP
Family Medicine



Patrice Muhammad, PA-C
Family Medicine



Anil Pillay, DO
Emergency Medicine



James Platis, MD
Plastic Surgery



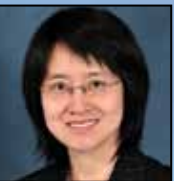
Marina Saldaris, CRNA
Anesthesia



Hussam Suradi, M.D.
Cardiology



Mark Van Gorder, M.D.
Pathology



Bing Zhu, MD
Pathology

New Help for Foot and Ankle Deformity

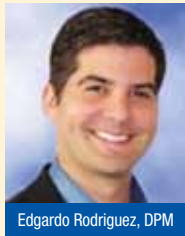


Mark Jones, DPM

Methodist Hospitals' Foot and Ankle Deformity Clinic brings surgical expertise in the correction of complex foot and ankle trauma and congenital conditions to Northwest Indiana.

The clinic is dedicated to the effective treatment of many of the most painful and debilitating foot and ankle conditions. Patients benefit from clinical expertise in:

- Correction of post-trauma deformities, such as crushing injuries
- Treatment of clubfoot and equinus
- Correction of cerebral palsy-related foot conditions
- Platelet-rich plasma therapy
- Cartilage repair using stem cells
- Advanced nerve damage surgery



Edgardo Rodriguez, DPM

The Foot and Ankle Deformity Clinic is led by Mark Jones, DPM, a Methodist Physician Group, board certified foot and ankle surgeon, who specializes in foot and ankle reconstructive surgery, as well as nerve surgery and treatment.

"As a foot and ankle surgeon, I am focused on bringing the latest innovations and exciting new treatments to my patients," Dr. Jones said. "Methodist's Foot and Ankle Deformity Clinic gives me the environment in Northwest Indiana to do just that."

Dr. Edgardo Rodriguez, Director of the Chicago Foot & Ankle Deformity Correction Center, is a consulting physician at Methodist's Foot and Ankle Deformity Clinic. He specializes in treating complex lower limb conditions, such as congenital and acquired post-traumatic angular deformities, and disorders such as clubfoot.

To learn about the Methodist Hospitals' Foot and Ankle Deformity Clinic, or to arrange an appointment, call 219-738-6670.

A Breakthrough Treatment for Tendon Pain

FREE FOOT & ANKLE PAIN SEMINAR

Presented by Mark Jones, DPM

Are you frustrated with your chronic foot and ankle tendon pain? Have you tried several treatments without success? Learn about the Tenex Health TX treatment that removes the source of your pain, promotes healing and helps restore your quality of life at this free seminar.

**Community
Invited.**

Wednesday, May 6, 5:30 pm

Methodist Hospitals
Southlake Campus – Pavilion B
200 E. 89th Ave., Merrillville

FREE Gift for All Attendees!

Space is Limited! Reserve your seat today.
Call 1-888-909-DOCS (3627) or visit MethodistHospitals.org

Teamwork: Methodist Hospitals and the Valparaiso YMCA Tackle Diabetes Together



David Howe

“With so many people unaware they are at risk for developing diabetes, it’s very important that we educate the community about prediabetes.”

Methodist’s Hospitals’ partnership with the Valparaiso Family YMCA was established to enable both organizations to promote health and wellness in the community. Under the umbrella of this partnership, we are launching a two-pronged attack on diabetes.

The YMCA’s Diabetes Prevention Program is designed for people who are at risk for developing diabetes. Complementing this program, Methodist Hospitals now offers its Diabetes Self-Management Education Program at the Valparaiso Family YMCA. This program helps diabetic patients successfully manage their disease close to home.

The need for these programs is clear: 29 million Americans have diabetes. 86 million Americans have prediabetes with progression to diabetes at a rate of five to 15 percent per year. Of these cases, only 11 percent are aware they even have prediabetes.

Prevention

The YMCA’s Diabetes Prevention Program is a well-established, evidence-based program for people with prediabetes. Participants must be at least 18 years of age, overweight (BMI ≥ 25) and at a high risk of developing type 2 diabetes determined by a blood test or self-reporting risk assessment to qualify for this program.

“With so many people unaware they are at risk for developing diabetes, it’s very important that we educate the community about prediabetes,” said Lee Baker, Senior Director of Programs for Valparaiso Family YMCA, who coordinates the Diabetes Prevention Program.

In the YMCA’s Diabetes Prevention Program, a trained lifestyle coach will introduce topics in a small, supportive group environment and encourage participants to explore how healthy eating, physical activity and behavior changes can benefit their health. The Valparaiso Family YMCA offers a free membership for the first 16 weeks of the program to help facilitate increased physical activity, which, along with weight loss, is a program goal.

“I think we’re in a unique position with Methodist to be able to offer such

comprehensive programs around diabetes and prediabetes,” Baker said.

The YMCA is currently enrolling participants for this new program. Financial assistance may be provided to those whose insurance will not cover the program costs or who have no insurance. Call Lee Baker at 219-462-4185, ext. 260 for more information.

Diabetes Self-Management

Many newly diagnosed diabetes patients as well as long-term patients learn how to feel better and lessen their risk of complications through Methodist Hospitals’ Diabetes Self-Management Program.

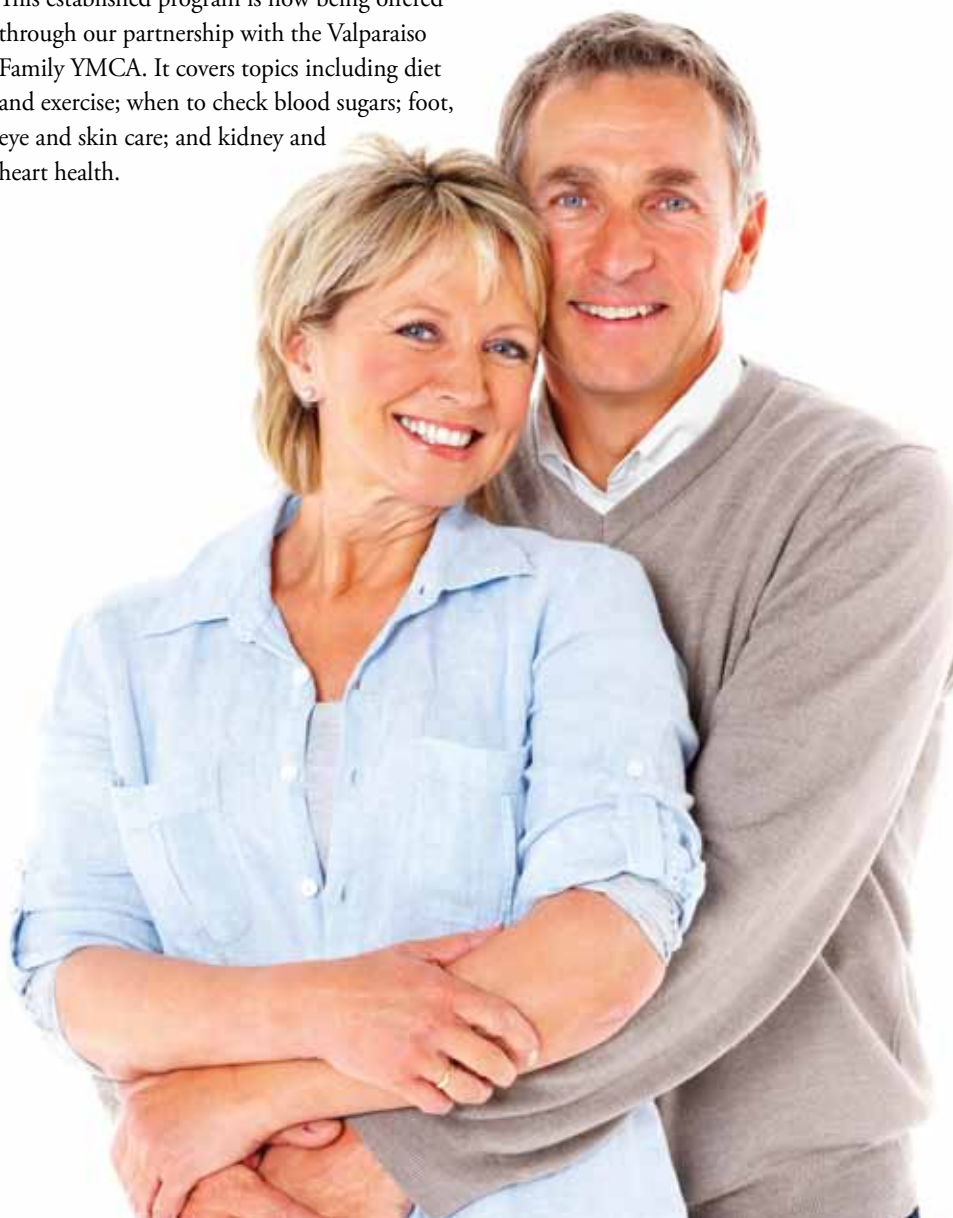
This established program is now being offered through our partnership with the Valparaiso Family YMCA. It covers topics including diet and exercise; when to check blood sugars; foot, eye and skin care; and kidney and heart health.

The course is comprised of a 1-hour intake assessment and three, 3-hour class sessions. A quarterly 2-hour follow-up session is offered at no charge.

Medicare and Medicaid, as well as many private insurers cover the program costs. A doctor’s order is required. For more information, call 219-738-5802.

As our partnership with the Valparaiso Family YMCA deepens, Methodist Hospitals continues to add more programs and services. To partner with them on a health issue that is so vital to the community is truly gratifying.

David Howe is Methodist Hospitals Relationship Manager



Methodist Hospitals and Valparaiso Family YMCA

FREE SEMINARS & SCREENINGS

All events held at the **Valparaiso Family YMCA**

1201 Cumberland Crossing Dr., Valparaiso

Seminars

Space is limited at our seminars!
Reserve your seat today.

Call 1-888-909-docs (3627) or visit MethodistHospitals.org

**Community &
YMCA Members
Invited**

Enhance your Family's Health

Learn important facts about family health and wellness, including diet and exercise as well as useful advice from a family practice physician.

Presented by Jerry Kuna, MD, Board Certified Family Medicine Physician

Tuesday, April 21, 5:30 pm

Midlife Rejuvenation Can Restore the Spring In your Step

Learn how Midlife Rejuvenation Therapy can help restore the vitality and energy that you thought was long gone.

Presented by Chiedu Nchekwube, MD, Family Medicine Physician

Wednesday, April 29, 5:30 pm

Maintaining Vascular Health & Preventing Stroke

Learn how leading a healthy lifestyle can maintain vascular health and prevent stroke.

Presented by Sherry Mosier, BSN, RN, CNRN, SCRN, Stroke Coordinator

Tuesday, May 12, 5:30 pm

Breast Health Screening Tools and You

Learn hands-on self-examination, the importance of 3D Digital Mammography along with educational and awareness tactics.

Presented by Anastasia Siatras, DO, Breast Radiologist and Jennifer Sanders, Manager, NWI Breast Care Center

Thursday, May 21, 5:30 pm

Screenings

Bone Density Screenings

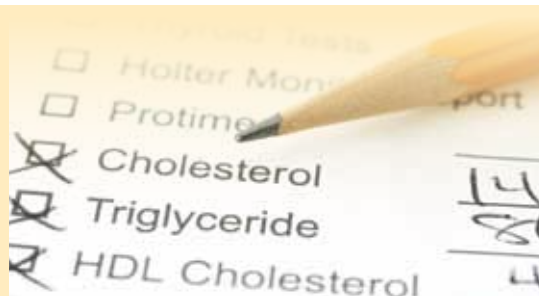
Free screenings and useful information about bone health and osteoporosis prevention and treatment. Screenings performed on the heel of the foot. Participants must remove shoes.

Space is limited. No appointment needed.
Thursday, April 16, 9 am to 12 noon

Cholesterol and Glucose

This screening is for those who have not had their cholesterol checked in the past six months. A 12-hour fast is recommended but not required.

Call 219-464-1006 to register.
Thursday, May 28, 8 am to 11 am



Peripheral Artery Disease Screenings

This simple, painless screening will identify most cases of peripheral artery disease.

Call 219-464-1006 to register.
Thursday, May 7, 1 pm to 4 pm

Upcoming YMCA Events

For additional information please visit www.valpoyymca.org or call 219-462-4185

YMCA's Diabetes Prevention Program

This 12-month program's purpose is to prevent or delay the onset of diabetes for those at risk of developing the disease through body weight reduction and increased physical activity. It focuses on behavior modification and is led by a certified lifestyle coach. Call Lee Baker at 219-462-4185 for information. **Enrolling Now!**

Ringin' in Spring 5K/10K Race

Sat., April 4, 9am

Join us for this fun family event featuring a kids' fun run, prediction 5K walk, 5K or 10K run. Register on-line at www.ringinginspring.com

Earth Awareness Day

Wed., April 22, 10am-2pm & 3pm-5pm

Healthy Kids Day

Sat., April 25, 11:30am-2pm

Health and wellness activities, information and screenings for kids of all ages. FREE and open to the community.

LIVESTRONG at the YMCA

This 12-week group exercise program for adult cancer survivors focuses on improving cardiovascular endurance, muscle strength, balance, flexibility, energy and overall wellbeing. FREE and open to the community. Enrolling now for the next session.

Call Lee Baker at 219-462-4185 for more information.

ER DISPATCH



Keep Poisons Out of Reach



Dr. Nicholas Johnson

If you think poisonings are a rare occurrence, you're wrong. According to the Centers for Disease Control and Prevention, poisoning is now the leading cause of injury death in the United States.

In 2012, poison centers across the U.S. answered more than 3.4 million calls, and, according to the American Association of Poison Centers, cases involving children younger than age six accounted for more than half of those calls.

The biggest share of these poisonings occurred from substances found at home. That's why it's vitally important for everyone to lock up pesticides and household chemicals out of children's reach – preferably in a high cabinet.

Poisoning occurs when any substance interferes with normal body functions after it is swallowed, inhaled, injected, or absorbed.

Poisoning incidents are preventable. Here are some useful tips to protect you and your loved ones from poisoning:

- Inspect your home to identify potential hazards. Ask a friend or family member who doesn't live in your home to inspect things with a fresh pair of eyes. Don't forget to inspect from the level of a child's eyes.
- Install safety latches on all cabinets that store household cleaners, medications, etc.
- Post the Poison Control Centers' national helpline number, 1-800-222-1222, near your phone or program the number into your phone's "address book" or speed dial feature.

Act fast if you suspect that someone has been poisoned. Don't wait to see what happens. Call 1-800-222-1222, and speak to a Poison Control expert.

Nicholas Johnson, MD, is Methodist Hospitals' Associate Director of Emergency Services.



Get the quality
FAMILY CARE
you need. **Where you need it!**

Dr. Kuna is **Now Welcoming NEW PATIENTS** at the Valparaiso Family YMCA

 **METHODIST**
PHYSICIAN GROUP
An Affiliate of Methodist Hospitals

Valparaiso Family YMCA
1201 Cumberland Crossing Dr.
219-464-1006

"I have one goal – to always be here for your family. That's why I work very hard to connect with all of my patients and address any specific health issues they face. And as those relationships evolve, I am better able to help my patients prevent illness and ultimately lead healthier lives."

Dr. Jerry Kuna, Family Medicine



Meet Dr. Kuna online at www.methodistphysiciangroup.org

Community Event Calendar

JOIN US

Attend the classes, seminars, support groups or clinics that best meet your needs.

ACID REFLUX/GERD

Seminar: Say Good-bye to Acid Reflux Pain & Discomfort

Wednesday, June 10

Southlake Campus, Pavilion B,
Conference Room
200 E. 89th Ave, Merrillville

You don't have to live with chronic heartburn or acid reflux pain and discomfort. Learn about the latest effective treatments to relieve upper digestive disorders at this free seminar.

Presented by Daniel Hurwich, MD, Gastroenterologist

BRAIN HEALTH

Healthy Living with Parkinson's

Every Tuesday, 10:30 to 11:30 am
Dance Class

Every Thursday, 12:30 to 1:45 pm
Yoga Class

Southlake Campus, Pavilion D
303 E. 89th Ave., Merrillville

May is National Stroke Awareness Month

Free Stroke Awareness Seminars – See page 7

MS Support Group

The third Friday of every month
11:30 am to 1:00 pm

Southlake Campus, Pavilion B, Conference Room
200 E. 89th Ave., Merrillville

The third Tuesday of every month
12:00 noon to 2:00 pm

Midlake Campus
2269 25th Ave., Gary

A support group for friends and family of people with multiple sclerosis. For more information call 219-738-4926. No registration required.

Parkinson's Support Group

The third Tuesday of every month
12:00 noon to 1:30 pm

Southlake Campus, Pavilion B, Conference Room
200 E. 89th Ave., Merrillville

A support group for friends and family of people with Parkinson's disease. For more information call 219-738-4926. No registration required.

Stroke Support Group

The fourth Thursday of every month
6:00 to 8:00 pm

Southlake Campus, Pavilion B,
200 E. 89th Ave., Merrillville

A support group for stroke survivors, their friends and family. To register, call 219-738-4926.

BREAST HEALTH

Healthy Night Out with the Girls

An educational series offering breast risk assessments, bone density screenings, breast health information and outreach program information.

Take care of your bones

Learn about the warnings signs of deteriorating bone health and the latest health advancements in treating osteoporosis.

Thursday, June 11, 5:30 to 7:30 pm

Southlake Campus, Pavilion A
101 E. 87th Ave., Merrillville

CANCER

Cancer Genetics Therapy

Southlake Campus, Pavilion B,
Oncology Institute
200 E. 89th Ave, Merrillville

Identify your potential health risks in order to make informed decisions about your genetic health. The clinic also helps identify your genetic results, and provides support throughout the process. By appointment only, call 219-757-7212.

Cancer Support Session

Southlake Campus, Pavilion B,
Oncology Institute Resource Library
200 E. 89th Ave, Merrillville

An information and support session about healthy eating, activity, stress management, & coping during and after cancer treatment. By appointment only, call 219-757-7212.

Take Control: Reduce Your Risk of Colon Cancer

Free Colon Cancer Awareness Seminar – See page 6

Look Good, Feel Better - American Cancer Society Seminar

Monday, June 8, 4:00 to 6:00 pm

Southlake Campus, Pavilion B, Oncology Institute
200 E. 89th Ave, Merrillville

Information and cosmetic advice for women battling cancer. Hands-on makeup and skin care application. Cosmetics are provided free of charge. To register, call 1-800-227-2345.

Lymphedema Therapy

Southlake Campus, Pavilion D
303 East 89th Ave, Merrillville

Patients with lymphedema of the upper extremities can learn proper skin care, diet and exercises, massage and other compression techniques. By appointment only, call 219-738-3500.

Spring Spa Day

Saturday, April 25, 9:00 am to 12 noon

Southlake Campus, Pavilion B
200 E. 89th Ave, Merrillville

A free event to pamper women who are cancer survivors.

CARDIOVASCULAR HEALTH

New Advances in Heart Failure Management

Free Heart Failure Management Seminar – See page 9

Learn about the CardioMEMS

Heart Failure Support Group

A support session featuring information and presentations followed by a general discussion about managing heart failure. To register, call 219-738-1075.

CHILDBIRTH

Prepared Childbirth Classes

Every Tuesday, 6:30 pm to 9:00 pm

April 28 to May 19

May 26 to June 16

June 23 to July 14

August 18 to September 8

Southlake Campus,
Maternal Fetal Medicine Conference Room
8701 Broadway, Merrillville

A four-week course designed to assist pregnant mothers and their partner to learn about labor, delivery and the immediate post partum period. The first three weeks focus on labor: relaxation, breathing, physical conditioning, and exercises. Week four discusses parenting topics.

DIABETES

Diabetes Self-Management Education Classes

Classes meet the first 3 Wednesdays of the month.

1:00 pm - 4:00 pm or 5:00 pm - 8:00 pm

Southlake Campus, Pavilion D,
303 East 89th Ave, Merrillville

Classes meet the first 3 Tuesdays of the month.

1:00 pm - 4:00 pm

Northlake Campus,
600 Grant St, Gary
(Meet by Booth #5 in Outpatient Registration)

Comprehensive diabetes education involving all aspects of treatments as well as prevention of chronic complications. To register, call 219-738-5802. Must have physician referral.

Diabetes Support Groups

Classes meet the 4th Tuesday of every month.

10:00 am - 11:00 am

Methodist Hospitals Northlake Campus,
Main Lobby Entrance
600 Grant St. Gary

5:00 pm - 6:00 pm

Southlake Campus, Pavilion D, Room 161,
303 East 89th Ave, Merrillville

A wide variety of topics related to diabetes are discussed. For persons with diabetes and their family members. To register, call 219-738-5802.

To register call 1-888-909-DOCS (3627) or visit MethodistHospitals.org unless otherwise indicated

GRIEF SUPPORT

Living After Loss Support Group

Every Wednesday, 4:00 pm to 5:30 pm

Northlake Campus
South Pavilion Auditorium
600 Grant St, Gary

Every Monday, 6:00 to 7:00 pm

Southlake Campus,
Classroom 2 (lower level)
8701 Broadway, Merrillville

A support group for adults grieving the death of a loved one. For more information, call 219-886-4522.

HEALTHY LIVING

Health Matters Seminars

YWCA of NWI
150 West 15th Ave, Gary

Friday, April 24, 12:15 pm

Maintaining a Healthy Heart

Presented by Andre Artis, MD, Cardiologist

Friday, May 22, 12:15 pm

Maintaining Vascular Health and Preventing Stroke

Presented by Sherry Mosler, RN, Stroke Coordinator

Friday, June 26, 12:15 pm

Healthy Bones equals Healthy Living

Presented by a Methodist Hospitals Physician

ORTHOPEDIC
AND BONE HEALTH

A Breakthrough in Treatment for
Tendon Pain

Free Foot and Ankle Pain Seminar – See page 13

Back and Neck Pain Seminar

Wednesday, June 3, 4:30 pm

Southlake Campus, Pavilion B
200 E. 89th Ave, Merrillville

Identify your back and neck pain and learn about the most effective treatments available.

Presented by Kristy Darnell, RN, MSN, FNP-BC, CNRN

FREE Scoliosis Screenings

Southlake Campus, Pavilion B
Neuroscience Institute,
200 E. 89th Ave, Merrillville

By Appointment Only.

To schedule an appointment, call 219-738-4926.

Living with Arthritis Seminar

Tuesday, April 21, 5:30 pm

Southlake Campus, Pavilion B
200 E. 89th Ave, Merrillville

Learn about the causes of joint pain and many of the latest treatment options. Take the first step in learning ways to relieve your pain and restore your independence.

Presented by Vineet Shah, DO, Orthopedic Surgeon

Osteoporosis Prevention
and Treatment Seminar

Wednesday, June 24, 4:30 pm

Southlake Campus, Pavilion B
200 E. 89th Ave, Merrillville

Learn about overall bone health and the prevention and treatment of osteoporosis.

Presented by Kristy Darnell, RN, MSN, FNP-BC, CNRN

OSTOMY SERVICES

Northlake Campus,
Conference Room A,
600 Grant St., Gary

By appointment only, call 219-886-4309.

Southlake Campus,
Hospitality Room,
8701 Broadway, Merrillville

By appointment only, call 219-738-4938.

The clinic is designed to help patients meet their ostomy needs, both acute and long term, and encourage independence.

WOUND CARE SERVICES

Northlake Campus,
600 Grant St, Gary

By appointment only, call 219-886-4899.

Southlake Campus,
8701 Broadway, Merrillville

By appointment only, call 219-738-6647.

Provides treatment to patients with non-healing ulcers using a variety of advanced therapies including negative pressure, compression, total contact casting and Hyperbaric Oxygen in collaboration with their health care provider.

WEIGHT LOSS

FREE Weight Loss Surgery Seminar

Thursday, April 9

Thursday, April 23

Thursday, May 7

Thursday, May 21

Thursday, June 4

Thursday, June 18

Southlake Campus, Pavilion A
4th Floor, Suite 430
101 East 87th Ave., Merrillville

An informational seminar about weight loss and surgery options. The session is open to all interested persons and their families or friends.



ER DISPATCH



Keep Poisons
Out of Reach



Dr. Nicholas Johnson

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Nicholas Johnson, MD, is Methodist Hospitals' Associate Director of Emergency Services.

Methodist Hospitals'
free SPRING COMMUNITY
Health Fair

**SATURDAY
APRIL 18
9:00 AM - 12 NOON**

GARY GENESIS CENTER
One Genesis Center Plaza • Gary

free
**HEALTH
INFORMATION**

free
**RAFFLES
& PRIZES**

free
**HEALTH
SCREENINGS**


METHODIST
HOSPITALS
Leading The Way To Better Health

HIP 2.0

**HEALTHY INDIANA PLANSM
is HERE!**

Learn about Indiana's NEW
affordable health insurance program
for uninsured adult Hoosiers.

**FREE
ENROLLMENT
ASSISTANCE**

presented by Methodist Hospitals certified navigators

FREE SEMINARS

Fri., April 17, 3:00 PM – 6:30 PM
Southlake Campus – Pavilion B
200 E. 89th Ave., Merrillville

Thurs., May 14, 3:00 PM – 6:30 PM
Midlake Campus – Multi-Specialty Center
2269 W. 25th Ave., Gary

FREE WALK-IN ENROLLMENT
Every Wednesday, 2:00 PM – 4:00 PM
at our Northlake and Southlake Campuses

For additional questions,
please call 219-886-4584
or 219-738-5508

WALK-INS WELCOME!


METHODIST
HOSPITALS