Banish Breast Cancer Myths

Quick Treatment Saves Heart Attack Patient

Little Company of Mary Earns Recognition

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Dark Days of Winter Can Trigger SAD Feelings
Is wintry weather getting you down?

Those sad feelings you get during fall and winter could be signs of seasonal affective disorder, or SAD. SAD is a form of depression that is triggered by the change in seasons. About 4 to 6 percent of people in the U.S. suffer from the condition, and people who live in places with long winter nights are more affected.

“Not having enough sunlight can bring on the sad mood,” says Nimisha Patel, M.D., a psychiatrist at Little Company of Mary. “It has the same symptoms of depression, including tiredness during the day, change in appetite and sleep, wanting isolation and being generally unhappy. In some cases, patients can even have suicidal thoughts.”

Some people get SAD during spring or summer instead, though this is extremely uncommon.

The specific causes of SAD are unknown, but Dr. Patel says women are affected more than men. It can occur at any point in adulthood, and treatment options are similar to those offered for depression. One common treatment option is light therapy.

“With light therapy, the patient uses a light box for 30 minutes in the morning, which mimics the outdoor light,” explains Dr. Patel. “I also recommend that patients exercise daily to help ease the symptoms.”

If you believe you suffer from symptoms of SAD or depression, contact your physician for evaluation and treatment. Other treatment options may include antidepressants and psychotherapy.

IS IT DEPRESSION?

Could your symptoms signal depression? This FREE brochure can help you better understand depression. Email physicianmatch@lcmh.org or call 708-423-3070 to request your copy today. Supplies are limited.

Campus Transformation Update

The Campus Transformation Project at Little Company of Mary is moving forward — and moving indoors. This winter, bricks, windows and other finishing touches were added to the exterior of the new West Pavilion. With that phase of construction complete, the focus shifted to the building’s interior.

Installation of mechanical, electrical and plumbing systems will continue through this spring. Construction on the 96 private patient rooms — all with private baths — will be well under way. Over the summer, wall coverings and flooring will be laid down. Then, after a fresh coat of paint and move-in of furniture and medical equipment, the West Pavilion will be ready to welcome its first patients in fall 2012.

The eight-story West Pavilion will be home to the Women’s Center for Life and Health, a comprehensive, one-stop shop for women’s outpatient care. The building will also feature a new gift shop, cafeteria, pharmacy, lab services and four floors of private patient rooms.

Get a sneak peek of the new space at the Community Open House on Sunday, October 14. Stay tuned for more details in the next issue.

SISTER KATHLEEN McINTYRE, L.C.M.
Chairperson of the Board

DENNIS REILLY
President/CEO
Here’s a hard truth about breast cancer: About one in eight women will develop the disease in her lifetime. But breast cancer myths also abound. Do you believe any of them?

**MYTH #1: IF YOU FIND A LUMP, IT’S PROBABLY CANCER.**
A lump or a thick spot in your breast or near your armpit is one possible sign of cancer, but most breast lumps are not cancerous. “See your doctor if you have a lump or another change to your breast — including discharge from your nipples, variations in size or shape or red scaly skin — that doesn’t go away,” recommends Nancy Taft, M.D., a fellowship-trained breast surgeon at Little Company of Mary. “Even then, don’t panic. These signs don’t necessarily mean you have cancer.”

**MYTH #2: MOST WOMEN WHO GET BREAST CANCER HAVE A FAMILY HISTORY OF IT.**
Yes, having a mother, sister or daughter with breast cancer is a risk factor for breast cancer. Only about 20 percent of women with breast cancer have a close relative with the condition. “You can’t change your genes, so if you’re concerned about cancer, focus on risk factors you can control,” says Dr. Taft. “These include being overweight, using hormone therapy and drinking alcohol.”

**MYTH #3: EXERCISE PREVENTS HEART DISEASE, NOT CANCER.**
Studies show working out reduces breast cancer risk — no matter how late in life you start. The American Cancer Society recommends you sweat for 45 to 60 minutes at least five days per week, but any exercise is beneficial.

**MYTH #4: BREAST CANCER RATES ARE ON THE RISE.**
After increasing for decades, breast cancer rates have begun declining — about 2 percent per year. “Women are also increasingly likely to survive breast cancer,” Dr. Taft says. “Earlier and consistent screening, advancement in treatment options and increased awareness all play an integral role in survival for women.”

**ARE YOU AT RISK?**
Find out by taking our free risk test. Visit [www.LCMCancerCare.org](http://www.LCMCancerCare.org) and click on “Breast Cancer” to get started.

**WALK FOR SUPPORT**
Don’t miss your chance to walk in the 13th annual Beverly Breast Cancer Walk on Mother’s Day, Sunday, May 13. Join nearly 10,000 other walkers and celebrate the lives of those you love who have survived breast cancer — and those who have not. To learn more, visit [www.BeverlyBreastCancerWalk.org](http://www.BeverlyBreastCancerWalk.org).
Mention the phrase “door-to-balloon time,” and you’re likely to get a few blank stares. But not from 67-year-old Judith O’Sullivan of Orland Park. O’Sullivan not only understands what the phrase means, she knows that it saved her life at Little Company of Mary earlier this year.

On a typical day working at the local grocery store, O’Sullivan started feeling dizzy and hot. “It could have been because it was hot that day,” she recalls.

Unfortunately, that wasn’t it at all. O’Sullivan was having a heart attack. When she tried to sit down on a nearby milk crate, she collapsed. A quick-thinking customer started performing CPR immediately.
When she arrived in the Emergency Department at Little Company of Mary, O’Sullivan’s heart rate was just 20 beats per minute and her blood pressure was dangerously low.

“She was in critical condition,” says Daniel Rowan, D.O., medical director of the Hospital’s interventional cardiology department and the cardiac catheterization lab.

Once she entered the Hospital’s emergency department, the clock started ticking on door-to-balloon time, a term coined by the American College of Cardiology (ACC) to describe the time it takes for a hospital to recognize and treat a heart attack patient with balloon angioplasty, stents or both after he or she arrives at the hospital.

The ACC recommends 90 minutes or less. For patients at Little Company of Mary, door-to-balloon time is well below that: 70 minutes or less, on average. Within moments, O’Sullivan was receiving lifesaving treatment. An electrocardiogram confirmed she was having a heart attack and needed fast treatment in the cardiac catheterization lab.

“When I first arrived there, they told me her heart was in very poor shape,” O’Sullivan’s husband Joseph recalls. “I was thinking the worst but hoping for the best. Five minutes later, I was talking to Dr. Rowan. The entire team was very responsive.”

Within minutes, the busy mother of three adult children and grandmother of two was rushed to the catheterization lab where Dr. Rowan inserted three stents to keep her blocked artery open and put in an intra-aortic balloon pump to lessen the load on her weakened heart. She also received a temporary pacemaker to maintain a normal heart rhythm and special medication to keep her blood pressure at a healthy level.

“Her right coronary artery was 100 percent blocked,” Dr. Rowan adds. “Initially, her heart appeared to be very damaged from the heart attack, but it has made an almost complete recovery. Her recovery is a testament to our team approach. The catheterization staff, along with the emergency department, did an outstanding job.”

O’Sullivan remained hospitalized at Little Company of Mary for 15 days, but was able to return to work on October 1. Additionally, she has given up her pack-a-day smoking habit since her heart attack.

“The last time I was at Little Company of Mary was when I had my children,” she adds. “I’m so grateful to be alive.”
Classes & Programs
Spring 2012

MEN'S WELLNESS EVENT
This special program for men includes comprehensive labs; BMI; blood pressure; oximetry; colon cancer screening; blood testing to detect diabetes, gout, kidney and liver disorders; CBC and blood cholesterol levels; plus screenings for body fat, oximetry and blood pressure. Also included is a take-home colon cancer screening kit. Reservations are required by June 8. Space is limited. Continental breakfast will be served and there will be an “Ask the Doc” Q&A session with Michael McGrail, M.D.

C95 June 16, 7:30 to 10:30 a.m.; $60

TOTAL JOINT REPLACEMENT SERIES
The class is designed for patients scheduled for total hip or knee replacement surgery. The patient will receive information on the procedure, what to expect before and after surgery, the role of physical therapy, equipment needs and more. The class is led by a nurse and a physical therapist. Another family member or support person is welcome to attend. Please call 708-423-3070 to register. Free.

LC • April 4, May 2, June 6, 5 to 7 p.m.
• April 21, May 19, June 16, 10 a.m. to noon

REGISTER BY PHONE OR WEB
Reservations are required for all programs. Please call 708-423-5774 to register unless otherwise indicated.
For fast and easy registration for many of these programs, go to www.LCMH.org.

Adult Wellness
Focuses on ways people living with chronic illness can live healthier. LC 11 a.m. to noon; Free
• April 11: Bloom Where You’re Planted, with Joan Murphy, R.N., Ph.D.
• May 9: Sound of Music, with Eileen McNichols, R.N., M.S.N.
• June 13: Journey to a Healthy You, with Jamie Witting, R.N., B.S.N.

Health Academy
Reservations required.
LC 11:15 a.m. to noon; Free
• April 9: Back to Basics, with William Earman, D.O.
• May 14: Skin Cancer, with Gabriel Mooney, M.D.
• June 11: Gift of Hope, with Donna Ramusack, R.N.

Healthy Living
Gather for a dose of wellness.
CR 9:30 to 10:30 a.m.; Free
• May 21: Nutrition Ignition, with Lisa Micetich, R.D.

Hypnosis with Hypnotherapist
Rick Adema, L.C.P.C.
Includes a $15 CD for reinforcement. Call for dates and times.
LC
• For weight loss: $95, three sessions
• For smoking cessation: $65, one session

Lite Cardio Aerobics
Please call for schedule and fees.
CR LC Tuesdays and Thursdays, 8:30 a.m.
LC Tuesdays and Thursdays, 4 p.m.

Massage or Reflexology
CR LC $35 per half hour/$60 per hour; Tabletop Tune-Up $15 per 15 minutes

Personal Health Coaching
Tap into your inner strength to meet your health goals.
CR LC $35 per session

Tai Chi
An ancient Chinese discipline for health, relaxation and meditation. Please call for schedule and fees for the seven-week program.
LC

Yoga
Call for fees.
LC Wednesdays, 4:30 to 5:30 p.m.

Cancer
Call 708-229-6015 for information on our free cancer programs.

Breast Cancer Network of Strength
LC First Tuesday of the month, Meeting Room I, 7 to 8:30 p.m.; Free

Guided Imagery
LC Third Tuesday of the month, 7 to 8 p.m.; Free

Integrative Therapies
Yoga, Tai Chi, massage therapy, acupuncture and healing touch for cancer patients.
LC Free

Metastatic Breast Cancer Support Group
LC First Tuesday of the month, Meeting Room I, 6:30 to 7 p.m.; Free

Mini-Spa
Free massages, manicures, pedicures, facials and Reiki are offered to cancer patients undergoing treatment.
LC Free

Picnic in the Park
During this free program for cancer patients, a speaker presents a relevant topic. Lunch is served.
LC
• Meets the first, second and fourth Tuesday of the month; Free

Self-Hypnosis
This is a self-hypnosis program for people living with cancer. Facilitated by Rev. Scot Giles, D.Min., certified hypnotherapist. The program is limited to 25 participants.
LC Second Saturday of the month, 10 a.m. to noon; Free

Us TOO — Prostate Cancer Support Group
LC First Thursday of the month, Room I, 7 to 8:30 p.m.; Free

Watercolor Class, with Carole Wilson
Registration is required.
LC Mondays, 1 to 3 p.m.; Free

Children’s Programs
Red Cross Babysitting
Red Cross-certified class for youths 11 to 14 to learn safe babysitting skills.
LC June 22, 9 a.m. to 3 p.m.; $55 (includes handbook)

Diabetes
Diabetes Support Group
Brings those who have diabetes together for support and guidance. Call 708-229-5629.
LC May 30, July 25, 6:30 to 8 p.m.; Free

Diabetes Tool Kit
This informal group program is conducted by diabetes educators Debbie Murray, R.N., C.D.E, and Kristen Bulkley, R.D., L.D.N., C.D.E.
CR April 4, May 2, June 6, 9 to 10 a.m.; Free

Nutrition, Fitness
and Weight Loss
Bariatric Weight-Loss Surgery
This program is for people who have undergone bariatric weight-loss surgery or laparoscopic gastric banding. Call 708-229-5969 for information.
First Tuesday of the month; Free
• 6 p.m. for Lap-Band patients
• 7 p.m. for gastric bypass and sleeve gastrectomy patients
Mary Potter Pavilion, 2850 West 95th Street

Shape Your Future for Women
A great opportunity for permanent weight loss, conducted by a certified weight loss consultant. Call for dates of this eight-week program.
LC 6:30 to 7:30 p.m.; $125

Outpatient Nutrition Counseling
Call 708-229-5429 for information or an appointment to meet with a Little Company of Mary registered dietitian.
Free
Pregnancy, Childbirth and Early Years

To register for these classes, visit myhealthmyjourney.com and click on “Family Birth Center” under “Services” or call 708-423-3070.

*To be eligible to attend these classes, you must be receiving your prenatal care from one of our staff obstetricians and be preregistered to deliver your baby at LCM.

**Birthing Basics**
This three-session program provides the basic education and skills needed to prepare for childbirth.

**LC $50**
- April 10, 17, 24, 7 to 9:30 p.m.
- May 10, 17, 24, 7 to 9:30 p.m.
- June 9, 16, 23, 10 a.m. to 12:30 p.m.

**Cesarean Section Class**
This class is part of Birthing Basics but is offered as an individual admission.

**LC $20**
- April 24, 7 to 9:30 p.m.
- May 24, 7 to 9:30 p.m.
- June 23, 10 a.m. to 12:30 p.m.

**Breastfeeding**
This program provides new and expectant mothers with the practical information necessary to have a successful and rewarding breastfeeding experience. For private breastfeeding lessons, call 708-423-3070.

**LC $15**
- April 14, 1 to 3 p.m.
- May 16, 7 to 9 p.m.
- June 13, noon to 2 p.m.

**Happiest Baby on the Block**
Learn strategies on how to soothe your crying baby, plus skills necessary for new baby care.

**LC $30**
- April 14, noon to 2 p.m.
- May 1, 7 to 9 p.m.
- June 9, 1 to 3 p.m.

**Healthy Heart Screening**
Includes CBC, chemistry levels, including liver enzymes and glucose; coronary risk profile; body fat testing; blood oxygen and more! By appointment.

**CR LC $55 ($600 value)**

**Osteoporosis Screening**
A heel ultrasound screening can determine your risk. Registration required.

**LC $5**

**Skin Cancer Screening**
With Gabriel Mooney, M.D. Call for dates and times.

**CR LC Free**

**Wake-Up Call Screening**
This one-hour appointment could save your life! Includes CBC; chemistry; coronary risk profile; BMI; blood oxygen level; ultrasound of carotid and abdominal aortic arteries; and peripheral vascular screening and heart rhythm. By appointment.

**LC April 14, May 19, June 30, 8 a.m. to 1 p.m.; $145 ($2,400 value)**

**Your Cholesterol IQ**
Finger stick cholesterol screening. Registration required.

**CR LC Call for times; $5**

**Screenings**

**Asthma Screening**
With Susan Chua-Apolinario, M.D.

**CR May 7, 10 a.m. to noon; Free**

**Blood Pressure Watch**
Lecture and screening.

**CR 9:30 to 10:30 a.m.; Free**
- April 18: Family Matters, with Joan Murphy, R.N., Ph.D.
- May 16: Medication Revelation, with Rita Magnunson, Pharm.D.
- June 20: Finding Your Balance, with Joan Murphy, R.N., Ph.D.

**Body Composition Analysis**
Registration required.

**CR LC $27**

**Foot Screening**
Conducted by Steven Gelsomino, M.D. Registration required. Call for dates and times.

**CR LC Free**

**Special Programs**

**Congestive Heart Failure**
Learn more about congestive heart failure in this special series featuring Andrew Perez, M.D.; Lisa Micetich, R.D.; and Rita Magnunson, Pharm.D.

**LC June 25, 10 a.m. to noon; Free**

**Stress and Anger Management**
Two-session workshop designed to teach skills and manage life more effectively. Presented by Joan Murphy, R.N., Ph.D., and Eileen McNichols, R.N., M.S.N.

**LC April 16 and 17, 6 to 8 p.m.; $35**

**Total Control for Women**
Private one-to-one sessions with a certified Total Control instructor to strengthen the pelvic pyramid muscles and improve bladder control and urinary incontinence. Call for an appointment.

**CR LC $125 (includes handbook and materials)**

**Finger stick cholesterol screening. Registration required.**

**CR LC Call for times; $5**
Little Company of Mary Earns Recognition from The Joint Commission

Little Company of Mary has been named one of the nation’s top performers on key quality measures by The Joint Commission, the leading accreditor of health care organizations in America.

It was recognized by The Joint Commission based on data reported about evidence-based clinical processes that are shown to improve care for certain conditions, including heart attack, heart failure, pneumonia, surgical care and children’s asthma.

Just 405 U.S. hospitals and critical access hospitals earned the distinction of top performer on key quality measures for attaining and sustaining excellence in accountability measure performance this year.

To be recognized as a top performer on key quality measures, an organization must meet two 95 percent performance thresholds. Little Company of Mary was recognized for achieving these thresholds for heart attack, heart failure, pneumonia and surgical treatment.

“We understand what matters most to our patients — safe, effective care,” says Dennis Reilly, President and CEO of Little Company of Mary. “That’s why we have made a commitment to accreditation and to positive patient outcomes using evidence-based care processes. LCMH is proud to be named to the list of The Joint Commission’s Top Performers on Key Quality Measures.”

Little Company of Mary is one of only 405 U.S. hospitals and critical access hospitals earning the distinction of top performer on key quality measures for attaining and sustaining excellence in accountability measure performance. Our commitment to positive patient outcomes using evidence-based care processes has helped us become a top performer. To learn more, visit www.qualitycheck.org.

Learn more about Little Company of Mary at lcmh.org and on our blog at lcmhealthnews.org

Connect with LCMH at these social sites: