New Gynecologic Oncology Surgeon

Assaad Semaan MD, a board certified gynecologic oncologist, recently joined AMITA health from Southern Illinois University School of Medicine where he has been on faculty as assistant professor for the past five years. Dr. Semaan earned his medical degree from the American University of Beirut. He completed his residency in obstetrics and gynecology at the George Washington University in Washington, DC, and his fellowship in gynecologic oncology at Wayne State University in Detroit, Michigan. Dr. Semaan specializes in the treatment of cancers of the female reproductive system, with emphasis on minimally invasive surgery. He has been the recipient of multiple research grants in the fields of molecular and cancer biology and his work has been published extensively. Dr. Semaan enjoys the complex, challenging, aspects of surgical care involved in gynecologic oncology and always strives to include the newest technological advances in his practice such as minimally invasive surgery. He strongly believes that excellent patient care extends far beyond the operating room boundaries. His practice philosophy is based on the premise that each patient is an individual, a member of a family and a member of a larger community. Each patient requires a varied amount of physical, emotional and psychological support and he strives with his team to accompany and support patients through all stages of treatment. He is currently practicing out of our AMITA Health Cancer Institutes in Elk Grove Village and Hoffman Estates.

New Gynecologic Oncology Physician Support
Dr. Semaan's clinical team includes:

Samantha Mozdzynski, PA-C is a surgical oncology Physician Assistant who attended Marquette University in Milwaukee, Wisconsin for both her undergraduate degree and Master of Science in Physician Assistant Studies. Samantha is committed to providing the highest quality of care to all patients, while maintaining confidentiality and continuity of care across all their medical needs. Samantha strives to deliver patient-centered and patient-driven care.

Megan Maxwell, RN is a surgical oncology nurse who attended Byrdine F. Lewis School of Nursing at Georgia State University. Megan also possesses a degree in Biology from Illinois State University. Prior to joining AMITA Health, Megan worked for Emory University Hospital on the medical oncology floor where the primary focus was patients with solid tumor cancers but also ranged from hematology, leukemia, bone marrow transplants and hospice.
Healthgrades, the leading online resource for information about physicians and hospitals, announced its pick for the best hospitals in the United States. Among the top 50 or top 1% of hospitals in the nation, Healthgrades recognized three AMITA Health hospitals which demonstrate superior clinical outcomes across common inpatient conditions and procedures. AMITA Health Alexian Brothers Medical Center (Elk Grove Village), AMITA Health Resurrection Medical Center (Chicago), and AMITA Health St. Alexius Medical Center (Hoffman Estates) were all recognized for delivering service above industry standards.

National Accreditation Program for Breast Centers (NAPBC) – American College of Surgeons

In fall of 2018, AMITA Health’s Alexian Brothers Medical Center, St. Alexius Medical Center and Adventist Medical Center Hinsdale obtained accreditation through the National Accreditation Program for Breast Centers (NAPBC). AMITA Health’s Alexian Brothers Medical Center was recognized for 3 Best Practices awards in the following areas:

- Level of Responsibility and Accountability
- Genetic Risk Assessment, Genetic Counseling and Genetic Testing
- Center participates in 3 more research quality studies

NAPBC status ensures the highest standards of care for patients with diseases of the breast. Our clinical staff works together to provide the most efficient and cutting-edge breast care through the use of scientific evidence determining best treatment protocols for our patients. AMITA Health’s NAPBC accreditation is governed by the American College of Surgeons (ACoS), which for more than 100 years has led national and international initiatives to improve quality in hospitals.

Commission on Cancer (CoC) – American College of Surgeons

AMITA Health Alexian Brothers and St Alexius Medical Centers Integrated Network Cancer Program underwent a standard 3-year review for accreditation by the Commission on Cancer (CoC) in 2018. The program was awarded the highest possible accreditation, including all 7 available points of commendation. In 2019, our program was identified as a recipient of the 2018 Outstanding Achievement Award by the American College of Surgeons, an honor given this year to only 24 programs, less than 10% of cancer accredited programs nationwide. The Outstanding Achievement Award recognizes cancer care programs for their commitment to providing comprehensive, high-quality, and multidisciplinary patient centered care. CoC accreditation helps to improve survival rates and quality of life for cancer patients through best practice, prevention, research, education, and the monitoring of comprehensive quality care.
Special Events

Survivorship Celebration Event* An Evening of Laughter!

When: June 21, 2019, 7pm-9pm (doors open at 7pm)
Where: Laugh Out Loud
601 N Martingale Rd, Ste. 171, Schaumburg, IL.

Each survivor may bring 1 guest, attendees must be 21 years or older. One non-alcoholic drink ticket provided. Cash bar available. Present registration confirmation letter to the show to get in (no letter-no admittance).

Please reserve your seat by June 14th (1-800-MYAMITA)

*This event is for Alexian Brothers and St Alexius Medical Cancer Institute Survivors only.

AMITA Health Cancer Institute Hinsdale Calendar Events

May 5
Wellness House Walk, Hinsdale

May 11
Pink 5K Fun Run; Start time: 8 am to benefit our OPEN Arms program. Visit http://www.obparks.org/pink 5k and follow registration link. Use promo code: TMAMITA and hit APPLY to receive discount.

July 4
Independence Day Parade, Hinsdale

July 11
Free Colon Cancer Screening Night at Brookfield Public Library 7 – 9pm

August 5-7
AMITA sponsored Brookfield Zoo Free Admission Days

August 25
AMITA Ice Cream Social, Hinsdale

July Skin Cancer Screenings

AMITA Health Cancer Institute Hoffman Estates
Doctors’ Office Bldg 3
1555 Barrington Rd.
Hoffman Estates, IL 60169

Free skin screening for anyone ages 18 and older. Screening held in cooperation with the American Cancer Society and sponsored by the American Academy of Dermatology.

Visit our Facebook page at www.facebook.com/AMITAHealth or our events page at www.AMITAhealth.org/events closer to July to schedule an appointment.

Thank You to the Elgin Association of Firefighters

The Elgin Association of Firefighters L439 Benevolent Fund presented AMITA Health Alexian Brothers and St Alexius Cancer Institutes with a check for $500. Thank you to them for their support of our patients and the community.

If you are or your organization are interested in hosting a fundraiser to benefit AMITA Cancer Institutes please contact us at 844-592-4673.

Quit Smoking in 2019

It’s not too late to register for AMITA Health smoking cessation classes.* You can lead a tobacco-free life, too! Call today, 877-262-5066 and live a healthier tomorrow.

Smoking Cessation Class Session – Elk Grove Village
Session 3: September 12, 19, 26, October 3, 10, 24
Every class : 6:00 – 7:30pm
*first class 6:00 – 7:30pm

Smoking Cessation Class Session - Hinsdale
Session: September 10, 17, 24, October 1, 3, 8, 15, 22
Every class : 6:30 – 8:30pm
NEW! Survivorship Series for Young Women Affected by Breast Cancer.

As a young woman with breast cancer, you have unique needs and questions. AMITA Health Cancer Institute, Hinsdale has partnered with Living Beyond Breast Cancer, a national breast cancer nonprofit organization that provides trusted information and a community of support, to host a series of workshops for young women diagnosed with breast cancer before the age of 45.

This FREE Survivorship Four Part Series will provide answers and resources on some of the most common concerns for young women. Topics to be covered will be:

- Hot and Bothered: Coping with Early Menopause
- Stay Alert: Managing the Long-Term Side Effects of Breast Cancer Treatment
- Let's Talk About Sex and Breast Cancer
- Self-Care After Breast Cancer

Each topic requires a separate class so we encourage you, although it is not required, to attend all four sessions.

This four-part series will be offered from 6-8pm at the AMITA Health Cancer Institute, Hinsdale location on June 4, 11, 25 and July 9. At AMITA Health Cancer Institute Alexian Brothers Medical Center location on September 10, 24, October 8 and 22. For more information visit our Facebook page www.facebook.com/AMITAHealth or our events page at www.AMITAhealth.org/events for details and registration.

Questions call 630-286-5500 for Hinsdale and 844-952-HOPE (4673) for Alexian Brothers location.

Complimentary Nutrition Services

Eating well with a focus on good nutrition is a vital component of your cancer treatment. Your body needs the proper nutrients to help fight the cancer and help your system tolerate the treatments. The AMITA Health Cancer Institute offers the services of our Registered Dietitian and Board Certified Specialist in Oncology Nutrition to provide you nutritional consultation before, during and after your treatments. This service is complimentary, at no cost to you.

Benefits of eating well:
- Improve/maintain strength and energy
- Lower risk of infection
- Better tolerate treatment related side effects
- Heal and recover faster
- Maintain a healthy weight
- Improve quality of life

It is recommended you prepare and bring a list of your questions to your first appointment along with the complete list of medications, supplements and herbs you currently take. It is helpful but not required to also bring a one day food diary if possible.

To schedule your complimentary appointment in Hinsdale, visit the AMITA Health Cancer Institute & Outpatient Center registration desk during normal business hours or call 630.286.5520.

To schedule your complimentary appointment in Elk Grove Village or Hoffman Estates call 844.952.HOPE (4673).
Interested in Giving Back?

AMITA Health is calling for volunteers to serve on its Patient and Family Advisory Council and Breast Cancer Ambassadors Team, the American Cancer Society is also calling for Road To Recovery® drivers.

Patient and Family Advisory Council
Do you have ideas on how to improve the patient and family experience at AMITA Health Cancer Institute? We are seeking volunteers to work with our hospital staff on a newly created Patient and Family Advisory Council. Our goal is to bring the patient perspective into the planning, delivery and evaluation of cancer care. Benefits of joining the Patient Advisory Council are:

• Express and have opinions valued
• Gain a better understanding of the healthcare system
• Bring the patient perspective to the table
• Become advocates for AMITA Health Cancer Institute
• Help improve processes and care for all patients

Breast Cancer Ambassadors Team
Are you a breast cancer survivor looking to give back to the community through education and training events, fundraising, community outreach activities and patient support through mentorship? The Breast Cancer Ambassadors Team, exclusively focused on the concerns of women with breast cancer, is seeking volunteers. Founded in 2012, the group was established with the mission “To provide our survivorship community with encouragement, support and education by guiding relationships with survivors, local community and medical professionals.”

For more information about Patient and Family Advisory Council and the Breast Cancer Ambassadors Team call 844-952-HOPE (4673).

Road To Recovery®: Give a ride to cancer treatment
For those who cannot drive themselves or have no other means of getting to their treatment, our Road To Recovery® volunteers donate their spare time to give cancer patients a much-needed lift.

If you own or have regular access to a safe, reliable vehicle, then you’re already on the road to volunteering. But you’ll also need:

• A good driving record
• A current, valid driver’s license
• Proof of adequate automobile insurance
• Completion of the American Cancer Society training course
• Regular access to a computer, laptop, tablet computer
• Schedule availability, typically Monday-Saturday

If you are interested in volunteering for Road To Recovery®, please call 800-227-2345.

Heroes Among Us…

Jerome and Matt:
Two AMITA Health Security Guards noticed a discharged patient wandering unsteadily in the ACI parking lot, looking for her car. The Security Guards brought a wheelchair to the woman and brought her back inside. The patient was assessed by RN and physician and was noted to be confused with slurred speech. The patient was transported to Hinsdale Emergency Department via EMS. The patient had suffered a small stroke. She was treated as an inpatient and discharged home when symptoms resolved.

Complimentary Tai Chi and Qigong Class
(Hoffman Estates & Elk Grove Village)
Qigong and Tai Chi are ancient Chinese healing arts that are beneficial today. During Medical Qigong you will focus on strengthening the internal organs for the first half of class, this is ideal for dealing with the effects Chemotherapy and Radiation. Tai Chi, the second half of the class, compliments Qigong and builds more strength and balance while reducing stress; this will increase a sense of balance and reduce stress in a difficult time.

Benefits of eating well:

• Reduce stress
• Ease discomfort and side effects of treatment
• Strengthens the immune system
• Improves balance
• Enhance sleep Improve/maintain strength and energy

For more information about this complimentary class call 844-952-HOPE (4673).
Welcome Our New Cancer Institute Staff

Dorothy Hoffman is an Oncology Certified Nurse who joined the AMITA Health Hinsdale Cancer Institute as a Nurse Navigator in January 2018. Dorothy’s oncology nursing experience includes stem cell transplant at Loyola and infusion at Rush. She also has a Master’s degree in Public Health. Dorothy’s time outside of work revolves around her family, including 16-month-old son Benjamin. She enjoys cooking, gardening, fitness, and curling up with a good book and her lap dog Cleo.

CherylAnn McGovern, LCSW is a Licensed Clinical Social Worker who provides therapeutic emotional support, as well as secures community resources for cancer patients. CherylAnn’s background in social work includes hospice and bereavement making her a well-rounded source for AMITA Health Hinsdale Cancer Institute patients. “I am very excited to be working at the ACI Hinsdale! I feel very fortunate to be work with people helping them manage and get through such a difficult period in their lives.”

Jeffrey Levinson, Manager, Radiation Oncology was a senior radiation therapist at Northwestern Memorial Hospital for 9 years before joining the AMITA Health Hinsdale Cancer Institute. Jeff has a Bachelor of Science degree in Aviation Technology from Purdue University. “I have a seven year old son and enjoy playing golf.”

Jenny Letourneau began her career at the AMITA Health in September of 2018 as the new Clinical Data Specialist for the medical oncology. Jenny provides support in planning for our cancer conferences at AMITA Health LaGrange, Hinsdale, and the ACI Hinsdale. Jenny received her AS at College of DuPage and her BA at Biology at Benedictine University. Jenny enjoys spending time with her two ferrets, Belle and Elwood.

AMITA Health Cancer Institute Programs at:

AMITA HEALTH CANCER INSTITUTE HOFFMAN ESTATES (HE)
AMITA Health St. Alexius Medical Center Hoffman Estates
Doctor Building 3, Ste. 1400
1555 Barrington Rd. | Hoffman Estates, IL 60169
1.844.952.HOPE (4673)

AMITA HEALTH CANCER INSTITUTE ELK GROVE VILLAGE (EGV)
AMITA Health Alexian Brothers Medical Center Elk Grove Village
800 Biesterfield Rd., Ste. 120 | Elk Grove Village, IL 60007
1.844.952.HOPE (4673)

Breast Cancer Support Group
AMITA Health Elk Grove Village
1st and 3rd Tuesdays | 6:30 – 8:00pm

Young Women’s Support Group
Young women under age 50 with breast cancer
AMITA Health Hoffman Estates
3rd Wednesdays | 6:00 – 7:30pm

All Cancer Networking Group
AMITA Health Hoffman Estates | Bettendorf Educational Library
4th Thursdays | 6:30 – 8:00pm

Bereavement Program
AMITA Health Elk Grove Village
Third Thursdays | 6:30 – 8:00pm

AMITA Health Hoffman Estates
1st Thursdays | 10:00 – 11:30am

A safe, caring environment for people after the death of a spouse or partner. Beginnings group is for spousal/partner loss up to one year. Transitions group for spousal/partner loss beyond the first year. Registration is required. For more information or to register contact 630.233.5118.

No registration required. All groups are provided at no cost and focus on education, support and coping. Whether you are newly diagnosed or have completed treatment, patients share many similar experiences and concerns from diagnosis to survivorship. Facilitated by professional staff. For information about programs call 1.844.952.HOPE (4673). Please check individual listings to verify programs that require appointment or registration.

AMITA Health Cancer Institute Exercise Classes:

*Fit Club to Fight Cancer
Through fitness, you can fight cancer as well as improve your health. All levels of athletes are welcome. To register, call 847.755.8603.
Volkening Lake
900 W. Schaumburg Rd.
Schaumburg, IL 60194
(weather permitting)

NOTE: Check with your physician before undertaking any exercise class, including those listed below.*

AMITA Health Cancer Institute
AMITA Health Cancer Institute Exercise Classes: (continued)

*Tai Chi-Qigong Meditation
Tai Chi, Qigong and meditation are taught to strengthen the health of body, mind and spirit.
AMITA Health Hoffman Estates
Tuesdays | 6 – 7:45 pm
AMITA Health Elk Grove Village
1st & 3rd Fridays | 12 pm

Gentle Yoga
This class is geared toward oncology patients. Yoga is appropriate for those with some measure of flexibility and balance, while others may practice from a seated position. Each class will focus on breath and body awareness while helping improve mental clarity, strength, and flexibility. Registration required, call 1.844.952.HOPE (4673).
AMITA Health Hoffman Estates
Thursdays 6:00 – 7:00 pm (HE)

Healing Touch
Research has shown that Healing Touch therapy can help alleviate cancer treatment’s pain, stress and side effects. Private sessions, fully clothed. For daytime appointments at AMITA Health Hoffman Estates (3rd Tuesdays) call 1.844.952.HOPE (4673).
Evening sessions at AMITA Health Elk Grove Village (2nd & 4th Thursdays), call: Heart 2 Heart Healing, Linda Lemke, 630.207.4052, or Karolyn Howard, 630.418.7239.

Energy Therapy
Ease fatigue, pain and stress with a 45-minute session. For an appointment, call 1.844.952.HOPE (4673).
AMITA Health Hoffman Estates (2nd Mondays)
AMITA Health Elk Grove Village (3rd Mondays)

Relax and Feel Great
Experience the benefits of hypnosis and learn relaxation techniques in a weekly group session led by a certified hypnotist. Call 1.844.952.HOPE (4673).
AMITA Health Elk Grove Village
2nd & 4th Thursdays | 6 – 7:45 pm

AMITA Health Hoffman Estates
1st, 3rd & 5th Thursdays | 6 – 7:45 pm

Massage Therapy
For current AMITA Health cancer patients. Call for 30-minute (fully clothed) appointments with a certified massage therapist. Call 1.844.952.HOPE (4673).
AMITA Health Elk Grove Village
Thursdays
AMITA Health Hoffman Estates
Wednesdays

Boutique Consults
In partnership with The Rose Garden, a licensed cosmetologist and certified mastectomy fitter will provide inhouse wig, lymphedema sleeve and mastectomy bra consultations. She will be able to shave hair for patients undergoing chemotherapy. Appointments required, call 1.844.952.HOPE (4673).
3rd Tuesday at AMITA Health Elk Grove Village

NOTE: Check with your physician before undertaking any exercise class, including those listed below.*
Donate online to support cancer care

Celebrate or remember someone special through a gift that will help a cancer patient.

To donate to AMITA Health Cancer Institute Elk Grove Village or Hoffman Estates locations:
Visit alexianbrothershealth.org/foundation and click “Make a Gift” in the upper right-hand corner. Fill out the donation form and select “Cancer Institute” as the designation.

To donate to AMITA Health Adventist Medical Center cancer locations, visit:
• Bolingbrook Hospital Foundation (keepingyouwell.com/abh/make-a-gift/giving-opportunities)
• Glen Oaks Hospital Foundation (keepingyouwell.com/agh/makeagift.aspx)
• Hinsdale Hospital Foundation (hinsdalehospitalfoundation.org)
• La Grange Memorial Hospital Foundation (keepingyouwell.com/almh/makeagift.aspx)

Fill out the donation form, noting the person you would like to honor with your donation. You can include a message that we will pass on to all involved.

On behalf of our cancer patients and their families, thank you!