Just Breathe.

It has saved many lives. Medicare pays for it. It takes a physician order and a 30-minute scan. What is it? Lung cancer screening for qualified current or ex-smokers.

Lung cancer is the second most common cancer in men and women (with the exception of skin cancer), according to the American Cancer Society. Annually, more deaths occur from lung cancer than breast, colon and prostate cancers combined. As with any cancer, the earlier it’s caught, the better the outcome.

Today, there are more than 430,000 lung cancer survivors. To help detect this cancer, the U.S. Preventative Services Task Force recommends annual low-dose CT scans for certain current or former smokers.

The National Lung Screening Trial studied the use of low-dose CT scans versus chest x-rays and found that among heavy smokers, CT scans reduced deaths by 20%. AMITA Health is happy to offer low-dose CT lung cancer screening.

Discuss having a lung cancer screening with your physician if you meet the following criteria:

- Age 55–77
- Current smoker or have quit within the past 15 years
- Have smoked at least 1 pack of cigarettes per day for 30 years

In addition to the screening, smoking cessation is important to reduce the risk of diseases, including lung cancer. It’s never too late to quit.

If you are uninsured, AMITA Health offers the screening for just $120. Ask your physician if you are a candidate for a screening and to write your screening order.

To schedule your lung cancer screening, call 1.855.MyAMITA (692.6482).

Shine a Light

Thursday, November 2 | 6 – 8 pm
AMITA Health Alexian Brothers Medical Center, Chapel
800 Biesterfield Rd., Ste. 120
Elk Grove Village, IL 60007

Thursday, November 2 | 6 pm
AMITA Health Cancer Institute
1 Salt Creek Lane
Hinsdale, IL 60521

This 9th annual, nation-wide candle vigil is in honor of national lung cancer awareness month. AMITA Health was the first in Illinois to host a Shine A Light back in 2010. The vigil is held in honor of survivors and in memory of loved ones who have passed away from lung cancer. Learn about lung cancer treatment advancements and talk with other patients and families at the continental snack gathering held after the vigil.

To register, call 1.855.MyAMITA (692.6482).
Welcome New Staff

Justin Phillips, PhD, has joined AMITA Health Cancer Institute Elk Grove Village as a physicist.

He earned a bachelor’s degree from University of Illinois and master’s and PhD degrees from Boston University. Dr. Phillips completed a residency at University of California and a fellowship at Harvard Medical School.

Susan Pauling joined AMITA Health Cancer Institute Hinsdale earlier this year as the new patient intake navigator. In her role, she encounters all new patients who are referred or who call for a new patient appointment with our oncologists. Susan assists the new patient in getting a prompt appointment with the right oncologist. She helps the new patient in obtaining all necessary medical information – diagnostic tests or other medical records that will assist the physician in providing a comprehensive consult. Her role also supports determining initial insurance coverage for the visit.

Susan has been in healthcare since 2003 and has held frontline staff positions in a physician’s office.

Rachel Budzinski, MS, RD, LDN, CSO, CNSC, joined our oncology dietitian team at AMITA Health Cancer Institute Elk Grove Village. She provides clinical services to our complex gastrointestinal oncology patients on Wednesday mornings.

She completed a Bachelor of Science degree in dietetics at University of Wisconsin-Stout and a Master of Science degree at Benedictine University. After an internship at AMITA Health St. Alexius Medical Center, she was offered a position as a clinical dietitian for the oncology and medical surgery units at St. Alexius.

After spending two years there, she was certified as a specialist in oncology nutrition. For the past four years, she has been covering the oncology and critical care unit at St. Alexius. Over the past 18 months, she has been working with the St. Alexius surgery department to implement enhanced recovery protocol, specifically nutrition protocols to improve surgical patient recovery. Rachel is also working on becoming a certified nutrition support clinician.

Calling All Patients! Patient Advisory Council

Do you have ideas how improve the patient and family experience at AMITA Health Cancer Institute? We are seeking volunteers to work with our clinicians and hospital staff and form a Patient Advisory Council. Our goal is to bring patient perspective into the planning, delivery and evaluation of care. What are the benefits of a Patient Advisory Council?

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

For our healthcare providers:
• Have a way to ask patient preferences before putting something into practice
• Gain increased understanding and cooperation of care between patients and staff
• Develop programs and policies relevant to patients’ needs
• Strengthen patient-centered care and community relations

If you are over age 21, have been an AMITA Health cancer patient at Elk Grove Village, Glen Oaks, Hinsdale, Hoffman Estates or LaGrange and are interested in learning more about volunteering for our Patient Advisory Council, please call 844.952.HOPE (4673).

SAVE THE DATE: Survivorship Day

Saturday, June 2, 2018
Poplar Creek Bowling Alley
2354 W. Higgins Rd.
Hoffman Estates, IL 60169

AMITA Health cancer survivors will be invited to our annual survivorship celebration! Come join us to honor YOU! Bring your family and enjoy bowling, games, food and fun! Look for details in our upcoming newsletter!
When should you start getting mammograms? How often? Guidelines constantly change, but the one constant remains – talk to your healthcare provider. Many factors, such as personal and family medical history, can dictate how soon and how often you should be screened.

Even if you don’t have a family history of breast cancer, you should still get screened. Up to 85% of breast cancers are not hereditary. Women who get regular mammograms are 20% less likely to die of breast cancer. Talk to your healthcare provider about the age you should start screening and the frequency of your mammograms.

Women no longer need physician orders for screening mammograms at all AMITA Health locations!

- Addison
- Bartlett
- Bolingbrook
- Elk Grove Village
- Glendale Heights
- Hinsdale
- Hoffman Estates
- LaGrange
- Plainfield
- Schaumburg
- Westchester
- Westmont
- Willowbrook

Many of our hospital locations also offer breast tomosynthesis mammograms. Conventional digital mammography takes one image of overlapping tissue, while breast tomosynthesis uses the same machine but takes multiple images. This layered image allows radiologists to “see through” various levels of tissue and view areas of concern from various angles.

Benefits of breast tomosynthesis include:

- Improved breast cancer detection rates
- A decrease in calling patients back for additional films and/or unnecessary biopsies/tests
- Earlier detection of small breast cancers that may not be visible on a digital mammogram
- Greater accuracy in pinpointing size, shape and location of abnormalities
- Clearer images of dense breast tissue

Even if you’ve recently had a mammogram, always tell your healthcare provider if you have changes in your breast(s), such as:

- Lump, hard knot, or thickening inside the breast or underarm
- Swelling, warmth, redness or darkening of the breast
- Change in breast size or shape
- Skin dimpling or puckering
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that suddenly starts
- New, chronic pain in one spot

Your healthcare provider will determine if your symptoms need further investigation. The sooner breast cancer is detected, the more treatment options are available and the higher the survival rate.

Visit AMITAHealth.org/locations/imaging-centers for complete addresses of our imaging centers.
Call 855.MyAMITA (692.4682) to schedule your screening mammogram today!

SAVE THE DATE: Pampered in Pink

Thursday, October 19
Macy’s, 631 East Boughton Rd., Bolingbrook
Macy’s, 1 Oak Brook Center, Oak Brook
Macy’s, 1 Woodfield Mall, Schaumburg

In collaboration with Macy’s department stores, AMITA Health Cancer Institute is holding a fashion show while you learn about women’s breast health. Our cancer patients will show off the latest fashions while you enjoy light refreshments.
Don’t forget to wear pink in honor of breast cancer awareness month. Free and open to the community.
Look for registration to open soon at 855.MyAMITA (692.6482).
Your Survivorship Care Plan

When you complete active, curative cancer treatment, your oncology healthcare provider(s) should give you a consolidated Survivorship Care Plan (SCP). This SCP is a record that summarizes:

- What happened during your active cancer treatment,
- Recommendations for your personalized follow-up care and surveillance testing/examinations,
- Referrals for support services that you may need going forward,
- Other information pertinent to your short- and long-term survivorship care.

The SCP is given to and discussed with you upon completion of active, curative treatment and recorded in your medical record. The delivery of the SCP is within one year of your cancer diagnosis and no later than six months after treatment completion (18 months for patients receiving long-term hormonal therapy). This SCP is given as part of the mandatory guidelines for facilities that are Commission on Cancer (CoC) accredited. The CoC holds cancer centers to the highest standards to ensure that you receive quality treatment.

AMITA Health is piloting the best ways to relay an SCP to patients, as health systems nationwide struggle to provide this in a timely, patient-friendly format. AMITA Health has been gathering patient feedback on our pilots, with some promising responses so far! Our goal is to begin delivering a more user-friendly format soon.

A Life Enriched

The irony is not lost on us while walking in the MS Walk to “celebrate” my 10th year since a MS diagnosis, that our minds are preoccupied waiting for results from my breast biopsy. The irony continues as I prepare for a mastectomy on the 19th anniversary of my first cancer diagnosis. And so it begins. I am a two-time cancer survivor.

Irony is defined as “a situation in which something was intended to have a particular result, has the opposite or very different result.” In the months following my breast cancer diagnosis, irony has been my constant companion. Irony, as in cynicism, fills my soul as I once again have to deliver the cancer diagnosis to my parents and see the grief in their faces. It is ironic that a second time does not ease the news. No less ironic is trying to shield my daughter from the fears of cancer when she was five only to have her become my “personal oncology nurse” when she is 25! Colleen, the nurse who has shared her experience, knowledge and understanding with you for the past several Caring for Cancer articles, is a daughter sharing those gifts as well as her heart and soul! Ironic and yet comforting, that the “child” became the “parent.”

While most people are concerned with the emotional journey I will endure from a mastectomy, I am more consumed with the logistics not often discussed such as, “How do you find a undergarment to fit and appear ‘equal’ when there doesn’t seem to be a ‘gravity challenged’ prosthesis?” IRONIC! Further, irony takes on the form of said undergarment as I perpetually have to tug on the side that no longer has any weight to hold it down. Irony also echoes from my ears through my emotions each time someone says, “You’re strong. You’ve got this.”

Then one day a card comes in the mail. “God has not promised skies always blue, flower-strewn pathways all our lives through; God has not promised sun without rain, joy without sorrow, peace without pain. But God has promised strength for the day, rest for the labor, light for the way, Grace for the trials, help from above, unfailing sympathy, undying love.” —Annie Johnson Flint

The message inside the card read as follows: “Bonnie—we are NOT survivors! We are so much more than that. We are valiant women. Women who change lives. Women who give life. Stronger than any hardship! Please lean on me. Cry with me. Most of all, laugh with me – whenever you need to!” This was given to me by someone who has recently received a cancer diagnosis for the THIRD time. Gratitude for her and her sentiments allowed me to understand that beyond the absurdity of irony is FAITH!

Life is enriched with faith—faith in a Higher Power, faith in ourselves and faith in the people who stand beside us, no matter how many times we face a hardship. Life is enriched when we have people who lift us up and pray for us even in those times when we are unable to pray for ourselves. May the lives of those people be blessed beyond the gratitude we have for them. May our lives be enriched by understanding the irony of what is not promised and living in the blessings of what is promised!

—Bonnie Dhamer, Cancer Survivor and Mom

A Life Enriched
New Technology Is Here!

AMITA Health St. Alexius Medical Center Hoffman Estates welcomes new arrivals! Construction and preparation for the new TrueBeam® linear accelerator from Varian Medical Systems, with 4D CT scanner from Siemens, began this Spring. We opened the doors to commence cancer patient treatment in early July. The new equipment offers innovative medical technology that enables a radically different approach to treating cancer with image-guided radiotherapy and an optical surface mapping system (C-Rad). The C-Rad system monitors respiratory gating in combination with patient motion, ensuring maximum patient safety.

Executives and associates at the medical center celebrated the installation of the new, state-of-the-art linear accelerator with a blessing, reception and open house.

With dose delivery rates that are significantly higher than earlier generations of Varian technology, the TrueBeam® system can complete a treatment commensurately faster. This makes it possible to offer greater patient comfort by shortening treatment times, and to improve precision by leaving less time for tumor motion during dose delivery. “Intelligent” automation further speeds treatments with a reduction in the number of steps needed for image guidance and dose delivery.

The technology allows the use of the deep-inspiration breath hold (DIBH) technique, which is especially beneficial to patients with left-sided breast cancer. Patients are coached to hold their breath to create a defined separation between their hearts and breasts, enabling physicians to target the breasts for using gating to effectively reduce radiation dose to the heart.

Almost There!

AMITA Health Cancer Institute Elk Grove Village and Hoffman Estates have reached 70% of our Accountable Care Organization patient population for the 80% by 2018 colon cancer screening initiative! We’ve partnered with the Visiting Nurses’ Association to help their patients too!

AMITA Health Cancer Institute pledged to help the National Colorectal Cancer Roundtable and the American Cancer Society reach 80% of U.S. adults aged 50 and older get screened for colon cancer by 2018.

If you are un/underinsured, AMITA Health can help you receive a free colonoscopy. Although a colonoscopy is the gold standard for colon cancer screening, you do have other options.

Get screened! Call 1.855.MyAMITA (692.6482) to schedule or see if you are eligible for a free colonoscopy.

Trivia Fundraiser

Wednesday, September 27 | 5:30 – 7:30 pm
AMITA Health Alexian Brothers Medical Center
800 Biesterfield Rd., Kennedy Conference Rooms 1 – 3
Elk Grove Village, IL 60007

Proceeds benefit our Cancer Institute! Test your trivia knowledge in sports, holidays, movies and more topics fit for all ages! Silent auction and raffle too! Cost is $7 per person. Sign up as a team of up to 10, or be placed with a team at the event!

To register, visit AMITAHealth.org/trivianight or please call 855.MyAMITA (692.6482).

We are doing a survey to see what type of 2018 fundraising events you want! Please visit SurveyMonkey.com/r/ZRKL2MF.
Smoking Cessation Classes

Smoking cessation classes will be expanding from our Hinsdale location now to our Elk Grove Village location this Fall! Each session will encourage participant interaction and group support in overcoming the smoking habit. Nicotine withdrawal, medications to assist in quitting, coping mechanisms, diet and exercise will also be addressed throughout the program.

According to the Centers for Disease Control, quitting reduces your risk for:
- Lung and other cancers
- Heart disease and stroke (heart disease risk reduction begins within 1–2 years of quitting)
- Respiratory symptoms (coughing, wheezing and shortness of breath); symptoms may not disappear, but they don’t continue to progress at the same rate
- Infertility in childbearing age women; smoking cessation during pregnancy reduces the risk of a low-birth-weight baby.

It’s never too late to quit, and we’re here to help. Enrollment is limited. For more information, call 855.MyAMITA (692.6482).

Keeping Food Safe Around the Holidays

With the holidays approaching, here are some safe food storage and cooking tips. For starters, make sure your refrigerator stays below 40 degrees Fahrenheit.

The USDA’s rule of thumb is to keep foods outside of the danger zone (40–140 degrees F), where foodborne pathogens multiply more quickly – as much as double every 20 minutes. The goal: keep foods below 40 or above 140 degrees. Get food into the refrigerator within 2 hours of serving. (In hot weather, 90+ degrees, food shouldn’t be out of refrigeration for more than 1 hour).

Turkey. If you need to thaw turkey, do so in the refrigerator. However, if you run out of time, put your well-wrapped turkey in a clean sink with cold water. Every 30 minutes, change the water to fresh, cold water. You can thaw it in the microwave as well, but cook your turkey right away, as some areas may’ve begun to cook during thawing. A thawed turkey should not be re-frozen. Cook the turkey to an internal temperature of 165 degrees. If your turkey is stuffed, make sure the stuffing also cooked to 165 degrees. Reheat leftovers to 165 degrees, as well.

Leftovers. Eat any refrigerated leftover turkey within 3–4 days. This time frame also goes for casseroles, soups and stews that contain meat or vegetables (including gravy). Put leftovers in shallow pans in the refrigerator to get to less than 40 degrees as quickly as possible.

Beef, lamb, pork and veal. These need an internal temperature of 145 degrees (plus an additional 3 minutes to rest outside of the oven, before eating or carving, to allow continued cooking).

Ground meat. Because it’s been handled more (in the process of grinding), it needs to be heated to 160 degrees for safety.

So, let’s enjoy our holidays, and be safe.

For more information, visit the HHS (foodsafety.gov), the USDA (fsis.usda.gov) and the CDC (cdc.gov).

—Sue R., RDN, CSO, LDN, Registered Dietitian
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)

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. Connecting with others provides an outlet where you can learn helpful tips for coping with side effects, receive encouragement and share laughter.

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.**

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**Melanoma Screening**
AMITA Health Cancer Institute
800 Biesterfield Rd., Ste. 110, Elk Grove Village, IL 60007
Saturday, September 23 | 8 am – 1 pm
Free skin screening by dermatologists. Must be age 18 or older. To register, visit AMITAHealth.org/melanomascreening or call 1.855.MyAMITA (692.6482).

**Knowledge Is Power – Trivia Fundraiser**
AMITA Health Elk Grove Village
Kennedy Conf. Rms 1 – 3
Wednesday, September 27 | 5:30 – 7:30 pm
Sports, movies, holidays & more, 9-round trivia contest! Prizes awarded to 1st and 2nd place teams. Silent auction and raffle! Sign up a team (up to 10) or as an individual to be placed with a team. Cost is $7 per person. Proceeds benefit AMITA Health Cancer Institute. To register, visit AMITAHealth.org/trivianight or call 1.855.MyAMITA (692.6482).

**SAVE THE DATE: Pampered in Pink Fashion Show**
Macy’s, Woodfield Mall
1 Woodfield Mall, Schaumburg, IL 60173
Thursday, October 19 | 6 pm
In collaboration with Macy’s, AMITA Health Cancer Institute is holding a fashion show while you learn about women’s breast health. Our cancer patients will show off the latest fashions while you enjoy light refreshments. Free. To register, call 1.855.MyAMITA (692.6482).

**Shine a Light**
AMITA Health Elk Grove Village, Main Chapel
Thursday, November 2 | 6 – 8 pm
This annual, nation-wide candle vigil honors survivors & loved ones who passed away from lung cancer. To register, call 1.855.MyAMITA (692.6482).

**Turn Up the Pink**
AMITA Health Elk Grove Village
Tuesday, October 10 | 7 pm
Daughters bring Mom, and sons send Mom with her friends! Free hors d’oeuvres! Learn MammaCare® breast self-exam to detect lumps smaller than a pea using the world’s most lifelike breast models. To register, call 1.855.MyAMITA (692.6482).

**NEW GROUP: Cancer Caregivers Support Group**
AMITA Health Hoffman Estates
2nd Mondays | 6:30 – 7:30 pm

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

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

**All Cancer Networking Group**
AMITA Health Hoffman Estates
4th Thursdays | 6:30 – 8 pm

**NEW CLASS: Low-Impact Exercise Class**
Designed for cancer patients, this class includes exercises that can be done sitting in a chair. Registration required. Call 1.844.952.HOPE (4673).
AMITA Health Elk Grove Village
2nd Fridays | 9:30 am

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Caring for Cancer Newsletter | Fall 2017
NOTE: Check with your physician before undertaking any exercise class, including those listed below.*

**Express Yourself!**
Use art materials to create symbols of strength and vitality. No skills needed.
Call 1.844.952.HOPE (4673) to register.
AMITA Health Hoffman Estates
1st Wednesdays  |  10 – 11:30 am

*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
Wednesdays  |  4:45 – 5:30 pm (weather permitting)
Prairie Stone Sports and Wellness Center
5050 Sedge Blvd.
Hoffman Estates, IL 60169
Wednesdays  |  4 pm

*NEW CLASS: 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

**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 AMITA Health Hoffman Estates (2nd Mondays) or AMITA Health Elk Grove Village (3rd Mondays) appointment, call 1.844.952.HOPE (4673).

**Relax and Feel Great**
Experience the benefits of hypnosis and learn relaxation techniques in a weekly group session led by a certified hypnotherapist. 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).
Thursdays at AMITA Health Elk Grove Village
Wednesdays at AMITA Health Hoffman Estates

**NEW: 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).
AMITA Health Elk Grove Village
Sept 19 or Nov 14 | 7 am – 12 pm
Oct 17 or Dec 19 | 2 – 8 pm

**Look Good...Feel Better®**
Join other women and learn from volunteer beauty professionals how to deal with the appearance-related side effects of cancer treatment. You will receive a complimentary bag of make-up and skin care products so get ready for two fun hours of pampering!
Registration required.

Choose one session:
AMITA Health Elk Grove Village
To register, call 1.844.952.HOPE (4673)
Nov 14 | 10 am
AMITA Health Hoffman Estates
To register, call 1.847.755.8400
Oct 9 or Dec 11 | 9:30 am

**Breast Self-Exam Community or One-on-One Sessions – MammaCare®**
Most women find their own breast lumps or changes. Learn breast self-exam (BSE) using the MammaCare® method in either a community setting with other women or in a one-on-one session. MammaCare® is the only research-based and is more thorough and efficient than other methods. You will learn by practicing on life-like breast models that teach the difference between normal breast tissue and lumps. Bring a friend.

For information or to schedule a one-on-one session or to arrange a special get-together, call 847.755.8108.
To register for a community session, call 1.855.MyAMITA (692.6482). Community classes are held at AMITA Health Elk Grove Village.
2nd Tuesdays  |  7 pm
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**HE** AMITA Health St. Alexius Medical Center Hoffman Estates  
**PSS** Prairie Stone Sports and Wellness Center in Hoffman Estates  
**EGV** AMITA Health Alexian Brothers Medical Center Elk Grove Village
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AMITA Health Cancer Institute
Connect to Providers Like Never Before

In September 2017, new chemotherapy patients at AMITA Health Cancer Institute Hinsdale will have greater access to their oncology healthcare providers. We’re pleased to offer you AMITA Health, an easy-to-use mobile app that simplifies complex care plans into daily steps and/or lets you communicate directly with your care team about every aspect of your health, from medication side effects to follow-up appointments. The app will soon roll out at other AMITA Health locations and departments. It is already up and running for AMITA Health patients who have the following conditions: joint replacement, anxiety, depression, stroke and bariatrics.

This patient-generated health data app AMITA Health holds so much promise as an innovative patient support tool that our partner, TapCloud® who helped us develop it, has been recognized by the U.S. Department of Health’s Office of the National Coordinator for Health Information Technology to be a pilot demonstration.

The app is intuitive and adapts to address your specific needs by using the information you provide. The app guides and keeps you in touch with your care team, so you’ll know what to do and when to do it. When you have questions or concerns – or if AMITA Health notices a problem – your team will be there. With AMITA Health, it’s almost like having your care providers at your side whenever you need them. Your information remains confidential, only visible to you and your provider.

After you log in, your health reminders will be visible. This might include such items as your medication schedule, exercises or other daily tasks that were recommended by your care team for your specific condition. You can download the app, upload informational videos and classes, and even take photos right from the app so your care team can have a visual reference of a current issue. Once you are set up and sharing information with your care team, they will have access to a monitoring dashboard so that they can keep track of your condition and receive alerts to help prevent complications.

When you first log in, you are asked daily for a snapshot of how you’re feeling, your current pain level, and/or any side effects or symptoms you may be experiencing. Then, through an interactive list of words and phrases, you can specify exactly how you are feeling and the severity of your symptoms, giving your care team a clear picture of your current condition that they will review and track. Your care team will reach out to you if your reported symptoms/information need intervention, to be discussed, or if you need medical attention. Checking in via the app usually takes one minute to complete.

For more information on AMITA Health, visit AMITAHealth.org/healthcheck or call 855.MyAMITA (692.6482).

Pink Lighting Ceremony

Thursday, September 28 | 6 – 8 pm

AMITA Health Cancer Institute Hinsdale
1 Salt Creek Lane
Hinsdale, IL 60521

AMITA Health Adventist Medical Center Bolingbrook
500 Remington Blvd., Main Lobby
Bolingbrook, IL 60440

To commemorate breast cancer awareness month, a tree lighting ceremony will honor breast cancer survivors. This inspirational program is free and open to the community. To register, call 1.855.MyAMITA (692.6482).
Real Men Wear Pink, Like Dr. Dalal

You’ll see our AMITA Health Cancer Institute medical oncologist, Jay Dalal, MD, wearing pink in October. The American Cancer Society (ACS) asks communities to nominate local male leaders for the Real Men Wear Pink campaign and spearhead fundraising in the fight against breast cancer. Dr. Dalal was more than happy to serve as our leader for the cause this October!

Real Men Wear Pink is a group of community leaders who raise awareness and funds for the ACS’s Making Strides Against Breast Cancer events. The funds are used to help save lives through breast cancer early detection and prevention, innovative breast cancer research and patient support. Participants wear pink in October to show their support and leadership for the cause. In 2016, Real Men Wear Pink raised more than $5.5 million.

Although breast cancer in men is uncommon, men are touched by it every day through their wives, daughters, mothers, sisters and/or friends who are diagnosed with breast cancer. More than 252,000 women and 2,400 men in the U.S. are estimated to be diagnosed with breast cancer in 2017.

We are proud to have Dr. Dalal as our 2017 Real Men Wear Pink representative! Show your support of breast cancer awareness and the fight for the cure by wearing pink in October!

Stepping It Up

Susan Friel Barret, RN, OCN, has been promoted from clinical coordinator of the 10-physician medical oncology practice to manager of oncology ambulatory clinical services – at AMITA Health Cancer Institute Hinsdale. Susan has 28 years of clinical oncology experience.

Previously, she worked at Christ Hospital in oncology and as an oncology clinical educator at La Grange Hospital. She then transitioned to clinical manager of the La Grange Oncology Treatment Pavilion (part of the La Grange Oncology Associates physician offices).

In her new position, Susan oversees the clinical nurses, medical assistants and a pharmacy technician, which will enhance communication and coordination of care with our infusion center, as well as scheduling and registration.

Cheryl Wesolowski is manager for oncology – physician operations at AMITA Health Cancer Institute Hinsdale, and will now also oversee registration and financial counseling staff to allow more direct oversight of the overall patient experience. She is key in aligning operations for AMITA Health Medical Group physicians and hospital-based processes.

She has been in healthcare since 1982, working in progressive roles at La Grange Hospital. She was a receptionist, worked in billing and coding, was practice administrator for La Grange Oncology and then became manager of oncology business operations at Hinsdale Hospital.

Cheryl has a bachelor’s degree in business administration and accounting and a master’s in healthcare administration. She is also a certified medical practice executive.

SAVE THE DATE: Howl It Up!

Saturday, November 11
Continental Autosports Ferrari Maserati Dealership
420 E. Ogden Ave.,
Hinsdale, IL 60521

Proceeds will benefit AMITA Health Cancer Institute Hinsdale! Enjoy a night of dueling Pink Pianos, dancing, cocktails and appetizers. Dress code is casual attire. Cost is $150 per ticket.

For reservations or more information, call the Hinsdale Foundation at 630.856.2000.
AMITA Health Cancer Institute Hinsdale Programs

AMITA HEALTH CANCER INSTITUTE HINSDALE
1 Salt Creek Lane  |  Hinsdale, IL 60521
630.586.5500

Smoking Cessation Class Session
September 12, 19, 26 and October 3, 5, 10, 17, 24
6:30 – 8:30 pm
Cost is $25. Class size is limited to 10 participants.
To register, call 1.855.MyAMITA (692.6482).

SAVE THE DATE: Pampered in Pink
Thursday, October 19
Macy’s, 631 East Boughton Rd., Bolingbrook
Macy’s, 1 Oak Brook Center, Oak Brook
In collaboration with Macy’s, AMITA Health Cancer Institute is holding a fashion show while you learn about women’s breast health. Our cancer patients will show off the latest fashions while you enjoy light refreshments. Free. Registration coming soon. Call 1.855.MyAMITA (692.6482).

Pink Lighting Ceremony
Thursday, September 28  |  6 – 8 pm
AMITA Health Cancer Institute Hinsdale
AMITA Health Bolingbrook, Main Lobby
To commemorate breast cancer awareness month, a tree lighting ceremony will honor breast cancer survivors. This inspirational program is free and open to the community.
To register, call 1.855.MyAMITA (692.6482).

Shine A Light
Thursday, November 2  |  6 – 8 pm
AMITA Health Cancer Institute Hinsdale
The candle vigil is held in honor of survivors and in memory of loved ones who have passed away from lung cancer. Learn about lung cancer treatment advancements and talk with other patients and families. To register, call 1.855.MyAMITA (692.6482).

Breast Self-Exam Community Sessions – MammaCare®
2nd Wednesdays  |  6 – 7:30 pm
AMITA Health Cancer Institute Hinsdale
Learn new breast self-exam technique MammaCare® breast cancer prevention education and risk assessment. Breast self-exam (BSE) is taught using the MammaCare® method in a community setting with other women. MammaCare® is the only research-based BSE and is more thorough and efficient than other methods. You will learn by practicing on life-like breast models that teach the difference between normal breast tissue and lumps. Bring a friend. To register, call 1.855.MyAMITA (692.6482).

Wellness House
131 N. County Line Rd., Hinsdale
AMITA Health Cancer Institute Hinsdale offers on-site Wellness House counseling services and encourages our patients and their families to join one of the many programs and classes at Wellness House. Programs are offered at no charge and free parking is available. For a complete listing of programs and classes visit wellnesshouse.org or call 630.323.5150.
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!