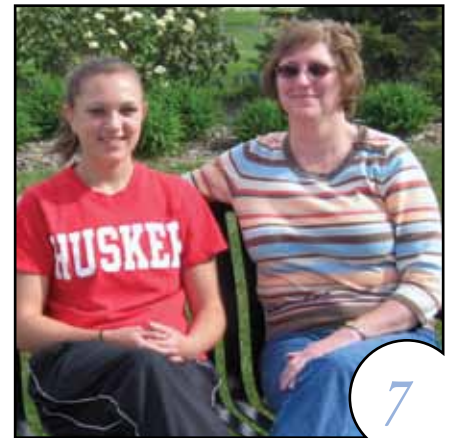


Taking healthcare to a higher level perspectives

Saint Elizabeth Regional Medical Center

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www.SaintElizabethOnline.com

CANCER—WHAT'S NEW AT SAINT ELIZABETH See page 4.

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CATHOLIC HEALTH INITIATIVES

Saint Elizabeth
Regional Medical Center

555 South 70th St.
Lincoln, Nebraska 68510

News to Know

The “Baby Sign” Man

Have you ever wondered who makes those Saint Elizabeth “It’s a Girl!” or “It’s a Boy” signs you see in yards around the area?

We’ll share the secret with you—it’s Dean Wright. He’s 78 and semi-retired from the family construction business. But he also works as a volunteer at Saint Elizabeth as the Baby Sign Maker.

He started building baby signs 11 years ago and now proudly computes the total

number of signs he’s made at 27,776! And impressively, he’s also used more than 444,416 staples to fasten them to the stakes.

Dean’s great record keeping also allows him to monitor birth trends. “There are some months when there are many more girl than boy babies born at Saint Elizabeth. But then a couple months later it’s more boys than girls. It probably all evens out!”

More than 27,000 Saint Elizabeth “It’s a Boy/Girl” signs have graced neighborhood yards thanks to Dean Wright’s craftsmanship.

When Dean started this job, he used to have to stack the signs on wheelchairs to transport them up to the Family Birth Center. But he spent most of his time picking up the signs that were constantly sliding off! He soon created a cart that carries the 50-plus signs he delivers every week. And he’s recently added professional “stork” signs. One side with a blue baby bundle and the other pink—of course!



A “100 Top Hospital®” — a 5th time!



Saint Elizabeth Regional Medical Center has been named among the nation’s “100 Top Hospitals” by Thomson Reuters—again!

This trusted national scoring evaluates performance in nine areas of patient safety, clinical quality, operational

efficiency, financial performance and, this year for the first time, patient satisfaction. More than 3,000 US hospitals are evaluated

Our community can definitely share in this exciting national recognition because it indicates that right here in Lincoln, patients can receive some of the best healthcare in the country!

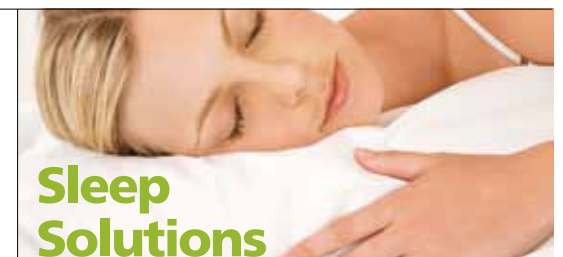
“At Saint Elizabeth we work continually to measure, review, and improve our medical care and operating efficiency to assure that we offer our patients superior medical care combined with excellent financial stewardship,” explains Bob Lanik, senior vice president, divisional

operations, and CEO at Saint Elizabeth.

Thomson Reuters points out that if all hospitals in the US functioned the way those on the “100 Top Hospitals” list do:

- 107,500 additional patients would survive each year
- 132,000 patient complications would be avoided annually
- Expenses would decline by an aggregate \$5.9 billion a year
- The average patient stay would decrease by nearly half a day

And while the bar is raised each year for making this elite list, Saint Elizabeth will receive a “Landmark Award” for being included a remarkable FIVE times!



Sleep Solutions

Saint Elizabeth recently opened their five-bed Sleep Disorders Center for those with serious sleep problems. And they are busy, with patients at night—and even during some days! We tend to forget that those who work nights and sleep days frequently have sleep problems related to their unique schedules.

You can usually get in for your sleep study within days—compared to waiting several weeks or even months before this center opened. And your sleep study results—with as many as 1,000 pages of data collected while you slept or tried to sleep—are turned around very quickly as well. Results get to a physician who specializes in the diagnosis and treatment of sleep disorders within one day! Then your physician evaluates them and coordinates with the sleep center team to develop a workable treatment plan for you.

Another value in using the Saint Elizabeth sleep center is that a pulmonologist (a lung disease specialist) will help manage your sleep solution afterward—re-evaluating and re-adjusting your treatment as needed so you can get the best full-night’s sleep possible. They also use guidelines from the American Academy of Sleep Medicine (AASM), the only professional society (more than 7,000 medical professional members) dedicated exclusively to sleep medicine. This is critical when understanding that many people with sleep disorders also have multiple underlying medical conditions—diabetes, high blood pressure, heart problems, etc.—that need to be taken into account during the sleep study and treatment development.

Questions? Contact the Saint Elizabeth Sleep Disorders Center at 402.219.8742.

Patient Safety makes National News



Barb George, RN, director; Nancy Exstrom, RN, education; and Dr. Bill Johnson, intensivist led the Critical Care Unit’s program resulting in ZERO patient VAP infections over nearly three years.

of the phenomenal work done in their Critical Care Unit (CCU) bringing the number of patients who acquire a specific serious infection down to ZERO—for nearly THREE years!

Saint Elizabeth was so successful with one very significant patient safety initiative that they are being included in the American Medical Association’s book *Community Connections Ideas & Innovations!* Saint Elizabeth is included because

The infection is Ventilator-Associated Pneumonia (VAP), and it accounts for the highest levels of conditions worsening or even resulting in deaths in ICU patients in the US, according to the Institute for Healthcare Improvement (IHI).

This Saint Elizabeth team has gone an amazing 1,022 days without a single VAP! For perspective: 1,095 days = 3 years. This is all thanks to an incredible multi-disciplinary team effort led by Bill Johnson, MD, and including personnel from pharmacy, physical therapy, respiratory care, social work, speech therapy, lab, case managers, nursing, pastoral care, and nutrition. This team meets as a group every morning on every patient in the ICU and helps make sure that every VAP safety step is taken.

Meet the NICU Nurses

I'm Baby Elizabeth, and I want to introduce you to some of the nicest people I've met in my life—and I've been around six whole months! These are some of my favorite nurses in the Saint Elizabeth NICU (newborn intensive care unit). My mommy says I was small because I was born early and I was in the NICU for three weeks. Look how big and healthy I am now! If your baby is in the Saint Elizabeth NICU—you could get to meet these great nurses too.

MEET NURSE SARA

It's amazing that I am working in the very place where I spent the first two-and-a-half months of my life—the Saint Elizabeth NICU! As a frail two-pound infant I relied on the NICU nurses' skills and expertise to help me thrive and develop. Today, I rely on their skills and expertise to help me learn to care for other babies as well as they cared for me!

—Sara Bohling, RN, Saint Elizabeth NICU

Nurse Sara says since working in the Saint Elizabeth NICU she fully appreciates how her parents felt when

they first looked at their fragile two-pound infant girl. One of Sara's joys is helping other parents develop their skills in caring for the tiniest of newborns.

As a note, the Saint Elizabeth NICU team does incredible work with babies as tiny as Sarah was. For each of the past 4 years the Saint Elizabeth NICU had from 56 to 77 newborns who weighed less than 1,500 grams (three-and-a-half pounds). And yet, when compared with more than 800 other NICUs their medical outcomes for the top five high-risk NICU indicators* place them significantly higher than the average of all! They were even in the 95th percentile for three of the indicators!

*Vermont Oxford Network data (2008)

MEET NURSE LINDSEY

I was a nurse at a large Omaha specialty hospital. But when my first child was born he wasn't breathing. He spent four weeks in the Saint Elizabeth NICU. I know how to recognize nursing expertise and skills. The Saint Elizabeth NICU team was exceptional! In fact, a few weeks later, I quit my Omaha NICU nursing job and came to work in the Saint Elizabeth NICU. It's the best move I could ever make.

—Lindsey Vican, NICU nurse

Nurse Lindsey had a scare no mom wants. But her son Gavin, now two-and-a-half years old, is developing very well. From that harrowing ordeal, Lindsey, a NICU nurse herself, changed hospitals because she fully appreciates the Saint Elizabeth NICU nurses' incredible



Nurse Lindsey Vican holds her two sons, Gavin (left) and Graysen, each of whom spent time in the Saint Elizabeth NICU and is healthy and developing very well!

expertise, compassion, and the private NICU rooms—instead of just curtained bays. Nurse Lindsey is also trained as a transport nurse, and gets to fly in helicopters when transferring moms-to-be or newborns to Saint Elizabeth.

MEET NURSE ELIZABETH

In a high school class I had to pick a career to focus on for a project. My heart really was not in it, but my mom was a nurse so I picked nursing. I had to shadow a nurse for the project so I called Saint Elizabeth and was connected with Sheila Ecklund, a NICU nurse. By the end of our time together I wanted to be just like her! I was so impressed with her expertise and caring. I was determined to become a NICU nurse. Now, I am amazed that I am

working right alongside Sheila—my role model and mentor. It's also very reassuring.

—Elizabeth Lucas, NICU nurse

Nurse Elizabeth says that even after eight years she is still amazed at the level of expertise of her mentor, Nurse Sheila, and the other veteran nurses in the Saint Elizabeth NICU. While across the country and in other Nebraska hospitals as well, turnover is high for NICU nurses—it's intense work with the tiniest, most fragile lives in the balance. But in the Saint Elizabeth NICU, nurses tend to stay around—they love their work. In fact the years of experience of the NICU nurses here collectively totals more than 800 years!



Nurse Sara Bohling holds Baby Both Jock as she helps out in the Saint Elizabeth NICU Follow-Up Clinic, which follows NICU "graduate" infants (at no cost to parents) for three years helping assure they are developing as well as possible.



Nurse Elizabeth Lucas (rt.) says she learns something new every day from nurses like her mentor, Sheila Ecklund, a 38-year NICU veteran.

Cancer Treatment Update

Pancreatic Cancer— a CyberKnife® Solution

Quite frankly, survival rates for pancreatic cancer are not good. It's considered to be among the most deadly of cancers. But thanks to the Saint Elizabeth CyberKnife® (the only one in Nebraska) you can add one more person to the "survivor" list—Ken Adams of Lincoln.

The 57-year-old was pretty frustrated when it took months to diagnose his cancer as pancreatic, but became even more frustrated in trying to find out what his options were. Like all cancer patients—he was looking for the cure! He was weakening rapidly and was hoping for help NOW. He frighteningly discovered his tumor was far too near a major artery, making surgery NOT an option. It also made conventional radiation therapy dangerous but more importantly, conventional radiation would require 28 treatments over 3 to 4 months and included physically draining side effects. His physicians were worried that Ken might not last that long.



Then he found out about the Saint Elizabeth CyberKnife, which is not a knife at all, but a way to deliver the required radiation in intense doses with pinpoint accuracy and requiring only THREE treatments. (See more on the CyberKnife on page 5.)

Cyberknife patient Ken Adams proudly wears his "Rad Grad" T-shirt after completing his regimen of just three radiation treatments for his pancreatic cancer.

This was an interesting use of the CyberKnife. Surgery is the preferred treatment for ridding Ken of his pancreatic tumor. So the CyberKnife was used to dramatically shrink his tumor so it was no longer hugging that artery and surgery could be performed. Ken is delighted: "I can hardly believe it. By the time my CyberKnife treatment and my surgery were over, I still would not have been finished with the standard radiation. Instead I'm recovering and feeling so much better."

And the best news of all—Ken Adams' latest tests show he is cancer-free.



The Saint Elizabeth Radiation Therapy team received the only national ACR accreditation in a five-state area for excellence in technology, safety, quality of personnel, and patient outcomes.



New Genetic Counselor

Saint Elizabeth now has a full-time certified genetic counselor.



Teresa Castellano, MS, CGC, has an office with the Saint Elizabeth Cancer Institute team.

Her focus will be identifying that 10% of our population with a family history of cancer who may well have an identifiable gene mutation. She hopes to provide those in that category with a personalized risk assessment, the latest accurate information, answer their many questions and, if appropriate, provide full details as to how to set up a genetic testing.

"I always make it clear to people there is no pressure from me at all during our consultation. No decisions have to be made then and there. People are usually very happy to have accurate information and answers. Any next steps taken are up to that individual," she explains.

Teresa also will work with sister hospitals Good Samaritan in Kearney and Saint Francis in Grand Island. She's started 6 new programs during her 25 years of genetic counseling in New Mexico, Arizona, and Colorado. She has also authored several journal articles.

If you want more information, you can call to set up your own appointment with Teresa Castellano (402.219.5265) or your physician can refer you to her.

What's New at Saint Elizabeth

There is exciting and very good news from the Saint Elizabeth Cancer Institute! They have recently added a genetic counselor, received an incredible accreditation for their radiation oncology program, and they're proud that so many people in and around Lincoln are taking part in research studies. But they're most excited about the life-saving outcomes their CyberKnife® offers for some patients with no other options.

About CyberKnife®

Saint Elizabeth has the only CyberKnife in the state. This unique and incredibly flexible equipment can direct intense doses of radiation to a targeted tumor, delivering the radiation in something more like a sphere than in a single plane around the body.

The CyberKnife can also adapt in real-time to slight body movements, such as breathing, during which the targeted tumor has moved. It continues delivering radiation and with incredible sub-millimeter accuracy (25 millimeters = 1 inch) and typically fewer than five treatments are required rather than the 35 to 40 with conventional radiation.

Dr. Dina Howell-Burke, radiation oncologist and medical director of the Saint Elizabeth Radiation Therapy Center sums it up well: "I've told a number of people over the years that 'one day' we'll have equipment that can deliver radiation while tracking tumor movement and patient movement continuously, in real time, and correct itself throughout the entire delivery of radiation. Well, that day is here! 'One day' has arrived."

National Radiation Oncology Accreditation

The Saint Elizabeth Radiation Therapy Center is now accredited by the American College of Radiology. Mike Hopkins, imaging director, explains that to achieve this prestigious accreditation his team had to submit volumes of documentation related to equipment, processes, personnel, and outcomes; validate the high quality and efficacy of their treatments and services; demonstrate that their radiation safety and quality control is outstanding, and undergo a full day's on-site scrutiny by a team of board-certified physicians and medical physicists. He further noted that many radiation therapy centers do not pursue this accreditation because of the demanding and stringent standards. In fact, there are only two such accredited medical centers in Nebraska, Iowa, Kansas, and Colorado—and Saint Elizabeth is one of them.

"We consider this a significant testament to the excellent radiation oncology program we have," adds Hopkins. "This accreditation should offer additional assurance for people in and around Lincoln that at Saint Elizabeth they will receive some of the highest-quality treatments and overall care available in the nation."

Hopkins congratulates the entire team in the Saint Elizabeth Radiation Therapy Center, including Dr. Dina Howell-Burke, medical director and radiation oncologist; Leo Jablonski, medical physicist; and Nicole LaFleur, dosimetrist. The radiation therapy center is home to incredible equipment including the state's only non-invasive CyberKnife®.

Cancer Research Participation Grows

Did you know that more than twice as many people in and around Lincoln take part in national clinical research studies than the national average? The national level is only at three percent, while in our area nearly eight percent of people currently participate in final studies on the latest cancer drugs and treatments.

The credit for that high level of participation goes to the oncology physicians and the Cancer Resource Center in Lincoln. However, Saint Elizabeth shares with them the desire to make cancer research studies available to even more people in our community. To that end Saint Elizabeth feels privileged to be a participant in a unique pilot program with the National Cancer Institutes (NCI), called the National Community Cancer Centers Program (NCCCP).

Saint Elizabeth is one of 16 community hospitals in 14 states which are part of the NCCCP program designed to enroll more adult cancer patients in the studies on the latest drugs and therapies for cancer patients—extending participation in these studies beyond large

metropolitan cities into less populous communities. Saint Elizabeth is specifically planning to expand current cancer research into studies on radiation oncology and surgery

"Clinical study participants receive high-quality care and, if a new treatment is proven to be successful, may be among the first to benefit," explains Paul Edwards, research coordinator at Saint Elizabeth. He adds that numerous rounds of research have already been done on the drug or treatment before the studies ever reach us here in the Lincoln area.

Edwards also notes that by making more research studies available right here in the Lincoln area, fewer patients will need to travel to major US cancer centers, which are often located far from friends and family.

To participate in a clinical trial, a patient must have a specific stage and treatment grouping of the cancer. If you or a family member with cancer is interested in taking part in a clinical cancer study, please contact your physician or Paul Edwards at Saint Elizabeth, 402.219.7677.

Keeping You Healthy

Saint Elizabeth Patient #500 for Weight-Loss “Band” Surgery

Rev. Dr. Jim Wooten is preaching a slightly different message these days.

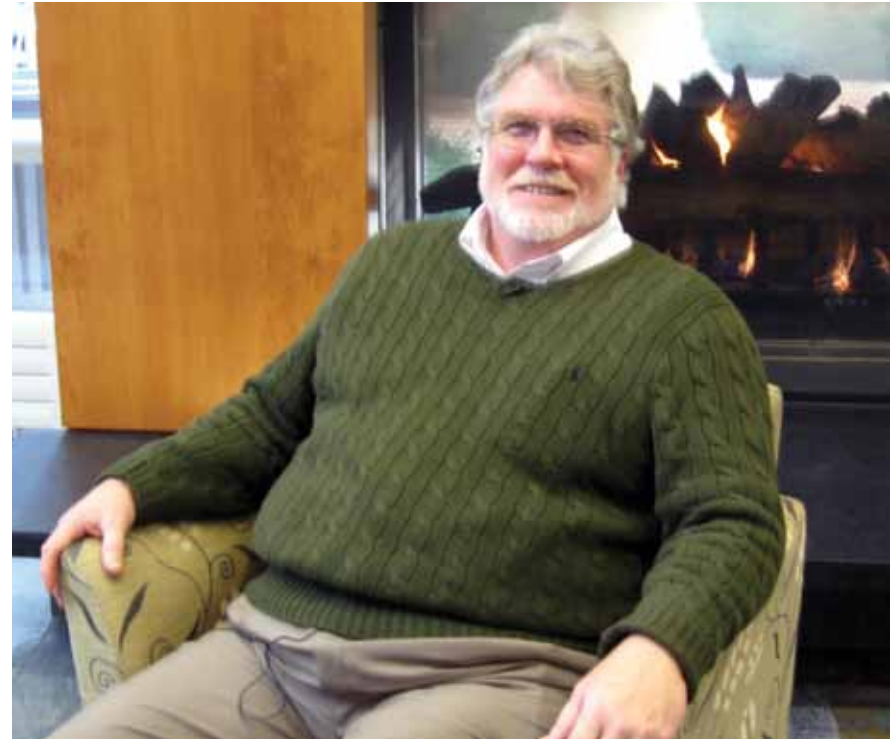
Along with his usual spiritual messages, his Columbus, NE followers are noticing some physical differences along with hearing about the value of improving one’s health. Jim thanks God—and the Saint Elizabeth Bariatric team—for this health-saving medical procedure.

Saint Elizabeth is grateful to Jim as well. He was Patient #500 at Saint Elizabeth for the less-invasive laparoscopic band procedure for weight-loss surgery. They have performed more than 750 weight-loss surgeries but this adjustable gastric band is growing rapidly in popularity because of the reduced recovery time and because of the adjustable part—it can be tightened to help each person continue their weight loss.

HUSKY JEANS

Jim recalls buying “husky” size jeans as a boy and felt that was a “life label.” He grew tall; in fact he’s now 6’ 2” but he’s battled “husky” all his life. He tried numerous weight-loss programs and all seemed to work but then, frustratingly, the weight always came back!

Jim is trading in sleeplessness, hypertension, high cholesterol, and excess weight. He’s looking forward to feeling better, having fewer medical problems,



Before having weight-loss surgery at Saint Elizabeth, Rev. Dr. Jim Wooten of Columbus, NE was worried about so many in his family dying young; he wanted to get healthy and spend many more years with “Sara, my sweet wife of 29 years.”

having more energy and, like back in his days with the 101st Airborne, maybe even running again!



Dr. Scott Bigelow, orthopedic surgeon, is shown here with knee replacement patient David Karre. Today, patients are walking the day after surgery and returning home to undergo outpatient rehabilitation in three days.

Above right: David Karre is bowling some of his best games ever—on two “new” knees. He helped Saint Elizabeth set a record 8,500 joint replacements since their Joint Center opened in 2001.

Striking a Record as Joint Patient #8,500

He bowled ten strikes in a row!

Just five months after getting his SECOND knee replacement at Saint Elizabeth, David Karre is bowling better than ever. In fact, he bowled his lifetime best two-game combination when, after those five consecutive strikes, he started his next game with five more strikes. He’s thanking his doctor and the Saint Elizabeth Joint Center team. “The pain is gone; I can bend my knee again and even do yard work. I walk better and sleep so much better. I’d recommend knee replacement at Saint Elizabeth to anybody.”

David helped set a record for Saint Elizabeth with another kind of back-to-back score. He was patient #8,000 to have a joint replacement since the Saint Elizabeth Joint Center opened in 2001. Then he pulled a “double” five months later, becoming Patient #8,500 when he had his other knee replaced!

Dr. Scott Bigelow, David’s orthopedic surgeon for both knees, was not surprised to hear of this landmark, “More and more people are having partial or total knee and hip replacements. They recognize that with today’s surgical techniques and equipment, there is less pain and more rapid recovery. We only expect these numbers to continue to rise.”

He adds, “We’re lucky to have one of the Top 50 orthopedic centers in the country right here at Saint Elizabeth.” *U.S. News & World Report* included Saint Elizabeth among the “Best Hospitals in America” and listed their orthopedic department among the Top 50 in the nation.

Those are all good numbers, but for David, the only number he’s thinking of now is 300 — that’s a perfect score in bowling!





Connie Vanourny of Crete, Nebraska recovered rapidly from a robotically performed hysterectomy. In a couple of weeks she was back enjoying activities, including walking a nearby county road and talking with her 19-year-old daughter, Mandy.

Women Heal Faster After Robotic GYN Surgeries

The Saint Elizabeth surgical robot, the da Vinci® SHD, is being used increasingly often for GYN procedures and has women asking their doctors about using it for their procedures—preferring the less invasive and more conservative surgical techniques.

It's simple: using the Saint Elizabeth surgical robot means patients recover and heal faster, have fewer complications, need less pain medication, and return to home and regular activities weeks faster than with conventional surgery.

In fact Dr. Gregory Heidrick, a Lincoln OB/GYN, cites those reasons for using the surgical robot on approximately 50 to 60% of his hysterectomy patients. He says when vaginal surgery is not an option—the surgical robot is, “When you get the opportunity to use this incredible technology, you do so. It makes a positive change in your practice because it truly benefits patients.”

Dr. Heidrick additionally sees a number of advantages to using the surgical robot rather than performing laparoscopic surgery. He points out that the surgical equipment on the robot is so flexible and precise, there is almost no comparison. The laparoscopic arm is stiff and the cutting tip is rigid; and because that instrument is so rigid it also magnifies, not reduces, any hand vibrations.

A Patient's Story

“It was a breeze!” says Connie Vanourny of Crete, Nebraska. The 44-year-old recently had her hysterectomy done using the Saint Elizabeth surgical robot.

When Dr. Gregory Heidrick, her OB/GYN, told her he'd like to perform this procedure using the robot, she listened then said, “That sounds easy and the easier the better for me.”

After back pain that became way too frequent and debilitating she finally decided that's enough and it was time for the surgery. She was out of the hospital the day after her procedure and didn't take any pain medication after that. She did take two weeks off work then returned to her job at Doane College in the business office, “My only restriction was not to lift more than 10 pounds for six weeks. That was a good excuse to have others lift everything.”

She's known women who had conventional surgery and were off work six weeks and had medical complications. “Like I said, it was a breeze and I'm recommending it to anyone!”

The Feminine Side of Robotics



Dr. Gregory Heidrick, OB/GYN

Dr. Gregory Heidrick also recently performed the nation's first SINGLE-incision robotic hysterectomy* at Saint Elizabeth. Representatives of the manufacturer of the port needed to perform this procedure confirm he is the first they know of! Robotic hysterectomies typically use 5 incisions. His patient, a Lincoln woman, will benefit from less scarring (one small scar under her belly button) as well as a more rapid recovery and return to normal activities.

The feminine side of robotics is growing! Until now, prostatectomies were the most frequently performed robotic surgery here. But that's changing, and GYN procedures such as hysterectomies, are catching up fast.

3-D VIEWS INSIDE PATIENTS

Another huge “plus” cited by Dr. Heidrick is that robotic surgery allows superior views inside the patient. “It has a complex camera that creates 3-dimensional views, so there is very good depth perception and it offers views you just cannot get with a laparoscope or conventional surgery. It's a huge improvement for physicians.”

Dr. Heidrick definitely prefers performing myomectomies using the surgical robot to remove fibroid tumors inside the uterus. He says the flexibility of the robotic instruments, especially in suturing (stitching or sewing) the uterus, makes it an easier procedure than even using laparoscopic techniques.

He now is also using the surgical robot for tubal reanastomosis—reattaching the fallopian tubes to help achieve pregnancy. The delicate touch, excellent flexibility, and 3-D viewing are also advantages in tubal reanastomosis procedures. He's just started performing these procedures but hopes to have the same 66% success rate for his patients as the national data indicates.

community classes

Saint Elizabeth asks you to reserve your class time by calling our Telephone Line to Care at **(402) 219.7000** or going online at www.SaintElizabethOnline.com.

IMPROVE YOUR HEALTH WITH COMMUNITY CLASSES

CHILDCARE & PARENTING

Call for a brochure of the extensive list of Saint Elizabeth pregnancy and childbirth classes.

SECURE Car Seat Fitting station

Schedule your personal fitting and safety check with a certified instructor BEFORE baby is born or up to age 6. **\$25.**

Multiples (Twins or more)

Aug 10 & 17 or Oct 12 & 19 6:30–9pm
3-week series on planning for childbirth, NICU, breastfeeding, and more! **\$25/cpl**

Learn Infant Massage

Tues, Sept 29 & Oct. 6 6:30–8pm
Taught by a certified therapist. **\$25/family**

ABCs of Motherhood

2nd Wed 10–11:30am
or 4th Wed 1–2:30pm
Ask questions, bring babies, and chat with other moms about everything! **FREE**

Boot Camp for Dads

Thurs, Oct 8 6:30–8:30pm
Dads learn from dads to prepare and care for the new baby! **\$10**

WOMEN'S HEALTH

The Feminine Side of Robotics

Thurs, Aug 20 7:30–8:30pm
Learn from Dr. Gregory Heidrick, OB/GYN, about feminine symptoms & NEW exciting, minimally invasive options with robotics. Refreshments **FREE**

Breastfeeding & Returning to Work

Sat, Sept 12 9–11:30am
Highlights breastfeeding tips, pump demos, fashions & sling demos. Door prizes **FREE**

National Mammography Day

Fri, Oct 16 [Apmnts: 8am–5pm]
In October, Saint Elizabeth mammography patients receive complimentary women's health kit and more.

Women's Health—Interactive Discussion

Wed, Nov 4 6:30–7:30pm
Physicians for Women discuss pregnancy, breast & cervical cancer prevention, pre-menopause & NEW surgical options! Refreshments **FREE**

Ask the Experts—3-Part Series

I. Ask the Experts: Breast Cancer

Sat, Oct 10 8:30–noon
Dr. Rick Windle, Dr. Kevin Yiee, Dr. Kim Coleman, and Genetic Counselor Tess Castellano discuss breast cancer & answer questions. Light brunch **FREE**

II. Ask the Experts: Breast Reconstruction

Tues, Oct 20 6:30–7:30pm
Plastic surgeons Dr. Mat Hinze and Dr. Todd Orchard discuss breast reconstruction, augmentation, reductions, and more. **FREE**

III. Ask the Experts:

Breast Cancer Recovery

Thurs, Nov 5 6:30–7:30pm
Learn the variety of recovery options using physical therapy from Anya Kerkman, PT. **FREE**

A Time to Heal

Mons, Sept 14–30 6–9pm
A 12-week program to help women regain physical, emotional & spiritual strength after undergoing breast cancer treatment for the first time. Register after treatment.

FAMILY & YOUTH

Supersitters

Sat: Sept 19, Oct 24, Nov 14 8:30am–12:30pm
Learn helpful tips, games, snack ideas plus safety tips from fire & police. **\$15/child**

Kids Learn CPR

Sat, Sept 12 8:30–11:30am
CPR & choking. Great for sitters **\$25**

GENERAL HEALTH

Oh, My Aching Feet

Thurs Sept 10 6:30–7:30pm
Dr. Keith Hughes, orthopaedic surgeon, discusses foot & ankle pain. **FREE**

Sports, Exercise & the Spine

Thurs Oct 15 6:30–7:30pm
Dr. Daniel Noble, spine surgeon, explores sports, exercise, back pain & avoiding injury. **FREE**

Heartsaver AED

Various times each month

Learn about AEDs, CPR & more for adults, infants & children. AHA science. **\$45 (book & certification)**

First Aid

Tues, Sept 22 or Nov 17 7–9:30pm
Learn what to do for injuries, burns, cuts, bites, stings, poisoning, & more. **\$25/each (book & certification)**

Healthy Weighs—Introduction

Tue, Sept 15 5:30–6:30pm
FREE intro to 8-week program below.

Healthy Weighs Program

Mons, Sept 21–Nov 9 5:30–6:30pm
Combines successful info on nutrition, exercise & stress reduction. Personal assessments before & after 8-week program. **\$125**

Knee and Hip Pain

Call for monthly dates/times
Find ways to reduce pain, increase mobility, & reclaim quality of life. **FREE**

Tailgate for Prostate Health

Sat, Sept 19 8:30am–noon
Attend this unique Tailgate event for men, tour some of the most awesome robotic equipment for incredibly accurate, minimally invasive prostate solutions. Experts Dr. David Wiltfong and Dr. Kevin Yiee address issues & answer questions. Continental Breakfast. **FREE (PSA testing for \$12)**

Basics of Back Care and Treatment

Call for monthly dates/times
Learn about lessening back & spine pain. **FREE**

“Life Sounds Great”—Hearing Open House

Tues, Aug 11 or Tues, Oct 13 5:30–7:30pm
FREE demo of latest digital hearing aid, plus **FREE** hearing evaluation! Must register ENT Nebraska: (866) 492.5500 (toll free)

Asthma Care Class

Wed, Oct 14 7–8pm
Taught by registered respiratory therapist for ANYONE with asthma. **FREE (book & materials)**

Diabetes Education Update

Sat, Oct 17 9am–noon
Diabetics learn from experts to improve health & quality of life. **FREE**

How to Quit Smoking

Sats, Oct 17–Nov 14 9:30–10:30am
5-weeks provides effective methods & support. **FREE**

Reshape Your Life & Health

Monthly—call for dates/times
Learn the latest weight-loss options to help control serious health problems. Includes less-invasive gastric band. Bring questions. **FREE**

Pre-Diabetes—Who Me?

Sats, Aug 22, Oct 17, or Dec 5 9am–noon
A family history of diabetes and being 10+ pounds overweight means YOU could have Pre-Diabetes—warning of diabetes, heart disease & stroke. Learn from experts. **\$15**

MONITOR YOUR HEALTH!

Tues, Aug 11 or Nov 10 7–9:30am
Schedule this comprehensive blood screening (cholesterol, glucose, thyroid, prostate.) Call for fast info & costs.

SPECIAL

Lincoln Children's Museum

Grandparents' Day—Sun, Sept 13 1–5pm
The Advanced Baby Center at Saint Elizabeth & ENT Nebraska host this unique event. Includes a free professional family photo, BINGO, child safety & health information, face painting, chair massages, hearing evaluations & refreshments. Grandparents **FREE**

Helping Hearts Grief Support

Mons, Aug 15–Oct 5 5:30–7pm
An 8-week bereavement coping & support group for adults after the loss of a loved one. **\$50 (book)**

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