

Christie Clinic's Cardiac Electrophysiologists

Do you ever feel like your heart is skipping a beat, fluttering, or beating too fast?



Christie Clinic & Provena Covenant Medical Center held a joint press conference on July 21 to showcase the hospital's new technology and cardiac electrophysiologists. Pictured here is Dr. Kocheril talking about the Sensei® X robot.

You could be one of two million Americans who have atrial fibrillation (or an irregular heartbeat), which can lead to stroke, heart failure, and even death.

Now, nationally renowned Christie Clinic cardiologists Drs. Kocheril and Rajaguru are saving patients from a lifetime of medication by treating this condition at Provena

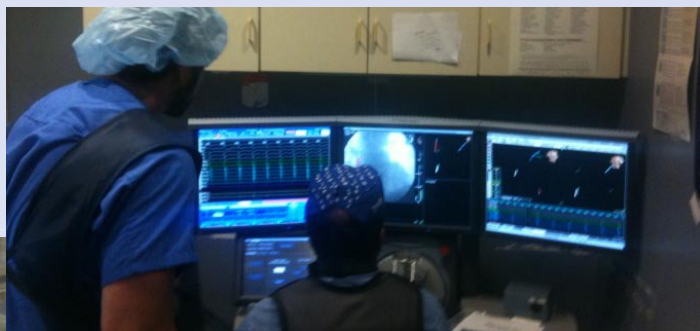
Covenant Medical Center—the only hospital in Illinois outside of Chicago using state-of-the-art robotic technology for atrial fibrillation.

The Sensei® X Robotic-Assisted Cardiac Navigation System allows physicians access to areas of your heart that were previously difficult to reach during surgery, all while reduc-

ing your exposure to radiation.

For more details, the following page features an informative story from Dr. Kocheril.

Electrophysiology 2010



Abraham G. Kocheril,
MD, FACC, FACP, FHRS



For a field that began in 1968 (the first catheter technique to record a His bundle electrogram in man), the progress in diagnosis and treatment in electrophysiology (EP) has indeed been rapid. Parallel to this, there has been rapid growth in cardiac rhythm management devices since the implantation of the first pacemaker system in 1958. Advances in the device realm have led to implantable cardioverter-defibrillators (ICDs) to prevent sudden cardiac arrest and cardiac resynchronization therapy (CRT) devices to improve symptoms and survival in heart failure patients.

Catheter ablation of supraventricular tachycardia (SVT) of various mechanisms has become routine and standard of care. Even ventricular tachycardia (VT) has become amenable to catheter ablation, more idiopathic VT than ischemic VT. The main ways of ablating cardiac tissue remain radiofrequency energy and cryoablation. Three-dimensional

mapping has increased the accuracy of catheter ablation and decreased the amount of fluoroscopy required for these lengthy procedures. A visual representation also makes the procedure easier to understand.

Atrial fibrillation (AF) is the most common cardiac arrhythmia and a common cause of stroke. Although catheter ablation of atrial flutter can be accomplished by standard techniques, ablation of AF has been a significant challenge. I started working on curative AF ablation in 1998 using an experimental protocol and my own technique. Improvements in AF ablation have resulted in the recommendation of AF ablation as second line treatment in guidelines by the American College of Cardiology, American Heart Association, and the European Society of Cardiology.

AF has been shown to be caused by drivers of arrhythmogenicity, the majority of which reside in the pulmonary veins. Additional issues are circuits that form with time and

ganglionic inputs. AF ablation can therefore be very complex, with multiple ablation targets in the atria. Fusing a three-dimensional CT of the heart with a real-time 3D EP map has become a way of getting a more accurate map for efficacy. Intra-cardiac echo (ICE) has given us an important form of real-time imaging to improve safety. The latest technologies for catheter ablation allow remote navigation in the heart. Provena Covenant Medical Center recently acquired the Hansen catheter robotics equipment for navigation, making it the second medical center in the state (after Loyola) to offer this level of equipment. Manipulation of the robotic arm allows more precise movements in the heart and more stability at ablation sites. The initial cases using robotics have gone well, adding to the array of EP capabilities we can offer in Champaign-Urbana.

Mahomet Block Party



Left to right: Representing Family Medicine in Mahomet—Susie Farley, Betty Welch, Dr. Charles Buchanan, Lyndsey Hurd, Dr. Carla Samuel-Parks, Sheila Schmitz and Karen Blatzer, Marketing and Public Relations Manager

Thank you to all team members who came out to support Christie in Mahomet in the Mahomet Chamber of Commerce's 2nd Annual After Hours Block Party on Tuesday, July 27, from 5-7 p.m. at Conway Farms.

Guests parked at Christie in Mahomet's parking lot and then entered our lobby to pick up their Christie Clinic bags and start their scavenger hunt. The first clue was, "If you're on the go and get a cut, what would you use to clean and protect your scrape?" The answer was a Christie Clinic first aid kit, which each participant received. Then, they went to the participating locations and wrote



Left to right: Representing OB/GYN in Mahomet—Tammy Smith, Nicole Lain, Dottie Mumm

down answers to all the scavenger hunt questions. They turned in their cards at Christie and entered to win a Wii and Wii Fit from Christie Clinic and other prizes from participating locations. Dr. Samuel-Parks' children won the Wii and Wii Fit. Congratulations to them!

At the other participating locations, guests enjoyed great food, ice cream, wine, massages, and karaoke—everything was free!

We ordered pizzas to thank the Christie in Mahomet staff for staying late and helping. Thanks again team! Great work!

Christie on Gregory's 1st Anniversary Party

On Wednesday, September 15, from 5-7 p.m. Christie Clinic on Gregory will celebrate its first anniversary with a party for the community. You and your family are invited!

The first 100 guests will receive a Christie Clinic duffel bag stuffed with a new patient packet, profiles for Drs. Naidu and Walker, brochures, and Christie Clinic giveaway items. Guests can also enter to win a Wii and Wii Fit, a special gift to ARC, a Clarisonic face cleanser, and a gift certificate for a free consultation and microderm abrasion—all from our Department of Dermatology.



Christie Clinic on Gregory

Blood Drive

Community blood services of Illinois will be at Christie Clinic on University on Tuesday, August 17, and at Christie on Windsor (Champaign) on Wednesday, August 18, to collect lifesaving blood donations.

August 17 at Christie on University
10 a.m.-3 p.m.
Goal: 25 donations

August 18 at Christie on Windsor
11 a.m.-2 p.m.
Goal: 8 donations

Donors must bring their donor card or any form of identification that includes their address. State and federal regulations require verification of your identity.

Welcome New Team Members

Abbie Tripp

Medical Assistant Family Medicine

Nancy Bailey

Environmental Services

Linda Osborn

Registered Nurse Oral Surgery

Heather Skinner

Registered Nurse OB/GYN

2011 Christie Clinic Illinois Marathon

April 29 & 30

- Flat, fast course
- Boston qualifier
- Six events—something for everyone (marathon, half marathon, marathon relay, 10K and 5K, youth run, and I-Challenge)
- Fans, fun, and flair along the entire course!
- 50-yard line finish in Memorial Stadium

Register now at illinoismarathon.com

A Closer Look at Our Health Educator

It has been almost two years since I joined the staff of Christie as a Health Educator. My primary qualifications are as a Certified Diabetes Educator, and I am the first CDE employed by Christie. Our goal is to increase patient education related to diabetes management. In addition, I can provide information on managing for multiple disorders.

With respect to diabetes, my goal has been to help our patients by providing them detailed information on a number of issues that influence successful self management:

- Importance of correct use of diabetes medications
- Understanding hyperglycemia and hypoglycemia
- Importance of the control of blood sugar
- Techniques of glucose testing and use of glucometers
- Self-injection of insulin
- Understanding A1C and other laboratory values
- Need for regular eye and podiatric exams
- Understanding how to manage their diabetes when experiencing stressors such as illness
- Use of food diaries for seeing the relation between foods and blood sugars
- Importance of exercise in overall diabetes self care and preventive care

I am also able to provide patient self education with respect to the management of osteoporosis, arthritis, blood pressure control, and energy conservation for people with pulmonary diseases and medication self-injection.

I am available at Christie in Tuscola on the first Wednesday of the month; at Christie in Rantoul on the second Wednesday; and at Christie in Danville on Vermilion on the fourth Wednesday, currently from 8-11:45 a.m.

I am reducing my office hours at Christie on Windsor in Champaign to three days a week starting August 9 due to current appointment volume.



Carole Murphy,
BSN, RN, CDE
Health Educator
Christie on Windsor,
Champaign
366.8020

Upcoming Events

Children's Healthfair in Danville

Saturday, August 21, 10 a.m.-2 p.m.

Village Mall in Danville

300-400 people expected to attend

Quad Day

Sunday, August 22, 12-4 p.m.

500 Christie Clinic nail file keychains will be passed out at McKinley's booth. A sign promoting Christie on Gregory will be on the table as well as handouts about Christie on Gregory's 1st anniversary party.

Gift of Life Walk 2010

Saturday, August 28, at the U of I Arboretum

Benefits the National Kidney Foundation of Illinois

Christie on Gregory's 1st Anniversary Party

Wednesday, September 15, 5-7 p.m.

American Heart Association Heart Walk

Saturday, September 25, 9-11:30 a.m.

Parkland College

Special Olympics Illinois 11th Golf Outing

Friday, October 1

Making Strides for Breast Cancer

Saturday, October 16

New Medical Director for Provena's Cardiovascular Catheterization Lab



Provena Covenant Medical Center recently appointed Christie Clinic physician, Michael W. Wingo, MD, to the role of Medical Director for the Cardiovascular Catheterization Lab. Board certified in cardiology and cardiovascular diseases, Dr.

Wingo specializes in the diagnosis and treatment of the heart and blood vessels. He received his bachelor's degree from Johns Hopkins University in Baltimore and his medical degree from the University of Maryland, School of Medicine, in Baltimore. Dr. Wingo fulfilled his internship, residency, and fellowship at Medical College of Wisconsin in Milwaukee.

In the News

The Scope

Dr. Michael Smith, from the Department of OB/GYN at the University clinic, has an article in his regular column, *Medical Executive President's Corner*. Click on this link to view the newsletter:

<http://172.17.2.52/download/1448>

The News-Gazette

Sunday, July 11

Letter to the editor—

World Class Caring in Action!

Medical and care facilities top notch

My brothers and I would like to tell the people of Champaign-Urbana how fortunate they are to have the wonderful medical and care facilities available to them in this area. My mother, Mary Wood, lost her eyesight two years ago at age 90. She could no longer live alone and was reluctant to leave her own home. We had no choice but to find her an assisted-living place. We chose Canterbury Ridges, and we were so pleased with the wonderful loving care she received. She lived the last years of her life with quality and comfort.

The doctors at Christie Clinic took such good care of her. Dr. Collins never treated her as an elderly woman in her last years, but always with dignity and concern. She listened to the wishes of my mother and took time to explain in layman terms what was happening to her and what course of treatment she needed. Dr. Schmidt worked tirelessly to try and save some of her eyesight.

It was comforting to know there were so many caregivers available for her in her time of need. I only hope the people of Champaign-Urbana realize how lucky they are to have all this.

Roberta Kachel
Pinehurst, NC

Tuesday, July 13

Dermatologist Lester Fahrner was interviewed for a column on the health and fitness page.

Saturday, July 17

Free pedometer—tips on walking in Champaign from state effort

This article features podiatrist Kimberly Eickmeier's efforts to get patients walking.

<http://www.news-gazette.com/news/health/fitness/2010-07-17/free-pedometer-tips-walking-champaign-state-effort.html>

Wednesday, July 21

Covenant has robot-enhanced heart procedures

This article features cardiac electrophysiologist Abe Kocheril's return to Champaign-Urbana, and his use of brand new robotic-assisted technology.

<http://www.news-gazette.com/news/health/health-care/2010-07-21/covenant-has-robot-enhanced-heart-procedures.html>

Dr. Steven W. Thatcher, department head of Christie Clinic Physical & Pain Medicine, writes his spine and pain management Q & A in each Sunday's *News-Gazette*.

Continue to look for Dr. Stuart King's Q&As in the *News-Gazette's Friends of the Family* every other Tuesday.

Fire Extinguisher Training



With help from our friends at the Champaign Fire Department, Support Services held fire extinguisher training at Christie Clinic on Windsor in Champaign on July 21. There was a great turnout! Fifty-eight team members were trained on fire extinguisher usage.

Thank You Notes and Kudos

Thank You

Christie Clinic

Dear Christie Clinic,

Thank you for your participation in the 1st Annual Salt & Light Can-less Food Drive. Because of your partnership with us, the drive was a *huge* success. In the first year for this event, over \$35,000 was donated! That is nearly half of our annual budget for groceries that we purchase from the Eastern Illinois Food Bank. We do hope you will plan to participate in the Can-less Drive again next year. If you have any advice on how we can make this fundraiser better, please call or e-mail us at 217-355-5654 or melany@saltandlightministry.org. Again, thank you for helping us help those in need right here at home.

Sincerely,
Nathan Montgomery, Executive Director
Melany Jackson, Ministry Assistant

Support Services

A representative from a large insurance company called this morning with a couple follow-up corporate questions about his inspection yesterday. But most notably, he wanted to tell me that everyone at Christie was very friendly, helpful, and courteous. He also bragged on our outstanding facilities and how well you all maintain it. Seems like we sometimes neglect to tell you how much we appreciate all your planning, hard work, and cooperation with all that goes on here

at the clinic—we don't always tell you, but we always appreciate you and your entire staff. Congratulations on being recognized even by an outsider!

Infectious Disease

Dear Dr. England,
I would like to thank you for the care and compassion you showed during my appointment and for following up so quickly once my test results were available. I suppose my concerns seemed both minor and ill founded, but the matter was causing me quite a lot of anxiety. I can't say I yet feel quite like myself, but I'm well on my way.

Internal Medicine

Dr. Walker is by far the best doctor I've ever worked with. He really listens to what is going on with my body and helps me tremendously. He has worked with me on several occasions to keep medication costs low to fit within my budget and has helped me contact pharmaceutical companies for the drugs I cannot afford. He goes way above and beyond to make certain I get the best care possible. His nurse Courtney is absolutely amazing as well. She is so helpful and extremely efficient with my care.

OB/GYN

I just want to take the time to thank Cathy Hinton for taking the time to talk with me on a personable basis. She explained all my options to me and gave time to ask any questions without making me feel rushed or unimportant. Thank you!

Family Medicine

I wanted to write and let you know what a truly wonderful job Dr. Troiano's nurse, Michelle Minott, did today in handling an issue for not only me but for my entire family. Dr. England diagnosed my husband with MERSA. He's scheduled for a complicated surgery, so it was very important that our entire family be cleared of MERSA before he could undergo the surgery. Michelle was incredibly helpful in assisting me in getting on Bactrum. However, she also went above and beyond in finding Dr. England's notes

and taking extra steps to make sure that my sons were also plugged into the necessary physicians in order to make sure that Dr. England's wishes were carried out (for the benefit of my husband and all of us). All of this happened the day before a 3-day holiday weekend, when things I'm sure were very, very chaotic at the clinic. In any event, kudos to Michelle for all of her hard work and for going above and beyond the call of duty. I'll have to look her up and say hello the next time I'm in the clinic. Please tell her thank you again from my entire family.

Dr. Ahmed,

You are not only a special doctor, but a great human being. We think the world of you and your sidekick Sarah. Thanks for your special care.

Convenient Care

I wanted to write and say what a great job physician assistant Janice Jones did in handling the diagnosis of shingles for me. I went to the Champaign County Market on Duncan a couple of weeks ago with some odd facial symptoms. I thought I might have a sinus infection, since I had been experiencing face, eye, and nose pain. However, she immediately thought I had shingles and prescribed some antiviral medication for me. Sure enough, a few days later, I started breaking out along my nose and lips, indicating shingles. She also quickly got me scheduled to see Dr. Bull at Christie to make sure my eyes had not been impacted. I totally attribute my less severe case of shingles to the fact that Jan was able to diagnose my case of shingles so early. Much thanks to her for her quick and early diagnosis and assistance.

Audiology

Dear Michael Brown,

A patient called me to express what a great visit he had with you today. He said, "I had a wonderful experience today with Michael Brown. He's concise, and he's polite. He made sure that I knew everything before I left."

Thank You Notes and Kudos

Spine & Pain Management

We received a phone call from a patient stating, "I just wanted Dr. Stuart King to know that my injections helped me a great deal, and I appreciate the care I received from all the staff."

Radiology

On July 4, we brought in our 6-year-old son with a broken wrist to Convenient Care on Windsor & Mattis. Physician assistant Sarah Minarick was great with him and then she called in Sheri Wachala (X-ray tech) who was great with him. She took eight X-rays, and she got him to cooperate with her so well. She was so sweet to him, and I wanted to make sure that she got recognized for her good work with my son. Thanks so much.

Orthopaedic Surgery

I would like to commend Mr. Brian Shore and the outstanding team of physical therapists at the Christie Ortho department. They were able to get me back to work in approximately two months after I spent eight months at two other facilities getting nowhere. Mr. Shore took an aggressive approach and took the time to answer all my questions, and I will request him by name if I should ever have a similar problem, as well as recommend him and his physical therapists to anyone having a similar issue. Thank you.

Marketing/PR Intern

A special thank you to Allison Koeberlein for all of her hard work this summer! From May through July she served as our marketing/public relations intern. Allison is the daughter of Diane Chew in Hearing Aid Services.

Compliment Cards

Internal Medicine

I would like to thank Dr. Jamma and her staff. The elevator was out, and we were in a wheelchair with oxygen. Dr. Jamma and the staff made several trips up and down the stairs to take care of us. It was much appreciated!

Dr. Nathan Walker is very good. I would like to recognize and thank Dr. Nathan Walker and Dr. Charlotte Schuchart for their work.

I am a patient of Dr. Zabaneh's and would like to recognize Bren in the lab for being extremely gentle and his nurse Sarah, who is gentle with shots and always a pleasure.

Cardiology

Dr. Sutton,

I appreciate your skill and knowledge. You are an excellent representative of your profession. Had you not been on staff at Provena Covenant at the time that I needed you, January 2-4, this card would not be written today. Thank you for saving my life.

Dr. Sutton: I'm writing to thank you and to comment on your calm, professional demeanor from last Thursday night's emergency cath. Your presence was welcome, and the way in which you stepped in and took control was a lesson on how things should work. On behalf of the staff and most importantly the patient, thank you!

Dermatology

I am writing to commend Olivia, at the Dermatology Department front desk, for the outstanding and caring service that she provided me. When I called to make an appointment, she indicated that Dr. Fahrner's schedule was booked until August. I told Olivia that I was a local and could come to the office on short notice if there was a cancellation. She took my number and called me with two available times. I was able to come in the next day. This is the kind of caring service that Christie Clinic is known for. Please pass my sincere thanks to Olivia.

OB/GYN

I would like to thank Nurse Practitioner Laura Harriger. She took time to answer all of my questions and concerns and made me feel comfortable. I think that maybe you should nominate her for employee of the month or quarter. I truly think it's important to feel comfortable talking with a doctor or nurse. It's a good feeling knowing that they care about you. I know they may see over 20 patients a day, but still take time to listen to you.

Dr. Nelson and her nurse Kandi Mills are amazing! I am a patient who is receiving obstetrical care at Christie Clinic and cannot say enough good things about the care I have received by Dr. Nelson and her nurse. Every office visit is great and every time I call in to speak with Kandi is remarkable! You just do not know what you have with this team! Thank you so much for the care you have given me! You are highly recommended!

Pharmacy

The Pharmacy staff rocks! The pharmacists are great, but the front-line ladies are fabulous. Angie, Rose, Stacey give excellent customer service and are always friendly.

Radiology

Lauren in Radiology is very friendly and caring. There need to be more members like her.

Pulmonary

Mary Stech was wonderful! She gave good explanations and listened to me. I would see her again.