

ShoreLine

NURTURING RELATIONSHIPS BETWEEN SOUTH SHORE HOSPITAL AND THE COMMUNITY



Pneumonia, AN AVOIDABLE YEAR-ROUND THREAT

WINTER BLUES... NOT OVER

What is Pneumonia?

Pneumonia is a lung inflammation that occurs from bacterial or viral infections, like the flu. It can also be caused by a chemical injury, resulting from breathing in harmful chemical fumes. In each case, infected lungs leak fluids and shed dead cells that can eventually clog air sacs. This situation makes it hard for the lungs to do its job, getting oxygen into the bloodstream. Though pneumonia can be a complication of the flu, it's only contagious if the cause is bacterial or viral. People who contract pneumonia as a result of a chemical injury are not contagious.

Pneumonia may remind many people of a really rotten flu, but the truth is it's a disease that anyone can get at anytime.

When do I contact a doctor?

Pneumonia can be mild or potentially fatal, so if you have had a flu that just won't leave or your breathing becomes abnormally laborious, contact a doctor immediately.

Is there a vaccination for the pneumonia?

There is a vaccination that prevents pneumonia and other serious blood, brain, and lung infections, such as meningitis and septicemia. The vaccination comes in two forms, based on age. The frequency in which the vaccination is given also differs based on age. For example, it is recommended that infants receive the appropriate vaccine at 2, 4, 6, and 12-15 months. Unlike the flu vaccine, adults need only be vaccinated every five years for the pneumonia. For more specific recommendations, please consult with a South Shore Hospital physician at 773/356-5200. **SSH**

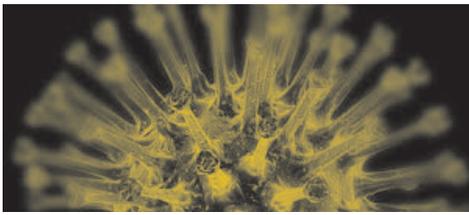
Is it too late for a Flu Shot?



Most people would not believe that the flu season lasts from October to May, but it's the truth, according to the Centers for Disease Control and Prevention (CDC). That's why it's a good idea to get your flu shot, even as spring rains descend and lawns begin to green.

The CDC predicts the 2014-2015 flu season will be severe, considering the high amount of flu activity that's already occurred and strongly suggests that everyone, six months and over, get vaccinated. The CDC also discourages people from listening to rumors that the flu vaccine is ineffective due to mutations of the virus.

(continued on page 2)



(Flu Shot continued from page 1) It is true that flu, like any virus, will change and has different forms. Still, the H3N2 vaccine will still be effective with warding off or at least limiting severe outcomes, like hospitalizations, pneumonia, or death, of many of these mutations.

Seniors, 65 and older, and young children are particularly vulnerable and should receive

annual vaccinations. People with health issues should confer with their primary care physician prior to getting vaccinated.

For more information or to schedule a flu shot, call 773-356-5200. **SSH**



Every time you touch your hand to one of these areas, you could be infecting yourself with a virus, which makes it very important to keep hands germ-free with frequent washing to prevent both flu and cold symptoms.

Complications:

Sinus congestion: middle ear infection.

Sinusitis: bronchitis, ear infection, pneumonia; can be life-threatening

President's Message

Healthcare Facilities Accreditation

High quality patient care and safety & excellent customer satisfaction



Tim Caveney
SSH President & CEO

Winter, with its snowstorms and below freezing temperatures, does not easily release its grip, even as spring tries to force Winter's hand. That's the reason, as long time Chicagoans, we are never surprised when Easter comes that some snow remains or new snowflakes and temperatures fall. In Chicago, winter is not over until Mother Nature says that it's over.

Another thing that will never end: South Shore Hospital's pledge to meet your needs and respond to your concerns in an efficient, professional, effective, and compassionate manner.

That's why I am happy to report in 2014 South Shore Hospital earned a three-year accreditation from the Healthcare Facilities Accreditation Program (HFAP), a nationally-recognized organization that advances and ensures high quality patient care and safety at its participating hospitals. We also experienced significant boosts in our customer satisfaction scores, which showed a 9% increase in your and your neighbor's use of South Shore Hospital. Your good health is our top priority.

South Shore Hospital is here for you, whether insured or not. In fact, you should know South Shore Hospital is a safety net hospital, which means that we are here to serve you, no matter your financial or insurance

status. Think of us as open arms... as the place whose sole mission is to keep you healthy or help you get well after suffering an illness or mishap.

Another responsibility of a safety net hospital is to help its neighbors get free or affordable insurance via the Affordable Care Act (ACA). We increased staff in our admissions department to help you attain insurance because you are better off to have it. Though we always want you to depend on us for primary and emergent care and some specialty health care services, we know that illness does not wait for you to be at home. You may be at work, become ill, and need to go to a hospital that is not classified as a safety net entity. In that and some other cases, you will need insurance, and we are more than willing to help you achieve that goal because South Shore Hospital is your health advocate at all times.

Beyond being a safety net hospital, there are other things we do to make sure as a Hospital we are able to support the community's needs.

One of those pressing needs is for an area psychiatric unit for seniors, 55 years of age and older. Several hospitals have psychiatric units, but South Shore Hospital's mission is to match its services to the community's needs. Since the community is graying, greater numbers of South Shore residents are facing life after retirement. Perhaps (continued on page 3)

(President's message continued from page 2) some are older seeking employment with little success in an ever-changing job market. Still, others' bodies may be acting out in peculiar ways due to illnesses or other health infractions. These issues can cause depression and other breaches in mental health that the Hospital is more than prepared to address in the most humane, respectful, and confidential way.

Finally, I'd be remiss if I don't return to the whole subject of winter to address its specific issues, like the onslaught of colds and cases of the flu or pneumonia. If you were ever confused as to whether you had a cold or the flu, look at the chart on page 3 to figure out your health issue. Knowing which ailment you have also helps you figure out whether you can treat yourself with cough syrup and a throat lozenge or whether you should seek the help from one of South Shore Hospital's many primary care physicians.

Also in this issue, we cover pneumonia; this health threat is highly treatable and curable. However, unlike the common cold, this may not be an illness you can treat at home. Again, seek the attention of one of our primary care physicians by calling 773/356-5200.

As I mentioned, we are a safety net facility. So never let your financial bottom line interfere with your good health. For whatever reason, South Shore Hospital welcomes you with open arms. **SSH**

-- Tim Caveney, President, CEO

South Shore Hospital

P.S. When you can, visit us online at www.southshorehospital.com to let us know what we can do to improve our services or even what we already do well.

COLD VS FLU

WHAT IS THIS? A COLD OR THE FLU?

Fever under 100 F	Fever	Fever, 101 F or over
Sometimes	Headache	Very Common
Stuffy, Runny	Nose	Stuffy, Runny
Very Common	Cough	Severe
Very Common	Congestion	Very Common
Slight	Aches	Severe
2 days to 1 week	Duration	2-3 weeks
Yes, first 3 days	Contagious	Yes

Meet South Shore Hospital's Lung and Sleep Disorder Specialist:

Dr. Olusegun Apata recently joined South Shore Hospital as a lung, critical care and sleep disorder specialist in 2014.



With over fifteen years' experience as an advocate for and specialist in smoking cessation, pulmonary, sleep and critical care, Dr. Apata's main desire is to help his patients breathe and sleep better. He sees these two functions as basic building blocks for overall quality health.

"A person, who has trouble breathing, might be unable to get enough oxygen, a good gas that energizes body cells or get rid of carbon dioxide, a bad gas that causes chronic fatigue or heart issues, to neurocognitive dysfunction or death, in extreme cases."

The importance of sound sleep led to Dr. Apata's interest in sleep apnea. He operates a Sleep Disorder Center at 2850 Wabash St in Chicago to detect and alleviate sleep disorders. Obstructive sleep

apnea (OSA) occurs when the airway collapses partially or completely during sleep, causing breathing to cease or lapse momentarily. This leads to a number of issues,

including the nuisance-like snoring of bed partners, a negative impact on the brain, heart or other vital organ functions, and possibly death. Over 50 percent of Dr. Apata's patients suffer from sleep apnea, but some can be cured. OSA can be diagnosed in a sleep lab and controlled with the help of CPAP and related machines. Other treatments, involving surgery and oral appliances, might be necessary. OSA can be avoided or cured by maintaining a weight ideal for a person's height and avoiding alcohol use close to bedtime, among other things.

Two other types of sleep apnea are central sleep apnea (CSA) and mixed sleep apnea (MSA). CSA occurs when the brain doesn't send a signal to breathe and is usually related (continued on page 4)

(Dr. Apata continued from page 3) to a stroke or symptomatic of a bad heart. MSA is a combination of both obstructive and central sleep apnea. These types of sleep apnea may not be avoided and require the immediate and ongoing attention of a physician.

Dr. Apata also often sees patients who have asthma and Chronic Obstructive Pulmonary Disease (COPD). Both disorders can lead to the destruction of the lungs over time. According to Dr. Apata, these lung disorders are improved by:

- Maintaining a ideal body weight. (By 2020, it is proposed that obesity will surpass smoking as the number one preventable cause of death in the United States of America.)
- Exercising regularly and eating a balanced diet.
- Getting a good night's sleep. *"When you're fatigued, your breathing and thinking become impaired. Also, people with sleep disorders are more likely to be obese,"* Dr. Apata said. Sleep deprivation has been linked with abnormal excessive weight gain/obesity.
- Avoiding smoking – both first-hand and second hand exposures.

- Keeping a clean, uncluttered, roach-free home. (There is a connection between homes that are roach-infected and asthma attacks.)

"Prevention is important," Dr. Apata said.

However, if a patient is already impacted by any of these breathing disorders or diseases, they might drastically improve their lives by taking three simple steps: taking prescribed medications, participating in pulmonary rehabilitation, and keeping their outpatient appointments. **SSH**

For a consultation with Dr. Apata, call his office at 773-356-5200 or 312-842-7580. Please note, a doctor's referral from your primary care physician may be required.



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