disease distorts the anatomy and makes it even more difficult to
determine the precise placement of screws," Dr. Miz explained.

Use of this advanced technology allowed Dr. Miz to visualize
several different angles and implement instrument placement
on Gleason (a hefty man at more than 300 lbs.) and reduce the
patient’s time under anesthesia or potential need for repeat or
other corrective surgical procedures.

With use of the surgical navigation and intraoperative scanner
a sharp, well-defined image provides a clear and accurate line
of sight which allows surgeons to make timely and informed
decisions and improves potential for “first-pass” accuracy.

Comparable to our automobile navigation systems that map
out a course turn-by-turn, this ‘GPS’ for surgeons, provides
navigation and visualization technology that helps Dr. Miz
effectively plan and execute spine procedures and place pedicle
screws more accurately during surgery. It also helps minimize
X-Ray exposure to the surgical team and patients, compared to
more conventional surgical techniques.

In concert with a highly trained technician, the software allows
Dr. Miz to continuously track surgical instruments in relation
to patient anatomy, thus minimizing complications, increasing
precision and improving patient outcomes.

As with most trauma, time is of the essence. Pat Gleason was
tremendously lucky at several levels. First, his initial movements
did not result in paralysis as he finished his job. Second, he
persisted and went to his personal physician who listened,
was familiar with his patient and initiated an immediate consult
with a spine surgeon. Third, Dr. Miz, who keeps abreast of the
latest technology and was instrumental in bringing this hi tech to
Ingalls, is experienced in delicate spinal surgery boosted by the
technological advances.

Next on the technological horizon is a robotic attachment that
is less invasive and even more accurate than current technology,
according to Dr. Miz.

One day post-op the Rehab team worked to get Pat Gleason
out of bed and taking steps.

“Years ago, I would have been in a wheelchair or worse, now
I’m probably worth a small fortune in scrap metal but I’m back to
my business!” he said.

That’s the luck of the Irish.

Read Fall, 2018 issue of Progress for full story.

Whoever coined the phrase Luck of the Irish must have had
Pat Gleason, of Mount Greenwood, in mind! A 74-year-young
man, he has survived a 3 story fall as a Chicago Police officer,
two hip replacements and now manages his family landscaping
business. But last Christmas season while working, he had an
accident that could have paralyzed him. In spite of horrendous
back pain, he went home, took an Aleve and visited a major
Chicago ED the next day. Some hip x-rays were taken and he
was sent home.

But the pain was getting worse, so he called his primary care
doctor who is on the medical staff at UChicago Medicine Ingalls
Memorial. Cyrus Akrami, MD took a back x-ray and immediately
sent him to Ingalls for a consult with George Miz, MD a spine
specialist who performs surgery assisted by a navigation and
scanning technology several times a week.

Even though it was a weekend, within 24 hours, Drs. Akrami
and Miz confirmed he had an unstable fracture of his 12th
thoracic vertebra, and he was undergoing surgery.

According to Dr. Miz, Ingalls was among the first in the
Midwest to pioneer an intraoperative Brainlab surgical navigation
process 6 years ago. Additionally, he boosts surgical precision
with the Airo® scanner which has been in use at Ingalls for
approximately 2-3 years. This Airo® scanner attaches to the
navigation system to provide three dimensional (3D) scans to
deliver comparison preoperative and intraoperative images to
instantaneously confirm precise placement of rods and screws to
immobilize the spine.

In Gleason’s case, it was especially beneficial since he has
Ankylosing hyperostosis, a condition where extra layers of bone
grow over the spine and cause it to fuse.

“Any trauma, break or minimal movement could cause a
shift in the spinal cord and result in probable paralysis. This
I Survived, and You Can Too

The 19th annual free Breast Cancer Awareness Forum targeting African-American Women is October 27th at the Odyssey Country Club.

In September, 2010, Ruth Raickett-Roberts was a teacher with a family of two pre-teens, a husband and a cat and a dog at home in Park Forest. She bumped her breast and felt a pain and thought she felt a lump. She contacted her doctor, and her whirlwind journey to battle breast cancer began.

She came under the care of Ingalls oncologist, Mark Kozloff, MD and in October she was scheduled for a lumpectomy. On the day of surgery, follow-up tests were conducted and they indicated that the cancer was rapidly progressing. Her team of a radiologist, surgeon, oncologist, primary care and ob/gyn consulted with Ruth and recommended a mastectomy.

“In a matter of a few weeks, my cancer mass increased from the size of a half dollar to the size of the top of a tennis ball. I was afraid because as a woman of color, I had only heard of a cancer diagnosis as a killer, but I prayed and relied on the voice of my Heavenly Father telling me I could do this and trust in his hand on my doctors.”

After she underwent the mastectomy, she went through a care plan including chemotherapy and radiation therapy from 2011-2013. She is now in remission and working in an after school program with children.

During therapy, she adjusted her diet and lifestyle and has maintained her commitment to leading a healthy life and paying attention to her body’s signals. “I learned not to be overwhelmed by worry. During therapy, I made adjustments and my family fumbled through and I now realize we’ve all learned to be more independent.” She has since adjusted her diet and lifestyle too.

Andrea Amico, MD, MA, is an oncologist who specializes in breast abnormalities and has conducted studies regarding the cultural and socioeconomic causes for the mortality rate in African-American women from breast cancer. African-American women have a lower incidence of breast cancer but have higher mortality rate from the disease, but this disparity is changing as a result of Cancer Awareness programs and improved access to screenings and treatment. However, there is room for improvement in sharing information about medical and cultural issues surrounding breast cancer.

She advises women to raise awareness of breast cancer among family and friends and be a resource for them; advocate for themselves; talk with their doctor about early screenings and treatment options; and, live a healthy lifestyle, follow a proper diet, exercise, reduce your stress and pay attention to your body.

Mrs. Roberts advises other African-American women to learn about the risk of cancer and get immediate treatments. “There is no shame in having cancer. My cancer moved fast and if I had ignored it, I may not have been here talking with you today.”

During the month of October, everyone who has a mammogram here will receive this tote bag as long as supplies last. One in eight women will be diagnosed with breast cancer this year. Early detection is vital. Mammography screening is an important tool in detection.
**Otolaryngologist Joins Staff With Southland Offices**

David Chan, MD, joins UChicago Medicine Ingalls Memorial Medical Staff bringing expertise as an academician at Indiana University School of Medicine and Chief of Otolaryngology at Sidney and Lois Eskenazi Hospital in Indianapolis. A board certified Otolaryngologist in Head and Neck Surgery, his clinical interests encompass care of the full range of ear, nose and throat diseases, including advanced benign and malignant tumors of the head and neck.

He is skilled in head and neck oncology, skull base surgery and microvascular surgery. He is also fellowship trained in reconstructive surgery. When cancer surgery is required Dr. Chan uses precision techniques to preserve breathing, swallowing, eating and speech functionality.

Dr. Chan has been published in surgical journals, presented research and lectured at Otolaryngology and Reconstructive Surgery forums. He is active in resident education and training. He has volunteered with hospice patients and participated in mission trips to provide care to underserved countries.

He has an avid interest in the field of computer technology in medical applications. As a sports enthusiast, he enjoys jogging, weight lifting and snowboarding.

Currently, he is accepting patients in three convenient locations: Flossmoor, Tinley Park and Hyde Park-Chicago. Call 888-824-0200 for an appointment.

**New Physician Joins Crestwood Clinic**

Ebony Johnson, MD, MHA, a board certified family practice physician joins the PrimaryHealthcare Associates, SC practice. She brings eight years experience in Family Medicine to our UChicago Medicine Ingalls Memorial Crestwood location. Dr. Johnson provides the full spectrum of medical care to all ages and engages a diverse group of patients with her personal work ethic and community bonds.

Some of her special clinical interests include Asthma, COPD and Women’s Health. Of particular interest is Adolescent Medicine and the unique health issues related to this including medical, social and sexual health advice and treatment. She attributes her interest in family medicine to her upbringing in a large, close family, and makes it a priority to know her patients not just their ailments.

A former college athlete and athletic trainer, she enjoys all sports, particularly running, cycling and weight training. She remains active in volunteer work with first generation college students and aspiring doctors.

She is now accepting patients by appointment, 708-915-8700 or through Ingalls.InQuicker.com at our Crestwood clinic.

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**FREE FLU SHOTS**

It is our expectation that all hospital and medical staff be vaccinated or provide an approved exemption for medical reasons by December 3rd. Participation in the Ingalls 2018 Flu Vaccination Program is required.

Free flu vaccines will be provided at the Bi-Annual Meeting on November 14th or you can schedule an appointment at a specific location, date and time. Just click on the link below and follow the arrow (>) prompts on the 2018 Ingalls Flu Vaccination Program site.

For your convenience, you can receive your vaccine at Occupational Health (Professional Office Building, Suite 304), the office is open Monday through Friday, 6:30 a.m. to 3 p.m. Just schedule your appointment by clicking here.

Confirm your vaccination or declination at StopFluBug@ingalls.org.

Anyone who declines the vaccine will need to provide a completed Application for Medical Exemption for Influenza Vaccine by December 3rd.

Take care of yourself and use your knowledgeable influence to convince others to get the flu shot this year. Click on Cure ConFLUsion link.

**UChicago Medicine Heart and Vascular experts in the Southland**

**Ingalls Professional Building**
71 W. 156th Street, Suite 309
Harvey, Illinois

UChicago Medicine is setting new international standards for the treatment of advanced heart failure and arrhythmia care. Now, advanced treatment for complex heart disease including

- **Left Ventricular Assist Devices (LVADs)**
- **3-D High Resolution Mapping for hard-to-reach heart access**

is provided at the UChicago Medicine Center for Arrhythmia Care at Ingalls.

Clinic expertise includes UCM’s renowned director of cardiac electrophysiology Roderick Tung, MD in partnership with cardiac rhythm device experts Andrew Beaser, MD, Andy Lin, MD, and Gaurav A. Upadhyay, MD.

This expansion of the integrated cardiothoracic services brings heart patients access to the full spectrum of UCM’s world class electrophysiology services. Southland patients will benefit from leading edge research and techniques in advanced heart care.
In Memorium

Condolences to family and friends of Wanda Hatter-Stewart, MD, on her unexpected passing in October. An internal medicine physician on Ingalls Medical Staff since 2003, she was passionate about her pediatric patients at the Family Christian Health Center, Harvey. We will miss her.

Medical Staff Longevity Awards

At the Marriott Marquis on Saturday, September 15, we recognized these physicians and their dedication to UChicago Medicine Ingalls Health.

40 Years
Pramod Anand, MD
Charles A. Beck, MD

35 Years
Bharti Amin, MD
Madhupa Sud, MD

30 Years
Rita N. Oganwu, MD

25 Years
Ganapathi Gottumukkala, MD
Mark Roome, MD
Shahida Tanveer, MD
Romuald Warakomski, MD
Daniel Yohay, MD

20 Years
Kenneth N. Cline, MD
Elbio M. Flores, MD
Seth G. Levrant, MD
Richard A. Quinones, MD
Olalekan O. Sowade, MD

Community Education Seminars

Philip Nigro, MD presented Hip and Knee Replacement in Tinley Park and Calumet City.

George Miz, MD discussed Back Pain Relief in South Holland and Tinley Park.

Venkat Seshadri, MD explained Arthritis 101 in Flossmoor.

Philip Connell, MD Radiology

Ebony Johnson, MD Medicine, Family Practice

Richard Mittereder, MD Emergency

Send Your News to PHYSICIAN

We welcome your feedback and encourage you to share ideas for future issues.

For more information or to suggest a story idea, please contact Barbara Fallon at bfallon@ingalls.org.