

Grand Avenue Surgical Center

IMAGINE
A NEW
APPROACH
TO HEALTH CARE



Introducing Grand Avenue Surgical Center

Chicago's new state-of-the-art outpatient surgical facility

It was with great enthusiasm that Grand Avenue Surgical Center opened its doors in 2008. After realizing the need for a convenient and cost-effective outpatient surgical facility, Chicago's premiere surgeons banded together to bring the city just that... and constructed not only a state-of-the-art surgical center, but an unparalleled luxury facility.

Nestled in the heart of downtown Chicago on Grand Avenue between State and Dearborn, Grand Avenue Surgical Center offers an unrivaled location for convenience.

Our mission at Grand Avenue Surgical Center is simple: focus on the patient. Our quality of care, renowned staff, spa-like atmosphere, and state of the art technology all work to provide each patient with the absolute best in medical care.

Here at Grand Avenue Surgical Center, we strive to focus on illness prevention. In this newsletter, you'll read about how you can prevent illness through diet and medical procedures (such as a colonoscopy), learn more about the newest members of our surgical staff and read an introduction to our facility from our Administrator. We wish you the best of health.

Issue 1, 2009

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Get a Colonoscopy for Cancer Prevention: The Time is Now!

Colorectal cancer is a highly preventable form of cancer - and one of the easiest to catch early.

A simple, painless procedure called a colonoscopy can detect early abnormalities such as polyps. A *polyp* is a benign growth on the wall of the colon and rectum that can increase the

risk of colon cancer. A colonoscopy can detect these polyps, which will allow your doctor to take the proper course of treatment to remove them - and prevent cancer.

Further, a colonoscopy can allow a doctor to remove tissue samples and have them tested for diseases of the colon. A colonoscopy allows for an accurate diagnosis of colon abnormalities without the need for a major operation.

When it comes to colonoscopies, not all surgical centers are alike.

At Grand Avenue Surgical Center, we are equipped with the newest, latest, state-of-the-art colonoscopy technology. Our colonoscopy equipment gives the surgeon unparalleled views of the colon which translates into accurate diagnosis and treatment.

Adults over 45 are strongly encouraged to get a colonoscopy every 5 years.

Call Grand Avenue Surgical Center today for more information at 312-222-5610.

Health Topics: Dietary Fiber

Patients at our center often ask about fiber. It's the latest buzz word in health magazines, yet many people are still uncertain as to what exactly fiber is.

Dietary fiber is a food component that your body can't digest or absorb. Unlike fats, proteins, and carbohydrates (which your body breaks down) fiber is not digested. It passes through your body unchanged.

You might wonder how a non-absorbable substance like fiber could be good for your body. Firstly, fiber is excellent for bowel health. By adding bulk to your diet, it prevents constipation and aids in digestion.

Secondly, fiber lowers the risk of digestive conditions such as hemorrhoids, irritable bowel syndrome and the development of small pouches in the colon, otherwise known as diverticular disease. Fiber also aids in lowering cholesterol, specifically, "bad cholesterol" (or LDL).

Another benefit of fiber is aiding in weight loss. By filling up your stomach, fiber creates a feeling of satiety - causing you to eat less while still feeling full.

How much fiber do you need per day?

Men need roughly 38 grams of fiber per day, while women need about 25 grams per day. The average American gets about 11 grams per day.

How can you get more fiber into your diet?

Eating more fiber each day is easy. Nutrition labels clearly state how much fiber a serving of food has. Fruits and vegetables are especially high in fiber, as are whole grains. Read below to see how much fiber some various foods have.

Split peas (1 cup) - 16 grams
Raspberries (1 cup) - 8 grams
Apple (1) - 4.4 grams
Broccoli (1 cup) - 5 grams

To find out how much fiber some of your favorite foods have, visit <http://www.calorieking.com>

Help Your Body Fight Cancer With These Star Foods



We all know that eating right is good for your health - but did you know that the foods you eat may help fight cancer? There are no guarantees, of course, but these foods show promise as cancer fighters.

Cruciferous Vegetables

Cruciferous vegetables, such as broccoli, bok choy, kale, brussel sprouts, cauliflower and cabbage, contain an antioxidant known as sulforaphane, a powerful antioxidant which may be effective in fighting cancer.

Green Tea

According to the National Cancer Institute, antioxidants (called catechins) in green tea may inhibit the growth of cancer. Read more at <http://www.cancer.gov/newscenter/pressreleases/tea>

Ginger

Ginger appears to have some ovarian cancer fighting properties, according to recent studies done at the University of Michigan. While more research needs to be done, preliminary evidence shows some promise. Try grating fresh ginger into your stir fry or baking gingerbread with fresh ginger.

From the desk of the Administrator



I am proud to have joined the Grand Avenue team as Administrator after recently earning an MBA at the University of Chicago. The opportunity to work at Chicago's newest, most state-of-the-art surgical facility is truly exciting, and I seek to do everything possible to maintain our mission and work toward our vision.

Our mission is to be an outpatient surgical treatment center where the patient comes first. We are an organization of caregivers who aspire to consistently high standards of quality and patient satisfaction. We seek to improve the health of the communities we serve by delivering a broad range of services with sensitivity to the individual needs of our patients and their families.

Our vision is to be the regional surgical treatment center of choice that is recognized as having the most satisfied patients, the best possible clinical quality and outcomes, and the best physicians and employees.

When you visit Grand Avenue Surgical Center, you will experience firsthand how our mission and vision have become a reality.

Sincerely,

Joe N. Jafari
Administrator and Chief Operating Officer

A Very Grand Opening

Thanks to all who joined us at the Westin Hotel for our grand opening gala. It was truly a night to remember!



Grand Avenue Surgical Center presents...

Dr. Spencer Land



We're pleased to include Dr. Spencer Land, who has recently joined our surgical staff, in this newsletter.

Dr. Land is highly specialized in the field of urology, including the treatment of urinary incontinence. Urinary incontinence (UI) is the involuntary loss of urine

experienced by millions of both men and women. Women, however, are twice as likely to experience UI than men. The structure of the female urinary tract, pregnancy, childbirth, and menopause account for this difference.

UI may range from a small to large amount of urine loss. For some, this problem is not only bothersome and embarrassing, but debilitating. Despite the fact that urinary incontinence is highly treatable, many people are reluctant to pursue treatment out of embarrassment or shyness.

However, a minimally invasive outpatient surgical procedure called a *suburethral sling* has a

high success rate of treating urinary incontinence. Using a small incision, a sling is placed under the urethra, where it compresses the urethra to prevent leaks that occur with the movement involved with day to day living.

Dr. Spencer Land has extensive experience in the treatment of urinary incontinence, and his patients have been able to reclaim their lives with the use of outpatient surgery. Call us at 312-222-5610 to find out more or schedule an appointment.

To learn more about Dr. Land, visit www.grandavenuesurgicalcenter.com/spencerland

Facility News

Grand Avenue Highlighted by Architecture Firm Jensen & Halstead

Grand Avenue Surgical Center prides itself first and foremost on our dedication to patient care and state-of-the-art medicine.

However, we also pride ourselves on the beautiful facility we occupy.

It was our hope in constructing the center that Grand Avenue



Surgical Center physically embodies our mission statement: modernity, attention to detail, and first-class accommodations.

From the original artwork on our walls, to the contemporary furnishings, no detail has been overlooked.



The group of architects responsible for the design, Jensen and Halstead, highlighted their work in their most recent publication. Above, please find photographs from their newsletter and see why Grand Avenue is abuzz in the world of architecture. See more at www.grandavenuesurgicalcenter.com

**Grand Avenue
Surgical Center**

17 WEST GRAND AVENUE
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60654



From the Kennedy Expressway, Take Exit 50B for E Ohio St, Merge onto W Ohio St, Turn right on N State St, Turn right on W Grand Ave, End at 17 W Grand Ave.