

New Outpatient Center to Open This Year

In September, Northwestern Medicine will enhance its role in improving the health and well-being of residents in Bronzeville and surrounding communities when it opens Bronzeville Outpatient Center at 4822 South Cottage Grove Avenue. The 120,000-square-foot facility will include:

- An Immediate Care Center
- Primary and specialty care by Northwestern Medicine physicians
- Diagnostic services, including mammograms and lab tests
- A cancer center with chemotherapy services
- Resources and programming for individual and community health
- 3,000 square feet of retail space

The building has been designed to reflect the unique history and culture of the community. At full capacity, it is expected to serve more than 50,000 patients and family members from Bronzeville and nearby communities every year.

Learn more about the new center at bronzeville.nm.org.

Take Care Tips

Food to Help You Sleep

Foods can make you feel sleepy or more alert, depending on how they affect your body. Knowing which foods can help you fall asleep and which may keep you up can help you plan your meals and snacks effectively.

Ian S. Katznelson, MD, a neurologist and sleep medicine physician at Northwestern Medicine, shares the best — and worst — foods to eat before bed.

Find out which nutrients promote sleep on [HealthBeat](https://www.healthbeat.com).



Volunteer Spotlight: Karen Clutter and Teddie

Animal Therapy Volunteers, Delnor Hospital

What has your volunteer experience taught you?

I'm amazed at the strength and courage of the patients we meet, always ready with a big smile and conversation, and under the most challenging circumstances. The small joys that Teddie brings to the patients and staff inspire me to a greater appreciation of life's little moments and the connections we make with one another.

How has your volunteer experience impacted you personally?

Teddie's impact on others is a source of joy and humility. I'm grateful for the opportunity to share something I love so much with others.

Encourage your friends and family to join our volunteer team. They can learn more at nm.org/volunteer.

By the Numbers

Organ Donation: How Much Life Can You Donate?

Each day, **17** people die waiting for an organ transplant.

- More than **100,000** people in the U.S. are waiting for an organ transplant.
- More than **50%** of people on the waitlist are people of color.
- **One** deceased organ donor can save up to **eight** lives.
- **One** tissue donor can help as many as **75** people.
- In the U.S., **95%** of people are in favor of organ donation.

Read more about organ transplantation, including what and how you can donate, on [HealthBeat](#).

New Pathway to Liver Transplants for Patients With Stage 4 Colorectal Cancer

Colorectal cancer is the **third-most common cancer** worldwide, and the liver is its most common site of spread. Yet, when colorectal cancer spreads to the liver, liver transplant options have historically been limited — in large part due to a shortage of donor organs and disadvantages within the allocation system.

As part of the effort to address this problem, surgeons at Northwestern Medicine successfully split a deceased donor liver into two parts, transplanting one portion into the intended recipient and the smaller segment into a patient with metastatic colorectal cancer who could not find a suitable living donor.

“The smaller segment was allowed to grow inside of the patient for two weeks, after which we went back in and removed the rest of the cancer,” says [Satish Nadig, MD, PhD](#), transplant surgeon and director of [Northwestern Medicine Comprehensive Transplant Center](#). “This marked a milestone in the United States.”

Learn more about this unique transplant option on [HealthBeat](#).

Northwestern Medicine Human Longevity Clinic Now Open

The Human Longevity Clinic helps patients address the difference between biological age and chronological age through highly personalized testing, discussions and treatment plans. Services became available to the public on July 7.

At the clinic, physicians use evidence-based practices and groundbreaking research from Potocsnak Longevity Institute, led by Douglas Vaughan, MD, at Northwestern University Feinberg School of Medicine to give patients insights about their aging process.

Each patient receives a personalized plan that will help them maximize their healthspan — the number of years a person lives in good health. They also undergo follow-up testing to measure progress and results.

Advanced biological aging clocks analyze everything from epigenetic changes in DNA to AI-based assessments of heart and retinal health. These tools help measure a patient's biological age compared to their chronological age, identifying areas where interventions might be most beneficial.

The clinic is located at 676 North St. Clair Street, Suite 1835, Chicago. Visit longevity.nm.org or call **312.926.0878** (TTY: **711**) for more information or to schedule an assessment.



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