

World's Smallest Pacemaker Supports Heart Surgery Recovery

Tiny device helps healing, then disappears

A tiny pacemaker made by Northwestern University engineers could change how children and adults who need short-term help with irregular heart rhythms receive care.

The device is so small it can be delivered through the tip of a syringe and injected into the body. Once inside the body, it works without wires and gradually dissolves.

Learn how it offers safer heart recovery on [Healthbeat](#).

An Incisionless Option for Treating Tremors

Living with hand tremor can make everyday tasks hard. For some people with tremors, medications may not help enough, or they may cause unwanted side effects. Surgery may also feel like a big step. An incisionless procedure called magnetic resonance-guided focused ultrasound offers another option.

Read how the treatment can help on [Healthbeat](#).

Take-Care Tips

How to stop an eye twitch

If you've ever had an eyelid twitch, you know how distracting it can be — and sometimes a little concerning. One minute everything feels fine, and the next your eyelid won't stop moving. The good news is that most eyelid twitching is harmless and temporary.

Learn the common causes, what can trigger it, simple ways to find relief and when to see an eye doctor on [Healthbeat](#).



Volunteer Spotlight

Jaedyn Pacheco

Patient Unit Support and Patient Survey
Volunteer, Marianjoy Rehabilitation Hospital

What has your volunteer experience taught you?

My time volunteering has made me a lot more confident in my communication skills and in taking on a leadership role, which has helped me during my training to become a CNA!

How has your volunteer experience impacted you personally?

Volunteering at Marianjoy is something I look forward to every week, and hearing how appreciative the staff and patients are of my help warms my heart so much.

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

NM by the Numbers

- Nearly **40,000** NM patients each year screen positive for social drivers of health.
- NM is the **third** largest provider of Medicaid in Illinois.
- NM is the **No. 1** provider of charity care among academic health systems in Illinois with **over \$300 million** in charity care provided each year.

In fiscal year 2025, NM:

- Held over **1,000** community health education and screening events.
- Awarded **\$19 million** in grants to community organizations.
- Provided **\$1.8 billion** in community benefits, including charity care, education and research.

Pilot Program Uses App to Help Patients Access Fresh Food

Social drivers of health (SDOH) are social and environmental factors that impact a patient's health outcomes. This includes access to housing, transportation, employment, food and more.

"80% of healthcare outcomes are related to things that happen outside of the four walls of our health system," says Ann Hall, vice president of Administration and co-director of [Schreiber Community Health Institute](#). Because of this, Northwestern Medicine screens patients for SDOH needs and offers resources to help address barriers to better health.

Food as Medicine

Food insecurity is a health barrier that many patients face. To help fill this need, NM has collaborated with Northern Illinois Food Bank (NIFB) to launch a pilot program called Food as Medicine.

The program uses an app called Nectar that allows patients to select food items from NIFB and arrange for home delivery at no cost to them, all through the convenience of their phones. The food options, which include fresh produce, protein and dairy, are customized according to each patient's medical needs.

The app also includes:

- A cookbook, available in English and Spanish, that includes recipes for foods typically available through NIFB
- Virtual cooking classes and instructional videos to help patients learn how to cook simple and efficient meals
- Information on applying for SNAP (Supplemental Nutrition Assistance Program) benefits
- A map of local food pantries and other resources in the area

"Consuming fresh fruits and vegetables can promote good health and limit the effects of chronic disease," says Karin Podolski, MSN, RN, director, Community Health Services. "But we also know that fresh foods can be more expensive and can sometimes feel intimidating. Being able to remove those barriers and promote healthy meals that are simple and easy to prepare can make a real difference."

The initial pilot included 15 patients at Catherine Gratz Griffin Lake Forest Hospital. When surveyed one month into the program, 100% of participants reported being happy with the food they received.

With the success of the pilot, NM plans to expand to 50 patients at Kishwaukee Hospital, the community kitchen at Bronzeville Outpatient Center and the Transitional Care Clinic at Northwestern Memorial Hospital to support patients with diabetes.



Tanner Ervin
Woodstock Hospital



Betsy Brosch
Woodstock Hospital