

Trust.

2017

When it comes to your family's health, finding a health care practitioner that you trust is the first decision, and possibly the most important one you'll make. If you're looking for the best medical, dental, and health care available, you don't need to go very far.

The doctors and dentists appearing in these pages have been trained at many of the same world-renowned institutions and specialty training programs you'll find in downtown Chicago.

To receive the highest quality health care available, we recommend that you start here.

A QUINTESSENTIAL FOCUS™ SPECIAL ADVERTISING SECTION

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The Happiness Advantage

DR. SANDRA SIEBER, PT, DPT
INSPIRATIONAL WELLNESS ADVISOR AT
THE GARLANDS OF BARRINGTON

As a preventive physical therapist, I know just how important physical alignment is. Having muscles at their optimal length helps move bones to their proper place and decrease friction between joint surfaces. This leads to less wear and tear and risk of osteoarthritis and pain as we age.

As important as physical alignment is, I have also come to value the importance of emotional alignment or “feeling good.” Spiritual texts, guides, and gurus have long touted the messages of relaxation, ease and positivity. Science is just now catching up to this advice. Research shows that when people live in a positive brain state they get something called “the happiness advantage” in which their intelligence, creativity, and energy levels increase. They make better decisions, have superior productivity, experience less burnout, and improve in many other ways.

According to Harvard researcher Shawn Achor, “Happiness is the key to health, wellness, and success.” Achor offers four simple ways to train our brains to be more positive. Completing these four simple exercises for 21 days in a row can help rewire the brain to a more positive state.

- First, send a short, simple email to a friend, family member, or co-worker praising them or thanking them.
- Next, write down three things you really appreciate in your life.
- Third, write for two minutes about something positive that happened to you over the past 24 hours.
- Finally, find some quiet time to sit and meditate for two minutes.

Building a supportive physical foundation also contributes to the sustainability of our positive brain state.

- Start off easy by just having breakfast within an hour of waking. This will stabilize your blood sugar and your moods.
- Make sure to have enough protein for your body weight so you can build the all-important mood-enhancing neurotransmitters.
- Add in a complex carbohydrate for serotonin and energy as well as some fiber in the form of a fruit or vegetable and you’ll be well on your way to feeling calm, stable, and serene.
- Next, drink enough water—at least half your body weight in ounces daily. When we are well-hydrated all the processes in our body systems occur more rapidly and smoothly.

Movement is important too. Research shows just 10 minutes a day is enough for a positive brain boost. I recommend walking outside while appreciating nature for a triple boost of positivity. Start with 10 minutes and work up to 30 minutes daily. If it’s cold out, get the right gear and bundle up. Being out in the sunshine and fresh air does something for our soul. Just do it!

Beginning on this happiness journey will take some commitment and focus, especially because we live in a culture that emphasizes feeling good from external environments and circumstances or conditions. However, with a little pointed intention you can begin to change your momentum in a positive direction. Soothe yourself, do the positivity brain-building exercises, build a solid physical foundation with nutrition, water, movement, and doing more of the things that you love. It will change your life.



In her role as Inspirational Wellness Advisor for The Garlands of Barrington, Dr. Sieber motivates Garlands members to age well with innovative wellness programming that emphasizes prevention and joyful living. She earned both a doctorate degree in physical therapy and a bachelor's degree in human nutrition from the University of Illinois.

CONTACT INFORMATION:

The Garlands of Barrington
1000 Garlands Lane
Barrington, IL 60010

Phone: 847-304-1996

www.thegarlands.com

Who Should You Trust for Your Non-Surgical Cosmetic Procedures?

RENEE BURKE, M.D.
PLASTIC SURGERY

If you're thinking about Botox®, facial fillers, peels, laser treatments, skin tightening, body sculpting or any non-surgical procedure, you may be overwhelmed by how many different kinds of providers are available. As a board-certified plastic surgeon, I want to share a perspective to help you choose a practitioner that can erase imperfections and the effects of time safely with the kind of attention to detail that makes the difference between a so-so-result and a thrilling one.

You have come to know me as a plastic surgeon in Barrington, accomplished at surgical transformations of the face, eyes, body, and breasts. But I am just as proud of the anti-aging, non-invasive results that my staff and I create for patients to elegantly sculpt their face or body or solve one of a large number of confidence-stealers.

LET ME SUGGEST FOUR REASONS TO CHOOSE A PLASTIC SURGEON FOR YOUR SURGICAL AND NON-SURGICAL PROCEDURES.

Options matter: Having a medspa right inside my surgical practice means we have every aesthetic tool at our disposal and are not limited to a small menu of options. While there are very effective non-invasive treatments available, sometimes the necessary course of action may be surgical. For example, if a patient with loose skin desires subtle refinement of the face, other medspas may over-treat with non-surgical options (and we've all seen the results of too much filler or Botox®!). I can offer the option of a minimally invasive surgical procedure resulting in a more natural appearance. Likewise, while my CoolSculpting® machines will help achieve a sculpted abdomen without surgery, a woman with loose skin from childbirth may require surgical body

contouring in the form of a tummy tuck to achieve her desired goal.

Experience matters: My specialty is creating beauty. It's what I do all day long. That kind of focused experience makes it possible to solve every aesthetic challenge in front of me.

Training matters: I had 9 years of surgical training in every aspect of plastic surgery and non-invasive treatment and have been taught and mentored by the best of the best. Under my direction is an extraordinary team including a Nurse Practitioner with extensive training in injectables through the American Society of Aesthetic Plastic Surgeons. I'm also proud of a clinical aesthetician with 11 years of experience and an excellent support staff.

Knowledge of anatomy matters: What gives a plastic surgeon an advantage is a deeper understanding of how skin, muscles, bones, ligaments, and nerves all interconnect and how each can be affected by treatment. I know how to tailor a procedure (a little more/a little less/placed exactly here) to create the desired result.

A conservative approach: I am conservative when it comes to treatment. Doing too much at once can make a patient feel that they look obvious. The idea is to help patients look great, rested, smoother, and younger. I want patients to go home and see what they look like in front of their own mirrors. They can always come back if they want a bit more done.

Let me invite you to visit my website and check out my credentials, staff, reviews, and before and after photos and schedule an appointment. It would be my pleasure to help you feel good about how you present yourself in the world.



MEET DR. RENEE BURKE

Renee Michelle Burke, M.D. is an accomplished, compassionate, board-certified plastic surgeon who creates beautiful results for both women and men through her extensive education, training, and artistic eye. Dr. Burke is board-certified in both general surgery and plastic surgery, and has completed Oculoplastic and Aesthetic Fellowships.

TESTIMONIAL

"My face was beginning to show my age, so I visited medspas in the area. I was pleasantly surprised to find I could get my treatments at the office of a plastic surgeon at prices competitive to those without that expertise. Dr. Burke chose an injectable to subtly lift here and there, and what a difference it made!" -*Gia*

CONTACT INFORMATION:

Renee Burke, M.D.
18 E. Dundee Road #200
Barrington, IL 60010

Phone: 847-382-4400

www.reneeburkemd.com

Northwest Neurology Multiple Sclerosis Center

GEORGE KATSAMAKIS, M.D.

NORTHWEST NEUROLOGY

Multiple Sclerosis (MS) is believed to be an auto-immune disease affecting over 400,000 people in the United States. Two thirds of patients are woman. It is the leading cause of neurologic disability among young patients. Research has led to the approval of 13 drugs since 1993. Our goal at Northwest Neurology is to catch MS early, and once diagnosed, provide aggressive treatment to help you maintain and improve your quality of life.

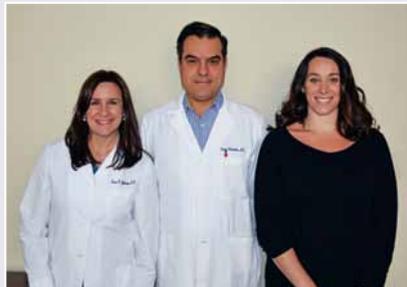
WOULD YOU HAVE MS?

Multiple Sclerosis can affect any part of the central nervous system. Talk to your health care provider if you develop any persistent neurologic symptoms including cognitive impairment, memory loss, fatigue, blindness, imbalance, vertigo, numbness, paralysis, or bowel and bladder difficulty. The majority of newly diagnosed patients will have relapses and remissions. Although MS can be permanently disabling, with early and aggressive treatment, this is not necessarily the case.

OUR APPROACH TO TREATMENT

Northwest Neurology draws patients not only from the northwest suburbs, but also from Chicago, and the surrounding states. We take a team approach to provide comprehensive diagnosis and treatment of the disease and it's symptoms. Our goal is to customize treatment and educate patients, making them active participants in their care. We offer Neurocognitive testing under the direction of neuropsychologist Dr. Aaron Malina, PhD. and Neurorehabilitation with Dr. Erin McGonigle MD.

Diagnostic testing may include MRI, thorough blood testing, and spinal fluid analysis. MRI is the most sensitive means for diagnosing MS. We can offer all diagnostics onsite. After determining



The Northwest Neurology team includes (from left) Lisa R. Jackson, Nurse Practitioner; George Katsamakakis, M.D.; and Mariah Francis, Registered Nurse.

the appropriate disease treatment approach, we then focus on treating the symptoms of MS. We consider not only traditional medical treatments but also support holistic approaches. For treatments that need medical supervision, we offer onsite supervision and treatment. We encourage patients to participate in physical therapy and support fitMS, a Barrington-based specialist for mobility training and social support.

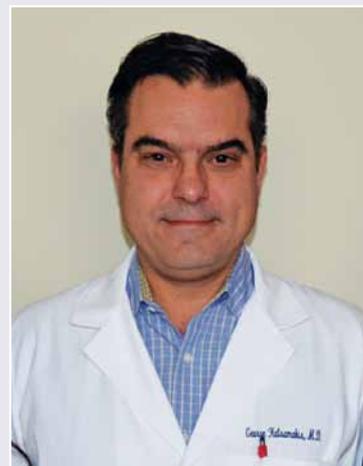
OUR PHILOSOPHY

Our philosophy is that the more aggressively we treat and monitor MS, the better the outcome and quality of life for our patients. We take a team approach and build strong relationships with our patients. Although there isn't a cure for MS at the moment, the availability of multiple treatments has certainly changed the natural course of the disease, with many more patients living with the disease in a milder and more manageable state.

CONTACT INFORMATION:

Northwest Neurology
22285 Pepper Road
Suite 401
Lake Barrington, IL 60010
Phone: 847-882-6604
www.northwestneuro.com

Northwest Neurology has offices in Lake Barrington, South Barrington, Rolling Meadows, Crystal Lake, and Libertyville. Please call 847-882-6604 for an appointment.



MEET DR. GEORGE KATSAMAKIS

Dr. George Katsamakakis has devoted his interest in Neurology to the care of patients with Multiple Sclerosis. From 1998–2006, he was an Assistant Professor at the Rush University Multiple Sclerosis Center, managing complex MS cases as well as participating in and spearheading novel therapeutic trials in the field. Seeing the need for advanced care outside Chicago, he conceived and directs the Multiple Sclerosis Center of Northwest Neurology founded in 2006. The center is recognized by the National MS Society and the Consortium of MS Centers. We provide comprehensive and compassionate care for more than 1,500 patients with MS.

Dr. Katsamakakis has authored or co-authored articles, abstracts, and book chapters primarily devoted to Multiple Sclerosis. He has presented numerous local, national, and international presentations in his field. He received the Leadership Class of 2000 Award presented by the National Multiple Sclerosis Society.

Dr. Katsamakakis is board certified by the American Board of Neurology and Psychiatry. His undergraduate degree is from Loyola University, Chicago, and his medical degree is from Rush Medical College, Chicago. Dr. Katsamakakis' residencies include Evanston Hospital, Northwestern University, and Rush University Medical Center, Chicago. He completed a specialty fellowship in Multiple Sclerosis at the Rush University MS Center.

DO YOU HAVE THESE SYMPTOMS?

Fatigue
Memory loss
Visual loss
Numbness and tingling
Weakness
Imbalance
Loss of bladder or bowel control

If you have any of these neurologic symptoms persisting more than two days, please give us a call.

Walking the Same Day After Receiving a New Hip – A New Orthopedic Era Arrives in Chicago

Nationally, the average hip replacement patient spends three days in the hospital and three months out of work. That wasn't fast enough for Steven R. of Hoffman Estates. The 60-year-old says, "I walked out of the hospital the day after surgery and a few weeks later I was back to my old self."

The key was a new hip replacement operation called Direct Anterior Approach. Orthopedic surgeon Dr. Daniel Kuesis says, "A Direct Anterior Approach allows us to operate by pushing aside, instead of cutting through, the hip's overlaying muscles. The result is less pain, a faster recovery, and a dramatically lower risk of dislocations—the number one complication." Dr. Kuesis is the founder of Core Orthopedics & Sports Medicine and the Chairman of Orthopedics at Alexian Brothers Medical Center. An early adopter of the new approach, he now uses it with 75 percent of his hip replacement patients. Most orthopedic surgeons don't yet offer the procedure because it has less room to operate, requires special instruments and a custom operating table.

"I read about this operation on the internet," says Steven, "but I had to see several orthopedic surgeons before I finally found someone who performed it. Dr. Kuesis is on the cutting edge of a revolution in total joint surgery, one that reduces hospital stays and offers the fastest possible recovery. This new priority has been driven partly by younger patients who demand a quick return to their jobs and active lives. "Our patients want to get back to work and activities like tennis and golfing as soon as possible," Dr. Kuesis says.

Core Orthopedics & Sports Medicine focuses not only on the operation itself, but every phase of pre-op and post-op care. Before their surgeries, patients attend a special class describing what to expect at every stage of their hospital stays and recoveries. The goals are to align expectations and ease normal pre-op anxieties. Dr. Kuesis says, "Patients who attend the preoperative class are more at ease during their hospital stay and know what to expect after surgery."

While traditional hip replacements require an 8-12 inch incision, Dr. Kuesis only has to create a 3-4 inch incision using the Direct Anterior Approach. The operation is minimally invasive, but the surgeon pays maximum attention to making sure the hip's alignment and leg length are perfect. The goal is to return patients to the same active lifestyles they had before. Patients are so comfortable that most begin their physical therapy just hours after their procedures. That says, Dr. Kuesis, "is a key to the stunning swift recoveries he sees."

Patients are typically walking with a cane and are discharged the following day if they wish. Dr. Kuesis says patients receiving the Direct Anterior Approach seem to have more confidence with their new hips. Patients who've had both hips replaced far prefer the anterior approach. Best of all, studies show the new hips should last an average of 20 years.

Steven has no regrets about the extra effort it took to find a surgeon using the Direct Anterior Approach. "Every step of the procedure," he says "was completely beyond my expectations."

"This is the future," says Dr. Kuesis. "In a few years, the majority of the hip replacements will require no more than an overnight stay in the hospital." Dr. Kuesis will launch an outpatient joint replacement center this spring.

CONTACT INFORMATION:

**Core Orthopedics & Sports
Medicine, LLC**

847-690-1776

**555 Biesterfield Road
Elk Grove Village, IL 60007**

**2380 Lakewood Blvd.
Hoffman Estates, IL 60192**

www.coreorthosports.com

DANIEL KUESIS, M.D.

CORE ORTHOPEDICS & SPORTS MEDICINE



A specialist in hip and knee joint replacement, hip and knee disorders, minimally invasive hip and knee surgery, hip and knee arthroscopy, anterior hip replacement, same day outpatient hip surgery, and sports medicine, Dr. Kuesis has performed more than 500 hip and knee procedures within the past year.

He received his medical degree from Northwestern University and completed his surgical internship and orthopedic residency at Duke University Medical Center. During his tenure at Duke, he was a physician for the Duke University and North Carolina Central University sports teams and the U.S. Airborne and Special Forces divisions at Fort Bragg.

Dr. Kuesis continued his medical training with a fellowship at New England Baptist Hospital in Boston and has published numerous papers on joint replacement, alternate-bearing surfaces for total hip replacements, and sports-related injuries. Dr. Kuesis is a member of the honorary medical society, Alpha Omega Alpha, and he graduated Magna Cum Laude from Illinois Benedictine College and is one of the team physicians for the Men's U.S. Soccer Team.

*Dr. Kuesis performs these procedures at:
Advocate Good Shepherd Hospital
St. Alexius Medical Center
Alexian Brothers Medical Center*

The Best Non-Surgical Weight Loss Procedure in Chicago: ReShape by Barrington Surgeons

DRS. DANIEL HOELTGEN
AND DANIEL WOOL
BARRINGTON SURGEONS

Is relying on diet and exercise alone not helping you reach your weight loss goals? Kick-start your weight loss journey with the ReShape Procedure. ReShape is a new, FDA-approved, non-surgical weight loss procedure that is proven to help people achieve and maintain significant weight loss. It's a non-surgical weight loss procedure you can trust.

Barrington Surgeons was the first in Illinois to place the ReShape intragastric balloon. FDA-approved in 2015, the ReShape procedure is intended for patients with a body mass index (BMI) between 30–40 kg/m². Depending on your height, this generally corresponds to being 30 to 100 pounds overweight. To put it in perspective, a 5' 4" individual who weighs 180 has a BMI above 30. In the initial FDA study, patients lost more than twice as much weight, 28 lbs. on average, with the ReShape procedure than those who used diet and exercise alone. Many practices, including Barrington Surgeons, have seen even greater average weight loss in clinical practice. We have had several patients lose 50 lbs. or more. Most ReShape patients keep the weight off or continue to lose, even after the balloons are removed at six months.

HOW DOES THE RESHAPE PROCEDURE WORK?

With the ReShape procedure, two connected balloons filled with saline (salt water) are placed temporarily inside your stomach via endoscopy in an outpatient medical setting. The non-invasive weight loss procedure lasts about 20 minutes while you are comfortably sedated under light anesthesia. The balloons remain in the stomach for six months, helping you lose weight and encouraging healthy eating habits by taking up room in

your stomach. You can still eat the healthy foods you enjoy, but the balloons act as built-in portion control, helping you feel full and less hungry. The balloons are then removed endoscopically at six months in the same manner in which they were placed. There are no incisions or surgery performed.



BENEFITS OF THE RESHAPE PROCEDURE BALLOON

The ReShape procedure may be a good non-surgical weight loss option for people who do not want or do not qualify for bariatric or weight loss surgery.

ONE FULL YEAR OF PERSONALIZED COACHING, POST-PROCEDURE

At Barrington Surgeons, we know that weight loss is not just a simple procedure but also a lifestyle change. We are committed to helping you achieve your personal goals. That's why treatment with the ReShape balloon includes a full year of personalized coaching from our dedicated physicians and monthly nutritionist visits to support your success and help you make the changes that will encourage a lifetime of healthy living. We know that each individual has unique challenges and goals, so we personalize each coaching program to help you maximize the results of your hard work and dedication to making a positive change in your lifestyle.



Drs. Daniel Hoeltgen and Daniel Wool have advanced laparoscopic surgical training. Both are Board Certified, Fellows of the American College of Surgeons, and Center of Excellence bariatric surgeons. Their offices are on the campus of Advocate Good Shepherd Hospital. Barrington Surgeons offers a full-service bariatric program. We recognize that in the treatment of obesity, like in the treatment of other diseases, different approaches are appropriate for different patients depending on each patient's unique medical history and desires. We also offer the laparoscopic adjustable gastric band, Roux-en-Y gastric bypass, and sleeve gastrectomy.

CONTACT INFORMATION:

Decide if ReShape is the best non-surgical weight loss option for you. Contact us and find out how you can benefit from the best non-surgical weight loss procedure available and make a change today.

Barrington Surgeons

Phone: 847-381-6051

www.barringtonsurgeons.com

A New Era of Preserving Tooth Structure Has Arrived in Dentistry

We have all heard the changes in medicine to less invasive procedures. Years ago, gall bladder required a big incision and a full week stay in the hospital. Now, laparoscopic surgery requires minimal access and quick recovery, patients are done and go home in one day.

In dentistry, it has been tradition to sand good tooth away to repair decayed areas. The sanding extra tooth structure away era started many years ago with metal type repairs. Gold crowns or porcelain and metal crowns all need more tooth taken away to make proper repairs. Even today crowns are made of tooth-colored materials and yet the teeth are often sanded down to pegs.

The new era of tooth repairs doesn't require all this tooth removal just to fix the decay. All that is needed is to remove the damage and bond new composite resin or porcelain to restore the weak structure. The extra parts of your tooth are saved and don't need to be ground away.

There are several advantages to minimal sanding for front or back teeth:

- Less sanding so it preserves your good tooth.
- Bonded and sealed edges resist decay for many years.
- No dark metal seams show, so cosmetically they look like the real tooth.

Studies show bonded minimal sanding repairs can return 70 percent to 80 percent of the strength lost from the decay damage. With greater strength and excellent underneath seal, these work well for both front and back teeth. The popularity with dentists in recommending these has been slow for a couple reasons. First, sanding all the good tooth away has been around for years, and new techniques require special training and have a learning curve for each dentist to be suc-

cessful. Also, there has been a concern with dentists that these materials, composite and porcelain, may not hold up as well as the other systems. But that could not be further from the truth. With proper techniques and bite pressure management these less grinding methods are as strong and stable as the other systems have been.

Our practice has been treating adults and teens for more than 35 years. We were interested in the less grinding methods when they came out in the mid 1990s. Yes, 20 years ago we stopped making crowns that grind away the tooth. Whether restoring front teeth or back teeth, we have found the methods to be reliable and strong. The first veneers done in our practice were in 1989. We have been doing smile make-overs with veneers and not grinding the tooth away for over 25 years. Thus far, we have never had to start over and replace anyone's veneers.

The less grinding method on back teeth has been a big concern with dentists. The thinking is that the porcelain will not be strong enough for the bite and therefore break. We have not found this to be true. Care must be taken for proper bite design and bonding techniques. These systems are no longer new, and we can attest to their stability and strength.

Minimally invasive procedures have overtaken medicine and they are here to stay in dentistry, as well. We have successfully restored thousands of teeth with these methods over the last 25 years. Our well-educated staff can tell you all about it, and why they too have restored their teeth this way. Our goal is for you to keep your teeth a lifetime, and our team can show you the latest in how to accomplish your goal. Look into minimal sanding and see why it's right for you and your family.

STEVAN ORSER, D.D.S.

ARLINGTON ADULT DENTISTRY



I was raised in the Northwest Suburbs of Chicago, and have lived here my entire life. After graduating Notre Dame High School College, I attended Loyola University on a NCAA full scholarship. Upon completing the bachelor degree in Psychology, I studied at Loyola School of Dentistry in Maywood, Ill., where I received my Doctorate. My education was completed after a residency at Rush Medical Center in Chicago. My dental practice focuses on back teeth restoration and front teeth cosmetics exclusively for adults and teens. I have achieved the honor of accreditation by the American Academy of Cosmetic Dentistry. My wife, Lisa, and I have three children and live in Lake Zurich, Ill. We enjoy family time and travel.

CONTACT INFORMATION:

Dr. Stevan Orser
1845 E. Rand Rd., Ste. 200
Arlington Heights, IL 60004
Phone: 847-870-8820
stevanorserrdds.com

Making Rehabilitation as Seamless as Possible

Have you ever experienced an illness, injury, or medical procedure such as a joint replacement and required rehabilitation to get you back to the lifestyle and activities you desire? The skilled physical, occupational, and speech therapists at Alden Estates of Barrington, specializing in rehabilitation and post-acute care, do just that and more.

WHAT TO EXPECT

When you come to Alden Estates of Barrington for rehabilitation/therapy services, you can expect to receive an individualized plan of care that takes into account your own unique medical condition, physical limitations, health needs, and therapy goals. Our nurses, therapists, care coordinators, discharge planners, and other staff work with you and your physician to ensure the best possible course of treatment and therapy outcomes.

The therapists at Alden conduct a comprehensive examination and formulate an appropriate course of treatment designed to decrease pain and inflammation, improve movement, flexibility, posture, strength and performance and to promote maximum independence and capacities for activities of daily living, work or sports. Their approach is different from other therapy departments in that they will engage you, the patient, to the extent that you wish, to elicit your concerns and goals and use this to formulate a treatment program that is specific and unique to you. This treatment philosophy will continue throughout the entire length of your stay, thus giving you a level of quality and support that few other locations can offer.

Using Functional Assessment Tests and other evidenced-based tests and measures of progress, therapists utilize high-intensity exercises to increase muscle strength, reserve, bone density, and overall endurance. This leads to improved performance so that patients can resume a lifestyle that is meaningful to them at home and in the community, rather than adapting and compensating. State-of-the-art therapeutic modalities such as Electrical Stimulation, Patterned Electrical Neuromuscular Stimulation (PENS), Therapeutic Ultrasound, and Shortwave Diathermy are also used as indicated during treatment to decrease pain, inflammation and edema and thus increase patient comfort and tolerance to treatment. This enables therapists to introduce earlier, more aggressive therapy interventions to help improve

function and recovery. Therapeutic modalities also allow therapists to treat more complex conditions, decrease muscle disuse atrophy, enhance soft tissue healing through increased circulation, and improve neuromuscular control in patients with orthopedic and neurological diagnoses.

The extent to which you will benefit from therapy is dependent upon whether you want to modify your lifestyle and possibly use assistive devices or adaptive equipment in order to return home as soon as possible or whether you want to increase your stay to achieve the maximum level of functioning possible before returning home. Whatever you decide regarding a therapy program that is right for you, know that Alden Estates of Barrington can serve as an important step in the recovery process of any illness or surgery.

A CONTINUUM OF CARE

After you complete your rehabilitation stay at Alden, you may need further services in terms of home care or in an outpatient setting. We are able to arrange either service and will take care of all the details for you. In addition, we will make sure that your next provider is aware of what you have accomplished thus far, and what goals you still have. You also will receive a written copy of an exercise program to continue with as well as any other pertinent instructions so that you can easily have them at hand. Finally, you are always encouraged to call your Alden therapist after discharge should you have any concerns or questions. Our goal is to make all transitions as easy and seamless as possible for you and your therapist will work with you to do so.

KRISTINE BYKERK, PT, MBA
ALDEN ESTATES OF BARRINGTON



Kristine Bykerk, PT, MBA, is the Senior Vice President of Corporate Operations for Community Physical Therapy & Associates (CPT), which provides physical, occupational, and speech therapists at Alden Estates of Barrington. CPT has over 500 therapists assisting individuals to function to the best of their ability in the 10-county Chicagoland area.

CONTACT INFORMATION:

Alden Estates of Barrington
1420 South Barrington Road
Barrington, IL 60010
Phone: 847-662-8884
aldenestatesofbarrington.com



The Alden Estates of Barrington Rehabilitation Team consists of 10 full-time physical, occupational, and speech therapists. Seven have been at Alden Estates of Barrington since 2003. The remaining therapists have worked in the department anywhere from three to nine years, which has created an incredibly stable and dedicated group of professionals.

Treat Injured Hand, Finger, Elbow, and Arm Injuries with the Right Care

SURBHI PANCHAL, M.D.

"It's just a jammed finger"...or is it? "My wrist only acts up on the weekends"...but it's starting to affect my daily living activities. "

"These are common statements made by the weekend warrior," says Dr. Panchal of Lake Cook Orthopedic Associates (LCOA) that merged with Illinois Bone & Joint Institute (IBJI) last October. Weekend warriors are a unique population because they work hard during the week and play hard during the weekend. "Most important," she says, "is how to get back into the game."

A jammed finger can be as simple as a finger sprain, to as complex as an intra-articular phalanx fracture. A finger sprain can happen because of unusual placement of the finger when catching a ball or tackling a player. Initially, you will see some swelling and stiffness. A sure sign that there is a problem is when both continue to return and healing seems to be on hold.

Sometimes, while attempting to catch or hit a ball, the finger joints can be dislocated. These need to be reduced and then protected while getting the range of motion and stability back. This can mean a splint and often visits with the occupational therapist.

MORE COMPLEX INJURIES

The more complex injuries often include tendons and bones. Football and rugby can give patients jersey finger. Jersey finger is when the flexor tendon is pulled off the furthest part of the finger. Frequently, this is going to require surgery in order to put the tendon back where it needs to be and for the finger to have strength. Conversely when the extensor tendon is pulled off, that is called mallet finger. Dr. Panchal says, "This can be treated in an extension splint that is worn for some time even taking up to 8 weeks to heal. The finger can also be broken and can be treated anywhere from buddy taping to surgery. Finger and hand fractures can often be treated in splints and immobilization. Some fractures need percu-

taneous pinning (a reduction and an internal splint to hold the bone in the correct position while it heals. Finally, some fractures will need an incision and plates and screws. These need therapy afterward to control swelling, have the correct splint made, and regain the range of motion to get back to playing."

Wrist injuries are also common in weekend warriors. Stick handling in lacrosse and hockey to racquet sports can give athletes wrist pain. A sprain can be limiting due to the pain and the inability to rest the wrist in everyday life. A wrist brace can be used to immobilize the wrist and rest from sports can treat this condition. Dr. Panchal explains, "Tendinitis can occur and would require immobilization for resting the wrist. Cortisone injections are sometimes helpful. Another option is a wrist arthroscopy and debridement or repair if needed to minimize the inflamed tissue and repair the cartilage complex if damaged.

The scaphoid (one of the wrist bones) or the distal radius can be fractured when a hard fall on an outstretched hand is taken within a game. Some of the time this can be treated with a cast for 6-8 weeks, but frequently, surgery is needed to appropriate fixation." She emphasizes the importance of occupational therapy in recovery, because without it there would be stiffness and weakness in the affected area. She comments that without adequate therapy, returning to sporting activities to the fullest ability may be compromised.

Dr. Panchal concludes, "Weekend warriors can often be more challenging patients because they tend to want to speed up the recovery and get back to the activity. These patients require a tailored treatment plan. A strong doctor-patient relationship with open communication is the cornerstone to the healing process so that the patient can get back to the activity as quickly as possible without compromising recovery."



Dr. Surbhi Panchal specializes in disorders and treatment of the hand, wrist, elbow, and arm. She brings her education and expertise in hand and

upper extremity surgery to Lake Cook Orthopedics, a Division of Illinois Bone & Joint Institute. She completed the prestigious Cleveland Combined Hand Fellowship at the renowned Cleveland Clinic and MetroHealth Medical Center, the only adult Level I Trauma Center in Cleveland. Dr. Panchal is a member of the American Academy of Orthopedic Surgeons, the American Society for Surgery of the Hand, the Ruth Jackson Orthopedic Society, and the American Association for Hand Surgery. She has conducted research on surgical outcomes of upper extremity patients, has published in orthopedic peer-reviewed journals, and authored several chapters in medical texts on elbow and hand surgery. During her residency, Dr. Panchal participated in a mission to the Dominican Republic to provide free surgical care to local communities lacking access to general orthopedics and specialized upper extremity care.

CONTACT INFORMATION:

**Illinois Bone & Joint Institute/
Lake Cook Orthopedics**

27401 W. Hwy. 22, Ste. 125

Barrington, IL 60010

Phone: 847-381-0388

We also have offices in the
Canlan Sportsplex in Lake
Barrington.

www.ibji.com

www.lakecookortho.com

Kidney Disease and Dialysis

SUMIT BECTOR, M.D.

DAVITA DIALYSIS

Kidney disease remains one of the most elusive diseases in modern medicine primarily because most patients have no symptoms at the time of diagnosis. Biochemical testing remains the cornerstone for diagnosing Kidney disease. In spite of the early diagnosis, less than one third of patients actually see a nephrologist (kidney doctor). Awareness among patients of having the early stages of kidney disease is less than 10 percent in the U.S.

As a nephrologist, when I see patients in my clinic for the first time with this diagnosis, I am often met with feelings of surprise from patients. It is hard for them to believe they have kidney disease, as overall, they feel good. Kidney disease is not uncommon in elderly with at least one in four having some form of the disease. Diabetes, high blood pressure, and heart disease are common risk factors for developing kidney disease. Adequate control of these risk factors with medications, dietary changes, and lifestyle modifications can decrease the progression of kidney disease.

LAB TESTING

Measurement of Creatinine and estimated GFR (Glomerular Filtration Rate) in blood are simple tests to identify kidney disease. Elevated levels of creatinine along with low eGFR may imply kidney disease and may necessitate a referral to a nephrologist. It is very important to discuss these lab values with your primary doctor. Kidney disease is divided into stages 1 to 5 with stage 5 (with eGFR <15) being the most severe disease.

ESRD (END STAGE RENAL DISEASE)

Stage 5 Kidney disease or ESRD (End Stage Renal Disease) can be life threatening and calls for renal replacement therapy or dialysis, a procedure by which blood is cleansed of toxins and excessive fluids. At this advanced stage, kidneys lack the ability to clear toxins and fluids adequately. Accumulation of these toxins lead to some of the symptoms

patients experience including poor appetite, weight loss, itching, nausea, poor sleep, and fatigue. Patients and their loved ones are often faced with numerous choices at this stage in terms of treatment options and selection of dialysis modality. There are two main types of dialysis that are offered: home dialysis (which can be done through the stomach or blood) or in-center dialysis (blood dialysis).

Some patients are eligible for Kidney Transplantation and referral for transplantation can be made even before patients reach the dialysis stage. Your nephrologist can help you in deciding the modality, based on your individual health care needs and social situation. As a practice, our utmost goal is to educate the patients and family about the nature of the procedure and implications of it on their social life.

KIDNEY SMART PROGRAM

We work closely with DaVita in Lake Barrington where we have a dedicated team of nurses, dietitians, and social workers. They work closely with patients to help them achieve a balance between life and dialysis treatments. Even before a patient reaches Stage 5, they are encouraged to go to Kidney Smart classes where they are educated on the practical aspects of dialysis and its implications on their day to day life. Dietitians help them formulate a diet plan best-suited to the level of kidney disease and other health issues. Social workers can educate the patient and families on any insurance needs or questions. For patients interested in home dialysis, home visits are done to ensure that their homes are well-equipped to handle needs of home therapy.

Our practice, Nephrology Associates of Northern Illinois (NANI), specializes in treatment of Kidney disease, Hypertension and Dialysis. Our clinical and non-clinical staff is highly trained to meet the high expectations of patients. Kidney disease is a complicated disease, but with a dedicated team and open communication, excellent outcomes can be achieved making patients live longer with better quality of life.



Dr. Sumit Bector is a Board-Certified Nephrologist specializing in treatment of Kidney diseases, Hypertension, and Dialysis. He is part of Nephrology Associates of Northern Illinois (NANI). He is also the Medical Director of the DaVita Dialysis Facility in Lake Barrington, DaVita operates 2,318 outpatient dialysis centers nationwide serving approximately 186,000 patients, has been recognized throughout the country for its clinical quality, positive teammate culture, and community service. The company also operates 139 outpatient dialysis centers located in 11 countries outside the United States.

CONTACT INFORMATION:

Nephrology services are offered through multiple office locations including Crystal Lake, McHenry, Algonquin, Huntley, Elgin, South Elgin, Carpentersville, and Sycamore. Appointments can be made in any of the offices by calling 815-301-1001. Visit www.nephdocs.com for more information.

DaVita Dialysis Facility
Northwest Professional Building
28160 W. Northwest Hwy.
Suite 104
Barrington, IL 60010
Phone: 847-381-1325
www.davita.com



The DaVita Dialysis Barrington Creek location in Lake Barrington.

Bringing Personalized, Expert Care for Vein Disease to the Local Community

STEPHEN C. SORENSON, M.D.,
RVT, RPVI

VEIN SPECIALISTS OF ILLINOIS

WHAT IS VENOUS DISEASE?

Varicose veins and spider veins are the two most commonly known venous conditions, affecting an estimated 30-40 percent of the population. Although most often seen in women and older adults, these conditions also affect men and younger adults. Spider veins and dermatitis can indicate more serious underlying vein disease. Varicose veins can lead to skin ulcers, chronic leg swelling and the formation of blood clots in the legs (DVT). DVT is a potentially life-threatening disorder affecting nearly 500,000 people in the United States each year.

WHY SEEK TREATMENT?

Although many patients initially seek treatment for cosmetic reasons, varicose and spider veins can cause many symptoms that affect patients' ability to remain active leading to a reduced quality of life. Dr. Sorenson recalls the story of a husband and wife with varicose veins whose symptoms were preventing them from pursuing their passion of Colorado mountaineering. The summer following the completion of their treatments, Dr. Sorenson received a postcard from them. They had just climbed Pikes Peak. "The thing I love best about what we do, is getting people back to the activities that they love to do. People have been from doctor to doctor trying to find the cause of their pain and fatigue or heal their leg ulcer," he states. "They are so relieved to be correctly diagnosed and treated".

WHO WE ARE

After personally suffering from venous disease and witnessing the limitations and poor outcomes of invasive, surgical treatments, Dr. Sorenson decided to leave emergency medicine to pursue training in the burgeoning field of Venous and Lymphatic Medicine (formerly known as Phlebology). In 1996, he moved to Barrington and joined the largest group practice in the country specializing in the treatment of venous disease, becoming one of the pioneers in the field. Since then he has dedicated his career, professional education, and published research to developing effective, non-surgical treatments for venous disorders.

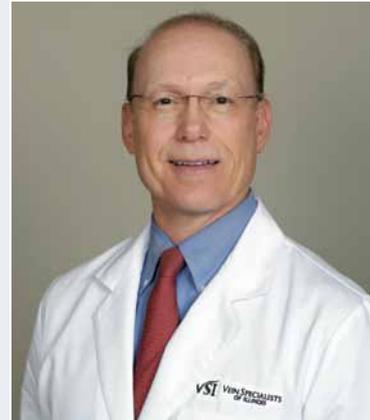
In 2011, Dr. Sorenson and his team of venous experts opened a private practice where caring for the patient would regain top priority. Vein Specialists of Illinois is a state-of-the-art practice performing minimally invasive treatments for varicose and spider veins, including endovenous laser ablation and sclerotherapy. The two VSI offices are modern, large, and comfortable. Patients' time is respected. The staff is comprised of dedicated, caring, and knowledgeable professionals who provide an exceptional patient experience. Most important, Dr. Sorenson and the rest of the clinical staff spend as much time as is necessary to make sure patients understand their disease, their treatment options, and feel comfortable while in their care. Our patients are treated as valued partners in their care, not as nameless clients. Consequently, Vein Specialists of Illinois is one of the most well-respected vein care practices in the Northwest and Western Suburbs and has a reputation for providing excellent care with outstanding value and results.

With the recent opening of a newly built VSI office in Lake Zurich, Dr. Sorenson is excited to be working near his hometown to bring experienced and compassionate care to his neighbors and local community.

If you think you may be suffering from venous disease in any form, call our office to schedule a free vein screening exam. Dr. Sorenson and his experienced clinical team will change the way your legs look and feel so you can return to a healthy, active lifestyle.

SYMPTOMS OF VEIN DISEASE:

- Leg pain/aching/cramping
- Leg swelling
- Itching/burning
- Heavy/Tired legs
- Restless Legs
- Leg rashes or dark spots
- Clusters of spider veins, especially around the ankles



Dr. Stephen Sorenson, Medical Director of Vein Specialists of Illinois, has more than 20 years of clinical experience focused solely on treating vein disease. He has performed in excess of 50,000 patient vein treatments in his career.

Dr. Sorenson is a diplomate of both the American Board of Venous and Lymphatic Medicine and Emergency Medicine. In addition to these qualifications, he is both a Registered Vascular Technician (RVT) and a Registered Physician in Vascular Interpretation (RPVI). He is also a founding member of the American College of Phlebology Education Foundation.

Dr. Sorenson lives in Barrington with his wife, four children, and three cats. When he's not treating patients, Dr. Sorenson enjoys hiking, biking, skiing, and spending time with his family, and cheering on his children at sporting events. Go Broncos!

CONTACT INFORMATION:

Vein Specialists of Illinois

Our two locations:

795 Ela Road, Suite 115

Lake Zurich, IL 60047

Phone: 847-550-4984

1670 Capital St., Suite 500

Elgin, IL 60124

Phone: 847-468-9900

www.VSIveins.com