

QUINTESSENTIAL
BARRINGTON



2020 MEDICAL PROFILES

Special Advertising Section

**Barrington area medical and dental professionals
share information on their areas of expertise and
how to reach them for their services.**



Back row, from left: Jill Motl, MD; John Cheregi, MD; David P. Ondrula, MD, FACS, FASCRS; Hsin-Yi Chang, MD, FACS. **Front row, from left:** Barry Rosen, MD, FACS; Gia M. Compagnoni, MD, FACS

We are board-certified general surgeons with specialties in colorectal surgery, breast cancer surgery, and bariatric surgery. Our team strives to provide the most advanced techniques and technology available in medicine today. We excel at a range of procedures including robotic surgery and minimally invasive surgery. For the most complex procedures, our physicians work side by side in the operating room to ensure the best possible outcomes for our patients. We are life-long learners whose commitment to excellence translates into exceptional care and outcomes for our patients.

At Advanced Surgical Care, we have created an environment designed to support our patients throughout their diagnosis, treatment, and recovery. Our team of caring medical assistants offers wrap-around support. They work closely with each of our patients, offering a concierge-like experience. They help patients navigate the entire process by assisting with the scheduling of appointments with primary care providers, imaging specialists, oncologists, and nutritionists. Our goal is to ensure that each of our patients receives exceptional care from both a medical and human perspective.

Information regarding our general surgery, breast surgery, and colorectal surgery can be found by visiting our website:

<https://advancedsurg.net/>.

Information regarding our bariatric program – Advanced Bariatrics – can be found by visiting our website:

<https://advancedbariatrics.com/>.



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Prevention Is Your Best Medicine

ADVOCATE GOOD SHEPHERD PROVIDES A NUMBER OF KEY SCREENINGS
TO HELP YOU STAY HEALTHY AND INFORMED

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**TO SCHEDULE ANY
OF THESE SCREENINGS AT
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(1-800-323-8622)

VISIT:

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Regular screening tests and check-ups with a doctor are good ways to take control of your health. Screenings can spot issues at earlier stages when treatment can be more effective.

Dr. Shoeb Sitafalwala, Vice-President of Medical Management at Advocate Good Shepherd Hospital in Barrington, sees screenings as two of the major factors changing in medicine. "Two things are definitely changing. One is the incorporation of technology on patients, including apps, smartphones, and wearable devices. Also, there's a greater emphasis on prevention rather than just focusing on sickness. In other words, how do we keep people healthy?" By combining technology and screenings, Advocate Health Care has made it easier than ever before for patients to schedule screenings.

But which screenings are right for you? Below are some screenings offered locally that could help you stay on your path to wellness.

HEALTHY HEART CT SCREENING

According to the American Heart Association, almost half of all heart-related deaths occur in people with no previous history of heart disease symptoms. A cardiac calcium scoring is a safe,

painless, noninvasive screening test that determines coronary artery calcium content and can assist your physician in determining whether you are at risk for a heart attack. This screening is recommended for people who have at least two of the risk factors listed below:

- Diabetes
- High Blood Pressure
- High Cholesterol
- Family History of Premature Heart Disease
- Men > age 45
- Overweight
- Women > age 55
- Smokers

COLON SCREENING

The American Cancer Society (ACS) recommends that adults ages 50 and older be regularly screened for colorectal cancer. Yet, one in three Americans – about 23 million – don't follow the recommendation. The Direct Access Screening Colonoscopy (DASC) program at Good Shepherd streamlines the scheduling process for screening colonoscopy. While Colon Cancer can be an uncomfortable topic to discuss, a colonoscopy can prevent cancer

from developing because it allows your doctor to remove polyps. For more in-depth information or direct scheduling please contact 847-620-DASC or GSHP-dasc@advocatehealth.com.

MAMMOGRAPHY SCREENING

With breast cancer as the number one type of cancer in women and the second leading cause of death due to cancer in American women, screening for breast cancer is critical. That's why getting a mammogram is so important. Mammography has been proven to detect early breast cancer and is an effective screening tool known to reduce mortality from breast cancer. Most experts suggest that women should begin scheduling annual mammograms starting around 40-45 years old.

LUNG SCREENING

Are you a current smoker or quit in the past 10-15 years? The Low-dose CT (LDCT) Lung Screening is a test used to detect lung cancer before any symptoms appear. Screening with LDCT scans can reduce deaths in those at high risk. While the LDCT requires a physician order, it can be a very effective tool for individuals at higher risk of lung cancer. Talk to your doctor to see if you are eligible.



THE CHICAGO CENTER FOR COSMETIC AND IMPLANT DENTISTRY
205 W Main St, Barrington (847) 842-6900 www.cccid.com

Same Day Dentistry for Busy Lifestyles

We live in an “I want it now society”. When the urge strikes for something new, it is only one click, one day, and one big brown truck away from your doorstep. Does this instant-gratification mindset apply to dental work? Can you still get a beautiful smile in time for that next big event? Can you solve that dental problem without sacrificing days from your busy lifestyle? Let’s face it: juggling time for dental work within your already-packed, stressful schedule is—at best—an inconvenience. Effective use of your valuable time is essential for optimizing quality of life.

Historically, repairing or replacing teeth required multiple appointments spanning days, weeks or sometimes months. Laboratory fabrication of dental crowns to be placed on teeth or dental implants often meant multiple days away from work and family. Temporary crowns were needed...they came loose, could be unsightly, and at times caused tooth sensitivity. For implants, the healing process in the jawbone took up to six months, during which the patient was constantly removing and reinserting an ugly, uncomfortable ‘flipper’ partial denture.

This time-consuming approach frustrated me as a dentist...and my patients. They wanted to know, “Why can’t I just get it done now?”

Biological and digital technologies are answering this question—with great news. High-quality same-day dentistry has become mainstream, thanks to two advances that enable highly specialized dental teams to accelerate the process: same-day replacement of teeth using implants, and same-day crown fabrication.

Newer, bioactive implants and regenerative materials available to me as an implant surgeon now promote accelerated healing within the bone, enabling immediate function of the newly restored implant and crown, dramatically reduced healing time, and a faster return to comfort and normal chewing.

The effective combination of 3D digital imaging with advanced software allows our specialized team at The Chicago Center For Cosmetic & Implant Dentistry to map out a ‘virtual treatment plan’, integrating every phase of your implant surgery, and restoration of your implants and natural teeth with crowns before your treatment even begins. This includes 3D computed tomography scans of your jaws, intraoral 3D scanning of the teeth to be restored, and software that ties it all together.

Our in-office milling fabrication machines use this computerized ‘tooth-replacement road-map’ to sculpt your new crowns from a solid block of ceramic—while you wait—and have them ready to secure to your newly-placed implants (and natural teeth), frequently within a single visit.

So, the removable partial dentures of yesterday—and grinding down healthy teeth to support bridges—have largely become obsolete. Even when many (or all) teeth are missing, four or five implants can be placed to support a full denture...and yes, even that can be done in one visit!

As with any major consumer health decision, finding this ideal combination requires research and education to find the right specialized dental team to provide this accelerated treatment. Not all dental practices offer this. Dentists must have a high level of training and expertise to place and restore implants and have invested in the necessary equipment and training to provide this high-quality same-day dentistry.

Here in Barrington, The Chicago Center for Cosmetic & Implant Dentistry has built a reputation for high-quality same-day restorative and implant dentistry by prioritizing your health—and respecting your busy lifestyle.



Dr. Jackson attended Northwestern University Dental School. After graduation he was accepted into a two-year General Practice Residency at Johns Hopkins Hospital and subsequently taught as an attending dentist at Johns Hopkins. Dr. Jackson completed his training in the combined four-year Periodontics and Periodontal-Prosthesis residency at the University of Pennsylvania. After graduation he practiced periodontics and reconstructive dentistry in Philadelphia, PA and Atlanta, GA. Dr. Jackson is the founder of The Chicago Center For Cosmetic & Implant Dentistry and has lectured nationally and internationally on topics of the periodontium and its relation to the cosmetics of teeth and implants.

The Truth About Stem Cells

“The field of biologics allows us to treat injury and disease with less reliance on drugs and can reduce the need for surgery.”

– Michael Gitelis MD

NEW TRENDS IN BIOLOGICS

One of the first documented uses of a biologic product dates back to 1910, when amniotic membrane was used for burn victims to accelerate epithelialization and healing. We have made strides since these early times and surgeons are now able to recommend different types of biologic products for specific pathologies and injury. As we move forward and learn more about this field, we have more options available to aid in faster, better healing and regeneration.

“The body has the ability to heal itself, so it is only a natural progression to move toward finding ways to help the body do this faster and more effectively.” – Michael Gitelis MD

Both tissue and bone go through a healing cascade beginning with inflammation leading to new tissue or bone which ultimately ends in a healed injury. Surgeons like Dr. Michael Gitelis are finding ways to harness this natural healing process and amplify it. For the patient this means less pain, faster healing, a quicker return to sport or daily activities, and quite possibly avoiding surgery.

Dr. Michael Gitelis offers PRP, Stem Cell, and Amnion therapy and is excited to now offer exosomes as a treatment option. Exosomes are derived from mesenchymal stem cells and are tiny acellular vessels that serve to signal the body's own cells to increase blood flow, recruit healing cells and reproduce healthy tissue at the place of injury. This is an exciting new treatment option that offers a more potent biologic with a higher concentration of the signaling cells responsible for healing.

Dr. Michael Gitelis has seen significant improvement amongst his patients who are good candidates for these biologic treatments in clinic or at the time of surgery. As we begin to understand the mechanism of action by which these products aid in healing, we understand that the goal is to recruit and signal the appropriate cells to react and heal the area of injury. Schedule a consultation with Dr. Gitelis so he can recommend a treatment plan specifically for your needs.

**To learn more about these therapies, visit
www.DrGitelis.com or call 847-807-7770.**

**Gitelis Orthopedics is located at
27401 West Hwy. 22 in Lake Barrington
and at
1800 McDonough Road, Ste. 202
in Hoffman Estates.**



Dr. Michael Gitelis, MD is a board-certified orthopedic surgeon with over 30 years of experience and 10 years of experience using biologic treatment options both in the clinic and operating room. He is an expert in arthroscopic surgery, biologics, and treating arthritis, sports and all orthopedic injuries.

Dr. Gitelis offers PRP, Bone Marrow Derived Stem Cell, Amnion, and now Exosome biologic treatment options for some patients and he can customize a treatment plan for you based on your specific injury and pain.



HARTdental



We offer most of the services your family needs, under one roof, including general and family dentistry for seeing patients as young as six months, cosmetic dentistry, orthodontics, and surgery. I work alongside my mother, who is also a dentist, which adds to our family friendly environment.

We believe in conservative treatments, offering the most conservative and preventative approach to all patients with their long-term success always in mind.

Conservative treatments include silver diamine fluoride in no-drill pediatric fillings. We can sometimes remove the decay without drilling, place the fluoride, and place a fluoride releasing filling over the cavity. If we must use a drill, we do not need anesthetic. This is a welcomed option and helps us win over even the most anxious children. We also offer nitrous laughing gas.

Bioclear cosmetic bonding is a solution for when porcelain veneers would be too aggressive and require the removal of too much tooth structure. Bioclear is an innovative approach to creating an incredibly strong and long-lasting restoration, and one without drilling.

We offer surgery and implant dentistry as well, but in most cases, we save natural teeth as often as possible. We offer multiple in-house services to help save broken teeth – if they can be saved, we will save them. Implants are an amazing option, but we believe in saving natural teeth if possible.

Our goal is to make dentistry fun and relaxing for even the most anxious patients. That is why we offer nitrous and oral sedation to help relax and forget your appointment ever happened. We know dentistry can be invasive and confusing, and we always encourage our patients' feedback to make their appointments better.

We understand your need for convenience and comfort. We offer Chapstick, headphones, neck pillows, blankets, bite blocks (ranging in sizes), TVs playing your favorite show or music, massaging chairs, and unlimited breaks; if you need a break, let us know. We can talk you through the whole appointment or work in silence.

At Hart Dental, we believe in providing you with the highest quality dental care above all.

HARTdental

Dr. Aggie Iwaszczyszyn, DMD & Dr. Iwona Iwaszczyszyn, DDS

728 W. Northwest Hwy Barrington, IL 60010

(Located in the Foundry Shopping Center right by Light Drawn Studio and One Life Kitchen)

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