

Trust.

2018

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

THE MEDICAL AND DENTAL PROFESSIONALS PARTICIPATING IN THIS SPECIAL ADVERTISING SECTION PROVIDED THE INFORMATION IN THESE ARTICLES. *QUINTESSENTIAL BARRINGTON* HAS NOT INDEPENDENTLY VERIFIED THE DATA.

Breast Cancer Care: A Team Approach

At Advocate Good Shepherd Hospital, the breast care team of Drs. Barry Rosen, Gia Compagnoni, and Stephen Madry are dedicated to providing comprehensive, collaborative, and compassionate care to our breast cancer patients. It is our highest priority to return people to the lives they had before the trauma of a cancer diagnosis.

The cornerstone of our practice philosophy is ONCOPLASTIC SURGERY: the application of plastic surgical principles to cancer surgery to provide the best aesthetic outcome without compromising on cancer care. This may be as simple as hiding a scar in a natural skin crease; combining a lumpectomy with a breast reduction to achieve a better margin around the tumor while reshaping the breast to avoid deformities common with traditional lumpectomy; or, when a mastectomy is necessary, performing nipple-sparing mastectomies preserving the breast envelope to re-create normal anatomy and allow a much more natural looking reconstruction.

As an outgrowth of this philosophy, we partner with our radiation oncologists, Drs. James Ruffer and Catherine Park, to offer INTRAOPERATIVE RADIATION THERAPY (IORT) as a less invasive alternative to traditional breast radiation therapy. Current standard therapy requires 3–6 weeks of radiation therapy after a lumpectomy provided ‘from the outside-in’; IORT replaces this with 30 minutes of treatment at the time of the lumpectomy ‘from the inside-out’, avoiding radiation exposure to

nearby organs and the skin. We have treated over 250 women since 2012 and currently offer this to more patients than any hospital in Illinois.

Breast cancer treatment has evolved over the past decade to provide many more innovations than existed in the past. Many cancer survivors live with their physical scars unaware of what can be done to mitigate this constant reminder of past treatment. Dr. Madry specializes in returning people to their pre-treatment state and encourages those who are dissatisfied with their outcome to seek out revision.

While a new cancer diagnosis can be a confusing and scary time, our team approach and focus on individualized treatment enables our patients to truly be a part of the decision-making process and gain control over the cancer experience. In partnership with a state-of-the-art facility at Advocate Good Shepherd Hospital, we are able to provide world-class care close to home.

STEPHEN MADRY, M.D.
BARRY ROSEN, M.D.
GIA COMPAGNONI, M.D.

ADVOCATE GOOD SHEPHERD HOSPITAL



Dr. Barry Rosen serves as the medical director of the Breast Center at Advocate Good Shepherd Hospital, where he has been in practice for over 25 years. He currently serves on the faculty of the School of Oncoplastic Surgery and teaches other surgeons oncoplastic surgery for the American Society of Breast Surgeons and the National Consortium of Breast Centers. He is a recognized leader in Intraoperative Radiation Therapy and travels nationally to train other surgeons on this technique. His practice is currently limited to breast cancer surgery.



Dr. Gia Compagnoni is a Board Certified General Surgeon who dedicates a large portion of her practice to the diagnosis and treatment of breast cancer and other breast health issues. Communication with patients and the collaborative team is the basis of her philosophy of care. She is a graduate of Northwestern University Medical School where she went on to complete a General Surgery Residency. Dr. Compagnoni lives in Barrington with her husband and two sons. In her free time, she enjoys gardening, skiing and is an avid fan of her sons in all their sports endeavors.

The Most Effective Treatments for Back, Spine, and Neck Pain including Stem Cell Therapy

Many people are affected by low back, spine, and neck pain. Based on a recent study, low back pain alone causes 1/3 of work-related disability. Illinois Pain Institute specializes in precisely diagnosing and treating the cause of painful conditions. It combines personalized treatments and regenerative medicine to determine the cause and fix the source of your pain so that you can get back to living!

WHERE IS THE MOST COMMON SITE OF PAIN?

The lower back (lumbar region) is one of the more common sites of spine pain. Low back pain may prevent you from lifting, bending, and twisting which can make golfing, skiing, riding, running, and many pleasurable activities a challenge.

WHAT ARE THE COMMON DIAGNOSES FOR THE SOURCE OF BACK, SPINE, AND NECK PAIN?

Pain is multi-factorial and may be related to muscle, nerve, bone, joints, ligaments, arthritis, or discs.

At Illinois Pain Institute, we know that every patient has different needs. Therefore, to make a precise diagnosis, we take the time to listen to you; conduct a comprehensive physical examination; and review your relevant medical history, lab results, and imaging. Our results have been independently verified by the major Illinois insurance companies

HOW IS BACK, SPINE, AND NECK PAIN TREATED AT ILLINOIS PAIN INSTITUTE?

At Illinois Pain Institute, our goal is to diagnose and fix the problem while avoiding surgery, by using interventional pain procedures. Patients receive a personalized care plan prepared by their Illinois Pain physician. Some available treatments include:

- **Precise nerve blocks and site-specific injections**—This approach involves using medication to stop or alleviate pain signal transmission.
- **Neuromodulation**—This technique stimulates the nervous system causing decreased sensation of pain at the effected site.
- **Stem Cell Therapy**—Back, spine, joint, and neck pain is one of the leading indications for stem cell therapy. Many patients have found significant relief after undergoing stem cell therapy.
- **Physical therapy**—Exercises and strengthening may alleviate back pain by improving muscle function.
- **Medications**—Medication may be appropriate in

treating the source of your pain. When indicated, we tend to use medication to fix the problem and not just mask the symptoms.

ABOUT STEM CELL THERAPY AT ILLINOIS PAIN INSTITUTE

The Illinois Pain Institute is committed to staying at the forefront of medical techniques and are proud members of The Regenerative Stem Cell Institute, an organization committed to providing world-class regenerative therapy in conjunction with approved clinical research.

Conditions studied include:

- Orthopedic (knees, hips, spine, elbows, hands, shoulders, feet, etc.)
- Neurologic (Parkinson's, concussions, stroke recovery, MS, ALS)
- Urologic (Peyronie's, erectile dysfunction, and interstitial cystitis)
- Cardiac/Pulmonary (Asthma, COPD, hypertension, lung disease)
- Auto-Immune (Lupus, Crohn's, Rheumatoid Arthritis)
- Ophthalmological (Dry Eye, Macular Degeneration, Glaucoma, Cataracts)

WILL STEM CELL THERAPY WORK FOR ME?

Outcome data, while promising for certain conditions, varies by individual and condition. Upon consultation, our team can provide more specific information.

CONTACT INFORMATION:

Illinois Pain Institute
22285 Pepper Rd Suite 302
Lake Barrington, IL 60010

Barrington Pain and Spine Institute

(Across from Barrington High)
600 Hart Road #300
Barrington, IL 60010
www.IllinoisPain.com
www.StemCellDr.com
(855) 930-PAIN

7 locations in Lake, Kane, McHenry, and DuPage counties

ILLINOIS PAIN INSTITUTE



Terri Dallas-Prunskis, M.D. and John Prunskis, M.D., FIPP

Founded by Barrington-area husband and wife team over 25 years ago, Dr. Terri Dallas-Prunskis was chairman of the pain program at the University of Chicago and Dr. John Prunskis was the most requested anesthesiologist and pain physician at a major suburban hospital, so after they married, they decided to start the first multi-site private pain practice in the Chicago area.

KNOWLEDGEABLE PHYSICIAN TEAM

John V. Prunskis, M.D. FIPP
Terri Dallas Prunskis, M.D.
Chadi Yaacoub, M.D., FIPP
Asghar Rizvi, M.D.
Emanuel N. Husu, M.D.



ABOUT ILLINOIS PAIN INSTITUTE

Illinois Pain Institute (IPI) precisely diagnoses and treats the cause of painful conditions. As the longest-established multisite pain practice in the Chicago area, IPI's outstanding outcomes have been independently verified by the major insurance companies of Illinois.

Conditions treated include: joint, neck, back, and pelvic pain, sciatica, headaches, failed surgery, CRPS, and much more.



Accelerated 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?

While having a great smile is important, maintaining a healthy mouth is also essential for your overall health. Sometimes teeth need to be repaired with crowns to prevent breakage and pain. Often, the healthiest (or only) option requires removal of a tooth and replacement with a dental implant.

But 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 6 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 the 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 roadmap’ to sculpt your new crowns from a solid block of ceramic or zirconia—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.

THOMAS JACKSON
**THE CHICAGO CENTER FOR COSMETIC
& IMPLANT DENTISTRY**



Dr. Thomas 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 lectures nationally and internationally on topics of the periodontium and its relation to the cosmetics of teeth and implants.

CONTACT INFORMATION:

Dr. Thomas Jackson

The Chicago Center For
Cosmetic & Implant Dentistry
205 West Main Street
Barrington, IL
www.cccid.com
847-842-6900

What is PRP and How Does It Work?

PRP is *Platelet Rich Plasma* found in your blood. You have platelets, healing factors within your own blood, that can be concentrated to promote healing. PRP is the concentrated portion of your blood that consists of plasma, platelets, and other cells that stimulate healing. PRP can activate healing, or be used to speed up the healing process.

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“For some patients, PRP is the recommended treatment because it can potentially promote healing and has the added benefit of being a natural source for pain relief.”

—Michael Gitelis, M.D.

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HOW IS PRP OBTAINED AND ADMINISTERED?

Potential patients are evaluated by an experienced orthopedic surgeon with an initial appointment. If PRP is determined to be the appropriate treatment option, PRP is obtained via a simple blood draw and then processed via five-minute centrifugation. Your own highly concentrated PRP is then re-injected into the injury site by an experienced practitioner where it can activate healing, reduce inflammation, and speed up the healing process.

PRP can be administered in the office setting, with or without the use of X-ray or ultrasound guidance. The length of a PRP treatment in the office takes the same amount of time as a standard injection. PRP can also be administered during minimally invasive or arthroscopic surgery.

HOW LONG BEFORE I FEEL BETTER AND HOW LONG DOES IT LAST?

Many patients feel better within a few weeks, but this depends on your own body's response to the healing process. This is not like a cortisone injection that simply reduces inflammation in the short term. Unlike cortisone and other synthetic drug injections that may have side effects, PRP is a natural treatment that can reduce inflammation and help your body heal. PRP can have the added ef-

fect of releasing your body's own serotonin, which is a natural pain reducer. Current studies have not shown any significant adverse side effects.

WHAT IS THE COST FOR PRP?

Out-of-pocket costs, pending possible approval by insurance, is \$600-950 per treatment, depending on the treatment required and recommended by your doctor. Typically, patients receive one treatment per injury.

INSURANCE COVERAGE

PRP is currently not approved by many insurance companies because it is a newer treatment. While this is a completely safe procedure that has been approved by the FDA for safety, insurance companies are awaiting more studies before they approve coverage for multiple indications. There are over 100 published studies on the effectiveness and safety of PRP and many more are currently underway.

WHO IS GETTING THIS TREATMENT?

- Professional athletes
- Weekend athletes (tennis players, runners, weight lifters, skiers, cross fitters, dancers, cardio lovers)
- People with osteoarthritis
- People who have not had effective healing and pain relief from other treatments
- Potential surgical candidates who want to forestall surgery
- Surgical patients interested in faster post-operative healing

WHERE CAN I GO FOR PRP?

Dr. Michael Gitelis is an orthopedic surgeon and a leader in arthroscopic development. Dr. Gitelis evaluates each patient and offers his patients the most minimally invasive course of treatment possible.

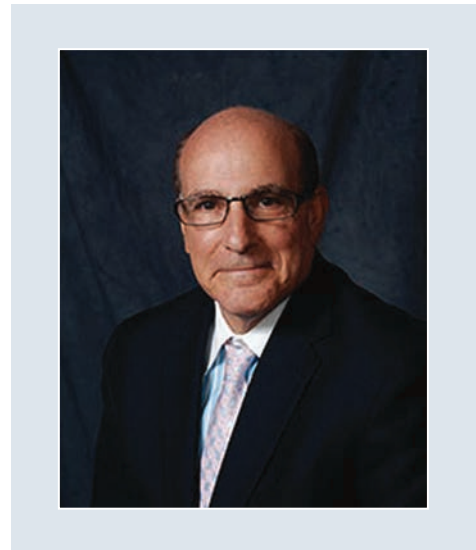
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“The goal of PRP is to maximize the patient's own natural healing mechanism in order to improve his or her pathology.”

—Michael Gitelis, M.D.

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MICHAEL GITELIS, M.D.
GITELIS ORTHOPEDICS



CONTACT INFORMATION:
Gitelis Orthopedics
Minimally Invasive Surgery &
Regenerative Medicine
Ashton Center for Day Surgery
1800 McDonough Road
Hoffman Estates, IL
www.drgitelis.com
847-807-7770

Your Skin Solutions: Thinking Outside the Box

Every field of business or industry has its rules and standards. We are taught to follow those rules from the moments we enter kindergarten or pre-school. Sometimes, rules and norms are crucial for a normal function of institutions and organizations. It would be impossible to have any control of a classroom for a teacher whose students would follow individual wants and ideas. The same would happen in a medical office: if the front desk receptionists answer the phone giving various answers to patients and not using standard, trained, and memorized feedback, we would experience chaos. Our patients would not be satisfied with our front desk service and certainly, they would not know any of the answers pertaining to their insurance of visit schedule.

Norms and rules are needed and helpful to organize personal and professional life. Norms and rules become obstacles when we start thinking about science, invention, and development. None of the current devices that became basic tools in our lives would be here if not for a very novel and courageous thinking of individuals who invented them and perfected them for the optimal use and look.

Do you remember Steve Jobs introducing the first iPod? He gave an excellent presentation to his audience of Apple employees and in several minutes not only gave them a short history of how he came up with an idea of the device, but also how he wanted that device to fit perfectly into the life style of the young generation.

Medicine is more than a device: it is a set of devices and inventions, and procedures, and treatments. While we must watch for the safety of our patients as our number one priority, at the same time, we must think out of a box about each and every person and their medical problems and needs. Every drug may help one person and hurt another one. Medicine is a constant development in progress and 'tunnel vision' of medical professionals is the worst attribute we can imagine.

LISTENING TO OUR PATIENTS

We can hardly ever afford individualized medicine due to extreme costs and impossible to

anticipate needs. But we can offer listening to our patients and presenting them with options. Choices and options are examples of thinking outside of a box. Those choices and options change very frequently and require constant re-education from all medical professionals. For example, skin allergies used to be just bad skin problems. Today, they are a part of immune system responses and reactions. Genetic testing and immunotherapy are becoming every day method of seeking the true reasons of medical illnesses and boosting organisms to fight with its own tool.

Access to the Internet makes it easier for patients to research their questions before they see medical providers. Thus, providers must be up-to-date with the most updated clinical research and methods of treatments.

Like everything in our modern life, medicine became more demanding and very rapid in its development. It is critical for doctors and patients to seek a different and non-standard relationship in the process of treatment. That newer type of relationship should be based on conversation and partnership, rather than just directing patients with prescriptions. It is more challenging and demanding, but it's also more fulfilling and proving thinking outside of a box.

If this is the type of relationship you are looking for in your doctor and you need assistance in understanding your skin problems, call us. We think outside of a box. We will discuss your options. We will offer various methods of treatment. We will make it an experience and not just a medical visit. You will be our partner rather than just a patient.

CONTACT INFORMATION:

Michael Bukhalo, M.D.
Arlington Dermatology
5301 Keystone Court
Rolling Meadows, IL 60008
847-725-0824
www.ArlingtonDermatology.net

MICHAEL BUKHALO, M.D.
ARLINGTON DERMATOLOGY



Dr. Michael Bukhalo is a Board-Certified Dermatologist leading Arlington Dermatology and its team of medical professionals. Dr. Bukhalo believes in medical innovation and thus, is a nationally recognized clinical research investigator, with over 200 clinical trials that he conducted in his facility. Research team at Arlington Dermatology contributed to development of many novel and safer methods of treatment in psoriasis, atopic dermatitis, acne, basal cell carcinoma, and other skin related conditions. Arlington Dermatology prides itself to be a community medical practice and welcomes patients of all ages. Medical, surgical, and research dermatology are equally our focus and we accept patients with most insurance plans as well as under- and uninsured. We offer reasonable accommodations and many free of charge services associated with clinical research. Our newly created office in Rolling Meadows provides comfortable and easily accessible rooms and plenty of parking.

Please visit us at 5301 Keystone Court in Rolling Meadows. Call us at 847-392-5440 and visit online at www.arlington-dermatology.net.

Women are calling “It” Life Changing . . .

Ever talk about it . . . Vaginal dryness, itching, burning, painful intercourse? What is it? Prior to menopause, during menopause, after menopause, and after treatment for breast cancer, women can experience symptoms of vaginal dryness, irritation, burning, or pain with intercourse. Vaginal Atrophy is a condition affecting millions of women in which the walls of the vagina and vulva become thinner and drier due to a decrease in estrogen. Affecting approximately 40 percent of postmenopausal women, this condition may also result in decreased urinary tract health, for example, pain and frequent urination and even recurrent urinary tract infections.

Until recently, traditional therapies for vaginal atrophy included administration of hormones such as estrogen or the oral medication *Osphena*®, or a variety of non-medicated, over the counter vaginal moisturizers or lubricants. Many women, such as breast cancer survivors, may be advised against the use of hormones, while others have previously tried hormonal therapy with cost and effectiveness issues. Fortunately, there is a new, cutting edge, non-hormonal treatment called **MonaLisa Touch**®. With proven, successful treatment of vaginal atrophy, women everywhere are calling “It” Life Changing . . .

HOW IT WORKS

A specially-designed CO2 fractional laser is used in an office setting to painlessly treat the atrophic, thin, and sensitive vaginal wall. The laser has unique characteristics of penetrating laser energy into the superficial layers of the vaginal walls in such a way that it stimulates collagen and returns the vaginal tissue to a state that was present prior to the changes induced by menopause. The medical laser delivers a painless treatment that takes less than five minutes. The procedure is done in office; in a simple fashion by placing a small probe

in the vagina. Since it is painless, there is no need for anesthesia. Some patients report mild discomfort with the insertion of the laser guide during the first procedure due to vaginal dryness. Each treatment session lasts approximately five minutes and no post-treatment pain medicine is required.

Having practiced gynecology in Barrington for more than 30 years, Dr. Zimmerman has treated many women suffering with these vaginal menopausal symptoms. There were no ideal treatments available to offer to them until now. Dr. Zimmerman wanted to make this new treatment available to supplement the existing treatments that may have high ongoing costs or undesirable side effects. The standard protocol is to have three treatments, six weeks apart.

The procedure has been available internationally since 2008 and over 20,000 women have been treated successfully with this procedure in Europe and they have had no adverse effects. The treatment was approved by the FDA for use in the U.S. in 2014. The U.S. study at The Christ Hospital in Cincinnati in conjunction with Stanford University confirms the European results.

Many of Dr. Zimmerman's patients have reported symptom relief from the treatment. According to Dr. Zimmerman, with these types of outcomes, the **MonaLisa Touch** is a game-changing procedure for women suffering with vaginal atrophy. “My patients that have already completed the three session protocol have reported excellent results and I am grateful to be able to offer women this treatment.” The **MonaLisa Touch** is a real breakthrough for feminine health. Safe and effective, **MonaLisa Touch** provides a painless, non-hormonal option for menopausal women to treat vaginal atrophy and is especially significant for patients where estrogen therapy is contraindicated.

RANDY ZIMMERMAN, M.D. OBSTETRICIAN-GYNECOLOGIST



Dr. Randy Zimmerman is a Board Certified Gynecologist practicing in the Barrington area for more than 30 years. He completed undergraduate and graduate studies at Northwestern University and medical training at the University of Illinois. Dr. Zimmerman is Board Certified by the American Board of Obstetricians and Gynecologists. He is also a member of the Association of Minimally Invasive Gynecological Surgery (AAGL), the leading association promoting minimally invasive gynecologic surgery as well as a member of American Society of Laparoscopic Surgeons.

Contact Information:

Please feel free to contact the office at 847-277-0500 to schedule a private consultation to determine if you are a candidate for this leading edge treatment.

Randy Zimmerman, M.D.

847-277-0500

www.DrRandyZimmerman.com

Top 5 Questions to Ask After a Hospital Stay

A GUIDE TO CHOOSING SHORT-TERM REHABILITATION OR HOME

In the ever-changing health care industry, we have experienced a significant movement in how hospitals manage individuals with surgical and medical needs. We have seen the average patient length of stay (LOS) decrease tremendously over the past 37 years. In 1980, an individual who suffered an acute myocardial infarction—or heart attack—would have an average hospital stay of 10 days, even without having surgery, and now the average LOS for the same medical condition is about 3 days or sometimes even less if surgery is not needed.

In the past, individuals would complete their full recovery from any illness or surgery in the hospital. Today, patients are discharged to complete their recovery and rehab at home or at a Short-Term Rehabilitation Center.

There are many companies that now operate specialized facilities to meet the needs of individuals who need Short-Term Rehabilitation and Post-Acute Recovery after a hospital stay. An example is The Alden Network's Short-Term Rehabilitation Centers, which have been designed environmentally on the level of a fine hotel, offering upscale interiors, luxurious accommodations and five-star amenities as well as hospital-level medical capabilities. They are not nursing homes—actually, far from it. The Alden Network has built and continues to build facilities to meet the discerning needs of short-term patients who require a few days of care and therapy before returning to home safely.

Short-Term Rehabilitation Centers can be an important part of the overall health care delivery system, providing individuals with the care and services they need to build up strength, functionality and independence before returning to home.

Short-Term Rehabilitation Centers are designed to provide the highest level of Short-Term Rehabilitation and medical care in a comfortable five-star hotel setting. In fact, The Alden Network offers Exclusive Post-Acute Programs in:

- NeuroStrokePro™
- CardioPro™
- OrthopedicPro™
- PulmonaryPro™
- MedicallyComplexPro™

With a shorter length of stay in the hospital, patients' individual care needs are higher than they have been in the past and a little extra care, like that offered at a Short-Term Rehabilitation Center or at home, may be just what is needed for the best recovery.

Most insurance plans and Medicare pay for Short-Term Rehabilitation and therapy.

RON BENNER, BSN, MBHA, RN,
VP, POST-ACUTE

THE ALDEN NETWORK



CONTACT INFORMATION:

**For more information, call
The Alden Network
at 800-291-5900**

SHOULD YOU GO HOME OR GO TO SHORT-TERM REHABILITATION?

Here are the top 5 questions to ask after a hospital stay:

Choosing whether to go home from the hospital or to go to a Short-Term Rehabilitation Center may be difficult to make since the comfort of your home is appealing. However, you should ask yourself the following before making a decision:

1. Do I have someone at home to care for me?
2. Do I need therapy a few days a week (Home) or almost daily (Short-Term Rehabilitation) to build back up my strength?
3. Will I do exercises at home in between therapy visits (Home) or would I do better with a therapist keeping me accountable every day (Short-Term Rehabilitation)?
4. What are my short-term and long-term recovery goals?
5. Do I suffer from multiple medical conditions and close monitoring and extra medical care would be helpful just in case (Short-Term Rehabilitation)?

Going to a Short-Term Rehabilitation Center after a hospital stay to receive therapy and care may improve the likelihood of catching new or recurring problems early and treating them in the facility versus having to return to the hospital. If you are unsure whether going home or going to a Short-Term Rehabilitation is the answer for you, contact The Alden Network and we can help you choose the right level of care for you.

Hand Rejuvenation

RAYMOND METZ, JR., M.D.
CORE ORTHOPEDICS & SPORTS MEDICINE



Dr. Metz is a Board Certified Orthopedic Hand Surgeon who treats adult and pediatric hand disorders. Whether it is a cosmetic or an orthopedic condition, Dr. Metz utilizes the latest technology and techniques to give his patients the most optimal outcomes. Besides hand rejuvenation Dr. Metz treats all hand and wrist conditions such as fractures, nerve disorders, arthritis, and Dupuytren's disease.

His education and training includes: B.S., Wabash College, Cum Laude; M.D., Indiana University School of Medicine; Residency, Department of Orthopaedics, Indiana University School of Medicine; and Fellowship, University of Pittsburgh Medical Center-Hamot, Pa.

Dr. Metz is a member of the American Association of Orthopaedic Surgeons, the American Society for Surgery of the Hand, the American Association of Hand Surgeons, the Chicago Society for Surgery of the Hand, and the Chicago Medical Society.

Dr. Metz treats patients in both Hoffman Estates and Elk Grove Village, Ill.

CONTACT INFORMATION:

CORE Orthopedics & Sports
Medicine

555 Biesterfield Rd | Elk Grove
Village, IL 60007

2380 Lakewood Blvd | Hoffman
Estates, IL 60192

Phone: 847-690-1776

Fax: 847-690-1777

www.coreorthosports.com

Aging is a part of life, and unfortunately it is inevitable. Aging has some beneficial aspects such as wisdom, true friends, and accumulated wealth. Despite these benefits, aging also has some downsides: wrinkles, lines, and age spots. As we entered into the 21st century, people began living longer and feeling more youthful later in life. People have been looking for the cure to aging for millennia.

Your face is the first thing that people see when they greet you. The second thing that people see are your hands. Shaking hands with someone, waving, or even drinking a cup of coffee display our hands. Let your hand's outward appearance be a reflection of your inner youthfulness. As we age, wrinkles, age spots and losing the fat layer of the hand changes the overall appearance, causing them to lose that youthful appearance.

Fat loss in the hands leads to prominent veins, visible tendons, and a sunken appearance of the back of hands. No matter how well one cares for their hands, fat loss occurs. There are surgical options to add fat to the backs of hands;

however, these are invasive, expensive, and can lead to more problems in the long term. These invasive procedures include fat grafting, using liposuction harvested fat, and tightening the skin of the hand by removing a section.

Complete Hand Rejuvenation is an affordable, non-invasive, in office procedure that can address age spots, wrinkles, prominent veins, and the bony appearance to hands. Complete Hand Rejuvenation is comprised of skin treatments for age spots and an injectable dermal filler. Dermal fillers are safe, naturally occurring sugars that are injected under the skin of the hand. They increase the fullness of the hand to make it look more youthful. On average, dermal fillers last one to two years and are hypoallergenic. Dermal fillers should be administered by a trained professional. If not injected properly, complications can include: infections, nodule growth, hardening of the tissue, and poor wound healing.

Entrust your hands to a Board-Certified Hand Surgeon, and inquire today about our Complete Hand Rejuvenation at Core Orthopedics and Sports Medicine.

Pilates and Physical Therapy: An Integrated Approach to Health and Fitness

KATE STROZAK, BA, LMT,
PMA-CPT

ADVOCATE GOOD SHEPHERD HEALTH &
FITNESS CENTER

As healthcare evolves, people are taking a more proactive approach to the prevention, maintenance, and treatment of their injuries & conditions. This proactive approach begins with exercise. Due to its low-impact nature, Pilates is ideal for clients of countless situations and conditions. Research is showing that Pilates is particularly suitable for: breast cancer patients, older clients with balance concerns, prenatal and postpartum clients, people with low back pain, people with neurological conditions, athletes, and many more.

Physical therapists and Pilates instructors have found that integrating therapy with Pilates can yield tremendous results for patients and clients. Pilates instructors can safely guide clients through exercise and recognize red flags requiring the attention of a physician or physical therapist. When a patient is transitioning from physical therapy back to their normal activities, Pilates can help condition the whole body which was likely affected in some capacity by the original injury.

Recently two physical therapists from Advocate Good Shepherd Hospital's Rehabilitation Services department completed a comprehensive teacher training program through Polestar Pilates. The Good Shepherd Health & Fitness Center is unique in that they train people to become professional Pilates instructors, including physical therapists, and the center's Pilates department both contracts and employs physical therapists who are also Pilates instructors. This allows members of the community to get expert training from physical therapists and highly skilled instructors all under the umbrella of Pilates.

Patty Jasonowicz PT CLT-LANA is excited to integrate the Pilates training into her treatment plan with patients who have chronic conditions such as cancer, arthritis, lower back pain or post surgical conditions. Due to the limited number of PT visits, high copays and therapy caps, patients have very limited time with the physical therapist.

According to Patty, "Working alongside Pilates instructors, we can offer our patients a continuum of supervised care in an environment that will help restore function, strengthen small stabilizing muscles, address soft tissue which has become tight or restricted, and overall improve biomechanics and breathing."

Advocate physical therapist, Peggy Johnson, said she decided to pursue a Pilates certification because optimal recovery and health is a continuous process. After illness, injury or surgery, physical therapy addresses the pain and disability concerns of the patient. Once these goals are achieved, Pilates is a natural follow-up to progress the client from the finishing point of physical therapy toward total body movement integration. At Good Shepherd Health & Fitness Center, with the client's permission, the physical therapist and Pilates instructor can communicate to better plan a program for the client. This partnership can potentially lead to a better quality of life with less pain, weakness and movement limitations.

One of Peggy's patients commented: "Working out in Pilates made me feel like a normal person again after having months and months of medical care." This is the magic of the physical therapy and Pilates partnership. It helps individuals progress from the illness/disability end of the continuum toward optimal health and wellness.

There are many techniques therapists learn and excel at to help their patients heal, however exercise is a key component not only for the strength training aspect, but also for helping to train motor control. Motor control is the brain's ability to coordinate your body's muscle activation and recruitment during movement. Therapists can strengthen muscles, release tension, and accomplish large gains for a patient but if motor control isn't addressed, the impact from therapy will likely be short lived. Pilates provides therapists with a plethora of exercises that can address any part of the body and modified to suit each individual.



Kate Strozak, BA LMT PMA-CPT, is the Pilates Coordinator for GSH&FC, an educator for Polestar Pilates and Oov Education. She believes in client empowerment, a mind-body approach to health and fitness, and finding creative and fun ways to help clients and instructors achieve their goals.

When looking for a new approach towards enhancing your health and fitness, consider Pilates and when necessary, Pilates integrated with physical therapy at Advocate Good Shepherd Health & Fitness Center. Group classes and individual instruction is offered 7 days a week throughout all hours of the day. For more information, contact Kate Strozak at 847-620-4514, or GSH-Pilates@advocatehealth.com.

Comprehensive Care and Treatment for Women's Neurological Needs

A woman's neurological needs, throughout her entire lifetime, require a medical practitioner who specializes in women's neurology—one who understands the unique and different interactions between a patient's oral medications, age, hormones, pregnancy plans, and the presence of neurological disorders. Often, psychological challenges and disorders occur along with neurological disorders—as both of are conditions of the brain—and must be considered and treated as part of comprehensive care.

At Northwest Neurology, we see many problems and conditions at our Women's Neurology Center. One of the most common concerns is frequent migraines.

MIGRAINES

Migraines are a highly individualized problem, and women will experience greater frequency and intensity of migraines at different times in their lives. Migraines differ from headaches in that they are more intense, causing sensitivity to light, sound, and smell. Some migraine sufferers see spots and sparkles, and experience nausea, vomiting, and fatigue. Migraines occur more often than the occasional headache and may require medical treatment.

NEUROLOGICAL PROBLEMS AND PREGNANCY

For women being treated for neurological disorders such as epilepsy, it is important to talk

with a doctor trained in women's neurology if you become pregnant, or are planning a pregnancy. The management of neurological problems during pregnancy include headache, seizure, sciatica, carpal tunnel, Bell's palsy, and others. The good news today is that 96 percent of women with epilepsy can have healthy babies with the help and care of a women's neurological specialist. At Northwest Neurology's Women's Neurology Center, we collaborate on treatments with our patient's OB/GYN for the best possible care.

MANAGEMENT OF NEUROLOGICAL CONDITIONS

One area we manage is the interaction of neurologic medicines with the use of hormonal contraception. The interface of neurological conditions such as MS, epilepsy, headaches, and migraines with contraception, pregnancy, and menopause also requires specialty knowledge and training for a woman's health care. For all women's neurological health needs, a female-centered and comprehensive approach is necessary for the best possible outcome.

Northwest Neurology has five convenient locations.

847-882-6604

Visit at www.NorthwestNeuro.com

Locations:

South Barrington

100 W. Higgins Rd., Ste. H-45
South Barrington, IL 60010

Lake Barrington

22285 Pepper Rd., Ste. 401
Lake Barrington, IL 60010

Libertyville

1900 Hollister Dr., Ste. 210
Libertyville, IL 60048

Crystal Lake

525 Congress Pkwy., Ste. 120
Crystal Lake, IL 60014

Rolling Meadows

3701 Algonquin Rd., Ste 800
Rolling Meadows, IL 60008

Northwest Neurology's *Women's Neurology* is specialized beyond General Neurology as Dr. Sahay recognizes and understands how each woman is unique and requires expert care by specialists who understand the interactions and evolution of neurological conditions throughout a woman's lifetime. Dr. Sahay is the only fellowship trained Women's Neurology specialist in the northern Chicagoland area. Women who are seen at Northwest Neurology have access to a unique team approach that offers a high level of collaboration and advanced care not readily found anywhere else.

MANISHA SAHAY, M.D.

NORTHWEST NEUROLOGY



Dr. Manisha Sahay is Board Certified in Neurology and maintains her practice with Northwest Neurology in general neurology and her sub-specialty of women's neurology. Her areas of training and interest are the management of neurological disorders throughout the various hormonal and reproductive changes in a woman's lifespan, including pregnancy, menstruation, and menopause, as well as medications considerations that are unique to women with neurological conditions. She is also trained in neurophysiology, including EMG and EEG. Dr. Sahay completed her fellowship in Women's Neurology at Northwestern University and completed her medical internship and neurology residency there as well. She received her medical degree from the Medical College of Wisconsin in Milwaukee. She is fluent in Hindi.

NORTHWEST NEUROLOGY AREAS OF EXPERTISE

Migraines
Multiple Sclerosis
Concussions
Headaches
Seizures
Movement disorders
Memory and cognition disorders
Neuromuscular disorders
Neuro-rehabilitation needs
Neuro-hospitalist needs
Women's neurological needs
Sleep medicine

Advocate Good Shepherd Hospital Continues Commitment to Community



Advocate Good Shepherd Hospital has completed a four-year modernization project, ensuring that care delivery remains outstanding and attuned to the community's evolving needs. The renovation and expansion has improved the patient care experience by enhancing privacy, promoting innovation and increasing efficiency.

"Improving the patient care experience is our goal," said Karen Lambert, Advocate Good Shepherd Hospital president. "This design enhances patient access and creates a more streamlined flow."

The project added 230,000 square feet and renovated 150,000 square feet. Among the major improvements are four new inpatient units, including an expanded 18-bed medical intensive care unit and three medical/surgical units. All of the hospital's 176 inpatient rooms now are private, and all new inpatient rooms are equipped with smart room technology.

The work included 14 new and renovated operating rooms and four new rooms for cardiac catheterization, electrophysiology, and interventional radiology, providing increased capacity and state-of-the-art equipment. The project added private rooms for patients prior to and after procedures and an expanded area and amenities for family waiting.

Other new and modernized areas include consult space for patients with chronic illness,

such as congestive heart failure and diabetes; a centralized testing area offering easy access to diagnostic exams; a new breast care center with expanded capacity; new physical rehabilitation and cardio-pulmonary rehabilitation departments; and an expanded endoscopy area. The modernization also improves energy efficiency and includes green roofs to provide energy-conserving insulation and to absorb rainwater.

Advocate Good Shepherd Hospital is part of Advocate Health Care, the largest health system in Illinois and one of the largest health care providers in the Midwest.



Advocate Good Shepherd Hospital is a leader in delivering the most advanced technologies and comprehensive health care services available in the northwest suburbs. Awards include:

- Magnet designation for excellence in nursing services by the American Nurses Credentialing Center's Magnet Recognition Program. This is the highest award a hospital can receive for outstanding quality and excellence in nursing care.
- Ranked by "U.S. News & World Report" among the top 20 hospitals in the Chicago metro area. Recognized as high performing in the following common adult procedures: Heart Failure, Chronic Obstructive Pulmonary Disease (COPD), Hip Replacement, and Knee Replacement.
- Recipient of the Healthgrades Patient Safety Excellence Award, which recognizes hospitals in the top 10 percent in the nation for patient safety.
- American Heart Association/American Stroke Association Get with the Guidelines Platinum Award; Get with the Guidelines Stroke Gold Plus Achievement Award; Mission: Lifeline Silver STEMI Level Recognition Award.
- Emergency Nurses Association Lantern Award, which recognizes emergency departments that demonstrate exceptional and innovative performance in leadership, practice, education, advocacy and research.
- Recognized by the Blue Cross Blue Shield Blue Distinction Specialty Care program for expertise and efficiency in delivering specialty care in the following areas: Cardiac Care, Knee and Hip Replacement, Maternity Care, and Spine Surgery.
- Practice Greenhealth's TOP 25 Environmental Excellence Award, which recognizes the 25 health care facilities in the country that exemplify the best in environmental excellence and the highest standards for environmental practices.

IBJI OFFERS SAME DAY ORTHOPEDIC CARE

IBJI OrthoAccess immediate care clinics offer same day care for adults and children for a variety of orthopedic challenges including fractures, sprains, strains, back and neck pain, work and sports injuries and minor auto accident injuries.

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