

HEALTH & WELLNESS ISSUE

SHEPHERD

NORTH SHORE STYLE
& SUBSTANCE

FEBRUARY 2023

“Health is a state
of body. Wellness is
a state of being.”

-J. STANFORD

**PEDALING
WITH
VELOCITY**

**PRESCOTT
ELLISON'S
SUPERFOOD
FRIENDS**

**TOP
DOCTORS**

**INCOMING
CEO
JANAE
MEYER
TALKS
METROSQUASH**

**FOUR
SEASONS
WELLNESS
RETREAT**

**EVERGREEN'S
EMILY
GRODEN**



Premier Doctors

Through changing times in our communities over the past year, one thing has been consistent—the quality care provided by the North Shore’s premier health care providers. Fortunately for our communities, we have some of the finest physicians, surgeons, and health care specialists right here in our midst. Please join us in celebrating some of the North Shore’s most accomplished doctors and all that they bring to the communities that we call home. This annual feature showcases the area’s premier doctors across a variety of specialties—from gastroenterology and mental health to plastic surgery and dentistry. The physicians featured here are dedicated to keeping us all safe, healthy, and happy. As we move into 2023 and look ahead to a brighter future, there has never been a better time to say thank you for all that they do.

*PRODUCED & EDITED BY KEMMIE RYAN
PHOTOGRAPHY BY JAMES GUSTIN/FIG
MEDIA, MONICA KASS ROGERS, ROBIN
SUBAR, & KATRINA WITTKAMP
STYLING BY THERESA DEMARIA
HAIR & MAKEUP BY MARWA BONDOKJI,
LEANNA ERNEST, CATHLEEN HEALY, &
SHANTE PARKER OF LUXURYSTRAND*

This feature was greeted enthusiastically by the health care community and will be a recurring annual series. If you like what you see in these pages and would like to recommend an outstanding physician for our 2024 feature, please contact us at features@sheridanroadmagazine.com.

**MONIM ALBAZZAZ,
D.M.D.; EMAN
ALSAHLANI, D.M.D.**

ALSAHLANI AND ALBAZZAZ DENTAL

SPECIALTY: Family Dentistry

EDUCATION:

Dr. Monim Albazzaz: B.S., Biological Sciences, University of Illinois at Chicago; D.M.D., Midwestern University College of Dental Medicine, Illinois

Dr. Eman Alsahlani: B.S., Psychobiology, University of Miami, Florida; Doctor of Dental Medicine, New York University College of Dental Medicine and Nova Southeastern University College of Dental Medicine

DISTINCTIONS:

Drs. Albazzaz & Alsahlani: Member, American Dental Association, Illinois State Dental Society, Chicago Dental Society, American Academy of General Dentistry; Waukegan Dental Study Club

Dr. Eman Alsahlani and Dr. Monim Albazzaz run a warm, welcoming practice where patients are treated like friends and family. Aside from their excellence and expertise in dentistry, what makes them even more special is they take the time to know each of their patients on a personal level. Their practice has always been built on trust, quality, empathy, and respect with everyone who walks through their doors. Dr. Alsahlani and Dr. Albazzaz value their staff immensely and appreciate what an integral part of their success they are. Each team member is treated with respect, integrity, and kindness. Their newly renovated office is often referred to as the “unicorn office of the North Shore,” as many patients have taken the time to write reviews, send feedback, and most honorably, referred their own friends and family. Dr. Alsahlani is a mother of three children, ages 10, 11, and 16 years old, and her husband, Dr. Rami Taha, is a prominent Infectious Disease specialist also on the North Shore. Dr. Albazzaz, an avid Chicago sports fan, was born and raised in Illinois. He enjoys fitness and spending time with his parents and younger sister and brother.

Alsahlani and Albazzaz Dental is located at 1320 Golf Road in Waukegan, 847-336-2800, alsablantidental.com.



JOHN Q. COOK, M.D.

WHOLE BEAUTY® INSTITUTE
RUSH UNIVERSITY MEDICAL CENTER,
ATTENDING SURGEON, DIVISION
OF PLASTIC AND RECONSTRUCTIVE
SURGERY

SPECIALTY: Plastic Surgery

EDUCATION: B.A., cum laude, Yale University;
M.D., Northwestern University Medical School;
M.S., Surgical Research, University of Illinois;
post-graduate training, Rush University Medical
Center and Northwestern University Medical Center

AWARDS/HONORS: *U.S. News & World Report* Top
Doctor; Castle Connolly Top Doctors (over 10 consecu-
tive years); Best Doctors in America; America's Best
Surgeons; Healthgrades Recognized Doctor; *New York
Times* Super Doctors List; Marquis Who's Who List

The foundation of Dr. John Q. Cook's approach to plastic surgery and aesthetics is a passionate commitment to naturalism. For both surgical and aesthetic treatments, his goal is to create a result that looks like it belongs to the patient's natural structure. "I love making people feel better about themselves. When we make a person look better, this enhances their self-image, and they take better care of themselves," he says, explaining that his purpose is to be a trusted advisor to his patients. "In this way, plastic surgery and aesthetic treatments can be a gateway to better health and well-being, especially if we provide gentle encouragement along the way. As someone who is deeply interested in aesthetics, I want to find a way to help each person achieve their very best form, and always in a way that respects each person's natural structure." Dr. Cook has lectured at national and international meetings about his facelift technique under local anesthesia, the structural technique of breast lift, which repositions natural tissue, the integration of facial surgery with medical aesthetics, and advanced techniques of body contour. "People have gone through a lot of extra stress over the past few years. I have changed my approach so that much of my surgery is done under local anesthesia, which has significantly improved safety and the overall patient experience," says Dr. Cook, who along with his team at the Whole Beauty® Institute in Chicago and Winnetka offer a continuum of surgical and medical aesthetic treatments individualized to each patient's needs.

Whole Beauty® Institute is located at 737 N. Michigan Avenue, Suite 760, in Chicago, and at 118 Green Bay Road in Winnetka, 312-751-2112 (Chicago), 847-446-7562 (Winnetka), johnqcookmd.com, wholebeautyinstitute.com, skinshopmd.com.



LORI A. HALVORSON, AU.D., FAAA

LAKE FOREST HEARING
PROFESSIONALS
DUET HEARING PRESERVATION
HEALTHCARE

SPECIALTY: Clinical Preservation Audiologist

EDUCATION: Au.D., Audiology, A.T. Still
University, Arizona; M.S., Audiology, Rush
University

AWARDS/HONORS: Mensa Member; Woman
of Wellness (2020); Academy Scholar (2020);
Lyric Hearing Aid Provider of the Year; Official
Hearing Safety Partner of Road America Race
Track; *Crain's Chicago Business* Notable Health-
care Hero

“Science revealed keeping your hearing is the number one thing you can modify in your life to reduce your risk for dementia. Our hearing cells are biologically designed to last our lifetime,” explains Dr. Lori A. Halvorson, a clinical preservation audiologist, has developed a new field in health care, Preservation Hearing Healthcare, for every ear at every age to help keep your hearing healthy. Dr. Halvorson’s Duet Method was created through her research during the Real-World Evidence study of a new hearing nutraceutical patented by University of Michigan. “You do not need to lose your hearing with age or from noise. Hearing preservation is routine hearing health care, similar to routine dental care,” she says. Dr. Halvorson, Au.D. will launch the first in the world hearing preservation interactive clinic in downtown Lake Forest this month—Duet Hearing Preservation Healthcare, 267 E. Westminster, Lake Forest 847-295-1185.

Lake Forest Hearing Professionals is located at 225 E. Deerpath Road, Suite 223, in Lake Forest; at 440 N. Central Avenue, Suite 100, in Northfield; and at 1030 W. North Avenue, Suite 308, in Chicago; 847-295-1185; lake-foresthearing.com. Coming soon, Duet Hearing Preservation Healthcare, located at 267 E. Westminster, in Lake Forest, 847-295-1185.



DR. SARA DICKIE

SURGICAL AESTHETICS +
RECONSTRUCTIVE ARTS

SPECIALTY: Plastic and Reconstructive Surgery,
Aesthetic Medicine

EDUCATION: B.A., Oberlin College; M.D. University
of Chicago Pritzker School of Medicine; Plastic Sur-
gery residency, University of Chicago Medical Center;
Pediatric Plastic Surgery fellowship, NorthShore
University HealthSystem

AWARDS/HONORS: Gold Humanism in Medicine
Award, AOA Medical Honor Society

Dr. Sara Dickie, certified by the American Board of Plastic Surgery (ABPS), has a passion for helping her patients look and feel their best within their own skin. “I absolutely love what I do. The specialty of plastic surgery is so distinct, yet wide-ranging, sadly there are many misconceptions regarding outcomes due to the explosion of unfiltered social media,” says Dr. Dickie. “When you compare the vast number of providers offering cosmetic surgery to the true number of ABPS-certified plastic surgeons, which requires highly specialized training and rigorous assessment, then the actual number of skilled plastic surgeons is small. It is this specialty group that performs surgery under the most stringent safety conditions.” For Dr. Dickie, patient safety is paramount. Performing surgeries for over a decade has meant that Dr. Dickie has been exposed to a diversity of plastic surgery patients, allowing her to hone her surgical approach optimally and advise her patients on how to achieve their aesthetic goals, both effectively and safely. “I love educating my patients and gaining their trust,” she explains. “There are so many available options now which include new techniques and minimally invasive technologies, it gives me the opportunity to safely offer customizable options for every patient.” In 2022 Dr. Dickie opened Surgical Aesthetics + Reconstructive Arts (S.A.R.A), a boutique practice that represents her clinical ethos; personalized plastic surgery with a high level of safety and consistently outstanding results. Dr. Dickie smiles, “It is a rewarding and fantastic journey, both for my patients and myself.”

*Surgical Aesthetics + Reconstructive Arts is located at
9000 N. Waukegan Road, Suite 130, in Morton Grove,
847-999-7800, sara.surgery, scheduling@sara.surgery.*





CARMEN WOODS HOLLOWELL, M.D., FACOG; BRIAN J. SALIBA, M.D.

THE WOODS WOMEN'S GROUP

SPECIALTY: Obstetrics and Gynecology

EDUCATION:

Dr. Carmen Woods Hollowell: B.S., Spelman College; M.D., Meharry Medical College; residency, Rush University Medical Center

Dr. Brian Saliba: B.S., University of Illinois; M.D., Rosalind Franklin University Chicago Medical School; residency, Lutheran General

“At The Woods Women’s Group, our patients are more than just a name or a number, they’re family,” says Dr. Carmen Woods Hollowell. “Our philosophy is to provide cutting-edge personalized service where our patients always come first.” Led by an expert team of highly skilled and experienced physicians, the practice offers a wide array of innovative treatments, minimally invasive therapies, and convenient in-office procedures to provide cutting edge care for women of all ages. “What sets The Woods Women’s Group apart,” explains Dr. Brian Saliba, “is our deep commitment to our team working collaboratively, to deliver the right care to all our patients.” Care ranges from gynecology, infertility, pre-natal, and family planning to breastfeeding education and support, and helping women through all aspects in the transition of menopause. Should a procedure be required, the practice’s expert providers are well-versed in the most current minimally invasive gynecologic surgeries, using the daVinci® Robot System, and single-site vaginal surgery to provide optimal outcomes with fast recovery. For Dr. Woods Hollowell, providing quality individualized care that enhances the lives of women is a top priority. “It’s not business with The Woods Women’s Group; it’s personal,” she says. She and Dr. Saliba are both from the Highland Park, Lake Forest, and Lake Bluff areas and have a commitment to the North Shore community.

Woods Women’s Group is located at 351 S. Greenleaf, Suite A, in Park City, 847-244-4110, woodswomensgroup.com, Instagram: @chitownobgyn, Facebook: Woods Women’s Group

JEREMY WARNER, M.D.

FACS

WARNER AESTHETIC &
RECONSTRUCTION INSTITUTE

SPECIALTY: Plastic & Reconstructive Surgery

EDUCATION: M.D., George Washington University School of Medicine & Health Sciences; plastic surgery residency, University of Wisconsin – Madison; fellowship in facial plastic surgery, Adamson Associates – University of Toronto

AWARDS/HONORS: Board-certified, American Board of Plastic Surgery; Board-certified American Board of Facial & Reconstructive Surgery; The Volunteer Center Superhero Award, 2021; Clinical Associate – University of Chicago Section of Plastic & Reconstructive Surgery; Director, Chicago Rhinoplasty Symposium; Director, Warner Institute Fellowship Training Program; Mission Director, Nepal Surgical Mission (Face the Future Foundation); Clinical Rhinoplasty Instructor, American Society of Aesthetic Plastic Surgeons

Dr. Jeremy Warner embodies professionalism and personality. He is a board-certified surgeon and founder of The Warner Aesthetic & Reconstructive Institute, a world-class aesthetic and reconstructive surgery practice, as well as a leader in global surgical and medical mission care. For more than a decade, the doctor has garnered a reputation of being personable while delivering extraordinary results and taking exceptional care of his patients. Dr. Warner provides the highest quality cosmetic and surgical and nonsurgical procedures, like the in-office Swift-Lift™ procedure—a proprietary procedure that offers the natural results of a traditional facelift/neck lift with the benefits of being performed safely under local anesthesia without drains and cutting the average operating and recovery times in half. “At the Warner Institute, we have a particular expertise in facial plastic surgery, rhinoplasty, revision rhinoplasty, and in-office lower face and neck lifting. This set of expertise is unique in the world of plastic surgery and sets us apart,” explains the doctor. “There is a trend towards more office-based surgery and using our vast experience in facial surgery, we have developed this procedure that provides superior results, using state-of-the-art surgical techniques, all in an office-based setting. This is one way that we are paving the future of plastic surgery.”

Warner Aesthetic & Reconstructive Institute is located at 436 W Frontage Road in Northfield, 847-558-8888, warnerinstitute.com



MEENA T. MALHOTRA, M.D.
HEAL N CURE

SPECIALTY: Internal Medicine, Obesity Medicine, Functional Medicine

EDUCATION: M.D., American College of Physicians; residency, internal medicine, St. Joseph Hospital, Chicago

AWARDS/ HONORS/DISTINCTIONS: Frequent guest on NBC, ABC, WGN, and Fox

Dr. Meena T. Malhotra, a double-board certified doctor and founder of Heal n Cure in Glenview, is committed to healing disease at the root cause through an Integrative Functional Medicine approach. As a member of the American College of Physicians, Dr. Malhotra uses her training to create individual healing plans for her patients. "My training in Western medicine helps me understand practices from unconventional medicine modalities objectively," shares Dr. Malhotra. "As a novice medical doctor, after more than a decade of school, I was ready; ready to heal the world. I was, energetic, compassionate, and eager to make a difference." Dr. Malhotra believes an increasing amount of the population is becoming dependent on chronic disease management programs and has tailored her approach to wean patients from lifelong medication regimens for illnesses which, in some instances, fail to provide relief or can even lead to harmful side effects, choosing to instead focus on reversal rather than management of common conditions such as obesity, autoimmune diseases, hormonal imbalances, menopause, incontinence, thyroid, diabetes, sleep apnea, mental health, and female sexual dysfunction. Dr. Malhotra uses her detailed knowledge of each patient's genetic, biochemical, and lifestyle factors to develop a personalized treatment plan for optimal outcomes.

Heal n Cure is located at 2420 Ravine Way, Suite 400, in Glenview, 847-686-4444, healncure.com.



MANOJ K. MEHTA, M.D.

THE ENDOSCOPY CENTER OF THE NORTH SHORE

SPECIALTY: Gastroenterology

EDUCATION: Medical school, Internal Medicine Residency, and Gastroenterology Fellowship at Rush-Presbyterian-St. Luke's Medical Center

HONORS/DISTINCTIONS: Castle Connolly Top Doctors 2022; Board certified in Gastroenterology; Fellow of the American College of Gastroenterology, Fellow of the American Gastroenterological Association; Fellow of the American Society for Gastrointestinal Endoscopy; Practice Management Committee of the ACG; Co-chair of the annual ACG Practice Management Summit; speaker, Becker's ASC Conferences, local lectures, grand rounds, and various speaking events; EPIC EHR Optimization Committee and Adenoma Detection Improvement Committee, NorthShore University HealthSystem; National GI Steering Board, EPIC Healthcare; Senior Clinician Educator, NorthShore University and the Pritzker School of Medicine at the University of Chicago

A lifelong Chicagoan, Dr. Manoj Mehta is well known as a local expert in gastrointestinal (GI) consultation and endoscopy. Many patients and colleagues have commented on the thoroughness of his history-taking, listening skills, and comprehensive notes. He built The Endoscopy Center of the North Shore as an alternative to the busy hospital setting. It has emerged as a center for excellence in digestive care. "Many patients told me they called their hospital and got a call center. I wanted to give people an alternative to the depersonalized hospital experience," he says. "Over the years, the savvy patient has sought out high quality, individualized care in a clean, modern space where they can avoid the hospital altogether." Dr. Mehta always strives to treat each patient with respect and dignity, and being in control of the whole patient experience allows him to do that. With the success of his office-based endoscopy center in Wilmette, Dr. Mehta is planning a move to an even more spacious, warm, and modern building this spring. His professional passions include personalized medicine, patient safety, quality improvement, and teaching endoscopy to the NorthShore University HealthSystem GI Fellows. In his spare time, he is taking welding classes and enjoys working on his 1965 Mustang. Of all of his achievements, Dr. Mehta is most proud of his four grown, very accomplished children. The Endoscopy Center has full accreditation, safety certification, and prestigious quality awards. The Center is the only office-based GI Lab on the North Shore to hold the coveted ASGE Endoscopy Unit Recognition quality star designation.

The Endoscopy Center of the North Shore is located at 1100 Central Avenue, Suite H, in Wilmette, 847-256-1855, info@ginorthshore.com, ginorthshore.com.



ANTHONY P. TERRASSE, M.D., FACS

TERRASSE AESTHETIC SURGERY &
ERASE MEDISPA

SPECIALTY: Plastic Surgery

EDUCATION: B.S., University of Notre Dame;
M.D., Vanderbilt University School of Medicine;
M.D., surgery and plastic surgery, Northwestern
Medicine; certification, American Board of Plastic
Surgery

AWARDS/HONORS/ACCOLADES: Top Doctor,
plastic surgery, *Newsweek* and *U.S. News & World
Report*; top aesthetic surgeon, Castle Connolly;
guest expert, radio and TV broadcasts including
ABC, CBS, Fox, and NBC, as well as *People*,
Fitness, *Satisfaction*, *Crain's Chicago Business*, *Chicago
Sun-Times*, and *Chicago Tribune*

Throughout more than 25 years practicing on the North Shore, Dr. Anthony P. Terrasse has been motivated by the desire for positive patient results while respecting the integrity and natural beauty of every individual. Inspired by artistry and form, he is recognized locally and nationally for his leadership, experience, and expertise in aesthetic and reconstructive plastic surgery and skin care. "I derive great satisfaction in providing my patients with improved self-esteem and confidence," says Dr. Terrasse, whose credentials include serving as past chairman of the Department of Surgery of Northwestern Lake Forest Hospital, working as a Clinician of Surgery there, and being on staff at the NorthShore HealthSystem and Advocate Aurora Health hospitals. ERASE MediSpa's team includes licensed aestheticians, Kara Cardelli, Angela Morrill, and Kathy Walsh, who are each revered for their knowledge, care, and skill. ERASE MediSpa offers noninvasive procedures that provide effective skin care and laser treatments for body contouring, skin tightening, rejuvenation of the face and body, and hair removal. "For many potential cosmetic surgery patients, looking at their reflections is like peering in an amusement park mirror—what's portrayed on the outside is not what's felt on the inside," he says. "I understand the effect of body image on self-esteem, and I treat it seriously by designing patient refinements with the newest effective technology, keeping the whole individual in mind."

*Dr. Terrasse's practice is located at 700D North
Westmoreland Road in Lake Forest, 847-234-
2400, terrasse.com.*





ARIF ALI, M.D.

NORTHSHORE ORTHOPAEDIC & SPINE
INSTITUTE

SPECIALTY: Shoulder, Hip and Knee Surgery

EDUCATION: Orthopaedic surgery residency, University of Chicago Hospitals; orthopaedic trauma fellowship – focus on the treatment of hip conditions and injuries, Hospital for Special Surgery, New York, New York; orthopaedic sports fellowship – focus on the treatment of shoulder and knee conditions and injuries, The Sports Clinic, Laguna Hills, California

When patients come to Dr. Arif Ali, a skilled Orthopaedic Surgeon with NorthShore Orthopaedic & Spine Institute, they can rest assured that they will receive a comprehensive analysis of their condition and top-level care. With more than 20 years of experience and multiple subspecialty fellowship training, Dr. Ali is prepared to provide his patients with both non-operative recommendations for care of their orthopaedic condition, and surgery if necessary. “Many times, in this era of increased emphasis on efficiency and limited time, patients cannot reliably be assured of direct face to face interaction with the physician to discuss their condition or treatment,” says Dr. Ali. “My practice philosophy centers on being involved personally in patient evaluation, diagnosis, and counselling.” Dr. Ali has built his reputation on providing that personalized and individualized care to each patient, whether they are coming to him as a professional athlete or member of the North Shore community suffering from shoulder, hip, or knee pain. Dr. Ali treats adult patients of all ages, with each presenting a unique set of challenges and goals. “With improvements in medicine and a greater emphasis on healthy lifestyles, patients are living longer,” explains Dr. Ali. “Our ability to as orthopaedic surgeons to help this ever-growing population to continue to live an active lifestyle is crucial.”

Dr. Arif Ali is with NorthShore Orthopaedic & Spine Institute located at 9650 Gross Point Road in Skokie, 847-866-7846, arif.ali.md@gmail.com, aliorthopedics.com.

STEVEN BLOCH, M.D.

BODY BY BLOCH
SKIN DEEP MEDICAL SPA

SPECIALTY: Plastic Surgery

EDUCATION: B.S., Syracuse University; M.D., Downstate Medical Center; residency, general surgery, Northwestern; plastic surgery, University of Wisconsin

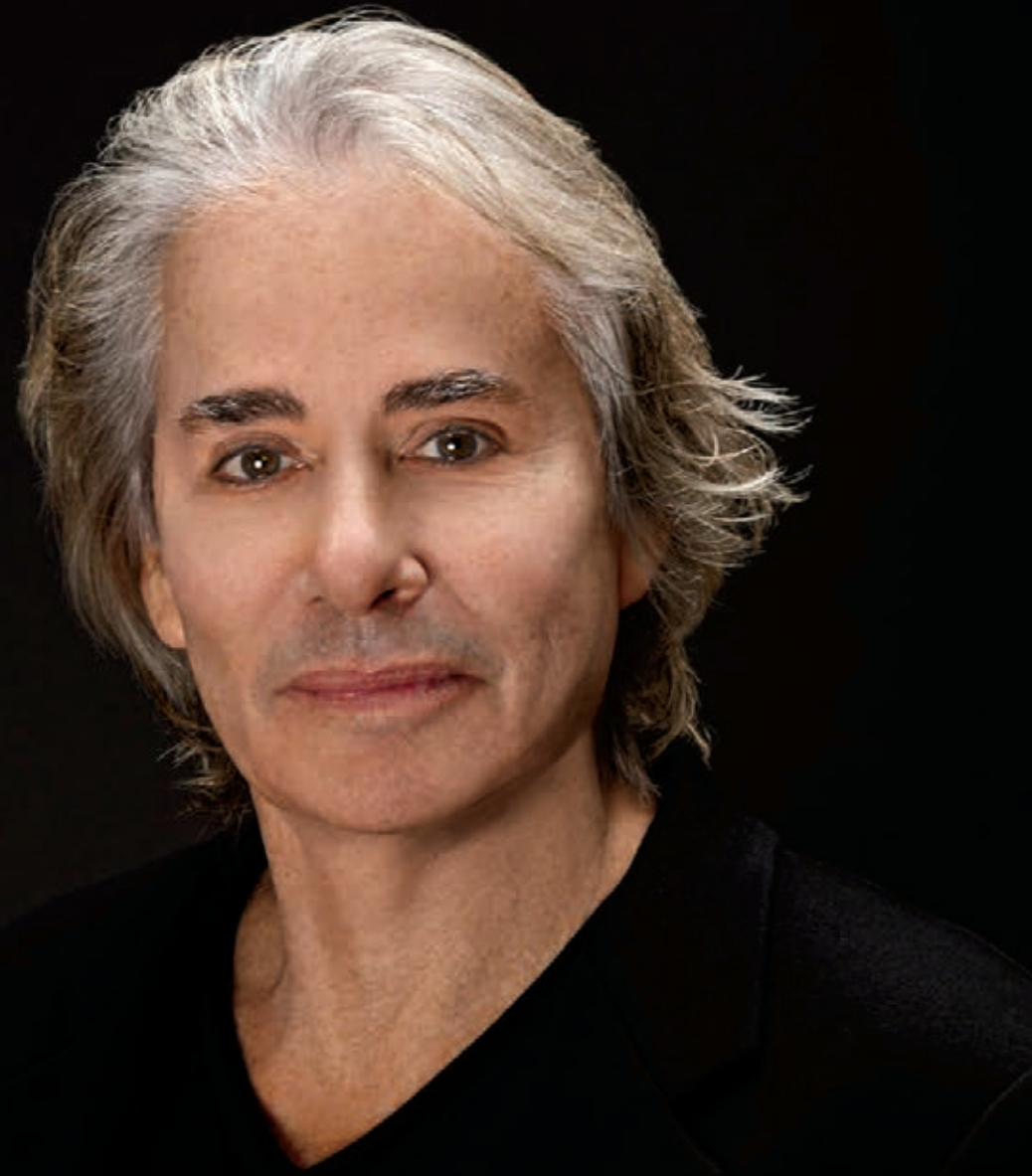
AWARDS/HONORS/DISTINCTIONS:

Top Doctor, Castle Connolly; Top Doctor, *U.S. News & World Report*; past president, Chicago Society Plastic Surgery

Dr. Steven Bloch has been in private practice in Highland Park for more than 35 years, bringing an aesthetic passion to many aspects of his life.

“Plastic surgery is the union of art and science to create a more idealized human form,” says Dr. Bloch, explaining that the study of the human form goes back thousands of years. “Leonardo da Vinci’s drawing the *Vitruvian Man* illustrates what he believed to be a divine connection between the human form and the universe. The ‘Golden Ratio’ is a mathematical concept that goes back to the ancient Greeks. This ratio can be found in the human form and nature itself.” Dr. Bloch has built his practice on the belief that the closer we come to achieving this ratio, the more beautiful we perceive it to be. “The challenge of plastic surgery is to combine surgical skills, techniques, and materials with what the patient brings to the table to create an outcome that more closely approaches the divine,” he adds. “But if there is anything that I’ve learned over the years, it is to listen more closely to the patient—to ascertain what their desires and fantasies might be. The perfect outcome is when the patient’s expectations are met or exceeded.”

Body by Bloch and Skin Deep Medical Spa are located at 1160 Park Avenue West, Suite 2E, in Highland Park, 847-432-0840 (Body by Bloch) or 847-432-0426 (Skin Deep Medical Spa), bodybybloch.com, skindeepmedicalspa.com.



PETER D. GELDNER, M.D.

THE GELDNER CENTER

SPECIALTY: Plastic and Reconstructive Surgery (emphasis in Aesthetic and Cosmetic Surgery)

EDUCATION: B.A., Johns Hopkins University; M.D., University of Wisconsin; residency general surgery, University of Chicago; residency, plastic surgery, Wayne State University, Detroit; residency, plastic surgery, University of Texas Medical Branch, Galveston, Texas

AWARDS/HONORS/DISTINCTIONS: Clinical Faculty, University of Illinois and University of Chicago; Castle Connolly, America's Top Surgeons; Marquis "Who's Who" Lifetime Achievement Award; *RealSelf* Top contributor, Verified Doctor; *U.S. News & World Report* Top Plastic Surgeons; media appearances include ABC, Fox News, NBC, WGN, *Chicago Tribune*, *Life and Style Weekly*, The Learning Channel, *The Jenny Jones Show*, *Larry King Live*, WebMD Radio, *NewBeauty* Instagram Live, and Allergan Instagram Live

Reputations are built over time, with effort, creativity—and ultimately—results. When Dr. Peter Geldner began his practice, most of his work dealt with complex reconstructive surgeries. "The questions were always how to formulate a unique solution for each patient based on their needs, desires, limitations, available tissues, and a creative use of surgical options," he says. "My cosmetic practice rapidly grew in an organic fashion. Patients sought me out since I didn't apply a cookie cutter approach, instead treating each patient in a holistic fashion." Dr. Geldner constantly evaluates his own outcomes to refine his patients' options with surgical, as well as nonsurgical treatments. New devices and techniques may represent substantial advancements in the art and science of plastic surgery; conversely, without close review, they may simply represent hype. "Only critical evaluation allows us to choose which new devices and techniques work and which do not. Consultations focus on a candid discussion of the patient's desires, health, options, and individualized risks," says Dr. Geldner. "We jointly create a plan for success. Intraoperative and postoperative care is vitally important. Experience and critical thought have taught me not to dismiss patient concerns. I realize that for each patient, the subjective outcome of our care far exceeds an objective evaluation of the results." That's why he continues to surround himself with nurses and estheticians who share his vision. "What we do for our patients has tremendous importance in their lives," he adds. "We offer the options to look better, feel better, and live better."

The Geldner Center is located at 680 North Lake Shore Drive, Suite 1345, in Chicago, and at 12 Salt Creek Lane, Suite 315, in Hinsdale, 312-981-4440 (Chicago) or 630-315-5699 (Hinsdale), mygeldnercenter.com.





KUNJAN S. BHAKTA, M.D.
NORTHWESTERN MEDICINE
GENERAL SURGERY

SPECIALTY: Surgical Critical Care and General Surgery

EDUCATION: M.D., University of Michigan Medical School; internship, University of Michigan Health System; residency, University of California San Francisco; fellowship, University of Michigan Health System

DISTINCTIONS: Double board certified in Surgery and Surgical Critical Care, American Board of Surgery

Dr. Kunjan S. Bhakta is an award-winning physician helping patients with their most critical surgical needs on the North Shore. He specializes in abdominal surgery, benign anorectal disease, gallbladder surgery, hernia surgery, and laparoscopic surgery. Dr. Bhakta's field requires him to make often life-saving decisions, something he treats with the utmost importance. "As medicine continues to improve, patients are living longer and they come to the hospital with more complex issues. My background in Critical Care allows me to take care of the sickest patients," he says. "It is my responsibility to help guide the patient and their family through difficult decisions." Dr. Bhakta credits his stellar reputation with being himself and being a communicator, something he was recognized for through the William W. Coon Award by the surgical residents at the University of Michigan. This award is presented to the General Surgery faculty member who best demonstrates the combination of clinical skill, concern for patients, and commitment to the education and well-being of residents. He shares, "Basically, I think it highlights that I am empathetic, a good communicator, and a good teacher."

Dr. Bhakta is with Northwestern Medical Group located at 800 N. Westmoreland Road, Suite 100, in Lake Forest, 847-234-4310, nm.org/doctors/1992966592/kunjan-satishkumar-bhakta-md.



MICHAEL A. HOWARD, M.D.
NORTHWESTERN MEDICINE

SPECIALTY: Plastic Surgery

EDUCATION: B.A., Illinois Wesleyan University, cum laude (1993); M.D., Emory University School of Medicine (1997); Plastic Surgery residency, Georgetown University (2003); fellowship, Microsurgery/Breast Surgery, Memorial Sloan-Kettering Cancer Center (2004)

HONORS/AWARDS/DISTINCTIONS: Castle Connolly Top Doctors (2018); American Association of Plastic Surgeons (since 2017); Martin R. Sullivan Teaching Award (2007); Northeastern Society of Plastic Surgery, Outstanding Paper, Resident/Fellow Competition (2005); Medical Director Plastic Surgery, Northwestern Medicine Lake Forest Hospital (2021)

Dr. Michael Howard has built his practice around the care of women with, or at a high risk of developing, breast cancer. As a board-certified plastic surgeon and the medical director of Microsurgical Breast Reconstruction at Northwestern Medicine Health Network, Dr. Howard focuses on reconstructive procedures after cancer or other trauma, in order to return patients to their normal. “My practice is unique. We provide highly specialized, individualized care in the Northwestern Medicine setting, allowing me to marry the clinical, educational, and academic aspects of better care,” explains Dr. Howard. He closely follows emerging, leading-edge data in the field that demonstrates improved long-term quality of life and patient satisfaction with autologous, or natural, reconstructive surgical procedures. These techniques can result in more natural sensation and allow for a graceful aging experience. “Daily, when caring for breast cancer patients, I am reminded of my own family’s journey with breast and ovarian cancer and the BRCA gene,” explains Dr. Howard. “That experience has brought me a deep understanding and empathy for patients and families. It also gives me an unrelenting motivation to build a nationally recognized microsurgical breast reconstruction and aesthetic breast surgery practice here at Northwestern Medicine Lake Forest Hospital — one that draws patients from across the Midwest seeking specialized care in these fields.”

Dr. Michael Howard is with Northwestern Medicine Plastic Surgery, located at 1000 North Westmoreland Road in Lake Forest, 224-271-4250, nm.org/doctors/1366542789/michael-a-howard-md.



KEVIN M. JACKSON, M.D., FAANS; MICHAEL T. WALSH, M.D., FAANS

NORTHWESTERN UNIVERSITY FEINBERG SCHOOL OF MEDICINE DEPARTMENT OF NEUROLOGICAL SURGERY

SPECIALTY: Neurological Surgery

EDUCATION:

Dr. Kevin M. Jackson: B.A., University of Notre Dame; M.D. Meharry Medical College; neurological surgery residency, Indiana University School of Medicine

Dr. Michael T. Walsh: B.S. in Chemistry, Purdue University; M.D., Indiana University School of Medicine; general surgery internship, The Ohio State University Medical Center; neurological surgery residency, The University of Vermont; skull base surgery fellowship, University of Utah Medical Center

Dr. Kevin M. Jackson and Dr. Michael T. Walsh are board-certified neurological surgeons specializing in both minimally invasive spinal and cranial neurosurgery, including spinal reconstructions and complex brain tumors. Both leaders in their field, they have learned to navigate the pandemic using Northwestern Medicine's vast resources. "COVID-19 has added a whole new dimension to challenging us to deliver top-notch patient care. We have started developing 3D animated videos and interactive 3D models that can be used to explain complex neurosurgical concepts more efficiently, and can even be viewed from patients' homes," explains Dr. Walsh, whose research interests include 3D animation, virtual/augmented reality, 3D printing, and their uses in teaching both patients and medical students. And while surgery using these latest techniques may be the answer for some, the doctors make sure to communicate with each of their patients the risks and benefits of all treatment options—surgical and non-surgical—to provide the best care possible. "I don't think surgery is the correct answer for everyone with a spinal condition," says Dr. Jackson. "I want patients to understand that I am not going to pressure them into doing a procedure. We are going to have a conversation about the risks and benefits of all the treatment options, non-surgical and surgical." Both doctors see patients at offices in Lake Forest, Glenview, and Grayslake.

Dr. Jackson and Dr. Walsh are with Northwestern Medical Group with locations in Lake Forest, Glenview, and Grayslake, 847-535-7271, nm.org/doctors/1821103581/kevin-m-jackson-md, nm.org/doctors/1922211788/michael-t-walsh-md.



SVENA D. JULIEN, M.D.
NORTHWESTERN MEDICINE

SPECIALTY: Obstetrics and Gynecology, Maternal-Fetal Medicine

EDUCATION: B.S. in Biology, Saint Joseph's University, Philadelphia, Pennsylvania; M.D., Jefferson Medical College of the Sidney Kimmel University, Philadelphia, Pennsylvania

DISTINCTIONS: Board-certified (OB/GYN and Maternal-Fetal Medicine) by American Board of Obstetrics and Gynecology; Society for Maternal-Fetal Medicine fellow; American College of Obstetricians and Gynecologists fellow; American Institute of Ultrasound in Medicine member

Dr. Svena D. Julien knows that continually keeping up with the latest in obstetrics and gynecology is important to providing her patients at Northwestern Medicine with the best care. With more than 20 years of experience, Dr. Julien specializes in Maternal-Fetal Medicine, helping patients who often have complicated pregnancies. "Pregnancy is being delayed until later in life and pregnant people are embarking upon pregnancy despite more medical comorbidities which increases the risks of pregnancy/delivery," says Dr. Julien. "I provide pregnant people with optimal care while working to maintain their health and assisting them in growing the family they desire." Dr. Julien is board certified in Maternal-Fetal Medicine and Obstetrics and Gynecology. She regularly studies the latest in advances in this continually evolving field and maintains that the resilience of pregnant women and mothers and their ability to "roll with it" in the face of a pandemic inspires her.

Dr. Julien is with the Northwestern Medicine office located at 900 N. Westmoreland Road, Suite 114, in Lake Forest, 847-535-6263, nm.org/doctors/1992795348/svena-d-julien-md.

MARY S. MAISH, M.D., M.P.H.

NORTHWESTERN MEDICINE THORACIC SURGERY

SPECIALTY: Thoracic and Foregut Surgery

EDUCATION: B.A., Neurobiology and Physiology, Northwestern University; M.D., Rush Medical School; M.A., Public Health, Harvard School of Public Health

AWARDS/HONORS: Rhoddy Scholar in Thoracic Surgery (1999); Society for Women Surgeons, Outstanding Woman Resident Award (1999); American Medical Association Foundation Leadership Award (2001); AAMC Early Career Women Faculty Professional Development Seminar, Selected Attendant (2007)

Dr. Mary S. Maish says it's never been a more important time to work in her chosen field of treating diseases of the lung and esophagus. "I trained at the best place in the world for my specialty—MD Anderson for thoracic surgery and University of Southern California for esophageal surgery—and then published my work and presented at national and international meetings," says Dr. Maish. For those who don't understand the scope of thoracic surgery, the simplest way to explain is that Dr. Maish is an expert at treating diseases of the chest cavity, mostly on the lungs and the esophagus. "Right now, lung cancer is the number one cancer killer, with over 150,000 cases each year in the U.S. alone," she explains. "Surgery on the lung is the treatment for most forms of lung cancer, sometimes in conjunction with chemo and radiation therapy. But there have been great advances in the surgical field of thoracic surgery. While these types of technologies were once only offered in large university settings, I am excited to announce that Northwestern's Lake Forest Hospital offers robotic thoracic surgery." With this cutting-edge technology, patients are able to leave the hospital sooner and return to work and their regular lives much sooner, something Dr. Maish takes great pride in.

Dr. Maish is with Northwestern Medical Group, 847-535-8174, nm.org/doctors/1750316774/mary-maish-md.





MATTHEW SCHAFF, M.D.
NORTHWESTERN MEDICINE UROLOGY

SPECIALTY: Urology

EDUCATION: B.S. (with distinction), Iowa State University; M.D., University of Oklahoma College of Medicine; surgical internship, Mayo Clinic, Rochester, Minnesota; urology residency, Temple University Hospital, Philadelphia, Pennsylvania

AWARDS/HONORS/DISTINCTIONS: Board certified, American Board of Urology; Bronze Level Quality Fellow, Mayo Clinic; Academic Achievement Award, BBMB Department, Iowa State University

Dr. Matthew Schaff has built his career as a Urologist with Northwestern Medical Group through the inspiration of his father, a cardiac surgeon with the Mayo Clinic. “He is the most dedicated physician and surgeon I have ever encountered,” says Dr. Schaff. “He is steadfast in his commitment to his skill as a surgeon, but he places even more emphasis on his bedside manner and care for his patients. He is the model to which I strive as a physician.” Dr. Schaff, who’s practice focuses on bladder cancer, BPH treatments, kidney cancer, kidney stones, prostate cancer, robotic bladder surgery, robotic kidney surgery, and robotic prostatectomy, uses his father example when meeting with patients and providing top-tier care. “My goal with patients is to work with them as a teammate in their health care. I listen to and acknowledge their concerns, help educate them on the underlying medical conditions, discuss the treatment options in detail, and work with them to create a treatment decision together that is in their best interest,” he explains. “I want my patients to feel confident in the treatment decision that they are making, but I also want them to feel confident in whom they are trusting with that treatment decision.”

Dr. Schaff is with Northwestern Medical Group located at 800 N. Westmoreland Road, Suite 100, in Lake Forest, 847-535-7657, nm.org/doctors/1568725224/matthew-s-schaff-md.

EUGENE YEN, M.D.

NORTHWESTERN MEDICINE
GASTROENTEROLOGY

SPECIALTY: Gastroenterology, Inflammatory Bowel Disease

EDUCATION: B.A., Northwestern University; M.D., MBA, Tufts University; residency, Barnes-Jewish Hospital, St. Louis, Missouri; gastroenterology fellowship, University of California San Francisco

AWARDS/HONORS: Distinguished Physician of the Year; National Scientific Advisory Committee Patient Education chair, Crohn's and Colitis Foundation; American College of Gastroenterology Training committee

Dr. Eugene Yen is the Inflammatory Bowel Disease program director at Northwestern Medicine, and associate professor of medicine at the Northwestern Feinberg School of medicine. He has extensive experience as an educator and program builder, and has over 15 years of experience in treating patients in gastroenterology. While Dr. Yen has the special privilege of doing research among peers at Northwestern Memorial Hospital in Chicago, he is dedicated to bringing that cutting-edge care to the North Shore at Northwestern Medicine in Lake Forest. "I am committed to the Northern Suburbs and firmly believe that we can deliver world-class care in our backyard," says Dr. Yen. The team he leads performs active research in the study of Crohn's disease, ulcerative colitis, microscopic colitis, and fecal microbiota transplantation for recurrent *C. difficile* infection. "It excites me to see the growth of our hospital and staff, as well as the progress in the field of gastroenterology. It's a privilege to be a part of it," he says.

Dr. Yen is with Northwestern Medical Group located at 800 N. Westmoreland Road, Suite 100, in Lake Forest, 847-535-6083, nm.org/doctors/1508944018/eugene-f-yen-md.



SHARON JEDEL, PSY.D.

COMPREHENSIVE GASTROINTESTINAL
HEALTH

SPECIALTY: Psychogastroenterology

EDUCATION: B.A. in clinical psychology, Tufts University; Psy.D. in clinical psychology, Yeshiva University; post-doctoral fellowship, anxiety and traumatic stress, Weill Cornell Medical College

Dr. Sharon Jedel knew that she wanted to be a psychologist at age 12 and set out to fulfill that dream as early as she could. Today, she has more than 20 years of experience helping patients with a wide range of gastrointestinal (GI) conditions. “Coping with chronic gastrointestinal symptoms or disease can be extremely stressful, even traumatic. Family, friends, and coworkers, though very well intentioned, cannot truly understand what this experience is like for the patient,” explains Dr. Jedel. “Authenticity, empathy, and compassion are thus essential components in my work.” Dr. Jedel uses an integrative approach when treating patients, many of whom suffer from conditions such as irritable bowel syndrome, Crohn’s disease, and ulcerative colitis, among other chronic GI illnesses. In addition, she welcomes patients who struggle with issues of anxiety and depression independent of any GI symptoms. Dr. Jedel works collaboratively with her patients and the team at Comprehensive Gastrointestinal Health (CGH), to create a treatment plan. “Medical science is finally acknowledging what patients have been telling us for decades: that our physical and emotional health are intimately connected,” says Dr. Jedel. “As a clinical psychologist at CGH, I am able to work closely with a multidisciplinary team of providers to ensure that both the patient’s physical and mental health are treated. Patients experience me as a very real person, who strives to understand their unique illness experience, while also drawing on my expertise to help improve mood, coping strategies, and overall quality of life.”

Dr. Jedel is with Comprehensive Gastrointestinal Health located at 40 Skokie Boulevard, Suite 110, in Northbrook, info@compgihealth.com, compgihealth.com.



KAREN J. MASS, M.D.

WOMEN'S SPECIALTY CARE

SPECIALTY: Obstetrics and Gynecology,
Women's Health and Imaging

EDUCATION: M.D., University of Illinois at
Chicago; specialty training, Gynecology and Ob-
stetrics, University of Michigan, Ann Arbor

AWARDS/DISTINCTIONS: Clinical faculty
appointment, Northwestern University Feinberg
School of Medicine; medical attending, North-
western Medicine Lake Forest and NorthShore
Highland Park hospitals; Administrative Chief
Resident, Department of Obstetrics and Gynecol-
ogy, University of Michigan; academic appoint-
ment, University of Pittsburgh

For more than 20 years, Women's Special-
ty Care has provided the finest expert and
compassionate medical care, personalized for
women of all ages on the North Shore. "We
believe that finding medical care that makes
you feel welcome will enhance both beauty
and health," says founder and president, Dr.
Karen J. Mass. Women's Specialty Care's
Lake Forest office is unique in the area for
providing mammogram, bone density, physical
exam, laboratory services and ultrasound in
one easily accessible location. Patients who
visit Women's Specialty Care also have the ad-
vantage of continuity of care, seeing the same
experienced staff with each visit, including
Certified Nurse Midwife and Advanced Prac-
tice Nurse Leslie Rubeck; Family Medicine
Physician Mary Dana Foggetti, D.O.; and
Radiologist Joseph Calandra, M.D. "We have
assembled a staff of experienced, kind, and
communicative caregivers, all to better address
each individual issue," explains Dr. Mass. "Our
practice includes breast evaluation and biopsy,
endometriosis, polycystic ovarian syndrome,
adolescent care, pelvic pain, cervical cancer
screening, abnormal bleeding, menopause
management, and family planning. "We care
for our patients as individuals and look for-
ward to treating each woman to promote and
preserve her health."

*Women's Specialty Care SC is located in Forest
Square at 840 South Waukegan Road, Suite 208,
in Lake Forest, and in Northwestern Medicine
Grayslake Outpatient Center at 1475 East Bel-
videre Road, Suite 212, in Grayslake, 847-295-
0433, wsclakeforest.com, wscgrayslake.com.*





POONAM MERAI, M.D.; DANIEL HIDAKA, M.D.

HARPER HEALTH GLENVIEW

SPECIALTY:

Dr. Poonam Merai: Internal Medicine/Geriatrics

Dr. Daniel Hidaka: Internal Medicine

EDUCATION:

Dr. Merai: B.A. in Philosophy (summa cum laude) and M.D. (Alpha Omega Alpha), University of Illinois Chicago; residency and fellowship, University of Chicago

Dr. Hidaka: B.S. in Bioengineering (cum laude) and B.S. in Biochemistry (cum laude), University of Illinois at Urbana-Champaign; M.D., Northwestern University Feinberg School of Medicine; residency, Northwestern McGaw Medical Center

AWARDS:

Drs. Merai and Hidaka: Board certified by the American Board of Internal Medicine

Dr. Poonam Merai and Dr. Daniel Hidaka value the individual relationships they are able to establish with each of their patients in the concierge medicine environment provided by Harper Health Glenview. “We spend too much time playing catch-up, chasing one health problem after another. It’s time we focus on prevention and wellness. That’s hard to find in the traditional health care system where too often patients get lost, appointments are short, and needs go unmet,” says Dr. Merai, a graduate of University of Illinois. “Instead, patients must have someone by their side to answer questions, to offer guidance, and to empower them to actively participate in building health. To me, Harper Health is the answer to how to rethink medicine.” Dr. Hidaka, who also serves on faculty at Northwestern University Feinberg School of Medicine, echoes this sentiment, sharing that he most values the long-term relationships he’s able to establish with patients. “I chose internal medicine in order to be able to take care of the patient as a whole, taking ownership over all aspects of a person’s care,” he says. “I love what I do. I care deeply about each individual patient and have found a model in which I can practice at the highest level.” Both doctors are happy to guide patients on their journey to wellness through Harper Health on the North Shore.

Harper Health Glenview, 2501 Compass Road, Suite 140, in Glenview, 855-947- 7371, info@harper-health.com, harper-health.com.

A man with dark hair and glasses, wearing a blue suit jacket over a white shirt, is sitting on a light-colored wooden chair. He is smiling slightly and looking towards the camera. His hands are clasped in his lap. The background is a dense, vibrant green wall with various types of foliage and trees. The floor is a dark, polished wood.

DAN MYERS, DOCTOR OF OPTOMETRY

EVERSEE BOUTIQUE EYECARE

SPECIALTY: Vision, Medical, Neuro-Optometry
EDUCATION: B.A. in Human Biology, University of Kansas; O.D., University of Missouri-Saint Louis

“It is my goal to not only help people see their best but also feel their best,” says Dr. Dan Myers, who specializes in neuro-optometry at Eversee Boutique Eyecare where he also provides traditional vision and medical care. Many people have symptoms related to learning challenges, headaches, brain injuries, or balance problems and are unaware that their vision is part of the problem and can also be part of the solution. Neuro-optometry can help because the eyes are constantly sending signals to the brain affecting physical and emotional responses. “By using neuro-optometry, I have seen improvements to people’s daily lives because they can more easily relax, play sports, or learn at the level that makes them happy,” shares Dr. Myers. Also, with advancement in diagnosis of autism spectrum disorder (ASD), emotional dysregulation and learning disabilities, especially at younger ages, neuro-optometric assessments can identify certain visual skills that are lacking and help improve upon them. Furthermore, for those with brain injury, stroke, or nervous systems issues, neuro-optometry supports the growing research indicating whole wellness plans, not just medication, to help patients improve in the short- and long-term. Dr. Myers and the team at Eversee Boutique Eyecare offer unique testing and an individualized plan if any aspects of vision are contributing to symptoms causing discomfort.

Eversee Boutique Eyecare is located at 910 Green Bay Road in Winnetka, 847-386-9045, everseeeye.com.

CHRISTIAN SKJONG, M.D.; BROOKE VANDERBY, M.D.

ILLINOIS BONE & JOINT INSTITUTE

SPECIALTY:

Dr. Christian Skjong: Orthopedic Hand & Upper Extremity Surgery

Dr. Brooke Vanderby: Anesthesiology, Pain Management

EDUCATION:

Dr. Skjong: B.A. (summa cum laude), Carleton College; M.D., University of Chicago Pritzker School of Medicine; residency in orthopaedic surgery, University of Chicago Medical Center; fellowship in hand & upper extremity surgery, Brown University

Dr. Vanderby: B.S. (honors and magna cum laude), University of Wisconsin – Madison; M.D., University of Chicago Pritzker School of Medicine; internship, University of Chicago Pritzker School of Medicine; residency in anesthesiology and fellowship in pain management, Northwestern Memorial Hospital

CERTIFICATIONS/AWARDS:

Dr. Skjong: Board certification in orthopaedic surgery; Certificate in Evaluation of Disability and Impairment Ratings

Dr. Vanderby: Board certifications in anesthesiology and pain management

For Dr. Christian Skjong and Dr. Brooke Vanderby, a husband-and-wife team at Illinois Bone & Joint Institute, the opportunity to live and work on the North Shore and help their friends and neighbors heal is paramount. New to Wilmette, the two bring their vast experience to the talented teams of professionals at Illinois Bone & Joint Institute's Glenview and Wilmette locations. "We have worked very hard at the Illinois Bone & Joint Institute to bring together an extremely talented group of physicians, physical and occupational therapists, and staff members whose primary goal is to put the patient first," explains Dr. Skjong. "Brooke and I love working with our colleagues and hope that translates into the best possible care and experience for our patients. There isn't a more focused or dedicated practice out there." Dr. Skjong is a board-certified orthopedic surgeon who treats adults, adolescents, and children for arthritis and joint replacement of the hand, wrist, and elbow; carpal tunnel syndrome; Dupuytren's Contracture; microvascular surgery; arthroscopy; fracture care; and trauma of the hands and upper extremities. Dr. Vanderby is a board-certified anesthesiologist and pain management specialist. "I believe in a multifaceted approach to pain management that empowers each patient to live a more functional, enjoyable, and productive life," she says. "I specialize in comprehensive pain treatment strategies including up-to-date minimally invasive procedures, non-narcotic pain medications, and holistic/integrative medicine." Both doctors echo the sentiment that listening and understanding their patients is key and has led to their success.

Dr. Skjong and Dr. Vanderby are with Illinois Bone & Joint Institute located at 2401 Ravine Way in Glenview, 847-998-5680, ibji.com.



TINA C. VENETOS, M.D.

NORTHSHORE DERMATOLOGY CENTER

SPECIALTY: Dermatology

EDUCATION: B.S., cum laude, Loyola University; M.D., University of Illinois; internal medicine residency, Evanston Hospital, Northwestern University; dermatology residency, University of Illinois Hospital, Chicago

As a board-certified dermatologist with an internal medicine background, Dr. Tina C. Venetos says optimal health care is her top priority. “The focus of being healthy first sometimes is forgotten by patients,” explains Dr. Venetos, Medical Director of Northshore Dermatology Center. “When someone comes in and wants Botox or Coolsculpting, I stress that they should also have a yearly skin check.” Since 1996, her practice has been providing general and cosmetic dermatology to patients throughout the North Shore. In addition to advocating for skin cancer prevention, Dr. Venetos offers a medical approach to dermatology with attention to aesthetics. “As a cutting-edge office, we are usually the first to have new technologies,” she says, noting that her practice now offers non-invasive treatments, including Coolsculpting Elite—the most advanced Coolsculpting system yet—as well as EMsculpt NEO, EMtone, and EMsella. “We are the first practice on the North Shore to offer Coolsculpting Elite which allows for more treatments to be done simultaneously with less treatment time, as well as EMsculpt NEO—the equivalent of doing 20,000 crunches while reducing fat and building muscle, this also works as well for the buttocks and arms as it does for the abdomen. In addition, they now offer the new Sciton BBL device, used to treat brown spots, laser hair removal, acne, and skin tightening.”

NorthShore Dermatology Center is located at 925 Sherwood Drive in Lake Bluff, 847-234-1177, northshoredermatologycenter.com.



PREMIER DOCTORS DIRECTORY

AESTHETIC MEDICINE

Dr. Sara Dickie

Surgical Aesthetics + Reconstructive Arts, 847-999-7800, scheduling@sara.surgery, sara.surgery

ANESTHESIOLOGY

Brooke Vanderby, M.D.

Illinois Bone & Joint Institute, 847-998-5680, ibji.com

CLINICAL PRESERVATION AUDIOLOGY

Lori A. Halvorson, Au.D., FAA

Lake Forest Hearing Professionals and Duet Hearing Preservation Healthcare, 847-295-1185, lakeforesthearing.com

DERMATOLOGY

Tina C. Venetos, M.D.

NorthShore Dermatology Center, 847-234-1177, northshoredermatologycenter.com

FAMILY DENTISTRY

Monim Albazzaz, D.M.D.

Alsahlani and Albazzaz Dental, 847-336-2800, alsablanidental.com

Eman Alsahlani, D.M.D.

Alsahlani and Albazzaz Dental, 847-336-2800, alsablanidental.com

FUNCTIONAL MEDICINE

Meena T. Malhotra, M.D.

Heal n Cure, 847-686-4444, healncure.com

GASTROENTEROLOGY

Manoj K. Mehta, M.D.

The Endoscopy Center of the North Shore, 847-256-1855, info@ginorthshore.com, ginorthshore.com

Eugene Yen, M.D.

Northwestern Medicine Gastroenterology, 847-535-6083, nm.org/doctors/1508944018/eugene-f-yen-md

GENERAL SURGERY

Kunjan S. Bhakta, M.D.

Northwestern Medical Group General Surgery, 847-234-4310, nm.org/doctors/1992966592/kunjan-satisbkumar-bhakta-md

INFLAMMATORY BOWEL DISEASE

Eugene Yen, M.D.

Northwestern Medicine Gastroenterology, 847-535-6083, nm.org/doctors/1508944018/eugene-f-yen-md

INTERNAL MEDICINE

Daniel Hidaka, M.D.

Harper Health Glenview, 855-947-7371, info@harper-health.com, harper-health.com

Meena T. Malhotra, M.D.

Heal n Cure, 847-686-4444, healncure.com

INTERNAL MEDICINE/ GERIATRICS

Poonam Merai, M.D.

Harper Health Glenview, 855-947-7371, info@harper-health.com, harper-health.com

MATERNAL-FETAL MEDICINE

Svena D. Julien, M.D.

Northwestern Medicine, 847-535-6263, nm.org/doctors/1992795348/svena-d-julien-md

NEUROLOGICAL SURGERY

Kevin M. Jackson, M.D., FAANS

Northwestern University Feinberg School of Medicine Department of Neurological Surgery, 847-535-7271, nm.org/doctors/1821103581/kevin-m-jackson-md

Michael T. Walsh, M.D., FAANS

Northwestern University Feinberg School of Medicine Department of Neurological Surgery, 847-535-7271, nm.org/doctors/1922211788/michael-t-walsh-md

OBESITY MEDICINE

Meena T. Malhotra, M.D.

Heal n Cure, 847-686-4444, healncure.com

OBSTETRICS AND GYNECOLOGY

Carmen Woods Hollowell, M.D., FCOG

The Woods Women's Group, 847-244-4110, woodswomensgroup.com, Instagram: @chitownobgyn, Facebook: Woods Women's Group

com, Instagram: @chitownobgyn, Facebook: Woods Women's Group

Svena D. Julien, M.D.

Northwestern Medicine, 847-535-6263, nm.org/doctors/1992795348/svena-d-julien-md

Karen J. Mass, M.D.

Women's Specialty Care, 847-295-0433, wsclakeforest.com, wsccgrayslake.com

Brian J. Saliba, M.D.

The Woods Women's Group, 847-244-4110, woodswomensgroup.com, Instagram: @chitownobgyn, Facebook: Woods Women's Group

ORTHOPEDIC HAND & UPPER EXTREMITY SURGERY

Christian Skjong, M.D.

Illinois Bone & Joint Institute, 847-998-5680, ibji.com

PAIN MANAGEMENT

Brooke Vanderby, M.D.

Illinois Bone & Joint Institute, 847-998-5680, ibji.com

PLASTIC AND RECONSTRUCTIVE SURGERY

Steven Bloch, M.D.

Body by Bloch, 847-432-0840, bodybybloch.com; Skin Deep Medical Spa, 847-432-0426, skindeepmedicalspa.com

John Q. Cook, M.D.

Whole Beauty® Institute, 312-751-2112 (Chicago), 847-446-7562 (Winnetka), johnqcookmd.com, wholebeautyinstitute.com, skinshopmd.com

Dr. Sara Dickie

Surgical Aesthetics + Reconstructive Arts, 847-999-7800, scheduling@sara.surgery, sara.surgery

Peter D. Geldner, M.D.

The Geldner Center, 312-981-4440 (Chicago), 630-315-5699 (Hinsdale), mygeldnercenter.com

Michael A. Howard, M.D.

Northwestern Medicine, 224-271-4250, nm.org/doctors/1366542789/michael-a-howard-md

Anthony Terrasse, M.D., FACS

Terrasse Aesthetic Surgery & Erase Medispa, 847-234-2400, terrasse.com

Jeremy Warner, M.D., FACS

Warner Aesthetic & Reconstruction Institute, 847-558-8888, warnerinstitute.com

PSYCHOGASTROENTEROLOGY

Sharon Jedel, Psy.D.

Comprehensive Gastrointestinal Health, info@compgihealth.com, compgihealth.com

SHOULDER, HIP, & KNEE SURGERY

Arif Ali, M.D.

NorthShore Orthopaedic & Spine Institute, 847-866-7846, arif.ali.md@gmail.com, aliorthopedics.com

SURGICAL CRITICAL CARE

Kunjan S. Bhakta, M.D.

Northwestern Medicine General Surgery, 847-234-4310, nm.org/doctors/1992966592/kunjan-satisbkumar-bhakta-md

THORACIC & FOREGUT SURGERY

Mary S. Maish, M.D., M.P.H.

Northwestern Medicine Thoracic Surgery, 847-525-8174, nm.org/doctors/1750316774/mary-maish-md

UROLOGY

Matthew Schaff, M.D.

Northwestern Medicine Urology, 847-535-7657, nm.org/doctors/1568725224/matthew-s-schaff-md

VISION, MEDICAL, & NEURO-OPTOMETRY

Dan Myers, Doctor of Optometry

Eversee Boutique Eyecare, 847-386-9045, everseeeyecare.com

WOMEN'S HEALTH & IMAGING

Karen J. Mass, M.D.

Women's Specialty Care, 847-295-0433, wsclakeforest.com, wsccgrayslake.com

PREMIER PHOTOGRAPHERS

Through changing times in our communities over the past year, one thing has been consistent—the quality care provided by the Western Suburb’s premier health care providers. Fortunately, we have some of the finest physicians, surgeons, and health care specialists right here in our midst. Please join us in celebrating some of the area’s most accomplished doctors and all that they bring to the villages we call home. This annual feature showcases Hinsdale’s premier doctors across a variety of specialties—from oncology and plastic surgery to dental, orthopedic, and mental health. The physicians featured here are dedicated to keeping us all safe, healthy, and happy. As we move into 2023 and look ahead to a brighter future, there has never been a better time to say thank you for all that they do.

PRODUCED & EDITED BY KEMMIE RYAN
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HAIR & MAKEUP BY MARWA BONDOKJI, LEANNA ERNEST,
CATHLEEN HEALY, & SHANTE PARKER OF LUXURYSTRAND

This feature was greeted enthusiastically by the health care community and will be a recurring annual series. If you like what you see in these pages and would like to recommend an outstanding physician for our 2024 feature, please contact us at features@hinsdalelivingmag.com.

DR. ADAM R. WINCKLER

ADAM R. WINCKLER, DDS

SPECIALTY: Comprehensive Restorative Dentistry

EDUCATION: B.A., Augustana College (2002);
B.S.D., University of Illinois at Chicago (2004);
D.D.S., University of Illinois at Chicago (2006);
general practice residency certificate, Advocate Illinois
Masonic Medical Center (2007)

DISTINCTIONS: Board of Directors, AES-Leaders
in TMD, Occlusion, and Comprehensive Care; active
member, American Academy of Restorative Dentistry

When Dr. Adam R Winckler took over his practice in 2014 he developed a tag line that would serve as an indication for patients about what to expect from their experience. The tag line became *Confidence through Comprehensive Care*.

“Patients will feel confident that we are creating a plan that fits with their expectations, budget, and desires. Confident that the work completed will be of the highest quality using the latest techniques, materials, and technology. And confident that their teeth and smile will look and feel the best it ever has. This all adds up to patients with increased personal confidence,” he says. Dr.

Winckler is dedicated to two things—building lasting relationships and continuing education to provide the best health care possible through a comprehensive, complete approach. This may lead to basic dental treatment, a total smile makeover, or management of complex Temporomandibular Joint Disorders (TMJ or TMD). “This management of complexity as well as developing trusting relationships with patients has allowed me to establish the reputation that I have today,” explains Dr. Winckler.

Adam R. Winckler, DDS is located at 950 York Road, Suite 100, in Hinsdale, 630-655-8815, info@hinsdaledentist.com, hinsdaledentist.com.



DR. SHANTELLE WHITEHEAD

DR. SHANTELLE AND ASSOCIATES, LTD.

SPECIALTY: Clinical Psychology

EDUCATION: B.A. in Psychology, University of Michigan; Doctorate in Clinical Psychology, Illinois School of Professional Psychology; Post-Baccalaureate Certification in Sports Psychology, California Southern University; Eye Movement Desensitization and Reprocessing Certification, EMDR Consulting, LLC

AWARDS: 2022 Best of Naperville Award in the Psychologist category—Naperville Award Program

Dr. Shantelle Whitehead is a Licensed Clinical Psychologist and founder for Dr. Shantelle and Associates, Ltd., a thriving mental health practice with locations in Naperville, Clarendon Hills, Glen Ellyn, and Bolingbrook. Dr. Whitehead, along with her 20 therapists, create customized treatments for each of their patients. “With four locations and a diverse group of clinicians, we are committed to providing individualized treatment to all ages and diagnoses without the long wait for services,” Dr. Whitehead says. The practice provides individual, couples, family, and group therapy in addition to parental consultation, educational advocacy, and specialties such as sport psychology, EMDR, and substance use. “Every clinician at the practice utilizes an eclectic mix of evidence-based techniques, which results in clients receiving effective treatment that is completely tailored to their unique needs,” she says. Dr. Whitehead has created a practice inspired by her patients, to break down the stigma of mental health, and encourage clients to seek help with overcoming their challenges. She explains, “We truly care about each person who seeks our help and are committed to doing all that we can to provide them with what they need to heal and grow.”

Dr. Shantelle and Associates, Ltd. is located at 555 S. Washington Street, Suite 115, in Naperville; 136 Burlington Avenue in Clarendon Hills; 800 Roosevelt Road, Building B, Suite 308, in Glen Ellyn; and 550 E. Boughton Road, Suite 205, in Bolingbrook; 312-924-1884, drshantelle@whiteheadselfcare.com; drshantelleandassociates.com.



MATTHEW E. VOGT, M.D.

THE SPORTS MEDICINE AND
REGENERATIVE THERAPEUTICS INSTITUTE
- SMART

SPECIALTY: Sports Medicine, Interventional Orthopedic Medicine

EDUCATION/AWARDS: B.A., St. Louis University; M.D., St. Louis University School of Medicine; residency in orthopedic surgery, University of Kentucky; residency in family medicine, Carle Foundation Hospital, Champaign-Urbana; fellowship in sports medicine, Advocate Lutheran General Hospital, Park Ridge

Dr. Vogt is a fellowship trained sports medicine physician and founder of the SMaRT Institute. He's a former Navy Flight Surgeon and says, "Serving as a Navy flight doc was easily one of the highlights of my career." Dr. Vogt has since dedicated his career to the non-operative management of orthopedic conditions. He practices interventional orthopedic medicine in which the patient's own tissue, such as Platelet Rich Plasma, can be injected into specific areas of injury. What differentiates Dr. Vogt is that helping his patients avoid surgery through orthobiologics and a combination of complimentary therapies is his primary objective. He's developed protocols for treatment of osteoarthritis and is particularly passionate about orthobiologic treatment for the knee. Dr. Vogt was the first sports medicine physician in the Chicago area to incorporate into practice both shockwave and Extracorporeal Magnetotransduction Therapy (EMTT). He has been treating orthopedic injuries with shockwave therapy for over the past several years and with the increased attention that it's now getting at national conferences it's becoming a popular musculoskeletal treatment in the U.S. "In the case of knee osteoarthritis, we treat the joint itself with orthobiologics," explains Dr. Vogt. "The surrounding soft tissue we treat with shockwave and EMTT as a combination therapy." Dr. Vogt enjoys seeing his patients get back to the activities they love. He says, "My passion in medicine is to help my patients heal in a safe effective manner while at the same time avoid the risk of surgery whenever possible."

The SMaRT Institute is located at 12 Salt Creek Lane, Suite 300, in Hinsdale, 630-922-5071, thesmartinst.com.



**DR. CARA VANWORMER-
HARTMAN, D.C., DABCI,
DACBN, IFMCP**
THERAPEUTIC HEALTH

SPECIALTY: Functional Medicine, Chiropractic Medicine

EDUCATION/AWARDS: Magna cum laude Graduate from National University of Health Sciences; Institute for Functional Medicine Certified Practitioner; Diplomate of the American Board of Chiropractic Internists; Diplomate of the American Board of Clinical Nutritionists; Certified NeuroEmotional Technique Practitioner

Therapeutic Health is the clinic of answers. Leading the team at Therapeutic Health is Dr. Cara VanWormer-Hartman, a practitioner with more than 15 years of experience in the Hinsdale community and self-described “people person.” “Now more than ever we are seeing an increasing number of patients frustrated with the way they feel despite being told nothing is wrong, or they’re ‘just aging,’” says Dr. Cara. “We are at a milestone of medicine where I’m pleased to say people are taking control of their health and finding functional medicine. Our patients come to us seeking a day-to-day plan they can implement both with their current ailments and also disease prevention.” Therapeutic Health continues to grow its practice, including opening its new, state-of-the-art medical clinic, with a goal of arming patients with as much understanding of how biological systems interconnect and have cascading effects on other system, and how they can take control of their health. “I often sit in awe as I listen to my patients’ journeys; I am so proud of them for knowing there is more that can be done and begin my work bringing them the answers they are looking for,” explains Dr. Cara, who is also an avid supporter of local charities, schools, and businesses.

Therapeutic Health is located at 110 E. Ogden Avenue in Hinsdale, 630-537-0758, drcara@therapeutic-health.com, therapeutic-health.com, Instagram: [@therapeutichealth](https://www.instagram.com/therapeutichealth).





SANDRA VALAITIS, M.D.; SHILPA IYER, M.D.
UNIVERSITY OF CHICAGO MEDICINE UROGYNECOLOGY

SPECIALTY: Urogynecology, Female Pelvic Medicine and Reconstructive Surgery
EDUCATION:

Dr. Sandra Valaitis: M.D., University of Chicago; residency, Obstetrics and Gynecology, University of Chicago; fellowship, Female Pelvic Medicine and Reconstructive Surgery, St. George's Hospital, London

Dr. Shilpa Iyer: M.D. with concurrent MPH in Public Health with a focus on epidemiology, University of Illinois; residency, Obstetrics and Gynecology, Brigham and Women's Hospital and Massachusetts General Hospital, Boston; fellowship, Female Pelvic Medicine and Reconstructive Surgery, University of Chicago/North Shore

Dr. Sandra Valaitis and Dr. Shilpa Iyer are board-certified, fellowship-trained urogynecologists who care for women with pelvic organ prolapse, urinary and fecal incontinence, and overactive bladder symptoms at UChicago Medicine – Hinsdale. They also treat women with complex pelvic floor disorders including fistula and mesh complications. According to Drs. Valaitis and Iyer, these conditions often cause great discomfort and embarrassment, keeping many of their patients from participating in activities they enjoy. As people age, these problems can become more common and can lead to isolation. The doctors use a personalized approach to evaluate and treat pelvic floor disorders in the least invasive and most comfortable way possible, while providing exceptional care and helping patients find the symptom relief they need to return to their normal activities and quality of life. Drs. Valaitis and Iyer also participate in clinical research to keep abreast of the most up-to-date information and provide the most advanced care. They perform surgery at many area hospitals including Hinsdale Hospital, Elmhurst Hospital, Palos Hospital, and on their main campus, located in the historic Hyde Park neighborhood on Chicago's South Side.

University of Chicago Medicine Urogynecology is located at 12 Salt Creek Lane, Suite 106 in Hinsdale, 888-824-0200, uchicagomedicine.org/hinsdale.



AYESHA SULTAN D.M.D.; JEFFREY WELLER, D.D.S.
WELLER DENTAL GROUP

SPECIALTY:

Dr. Ayesha Sultan: Comprehensive Restorative Dentist

Dr. Jeffrey Weller: Cosmetic and Comprehensive Dentist

EDUCATION:

Dr. Sultan: D.M.D., Western University of Health Sciences

Dr. Weller: D.D.S., University of Illinois Chicago

For nearly 35 years Weller Dental Group has been providing beautiful smiles to patients in the Western Suburbs and Chicago area. President and Owner, Dr. Jeffrey Weller, along with Dr. Ayesha Sultan, and his top-tier team specialize in cosmetic and comprehensive restorative dentistry. Using the latest techniques, the doctors begin each client experience by spending time discussing the patient's dental history, needs, and ultimate goals. "We provide each patient with a personalized approach to achieving a healthy and beautiful smile," says Dr. Sultan. "Along with educating our patients, we dedicate time discussing various dental treatment options along with benefits, risks, and alternatives. Our goal is to provide comfortable and high quality comprehensive long-term care and have patients look forward to returning for their routine dental visits." Dr. Sultan is an active member of the American Dental Association, Illinois Dental Society, and Chicago Dental Society. Dr. Weller, a member of the American Academy of Cosmetic Dentistry for more than 19 years and a member of Illinois State Dental Society and Chicago Dental Society for over 30 years, also spent 100 hours during the COVID-19 pandemic pursuing continuing education with Act Dental Group to help his patients.

Weller Dental Group is located at 920 N. York Road, Suite 301, in Hinsdale and 1050 N. State Street, Suite 101, in Chicago, 630-654-2900 (Hinsdale), 312-654-0606 (Chicago) wellerdental.com.



JOANNE SUTTER, M.D.

RUSH OAK BROOK

SPECIALTY: Cardiovascular Disease

EDUCATION: Georgetown University School of Medicine; Internal Medicine residency, Duke University Hospital; Cardiovascular Disease fellowship, RUSH University Medical Center; Advanced Cardiac Imaging fellowship, Loyola University Medical Center

Dr. Joanne Sutter is a cardiologist with RUSH Oak Brook who has patient satisfaction in mind. With a background in advanced cardiac imaging, she is able to visualize the heart's anatomy to help make accurate diagnoses and tailor patient-centered treatment strategies. "Cardiovascular disease remains the number one cause of death in the world, and it is critical to make early diagnoses to implement appropriate and timely therapy and prevent the disease altogether by identifying and modifying risk factors when we can," says Dr. Sutter. Her training at Georgetown University School of Medicine, Duke University Hospital, RUSH University Medical Center, and Loyola University Medical Center, along with the state-of-the-art facilities at RUSH Oak Brook, allow her to offer patients top-tier care. "RUSH has invested in the latest technological advances with state-of-the-art equipment that allows us to provide the most up-to-date care to our patients," she says. "Having done an additional subspecialty fellowship, I feel I am well trained and well equipped to take advantage of these new techniques and offer them to our patients."

RUSH Oak Brook is located at 2011 York Road in Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care.

NADA SHABAN, M.D.

RUSH OAK BROOK

SPECIALTY: Cardiology, Cardiac Prevention, Advanced Cardiac Imaging, Obesity Medicine, Cardiometabolic Health

EDUCATION: The Royal College of Surgeons in Ireland (honors); residency and fellowship, University of Connecticut Health Center, Farmington, Connecticut; Advanced Cardiac Imaging fellowship, Montefiore Medical Center, New York.

Dr. Nada Shaban is a seasoned cardiologist with a clinical focus on preventive cardiology, cardiometabolic health, and advanced cardiac imaging. As an assistant professor at RUSH Medical College and director of the Cardiometabolic Health Clinic at RUSH University Medical Center, she has a distinguished career in the treatment of patients with cardiovascular diseases. “My patients inspire me on a daily basis. Making lifestyle changes is hard. To witness someone change their habits to a more healthful lifestyle is so encouraging and inspiring,” says Dr. Shaban. She has a unique interest in how metabolic health, and in particular, obesity, play a role in the development of cardiovascular diseases. “Cardiovascular disease including heart attack and stroke are on the rise. Many of the underlying causes are preventable, but many people don’t know where to start. Simple lifestyle changes can increase the patient’s health span and life span. I love being a part of my patient’s health journey,” she shares. As well as achieving American board certifications in cardiovascular diseases and cardiac imaging, she is one of a few cardiologists with American board certification in obesity medicine. The Cardiometabolic Health Clinic at RUSH Oak Brook uses an individualized approach with a focus on helping patients lose weight and manage cardiac risk factors, including diabetes, high blood pressure, and high cholesterol.

RUSH Oak Brook is located at 2011 York Road in Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care.





THEODORE SACLARIDES, M.D.; HENRY GOVEKAR, M.D.

RUSH OAK BROOK

SPECIALTY: Colon and rectal surgery

EDUCATION:

Dr. Theodore Saclarides: M.D., University of Miami Miller School of Medicine; general surgery residency, RUSH University Medical Center; colon and rectal surgery fellowship, Mayo Clinic

Dr. Henry Govekar: M.D., RUSH Medical College; general surgery residency, University of Colorado; colorectal surgery fellowship, Cleveland Clinic, Florida

The colorectal experts at RUSH Oak Brook understand that having colon and rectal surgery is a big decision. That's why they focus on addressing a patient's condition, while also making their quality of life a top priority. For those that have colorectal cancers, inflammatory bowel disease, or benign anal conditions such as difficult-to-treat hemorrhoid, anal fistula, anal fissure, or a pilonidal cyst, Dr. Henry Govekar and Dr. Theodore Saclarides can help. Both doctors discuss surgical and non-surgical options with their patients to help determine the best treatment that can improve one's quality of life with the fewest side effects. As leaders in their field, Dr. Govekar and Dr. Saclarides offer the latest treatments, including minimally invasive surgery, helping their patients find relief and return to their normal quality of life. Both doctors are available to see patients at RUSH Oak Brook, which is conveniently located in the heart of the Western Suburbs and features comprehensive care, multiple specialties, and a state-of-the-art outpatient surgery center.

RUSH Oak Brook is located at 2011 York Road in Oak Brook, 312-942-7088, rush.edu/colorectal.



**NAOMI PARRELLA, M.D., F.A.A.F.P., FOMA, DIPL. ABOM;
BENJAMIN VEENSTRA, M.D., F.A.C.S., F.A.S.M.B.S.**

RUSH OAK BROOK

SPECIALTY:

Dr. Naomi Parrella: Weight Management

Dr. Benjamin Veenstra: Bariatric surgery, Minimally invasive surgery

EDUCATION:

Dr. Parrella: M.D., Loyola University Stritch School of Medicine; family medicine residency, Advocate Lutheran General Hospital

Dr. Veenstra: M.D., Tulane University School of Medicine; general surgery residency, RUSH University Medical Center, minimally invasive surgery fellowship, Mayo Clinic of Florida

One size does not fit all when it comes to weight loss. At RUSH, patients have access to a variety of treatment options, including nutrition counseling, personal training, health coaching and monitoring, and weight-loss surgery. The award-winning medical group boasts comprehensive lifestyle options that are available to people of all ages, and medical professionals offer supervised guidance and coaching every step of the way. Dr. Naomi Parrella is a double board-certified obesity medicine specialist who is committed to understanding her patients' unique weight management needs—both physical and emotional—and works with patients to develop uniquely tailored programs. If a patient is interested in surgical options, Dr. Benjamin Veenstra is a bariatric surgeon who understands that bariatric surgery is more than just a procedure; it's a lifestyle transformation, and he guides his patients through every step of the process. Both doctors are available to see patients at RUSH Oak Brook, which is conveniently located in the heart of the Western Suburbs and features comprehensive care, multiple specialties, and a state-of-the-art outpatient surgery center.

RUSH Oak Brook is located at 2011 York Road in Oak Brook, 312-942-4444, rush.edu/weightloss.

DR. EPHREM OLWENY

RUSH OAK BROOK

SPECIALTY: Urology—Stone diseases, Minimally invasive surgery

EDUCATION: M.D., Washington University School of Medicine; residency, University of California, San Francisco; fellowship, UT Southwestern Medical Center (endourology and minimally invasive surgery)

Urologic conditions can have negative impacts on patients' quality of life. Dr. Ephrem Olweny, an expert urologist at RUSH Oak Brook, gets to the root of your problem, while also focusing on how it has been affecting your day-to-day life. Dr. Olweny specializes in treating kidney stone disease, and also offers advanced minimally invasive treatment options for a wide variety of urologic conditions, maintaining a keen focus on improving his patients' quality of life. Dr. Olweny sees patients at RUSH locations in Chicago, Oak Park, and Oak Brook. RUSH Oak Brook is conveniently located in the heart of the Western Suburbs and features comprehensive care, multiple specialties, and a state-of-the-art outpatient surgery center.

RUSH Oak Brook is located at 2011 York Road in Oak Brook, 312-563-3447, rush.edu/urology.





CRISTINA O'DONOGHUE, M.D., M.P.H.; SAM PAPPAS, M.D.

RUSH OAK BROOK

SPECIALTY:

Dr. Cristina O'Donoghue: Surgical Oncology—Melanoma, Sarcoma and Breast Cancer

Dr. Sam Pappas: Surgical Oncology—Esophagus, Stomach, Pancreas, Liver and Bile Duct Cancers

EDUCATION:

Dr. O'Donoghue: M.D., University of Illinois College of Medicine at Chicago; general surgery residency, University of Illinois Medical Center; complex general surgical oncology fellowship, Moffitt Cancer Center; M.P.H., Harvard School of Public Health

Dr. Pappas: M.D., RUSH Medical College; surgery residency, Chicago Medical School; general surgery residency, Northwestern University; surgical oncology fellowship, University of Pittsburgh

A cancer diagnosis changes everything. The team at RUSH Oak Brook knows that. They also know how important timing is. The sooner you start treatment, the better your outcome. At RUSH, cancer treatment experts like Dr. Sam Pappas and Dr. Cristina O'Donoghue go into action immediately — getting to know you and understanding your goals and needs, creating a personalized treatment plan to preserve your quality of life, and assembling a multidisciplinary team of experts that will be with you and your family every step of the way. Dr. Pappas specializes in upper abdominal cancer, including esophagus, stomach, pancreas, liver, and bile duct cancers. Dr. O'Donoghue specializes in the treatment of soft tissue malignancies including melanoma, sarcoma, and breast cancer. Backed by one of the leading academic health centers in the nation, RUSH Oak Brook features comprehensive care, multiple specialties, a state-of-the-art outpatient surgery center, and convenient access to specialized teams that will guide you through your cancer diagnosis, treatment, and recovery.

RUSH Oak Brook is located at 2011 York Road in Oak Brook, 630-724-1300, rush.edu/oakbrook.



ALEXANDER MAZUR, M.D.
RUSH OAK BROOK

SPECIALTY: Cardiology, Clinical Cardiac Electrophysiology

EDUCATION: Permskiy Gosudarstvennyy Meditsinskiy Universitet; Cardiac Electrophysiology fellowship, Vanderbilt University Medical Center

Abnormal heart rhythms may cause significant morbidity, confer an enormous economic burden to the society, and kill about a quarter million Americans each year. For more than two decades, Dr. Alexander Mazur has practiced as an electrophysiologist at tertiary referral academic medical centers, managing some of the most complex abnormal rhythm cases, conducting clinical research and teaching, using advanced technology. “Over my professional career, I have had an inspiring opportunity to witness significant advances in our understanding mechanisms of various abnormal rhythms as well as in their management and prevention,” says Dr. Mazur. “With current knowledge and cutting-edge technology, we can now offer effective treatment to many patients with various types of abnormal rhythm and also save the lives of those who are at risk of sudden death.” Dr. Mazur is with RUSH Oak Brook, part of one of the most respected academic medical centers in the nation — with a great tradition of innovative, state-of-the-art, and patient-centered medical practice.

RUSH Oak Brook is located at 2011 York Road in Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care.



**EMILY PAGONE, M.S., LCPC,
NCC, PMH-C, CCTP**

AUTHENTIC GROWTH WELLNESS GROUP

SPECIALTY: Mental Health Counseling/Psychotherapy for all ages; especially, children, adolescents, teens, young adults, and new parents in the postpartum time period as well as seasoned parents.

EDUCATION: B.A. in Psychology, University of Kansas; M.S. in Clinical Psychology, Benedictine University; LCPC; NCC; PMH-C; CCTP.

Emily Pagone is a Licensed Clinical Professional Counselor (LCPC), National Certified Counselor (NCC), a Certified Clinical Trauma Professional (CCTP), and is certified in Perinatal Mental Health (PMH-C). Emily has a background and training in working with sexual assault crisis centers, private practices, and nonprofits providing counseling services to first responders and their loved ones. Emily is always looking to advance her practice, hoping to help patients feel comfortable and supported while receiving evidence-based care. “I bring a high-level of psychoeducation into the process of therapy/counseling. I like to ‘process the process’ and provide insights and explanations of the psychological science connected to one’s unique mental health and healing journey,” says Emily. Born and raised in the Western Suburbs, Emily feels fortunate to have made incredible connections with local schools and health care professionals with both “hats” as a counselor and a local university-level instructor. “As a mental health professional, I prioritize, when appropriate, collaborating care with one’s other providers; I am grateful to have many close community—and Western Suburb—wide connections with physicians, facilities, hospitals, and other practices,” she shares. “I genuinely enjoy being a connector for people; it is just as rewarding to provide someone with a solid referral to the professional who would be the best fit for them, as it would be having the honor of working with them myself.”

Authentic Growth Wellness Group is located at 211 W. Chicago Avenue, Suite 118/119, in Hinsdale, 630-796-0884, authenticgrowthwellness.com.



KYLE KUNZ, M.D.

HARPER HEALTH

SPECIALTY: Internal Medicine, Primary Care

EDUCATION: M.D., University of Illinois College of Medicine; Residency, Barnes-Jewish Hospital at Washington University Medical Center

AWARDS/HONORS: Wash University Teaching Physician Pathway Certification; Outstanding Educator, Feinberg School of Medicine – Northwestern Medicine; board certified by the American Board of Internal Medicine

Dr. Kyle Kunz believes his success as a primary care physician lies in his role as an educator. “It is important for me to provide knowledge to patients, their care teams, and among my peers to enable the health of our community to thrive,” says Dr. Kunz, a primary care doctor offering concierge service through Harper Health. “Medicine is more complex, and treatments are more personalized. I love sitting down with patients and educating them on their health, setting goals and creating plans together to achieve them.” Dr. Kunz knew from the start that he wanted to pursue primary care, but through the COVID-19 pandemic he’s realized that concierge care has become even more valuable. “There is a growing emphasis on true preventive care, access to quality providers, and advocacy for patients navigating an increasingly complex system,” he shares. Personalized care is an area in which Harper Health excels. “We focus on modifying risks for disease, setting goals for improvement while being immediately available to our patients when they need us the most,” says Dr. Kunz. “My passion is to inspire patients to be a part of their care team and ultimately lead more healthful and fulfilling lives.”

Harper Health is located at 12 Salt Creek Lane, Suite 310, in Hinsdale, 855-947-7371, harper-health.com.

DR. SAM KOPPULA

PRAANA CENTER FOR ASTHMA AND ALLERGY

SPECIALTY: Allergy and Immunology

EDUCATION: Residency, Internal Medicine, Grant Hospital, Chicago; fellowship, Allergy and Immunology, Rush Presbyterian-St. Luke's Medical Center, Chicago; board-certified, Allergy and Immunology; Certification in Management, Kellogg School of Management

AWARD: Alan Feinberg Award for Research on Eosinophils

Food allergies, allergic rhinitis, and asthma are on the rise. Each year in the U.S., 200,000 people require emergency medical care for allergic reactions to food. This can be a terrifying thing as even a small amount of a food can cause life threatening reactions. However, the advances in asthma, allergic disorders, and immunology are incredible with newer therapies like monoclonal antibodies that target specific cytokines that drive allergic disorders. "My approach to medicine is based on both art and science. My practice is a small boutique practice where quality and personalized care take precedence," says Dr. Sam Koppula. "Trust is important to us, and we are happy to say that we have three generations of family members in our practice." Dr. Koppula draws inspiration from innovators like Virgil Abloh, whose focus on design, and Elon Musk, whose focus on the fundamental principles of science and technology can be seen in her practice today. "We don't just manage symptoms but focus on trying to alter the direction of the 'allergic march' to one of tolerance and using the minimum amount of medication or immunotherapy to achieve this." By applying her knowledge both as an internist and a specialist in asthma, allergy, and immunology, remaining committed to new technology, and utilizing the latest medicines to treat immune disease, Dr. Koppula achieves the best results for those under her care.

Praana Center for Asthma and Allergy is located at 6857 Kingery Highway in Willowbrook, 630-323-8800, drsamkoppula.com.



FAROOQ A. KHAN, M.D.

MODERN PAIN CONSULTANTS

SPECIALTY: Interventional Pain Management, Anesthesiology, and General Surgery

EDUCATION: B.S., University of Chicago; M.D., RUSH University Medical Center; residency in general surgery, RUSH University Medical Center; residency in anesthesiology, RUSH University Medical Center; fellowship in interventional pain, McGaw Medical Center of Northwestern University; fellowship in burn surgery and critical care, John H. Stroger Jr. Hospital of Cook County

CERTIFICATIONS/DISTINCTIONS: Certification in Anesthesiology, American Board of Anesthesiology; AMITA Physician Value Award for Compassion at LaGrange/Hinsdale Hospitals (2015); President, American Society of Anesthesiologists Resident Component (2009-2010); President-Elect, American Society of Anesthesiologists Resident Component (2008-2009); President, Illinois Society of Anesthesiologists, Resident Section (Fall 2009-2010); Sumner L. Koch Memorial Burn Fellowship Award for Excellence (2007)

Dr. Farooq A. Khan is an award-winning, fellowship-trained, double board-certified interventional physician who specializes in minimally invasive treatments that reverse damage to the spine, joints, and nervous system. Over the past decade, he has established his reputation in Hinsdale by successfully treating thousands of patients utilizing cutting edge treatments such as PRP/stem cell therapy, 3D SI joint fusion, spinal disc repair, and advanced knee neurostimulation to treat conditions that would otherwise lead to large surgery or chronic pain. Dr. Khan was inspired to seek out alternative and regenerative treatment strategies for pain after witnessing his own father struggle with chronic issues that developed after spine surgery. During that period, he investigated hundreds of treatment modalities from a variety of approaches and learned through experience how to best utilize these options. Since that time, Dr. Khan continues to find inspiration in his patients, and he combines this motivation with advanced medical technology in order to help them get back to work, get back to exercising, and get back to living. Over the years, Dr. Khan has trained multiple physicians on current techniques and assembled a team of experts at Modern Pain Consultants who combine their expertise, compassion, and enthusiasm to treat each patient with a level of genuine compassion and respect that cannot be imitated. According to Dr. Khan, "The need to offer minimally invasive, highly adaptable, clinically proven treatments focusing on orthopedic and spinal issues is greater now than ever before, and at Modern Pain Consultants we are at the forefront of returning people to functionality and vitality."

Modern Pain Consultants is located at 907 N. Elm Street, Suite 101, in Hinsdale, 708-482-4500, nomorepain.org.



ASHRAF H. DARWISH, M.D., J.D.

HINSDALE ORTHOPAEDICS

SPECIALTY: Orthopaedic Surgery

EDUCATION: M.D., Southern Illinois University; J.D., Southern Illinois University Law School; internship, Wayne State University; residency, The Ohio State University; fellowship, The Texas Back Institute

CERTIFICATION/MEMBERSHIPS: Certification in orthopaedic surgery, American Board of Orthopaedic Surgery; member, American Academy of Orthopaedic Surgeons; member, American Medical Association Physician; member, American College of Legal Medicine; member, North American Spine Society

Dr. Ashraf H. Darwish is an exceptionally skilled, highly sought after, fellowship-trained orthopedic spine surgeon at Hinsdale Orthopedics. His clinical practice focuses on diagnosing and treating disorders of the cervical, thoracic, and lumbar spine with a wide range of options based on his extensive training. Each treatment plan is tailored to the individual patient based on their needs and goals and utilizes procedures that range from complex multilevel arthrodesis techniques to more minimally invasive or even nonsurgical treatment options. Dr. Darwish was raised in the Chicago area and returned to the region after completing his training at the prestigious Texas Back Institute. As part of Hinsdale Orthopedics, he quickly became full partner and solidified his reputation as a spine surgeon of outstanding technical skill and clinical acumen based on his outcomes, quality of care, and bedside manner. Consequently, Dr. Darwish is regarded amongst his peers as one of the best orthopedic spine surgeons in the Midwest. In spite of his busy clinical schedule, Dr. Darwish has lectured extensively on conservative and surgical management of spine disorders and has been involved in product testing and research for proprietary operative technologies. When not working, he spends time with his family and close friends who know him as a warm and charitable pillar of the community. To Dr. Darwish, he is simply embracing the spirit of what his fondly remembered father had once said, "Treat people not because of what you want from them. Treat people truly from your heart."

Hinsdale Orthopaedics is located at 550 W. Ogden Avenue in Hinsdale, 630-323-6116, hinsdale-orthopaedics.com.





AGNES HURTUK, M.D.; MONICA PATADIA, M.D.

LOYOLA MEDICINE

SPECIALTY: Otolaryngology – Head and Neck Surgery

EDUCATION:

Dr. Agnes Hurtuk: M.D., Loyola Stritch School of Medicine; Otolaryngology – Head and Neck Surgery residency, The Ohio State University Medical Center; board certified with the American Board of Otolaryngology

Dr. Monica Patadia: M.D., Northwestern University Feinberg School of Medicine; Otolaryngology – Head and Neck Surgery residency, Northwestern University Medical Center; Rhinology and Facial Plastics fellowship, Rush Medical Center; board certified with the American Board of Otolaryngology

DISTINCTIONS:

Dr. Hurtuk: Assistant Professor of Otolaryngology; Ambulatory Medical Director for ENT; Fellow of the American College of Surgeons

Dr. Patadia: Associate Professor of Otolaryngology; Director of Otolaryngology Allergy Program; Fellow of the American Academy of Otolaryngic Allergy (AAOA); Past President of the Chicago Laryngological & Otological Society

Dr. Monica Patadia and Dr. Agnes Hurtuk are Otolaryngologists at Loyola’s nationally ranked Otolaryngology Department, which includes a total of 15 physicians and four advanced practice providers. They see patients at Loyola Medicine clinics in Burr Ridge, Maywood, Oakbrook Terrace, Homer Glen, and at the Hines Veteran’s Administration Hospital. Dr. Patadia’s clinical and surgical practice focuses on complex nasal issues including sinusitis, nasal polyps, functional and cosmetic nasal reconstruction, pituitary adenoma resection, clogged tear duct surgery as well as allergy management with allergy shots/allergy drops. “I am passionate about fixing any and all things related to the nose. I enjoy listening to my patient’s concerns and creating a comprehensive plan that may include medical and/or surgical treatment,” she says. Dr. Hurtuk’s clinical practice focuses on general ear, nose, and throat disorders in children and adults. She is an active member of the American Academy of Otolaryngology-Head and Neck Surgery Foundation (AAO-HNSF) Patient Safety and Quality Improvement Committee as well as other patient care quality committees at Loyola. Dr. Hurtuk feels that she has a unique understanding and appreciation of barriers that exist in health care and has a special interest in health care improvement initiatives. As academic ear, nose, and throat surgeons, both doctors are involved in clinical research projects, education of medical students, and training the next generation of Otolaryngologists. They are also involved in clinical research, teaching, panel discussions, health care improvement initiatives, and projects at a national level.

Loyola Medicine Burr Ridge is located at 6800 N. Frontage Road in Burr Ridge, 888-584-7888, loyolamedicine.org.

MANIKA GIRDHAR, D.O.

HINSDALE ASTHMA AND ALLERGY CENTER

SPECIALTY: Allergy & Immunology

EDUCATION: B.A. University of Michigan, Ann Arbor; D.O. Chicago College of Osteopathic Medicine, Midwestern University; pediatrics residency, Loyola University Medical Center; fellowship, Children's Mercy Hospital, Kansas City, University of Missouri-Kansas City

Dr. Manika Girdhar with Hinsdale Asthma and Allergy Center has built her reputation on listening and building trust with her patients. "Listening is one of the most important things you can do as a physician as the patient's story will often reveal the answer," says Dr. Girdhar, who is board certified to treat both adults and children. Dr. Girdhar who often takes a holistic approach, avoiding unnecessary medications whenever possible has expertise in food and drug allergies, asthma, allergic rhinitis and conjunctivitis, eczema, rashes, and a variety of other allergic and immunologic conditions. Her most recent manuscript was published in the *Annals of Allergy, Asthma, and Immunology* discussing the role and effect of omega-3 fatty acids in pregnancy and the development of atopic disease. Always on the search for the most innovative therapies to help her patients, Dr. Girdhar believes it's important to have an allergist in your corner who truly has your best interest in mind. "I will never let profit override ethics. My oath is to do no harm and to use my education and training to help patients to the best of my ability, and that is exactly what I put my heart into every single day," she says.

Hinsdale Asthma and Allergy Center is located at 105 E. First Street, Suite 203, in Hinsdale, 630-323-5522, hinsdaleallergy.com.



PETER D. GELDNER, M.D.

THE GELDNER CENTER

SPECIALTY: Plastic and Reconstructive Surgery (emphasis in Aesthetic and Cosmetic Surgery)

EDUCATION: B.A., Johns Hopkins University; M.D., University of Wisconsin; residency General Surgery, University of Chicago; residency, Plastic Surgery, Wayne State University, Detroit; residency, Plastic Surgery, University of Texas Medical Branch, Galveston, Texas

AWARDS/HONORS/DISTINCTIONS: Clinical Faculty, University of Illinois and University of Chicago; Castle Connolly, America's Top Surgeons; Marquis "Who's Who" Lifetime Achievement Award; *RealSelf* Top contributor, Verified Doctor; *US News and World Report* Top Plastic Surgeons; media appearances include ABC, Fox News, NBC, WGN, *Chicago Tribune*, *Life and Style Weekly*, The Learning Channel, *The Jenny Jones Show*, *Larry King Live*, WebMD Radio, *NewBeauty* Instagram Live, and *Allergan* Instagram Live

Reputations are built over time, with effort, creativity—and ultimately—results. When Dr. Peter Geldner began his practice, most of his work dealt with complex reconstructive surgeries. "The questions were always how to formulate a unique solution for each patient based on their needs, desires, and limitations, available tissues, and a creative use of surgical options," he says. "My cosmetic practice rapidly grew in an organic fashion. Patients sought me out since I didn't apply a cookie cutter approach, instead treating each patient in a holistic fashion." Dr. Geldner constantly evaluates his own outcomes to refine his patients' options with surgical, as well as nonsurgical treatments. New devices and techniques may represent substantial advancements in the art and science of plastic surgery; conversely, without close review, they may simply represent hype. "Only critical evaluation allows us to choose which new devices and techniques work and which do not. Consultations focus on a candid discussion of the patient's desires, health, options, and individualized risks," says Dr. Geldner. "We jointly create a plan for success. Intraoperative and postoperative care is vitally important. Experience and critical thought have taught me not to dismiss patient concerns. I realize that for each patient, the subjective outcome of our care far exceeds an objective evaluation of the results." That's why he continues to surround himself with nurses and estheticians who share his vision. "What we do for our patients has tremendous importance in their lives," he adds. "We offer the options to look better, feel better, and live better."

The Geldner Center is located at 680 North Lake Shore Drive, Suite 1345, in Chicago, and at 12 Salt Creek Lane, Suite 315, in Hinsdale, 312-981-4440 (Chicago) or 630-315-5699 (Hinsdale), mygeldnercenter.com.



JESSIE CHEUNG, M.D., FAAD

CHEUNG AESTHETICS & WELLNESS

SPECIALTY: Board-certified Dermatologist, specializing in Aesthetics, Sexual Wellness, Anti-Aging & Hormone Therapy

EDUCATION: M.D., SUNY Downstate Health Sciences University, AOA Honor Society, Brooklyn, NY; Dermatology, Cook County Hospital, Chicago, IL; Cosmetic Surgery fellowship, JUVA Skin & Laser Center, New York, NY

DISTINCTIONS: Expert trainer, speaker, and key opinion leader for global aesthetics, thread, filler, laser, hormone, and exosome suppliers. Internationally sought-after lecturer, most recently invited to: Merz Institute Advanced Aesthetics Summit, Sao Paulo, Brazil, September 2019; Merz Aesthetics Expert Summit, Munich, Germany, November 2019; Mint PDO Threads VI-Must User Summit, Los Angeles, CA, April 2022; Miami Cosmetic Surgery, Miami, FL, June 2022; Vegas Cosmetic Surgery, Las Vegas, NV, June 2023; The Aesthetic Show, Las Vegas, NV, July 2022; PRX Summit, Venice, Italy, September 2022; Fotona Laser Super Symposium, Dallas, TX, September 2022; Global Aesthetics Conference, Miami, FL, November 2022; Benev User Summit, Newport Beach, CA, November 2022; Merz Aesthetics Expert Summit, Vienna, Austria November 2022; Promoitatia International Summit, Tulum, Mexico, December 2022; American Academy of Anti-Aging Medicine 30th World Conference, Las Vegas, NV, December 2022; AMWC Aesthetic & Anti-Aging Medicine World Congress, Miami, FL, February 2023. Named Top Injector by *Chicago Magazine*, November 2020.

Dr. Jessie Cheung founded her unique cosmetic practice with a mission to treat more than just her patients' skin—and that is all the more true now. "External beauty is interconnected to internal wellness, which includes hormone optimization, sexual health, and confidence, and my office provides treatments that integrate them" she says. "Our dual mantras are 'look better, feel better, perform better,' and 'confidence is sexy.'" Dr. Cheung says she prides herself on collaborating with contemporary experts around the globe on the latest and best techniques and equipment worldwide. For the last several years, she has immersed herself in research, training, and presenting new and cutting-edge techniques in order to bring to her patients the newest and best treatments available.

Cheung Aesthetics & Wellness is located at 545 Plainfield Road, Suite B, in Willowbrook, and at 520 N. Michigan Avenue, Suite 300, in Chicago, and at 150 Broadway, Suite 1110, in New York, NY, 630-455-0140, hello@drjessiecheung.com, drjessiecheung.com, @drjessiecheung.





STEPHANIE BAYERS, M.D.; JORDAN C. CARQUEVILLE, M.D.
DERM INSTITUTE OF CHICAGO

SPECIALTY: Medical, Cosmetic, Surgical Dermatology

EDUCATION:

Dr. Jordan C. Carqueville: Undergraduate, Washington University, St. Louis; M.D., Rush University College of Medicine; residency (Chief Resident), Dermatology, Stroger Hospital of Cook County; fellowship, Dermatopathology, UCLA; private practice, Cosmetic Dermatology, Los Angeles; fellowship, Mohs Micrographic Surgery, Spokane, Washington; triple board-certified

Dr. Stephanie Bayers: Undergraduate, Washington University, St. Louis; M.D., University of Miami – Miller School of Medicine, Florida; residency, Dermatology (Chief Resident), UT Southwestern; research year, Pediatric Dermatology, Northwestern University

AWARDS/DISTINCTIONS:

Dr. Carqueville: Top Doc in Chicago Magazine (2021-2022); Best Cosmetic Dermatologist (2018-2022); Immediate Past President, Chicago Dermatological Society; member: American Academy of Dermatology; American Society of Dermatologic Surgery; American Society of Dermatopathology; American Society for Laser Medicine and Surgery

At the Derm Institute of Chicago, Drs. Jordan C. Carqueville and Stephanie Bayers prioritize the whole health of their patients, offering a comprehensive practice of medical, surgical, and cosmetic dermatology. “We pride ourselves on delivering the best results possible through expert care and state-of-the-art treatment,” says Founder and Medical Director Dr. Carqueville, who specializes in skin cancer surgery, facial reconstruction, and cosmetic rejuvenation. “Passion for my patients continues to drive me to keep learning new techniques to bring to our practice.” Dr. Bayers has a special interest in family dermatology. She completed a year of research in pediatric dermatology, and is an expert in phototherapy for psoriasis, eczema, and vitiligo. “I prioritize taking a patient-centered approach,” she says. “I give our patients autonomy in deciding which treatment option is best for them to achieve safe and successful results.” The Derm Institute is 100 percent physician-owned, comprised of six premier skin care experts and surgeons—Dr. Carqueville, Dr. Bayers, Dr. Pamela Scheinman, and Dr. Kaitlyn M. Kollmann, Family Nurse Practitioner Elizabeth Russeau, and Dietitian Nutritionist Eve Persak. The Derm Institute has locations in Chicago, Old Orchard, and Hinsdale, and Drs. Carqueville and Bayers are happy to bring their expertise to the Western Suburbs, seeing patients at the Hinsdale office. This team of experts is dedicated to continuing their education and refining their skills to offer the highest quality of health care for the whole skin—with access and expertise in the latest treatments and technology.

Derm Institute of Chicago is located at 920 North York Road, Suite 100, in Hinsdale, as well as at 737 N. Michigan Avenue, Suite 720, in Chicago, and 4905 Old Orchard Center, Lower Level, in Skokie, 312-319-1978, dermic.com.



KEENAN ADIB, M.D. FACC; ANDREW T. LAWRENCE, M.D., M.S., FACC, FHRS
ADVENTHEALTH HEART AND VASCULAR INSTITUTE

SPECIALTY:

Dr. Keenan Adib: Cardiovascular Disease, Interventional Cardiology

Dr. Andrew T. Lawrence: Cardiac Electrophysiology

EDUCATION:

Dr. Adib: M.D., Damascus University; internal medicine residency, University of Buffalo, New York; interventional cardiology fellowship, Allegheny General Hospital; cardiovascular medicine fellowship, University of Buffalo, New York

Dr. Lawrence: B.S. in biochemistry and cell biology, University of California San Diego; M.S. in pathology, The Chicago Medical School; M.D., The Chicago Medical School; internal medicine residency (Chief Medical Resident), Georgetown University Hospital; cardiology fellowship, RUSH University Medical Center; cardiac electrophysiology fellowship, RUSH University Medical Center

AWARDS:

Dr. Adib: Philip Goldstein Memorial Award, New York 2011; Rakesh Bidani Memorial Award, New York 2012

Dr. Lawrence: String of Pearls teaching award from medical students at Georgetown Medical School

The field of cardiac electrophysiology is expanding at a significant rate, due in part to the exciting new technology available to physicians and partially due to the increase in heart rhythm disorders as the population ages. “The advances in the last several years have allowed us to offer patients with atrial fibrillation (among other arrhythmias) more options than ever before,” says Dr. Andrew T. Lawrence with AdventHealth Heart and Vascular Institute in Hinsdale. The great strides made in the cardiac electrophysiology field, especially over the past few years has allowed the team at AdventHealth Heart and Vascular Institute to provide same-day discharge on many of their procedures and allowed patients the ability to recover in the comfort of their own home. “We have always treated our patients the way we would want ourselves or our family to be treated,” explains Dr. Lawrence and his colleague, Dr. Keenan Adib. “We strive to make a real connection and understand the needs of our patients beyond their medical diagnosis.”

Dr. Lawrence and Dr. Adib are with AdventHealth Heart and Vascular Institute located at 908 Elm Street, Suite 404, in Hinsdale, 630-789-3422.

PREMIER DOCTORS DIRECTORY

ADVANCED CARDIAC IMAGING

Nada Shaban, M.D.
RUSH Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care

ALLERGY & IMMUNOLOGY

Manika Girdhar, D.O.
Hinsdale Asthma and Allergy Center, 630-323-5522, hinsdaleallergy.com

Dr. Sam Koppula
Praana Center for Asthma and Allergy, 630-323-8800, drsamkoppula.com

ANESTHESIOLOGY

Farooq A. Khan, M.D.
Modern Pain Consultants, 708-482-4500, nomorepain.org

BARIATRIC SURGERY, MINIMALLY INVASIVE SURGERY

Benjamin Veenstra, M.D., F.A.C.S., F.A.S.M.B.S.
RUSH Oak Brook, 312-942-4444, rush.edu/weightloss

CARDIAC ELECTROPHYSIOLOGY

Andrew T. Lawrence, M.D., M.S., FACC, FHRS
AdventHealth Heart and Vascular Institute, 630-789-3422

Alexander Mazur, M.D.
RUSH Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care

CARDIAC PREVENTION

Nada Shaban, M.D.
RUSH Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care

CARDIOLOGY

Alexander Mazur, M.D.
RUSH Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care

Nada Shaban, M.D.
RUSH Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care

CARDIOMETABOLIC HEALTH

Nada Shaban, M.D.
RUSH Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care

CARDIOVASCULAR DISEASE

Keenan Adib, M.D., FACC
AdventHealth Heart and Vascular Institute, 630-789-3422

Joanne Sutter, M.D.
RUSH Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care

CHIROPRACTIC MEDICINE

Dr. Cara VanWormer-Hartman, D.C., DABCI, DACBN, IFMCP,
Therapeutic Health, 630-537-0758, therapeutic-health.com,
Instagram: @therapeutichealth

CLINICAL PSYCHOLOGY

Dr. Shantelle Whitehead
Dr. Shantelle and Associates, Ltd., 312-924-1884, drshantelle@whiteheadselfcare.com,
drshantelleandassociates.com

COLON AND RECTAL SURGERY

Henry Govekar, M.D.
RUSH Oak Brook, 312-942-7088, rush.edu/colorectal

Theodore Saclarides, M.D.
RUSH Oak Brook, 312-942-7088, rush.edu/colorectal

COMPREHENSIVE RESTORATIVE DENTISTRY

Ayesha Sultan, D.M.D.
Weller Dental Group, 630-654-2900 (Hinsdale), 312-654-0606 (Chicago), wellerdental.com

Jeffrey Weller, D.D.S.
Weller Dental Group, 630-654-2900 (Hinsdale), 312-654-0606 (Chicago), wellerdental.com

Dr. Adam R. Winckler
Adam R. Winckler, DDS, 630-655-8815, info@hinsdaledentist.com, hinsdaledentist.com

COSMETIC DENTISTRY

Jeffrey Weller, D.D.S.
Weller Dental Group, 630-654-2900 (Hinsdale), 312-654-0606 (Chicago), wellerdental.com

DERMATOLOGY

Stephanie Bayers, M.D.,
Derm Institute of Chicago, 312-319-1978, dermic.com

Jordan C. Carqueville, M.D.,
Derm Institute of Chicago, 312-319-1978, dermic.com

Jessie Cheung, M.D., FAAD
Cbeung Aesthetics & Wellness, 630-455-0140, drjessiecheung.com, @drjessiecheung

FUNCTIONAL MEDICINE

Dr. Cara VanWormer-Hartman, D.C., DABCI, DACBN, IFMCP,
Therapeutic Health, 630-537-0758, therapeutic-health.com,
Instagram: @therapeutichealth

GENERAL SURGERY

Farooq A. Khan, M.D.
Modern Pain Consultants, 708-482-4500, nomorepain.org

INTERNAL MEDICINE

Kyle Kunz, M.D.
Harper Health, 855-947-7371, harper-health.com

INTERVENTIONAL

CARDIOLOGY
Keenan Adib, M.D., FACC
AdventHealth Heart and Vascular Institute, 630-789-3422

INTERVENTIONAL ORTHOPEDIC MEDICINE

Matthew E. Vogt, M.D.
The Sports Medicine and Regenerative Therapeutics Institute – SMaRT, 630-922-5071, thesmartinst.com

INTERVENTIONAL PAIN MANAGEMENT

Farooq A. Khan, M.D.
Modern Pain Consultants, 708-482-4500, nomorepain.org

MENTAL HEALTH

COUNSELING/ PSYCHOTHERAPY
Emily Pagone, M.S., LCPC, NCC, PMH-C, CCTP
Authentic Growth Wellness Group, 630-796-0884, authenticgrowthwellness.com

OBESITY MEDICINE

Nada Shaban, M.D.
RUSH Oak Brook, 630-724-1300, rush.edu/services/heart-and-vascular-care

ORTHOPAEDIC SURGERY

Ashraf H. Darwish, M.D.
Hinsdale Orthopaedics, 630-323-6116, hinsdale-orthopaedics.com

OTOLARYNGOLOGY – HEAD & NECK SURGERY

Agnes Hurtuk, M.D.
Loyola Medicine, 888-584-7888, loyolamedicine.org

Monica Patadia, M.D.
Loyola Medicine, 888-584-7888, loyolamedicine.org

PLASTIC & RECONSTRUCTIVE SURGERY

Peter D. Geldner, M.D.
The Geldner Center, 312-981-4440 (Chicago), 630-315-5699 (Hinsdale), mygeldner.com

PRIMARY CARE

Kyle Kunz, M.D.
Harper Health, 855-947-7371, harper-health.com

REGENERATIVE MEDICINE

Matthew E. Vogt, M.D.
The Sports Medicine and Regenerative Therapeutics Institute – SMaRT, 630-922-5071, thesmartinst.com

SPORTS MEDICINE

Matthew E. Vogt, M.D.
The Sports Medicine and Regenerative Therapeutics Institute – SMaRT, 630-922-5071, thesmartinst.com

SURGICAL ONCOLOGY – ESOPHAGUS, STOMACH, PANCREAS, LIVER AND BILE DUCT CANCERS

Sam Pappas, M.D.
RUSH Oak Brook, 630-724-1300, rush.edu/oakbrook

SURGICAL ONCOLOGY – MELANOMA, SARCOMA, AND BREAST CANCER

Cristina O'Donoghue, M.D., M.P.H.
RUSH Oak Brook, 630-724-1300, rush.edu/oakbrook

UROGYNECOLOGY

Shilpa Iyer, MD,
University of Chicago Medicine Urogynecology, 888-824-0200, uchicagomedicine.org/hinsdale

Sandra Valaitis, MD,
University of Chicago Medicine Urogynecology, 888-824-0200, uchicagomedicine.org/hinsdale

UROLOGY – STONE DISEASE, MINIMALLY INVASIVE SURGERY

Dr. Ephrem Olweny
RUSH Oak Brook, 312-563-3447, rush.edu/urology

WEIGHT MANAGEMENT

Naomi Parrella, M.D., F.A.A.F.P., FOMA, DIPL. ABOM
RUSH Oak Brook, 312-942-4444, rush.edu/weightloss