

The background of the entire page is a blurred photograph of a busy hallway. Several people are visible, some walking away from the camera and others towards it. The lighting is bright, with a large light source on the right side creating a strong glow. The overall tone is professional and clean.

QUINTESSENTIAL
BARRINGTON®

WHO'S WHO

— IN —

HEALTH

— & —

WELLNESS

2022

YOUR GUIDE TO THE BEST LOCAL HEALTH CARE PROVIDERS

SPECIAL ADVERTISEMENT SECTION

CO - OPTIM HEALTH

LIVE HAPPY

THE DOCTOR'S OFFICE REIMAGINED



Introducing Co-Optim Health Deer Park

Your new medical office space purposefully designed especially for you.

Co-Optim Health delivers complete turn-key medical office facilities for your practice, coupled with outstanding luxuriously appointed reception services for your patients.

Co-Optim Health provides flexible medical offices and exam rooms, nurse's stations, labs, health bars and doctors lounges along with professional support services to help manage and grow your practice. Our flexible memberships allow you to choose a plan that works for you and saves you money. Only pay for the space you need on the days you need it. Choose from 1-7 office days per week for you or your group.

Visit us online or stop in today at our flagship location in Deer Park, IL for a tour your new office and get more information about our flexible pricing plans and membership amenities.

Membership Amenities

- Private Doctor's Lounge
- Medical Labs
- Consultation Offices
- Health Bars
- Marketing and Advertising
- Procedure Rooms
- Complimentary Starbucks Coffee
- Exam Rooms
- Personal Concierge Services
- Therapy Room
- Cleaning Service
- Nurse's Stations

CO - OPTIM HEALTH

LIVE HAPPY



**Stop in for a tour of
your new office today!**

21660 Field Parkway
Deer Park, IL
Schedule a Tour Today

224-339-9200

Co-OptimHealth.com
LiveHappy@Co-OptimHealth.com

Flexible Medical Office Space

The Space

Co-Optim Health provides the perfect solution for doctors and medical practitioners looking for fully furnished or satellite medical office suites and exam rooms. Our unique and luxurious reception areas and thoughtful workflow provide the perfect experience for you and patients.

The Freedom

Co-Optim Health allows you the flexibility and freedom of having your own practice without the worries of being tied to a group or the expense of a long-term lease, utilities, payroll, janitorial services, or day-to-day operations. We take care of it all so you can focus on your patients.

The Care

At Co-Optim Health, we believe that healing starts when your patients walk through the door. Our friendly reception and concierge team takes pride in providing your patients with compassion, kindness, and hospitality.

The Plan

Co-Optim Health provides medical office spaces for doctors, dentists, therapists, dietitians, dermatologists, and more! Each Co-Optim Health membership is custom designed to fit your medical practice needs. Choose the plan that works for you; Between 1-7 office days per week.



The Advanced Surgical Team is (from left) Barry Rosen MD, John Cheregi MD, Hsin-Yi Chang MD, Gia M. Compagnoni MD, David P. Ondrula MD, and Jill Motl MD.

Advanced Surgical Care of Northern IL, LTD.



Advanced
BARIATRICS

Advanced Surgical Care
of Northern Illinois
802 Fox Glen Court
Barrington
847-381-8161
advancedsurg.net

Information regarding our general surgery, breast surgery, and colorectal surgery can be found by visiting: advancedsurg.net. Information regarding our bariatric program—Advanced Bariatrics—can be found by visiting advancedbariatrics.com.

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

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

receives exceptional care from both a medical and human perspective.

Our Bariatric team is led by fellowship-trained bariatric surgeons and fellows of the American College of Surgeons, Dr. John Cheregi and Dr. Hsin-Yi Chang. Advanced Bariatrics was created to help people who struggle with obesity to confront and overcome their challenges and discover a happier, healthier way of life.

For many people, obesity is a chronic condition that requires medical intervention. At Advanced Bariatrics, we are committed to providing a judgment-free environment. We work closely with our patients to develop a treatment plan that will redefine what the future looks like.

The collaborative approach used by Dr. Chang and Dr. Cheregi is designed to help our patients identify the plan and procedure that will help them achieve success. Our doctors are passionate about being there every step of the way during what becomes a life-changing journey for most of our patients.

We are accepting new patients. Call for a consultation to discuss your possibility to lose up to 80-120 pounds in the first year after surgery!

Follow us on social media: @advbariatrics or @advancedsurgicalcare



Dr. Bryan Nakfoor



Dr. Nakfoor, Dr. Lauren and the "Ortho Squad"

Scan the QR code below, call or visit us at nak4smiles.com, to schedule an in-office or virtual consultation today.



Nak4 Orthodontics
50 Ela Street
Barrington, IL 60010
847-392-0330
Nak4Smiles.com

Nak4 Orthodontics

Nak4 Orthodontics has a proven track record of success, dating back 50 years to its first location in Park Ridge, and over a decade in Arlington Heights. The practice expanded into the Barrington community last spring, with the acquisition of Schuberth Orthodontics.

Locally owned and operated by Dr. Bryan Nakfoor, Nak4 Orthodontics offers a full array of orthodontic services, including braces and Invisalign, as well as early interceptive treatments for issues that can emerge in young children. But they treat smiles of all ages.

Using state-of-the-art technology, like the iTero 3D digital scanner for accurate, impression-free imaging, and an on-site lab with 3D printing capabilities, each patient is given a customized treatment plan, and the option to start the same day. No time wasted in the journey to the smile of your dreams!

Nak4 Orthodontics is the top Invisalign provider in the Chicagoland area. The practice was recognized as a Diamond+ provider in 2019, 2020 and 2021, a distinction reserved for only the top 1% of all providers in the world. Having treated tens of thousands with Invisalign and traditional braces, patients can feel confident they are getting superior expertise and an unparalleled level of care.

Dr. Nakfoor, Dr. Lauren Hoyer and the "Ortho Squad" love what they do, and that spirit resonates with patients, who rave about the comfortable, fun environment, expert care, and stunning results. The team aims to be the friendliest office around!

Here's what a few patients had to say:

"Thank you for making the process so easy and going the extra mile. Will not be forgotten! Would absolutely recommend my friends and family."

"Dealing with some childhood dentist trauma I could not have been happier. The whole process was explained to me from A to Z which was so helpful to calm my anxiety. I wish I could give this team a 10."

"I had a great experience during my visits to this office. The whole team is very professional and they treat you as family."

"I'm so pleased with my end results and wouldn't have wanted to get treatment anywhere else!"

Beyond the health benefits of orthodontic treatment, the confidence that comes with a beautiful smile is far-reaching and life-changing. Discover the Nak4 difference today.



Deer Park Village

Deer Park Village Senior Living offers independent living, assisted living and memory care while providing seniors with a worry-free retirement experience. Team members are onsite 24 hours a day to engage with residents and build meaningful relationships, all while receiving the personal care and attention they deserve.

At Deer Park Village, residents are encouraged to spend more time doing the things they love like engaging with friends and family, participating in exciting activities or simply joining enjoying coffee and conversation at Payton's Bar. The community offers housekeeping, maintenance, and transportation so residents can focus on the more important aspects of retired life.

Seniors who reside at Deer Park can begin their day with a morning swim in the saltwater pool, take an afternoon, chauffeured outing to the Art Institute of Chicago and spend the evening with friends at the community's wine bar. Join the community to discover beautiful rooftop deck views, chef-prepared culinary experiences, easy access to the Metro-Northwest train line into

Chicago and an array of other amenities that will guarantee you love the way you live!

Currently Deer Park Village Senior Living team members are undergoing training from The Hearthstone Institute that educates caregivers on how to be aware, confident and effective when working with residents living with dementia. The community shares the same mission with Hearthstone which is to create a life worth living for seniors with cognitive challenges by enriching their lives and offering hope.

Built in 2016, Deer Park Village Senior Living provides residents with a modern, safe, and worry-free community to live a purposeful life. The community's parent company, Dial Senior Living, has a long-standing history of providing five-star care for seniors since 1959. Dial's portfolio has since expanded to more than 20 communities and each community is unique in its offerings and esthetics. However, all communities all share one thing in common: they are committed to exceptional service, amenities and an active lifestyle.

To learn more about our community or to schedule a tour please contact us today!



Deer Park Village
21840 W Lake Cook Road
Deer Park, IL
LiveDeerPark.Com
847-550-3166



"I believe it is a privilege treating those within my community and therefore, I treat all of my patients like family. My goal is to meet and exceed my patient's expectations."

Alpine Foot Specialists, P.C.

765 Ela Road, Suite 100
Lake Zurich, Illinois 60047

847-540-9949

alpinefootspecialists.com

Monday, Tuesday, Thursday, Friday 10 a.m. to 5 p.m.

Saturday by Appointment.

Lapiplasty
3D Bunion Correction™

Dr. Anna Christine Gurrera

Doctor of Podiatric Medicine

Board Certified in Foot Surgery by the American Board of
Foot and Ankle Surgery

Dr. Gurrera, a resident of Barrington, is the new owner of Alpine Foot Specialists in Lake Zurich, Illinois where she has been practicing since 2012. As a podiatrist, she treats patients of all ages for all foot and ankle conditions, however, has a special interest in treating athletic patients. She knows that healthy feet are essential to maintaining an active, healthy lifestyle. Dr. Gurrera has had extensive physical training while serving in the U.S. Army and later in the U.S. Army Reserve. She studied Kinesiology, the study of movement of the body, at UIC Chicago while working as a physical therapy assistant. She earned her doctorate and then completed podiatric medical and surgical residency training at Rush University Medical Center.

Dr. Gurrera treats **heel pain, bunions, ankle sprains, stress fractures, shin splints, neuromas, and skin and nail conditions**. She educates her patients on their specific condition and gives an informative explanation of the best treatment options. Many conditions are treated conservatively with stretching exercises, cortisone injections, custom orthotics, shoe modification, bracing, and immobilization. When needed she provides surgical treatment including **bunion and hammer toe correction, fracture repair, tendon repair, bone spur removal, and joint replacement**.

"I take time to really listen to my patients because I know how important this is in making an accurate diagnosis and understanding my patient's concerns and goals. Patients build trust in me as their doctor, and many return with their children, seeking treatment for sports and growth plate injuries, flat feet, foreign bodies, ingrown toenails, and warts. I am married with two young boys at home, so I have a natural compassion when treating children. I always have the patient's best interest at heart and provide the best care without any unnecessary tests or treatments."

Take care of your family's foot health this year!

Call 847-540-9949





Advocate Good Shepherd Hospital's Center for Health and Integrative Medicine

Advocate Good Shepherd Hospital's Center for Health and Integrative Medicine opened in April 2021. The Center is the culmination of a community and hospital fundraising collaboration with a unified vision to create a space that supports health and healing.

The model of Integrative Medicine is one that combines evidence based conventional and complementary approaches in the context of whole person care: mind, body, and spirit. The staff working at the Center are health professionals who have extended training in their area of specialty in Integrative Medicine. This allows for a collaboration in care that can extend through the hospital, as well as with primary care physicians and specialists. The goal of Integrative Medicine is to enhance, not change a care plan.

Nutrition is a pillar of the Center. Emphasis will be placed on dietary education in disease prevention and management and personalized dietary assessments will be offered by registered dietitians familiar with nutritional medical management. Our Advance Practice Nurse Debbie Stamm embodies the integrative approach through empathetic listening, promoting health, and inspiring wellness.

The Center offers a variety of services, including acupuncture, medical massage therapy, yoga, aromatherapy, psychotherapy provided by a licensed counselor, and virtual health coaching, with additions such as Culinary Medicine to follow.

There is a healing garden just outside the center that provides an invitation for reflection and group gatherings.

The Center is available to everyone: community members, patients being treated at the hospital, and team members of the hospital. Your experience starts with a warm and attentive front desk assistant who will help navigate services for each client to make it as seamless as possible.

For more information, call the Center at 847-842-3140.



Advocate Good Shepherd Hospital's
Center for Health and Integrative Medicine
450 West Highway 22
Barrington IL 60010
Schedule an Appointment
847-842-3140
advocatehealth.com
GSHP-IntegrativeMedicine@aah.org



Diamond Dental Service
754 S. Rand Road
Lake Zurich
847-550-3139
LZdentist.com



Diamond Dental Service A Tradition of Excellence Since 2013

For nearly a decade, locals of all ages have come to recognize Diamond Dental Service as the area's premier cosmetic and family dental studio. Whether you are looking for a supremely comfortable and thorough teeth cleaning, a dental implant, or a total smile makeover, you can count on Dr. Alma Lombardo and her team to possess the latest training and technology to deliver exceptional care and excellent service in a warm, friendly atmosphere.

We invite you to take a moment and tour our full-service family and cosmetic dental studio from the comfort of your home by visiting LZdentist.com. We treat adults and children of all ages with early, late, and weekend appointments to fit your busy schedule. Dental insurance is accepted, and several popular membership plans are available for uninsured patients. Book your first appointment today and see why Diamond Dental Service is a Neighborhood Favorite on Nextdoor.com and has earned a Google 5-Star Rating from its patients.

Call or click to schedule an appointment today. We'd love welcome you and your family to Diamond Dental Service!

- Invisalign
- Implants, Crowns & Bridges
- Teeth Whitening
- Botox, Juvederm & Restylane
- Insurance Accepted
- Veneers
- Night Guards/Sport Guards
- Dentures
- Families & Kids Welcomed
- Much More!



Fox Valley Orthopedics doctors (from left) are Shobhit V. Minhas, MD, Hand & Wrist Surgeon; Lauren E. Matteini, MD, Spine Surgeon; James R. Seeds, MD, Sports Medicine Surgeon; Raheem M. Nazeer, MD, Rheumatologist; and Joshua M. Alpert, MD, Sports Medicine Surgeon. Not pictured are Ryan M. Unger, MD, Pain Management Specialist and Kenneth S. Chakour, MD, Joint Replacement Surgeon. Physician Assistants are (far left) Alyssa Fletcher and (far right) Jarod Schieler.

Fox Valley Orthopedics (FVO) in Barrington has expanded, and area residents can now get comprehensive care closer to home. More orthopedic, pain management, and rheumatology specialists have been added to the team, and physical and occupational therapy are now available for a seamless delivery of care.

For orthopedic care, FVO-Barrington now has a larger team of specialists, including Sports Medicine Surgeons James Seeds, MD, and Joshua Alpert, MD; Spine Surgeon Lauren Matteini, MD; Hand and Upper Extremity Surgeon Shobhit Minhas, MD; Rheumatologist Raheem Nazeer, MD; and, Pain Management Specialist Ryan Unger, MD. In early February, Joint Replacement Surgeon Kenneth Chakour, MD, will also be joining the practice.

Imaging Services for an Accurate Diagnosis

FVO-Barrington offers onsite Open MRI and x-ray services with a team of board-certified professionals. X-rays are ordered and read at the time of an appointment for added comfort and diagnosis reassurance.

Physical Therapy

FVO-Barrington now offers physical and occupational therapy. Whether a patient is recovering from a fracture, surgery or suffering from joint pain, FVO's outpatient rehabilitation team will develop a cohesive treatment plan to help rebuild muscles, improve range of motion and restore function.

About Fox Valley Orthopedics

Fox Valley Orthopedics provides comprehensive orthopedic care, including sports medicine, spine, joint replacement, hand and wrist, foot and ankle, pain management and rheumatology. All surgeons are board certified or board eligible. Arthroscopic and minimally invasive techniques are often used, in addition to leading-edge treatments like regenerative medicine and stem cell therapies. FVO also offers OrthoFirst—walk-in orthopedic urgent care in Geneva, Elgin, and Barrington, in addition to a state-of-the-art Ambulatory Surgery Center.

Call today. Life is too short to be limited by pain.



Fox Valley Orthopedics
420 W. Northwest Highway
Barrington, Illinois 60010
630-584-1400
FVOrtho.com

Advanced Psychiatry of Elgin offers TMS, which is a non-invasive, FDA-approved alternative treatment indicated for use in patients who have Major depressive Disorder or Obsessive-Compulsive Disorder and have not responded to psychotropic medication.

There are many benefits including:

- Coverage by most insurance companies
- Has minimal side effects
- No anesthesia is needed
- No memory issues

Before Your Treatment

Here is what to expect with TMS therapy. You will recline comfortably in the treatment chair. A small curved magnetic coil will be positioned tangentially on the side of the head, near the forehead.

During Your Treatment

The TMS treatment coil delivers focused magnetic stimulation directly to target areas of the brain.

After Your Treatment

You can resume normal activities immediately following treatment.

Patient Testimonials

Here are some comments from our patients who have been treated with TMS Therapy.

"TMS changed my life. I've had depression and anxiety for several years. It has progressively gotten worse. Last summer, Dr. Malik suggested I try TMS since I had tried other medications that had not helped me. Half-way through my treatments, I noticed that I was sleeping better. I had more energy and was gaining back my confidence. Thank you so much Dr. Malik for recommending TMS. I'm forever grateful to you and your team at Advanced Psychiatry of Elgin."

"After years of anti-depressants not working for me, I decided to try the TMS treatment for my depression and anxiety. Dr. Malik is very kind, professional, and knowledgeable about TMS. After two months of treatment, my depression and anxiety symptoms decreased significantly. The TMS treatment at Dr. Malik's office is something I would highly recommend to those who have not seen results with anti-depressants."

Our Mission

We strive to provide the highest quality of care to help patients make positive changes in their lives. We value, respect, and embrace the uniqueness of all individuals. Our goal is to merge different treatment plans and customize individual approaches according to each patient's needs.



TMS Therapy Can Be Tailored to Each Patient's Unique Needs



Dr. Fareha Malik is Double Board Certified and has been serving patients in Elgin for over nine years. She received her TMS certification at the Duke University School of Medicine and has been treating patients with TMS Therapy for over a year. Dr. Malik is achieving an 80% significant improvement rate and 40% remission rate from Major Depression.



Advanced Psychiatry of Elgin
2130 Point Blvd., Suite 200
Elgin, IL 60123
847-783-0307

advancedpsychiatryofelgin.com

Hours: Mon–Thurs 8 a.m. to 6 p.m. | Friday–8 a.m. to 5 p.m.



Stephanie Skopek, DDS
 110 S. Wynstone Park Drive, Ste. 102
 North Barrington, IL, 60010
847-796-3199
stephanieskopekdds.com



Stephanie Skopek, DDS

At **Stephanie Skopek, DDS** we see the field of dentistry changing rapidly. No longer is a dentist the dreaded-white-coat-wearing treater of tooth aches and infections whose office smells like antiseptic and is full of scary tools and bad tasting materials. Today, dental practitioners are health care influencers, proactive in educating and solving the simple and complex health problems of their patients often in collaboration with other health care specialists.

As a dentist, it is easy to forge valued relationships with patients since most people visit their dentist at least twice a year. This gives dental professionals the opportunity to monitor the overall health of patients and notice subtle changes that occur before they become big health concerns. The link between poor oral hygiene and diseases like diabetes, dementia, and heart disease is well-documented in scientific literature. Sleep Disordered Breathing and Obstructive Sleep Apnea are common in our population. They often go undiagnosed and contribute to serious health problems and facial pain. Every six months, a dentist has the opportunity to evaluate airway issues in order to assist in diagnosis and treatment aiding patients in living long, healthy, and inflammation-free lives.

For some, the dental office is anxiety provoking. A negative experience in the past can have a scarring effect on future visits. A parent's dental anxiety can be transferred to a child and this causes avoidance of regular dental visits. The reality is that dentistry and the experience in the dental office has changed positively due to technology, preventive techniques, enhanced biochemistry, and biocompatibility of materials. Intra-oral digital scanning eliminates the need for goopy impression

material. Fluoride releasing products arrest decay in pediatric teeth, minimizing the need for 'drilling' and thus preparing the child for more pleasant dental experiences in the future. 2Dimensional and 3Dimensional digital imaging in conjunction with Artificial Intelligence allow for earlier diagnosis of decay, bone loss, and disease at very low radiation doses. Whitening products have become easier to use with better results and lower tooth and gum sensitivity.

The past 18 months have been challenging to the practice of dentistry, but have also presented a great opportunity for online continuing education to learn about new products, technology, equipment, and techniques that can best be used for patient safety, diagnosis, and conservative treatment of the dental and overall health of patients.

In our office, we are committed to providing a customized experience that leaves you smiling by intently listening to your concerns, learning as much as possible about your past dental and medical history, and understanding your desires for keeping or improving your smile and overall health. Patient education is imperative as the more you know about your own dental health, the more ownership you will have in the success of your treatment whether simple or complex.

Prevention is our primary goal at Stephanie Skopek DDS and we believe that you and your entire family deserve healthy smiles that last a lifetime.

Call our office to discuss any of these topics or to schedule a comprehensive exam and consultation.



Dr. Aggie and Dr. Iwona Iwaszczyszyn



Young Mi Choi, DMD is a
Board-Certified Periodontist



Elizabeth Faudree RDH



Olga Stelmakh RDH

Hart Dental

At **Hart Dental** we believe in convenience and quality care above all. We offer most services under one roof—general and family dentistry seeing patients as young as six months, cosmetic dentistry, orthodontics, and surgery. I work with my mother, Dr. Iwona Iwaszczyszyn, DDS, and together with our staff we treat everyone like family.

We believe in conservative treatments, offering the most non-invasive and preventative approach to all patients, with long-term success always in mind. Here are some of our protocols.

Conservative treatment with silver diamine fluoride in no-drill pediatric fillings: We can sometimes remove the decay without drilling, place the fluoride, and place a fluoride releasing filling over the cavity. Often, even if we have to drill, we do not need anesthetic. It is amazing and helps us win over even the most scared kids. We also offer nitrous laughing gas!

We offer Bioclear cosmetic bonding when porcelain veneers would be too aggressive and remove too much tooth structure. It is a modern, innovative approach to create an incredibly strong and long-lasting restoration, even without drilling.

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

Our goal is to make dentistry fun and relaxing for even the most anxious patients—that is why we offer nitrous and oral sedation to help you relax and forget your appointment ever happened.

We know dentistry can be invasive and confusing, and we always welcome patients' feedback to make their appointments better. We offer moisturizing lip balm, headphones, neck pillows, blankets, bite blocks (ranging in sizes), TVs playing your favorite show or music, massaging chairs, and unlimited breaks; if you need a break, let us know. We can talk you through the whole appointment or work in silence. Whatever you prefer. If we do not have something to make your appointment better, we will get it.

—Dr. Aggie Iwaszczyszyn

We invite you and your family to our dental practice. Call or text today for an appointment.



Hart Dental

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

728 W. Northwest Highway

Barrington, IL 60010

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

Call or Text:

847-865-HART (4278)

Fax: 708-722-1035

HartDentalBarrington.com

Schedule online: tinyurl.com/HartDental

Email: draggie@hartdentalbarrington.com

We speak Polish! Mowimy po polsku!

Illinois Vein Specialists

*This is the most amazing facility.
If anyone needs anything done with
veins this is the place to go to!*

— Bethany

*The entire experience was excellent,
and I had great improvement from
the procedure. Couldn't be better.*

— Raymond



Illinois Vein Specialists

22285 N Pepper Rd, Suite 105,

Lake Barrington, IL 60010

Phone- 847-277-9100

www.IllinoisVeinSpecialists.com

A Center of Excellence in the Diagnosis and Treatment of Vein Disease™

Illinois Vein Specialists is the Midwest's leading medical center for vein diagnostic care and treatment. Located in suburban Chicago, patients can receive a diagnosis and treatment in a comfortable and state-of-the-art medical facility that combines the quality and safety standards of a hospital with the efficiency, ambiance, and convenience of an outpatient setting. Patients can rest and recuperate at home without the added expense of a lengthy hospital visit or long-term care facility stay.

COMPASSIONATE CARE

At the very heart of our practice is a team of board certified, professionals - MD's, RNs, medical technicians, ultrasound specialists, and administrative personnel

- whose primary focus is to provide outstanding patient care by treating you with kindness and respect. This is exemplified by our owner and lead physician, Jack Perlmutter, M.D. FAAOS, ABOS, ABVLM, who is Fellowship Trained in Venous & Lymphatic Medicine and board-certified in Orthopaedic Surgery. He is vigilant in understanding each patient's health situation in order to identify the root cause of your venous insufficiency. Dr. Perlmutter creates a personalized treatment plan and utilizes minimally invasive procedures to relieve your pain, promote faster healing, and improve your health.

IMPORTANCE OF SEEING A VEIN SPECIALIST

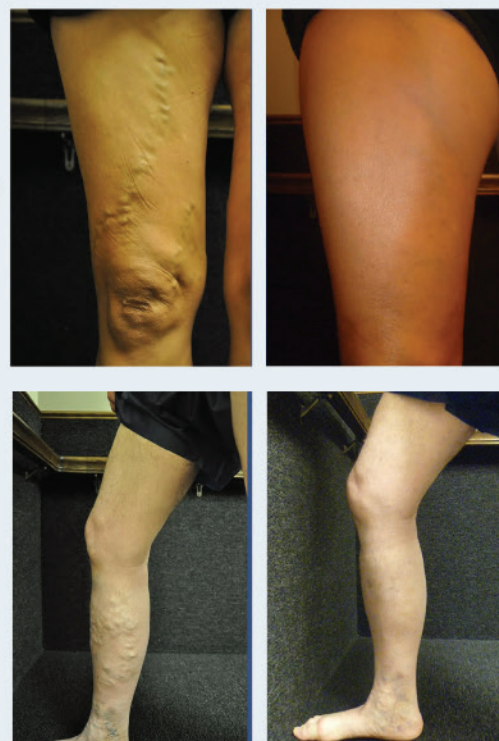
Venous and lymphatic issues can be an indicator of more serious vascular & circulatory problems. That's why it's incredibly important to see one of our specialists as vein care isn't just a part of what we do — It's all we do!

Vein & Lymphatic Conditions:

- Peripheral Vascular Disease (PVD)
- Venous Hypertension
- Deep Vein Thrombosis (DVT)
- Varicose Veins
- Spider Veins

Types of Treatment & Procedures:

- Ultrasound diagnosis
- Endovenous laser therapy (EVLT)
- VenaSeal™
- Sclerotherapy



**Most Treatments Covered By Insurance
Call Today To Make An Appointment 847-277-9100**

CLUB PILATES BARRINGTON

Club Pilates Barrington

500 North Hough, Suite 145

Barrington

224-401-0406

clubpilates.com/location/barrington



Club Pilates Barrington

Welcome to the Club Pilates Experience! We believe that Pilates is the path to a fuller, more satisfying physical existence. We believe that being in control of your body helps you to be in control of your life. And best of all, we believe that you can start anytime.

Born in San Diego in 2007, Club Pilates has expanded around the globe. Pure to Joseph Pilates' original Reformer-based Controlology Method, but modernized with group practice and expanded state-of-the-art equipment, Club Pilates offers high-quality, life-changing training at an affordable price.

No matter your age or level of fitness, there's a Pilates class that will work for you. Club Pilates studios feature a variety of apparatus, including TRX, Exo-Chair, Bosu ball, mats, rollers, and more.

Our instructors perform hundreds of hours of training to meet teacher standards so they can provide the highest quality Pilates workouts.

Here are 7 reasons you should consider starting Pilates in 2022.

Strengthen Your Powerhouse: Pilates trains your core (your "powerhouse"), unlike any other workout. A stronger core leads to better posture, a leaner looking stomach, and reduced back pain.

Reduce Back Pain: A strong core equals a strong back. That's why those with chronic lower back pain who practiced Pilates for just four weeks experience more relief than those who visited a physi-

cian and other specialists, says a Journal of Orthopedic & Sports Physical Therapy study.

Go Easy on Your Joints: Pilates' slow and controlled movements puts minimal impact on your joints. It's a perfect cross-training workout to balance a higher impact workout like running. The Pilates reformer has padding that is as thick as 10 yoga mats! It takes the pressure off your back and knees

Improve Your Focus: Pilates trains you to focus on 1) your breath, 2) your body, and 3) how they move together. It requires concentration. Your brain can't wander to things like work, bills, boy-friends, and other dramas for a full hour!

Dominate Your Sport: When you start training your core, you realize that all muscles are connected through your core. You physically cannot do correct lunges without strong abdominals. With a strong core, you can run faster, your yoga is on-point, and overall, your performance in any sport improves.

Increased flexibility: When you're tight, you shorten your muscles and limit your body's range of motion. At best, that can hurt your exercise performance. At worst, it can cause injury.

Boost Brainpower: Joseph Pilates called his workout method "the thinking man's exercise". Researchers believe Pilates may even hold potential as a treatment for people with brain-degenerative diseases and cognitive dysfunctions. We feel smarter already!

Whatever reason you resonate with, there has never been a better time to get started with Pilates. Sign up for a free class now!

We are accepting new members with the following pricing:

- \$89 for 4 classes a month
- \$159 for 8 Classes a month
- \$199 for an unlimited classes per month
- \$59 Enrollment Fee (Waived with the mention of this article!)



Barrington Tiger Academy
762 W Northwest Hwy,
Barrington, IL 60010
847-772-1543
tigerumat.com

Hours:

Monday – Thursday
4:30 p.m. – 8:30 p.m.
Saturday: 9 a.m. – 12 a.m.



Head Instructor and owner Master Garrison is a 7th degree Black Belt Master in KiMudo, and a 5th degree Black Belt in Hapkido. He is one of the most sought-after KiMudo instructors in the world, a 45-year veteran in multiple Martial Arts and 11-time black Belt Grand Champion.

Barrington Tiger Academy is a modern, fully equipped training facility (Dojang). Our training areas have fully matted Olympic Swain floors for the ultimate safety and we have all the equipment needed to train to any level of student from white belt to 8th Dan Black Belt.

Our instructors combine over 100 years of experience to provide a first-rate, dedicated instruction experience to our students.

Our philosophy includes the tenets of courtesy, humility, integrity, perseverance, self-control, and indomitable spirit. We teach people of all ages self-defense skills, better health, enhanced self-esteem, and to have fun in a friendly environment.

Special offer will be \$90 off sign-up until January 31st & 1st trial class Free!



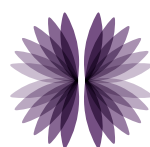
BALANCED EARTH ENERGY HEALING

Reiki is a form of natural healing that works to balance the body's energies. By bringing the body back to a state of relaxation it allows you to heal from stress, injury, or disease. Reiki is a wonderful complement to Western medicine and works in conjunction with overwhelming medical treatments (surgery, chemotherapy, radiation, kidney dialysis) to relieve side effects and enhance recovery. In addition, it may:

- Reduce stress and anxiety
- Relieve pain and tension
- Improve sleep and mood
- Detox the body
- Boost your immune system
- Dissolve energy blockages

Balanced Earth Energy Healing | Practitioner: Janis Dunning
146 Old McHenry Road, Suite D, Long Grove, IL

Accepting new clients. Call **847-707-7533**
jsdunning5D@gmail.com



NEUROBALANCE CENTER

People come to us when a diagnosis has changed their daily life and threatens their independence.

WHO WE SERVE:

- Multiple Sclerosis
- Parkinson's Disease
- Traumatic Brain Injury
- Stroke
- ALS
- Cerebral Palsy
- Epilepsy
- Muscular Dystrophy
- All balance and mobility challenges

SERVICES INCLUDE:

Physical and Occupational Therapy
Individual and Group Adaptive Fitness Classes
Nutritional Counseling
Gait, Mobility, and Balancing Training | Chiropractic Services
Functional Neurology | Functional Medicine
Therapeutic Massage and Acupuncture
Post-Concussion Treatment | **NEW!** Pre-Concussion Screening

Call **847-800-6162**

NeuroBalanceCenter.org | info@NeuroBalanceCenter.org
NeuroBalance Center, NFP, 1529 South Grove Avenue, Barrington



The Northwest Suburban office of Right at Home proudly provides live-in and come and go caregiver services to older individuals living in Barrington and the surrounding area.

As a charter member of the Dementia Friendly Barrington Task Force we are also focused on providing information and education for families and local businesses to raise awareness and foster better lives for those living with the disease.

Caring for an aging loved one whether they have some form of dementia or not, can be hard. Caregiving brings emotional rewards but can be physically and emotionally demanding. Caregivers feel stressed-out as they struggle to balance caregiving duties with their work and other family responsibilities. Juggling all these tasks can lead to caregiver burnout along with anxiety and guilt.

If you're a family caregiver, make caring for yourself a priority. Our team of professional caregivers can provide many of the typical tasks as family caregivers, such as hygiene care, assistance with managing healthcare appointments and medications, light housekeeping and laundry, meal preparation ... whatever tasks need doing, so you can stop being a caregiver and focus on your relationship again.

Right at Home is an award winning agency that has stepped up to today's challenges with ongoing health monitoring of their staff. Our proprietary dementia and cognitive support is person-centered care that focuses on empowering current abilities while minimizing cognitive decline.

Choose the Right Care for your aging loved ones — call us at 847-380-3370.



Right at Home Northwest Suburban
847-380-3370
 info@rahnw.com

STRENGTH TRAINING IN A 15-MINUTE WORKOUT! FEEL BETTER, MOVE BETTER, AND LOOK BETTER!

POE STRONG is safe for any age or fitness level. POE is a fitness revolution in safe resistance training. The science of "eccentric training" taxes your muscles in their strongest form, which is lowering and stretching of the muscle fibers (where you are 40%) stronger than concentric movement. This simply can't be done safely with weights or traditional equipment. There is no need to waste time pre-fatiguing your muscle with a bunch of repetitions.

- Easy to schedule
- No change of clothes or shower
- POE sessions are 1-on-1
- Only 5 reps of 4 different movements
- Guided and motivated by POE coaches
- A full-body workout every time.

POE is looking to hire more coaches. Call/text if you're interested.

POE

STRONG

LOOK BETTER | FEEL BETTER | MOVE BETTER

FREE TRIAL! Call or text 224-622-9240 today!
poestrong.com | BARRINGTON

BARRINGTON YOUTH & FAMILY SERVICES

**Proudly supporting the mental health needs
 of the Barrington community for 50 years.**

We Specialize In:

- | | |
|----------------|-------------------------|
| • DEPRESSION | • SELF-HARM BEHAVIORS |
| • ANXIETY | • SUICIDAL THOUGHTS |
| • GRIEF & LOSS | • SCHOOL-RELATED ISSUES |
| • TRAUMA | • LIFE TRANSITIONS |
| • ANGER ISSUES | • EATING DISORDERS |
| • PARENTING | • SUBSTANCE ABUSE |

Serving Ages 5 & Up

- | | |
|-----------------------|-----------------------|
| • English & Spanish | • Day & Evening Hours |
| • Licensed Therapists | • Insurance Accepted |

847-381-0345

barringtonbyfs.org • info@barringtonbyfs.org

118 Applebee Street, Barrington, IL



DI LUNA

Yoga & Wellness

Di Luna Yoga & Wellness is a small, female-only yoga studio and meditation center located within Fleur Salon in downtown Barrington. Our Yoga Alliance certified instructors provide a peaceful environment with gentle classes for all experience levels.

(847) 714-6737

117 N Cook Street, Barrington
www.dilunayogaandwellness.com

QUINTESSENTIAL
BARRINGTON®

WHO'S WHO

IN

HEALTH

&

WELLNESS

2022

YOUR GUIDE TO THE BEST LOCAL HEALTH CARE PROVIDERS

SPECIAL ADVERTISEMENT SECTION

Acacia Organics is a unique service company specializing in individualized health assessment, nutrition, and detox programs with the goal of enabling your body to heal and thrive. Acacia Organics is a sole proprietorship owned and operated by Judy, a certified nutritional consultant who uses a holistic approach to address each person's health challenges by taking a detailed look at your past and present health issues.

Quantum Reflex Analysis (QRA) is a proven and powerful clinical tool for men, women and children that gets to the root cause of health-related problems. It can be used to detect conditions such as thyroid insufficiency, hormonal imbalances, digestive and gut issues, and much more. QRA uses a technique that is painless, simple, and non-intrusive to test the biochemical electrical frequencies of the body's key organ and gland systems. You can be tested using QRA today to proactively get health information before symptoms even occur, or if you have already seen several practitioners and their prior efforts have been unsuccessful.

Optimal Nutrition imperative to your health will be assessed and a nutraceutical regimen will be customized and adjusted as needed to meet your unique and changing healthcare needs following your initial QRA. I recommend a brief follow up visit once a month for 6 months, for all QRA clients at no additional charge. Nutraceuticals of the finest quality, only whole food-based organic ingredients (nothing

synthetic), absolutely no toxic flow agents or tag-alongs and the highest grade of vegetable capsules are recommended and available for purchase to help you meet your healthcare goals.

Ionic Foot Bath brings results by charging the water in a foot tub with a mild current slightly stronger than, and the opposite polarity of, the lymphatic system's fluid. This gently pulls clogged, toxic materials from the vessels and nodes of your lymphatic system to rid your body of toxins that interfere with homeostasis and optimal functioning of your body.

Full Spectrum Infrared Sauna benefits acute and chronic health problems, via detoxification which may help to relieve pain, lower blood pressure, boost immune system, improved circulation, expedite wound healing (such as from surgery), and alleviate symptoms of Lyme disease, mold toxicity, and more. Clients seek me out when doctors recommend this modality.

While Acacia Organics can serve as a last resort for your health issues, why not start with Acacia Organics first for your path to wellness? Call for your initial appointment today!



523 W. Old Northwest Hwy #102A

Barrington, IL 60010

Acaciaorganics.com

847-387-3174