

Our 2025 Who's Who in Health & Wellness | Special Ad Section

QUINTESSENTIAL BARRINGTON®

January/February 2025



“Dr. Aggie”

Aggie Iwaszczyszyn, DMD

Hart Dental

**The well-being
of my patients
is always
forefront
in my mind**

Inside:

**My Top Dental
Recommendations
to Parents for Their
Child's Dental Health**



Meet One of Our Patients

Allison is a concert pianist. She is an 89-year-old female who had a series of compression fractures in the spine. The fractures occurred during everyday activities, not performing strenuous activity. The fractures made it impossible for her to sit and play the piano. She has been using Denosumab, (Prolia) for two years and has not had any further compression fractures. She can now provide the gift of piano music for the church group in her senior living facility.

One in 2 women and 1 in 4 men will experience a fracture from osteoporosis in their lifetime, which can happen from minor falls or from lifting more than 10 pounds. These fractures can cause a loss of temporary or permanent independence but can be managed through personalized and coordinated care.

There are several factors that increase the likelihood of developing osteoporosis, including age, ethnicity, post-menopausal age, family history, low body weight, poor diet, lack of exercise, and certain medical conditions like rheumatoid arthritis or celiac disease.

Osteoporosis requires an interdisciplinary approach to treatment and management, focused on education about diet, exercise, fall risk prevention, and medication management. Our expert team is led by Advanced Practice Registered Nurse, Rebecca Guio, and overseen by endocrinologist Dr. Arvind Maheshwari.

Rebecca “Becky” Guio, ANP-BC, is a board-certified adult nurse practitioner who is a bone health specialist. She has been an expert in bone health for many years. “I am passionate about bone health as osteoporosis and subsequent fractures are manageable and preventable,” she said. “I can help patients take steps to maintain strong and healthy bones to prevent fractures. My goal is for patients to remain independent.”

Osteoporosis Make No Bones About It

Introducing Advocate Good Shepherd Hospital's Bone Health Clinic

Advocate Good Shepherd Hospital offers comprehensive osteoporosis care through the Bone Health Clinic, which opened in the fall of 2024. Osteoporosis, known as the “silent disease,” often presents with a fracture as the first symptom. Osteoporosis means porous bone. When osteoporosis occurs, the holes and spaces are much larger. Having osteoporotic bones increases the risk of fracture.

To schedule or to learn more, call 847-842-4460.

A provider referral is not required to schedule your appointment with Rebecca Guio. The clinic is near the main entrance of Advocate Good Shepherd Hospital, 450 W. Highway 22, Barrington, IL 60010.

BARRINGTON

health & wellness summit

**A Curated Group of Experts
Bringing the Health & Wellness
Movement to Barrington**

February 26-27, 2025 | Barrington's White House

In-Person, Virtual, & Women's Night Out Tickets Available



All are invited to join us as we foster health and wellness in our community

Exploring Topics Including:

- cancer prevention
- women's health
- disease prevention
- mental health
- microbiome
- brain health
- environmental toxins
- pediatric health
- integrative medicine
- autoimmune disease



SCAN TO
LEARN MORE
& PURCHASE
TICKETS

This summit is supported by:

Advocate Good Shepherd
Smart Farm

Ascension
Saint Alexius

BARRINGTON'S
WHITE HOUSE

Kimberly
Duchossois

barringtonwhitehouse.com/bhws

Your Partner in Orthopedic Health and Recovery

Located in the heart of Barrington, Fox Valley Orthopedics (FVO) stands as a trusted partner in your recovery journey. Whether it's a sudden injury or long-standing joint pain, FVO delivers personalized care. With 50 years of experience and a growing list of specialties, FVO brings top-tier care right to your community.

From non-surgical treatments to advanced orthopedic procedures, FVO's physicians offer solutions tailored to each patient's journey. From getting you back to an active lifestyle to restoring everyday movement, FVO's board-certified specialists cover it all. Sports Medicine Surgeons Dr. James Seeds and Dr. Joshua Alpert focus on injury prevention and performance. Dr. Lauren Matteini brings advanced care for spine conditions, while Dr. Shobhit Minhas specializes in hand and upper extremity surgery. For joint replacement needs, Dr. Kenneth Chakour provides innovative solutions, and Dr. Gary Kazmer ensures expert care for foot and ankle health. Each doctor is committed to delivering compassionate, personalized care—right in your community.

Additional Services

Recovery is about more than just treatment—it's about teamwork. At FVO, Physical and Occupational Therapy services set them apart by prioritizing seamless communication between doctors and therapists. This close collaboration ensures that patients' therapy plans are not only personalized but also aligned with overall recovery goals, helping patients regain strength, restore function, and get back to what they love faster.

OrthoFirst: Immediate Orthopedic Care When You Need It

For those unexpected injuries, visit OrthoFirst Urgent Care. Open Monday through Friday from 8:30 a.m. to 5 p.m., OrthoFirst offers same-day treatment for bone, joint, and muscle injuries—all at a fraction of the cost of an ER visit. The orthopedic specialists at FVO handle everything from sports injuries and dislocations to fractures, sprains, and work-related injuries, giving expert care without the wait.

Fox Valley Orthopedics proudly serves the Barrington community, with additional locations in Algonquin, Elgin, Geneva, and Yorkville. For more information, visit FVOrtho.com or call (855) 386-7846.



Joshua M. Alpert, MD
Sports Medicine Surgeon



Kenneth S. Chakour, MD
Joint Replacement Surgeon



Gary M. Kazmer, DPM
Foot and Ankle Specialist



Lauren E. Matteini, MD
Spine Surgeon



Shobhit V. Minhas, MD
Hand and Upper
Extremity Surgeon



James R. Seeds, MD
Sports Medicine Surgeon





Aggie Iwaszczyszyn, DMD

My Passion for Family Dentistry

My approach to managing my practice is grounded in a deep commitment to integrity and compassion. I take great pride in being transparent and honest, even when it may be difficult. The well-being of my patients is always at the forefront of my mind, often occupying my thoughts long after the workday ends. In our practice, we share moments of both joy and challenge, always remaining true to ourselves. I am deeply empathetic, and I believe this emotional connection enhances my ability to relate to and care for others. Every decision I make is guided by a genuine dedication to the care and support of those I serve. Every decision I make, I lead with my heart.



Hart Dental
728 W. Northwest Hwy
Barrington, IL 60010
847-865-4278
hartdentalbarrington.com

A Note to Parents

Tooth decay is the most chronic disease in children. Therefore, my top dental recommendation for parents is to bring their children to the dentist as early as possible—ideally, when the first tooth appears or by six months of age, whichever comes first. This early visit allows infants to become familiar with the dental office environment and provides an opportunity for parents to ask any questions they may have. While many families wait until their child is three or four years old, waiting too long can lead to the development of harmful habits and potential dental issues, such as cavities. Treating cavities or performing procedures like fillings, crowns, or extractions on young children can be challenging without sedation, and often requires general anesthesia either in our office or at Lurie Children's hospital. While treatment is certainly possible, prevention is far easier, more effective, and more cost-efficient. Early dental care can help set the foundation for a lifetime of healthy habits and minimize the need for more complex procedures later.

My Background

I was born in Krakow, Poland, and we moved to the United States when I was 8. I'm an only child. We moved here because my dad was promoted, and he moved us once he was more established. We were supposed to be here temporarily, but it became home.

Being Polish influences my practice. Several of our staff are Polish, as are many of our patients, but we are not an exclusively Polish office. We are happy to see everyone.

My dad is a software engineer and my mom, Dr. Iwona Iwaszczyszyn, is a dentist. I wanted to be an English teacher until, my freshman year in high school when I took AP Biology, and it changed my life—I wanted to do something in the sciences and medicine. I explored medicine through volunteering in the emergency room at LaGrange Memorial Hospital and the Hinsdale Gastroenterology Outpatient Office, as well as volunteering at a practice where my mom was an associate in Arlington Heights. But it was at the first-ever Dental Mission of Mercy clinic in Bloomington, in 2010, that I decided to go into dentistry. People started lining up at 4 a.m. to receive free dental care. People cried with gratitude and relief when their teeth were repaired. That same day, this life changing moment became the inspiration for my career. We can meet someone, build rapport, and often do surgery (tooth filling) in one visit. It's a unique job that I love, and I look forward to welcoming you and your family to Hart Dental.

- "Dr. Aggie"



Step into better health
with expert podiatry care.

Steven Jasonowicz, DPM

Board Certified Podiatric Foot and Ankle Surgeon

Dr. Jasonowicz in Algonquin, Barrington, Crystal Lake & McHenry

Dr. Steven Jasonowicz is a board-certified podiatric foot and ankle surgeon. He treats a full spectrum of foot and ankle disorders from trauma/fractures, deformity reconstruction (including the diabetic foot), and sports medicine. Dr. Jasonowicz also has a special interest in total ankle joint replacement surgery.

He graduated from Barrington High School and began his medical degree at Kent State University College of Podiatric Medicine. He completed his residency in reconstructive foot and ankle surgery at Loyola University Medical Center in Maywood, Illinois.

- Foot & Ankle Fractures
- Total Ankle Replacement Surgery
- Foot & Ankle Arthritis
- Sprains and Strains
- Ankle Joint Instability
- Achilles Tendon Injuries
- Flat and High Arched Feet
- Bunions
- Charcot Neuroarthropathy
- Limb Salvage/Wound Care



**ILLINOIS
BONE & JOINT
INSTITUTE®**

Move better. Live better.

ibji.com



Algonquin

2719 W. Algonquin Rd.
847-381-0388

Barrington

27401 W. Highway 22
Suite 125
847-381-0388

Crystal Lake

815 Cog Circle
Suite 1
847-381-0388

McHenry

406 Front St.
Suite 100
847-381-0388

Chicago's Center of Excellence for the diagnosis and treatment of Vein Disease™

Illinois Vein Specialists



Comprehensive Care with a Personal Touch

We understand that choosing a doctor can be difficult and often stressful. You want to find someone you trust who will genuinely help you get and feel better. That's a feeling we understand! Our entire team's goal – from our office staff to our nurses, technicians, and physicians – is to ensure patients feel comfortable and safe at all times.

Our Board-Certified Medical Team

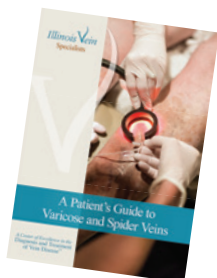
- **Jack Perlmutter, MD, AVBLM, RPhS, FAAOS, ABOS**
Medical Director and board-certified Vein Specialist
- **Gita Patel, RVT and Agnes Zoltkowski, RVT**
Our Registered Vascular Technologists ensure accurate diagnoses for personalized treatment plans.
- **Julie Ninow, RN, BSN**
Sclerotherapy specialist for spider and varicose veins
- **Amy James M.A. and Keri Hubbard M.A.**
Medical assistants who ensure patient care

Office Operations Team

- **Kelly Banks, Practice Operations Manager**
- **Janelle Jurcik, E.A. - Patient Advocate & Billing Specialist**
- **Joanne Henrich, BS - Front Office Coordinator**

Free Patient Resources

Improve your vein health with Illinois Vein Specialists and experience results that restore confidence, comfort, and vitality. Learn more by visiting IllinoisVeinSpecialists.com to download



Veins are ALL we DO!

At Illinois Vein Specialists, veins aren't just part of what we do - it's all we do! Our mission is to help our patients live healthier, more active lives. That's why our experienced, board-certified medical team utilizes the most advanced diagnostic tools and state-of-the-art treatments to properly address the root cause of each patient's venous health issue and improve their overall well-being. And, our patients do not have waste time traveling from a lab to a hospital or incur unnecessary added medical facility fees. We are able to provide all these services from our office in Lake Barrington.

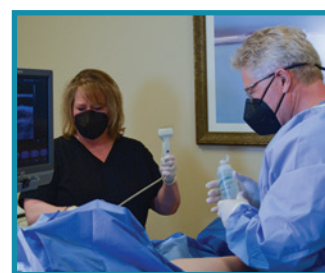
Conditions We Treat:

- **Varicose Veins:** Veins that bulge causing discomfort and cosmetic concerns.
- **Spider Veins:** Purple, thread-like veins affecting your legs' appearance.
- **Chronic Venous Hypertension:** Long-term pressure in veins causing swelling and pain.
- **Venous Ulceration:** Open sores caused by poor circulation.
- **Deep Vein Thrombosis (DVT):** Blood clots in deep veins that require immediate care.
- **Edema & Lymphedema:** Persistent swelling due to fluid retention or lymphatic issues.

Why More Patients Trust and Choose IVS

The whole staff treated me very kindly. They went through all procedures thoroughly and made sure I was comfortable and understood what was happening. They made sure my insurance covered everything. I would highly recommend them!

★★★★★ H. C. (47 years)



Advanced Treatments with little to NO DOWNTIME

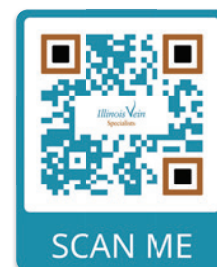
Our dedicated team of physicians, vascular technicians, and support staff work together to consistently deliver exceptional care.

- **Ultrasound Diagnostics:** Operated by our Registered Vascular Technicians (RVTs), advanced ultrasound technology pinpoints the source of vein disease for accurate diagnosis and targeted treatment.
- **Endovenous Laser Ablation Therapy (EVLT):** Using the precision of laser light, this minimally invasive treatment reduces and seals diseased veins, redirecting blood flow for improved circulation.
- **VenaSeal™ Closure System:** FDA-approved and innovative, this sealant-based treatment repairs damaged veins without the need for heat or extensive recovery time.
- **Varithena®:** Using microfoam to replace the blood in diseased veins causes the affected vein to collapse and redirects blood flow to travel through healthier veins.
- **Sclerotherapy:** The gold standard for spider vein treatment, this injectable solution effectively eliminates purple lines on your legs, leaving you with clearer skin.

Appointments Online

or call us today **847-277-9100** to schedule a consultation and take the first step toward healthier veins.

22285 N Pepper Rd, Suite 105
Lake Barrington, IL 60010





Solutions for the Toughest Cases of Treatment-Resistant Depression and Other Brain Illness

Today, we are fortunate to have open conversations about mental health in our families and communities. We have numerous resources to turn to, often with outcomes of lasting relief, hope, and support. However, there is still a significant percentage of people suffering from mental health issues and physically disabling symptoms of pain who don't know where to find relief. We spoke with Dr. Steve Best, MD, a psychiatrist whose work at The Neuroscience Center (TNC) in Deerfield, Illinois, addresses these unmet brain-related health issues and the treatment-resistant disorders using the most advanced tools and technologies.

"Many of our patients come here after years of suffering, with multiple attempts at getting professional help, and numerous applications of trial-and-error treatments. Patients who find us come here as a last-ditch effort," Dr. Best said. "After thorough testing, we will offer treatments that are tailored to the patient's needs, with the intent that they will experience relief from their suffering, and reintegration into life and society."



Steve Best, M.D., Director

The Neuroscience Center
440 Lake Cook Road
Deerfield, IL 60015
847-236-9310

Email us at schedule@neuroscience.md

Causes of Brain Injury

The Neuroscience Center began serving the general psychiatric and neuropsychiatric needs of patients over 50 years ago. While many of the center's patients experienced significant recovery with traditional medication and therapy, a subset of people continued to struggle with treatment-resistant illnesses, particularly depression and chronic pain syndromes. With years of experience, TNC team realized that brain injury contributes to the frustrating persistence of disabling symptoms and illnesses. "Building an innovative clinic with multiple modalities to help people recover from these complex illnesses became our passion," said Dr. Best. "It drives us to innovate and perfect the tools needed to assess and intervene."

Traumatic Brain injuries may include or be associated with:

- Traumatic factors such as concussion
- Head injury from accidents or violence
- Non-traumatic factors such as stroke, substance use/misuse
- Co-morbid psychological issues such as learning disorders,
- Vector-borne such as Lyme disease
- Conditions associated with pathogen exposure (mold, poisoning)
- Sleep disorders
- Autoimmune conditions
- Nutritional deficits/metabolic disorders

Innovative Treatment Solutions

The team at TNC has created a "Combination Therapy" which offers ground-breaking interventional psychiatry, utilizing the synergistic effects of rTMS with close medical supervision of intravenous ketamine therapy, resulting in a more effective overall treatment of mood and chronic pain disorders. Here are some of the areas that TNC addresses through the application of SPECT (brain testing), blood work, rTMS, Combination Therapy of TMS/ketamine, and other tools that comprise an individual's custom treatment plan. Here are some details:

- Found to be effective in patients who fail other therapeutic interventions and is a go-to for patients who are likely to fail treatments.
- Especially effective in cases of substance abuse and addiction.
- Through modification of the central nervous system, depression, pain, and anxiety recede so the patient can regain a quality of life.
- Effective in cases that include co-morbid non-traumatic brain injury disorders, mood and affective disorders, and in cases of co-morbid developmental disorder.

- In many cases, people experience faster recovery in days or weeks, rather than months.
- A minimally invasive, and safe procedure that does not interfere with other therapeutic interventions.
- On-site team specializes in administration of Combination Therapy of TMS/ketamine and select interventional pain procedures.

“We can help the depressed or anxious patient or person with neuropathic pain or dual-diagnosis of substance use disorder with mood/anxiety co-morbidity patient to avoid treatment-failures,” said Dr. Best. TNC offers a combination of general psychiatry, nature-based management based on testing, and rTMS or Combination Therapy of TMS/ketamine to provide a comprehensive treatment plan. “We are adept in the everyday application of the most modern clinical interventions, tempered by decades of clinical experience and the accumulated wisdom of our affiliated academic experts.”

About The Neuroscience Center



Dr. Steve Best invented and patented the Combination Therapy of TMS/ketamine that is bringing groundbreaking relief to suffering. The Neuroscience Center team has applied rTMS to more private patients than any other provider in the United States over the last 25 years. TNC maintains the highest medical standards with proper medical personnel on site during all patient treatments. TNC also offers HBOT (Hyperbaric Oxygen Therapy).

Learn more at neuroscience.md or call 847-236-9310.

Treatment Is Available

Are you a parent, spouse, or an individual who has tried everything possible to find the right help—but don't know where to turn or are not seeing the results you desperately need?

Treating the Toughest Cases of PTSD and Other Brain Injuries or Illnesses

There is a significant number of people who seek treatment for brain health related problems (PTSD, depression, disabling and chronic pain syndromes, traumatic and non-traumatic brain injuries, consequences of Lyme disease, panic disorder, addiction, and more) but find conditions are too complex for accurate diagnosis and treatment; are treatment-resistant; or have found that trial-and-error protocols are not working.

We Can Accurately Diagnose Your Condition

At The Neuroscience Center, we have more than 50 years of experience in accurately diagnosing these conditions and providing innovative clinical, multi-modal treatments to help our patients recover and get back to life.

We Are the Most Experienced rTMS Provider in the U.S. With Over 25 Years Experience

One of our tools is a ground-breaking interventional Combination Therapy which utilizes the synergistic effects of TMS co-administered with intravenous ketamine therapy, resulting in a more effective overall treatment of mood and chronic pain disorders. Our SPECT (brain testing) and other diagnostic tools assure an accurate diagnosis and help us define the right treatment plan. And most important—our clinic is properly staffed with highly trained medical staff who are onsite at all times during consultations and treatments. Another tool is HBOT which can be invaluable in cases of brain injury as one part of a treatment plan.

There is help. Give us a call.

The Neuroscience Center
Practical Approach. Cutting Edge Therapies.

neuroscience.md
440 Lake Cook Road, Deerfield, IL

847-236-9310

Email us at schedule@neuroscience.md

Taking on Pancreatic Cancer

Have you or a loved one been affected by pancreatic cancer?

Are you concerned and wanting to learn more about the third most deadly cancer in the United States? If so, please join us on February 18 for an important discussion with a leading expert, Akhil Chawla, MD, FACS.

Early detection is crucial in combating pancreatic cancer. This devastating disease is predicted to be the second leading cause of cancer related deaths in the United States by 2030. This discussion is ideal for anyone seeking to understand how early detection can save lives—whether for themselves, their loved ones, or friends. Join us for an engaging session with Akhil Chawla, MD, FACS, a renowned Surgical Oncologist at Northwestern Medicine. Dr. Chawla will share essential early detection strategies and explore the latest treatment advancements, empowering you with knowledge to take proactive steps in health management.

There is hope through education and awareness. Take control of your health and discover how we can fight one of the deadliest cancers together.



Akhil Chawla, MD, FACS, is a renowned Surgical Oncologist at Northwestern Medicine.

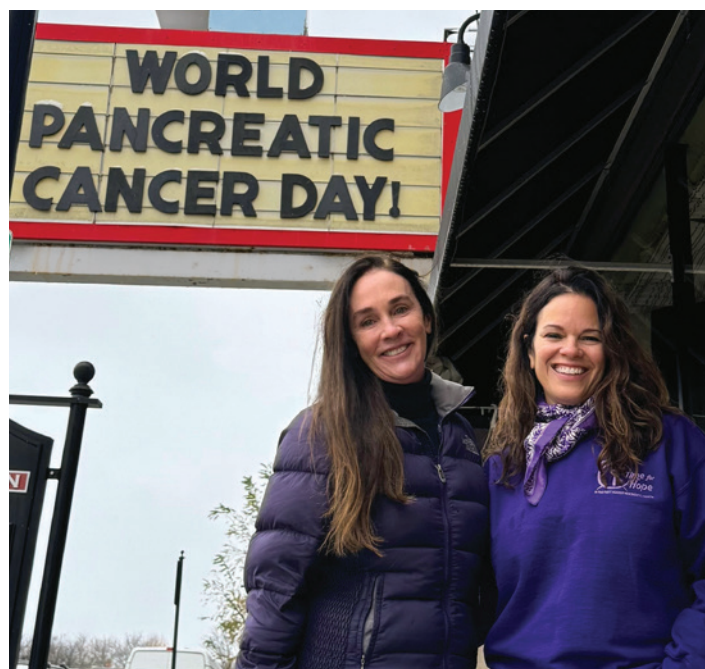
Pancreatic Cancer Awareness Event

You are invited to join us!

February 18, 2025
6:00 p.m.
Barrington White House
145 West Main Street
Downtown Barrington



To RSVP to the event or if you have inquiries,
email pancanearlydetection@gmail.com,
text or call **847-347-4119**



Amanda Vondrak (on left) and Deanna Stern both lost their mothers to pancreatic cancer. They have joined forces to form a new pancreatic cancer early detection advocacy organization for Barrington and the Northwest Suburbs. It is their mission to help educate others through their upcoming event and the sponsorship of this ad.

Introducing

Dr. Ashaki Patel

Expert Dermatologist in Your Community

Dr. Ashaki Patel, MD, is a board-certified dermatologist with a passion for delivering expert skincare solutions to her patients. With extensive training and a deep commitment to personalized care, Dr. Patel offers advanced treatments across medical, surgical, and cosmetic dermatology. She specializes in skin cancer prevention, diagnosis, and treatment, alongside a range of cosmetic procedures aimed at enhancing skin health and appearance. Dr. Patel's approach is centered on understanding each patient's unique skincare needs, providing them with tailored solutions to help them achieve and maintain their healthiest skin.

Accepting new patients!



Schedule an Appointment with Dr. Patel

Learn more about Dr. Patel and schedule an appointment at Pinnacle Dermatology's Barrington office to experience her expert care firsthand.



738 W Northwest Highway | Barrington, IL 60010 | *Schedule Online:* PinnacleSkin.com