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Roscoe, IL | 815-525-4000

Issue: Spring 2009

Learn more at  
[www.NorthPointeHealth.org](http://www.NorthPointeHealth.org)

## Outdoor Fun Means Safety First Immediate Care When You Need It

Outdoor weather is back! Biking, skateboarding, lawn mowing and other outdoor recreation is here for the summer. These activities can also mean potential bumps, bruises, scrapes and falls. Where do you go when calamity strikes? NorthPointe Immediate Care is here for you everyday with the hours of 9 a.m. – 9 p.m.

Our board certified emergency trained physicians and nurses are able to handle your small emergencies and major injuries with little or no wait. You can trust your family's emergencies to their highly trained and skilled staff. Even diagnostic tests such as x-ray, MRI, CT and a full laboratory are on-site to provide you and your doctor with immediate test results. When every minute counts, NorthPointe Immediate Care is there for you!



### Some important outdoor safety tips!

**Playgrounds-** Cover protruding bolts and other sharp edges on playground equipment. Fit platforms, ramps, and slides with guardrails. Have a shock-absorbing material around the base of your equipment.

**Gardening-** Never use electric equipment in the rain, on wet grass or shrubs, or near water. Keep both hands on your hedge trimmer and fingers and other parts of your body away from the blades when trimming.

## Class Teaches Sisters Life Saving Tools

Dear Mr. Larson,

*"My husband and I would like to thank you and Leesa MacGown, along with her staff. Our daughters attended a Safe Sitter class last winter at your campus. This class was very helpful. Our son, Will, had a severe asthma attack two weeks after the class while the girls were home with him. They knew to call us at work and then to call 911 with all of the correct information. Everyone who responded said they did a great job! Thanks to this class our children knew what to do. Thank you all!!"*

The above letter was written to Gus Larson, NorthPointe Campus Director from parents Bill and Fran Close of Roscoe, owners of Lucky Lock. They were both at work when their son's breathing became difficult and his inhaler was nowhere to be found. Elaine (14) and Tiffany (13) stayed calm and knew just what to do. Their just-completed Safe Sitter Class gave them clear instructions on what to do in an emergency. They called their parents and then called 911 right away with the proper information to get the ambulance on its way.

"The dispatcher and paramedics were very impressed with the girls - they didn't panic and stayed calm," tells Fran Close. "When I got to the house, there was a squad car, fire truck and ambulance in my driveway. I'm very lucky that the girls knew what to do."

The paramedics stabilized his breathing and no trip to the hospital was necessary. However, later that evening, Will was still not feeling well. Fran and Bill took him to NorthPointe's Immediate Care Center in Roscoe. The doctor diagnosed Will with a viral infection which was the root of his breathing difficulties earlier that day.

"We now keep his inhaler practically attached to him," adds Fran. "We don't want any more emergencies."

Photo above: (Left to right) Tiffany, Will and Elaine Close

## Keeping Your Workforce Healthy

Did you know that NorthPointe offers Occupational Health services to area businesses who want to trim the cost of doing business? Occupational Health programs can meet the specific needs of any industry with health professionals dedicated to keeping your workforce healthy and productive.

- Mobile Injury Treatment Service
- Employment Physicals and Drug Testing
- Wellness and Health Promotion
- Industrial Rehabilitation
- Safety and Health Programs
- Employee Assistance Programs

We have been providing high-quality cost effective care since 1987 and have worked with over 1,200 stateline companies. For more information, call 815-525-4700.



## Of Interest to Women

### MOMS - YOU'LL LOVE THIS!

Are you a Mom who has difficulty finding time for your mammogram, doctor's appointment, or diagnostic test because you have young children who need you at home? Well, NorthPointe has a convenience you'll really appreciate. While you're at your medical appointment, your children will be well-cared for in our childcare area for free. That means time for you to take care of your own health. After all, healthy kids need healthy moms and we're here to make sure that happens. Call 815-525-4000 to find out more.

### WOMAN'S DAY OF HEALTH

Women of all ages flocked to NorthPointe recently for the first "Woman's Day of Health" for free education presentations, hand paraffin treatments, health information, prizes, refreshments, and more. Special fitness classes were offered including Mommy and Me Yoga, SAFE Self-Defense, Better Golf, and Aqua Fitness. Men can look forward to a day focused on their health needs this fall. Thank you all for your enthusiastic participation.



Pictured from left to right: Dr. David Bhaskar, Dr. Kerilynn Loftus, Dr. Glenn Tan and Dr. Russell Albert

### NORTHPOINTE CLINIC NOW HAS FOUR OB/GYN PHYSICIANS FOR WOMEN

Convenience for our female patients is a priority. We understand how busy life can be and taking time for your own health needs to be a priority. Dr. David Bhaskar and Dr. Kerilynn Loftus, recently joined Dr. Glenn Tan and Dr. Russell Albert, all Obstetric and Gynecology specialists at NorthPointe Clinic with many years of experience. Call 815-525-4500 to find out more or to schedule an appointment.

1) Janette Miller and her daughter Kenzie, of Rockton, attend one of the special Mommy and Me Yoga classes.

2) Alysia Diveley, Diagnostic Tech; and Rose Schoon, RTRM, explain the new digital Mammography imaging services at NorthPointe to Sheri Smallwood, Rockford; and Jody Perrecone, Loves Park.

3) Kelley Leach, physical therapist, assists visitors with NorthPointe Spa's free paraffin wax hand treatments during the Open House.

## From Wheelchair to Climbing Stairs- Member thanks staff for life changing experience

Dear NorthPointe Wellness,

Seven years ago, I injured my lower back. In spring of 2005, we moved from Naperville, IL to Roscoe and learned that NorthPointe campus was being built. My husband and I eagerly became members so I could continue my warm water therapy. Unfortunately, I had already undergone two unsuccessful surgeries and required high levels of pain medications for comfort. Thus, wheelchair bound, pain was controlling my life and preventing me from normal living.

When NorthPointe opened we were ready. Every day that my husband had off from work, we would go to NorthPointe, where he would work out and I would head to the warm water pool. Since I couldn't drive, I was dependent on his schedule. He was losing weight and becoming healthy and I was just surviving. That's when I decided to take charge of my life.

*"I have changed my vocabulary from "I can't" to a positive "I can."*

I went to the fitness center desk and explained that I had my health assessment in January and although I had some health challenges, I didn't want to limit myself to the pool. I asked to be trained on the equipment. Tess and Tracy were very helpful and explained several pieces of equipment, but made me

promise to stop if I experienced any lower back pain. I promised. I was so excited - like a kid in a candy store! After working out successfully for six weeks, I met again with Tracy, Dr. Lisek and also consulted my doctor in Naperville. All agreed that if I could build up strength that would be great.

Then I saw the poster for the NorthPointe Biggest Loser Challenge. I told my husband that I wanted to participate, consulted all my doctors, and was thrilled to get everyone's approval! I received so much overwhelming support - from my family and NorthPointe members and staff - that I was determined to succeed. My husband and I made significant changes in our diet and his support was awesome.

Because of the Biggest Loser Challenge, I have changed my vocabulary from "I can't" to a positive "I can!" One of the challenges was walking up and down the stairs five times. I had not been able to walk up the stairs since 2002. Finally, I was no longer disabled! Today, I am a new person. Thank you NorthPointe Staff, you have forever changed my life!

Mary Holden, Wellness Member

Matthew Sdano, M.D.,  
Otolaryngology



## Help for Sinus and ENT Ailments

Matthew Sdano, M.D., Otolaryngology, offers his expertise to pediatric and adult patients in the northern Illinois area with regular hours at NorthPointe Clinic. He is Board Certified as an Ear-Nose-Throat Specialist (ENT) - Head and Neck Surgeon and offers full ENT medical services. Dr. Sdano completed medical school at the University of Wisconsin-Madison and performed his residency at the University of Cincinnati.

What can an Otolaryngologist do for you? "I see patients who are suffering from ailments such as chronic sinus infections and sinus polyps to those who require thyroid or cancer surgery," Dr. Sdano explains. "We are very fortunate that we offer the newest technology in image-guided sinus surgery that can make a big difference for our patients."

NorthPointe also offers full audiology services with Jane Brook, AuD, Doctor of Audiology. Jane works closely with Dr. Sdano with many patients who are experiencing hearing loss. A doctor's referral is not necessary to see Dr. Sdano regarding your sinus or medical concerns: self-referrals and new patients are accepted. For more information, please call 815-525-4500.