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In 1997, SIU Physicians & Surgeons was created as the group medical practice of SIU School of Medicine with 161 health care providers. Today, we celebrate our tenth anniversary of excellence in health care with 260 physicians and medical professionals who provide patient care, educate our physicians of tomorrow and conduct cutting-edge medical research.

See our Physician Guide in this issue of The State Journal Register.

Sangamon County Medical Society's

ANNUAL
MEDICAL
RESOURCE GUIDE

Plus Dental Resources



FREQUENTLY
CALLED NUMBERS

COMMUNITY
HEALTH RESOURCES

MEDICAL SPECIALTIES

MEDICAL PROVIDERS

OCTOBER 20, 2007

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AFTER TWO YEARS OF HEALING

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Since the reforms were enacted, we've begun a near-miraculous recovery. We've stemmed the flow of doctors leaving the state, assuring greater access to care for patients. We've reduced skyrocketing medical liability premiums that are ultimately passed on to employers, workers and their families in higher health insurance costs. In short, we've started to mend a medical liability system that was on the brink of collapse.

Now, trial lawyers want to overturn this fair, sensible—and necessary—reform and take us back to the dark days of excessive jury awards, higher medical liability premiums, escalating health care costs, and reduced access to care for patients.

Don't let trial lawyers destroy the progress we've made on medical lawsuit reform. Let's continue working to close the wounds, provide patients with the care they deserve, and keep physicians in Illinois.

FOR MORE INFO, VISIT WWW.REALITYMEDICINE.COM.



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340 West Miller
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Appointments:
545-6950

SIU Physicians & Surgeons and the SIU Department of Neurology are pleased to announce the expansion of the Division of Child and Adolescent Neurology. This new division includes **Michael R. Pranzatelli, MD, Hosman H. AbdelSalam, MD, Theodore R. Sunder, MD, Elizabeth D. Tate, FNP, C. MN,** and **Diane C. Wildrick, RN, FNP.** These providers offer 24 hour a day, 7 day a week coverage for neurological consultations for children and adolescents in conjunction with St. John's Children Hospital, SIU School of Medicine and Memorial Medical Center.

The SIU Child and Adolescent Neurology Outpatient Clinic is located on the second floor of the medical building located at 340 West Miller Street and on the fourth floor of the Carol Jo Vecchie Women and Children's Center at 415 North 9th Street in Springfield. The 340 West Miller clinic location is open from 9:30 a.m. to 5:00 p.m., Monday through Friday. The Carol Jo Vecchie location is open Monday, Wednesday, Thursday and Friday and by appointment only. These providers offer expertise and treatment and evaluation services for children with epilepsy, headaches, intellectual and developmental disabilities, movement disorders, neuroimmunologic disorders, neuromuscular diseases and neuro-intensive care.

For more information or to schedule an appointment with one of our child and adolescent neurology specialists, please call 217-545-6950.



Southern
Illinois University
School of Medicine
Physicians & Surgeons



Michael R.
Pranzatelli, MD



Hosman
AbdelSalam, MD



Theodore R.
Sunder, MD



Elizabeth D.
Tate, FNP, C. MN



Diane
Wildrick, RN, FNP

Local Dental, Medical & Pharmaceutical Resources

Health Care Assistance

Agency / Contact	Services	Requirements
Capital Township 901 S. 11 th St. Ph: 525-1736	Assistance for emergency medical care for office visits. Maximum amount paid: As priced by DPA w/max of \$60 (1 visit per 6 month period). Eyeglasses and dental assistance.	Must meet federal poverty guidelines, secure own appointment and provide proof of township residency.
*Capitol Community Health Center Central Counties Health Centers 2239 East Cook St. Ph: 788-2300	Provides pediatric, maternal health, family practice, internal medicine and dental services.	Accepts Medicare, Medicaid, private insurance and uninsured patients.
*Pregnancy Care Center of Springfield, Inc. 319 North 5 th St. Ph: 525-5630	Offers Lamaze, nutrition and parenting classes. Social workers and a nutrition nurse are on staff. Help in setting up OB/GYN appointments.	Springfield and 5 surrounding counties. Services are free with no min/max income requirements. www.allkidsillinois.com
*Catholic Charities St. Clare's Health Clinic 700 North 7 th Street, Suite A Ph: 523-1474	All services for ages 3 to adult. Vision screening, hearing screening and dental exams. Optometrists on-site who can provide eye exams and glasses. School physicals in Spring and Summer.	Services for low income and public aid patients. Follows Federal Income Guidelines for WIC.
Central Illinois HIV Care	Consortium - see information on reverse side.	
Hospice Care of Illinois 720 N. Bond Ph: 788-4113	Help with respite care, companionship, transportation and bereavement.	Sangamon and 8 surrounding counties. Terminally ill patients & families.
*Sangamon County Dept. of Public Health / 2501 N. Dirksen Parkway Ph: 535-3100	Home health services, disease education, smoking cessation, maternal-infant services, flu shots, child and adult immunizations. Well-child and school physicals, vision and hearing screening for children, WIC.	www.scdph.org
1415 E. Jefferson Ph: 789-2182	Blood pressure clinic, blood sugar clinic, genetics and metabolic clinic, STD and adult health clinics (HIV and HCV testing).	
Sangamon County Medical Society Ph: 525-0765	Provides referrals to doctors in Sangamon Co. and information on community health services. www.scdmsdocs.org	

Medication Assistance

Agency / Contact	Services	Requirements
Capital Township 901 S. 11 th St. Ph: 525-1736 / Fax: 525-0056	Assistance to qualified Pts who are referred. Max amts. paid: \$100 (may have multiple Rx's). Assistance once every 6 months.	Must have Rx, utilize pharmacy designated by township, live within the township and show 3 forms of I.D.
Capitol Community Health Center Central Counties Health Centers 2239 East Cook St. Ph: 788-2300 / Fax: 788-2342	CCHC participates in the 340b federal drug pricing program with Complete Care Pharmacy. CCHC Pts signed up for Patient Pharmaceutical Assistance Program (PPAP).	As a patient of CCHC, regardless of income or insurance status, you qualify for this benefit. Take Pts on sliding scale fee. New Pts, Medicare and Medicaid accepted.
Catholic Charities MedAssist 700 N. 7 th St., Suite A Ph: 241-0214	Assistance in applying for pharmaceutical company programs. After approval, Rx is filled for 90 days. No limit to number of refills or Rx's.	Serves Christian, Menard, and Sangamon Counties. Non-refundable \$15 fee for initial apps. Renewal apps are \$12; flat fees regardless of the # of Rx's.
Central Illinois HIV Care Consortium - SIU School of Medicine - Division of Infectious Diseases - P.O. Box 19636 Ph: 545-7683 / TTY: 545-7339 Toll Free: 888-308-8105 Fax: 545-4205	Program offers case management, child care (limited area), dental care, legal assistance, massage therapy, mental health counseling, nutritional services, outpatient primary care, rental assistance, substance abuse counseling, transportation and utility assistance.	Pt with documented HIV/AIDS. Resident of Adams, Brown, Cass, Christian, Greene, Logan, Macon, Menard, Montgomery, Morgan, Pike, Sangamon, Schuyler or Scott county. Income guideline 200% of poverty level. Required enrollment in case management services.
Contact Ministries 1100 E. Adams St. Ph: 753-3939 / Fax: 753-8643	Resources for purchasing or providing services or goods that cannot be provided through community programs (ie rental and utility assistance, food vouchers, emergency transportation, free clothing and shelter for women and children).	Must show financial need and have a crisis.
Kumler Church Neighborhood Ministries 600 N. 5 th St. Ph: 523-2269 / Fax: 523-4920	Emergency funding as well as help with meds for chronic problems via pharmaceutical companies. Complete Care Pharmacy: \$100 per 6 months.	Patients of Capitol Community Health Center and Mental Health are not eligible for this program. Need physician, Rx and photo I.D.
Illinois Cares Rx-Illinois Dept. on Aging - P.O. Box 19021 Ph: 800-252-8966 TTY: 888-206-1327 www.illinoiscaresrx.com	State prescription assistance to people w/and w/o Medicare. Two programs: Illinois Cares Rx Plus and Basic. Basic covers drugs for Alzheimer's, arthritis, cancer, diabetes, glaucoma, heart problems, HTN, lung disease, smoking-related illnesses, MS and Parkinson's. Plus covers all medically necessary Rx.	Basic: Senior age 65 or older OR person w/disabilities age 16 or older and 1) single and income <\$21,218 or 2) married and income <\$28,480. Plus: Senior age 65 or older and citizen or qualified non-citizen and 1) single and income <\$19,600 or 2) married and income <\$26,400. Must complete application.
Sangamon County Dept. of Public Health - Sangamo Scripts 2501 N. Dirksen Pkwy Ph: 535-3100 Fax: 535-4155 Clinic Ph: 535-3102	Program providing preferred pricing for prescription drug needs. Discount card is accepted at participating pharmacies for significant savings.	Must live in Sangamon County. Must complete application.
RX for Illinois www.RxforIllinois.org Ph: 877-RX-FOR-IL (877-793-6745)	Single point of access to public and private patient assistance programs, including more than 150 programs offered by pharmaceutical programs.	No cost. Call or visit website for qualification information.

A message from the Sangamon County Medical Society

A long-standing dedication to improving and protecting the quality of health in our community

The Sangamon County Medical Society is pleased to partner with *The State Journal-Register* to bring you our first annual **Medical Resource Guide** – a community health and public service reference tool for patients and healthcare providers. The *Guide* will help readers when searching for doctors in our community, help patients become better informed about the care they might need or are receiving, or seeking information about assistance programs in our community, particularly for the uninsured and under-insured.

The Society now represents more than 600 physicians practicing in Springfield and Sangamon County who have a long tradition of providing quality care for their patients in our immediate community and throughout central Illinois. To learn more about the Sangamon County Medical Society, including our mission, community Physician Referral Service, and patient advocacy and health initiatives, please see the article "A Look Inside" on page 8.

Our very active volunteer affiliate, the Sangamon County Medical Society Alliance (SCMSA), is an organization of physicians' spouses, both female and male, whose purpose is to assist us in improving the healthcare and quality of life for citizens of Sangamon County through their many health education projects and services. To learn more about our Alliance, please see the message from their President, Tanya

DeSanto, D.D.S., on page 7.

In an effort to advance the overall health of our community, this easy-to-understand, healthcare guide will help patients understand how disease prevention and activities geared toward improving wellness are the best ways to achieve a better quality of life for themselves and their loved ones. Choosing to live a healthy lifestyle can and will save patients money in the long run, and can help reduce healthcare costs in our own immediate community. That old saying applies yet today – "an ounce of prevention is worth a pound of cure."

SOCIETY MEMBERS

A complete list of the over 600 physician members of the Sangamon County Medical Society may be found on Page 14.

Chronic diseases, and their often related expensive treatment options, can be prevented and managed by exercising regularly, eating healthier, getting regular check-ups and routine medical screenings, and by making choices that protect and improve your health, rather than engaging in risky behaviors. Becoming healthier takes time, but it will be the best personal investment a wise healthcare consumer can make. We hope you will read the article about "The Importance of a Patient-Centered Medical Home" – see page 5 – and how it can improve your health and that of your loved ones, reduce or eliminate visits to the emergency room, and reduce your medical bills.

This is what you will find inside our **Medical Resource Guide**:

- list of doctors by their specialty – this is a handy pull-out section
- list of doctors by their last name
- definitions of medical specialties so patients can better understand what type of doctor they will be seeing or need
- tips for patients when preparing to see a doctor
- list of frequently called phone numbers for assistance agencies in our community – this is a handy pull-out section
- pharmaceutical assistance programs
- medical records information
- dental care resources in our community
- recommended medical web sites

Our deepest appreciation to *The State Journal-Register* for their support of our efforts to improve and protect the quality of health in our community by publishing our *Medical Resource Guide*.

Sincerely,



Sumanta Mitra, M.D.

Sumanta Mitra, M.D.
Nephrologist
President – Sangamon County Medical Society


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Donor Center at 1134 S Seventh Street in Springfield
Mobile blood drives throughout the area.

Medication assistance and programs:

Kumler Neighborhood Ministries, 523-2269 - Emergency Prescription Service for Acute Conditions, and Indigent Pharmaceutical Program for Chronic Conditions

Capitol Community Health Center, 788-2300 – participates in 340(b) federal drug pricing program with Complete Care Pharmacy. Their patients are also signed up with Patient Pharmaceutical Assistance Programs (PPAP's).

Sangamon County Community Resources, 535-3120

Together Rx Access™ Card – thousands of eligible hardworking people with no prescription drug coverage are now saving on medicines they need through this program. Most cardholders save 25%–40% on over 300 brand-name prescription products. Savings are available on generic drugs, too.

Individuals for whom all four of the following statements are true qualify for a Together Rx Access™ card:

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 - \$30,000 for a single person
 - \$40,000 for a family of two
 - \$50,000 for a family of three
 - \$60,000 for a family of four
 - \$70,000 for a family of five

Applying for the Together Rx Access™ Card is free and takes just a few minutes. You may apply: 1. Online, 2. Through the mail, by printing an application from their web site. 3. Or over the phone, at 1-800-444-4106. If you enroll online or by telephone, you can begin saving by using your member ID number at participating pharmacies within 2 hours of enrollment. With the Together Rx Access Card, there are no enrollment, monthly, or hidden fees, and no maximum or minimum limits.

Retail Giants Offer Savings at Local Pharmacies

These retail pharmacies offer prescriptions for as low as \$4.00 per prescription, and sometimes even free. Call the pharmacy to see if you are eligible.

- Meijer Pharmacy: 217-547-2410
- Target Pharmacy: 217-546-3270
- Wal-Mart Supercenter Pharmacy (Dirksen Parkway): 217-522-4054
- Wal-Mart Pharmacy (Freedom Drive): 217-793-3368

INTERNET RESOURCES

The Internet can be helpful for doing medical research, however there is a wide range of information and not all of it is necessarily accurate or credible. As a wise healthcare consumer, you will only want to consider sources that are well established and reliable. Here are some trusted web sites:

- www.ama-assn.org – provided by the American Medical Association, this is a comprehensive site with extensive patient information, along with a physician finder directory where you can find doctors anywhere in the U.S., if they are still licensed, by last name or specialty.
- www.drkoop.com – a comprehensive site created by Dr. C. Everett Koop, the popular former U.S. Surgeon General. The site includes a drug-interaction area where patients can look for side effects.
- www.healthfinder.gov – provided by the U.S. Department of Health and Human Services, this site includes an online directory of health-related organizations, general health advice and links to other useful health sites.
- www.mayoclinic.com – provided by the Mayo Clinic, this site is patient-oriented and offers an extensive amount of information from descriptions of diseases to healthy recipes.
- www.medlineplus.gov – a service of the U.S. National Library of Medicine and the National Institutes of Health, this site has over 700 topics on conditions, diseases and wellness, information about prescriptions, over-the-counter medications, herbs and supplements, a medical encyclopedia that includes pictures and diagrams, a medical dictionary, information on clinical trials, new drugs and treatments, current health news and links to international sites.
- www.webmd.com – this site contains medical news, health information, support groups and information for both healthcare professionals and patients.

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Barbara Murray, MD
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217.757.7932

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101 East Plummer Boulevard
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217.483.3487

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One Centre Drive
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Gastroenterology



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Hematology/Oncology



Julie Hart, PA-C
Family Medicine
Wabash



Leanne Mast,
APRN, FNP
Family Medicine
Wabash



Susan Nelson,
APRN, CUNP
Urology



Dave Purves,
PA-C, AT-C
Orthopaedics



Linda Read,
APRN, FNP
Occupational Medicine



Ann Self,
APRN, FNP
Family Medicine
SFP



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Assistance for dental office visits. Maximum amount paid: as priced by DPA with max of \$60 (1 visit per 6 month period). Must meet federal poverty guidelines, secure own appointment, provide proof of township residency.

Capitol Community Health Center
2239 E. Cook St., Ph: 788.2300
Provides dental services. Accepts Medicare, Medicaid, private insurance, and uninsured patients.

Catholic Charities
St. Clare's Health Clinic
700 N. 7th St. Suite A
Ph: 523.1474
All services for ages 3 to adult. Dental exams given on-site. Services for low income and public aid patients. Follows Federal Income Guidelines for WIC.



Doral Dental Services
Ph: 888.286.2447
Oversees for Illinois Medicaid dental services. Provides listing of area dentists who accept the card. Medicaid.

Sangamon County Dept. of Community Resources Community Services Block Grant 200 S. 9th St. Room 311 Ph: 535.3120
Dental vouchers for up to \$400 given. Distribution once a month. Appointment required (call at 8:30 AM on the last Thursday of the month). Only 20 appointments available each month. Required information: SSN of everyone in household, photo ID, proof of low income.

Southern View Dental Group
2743 S. 6th St., Ph: 522.4121
Provides dental care for Medicaid patients aged 5 and up (including adults). Medicaid.

The Importance of a Patient-Centered Medical Home

by Janet R. Albers, M.D., Family Medicine – SIU School of Medicine Chair – Community Health Committee, Sangamon County Medical Society

A "medical home" is an established ongoing relationship between a patient and their primary care physician and healthcare team in order to provide continuous and comprehensive care through all stages of life. Rather than going to the hospital emergency room for non-emergency care, your primary care team can work with you to achieve wellness and meet the majority of your healthcare needs.

The idea of a "medical home", originated by the American Academy of Pediatrics in the 1960s, has become more and more accepted as the most common sense approach to improving health outcomes, resolving

access to care issues, reducing health disparities and reducing healthcare costs.

Earlier this year four national medical societies – American Academy of Family Physicians, American Academy of Pediatrics, American College of Physicians, and American Osteopathic Association – issued the *Joint Principles of Patient-Centered Medical Home*. Focused on preventive medicine, this approach is also far more personalized. It engages the patient in the decision-making process. Through ongoing patient education coupled with advocacy for healthy behavior and choices, it is the most cost effective model for delivery of healthcare in a community such as ours. Your primary care doctor is your strongest health ally or advocate as he or she will coordinate an office visit with a specialist if needed, and will continue to monitor your care throughout the course of your treatment.

With an emphasis on wellness promotion, this model for delivery of healthcare is based on disease prevention rather than treatment of disease. It helps to reduce the risk factors for disease and helps to decrease acute treatment, such as visits to the hospital emergency room. It also helps to decrease disabilities and the onset of chronic diseases such as heart disease, diabetes and cancer, which can be the most devastating for the patient and his or her family, and most costly for both patients and providers alike.

A simple but easy step patients can take to keep themselves healthier is to take their recommended medications on a regular basis, keep their scheduled doctor's appointment, and not miss important health screenings such as annual pap smears, mammograms, or colonoscopies. Another simple and inexpensive way to get or stay healthy is to

exercise regularly and to eat healthy. Healthy choices extend beyond these two important factors to prevention of injuries due to accidents or violence.

Other important factors that help ensure the success of providing "medical homes" to patients is collaboration amongst physicians and specialists, hospitals, and social service agencies, and improved coordination of healthcare delivery. This leads to improved efficiency, increased return on investment in reducing future disease, reducing the practice of cost-shifting, all with greater emphasis on prevention and management of chronic diseases, and reduction of medical errors.

Patients and doctors can partner together to maintain a "medical home" and achieve improvements in overall health. Healthier patients and an improved health-

care delivery system can lead to a healthier community.

Equally important to our local medical community is the proven need for a care management model that would help patients with making doctors' appointments, enroll patients in pharmaceutical assistance programs or help with obtaining affordable medications, provide transportation to scheduled visits and tests, remind patients about such appointments, and provide disease education. Such coordinated care management would be available for our most vulnerable populations, particularly the uninsured and underinsured. It is my strongest hope that in the near future we will see the implementation of such an important healthcare management tool in our own immediate health community. A medical home for each patient is the beginning of improvement in the quality of healthcare in our country.

Sincerely,



Janet R. Albers

Janet R. Albers, M.D.
Chair – Community Health Committee, Sangamon County Medical Society

How to Choose a Physician

Begin by thinking about what is important to you. You may want a doctor with an office near your home, near your work place or one who specializes in treating patients with a particular condition. Or you may prefer a female or male doctor. Hospital privileges are also important. As a patient, you have the right to review the physician's educational background and training, board certifications, and professional affiliations.

What is a primary care physician?

A primary care physician (PCP) is a family medicine, internal medicine or internist, pediatrician or OB/GYN who provides for all your healthcare needs, from routine physical exams, to referrals to specialists and whether or not you need emergency care. By having a primary care physician, this allows for continuous and comprehensive care that a doctor who is unfamiliar with your medical history and medications may not be completely aware of. The relationship you establish with your primary care doctor will lead to more accurate diagnoses, provide appropriate preventive medicine and healthcare education.

If insured through a private insurance plan, you will need to check their list of participating physicians. If looking for a specialist, your primary care physician is a good source of expert advice. If you are in a managed care plan and are seeking a specialist, you will need a referral from your primary care doctor before being able to make your first appointment.

Now that you have narrowed your search you can look into the backgrounds of several candidates further. The Sangamon County Medical Society offers a community physician referral service. By calling our office at (217) 525-0765, we can provide information about a physician's specialty, medical training, number of years in practice, board certification(s) and hospital privileges. If you have access to the internet, visit our Physician Locator, an on-line directory

search tool of SCMS members on our web site at www.scmsdocs.org. You may search either by last name or by specialty, and view a physician's medical training and board certifications.

Calling the doctor's office

The next step will be to make a decision and call that physician's office. You will want to ask if the doctor is accepting new patients and confirm that he or she is still participating in your health plan, or if they have payment terms available if you do not have insurance. Some physician practices may limit the number of patients they see, so you should call several weeks ahead for your first appointment. Provider panels for health plans may change from year to year. Now is the best time to ask about the doctor's experience in caring for patients with your specific condition, or how many times he or she has performed that type of surgery or procedure. Know before you go.

At the doctor's office

When you first meet with a physician, openly discuss any questions or concerns you may have. Please be sure to read the "Know before you go" article on page 7. Too often patients leave a doctor's office only to realize they forgot to ask about something important to them. Write your questions down ahead of time and be sure to remember to take the list with you. Also, writing down what may be difficult to talk about will help prepare you to discuss it more openly with your doctor or nurse. Write down the most important questions first, so you can ask those first.

When at the office, ask about their policies such as hours open, how to get prescriptions refilled, how best to contact the doctor in case of an emergency or on the weekend, getting referrals to a specialist, and billing practices.

During your first visit, ask the doctor the questions you have and then you will

be able to see how he or she listens and responds to your concerns, and how willing they are to help you find the answers. It's ok to take notes or ask how to spell something. If you feel it might be an agonizing or distressful visit because of your condition, then take a family member or friend with you.

If there is something you don't understand or need further information about, don't hesitate to ask while you are still meeting with your doctor. If you don't tell your doctor you don't understand, how are they going to know? If you go prepared, you will make the most effective use of your time and the doctor's time, and you will leave a satisfied healthcare consumer.

Following the doctor's instructions


As a patient, your health outcome is dependent upon how well you follow your doctor's instructions or orders. Be sure to follow your doctor's professional advice given during the appointment, take all prescribed medications as scheduled, schedule any tests or follow-up appointments as instructed with a lab or specialist. If you have forgotten something, it's better to call your doctor's office, nurse practitioner or nurse. Be sure to call your doctor's office if you experience a problem with your medication, or if you have not heard back from anyone on the results of your tests.

What about an emergency?

For medical emergencies and illnesses that are not life threatening, but require immediate attention, be sure to call your primary care physician's office first. Your doctor will determine if they should see you in their office, if you should be seen at an urgent care center, or if you may need to go to a hospital emergency room. If it is a life threatening emergency, call 911 or go to the hospital immediately.

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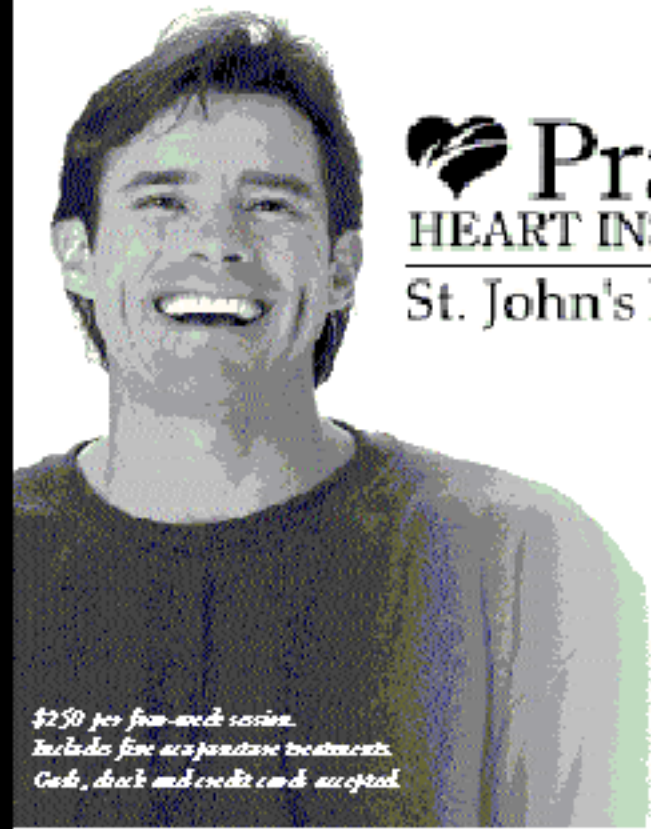
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Medical specialties — what you need to know

ALLERGY/IMMUNOLOGY: Diagnosis and treatment of allergic conditions and diseases of the immune system, and their respiratory complications (such as pollen, chemical and food allergies, asthma and AIDS).

ANESTHESIOLOGY: Administration of anesthetics to alleviate pain and suppress consciousness as well as monitor and support life functions during surgery. Anesthesiologists also provide diagnosis and treatment of chronic pain.

BIARIATRIC SURGERY: Surgery to aid an obese person in losing weight by controlling appetite and ability to absorb food, including stapling across the upper part of the stomach to reduce the amount of food consumed. "Bariatric" means management of weight in Greek. It is *not* cosmetic surgery, and should only be used to eliminate serious medical problems caused by obesity.

CARDIOLOGY: Prevention, diagnosis and treatment of diseases of the heart and blood vessels. Also cardiovascular disease.

CARDIOTHORACIC SURGERY: Treats a disease, abnormality or injury in the chest, particularly in or around the heart. This includes coronary artery bypass and valve surgery of the heart, removal of lung tumors and abscesses, and repair of injuries to the heart, lungs and chest walls.

COLON & RECTAL SURGERY / COLORECTAL: Surgery of the colon, large intestine, rectum, and related structures, and includes colonoscopy procedure.

CRITICAL CARE MEDICINE: Care provided to a critically ill patient during a medical emergency or crisis, usually in the intensive care unit (ICU).

DERMATOLOGY: Diagnosis and treatment of skin diseases and disorders.

EAR, NOSE & THROAT — see OTOLARYNGOLOGY

ELECTROPHYSIOLOGY: Practitioners consult on, and provide procedural services for the management of cardiac arrhythmias (disruptions of the heart rhythm). These procedures are performed in a variety of settings, including emergency and operating rooms, intensive care units, and sophisticated clinics or laboratories.

EMERGENCY MEDICINE / EMERGENCY ROOM: Branch of medicine dealing with acute medical or surgical conditions or injuries that require urgent or immediate care, usually in a hospital emergency room.

ENDOCRINOLOGY: Branch of internal medicine dealing with metabolism and diseases of the ductless glands, hormones, and related disorders, including diabetes and disorders of the pancreas, pituitary gland, ovaries, testes, thyroid, parathyroid, and adrenal glands.

FAMILY MEDICINE / GENERAL PRACTITIONER: A primary care physician provides a full range of preventive, diagnostic and treatment services to all age groups, from newborns to the elderly, men & women, and all diseases. Some provide maternity care.

FORENSIC MEDICINE: Doctors who practice clinical forensic medicine examine living patients who are subject to injuries or are suspected of having committed offenses which have come to the attention of the legal system and where medical evidence is relevant to the case. They are different from forensic pathologists who examine the body after death (post mortem) or dead tissue.

GASTROENTEROLOGY: Branch of internal medicine providing treatment of diseases and functions of the digestive system, including stomach, intestine, bowel, liver, gallbladder, and pancreas.

GENETICS: The science of heredity, providing evaluation and identifying causes for genetically caused diseases.

GERIATRICS: A primary care physician who specializes in the care and diseases of elderly patients.

GYNECOLOGY: Diagnosis and treatment of diseases of the female reproductive system, including endocrinology and urinary functions.

GYNECOLOGIC ONCOLOGY: Cancer diseases of the female reproductive system.

HEMATOLOGY: Branch of internal medicine that treats diseases of the blood and blood-forming organs, such as anemia, leukemia, and lymphoma.

HEMATOLOGY/ONCOLOGY: Branch of internal medicine that treats diseases of the blood and blood-forming organs, and the diagnosis and treatment of tumors & cancer.

HOSPICE & PALLIATIVE MEDICINE: Physicians who specialize in the care of patients with advanced or noncurative illnesses, focusing on improving the quality of life for the patient and family through an interdisciplinary approach.

HOSPITALIST: A primary care physician who, in consultation with a patient's own doctor, provides care in the hospital from admission to discharge.

INFECTIOUS DISEASES: Medical diagnosis and treatment of acute and chronic infections, and provide travel immunizations.

INFERTILITY — see REPRODUCTIVE ENDOCRINOLOGY

INTERNAL MEDICINE / INTERNIST: A type of primary care physician specializing in adult internal medicine, usually 18 years of age and older, providing a full-range of preventive, diagnostic and non-surgical treatment of diseases.

MATERNAL-FETAL MEDICINE: The care of high-risk pregnancies including fetal abnormalities, preterm delivery, maternal diabetes, and other medical conditions that may

jeopardize the mother or baby, as well as prenatal diagnosis and ultrasound to detect problems of pregnancy.

NEONATOLOGY: Treatment and care of premature and/or high-risk newborn babies.

NEPHROLOGY: Diagnosis and non-surgical treatment of diseases and disorders of the kidney, including kidney dialysis.

NEUROLOGY: Medical diagnosis and treatment of diseases and disorders of the brain, spinal cord, nervous system, seizures, headaches and chronic pain.

NEUROSURGERY: Diseases of the brain, spinal cord, nervous system and related structures requiring surgery.

NUCLEAR MEDICINE: Branch of medicine involved with the use of radioactive substances for diagnosis, therapy, and research.

OBSTETRICS: Management and care of pregnancy and childbirth.

OBSTETRICS & GYNECOLOGY / OB/GYN: Care for women before, during, and after pregnancy, at menopause; includes the medical and surgical treatment of the female reproductive and urinary systems.

OCCUPATIONAL MEDICINE: Deals with the prevention and treatment of illness and injury related to the workplace.

ONCOLOGY — see HEMATOLOGY / ONCOLOGY: Specializes in diseases of abnormal tissue growth, such as cancer, and disorders of the blood and blood-forming organs.

OPHTHALMOLOGY: Medical and surgical treatment of diseases and disorders of the eye, including anatomy, physiology, and refractive errors of the eye, evaluation of vision and prescription of lenses for visual problems, cataract and LASIK surgery.

ORTHOPAEDICS / ORTHOPAEDIC SURGERY: Medical and surgical treatment of diseases and injuries of the bones, joints, muscles, tendons and related structures. Sports medicine is a subspecialty.

OSTEOPATHIC MEDICINE: Branch of medicine focused on the interactive relationships among the body systems and the shifting balance among them as they relate to a person's health. Doctors of osteopathic medicine, or D.O.s, have traditionally used musculoskeletal manipulations to treat a wide range of problems, and receive the same medical license that physicians do.

OTOLARYNGOLOGY (Ear, Nose & Throat Specialist): Medical & surgical treatment of the head and neck, including ears, nose, sinuses, throat and upper airway passages.

PAIN MANAGEMENT SPECIALIST — see Anesthesiology: Provides comprehensive evaluation and treatment of patients with chronic pain as a result of injury or illness.

PATHOLOGY: Laboratory study of body tissue, organs and fluids to diagnose disease removed by biopsy or surgery.

PEDIATRICS: Specializes in the treatment and care of children, including newborns, infants, and adolescents. Subspecialty training includes cardiology, gastroenterology, hematology, and orthopedics.

PHYSIATRIST: A physician specializing in physical medicine and rehabilitation. Physiatrists specialize in restoring optimal function to people with injuries to the muscles, bones, tissues, and nervous system.

PHYSICAL & REHABILITATIVE MEDICINE: Physical and rehabilitative medicine provides treatment for the spine, sports and occupational injuries, including acute and chronic pain disorders, and retraining and recondition of muscles, tendons and extremities, with focus on restoring functions.

PLASTIC SURGERY: Surgical reconstruction and contouring of the body, including correction of burns, skin wounds, lesions, and congenital defects, or for cosmetic purposes to improve appearance or function.

PSYCHIATRY: Prevention, diagnosis, and medical treatment of mental and behavioral health conditions or disorders, such as depression, anxiety, phobias, and schizophrenia.

PULMONARY MEDICINE: Diagnosis and treatment of lung diseases such as chronic obstructive pulmonary disease (COPD), emphysema, and asthma.

RADIATION ONCOLOGY: Treatment of cancer and other disorders by radiation and x-ray therapy.

RADIOLOGY: Uses X-rays, mammography, Computerized Tomography (CT) scan, ultrasound, nuclear medicine, Magnetic Resonance Imaging (MRI), and image-guided interventional procedures to visualize the body and its organs to aid in the diagnosis of disease and injury of patients.

REPRODUCTIVE ENDOCRINOLOGY: Concerned with female and male primary and secondary infertility, recurrent pregnancy loss, menstrual disorders of all types, vasectomies and reverse vasectomies.

RHEUMATOLOGY: Medical diagnosis and treatment of arthritis, autoimmune and rheumatic disorders.

SURGERY: Performs a wide range of surgical procedures to treat diseases and injuries, including use of minimally invasive surgical techniques.

SURGERY — CARDIOVASCULAR: Diagnosis and treatment of diseases of the heart, including coronary bypass surgery, repair and replacement of heart and blood vessels.

SURGERY — ONCOLOGY: Use of surgery to remove cancerous tumors or tissue.

SURGERY — THORACIC: Use of surgery to treat diseases of the chest, including lungs, heart, blood vessels, and chest wall.

SURGERY — VASCULAR: Treatment of diseases of the blood vessels.

UROLOGY: Diagnosis and medical or surgical treatment of diseases and disorders of the urinary tract, including kidneys and bladder, in men and women, and the male reproductive system, including erectile dysfunction and the prostate.

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J. Michael Zinzietta, MD
Elvin G. Zook, MD
Vincent P. Zuck, MD

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Susan M. Soler, MD
Soliman A. Soliman, MD
Stephen M. Solys, MD
Nicole Z. Sommer, MD
Lynn M. Speck, MD
Rajagopal V. Sreedhar, MD
Lance P. Steahly, MD
Mark S. Steen, MD
James R. Stegeman, MD
Susan S. Stegeman, MD
Beth Steh, MD
Mark A. Stern, MD
William S. Stevens, Jr., MD
David E. Steward, MD
Stephen P. Stone, MD
Andrea K. Stonecipher, MD
Elizabeth M. Strow, MD
Grant W. Su, MD
Gerald D. Suchomski, MD
Richard H. Suhs, MD
M. Jill Sullivan, MD
Theodore R. Sunder, MD
John P. Sutayk, MD
Donna J. Sweetland, MD
Ayame Takahashi, MD
Ashraf Tamizuddin, MD
Thomas H. Tarter, MD, PhD
Maxim Tellez, MD
Joel Tenenhouse, MD
Parvathy Thaikandiyil, MD
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Stuart A. Torgerson, MD
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Robert V. Trask, MD
Roger B. Tracyoff, MD
Kathleen M. Tranzor, MD
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Edward A. Trudeau, MD
Celina M. Tsang, MD
Sherif H. Unal, MD
Elizabeth Ramsey Unal, MD
Timothy A. Van Fleet, MD
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Cara E. Vasconcelles, MD
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Supporting the family of medicine

A message from the Sangamon County Medical Society's Alliance



It is a great honor and privilege to serve as the President of the Sangamon County Medical Society's Alliance this year. We are partners with the physicians in the Medical Society helping to promote good health throughout Sangamon County. We actively support the community with numerous health projects and support the families of medicine.

I am very pleased to announce our continuing health projects this year. Our goal is to make a positive impact on the community we live in, the community we raise our families in, and the community we love.

Sojourn Shelter – provides shelter and comprehensive support services to victims of domestic violence;

Y-Me – a new program in Springfield that supports breast cancer survivors through a variety of services;

Parent Help Line – provides trained telephone support, educational materials and a television

series and videos for parents and professionals;

Keeping Children Safe – also called MERCY Communities, helps to keep children staying at the MERCY House, a transitional housing and comprehensive support service for homeless or at-risk families safe;

Faux Paws Internet Safety for Children – educates children about dangers of the Internet through use of "Faux Paw", the Techno Cat DVD cartoon;

Health Needs of the Homeless – also known as Helping Hands, provides food, shelter and emergency assistance to the poor and homeless community;

Parent Place – new Parent Place program that distributes diapers to the community;

Asbury Children's Supper Hour – provides nurturing environment and serves nutritious meals to inner-city Springfield children;

SAVE (Stop America's Violence Everywhere) – SAVE is the AMA Alliance's national signature program that we share through our local anti-violence, anti-bullying message;

Healthy Choices for Children – project to help young children learn to make healthy eating choices and understand importance of physical activity;

Kumler Neighborhood Ministries – provides support to their Drug and

Food Assistance Programs;

DREAM – Pediatric Oncology Support Program – supports and educates families of pediatric oncology patients; and,

RIF (Reading Is Fundamental) - Springfield area RIF promotes literacy by purchasing and distributing quality paperback books free of charge to 3rd, 4th and 5th graders enrolled in 39 local participating schools.

We are proud to support the above organizations with monetary support through underwriting by the Sangamon County Medical Society, as well as thousands of volunteer hours over the years.

We are the Alliance of the Sangamon County Medical Society, and are proud to make a difference, one family at a time.

Sincerely,



Tanya L. DeSanto, DDS
President 2007-2008
Sangamon County Medical Society Alliance

KNOW BEFORE YOU GO

A wise healthcare consumer will want to be prepared for their visit with the doctor. To better assess your health and treat an ailment if you have one, your doctor needs detailed and accurate information. The time allotted for you to share that information becomes shorter every year, so if you must go, go prepared. You need to be able to provide information. You want to be comfortable with your doctor. Your doctor will be more comfortable with you if you are willing to open up, talk straight, and share important health information with them. Allow plenty of time to transfer any medical records from a previous doctor's office, or have test results or x-rays sent from your specialist's office, or take any test results or previous medical records with you for your first visit. If you gather all necessary information before your visit, then you won't feel so much like you are being interviewed. Here are some helpful tips on how to be prepared, so you and your doctor can improve your healthcare together.

What's ailing you? Saying "I feel sick" could mean at least 10 different things to 10 different people. And it means almost nothing to your doctor. Think about any symptoms you may be having and be able to describe them. The more specific examples you can provide, the better. *What does "I feel like" mean? How often does it happen? What brings it on? What makes it worse? What makes it better? When did you first notice it? Has anything like this ever happened before?*

What medications are you taking? You may have two or three different doctors writing prescriptions for you. And it's not safe to assume one doctor knows what the other is prescribing. Take a complete list with you every time you go to any of your doctors. Include non-prescription medications you take regularly, and any vitamins or supplements. Look at your pill bottles and write down the information. Don't count on your memory for spelling. Some medications sound the same, like Zantac and Xanax. Your list should include: *Exact name of the medication; Strength or dosage of the medication, like 150 mg or 200 mg; How often you take it; How long you have taken it; Doctor who prescribed it; Reason it was prescribed.*

Medical history If you are going to a new doctor, they will need to know all about your medical history, your habits and your family history. It's better to provide correct information as you do not want mistakes entered into your medical records. By taking your history, the doctor can get to know you personally. Make a copy of your records in case you need to give it to another doctor. Be sure to include any major illnesses, injuries, accidents, childbirth, anything major that has happened to your body or impacted your health in any significant manner. These are some of the questions you may be asked: *What operations have you had? Why did you have it done? When was it done? Were there any complications? Were you hospitalized any other time?*

What are your bad habits? This is a medical question, not a moral one. It may make you feel better to lie to your doctor, but you could be withholding crucial information. **Tobacco** - Cigarettes, cigars, pipe or smokeless. *How much do you use in a day? How long ago did you start? How long ago did you stop? Alcohol* - *What do you drink? How much do you use in a day? How often do you drink? How often were you when you started? If you're an alcoholic, recovering or not, be sure to tell your doctor. Caffeine Use* - *How much? Coffee, tea, cola? Do you get headaches if you don't drink it? Drugs* - *Prescribed: Are you using them as intended? Street drugs: Your doctor won't tell. IV drugs: Are you sharing needles? Supplements: May interact with your medications or cause symptoms.*

What is your family history? Information about how you live and illnesses that run in your family give important clues to your health. Did every man in your family have a heart attack by age 59? Did your mother, sister and aunt have mastectomies before menopause? You need to know: *Parent's age or age at death; Major illnesses or cause of death for each parent; Major illnesses or cause of death for any brothers or sisters; Major illnesses or cause of death for any children; If your spouse is deceased - how long ago and what was the cause?*

What is your personal history? *What kind of work have you done? Are you still working? Have you been exposed to asbestos, toxins, etc.? Do you have any service-related illnesses or injuries? Do you live alone? Are you married? What are your recreational interests? Are you stressed or is your life changing?*

Allergies It's important to report any medically important allergies as well as any non-medically important allergies, such as an allergic reaction to eating shrimp. *Are you allergic to anything? What happened when you were exposed? Did you require medical treatment?*

Getting the most out of your doctor Being ready to discuss the items above will increase the likelihood that you will get the right treatment for your problem, and with less risk of error. It will demonstrate that you are a partner in the process of maintaining your own health, instead of being a passive consumer. Be wise, and be well.

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FREQUENTLY CALLED NUMBERS

DISASTER AND LIFE THREATENING ACCIDENTS

American Red Cross Illinois Capital Area Chapter, 522-3357
 Contact Ministries, 753-3939
 Friend-in-Deed/State Journal-Register (fire victims), 788-1417 or 788-1356
 Salvation Army, 525-2196

DISASTER RESPONSE

American Red Cross Illinois Capital Area Chapter, 522-3357
 Farm Resource Center (crisis assistance for rural population), 800-851-4719
 Salvation Army, 525-2196

DIVORCE SUPPORT

Land of Lincoln Legal Assistance, 529-8400
 Lincoln Land Community College Workforce Systems (employment), 786-2335

DOMESTIC VIOLENCE

Domestic Violence Hotline, 1-800-799-7233
 Fishes and Loaves Hotline, 1319 S 13th, 787-2800
 IL Coalition Against Domestic Violence, 789-2830
 Menard County Health Department, 632-2984
 Mini O'Beime Crisis Nursery (day care), 525-6800
 Prairie Center Against Sexual Assault, 753-8081
 Preventing Abusive Relationship, Inc. (PAR), 528-0461
 Sangamon County Child Advocacy Center, 522-2241
 Sojourn Shelter and Services, 726-5200
 The Parent Place, 546-5257

EATING DISORDERS

Feeding Aversions (St. John's), 544-6464 x 30200
 Hazel Mackey Clinic, 544-0388
 Memorial Behavioral Health Group, 788-4369
 St. John's Hospital Center for Mind Body Medicine, 522-5537
 Disordered Eating/Weight Management, stress reduction concern, counseling, biofeedback, yoga, massage
 Vine Street Clinic, 528-8425

EDUCATIONAL, TUTORIAL, TRAINING

Alzheimers Disease & Related Disorders, 726-5184
 American Diabetes Association, 800-445-1667
 American Heart Association, Midwest Affiliate, 698-3838
 American Red Cross, Illinois Capital Area Chapter, 522-3357
 Coalition of Citizens with Disabilities in Illinois, 800-433-8848
 Communities in School, 544-1783
 Community Child Care Connection (day care assistance), 525-2895
 Community Technology Centers, 522-9047
 Computer Banc, 528-9506
 Contact Ministries, 753-3939
 Dr. Edwin A. Lee Community Resource Center, 557-0045
 Early Learning Center, 525-3163
 Elizabeth Ann Seton Program (parenting skills), 757-6025
 Epilepsy Resource Center (health), 726-1839
 Fifth Street Renaissance/SARA Center, 544-5040
 Fishes & Loaves Outreach Ministry, 787-2800
 Goodwill Industries (employment for the disabled), 789-0400
 Helping Hands of Springfield, 522-0048
 Hope School (services for individuals with multiple disabilities), 786-3350
 Illinois Department on Aging, 785-3356 or 800-252-8966
 Illinois Dept. of Employment (IETC), 785-5351
 Kids Hope United, 789-7637
 Kumlner Neighborhood Ministries (health), 523-2269
 Lawrence Adult Education Center (employment), 525-3089
 Liberty Counseling Svcs., 725-6212 or 479-0691 (Jacksonville)
 Lincoln's Challenge Academy, 800-851-2166
 Lincoln Land Community College Community Center (life skills), 786-2292
 Lincoln Land Community College Workforce Systems (employment), 786-2335
 March of Dimes (health), 753-2743
 NAACP: Back-to-School Stay-in-School Program (education), 689-6339
 NAMI Springfield, 891-5570
 New Start (job training), 522-3799
 Open Windows: Calvary Baptist Church, 544-1424
 Planned Parenthood, Springfield (health), 544-2744
 PORA (Positive Options, Referrals and Alternatives) (health and life skills), 522-3922
 Prairie Center Against Sexual Assault (prevention and advocacy), 744-2560
 Pregnancy Care Center of Springfield, 525-5630
 Prevent Child Abuse Illinois (prevention), 522-1129
 Project Return, 523-7931
 Salvation Army (life skills), 525-2196
 Sangamon County Dept. of Community Resources, 535-3120
 Sangamon County Department of Human Services, 782-0400
 Senior Services of Central Illinois, 528-4035
 Sparc (employment & life skills for disabled individ.), 793-2100
 Special Olympics Illinois (sports for the disabled), 793-2100
 Springfield Community Federation (employment), 557-0045
 Springfield Urban League (employment), 789-0830
 The Parent Place (parenting), 546-5257
 UCP Land of Lincoln (employment for the disabled), 525-6522

EMPLOYMENT TRAINING & PLACEMENT

Area Agency on Aging for Lincolnland (seniors 60+), 787-9234
 Dr. Edwin A. Lee Community Resource Center, 557-0045
 Epilepsy Resource Center, 726-1839
 Goodwill Industries (for disabled individuals), 789-0400
 Illinois Department on Aging, 785-3356 or 800-252-8966
 Lawrence Adult Education Center & Placement Center, 525-3089
 Lincoln Land Community College Workforce Center, 786-2335
 New Start, Inc., 522-3799
 Salvation Army, 525-2196
 Sangamon Co. Department of Community Resources, 535-3120
 Sparc (for disabled individuals), 793-2100
 Springfield Community Federation, 557-0045
 Springfield Office of Community Relations, 789-2270
 Springfield Urban League, 789-0830
 UCP Land of Lincoln, 525-6522

EQUIPMENT LOANS

ALS Association, 314-432-7257
 Illinois Assistive Technology Project, 522-7985
 Senior Services of Central Illinois, 528-4035

EYE CARE

Capital Township, 525-1736
 Catholic Charities, VOSH and Public Aid Eye Clinics, 523-1474
 Lens Crafters Gift of Sight Program, 793-1522
 St. Clare's Health Clinic, 700 N 7th, 523-1474
 Vision USA, 1-800-766-4466
 YMCA Sight for Students, 544-9846

FOOD AND FOOD PANTRIES

Auburn IL, 126 E Washington, 438-6222
 (M 12:30-2:30 pm, 3rd Tu 7-8:30 pm)
 American Red Cross Meals on Wheels, 522-3357
 Angel Food Ministry, Chatham Baptist Church 483-2471,
 Zion Missionary Baptist Church 528-6112,
 Sherman Church of the Nazarene 496-3255
 Capital Township, 525-1736
 Referral by food pantry or social service agency only
 Catholic Charities Holy Family Food Pantry, 523-4551
 1023 E Washington; referral from Catholic Charities only
 (M, W, F 9 am-12 pm, 2nd & 4th Tu from 4-6 pm)
 Central IL Food Bank (call for referral), 522-4022
 Contact Ministries, 241-0753 or 753-3943 after 4:30pm
 Provides emergency food when other food pantries are not available, 7 days a week, 24 hours a day
 Department of Public Aid, 100 S Martin Luther King Dr, 782-0400
 Staff will help families obtain a LINK card for food
 East Side Community Dev. Center, 1530 S Pope, 525-6770
 (Tuesdays 5-7 pm)
 Episcopal Church (MWF 1-4 pm), 611 E Jackson, 523-0036
 First Presbyterian, 321 S 7th (M-F 9 to 4), 528-4311
 Fishes and Loaves, 1319 S 13th, 787-2800
 Freedom in Holiness, 1430 Loveland Ave, 522-2527
 (3rd W 10-11 am, 1-3:30 pm. Referral)
 Grace Lutheran Church, 714 E Capitol, 522-9707
 (M, Tu, Th 11am to 3pm and Wed 11am to 1pm. Referral)
 Hunger Hotline, 1-800-359-2163
 I-LINK Food Stamps Program (DHS), 1-800-252-8635
 or 100 S Martin Luther King Dr (8 am-5 pm), 782-0400
 Imani, 908 S Wirt (2nd & 4th W 10-12 & 2-4), 523-8978
 Kids Cafe, Brandon Court (M-F 2:30-5:30), 522-4022
 Kumlner Neighborhood Ministries, 600 N 5th, 523-2269
 (M-F 9-12:00 pm. Referral)
 Lively Stone Temple, 1625 S Martin Luther King Dr, 789-8903
 (Wed 5:30-7:30 pm, Sun 1:30-3:30 pm)
 Living Faith Baptist Church, 496-4590
 7575 W Outer Road Sherman
 (Wed 6-8 pm, Sun 8 am, 12 pm and 5-7 pm)
 Will also accept appointments
 Loami Area Community Pantry, 106 S Main, Loami, 624-9900
 (Mon 12-2 pm and Wed 7-9 pm)
 Manna Store House, 2525 Taylor (Abundant Faith), 585-4000
 (Tues 10 am - 2 pm)
 Riverton, IL 112 N 6th, 629-7717
 (Mon 9-11am, Th 4-6 pm. Also by appointment)
 Salvation Army, 530 N 6th, 525-2196
 (M,W,& F 9am-12 & 1-4pm)
 Senior Services of Central Illinois Daily Bread, 528-4035
 Serving Jesus Willingly, 2710 S Grand Ave E, 753-0430
 St. Martin DePorres Center, 1725 E South Grand Ave, 528-2851
 (W & Th 9-11:30 am & Sa 9-11)
 St. John's Bread Line, 420 S 5th (hot meal), 528-6098
 Triumph Church of God in Christ, 924 N 11, 522-5957
 (2nd M every month 9am - 12pm)
 Zion Baptist Food Pantry, 1601 E Laurel, 528-6113
 Sangamon County Dept. of Community Resources, 535-3120
 (2nd & 4th Thursday 10am-12pm)

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 Lincoln Land Community College Workforce Systems (employment), 786-2335
 March of Dimes (health), 753-2743
 NAACP: Back-to-School Stay-in-School Program (education), 689-6339
 NAMI Springfield, 891-5570
 New Start (job training), 522-3799
 Open Windows: Calvary Baptist Church, 544-1424
 Planned Parenthood, Springfield (health), 544-2744
 PORA (Positive Options, Referrals and Alternatives) (health and life skills), 522-3922
 Prairie Center Against Sexual Assault (prevention and advocacy), 744-2560
 Pregnancy Care Center of Springfield, 525-5630
 Prevent Child Abuse Illinois (prevention), 522-1129
 Project Return, 523-7931
 Salvation Army (life skills), 525-2196
 Sangamon County Dept. of Community Resources, 535-3120
 Sangamon County Department of Human Services, 782-0400
 Senior Services of Central Illinois, 528-4035
 Sparc (employment & life skills for disabled individ.), 793-2100
 Special Olympics Illinois (sports for the disabled), 793-2100
 Springfield Community Federation (employment), 557-0045
 Springfield Urban League (employment), 789-0830
 The Parent Place (parenting), 546-5257
 UCP Land of Lincoln (employment for the disabled), 525-6522

Central Illinois Blood Center, 753-1530
 Central Illinois Service Access, Inc, 547-0101
 Central Illinois HIV Care Consortium, 545-7683
 Crisis Pregnancy Center, 528-6511
 Fifth Street Renaissance/SARA Center, 544-5040
 Hospice Care of Illinois, 788-4113
 Illinois Department on Aging, 785-3356 or 800-252-8966
 Illinois Department of Human Services, 1-800-843-6154
 Illinois Department of Public Health, 1-800-269-4019 or 217-735-2317
 KidCare (insurance for children), 1-866-468-7543 or TTY 1-877-204-1012
 Kumlner Neighborhood Ministries (Prescription assistance), 523-2269
 Liberty Counseling Svcs., 725-6212 or 479-0691 (Jacksonville)
 Loving Arms Crisis Pregnancy Center, 824-7200
 March of Dimes, 753-2743
 Medical Facilities
 Central Counties Health Center, 2239 East Cook, 514-1101
 Central IL Community Blood Center, 1134 S. 7th, 753-1530
 McFarland Mental Health Ctr. 901 Southwind Rd., 786-6900
 Midwest Rehabilitation, 614 North 6th Street, 522-3380
 Memorial Medical Center, 701 North 1st Street, 788-3000
 Orthopedic Center of IL, 3136 Old Jacksonville Rd., 862-0624
 Planned Parenthood of Spfld., 1000 E Washington, 544-2744
 Southern Illinois University Pediatrics, 545-4238
 Southern Illinois University Family Medicine... 757-8100
 St. John's Hospital, 800 East Carpenter Street, 544-6464
 Springfield Urgent Care Ctr, 1836 S. MacArthur, 789-1403
 Women's Health Choice, 2309 W. White Oaks Dr., 726-8620
 Memorial Medical Center, 788-3360
 Physicians' Groups
 Capital Healthcare, SC, 2603 South 6th Street, 528-0307
 Physicians Group Associates, 2305 W. Monroe, 698-9722
 Prairie Eye & Lasik Center, 2020 West Iles Ave, 698-3030
 Sang. Medical Assoc., 3132 Old Jacksonville Rd., 698-9722
 Sang. Obstetricians & Gynecologists, 415 N. 9th, 523-4541
 SIU Physicians & Surgeons, 801 N. Rutledge, 545-8000
 Springfield Clinic, LLP, 1025 South 7th Street, 528-7541
 Vine Street Clinic, 301 North 6th Street, 528-1233
 Planned Parenthood, Springfield, 544-2744
 Pregnancy Care Center of Springfield (KidCare agent), 525-5630
 Sangamon County Department of Public Health, 535-3100
 St. John's Home Health Services, 525-5641
 St. John's Pediatric ExpressCare, 544-6464
 Visiting Nurse Association of Central Illinois, 788-4113

HEALTH CARE

American Heart Association, Midwest Affiliate, 698-3838
 American Red Cross, Illinois Capital Area Chapter, 522-3357
 Ansar Temple – Shriners Hospital, 525-1771
 Capital Township (assistance, prescriptions, dental care), 525-1736
 Capitol Communities Health Center, 544-1101
 Catholic Charities (prescriptions, vision care, dental care and physicals), 523-1474

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ALS Association, 314-432-7257
 Illinois Assistive Technology Project, 522-7985
 Senior Services of Central Illinois, 528-4035

Capital Township, 525-1736
 Catholic Charities, VOSH and Public Aid Eye Clinics, 523-1474
 Lens Crafters Gift of Sight Program, 793-1522
 St. Clare's Health Clinic, 700 N 7th, 523-1474
 Vision USA, 1-800-766-4466
 YMCA Sight for Students, 544-9846

Department of Public Aid, 100 S Martin Luther King Dr, 782-0400
 Staff will help families obtain a LINK card for food
 East Side Community Dev. Center, 1530 S Pope, 525-6770
 (Tuesdays 5-7 pm)
 Episcopal Church (MWF 1-4 pm), 611 E Jackson, 523-0036
 First Presbyterian, 321 S 7th (M-F 9 to 4), 528-4311
 Fishes and Loaves, 1319 S 13th, 787-2800
 Freedom in Holiness, 1430 Loveland Ave, 522-2527
 (3rd W 10-11 am, 1-3:30 pm. Referral)
 Grace Lutheran Church, 714 E Capitol, 522-9707
 (M, Tu, Th 11am to 3pm and Wed 11am to 1pm. Referral)
 Hunger Hotline, 1-800-359-2163
 I-LINK Food Stamps Program (DHS), 1-800-252-8635
 or 100 S Martin Luther King Dr (8 am-5 pm), 782-0400
 Imani, 908 S Wirt (2nd & 4th W 10-12 & 2-4), 523-8978
 Kids Cafe, Brandon Court (M-F 2:30-5:30), 522-4022
 Kumlner Neighborhood Ministries, 600 N 5th, 523-2269
 (M-F 9-12:00 pm. Referral)
 Lively Stone Temple, 1625 S Martin Luther King Dr, 789-8903
 (Wed 5:30-7:30 pm, Sun 1:30-3:30 pm)
 Living Faith Baptist Church, 496-4590
 7575 W Outer Road Sherman
 (Wed 6-8 pm, Sun 8 am, 12 pm and 5-7 pm)
 Will also accept appointments
 Loami Area Community Pantry, 106 S Main, Loami, 624-9900
 (Mon 12-2 pm and Wed 7-9 pm)
 Manna Store House, 2525 Taylor (Abundant Faith), 585-4000
 (Tues 10 am - 2 pm)
 Riverton, IL 112 N 6th, 629-7717
 (Mon 9-11am, Th 4-6 pm. Also by appointment)
 Salvation Army, 530 N 6th, 525-2196
 (M,W,& F 9am-12 & 1-4pm)
 Senior Services of Central Illinois Daily Bread, 528-4035
 Serving Jesus Willingly, 2710 S Grand Ave E, 753-0430
 St. Martin DePorres Center, 1725 E South Grand Ave, 528-2851
 (W & Th 9-11:30 am & Sa 9-11)
 St. John's Bread Line, 420 S 5th (hot meal), 528-6098
 Triumph Church of God in Christ, 924 N 11, 522-5957
 (2nd M every month 9am - 12pm)
 Zion Baptist Food Pantry, 1601 E Laurel, 528-6113
 Sangamon County Dept. of Community Resources, 535-3120
 (2nd & 4th Thursday 10am-12pm)

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 Central Illinois HIV Care Consortium, 545-7683
 Crisis Pregnancy Center, 528-6511
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