

SPECIAL ADVERTISING SECTION TO THE NEW YORK TIMES MAGAZINE

CHICAGO Super Doctors®

2013



Chicago's Top Doctors

A special advertising section devoted to Chicago doctors from the *Super Doctors*® list.

Every doctor represented in this section has been pre-qualified through the exhaustive annual selection process performed by *Super Doctors*.

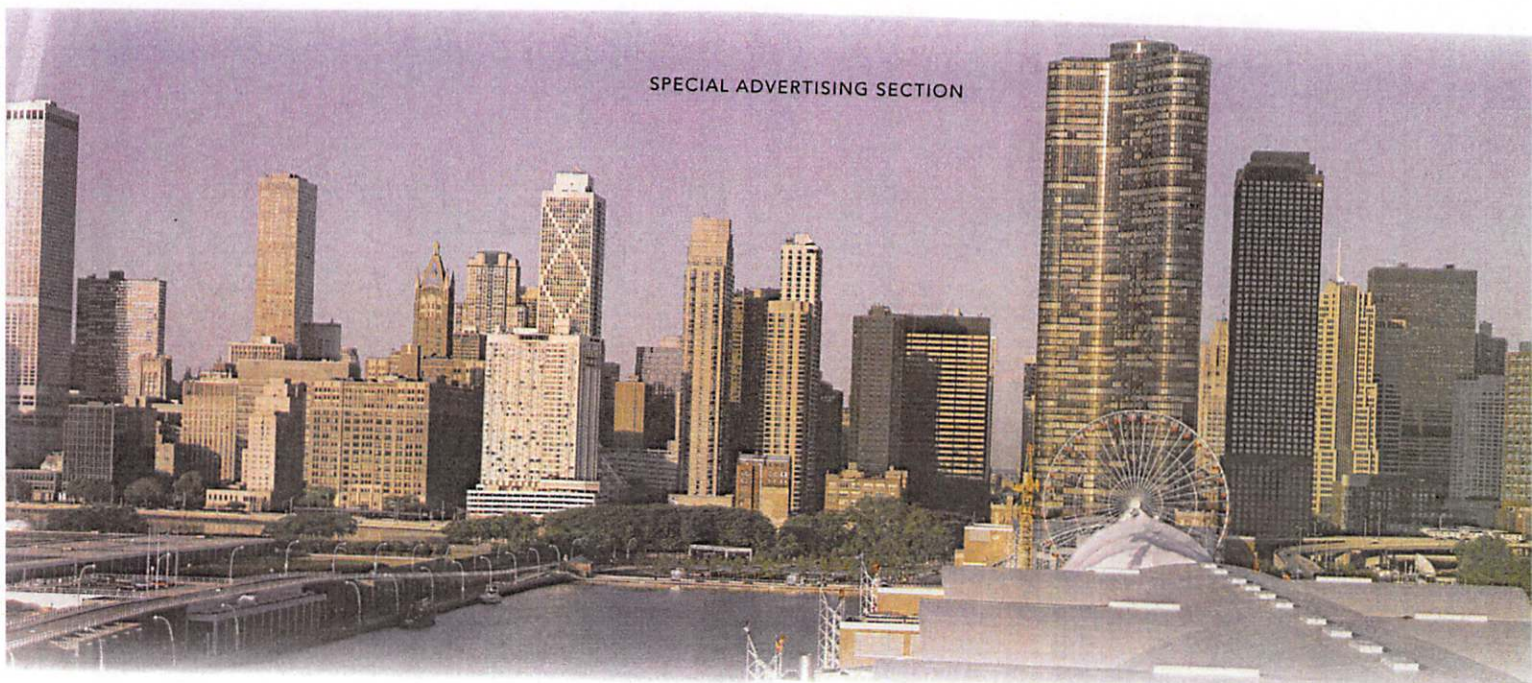
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KEY PROFESSIONAL MEDIA, INC.





KIDS PUSHING TOO HARD too soon.

According to the American Association of Orthopaedic Surgeons, many of today's youth are at greater risk for overuse injuries because they are specializing in one sport earlier and training too hard. A series of small injuries to an immature body can cause minor fractures, minimal muscle tears or progressive bone deformities if not treated.

AMERICANS' VITAMIN D LEVELS peak in August and bottom out in February, according to a new study by UC Irvine and Mayo Clinic researchers. The essential vitamin is produced in the skin upon exposure to ultraviolet B rays from the sun. The study looked at population averages, so people shouldn't make assumptions about their own levels of vitamin D based on the calendar. Healthcare providers can perform individual blood tests to measure vitamin D directly, and supplements are available for those who cannot or do not receive enough exposure to sunlight.

BEFORE YOU TAKE your child to a retail-based clinic, the American Academy of Pediatrics (www.aap.org) wants you to consider the pros and cons. Although they are accessible, convenient and, in some cases, less expensive, the professionals who staff these clinics might not be trained in pediatrics or aware of your child's medical history.

CROHN'S DISEASE MAY AFFECT as many as 700,000 Americans. Men and women are equally vulnerable to the disease, and while it can occur at any age, it is more prevalent among adolescents and young adults between the ages of 15 and 35. The Crohn's & Colitis Foundation of America's website maintains a comprehensive database of studies, clinical trials and other research. For more information visit www.cffa.org.

INFERTILITY AFFECTS ABOUT 7.3 million women and their partners in the U.S.—about 12% of the reproductive-age population (National Survey of Family Growth, Centers for Disease Control and Prevention 2002).

IS YOUR ARM STUCK? According to the American Academy of Orthopaedic Surgeons (www.aaos.org), if you have a dull, aching pain and restricted motion at the shoulder joint you could have "frozen shoulder," also called adhesive capsulitis. It most commonly affects people between the ages of 40 and 60 and occurs in women more often than men. Frozen shoulder is usually diagnosed with a physical exam and x-ray; in some cases further imaging tests may be needed to rule out other problems that cause similar symptoms.



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Dr. Robert A. Hadesman is recognized for his care of patients in the specialty of gastroenterology. Dr. Hadesman grew up in Michigan and attended undergraduate school at Brown University, where he graduated magna cum laude and was selected into Phi Beta Kappa. He received his medical degree from Washington University School of Medicine in St. Louis, Missouri and completed his residency in internal medicine at Northwestern University. He then went on to specialize in gastroenterology at the Mayo Clinic, where he studied extensively in digestive and liver diseases and published several articles. He joined Gastroenterology Consultants in 1991.

Dr. Matthew L. Jimenez is a board certified orthopaedic surgeon trained in hip and pelvis reconstruction, specializing in fracture care and joint reconstruction. His patient-centered focus is on soft-tissue preservation and rapid recovery. He has a special interest in the direct anterior approach for total hip arthroplasty. Dr. Jimenez holds leadership roles with Illinois Bone & Joint Institute and Lutheran General Hospital. He is a past board of councilor for the American Academy of Orthopaedic Surgeons and is past president of the Illinois Association of Orthopaedic Surgeons. Dr. Jimenez is founder and chairman of the non-profit Foundation for Education and Musculoskeletal Research.

Dr. Steven S. Louis is a fellowship-trained, board certified orthopaedic surgeon. A graduate of Northwestern University Medical School, he specializes in the areas of orthopaedic trauma and joint replacement. His trauma sub-specialty focus is on emergent and reconstructive care for victims of high-energy accidents, which provides him with expertise and comfort in performing the minimally-invasive hip replacement from the direct anterior approach. Dr. Louis is one of the few orthopaedic surgeons in Illinois who performs this new patient-friendly technique for hip arthritis. For his knee replacement patients he uses a customized system designed specifically for their anatomy.