

**Compassionate Care Network**



Serving the uninsured

**CONTACTING US**

**Compassionate Care Network**  
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**CCN Photo Gallery**



**From the Director's desk**



CCN's regularly scheduled community health screenings at various community sites is an important part of our health maintenance program. We believe that this activity benefits the uninsured as well as the insured. So many times routine checkups when needed are not carried out as long as people don't feel sick. This practice however is not appropriate as 1 in 4 have high blood pressure, which is a silent killer. Also over 60 million have diabetes in America and nearly 6 million don't even know that they have it. The screenings for both these are quite simple and can be accomplished at any location with minimum supplies. The early detection of these two conditions can prevent significant morbidity and mortality.

More involved screenings which provide information on lipid abnormalities may be more difficult but can be very helpful in identifying individuals at risks of coronary artery disease, the #1 killer in America with over half a million deaths each year. Body Mass Index is also useful in counseling the overweight and the obese and making a pitch for life style changes in a timely fashion. So is the need for dental screenings to detect periodontal disease which is quite common. It is for all these reasons that we believe in the relevance of free health screenings and encourage the public to benefit from them.

**Azher Quader, MD.**  
**Executive Director**



# Compassionate Care Chronicle

Quarterly Publication of CCN

**Compassionate Care Network**

**SPRING 2008**  
Volume 3 Issue 1  
[www.ccnchicago.com](http://www.ccnchicago.com)



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**ASTHMA**

**WHAT IS ASTHMA?**

Asthma is a disease of the lungs. The airways of people with asthma are extra sensitive to the things they're allergic to (called allergens) and to other irritating things in the air (called irritants).

Asthma symptoms start when allergens or other irritants cause the lining of the airways to swell (become inflamed) and narrow. The muscles around the airways can then contract rapidly (spasm), causing the airways to narrow even more. When the lining of the airways is inflamed, it produces more mucus. The mucus clogs the airways and further blocks the flow of air. This is called an "asthma attack." If you think you may have asthma, you should contact your doctor.

Things that can trigger asthma attacks:

Air pollution, dust, mold, pollen, tobacco smoke, pet dander, perfume, spray on deodorants. Also exercise, some foods, some food additives (Sulfites), sinus infections and strong emotions.

**WHAT ARE THE SYMPTOMS OF AN ASTHMA FLARE-UP?**

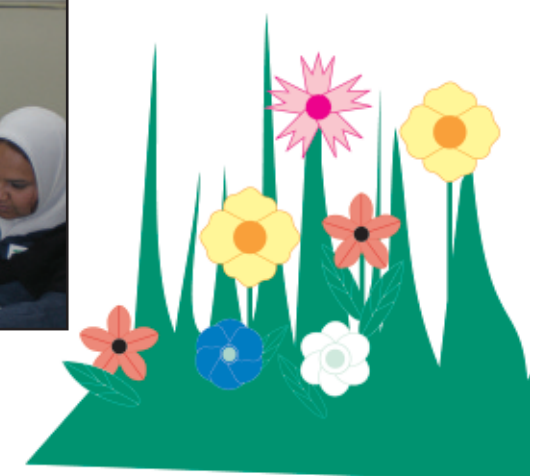
Common symptoms of an asthma flare-up are coughing, feeling breathless, a feeling of tightness in the chest and wheezing (breathing that makes a hoarse, squeaky, musical or whistling sound). If you have asthma, you should watch yourself every day for any of these symptoms.

**HOW IS AN ASTHMA FLARE-UP TREATED?**

If you feel like you're having a flare-up, use your quick-acting medicine or quick-relief inhaler (sometimes called a rescue medicine) right away. Be sure you and your doctor talk beforehand about how much medicine to take during a flare-up. To figure out how serious the flare-up is, use your peak flow meter after you use the quick-acting medicine. If your peak flow is less than 50% of your personal best, your flare-up is serious.

Ask your doctor for written directions about treating asthma flare-ups. If you have the symptoms of a serious flare-up or if your peak flow is less than 50% of your personal best, call your doctor right away or go directly to the nearest emergency room (by ambulance, if necessary).

For more information, visit <http://familydoctor.org/online/famdocen/home/common/asthma/basics/681.html>



## CATARACTS

A Cataract is a painless, cloudy area in the lens of the eye that blocks the passage of light to the retina. The retina is the nerve layer at the back of the eye. Cataracts usually cause vision problems.

### WHAT CAUSES CATARACTS?

A cataract occurs when the lens of the eye becomes cloudy. Aging and exposure to ultraviolet radiation can cause cataracts. Changes in the lens of the eye are often a normal part of the aging process and are common in older people, but they do not necessarily lead to cataracts.

Cataracts can also occur after an eye injury, as a result of eye disease, after the use of certain medications, or as a result of medical conditions such as Diabetes.

Some children are born with cataracts.

### WHAT ARE THE SYMPTOMS OF CATARACTS?

Not all cataracts affect vision. However, cataracts can cause cloudy, fuzzy, or foggy vision and glare from lamps or the sun. Driving at night may be difficult because of severe glare produced by headlights. You may need frequent changes to your eyeglasses, prescription, and you may experience double vision in one eye or SECOND SIGHT, a temporary improvement in the near vision in farsighted people.

### HOW ARE CATARACTS DIAGNOSED?

Cataracts are diagnosed with a physical exam and medical history. Further testing may be used to confirm the presence of a cataract or rule out other conditions that may be affecting vision.

### HOW ARE CATARACTS TREATED?

Surgery is the only effective means of treating the vision loss caused by cataracts.

Whether or not you need to have cataract surgery depends on the degree to which the cataract interferes with your daily activities. Surgery is almost always by choice (elective) and can be scheduled when it is convenient.

Cataracts in older adults do not always need to be removed. The vision loss that results from cataracts often develops slowly and may never become severe. Many people with Cataracts adapt very well with the help of eye glasses, contacts, and other vision aids and are able to avoid or delay surgery.

#### For more info please call:

CCN (773) 775-3600 www.ccnchicago.com	ICCI (773) 637-3755
MCC (773) 725-9047 www.mccchicago.org	MFCC (708)430-5666
IFN (847) 604-2365	HC (773) 465-4600
ISNS (847) 253-6400	IAC (773) 973-4444
	MSI (630) 653-7872

## FREE Health Screenings by CCN

### SPRING 2008 SCHEDULE

#### ISLAMIC COMMUNITY CENTER OF ILLINOIS (ICCI)

6435 W. Belmont Ave, Chicago, IL 60634  
BP, Diabetes, Obesity, Heart Risk (Cholesterol) & Dental Screening  
Sunday, March 9, 2008 10am - 12pm

#### MUSLIM COMMUNITY CENTER, CHICAGO (MCC)

4380 N. Elston Avenue, Chicago, IL 60641  
BP, Diabetes, Obesity & Dental Screening  
Third Sunday of each month  
Sunday, March 16, 2008 10am - 12pm

#### INDO AMERICAN CENTER (IAC)

6328 N. California Ave, Chicago, IL 60659  
BP, Diabetes, Obesity, Dental, Heart Risk (Cholesterol) Screening  
Sat March 29, 2008 11am - 1pm

#### MUSLIM SOCIETY INC (MSI)

1785 Bloomingdale Rd, Glendale Hts, IL 60139  
BP, Diabetes, Obesity, Heart Risk (Cholesterol) & Dental Screenings  
Sun March 30, 2008 11am - 1pm

#### MOSQUE FOUNDATION COMMUNITY CENTER (MFCC)

7260 W. 93rd St, Bridgeview, IL 60455  
BP, Diabetes, Obesity, Vision, Foot & Dental Screening  
Sunday, April 13, 2008 11am - 1pm

#### MUSLIM COMMUNITY CENTER OF CHICAGO (MCC)

4380 N. Elston Avenue, Chicago, IL 60641  
BP, Diabetes, Obesity, Heart Risk (Cholesterol) & Dental Screening  
Third Sunday of each month  
Sunday, April 20, 2008 10am - 12pm

#### HAMDARD CENTER (REFUGEES HEALTH SCREENINGS)

1542 W. Devon Ave, Chicago IL 60660  
BP, Diabetes, Obesity, Vision, Dental and Depression Screening  
Sunday, April 27, 2008 10am - 12pm

#### ISLAMIC FOUNDATION NORTH (IFN)

1751 O'Plaine Rd, Libertyville, IL 60048  
BP, Diabetes, Obesity & Dental Screening  
Sunday, May 11, 2008, 11am-1pm

#### ISLAMIC SOCIETY OF NORTHWEST SUBURBS (ISNS)

3950 Industrial Dr, Rolling Meadows IL 60008  
BP, Diabetes, Obesity, Heart Risk (Cholesterol) & Dental Screening  
Sunday, May 11, 2008, 11am-1pm

#### MUSLIM COMMUNITY CENTER OF CHICAGO (MCC)

4380 N. Elston Avenue, Chicago, IL 60641  
BP, Diabetes, Obesity & Dental Screening  
Third Sunday of each month  
Sunday, May 18, 2008 10am - 12pm

#### DONALD E STEPHENS CONVENTION CENTER (CB CONVENTION BAZAAR)

5555 N. River Rd, Rosemot, IL 60018  
BP, Diabetes, Obesity & Dental Screening  
Third Sunday of each month  
Sunday, May 25, 2008 10am - 12pm

*For Diabetes & Cholesterol screening a 10 hour fasting blood sample recommended*

## Current CCN Primary Care Physicians

### Chicago

Abbas, Zareena	1008 W. Foster	773-561-5000
Ahmed, Azizuddin	6351 N. Western Ave.	773-465-3500
Ahmed, Safia	948 N. Damen Ave.	773-276-2655
Akere, Ayoade	5500 S. Damen	773-776-8800
Alawad, Mohammed	9830 S. Ridgeland	708-425-0414
Fatima, Anees	1008 W. Foster Ave.	773-561-5000
Humayun, Shaheen	5140 N. California, #700	773-784-2101
Iqbal, M.	2054 W. Devon Ave.	773-973-2400
Kapadia, Mehboob	2745 W. Devon Ave.	773-338-8600
Khan, Ghousia	1923 W. Montrose Ave.	773-281-8855
Khan, Nasreen	4633 N. Clark	773-275-7500
Khan, Zakira	1631 N. Halsted St.	312-787-9199
Lodhi, Fauzia	6374 N. Lincoln, Suite 303	773-588-7733
Mazheruddin, Farkhunda	1802 W. Chicago Ave., #5	773-278-8727
Mazheruddin, Farkhunda	6351 N. Western Ave.	773-465-3500
Mirza, Sanjida	337 E. 35th St.	312-842-3547
Mohiuddin, Fatima	2828 W. Devon Ave.	773-761-9774
Saaduddin, Syed	401 E. 61St.	773-955-5560
Zaheer Badar	3806 W. Lawrence	773-539-8000
Zureikat, Amjad	4754 N. Lincoln Ave.	773-878-4000

### Suburbs

Ahmed, Hussain	1719 Glenwood Ave, Joliet	815-741-3532
Ahmed, Misbahuddin	555 W. Ct, # 200, Kankakee	815-935-2525
Ahmed, Saquib M.	2215 14th St., N. Chicago	847-984-5200
Gafoor, Muhammad	675 W. North Ave., Melrose Pk	708-450-4950
Hameeduddin, Anjum	4647 W. Lincoln Hwy, Matteson	708-747-7720
Hamidani, Nasreen	418 Sherwood Rd, LaGrange Pk	708-354-1546
Khaleeluddin, Mohammed	300 N. Ottawa St, Joliet	815-726-7600
Khan, Hasan	6170 Joliet Rd, Countryside	708-352-0330
Mohiuddin, Ali	257 N. Schmidt Rd, Bolingbrook	630-759-9065
Mohiuddin Fatima	9120 Golf Rd, Niles	847-390-7122
Moiduddin, Shakir	7530 W. College Dr, Palos Hts	708-361-0913
Qadir, Abdul	1177 N. Highland Ave., Aurora	630-301-7366
Roy, Debjani	2101 S. Arlington Hts Rd, Ar Hts	847-952-9330
Saeed, Mohammed	276 W. Fullerton Ave, Addison	630-543-5454
Sharif, Sitara	4121 Fairview Ave., Downers Gr	630-968-1700
Toor, Mohammad	1301 Copperfield Ave., Joliet	815-722-8106
Vaseemuddin, Mohammed	1375 E. Schaumburg Rd, Schambrg	847-891-6850
Zainulabuddin, Syed	4121 Fairview Ave, Downers Gr	630-971-3323

### Pediatricians

Iqbal, Waheeda	2054 W. Devon Ave., Chicago	773-973-2400
Khalid, Saba	800 Austin, West Tower, Evanston	312-791-8002
Khalid, Saba	2915 S. Ellis Ave. Chicago	312-791-8002
Moghadam, Fatima	100 Spalding Dr. # 206, Naperville	630-355-6996
Adil, M. Muzaffar	2226 Weber Rd., Crest Hill	815-729-3006
Niazi, Sher Ahsan	1721 W. Glenwood , Joliet	815-741-8888

This size ad  
will cost  
**\$30**

For other rates  
**773 775-3600**

Deadline for next  
quarterly issue  
May 10, 2008

### CCN PROVIDERS DINNER MEETING

Sat, March 22, 2008  
7pm-9pm  
Holiday Inn,  
5300 W. Touhy Ave,  
Skokie, IL 60067  
Tel. (847) 679-8900  
Sponsor: Anwar Haq,  
Proficient Health Care, Inc.

## Dentists

Ahmed, Parveen	1000 Grand Canyon Pky, H. Estates	847-803-1395
Hussain, Iffat	5865 N. Lincoln Ave, Chicago	773-271-6030
Khan, M.	6350 N. Western Ave, Chicago	773-465-6300
Khan, M.	1300 S. Main St., Lombard	630-953-1900
Marouf, Nida	5787 N. Lincoln Ave, Chicago	773-293-0606
Poothawala, Salman	1624 W. Montrose, Chicago	773-275-5600
Shah, Haroon	1000 Grand Canyon Pky. H. Estates	847-803-1395

## OB/GYN

Ahmed, Nafees	6351 N. Western Ave., Chicago	773-465-3500
Siddiqi, Alia	4646 N. Marine Dr, Chicago	773-561-1574
Tharsha, Thana	2227 W. Division St , Chicago	773-227-0111

## Optometry

Jairam Srinivas	2017 W. 75th St., Woodridge	630-427-1280
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## CCN Specialists

### Allergy

Mohiuddin, Ahmed	2228 Weber Rd, Crest Hill	815- 729-9900
Siddiqi, Ayesha	3000 N. Halsted St., Chicago	773- 296-5500

### Cardiology

Abbasi, Tahir	17680 S. Kedzie, Hazel Crest	708- 206-1090
Ali, Muhammad	7516 S. Cass Ave., Darien	630-724-9999
Ali, Safdar	2222 W. Division St., Chicago	773-384-1100
Toor, Ashraf	1301 Copperfield Ave., Joliet	815-722-8106

### Ophthalmology

Al Khudari, Mohammad	4700 W. 95th St., Oak Lawn	708-636-9393
Rasul, Pervez	2215 S. Oak Park Ave., Berwyn	708-484-4488
Khan, Seemin	5140 N. California Ave., Chicago	773-275-5030

### Psychiatry

Khadri, Syed Yousuf	621 Plainfield Rd., #110, Willowbrk	630-325-1799
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### Pulmonary Medicine

Siddiqui, Akhtar	2088 Ogden Ave., Aurora	630-499-7500
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### Urology

Quader, Azher	6351 N. Western Ave., Chicago	773-465-3500
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## "CONVERSATIONS IN HEALTH SPRING 2008 SERIES

<b>ICCI</b> SUNDAY, March 9, 2008, 12pm-1pm DIABETES	<b>MSI</b> SUNDAY, March 30, 2008 12pm-1pm DRUG ABUSE	<b>HC</b> SUNDAY, April 27, 2008 12pm-1pm HYPERTENSION
<b>MCC</b> SUNDAY, March 16, 2008, 12pm-1pm OBESITY, DIET AND EXERCISE	<b>MFCC</b> SUNDAY, April 13, 2008 12pm-1pm DIABETES	<b>IFN</b> SUNDAY, May 11, 2008 12pm-1pm DIABETES
<b>IAC</b> SATURDAY, March 29, 2008 12pm-1pm HEART DISEASE	<b>MCC</b> SUNDAY, April 20, 2008 12pm-1pm HEART DISEASE	<b>MCC</b> SUNDAY, May 18, 2008 12pm-1pm DRUG ABUSE