

## Devon Medical Center

Dr. Farkhunda, MD. Family Practice.

A multi specialty Clinic • Dentistry • OB/Gyne • Rehab Internist • Urology • Pharmacy • Lab-Ultrasound • X Ray

6422 N. Western Ave, Chicago (Opp: Devon Bank)  
Tel: 773-465-3500

### CONTACTING US

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[www.ccnchicago.com](http://www.ccnchicago.com)

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HOFFMAN ESTATES, IL 60193  
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FX. 847-310-9817

OAK BROOK SURGICAL CENTER  
2425 W. 22ND STREET SUITE 215  
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PH. 847-803-1395

ACCESS HEALTH CARE

[INFO@ACCESSCHIROCARE.COM](mailto:INFO@ACCESSCHIROCARE.COM)  
[WWW.ACCESSCHIROCARE.COM](http://WWW.ACCESSCHIROCARE.COM)

CHIROPRACTIC CARE

### Northwest Imaging at the Corporate Center

2500 W. Higgins Rd,  
Suite 830,  
Hofman Estates, IL-60169  
TEL: 847-310-8378  
FAX: 847-310-0912

Provides Special Discounts for CCN patients for Cat Scan, MRI, Nuclear Medicine, Myocardial Stress Tests, Stress Echo, 2D Echo, Ultrasound, DEXA (Bone Density) and X-rays.

### CCN Photo Gallery

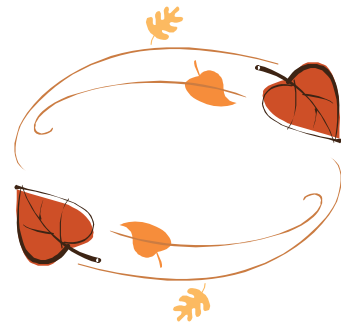


# Compassionate Care Chronicle

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## HORMONE LOSS IN WOMEN, MENOPAUSE

Hormone loss is a natural part of aging whether we like it or not. Menopause occurs when women stop menstruating permanently, usually in their 50s. Over the period of years before the menopause the estrogen production is fluctuating and at menopause the ovaries shut down the estrogen production. Because of this women experience the symptoms like, Hot flashes, Vaginal dryness, Sleep disturbance, Mood swings, Increased abdominal fat, Decreased cognitive function. For a long time the treatment was to replace the hormone, but in 2002 this came to a halt because of incidence of increased cardiovascular disease the researchers found in women who were in the study.

The medical community is divided about the safety of hormone replacement therapy (HRT). The current data does not support the Hormone Replacement Therapy's benefits over its risks.

The most appropriate use of HRT is to treat the acute, short term symptoms of Menopause. The symptoms of menopause usually end within five years of the last menstrual period. HRT helps if these symptoms are interfering with the quality of their life, provided these women do not have family history of cardiovascular disease or cancer. So if the doctor and patient agree on this treatment it should be started immediately after the last period, at the lowest dose and for the shortest period of time.

In general HRT should not be used for more than five years for women who had natural menopause, but it could be used longer if the periods stopped because of hysterectomy with both ovaries removed. If the HRT is not an option for short term symptoms, there are other non hormone medications that can be used to treat the menopausal symptoms. Even if a woman is on HRT for several years, when she stops, long term problems like bone loss, increased risk of cardiovascular diseases and vaginal dryness remains. All of these conditions can be treated with appropriate medications.

There are some natural ways to treat menopausal symptoms. Take these symptoms as a wake-up call to start taking better care of your health.

Herbal remedies are helpful, black cohosh helps with mild symptoms. You should tell your doctor that you are taking this because there could be dangerous interaction with some prescription drugs. Acupuncture has shown to help as well as hormones if the woman has an open mind to it. These menopausal symptoms will pass and you may be free of these symptoms usually in three to five years.

## HORMONE LOSS IN MEN

Men's hormone levels drop over time also. Men lose the hormone gradually over a longer period, not like women where the hormone loss is fairly rapidly and goes to zero.

Testosterone decline can start at as early as age 25 and continue to decline about one to three percent per year. By age mid 70's his level may have dropped as much as 50 percent.

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### Z.A. MEDICAL CENTER

Zareena Abbas, MD  
Internal Medicine

Office Hrs:  
M-F 9am - 5pm  
Sat: 9am - 12 noon

1008 W. Foster Ave, Chicago, IL 60640  
Phone: 773-561-5000  
Fax: 773-561-2503

24 hrs answering service  
All insurances are accepted

If a man started out with higher levels, that might not be meaningful, but men who start out with mid-range level or whose testosterone levels deteriorate more quickly may be in a low testosterone level for many years. That can predispose to problems like loss of bone density and strength, decreased cognitive function and increased frailty.

Symptoms of low testosterone syndrome (also called male hypogonadism or less accurately andropause) include

- Decreased sexual function
- Loss of bone mineral density
- Increased fat mass
- Reduced muscle strength
- Memory loss
- Mood changes and depression

But not all men with low testosterone have symptoms. The problem is that all these symptoms can occur with any number of different illnesses, such as depression, general fatigue, heart disease and hypothyroidism. Normal testosterone range is huge from 300-1,000 nanograms.



If a man is concerned about losing muscle mass or losing sexual desire, a simple blood test can measure his testosterone level. But loss of desire or libido is often confused with sexual dysfunction. If the problem is sexual performance rather than desire, other causes could include cardiovascular problems like hypertension, high cholesterol or diabetes.

### TREATMENT:

Low testosterone level is more common than we think. And chronic low levels are associated with development of chronic illnesses.

Testosterone replacement therapy (TRT) can potentially prevent development of frailty, loss of muscle mass and bone mineral density. TRT is only effective for men who have low levels and the goal is to not create a superman but to bring the hormone from below normal to mid range normal testosterone level and maintain in that range. These men have to be carefully monitored for potential side effects.

TRT is not the fountain of youth, but men who are truly deficient in the hormone will benefit.

Dr. Laurence Levine, MD, professor at Rush University Medical Center who is monitoring 100-300 patients on TRT reports that some of the previous fear about TRT- including that TRT would increase the rate of prostate cancer, are not borne-out.

Taken from "Rush Generation" RushUniversity news Letter.

### For more info please call:

CCN (773) 775-3600	IAC (773) 973-4444	MCC (773) 725-9047
www.ccnchicago.com	ICCI (773) 637-3755	MFCC (708)430-5666
HC (773) 465-4600	IF (630) 941-8800	MSI (630) 633-7872
	IFN (847) 604-2365	TC (773) 561-7953

## CCN's FREE HEALTH PROGRAMS

### FALL 2008 SCHEDULE

#### SUNDAY, OCT 12, 2008, 11AM-1PM

Islamic Community Center of Illinois (ICCI)  
6435 W. Belmont Ave, Chicago, IL 60634  
BP, Diabetes, Obesity, Dental, Cholesterol & Prostate Cancer Screening

#### SUNDAY, OCT 19, 2008 10AM - 12PM

Muslim Community Center of Chicago (MCC)  
4380 N. Elston Avenue, Chicago, IL 60641  
Third Sunday of each month  
BP, Diabetes, Obesity, Dental & Prostate Cancer Screening

#### SATURDAY, OCT 25, 2008 11AM - 1PM

Indo American Center (IAC)  
6328 N. California Ave, Chicago, IL 60659  
BP, Diabetes, Obesity, Vision, Bone Marrow & Dental Screening

#### SUNDAY, OCT 26, 2008 11AM - 1PM

Islamic Foundation (IF) / Refugee Health Screenings  
300 W. High Ridge Rd, Villa Park, IL 60181  
BP, Diabetes, Obesity, Vision & Dental Screening

#### SUNDAY, NOV 9, 2008 11AM - 1PM

Muslim Society Inc (MSI)  
1785 Bloomingdale Rd, Glendale Hts, IL 60139  
BP, Diabetes, Obesity, Dental, Cholesterol & Prostate Cancer Screening

#### SUNDAY, NOV 9, 2008 11AM - 1PM

Islamic Foundation North (IFN)  
1751 O'Plaine Rd, Libertyville, IL 60048  
BP, Diabetes, Obesity, Dental, Cholesterol & Prostate Cancer Screening

#### SUNDAY, NOV 16, 2008 10AM - 12PM

Muslim Community Center, Chicago (MCC)  
4380 N. Elston Avenue, Chicago, IL 60641  
Third Sunday of each month  
BP, Diabetes, Obesity, Vision & Dental Screening

#### SUNDAY, NOV 23, 2008 10AM - 12PM

Transfiguration Church (TC)  
2609 W. Carmen Ave, Chicag, IL 60625  
BP, Diabetes, Obesity, Vision & Dental Screening

#### SUNDAY, NOV 30, 2008 10AM - 1PM

Bombay Hall (BH) / CCN Annual Health Fair  
2448 W. Devon Ave, Chicago, IL 60659  
BP, Diabetes, Obesity, Vision & Dental Screening, Health Talks,  
Free Mammogram info, Free CCN Enrollment

#### SUNDAY, DEC 14, 2008, 11AM-1PM

Mosque Foundation Community Center (MFCC)  
7260 W. 93rd St, Bridgeview, IL 60455  
BP, Diabetes, Obesity, Cholesterol, Vision, Cataract & Dental Screenings

#### SUNDAY, DEC 21, 2008 10AM - 12PM

Muslim Community Center, Chicago (MCC)  
4380 N. Elston Avenue, Chicago, IL 60641  
Third Sunday of each month  
BP, Diabetes, Obesity, Vision & Dental Screening

#### SUNDAY, DEC 28, 2008, 11AM-1PM

Hamdard Center (HC)  
1542 W. Devon Ave, Chicago IL 60660  
BP, Diabetes, Obesity, Heart Risk (Cholesterol), Vision & Dental Screening

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	6422 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	6422 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

### 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  
September 19, 2008

### CCN ANNUAL BANQUET

Wed Dec 17, 2008  
7pm-10pm

Holiday Inn Northshore  
5300 W. Touhy Ave,  
Skokie, IL 60076

## 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

## Chiropractors

Saeed, Naveed DC	488 S. River Road, Des Plaines	847-803-1395
Ahmed, Tariq DC	50 E. Irving Park Rd., Roselle	630-295-8851
Jaber, A.S. DC	9830 S. Ridgeland Ave., Chicago Ridge	708-636-0901
Muhammad, Robert J.	400 W. 76th St., Ste 210, Chicago	773-873-5000

## 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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### Urology

Quader, Azher	6422 N. Western Ave., Chicago	773-465-3500
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## "CONVERSATIONS IN HEALTH FALL 2008 SERIES

<b>SUNDAY, Oct 12, 2008</b> 12pm-1pm ICCI PROSTATE CANCER	<b>SUNDAY, Nov 9, 2008</b> 12pm-1pm MSI BREAST CANCER	<b>SUNDAY, Nov 30, 2008</b> 1pm-1.30pm BH #3 BREAST CANCER
<b>SUNDAY, Oct 19, 2008</b> 12pm-1pm MCC PROSTATE CANCER	<b>SUNDAY, Nov 16, 2008</b> 12pm-1pm MCC MEDICARE UPDATES	<b>SUNDAY, Nov 30, 2008</b> 1.30pm-2pm BH #4 ANXIETY & DEPRESSION
<b>SATURDAY, Oct 25, 2008</b> 12pm-1pm IAC BONE MARROW DONOR PROGRAM	<b>SUNDAY, Nov 23, 2008</b> 12pm-1pm TC HYPERTENSION	<b>SUNDAY, Dec 14, 2008</b> 12pm-1pm MFCC HEART DISEASE
<b>SUNDAY, Oct 26, 2008</b> 12pm-1pm IF OBESITY, DIET AND EXERCISE	<b>SUNDAY, Nov 30, 2008</b> 12pm-12.30pm BH #1 DIABETES	<b>SUNDAY, Dec 21, 2008</b> 12pm-1pm MCC BREAST CANCER
<b>SUNDAY, Nov 9, 2008</b> 12pm-1pm IFN BREAST CANCER	<b>SUNDAY, Nov 30, 2008</b> 12.30pm-1pm BH #2 HEART DISEASE	<b>SUNDAY, Dec 28, 2008</b> 12pm-1pm HC DIABETES