manifestations may be life-threatening and include heart failure or atrial fibrillation.

By contrast, an underactive thyroid, or hypothyroidism, occurs when the thyroid gland produces less than the normal amount of thyroid hormone. The result is the “slowing down” of many bodily functions. Symptoms include fatigue, feeling cold, having dry skin, gaining weight (usually not more than 5 to 7 pounds) and being constipated.

“It is important to note that those symptoms are not unique to hypothyroidism, and may occur in other conditions. Usually, a blood test can tell whether they are thyroid-related or not. A periodical neck exam either by a family physician, internist or OB-GYN doctor, is also important to detect thyroid nodules that could be cancerous,” explains Dr. de Bustros.

Thyroid diseases are typically diagnosed by physical exam and a blood test to measure thyroid stimulating hormone (TSH) and sometimes other thyroid hormone levels. To visualize nodules or investigate goiters, a thyroid ultrasound may be requested. Rarely, a radioactive iodine scan will be needed in the work-up of hyperthyroidism.

Hypo and hyperthyroid disease are usually successfully treated with medication and some, if not most, patients require lifetime management. Some patients with hyperthyroidism require surgery or radioactive iodine treatment. Patients with thyroid nodules may need a biopsy (usually performed under ultrasound guidance either in the clinic or hospital setting). Thyroid cancers are addressed surgically. Sometimes, radioactive iodine is required as well.

If you believe you could be struggling with a thyroid disorder, Palos Medical Group is pleased to offer the services of two endocrinologists, Andrée de Bustros, M.D. and Jennifer Zander, M.D., who treat all areas of endocrinology, with special interest in diabetes, thyroid disease management, adrenal gland, parathyroid disease and pituitary disorders. For more information, call Palos Medical Group at (708) 403-8400 or visit PalosMedicalGroup.com.

“Since thyroid disorders may affect reproduction and have an adverse effect on pregnancy, it is critical that women in the reproductive age group be checked for thyroid disorders if they display symptoms.”

– Andrée de Bustros, M.D., PMG Endocrinologist
PMG Expands with Occupational Health Practice

Palos Medical Group is pleased to introduce Occupational Health to its list of comprehensive health care services. PMG family practice physician Michael Liston Jr., M.D., has expanded his skill set to offer specialized care for local workers and employers.

“I am happy and thrilled to further develop this aspect of care in the community,” says Dr. Liston.

Dr. Liston provides a full continuum of occupational health care to help reduce job-related injuries and illnesses in addition to returning injured workers to the workplace quickly and safely.

The ultimate goal of occupational health is to keep workers happy and healthy. “Providing health and wellness services to the workplace bolsters productivity and overall job satisfaction,” explains Dr. Liston.

For those starting a new career, the practice offers pre-employment health exams including physicals, vision checks, hearing exams and drug and alcohol testing.

Beyond preliminary evaluations and treatments, Dr. Liston and his medical staff provide return-to-work or workers compensation evaluations for employees who have been absent from work due to illness or injury. Employers may similarly require further evaluations to determine if a worker may safely return to work and meet the minimum medical requirements of the job.

PMG’s Occupational Health practice helps maintain wellness in the community through relationships with several local municipalities and corporations. These partnerships give PMG the opportunity to provide health care services to workers, such as members of area police and fire departments.

Dr. Liston also is part of the National Registry of Certified Medical Examiners to perform physical exams for interstate commercial drivers. Currently, all interstate commercial motor vehicle drivers are required to have a valid medical certificate signed by a health care provider certified and listed on the national registry.

With plans to further enhance occupational health services, Dr. Liston is pursuing certification to offer FAA medical examinations for pilots.

Dr. Liston’s office is located in Palos Community Hospital’s Ambulatory Care Center, 12255 S. 80th Avenue, Suite 203, Palos Heights. For more information about Occupational Health services or to schedule an appointment with Dr. Liston, please call (708) 923-7870.
There are some new faces providing exceptional service at the Immediate Care Center (ICC) in the Palos Primary Care Center (PCC). Palos Medical Group recently expanded to offer episodic care at the Orland Park facility.

PMG providers already share a connection with Palos Community Hospital and the Palos Health & Fitness Center. ICC services are a natural extension of the quality care offered at the hospital, and for minor accidents and illnesses, it’s typically less expensive than an emergency room visit.

Immediate care providers have access to a full range of onsite capabilities including X-rays, laboratory services, CT scans, EKGs, and ultrasounds.

“Patients will benefit from the full support and resources available from all PMG practices at the Primary Care Center,” says Dale Swingle, Vice President of Ambulatory Provider Services at Palos Community Hospital.

PMG currently has 41 providers, including 27 physicians and 14 advanced practice providers — physician assistants and nurse practitioners.

PMG’s board-certified providers offer a broad range of expertise, including family medicine, internal medicine, women’s health care, breast health care, endocrinology, occupational medicine, post-acute care, immediate care and behavioral health.

Immediate Care Center

The Immediate Care Center is located in the lower level of the PCC South Building at 15300 West Ave., Orland Park. The hours are:
7 a.m. to 8 p.m. Monday through Friday
8 a.m. to 8 p.m. Weekends
Please call (708) 460-5550 or visit PalosCommunityHospital.org for more information.

Immediate Care at a Convenient Location

Thousands of families have turned to Palos Primary Care Center’s ICC when faced with an unexpected medical situation. Prompt attention for minor illnesses and injuries is offered at the Immediate Care Center within the Orland Park facility. ICC is designed to meet the minor health care needs of patients in a timely, efficient and convenient manner.

If you have a condition that’s not life threatening – like a sprain, a small cut that needs stitches or a urinary tract infection – visit the Immediate Care Center for treatment. Basic X-ray and laboratory services are available as well as CT scans, EKGs and ultrasounds.

In 2014, more than 26,000 people turned to the compassionate care provided by the experienced professionals at Palos’ Immediate Care Center. Patients are assessed and treated by skilled Palos Medical Group providers and nurses. No appointments are necessary.
Welcome to the eighth edition of PMG Health, a newsletter designed specifically for the patients of Palos Medical Group. PMG Health delivers advice and insights on the best ways to stay healthy and prevent disease.

In this issue, PMG expands to include services at the Palos Primary Care Center’s Immediate Care Center. We also discuss the new Occupational Health practice with PMG physician Michael Liston Jr., M.D. Additionally, we explore the importance of understanding thyroid health with PMG Endocrinologist Dr. Andrée de Busto, M.D.

Specializing in family medicine, internal medicine, women’s health care, breast health care, endocrinology, occupational health, post-acute care, immediate care and behavioral health, Palos Medical Group’s family of physicians are some of the most experienced and respected in the southwest suburbs. If you have questions about your health or would like to schedule an appointment, please call (708) 403-8400 or visit us online at PalosMedicalGroup.com.

Internist Natalie Pitaro, M.D.

With the addition of board-certified internist Natalie Pitaro, M.D., Palos Medical Group is pleased to introduce Internal Medicine to its list of growing health care services. Dr. Pitaro specializes in internal medicine and treats a broad range of health issues in adult patients. Dr. Pitaro’s philosophy of care focuses on excellent communication. “I strive to be a good listener, to focus on detail through careful history taking and examination, and to always encourage good communication with my patients. I believe in establishing a strong patient-physician collaboration toward better health. All patients deserve to be educated and informed in order to take an active role in their health and wellness.”

Dr. Pitaro’s experience includes the Palos Immediate Care Center in Orland Park. Prior to that, she worked for a private practice and a physician group in Orland Park. She graduated from the University of Genoa Medical School in Italy and completed her residency at University of Illinois at Chicago Michael Reese Hospital. She also completed a fellowship in rheumatology at the University of Pisa in Italy.

Dr. Pitaro’s office is located in the Palos Primary Care Center, 15300 West Avenue, Orland Park. For more information or to schedule an appointment, please contact Palos Medical Group at (708) 590-5330 or visit PalosMedicalGroup.com.

Clinical Psychologist Sandra Novak, Psy.D.

Palos Medical Group is pleased to announce the expansion of its Behavioral Health Services with the addition of Sandra Novak, Psy.D. As a licensed clinical psychologist, Novak specializes in psychotherapy and diagnostic evaluation for patients of all ages. Her philosophy of care focuses on meeting each patient where they are. “I assist patients in identifying their strengths and collaborating with them to improve their functioning.”

Novak previously worked as a clinical psychologist in an independent practice setting conducting individual, family and couples therapy as well as limited assessment testing for youth and adults. She also has experience providing crisis services and psychological evaluations for youth, adolescents, and adults. Novak graduated as a doctor of psychology from Roosevelt University in Chicago. She has served as an adjunct faculty member at Roosevelt University since 2006.

PMG’s Behavioral Health Services are conveniently located in two locations: Palos Community Hospital’s Physician Offices Building, 12255 S. 80th Avenue, in Palos Heights, and the Palos Primary Care Center, 15300 West Avenue in Orland Park. Novak is currently providing services at the Orland location. For more information or to schedule an appointment, please contact Palos Medical Group at (708) 923-7878 or visit PalosMedicalGroup.com.