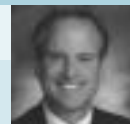




Sinus, Allergy & Asthma Center
 Head & Neck Surgical Oncology Center
 Thyroid/Parathyroid Center
 Speech, Voice & Swallowing Center
 Hearing & Balance Center
 Facial Plastic & Reconstructive Surgery Center
 Facial Nerve Disorders
 Sleep Disorders

Meet the Doctors

Steven Sobol, MD, FACS
Otolaryngologist



Head & Neck Surgery Fellowship
 Cleveland Clinic - Cleveland, Ohio, 1981

Otolaryngology Residency
 Washington University School of Medicine,
 Barnes Hospital, St. Louis, 1980

Education
 M.D., State University New York, Syracuse, 1976
 B.S., Biology, Syracuse University, Syracuse, New York,
 1972

Certifications

- American Board of Otolaryngology
- American College of Surgeons

Memberships

- American Academy of Otolaryngology
 Head & Neck Surgery
- American Head & Neck Surgery Society
- Illinois State Medical Society
- Macon County Medical Society

Hometown
 New York City

Stephen Chadwick, MD, FACS
Otolaryngologist



Otolaryngology Residency
 University of Missouri Medical Center—
 Columbia, 1979

Education
 M.D., University of Missouri, Columbia, 1974
 B.A., Mathematics, University of Missouri, Columbia, 1970

Certifications

- American Board of Otolaryngology
- American College of Surgeons

Memberships

- American Academy of Otolaryngology
 Head & Neck Surgery
- American Academy of Otolaryngic Allergy,
 Past President, Current AMA Delegate
- American In Vitro Allergy & Immunology Society
- American Academy of Otolaryngic Allergy Foundation,
 Board of Directors
- Sinus & Allergy Health Partnership, Current Board
 of Directors

Hometown
 St. Louis

Terence Woods, MD, FACS
Otolaryngologist



Otolaryngology Residency
 Fitzsimons Army Medical Center
 Aurora, Colorado, 1990

Education
 M.D., Rush University Medical College, Chicago, 1982
 B.A., Chemistry, University of Illinois at Chicago, 1978

Certifications

- American Board of Otolaryngology
- American College of Surgeons

Memberships

- American Academy of Otolaryngology
 Head & Neck Surgery
- American Medical Association Illinois State
 Medical Society
- McDonough County Medical Society, Past President

Hometown
 Mount Prospect, IL

Welcome to ENTA

Welcome to the first edition of the ENTA newsletter. This publication will be produced periodically to assist in keeping you abreast of new practices, conditions and treatments surrounding the practice of Otolaryngology. The articles will address many issues that affect patients throughout our population. If there is a topic or a concern you would like us to address, we encourage you to contact our offices.

ENTA Allergy, Head & Neck Institute is a state of the art medical practice comprised of a group of highly

trained Otolaryngologists focused in the medical and surgical management and treatment of patients with diseases and disorders of the ear, nose, throat (ENT), and related structures of the head and neck. The physicians and staff at ENTA serve Central Illinois and the surrounding areas while striving to integrate our efforts with those of primary care physicians and other specialists to optimize patient outcomes.

We invite you to learn more about ENTA and the types of care we offer.

Our Mission

- ◆ To provide the best care for our patients in a compassionate and caring environment
- ◆ To work to advance the art, science and ethical practice of Otolaryngology, Head & Neck Surgery.
- ◆ To provide the most contemporary medical and surgical approaches to treating disorders of the ears, nose, throat and related structures of the head and neck
- ◆ To integrate our efforts with those of primary care physicians and other specialists to optimize patient outcomes

Ear Infections—a problem among children

The number one reason that a child visits a physician is for an ear infection. Researchers continue to look for help for children who suffer from the most common type of ear infection, called middle ear infection or otitis media (OM).

About 62 percent of children in developed countries will have their first episode of OM by the age of one, more than 80 percent by their third birthday, and nearly 100 percent will have at least one episode by age five.

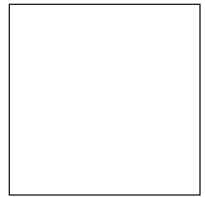
An ear infection usually has a rapid onset of symptoms, fluid and an abnormal appearance when examined by the physician. In treating the problem, the first step is to control the pain if present.

The usual treatment options for children with middle ear infections include 1) antibiotics; and 2) surgical insertion of pressure equalizing tubes in the ears. In some cases, based upon the child's age (older than 2) and the severity of the symptoms, allowing two to three days for natural improvement may be appropriate, but



if symptoms do not improve, antibiotics will probably be prescribed. The first choice of antibiotic is usually Amoxicillin because it is easy to take, has few serious side effects, is inexpensive and still is very effective for most ear infections.

If you suspect your child has an ear infection, a specialist at ENTA Allergy, Head & Neck Institute can recommend the most effective treatment.



Solutions for Problem Snoring

Forty-five percent of normal adults snore at least occasionally, and 25 percent are habitual snorers. Problem snoring is more frequent in males and overweight persons, and it usually grows worse with age.

The noisy sounds of snoring occur when there is an obstruction to the free flow of air through the passages at the back of the mouth and nose. This area is the collapsible part of the airway where the tongue and upper throat meet the soft palate and uvula. Snoring occurs when these structures strike each other and vibrate during breathing.

Snoring can be a serious problem when it makes the snorer an object of ridicule and causes others sleepless nights and resentment. It also disturbs sleeping patterns and deprives the snorer of appropriate rest. When snoring is

severe, it can cause serious, long-term health problems, including obstructive sleep apnea.

Heavy snorers, those who snore in any position or are disruptive to the family, should seek medical advice to ensure that sleep apnea is not a problem. An otolaryngologist will provide a thorough examination of the nose, mouth, throat, palate, and neck. Treatment depends on the diagnosis. An examination will reveal if the snoring is caused by nasal allergy, infection, deformity, or tonsils and adenoids. If surgery is too risky or unwanted, the patient may sleep every night with a nasal mask that delivers air pressure into the throat; this is called continuous positive airway pressure or "CPAP".

If snoring is a problem for you or a loved one, contact the ENTA Allergy, Head & Neck Institute to discuss treatment options.

Source: American Academy of Otolaryngology Head and Neck Surgery



Steven Sobol, MD, FACS
 Medical Director



Stephen Chadwick, MD, FACS
 Research Director



Terence Woods, MD, FACS
 Otolaryngologist



Candace N. Benner, APRN NP
 Nurse Practitioner



James A. Klemens, MA, CCC
 Audiologist



Rick McVey, MA, CCC
 Audiologist



Karen Urbana, MS
 Audiologist

