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Saving Kids with Science p.10
Benjamin Franklin famously noted that an ounce of prevention is worth a pound of cure. Now, more than 200 years after Franklin uttered the thought, the University of Chicago Medical Center is bringing his idea to life through a clinic at 150 East Huron, which exists specifically for preventive, comprehensive care.

Located in downtown Chicago at the corner of Michigan Avenue and Huron Street, the clinic includes specialists in cardiology, endocrinology, dermatology, sleep disorders, rheumatology, pulmonary medicine and internal medicine. So many experts in one place can better tailor care to each specific patient’s needs, saving the patient from scheduling appointments with physicians at multiple locations and times.

Keith Perryea is one of those patients. A development officer for the McDonald’s Corporation, he visited Ari Levy, MD, lead physician for the Program for Personalized Health & Prevention and clinical associate at the Medical Center and 150 East Huron. Perryea’s physical exam and lab results showed he was overweight and had diabetes, high blood pressure and high cholesterol. He was at risk for the multitude of complications that diabetics face, including heart attack and stroke. But with Levy and a team of nutrition and fitness experts, Perryea began a simple lifestyle change by exercising daily. After developing his fitness routine, he improved his diet and started e-mailing Levy on his progress every day.

“This is working for me because I know that someone is watching everything I do, and I am the kind of person who needs structure,” he said. Because of the changes he’s made, Perryea has lowered his cholesterol, blood sugar levels and weight—by 26 pounds.

“In this clinic, we want to provide the time, the setting and the information in a very, very individualized manner,” said Martin Burke, DO, associate professor of Medicine and Medical Director at the clinic, who specializes in heart rhythm disorders. “I think the Huron practice model is how we take University of Chicago’s reputation for exceptional patient care, education, research and clinical expertise and integrate it in a different location.”

The medical team includes authorities on heart diseases, advanced lung and sleep disorders, skin diseases, women’s health issues, immune disorders such as sarcoidosis, and genetic diseases such as cardiomyopathy and Long QT syndrome. They also focus on cardio-metabolic treatment, risk-factor reduction and lifestyle modification.

“We’re providing the patient with what they need in one setting—triaging medical risks, consolidating the three- to four-month process of scheduling, following up and coordinat- ing into one day,” Levy said.

Patient education on diet, exercise and lifestyle is available, too. The medical team creates personalized care plans to improve health, which allows patients to manage and reduce risk. On-site genetic counselors, certified dietitians and exercise physiologists help monitor and implement sustainable lifestyle changes while providing the tools and support needed to reach an individual’s pinnacle of health, as Perryea can attest. The Program for Personalized Health & Prevention (formerly known as the Executive Health Program) also accepts patients at the downtown location.

“Huron’s mission is to provide comprehensive personalized care to individuals, control their risks and deliver better outcomes,” Levy said. “Better outcomes meaning healthier people living longer.”