

DR. ELVOVE AND STAFF NEWSLETTER



"Primum non nocere"



December, 1998

1999 STAFF



Back Row, Standing: Cathy Keinz, Donna Chelcun, Mary Jo Pihlaja, Dr. Elvove, Jane Dorado, Jane Weinstein-Jacobson.

Front Row, Seated: Pat Schmidt, Nancy Chung, Janice Finerty, Shelley Pinkowski, Janet Gutzmer, Susan Robinson, Martha Herzog.

When you phone or visit our office, you can be assured that the person who greets you is trained and experienced in natural childbirth, breastfeeding, and child care. The problem or question that you are having has probably been addressed many times before. It is our commitment to high quality, personalized care that makes our practice unique. Here are the portraits of our excellent staff:

DONNA CHELCUN

I was fortunate to witness my sister's journey into motherhood. She dedicated her efforts to having a positive home birth and breastfeeding experience. With her help, and Cathy's impeccable midwifery skills, I was able to have three wonderful home birth experiences. These miracles were enriched with exclusive breastfeeding. After being a stay at home mom for fifteen years, I now work with our staff, helping other women on their journeys into motherhood.

NANCY CHUNG

I have been a nurse for twenty years. My two sons ages 18 and 15 were born at home with the loving guidance and support of Cathy Keinz. They were special moments that I will never forget! I have been working with this practice since 1987; I attend home births with Dr. Elvove, work in the office, teach childbirth classes, and do postpartum home visits. I also have the privilege of attending hospital births with Dr. Elvove at Highland Park Hospital, where I have worked as a labor and delivery nurse for nine years. I have tried the Zone method of nutrition which I find energizing. Dr. Elvove's dedication and holistic approach are unique. I am happy and proud to be a member of the staff.

JANE DORADO

While I was attending a local community college pursuing my associate's degree in physical therapy, one of the other students read *Immaculate Deception* by Suzanne Arms and decided to change her career to midwifery. Remembering this, I sought a home birth for my first child. I then became a childbirth educator, and have now been the office manager for Dr. Elvove since the inception of the practice. I returned to school to become a registered nurse in 1992, so that I could attend births as well. My husband and I have two daughters and two sons all born at home and nursed for a long time.

JANICE FINERTY

I've been the Saturday receptionist for a little more than one year. I am the mother of two girls ages 6 and 4, and a 2 year old son. My first child was born at a local hospital, and my second two were born at home with Dr. Elvove. All my children were nursed, the second two, exclusively. I worked in medical research at Abbott Laboratories for four years prior to having my children. I earned a bachelor of science in biology with a chemistry minor.

JANET GUTZMER

My first exposure to home birth was during my first pregnancy. I was attending a LaMaze class, and one of the couples was planning on a home birth. I thought they were nuts, and proceeded with my plans for a "safe" hospital birth. After my son was born, I found that I was less than thrilled with the hospital setting. I started doing some research and by the time I was pregnant again, I had found Dr. Elvove. My experience at home was wonderful, and I went on to have two more children at home, all successfully breastfed. My plans were to stay at home until the last one went to college, however I was offered the job of part time receptionist. What a great opportunity to get my "baby fix!" I have worked with Dr. Elvove for thirteen years now, and my sons are 19, 17, 14, and 9 years old.

MARTHA HERZOG

I graduated from Rush University with a bachelor of science in nursing degree. The following twelve years I assisted many women in giving birth at home while I worked with Dr. Ettner. I had my own daughter, Georgia Eve, at home in 1992. I nursed her for over three years. I am currently working part time in a medical clinic and I enjoy doing postpartum home visits for Dr. Elvove in the city of Chicago area.

CATHY KEINZ

Twenty-three years ago I was invited to my first home birth by my Avon lady. It was quite a contrast to my own two hospital births. That first home birth experience changed my life! I spent four years working for a pediatrician. Four years of working in a hospital OB department helped prepare me to be a nurse midwife. Along the way I became a childbirth educator and LaLeche League leader. Serving as a doula and office

nurse gives me many opportunities to teach clients about birth and child care. The most rewarding part of my job is seeing women empowered after giving birth naturally.

MARY JO PIHLAJA

I have been a registered nurse for twenty years with both clinical and teaching experience. I am a Certified Childbirth Educator and a Board Certified Lactation Consultant. I have been married for twenty years and have three children ages 19, 16, and 15, who I have home schooled for the last fourteen years. I do postpartum home visits for Dr. Elvove. I enjoy working with and encouraging breastfeeding mothers and their families.

SHELLEY PINKOWSKI

I have known Dr. Elvove for almost ten years. Cathy and he delivered my two boys at home. I breastfed both kids for one year. After having my first son eight years ago, I went back to school and got my nursing degree. I've been a nurse for two years, and I work as a labor and delivery nurse at Condell Hospital, and part time for Dr. Elvove. Although hospital deliveries differ greatly from home births, I am learning a great deal from my hospital experiences.

SUSAN ROBINSON

Since I became a registered nurse in 1981, I have primarily cared for adults. I have worked in the intensive care unit at Condell Hospital for the past ten years. My principal OB experience has been having my own four children, all of whom I breastfed while continuing to work. I began doing postpartum home visits four years ago, shortly after my second home birth with Dr. Elvove. Because my own home births were so rewarding, I find it very fulfilling to encourage and support families as they complete the same experience.

PAT SCHMIDT

I am the mother of five children, one daughter and four sons. All my children have been born in hospitals without medication and with more freedom of movement than was usually allowed at the time of the births (1974 through 1985). I have breastfed each of my children. I have been a labor and delivery nurse at various hospitals for twelve years. I have assisted many women to give birth. I have been a certified LaMaze instructor for twenty-one years. I am a part time school nurse in my youngest son's school. I do postpartum home visits for Dr. Elvove and have assisted him at a birth when needed.

JANE WEINSTEIN-JACOBSON

I am a registered nurse and have been working with Dr. Elvove for eleven years, since nine months after he helped me deliver my second child. Prior to working for Dr. Elvove I worked in the labor and delivery departments of Mt. Sinai and Lake Forest Hospitals. I work in the office on Saturdays and teach two of the four childbirth classes which we offer. My husband and I have four children ages 14, 12, 9, and 7, the last three born at home. It is always a great thrill for me to watch how our patient families grow, both literally and figuratively! *

ZONE SURVEY RESULTS

Last year I wrote in this newsletter about the "Zone", developed by Barry Sears, Ph.D. This is a method of nutrition, which runs counter to the currently recommended low fat, high carbohydrate, calorie-counting way of thinking. The column stimulated an intense interest among people looking for a healthier way of eating in order to achieve greater energy and loss of excess body fat. In November of this year I mailed out a survey to those patients who had expressed an interest in the Zone during the past two years. Seventy-six surveys were returned. The average age of the respondents was thirty-nine years old; ninety per-

cent were female (come on guys, get with it - no wonder women outlive men by almost ten years!) The average length of time following the Zone was seven months. The average weight loss was twelve pounds; the maximum weight loss was seventy pounds. Almost ninety percent of respondents reported more energy while on this diet. The most successful people tended to sustain their long-term goals, used books, video's, and Internet resources to increase their knowledge, and participated in a regular exercise program. Two men lowered their total cholesterol and triglycerides by more than one hundred points and were able to discontinue their cholesterol lowering medications within several months. Two women, whose pregnancies had been complicated by hypertension, were able to reverse their conditions and have normal uncomplicated deliveries.

The stumbling blocks that the less successful respondents reported included: lack of time to shop or cook, family members resistant to change, expense of protein sources, dislike of vegetables, and hopeless addiction to dense carbohydrates and sweets. We discuss these difficulties at the support group meetings and during personal consultations at the office. We now have a new state of the art infrared body composition analyzer which quickly and accurately assesses your percentage of body fat. This measurement is a much better indicator than body weight in determining optimal health. Ideally, men should have less than 15% body fat, and women should have less than 20%.

The following table summarizes the respondents' subjective assessment of their experiences with the Zone.

FUNCTION	BETTER	WORSE	TOTAL
Physical stamina	88.5%	0.0%	50
Mood	78.4%	2.0%	51
Concentration	60.8%	0.0%	51
Athletics	55.8%	0.0%	43
Immune system	54.3%	2.2%	46
Sleep quality	51.9%	3.8%	52
Digestion	50.0%	4.0%	50
Cholesterol	50.0%	0.0%	18
Aches and pains	48.9%	2.1%	47
Sex drive	23.9%	0.0%	46

The above results indicate that most of the respondents experienced an increase in energy and an improvement in mood and ability to concentrate. There were modest improvements in other areas. These results are especially encouraging given the average respondent had only followed the diet for seven months. I am continuing to recommend the Zone for those persons looking to permanently change their nutritional intake to establish good health, optimize physical performance, bolster the immune system, retard the aging process, and achieve a lasting, desirable percentage of body fat. *

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