

CHICAGOANS OF THE YEAR

Our Heroes

REPRINTED FROM
JANUARY 2005

Chicago®



Dr. Karen Koffler
Director, Integrative Medicine Program
Evanston Northwestern Healthcare

THE NEW DOCS

**How progressive MDs
are using alternative
techniques—from
yoga to acupuncture
to herbs—to provide
better care**

PLUS

**5 Clinics
and 65
Ground-
breaking
Doctors**

**Food of
the Future:
Three Chefs
Putting
Chicago on
the Cutting
Edge**

**The New
Trials of
William
Kennedy
Smith**



The New DOCTORS

BY DENNIS RODKIN

Last fall, Karen Koffler, a 43-year-old doctor with Evanston Northwestern Healthcare (ENH), assembled her staff for one of their regular Tuesday morning meetings. This unusual team of specialists included acupuncturists, yoga instructors, herbalists, and a personal trainer, among others. Koffler updated the group on the case of a 20-year-old woman who had never menstruated. ¶ The woman's hormone levels and other indicators had all been normal, which left her primary-care doctor completely baffled. Koffler's solution? She had referred the woman to Andrea Fisk, an acupuncturist on her team. Fisk ended up treating the patient's "meridian for the sea of blood"—applying needles to the woman's wrist and to the inside of her foot. She also prescribed a Chinese remedy that contained a mix of 15 herbs, chosen, says Fisk, "to nourish the patient's blood and yin." The results were almost immediate. Just days after the treatment, the woman menstruated for the first time in her life. Thirty-five days later her cycle kicked in again, and one month after that her period showed up right on schedule. The offbeat treatment had been a success. >>

ADDITIONAL RESEARCH BY LACEY IRBY

