We are your first step:

Located in Buchanan Hall, Room 132
Phone: 847-735-5050
Fax: 847-735-6284

Office Hours:
Monday – Friday
8:30 a.m. – 12:00 p.m.
1:00 p.m. – 5:00 p.m.

Health Services Offered:

Visits with the nurse practitioner or physician include, at no additional charge:

- Physical Examinations (such as athletic, travel, employment, and well-woman)
- Illness evaluation and management
- Minor injury evaluation and management (i.e. crutches, wound care and other minor procedures)
- Sexual Health - Birth control, STI education/testing/treatment
- Wellness and nutrition counseling
- Laboratory services including on-site testing for strep throat, mononucleosis, pregnancy, urinary tract infection, sugar

Visits can be scheduled or walk-in. If not scheduled there may be a long wait if the clinic is busy. Prescriptions, lab testing, x-rays or other testing, and specialist consultation will be arranged by Health Services staff and billed to a student's individual health insurance plan.

Healthcare Providers:

Lake Forest College Health Clinic Staff:

Kathy Salinger, NP	Nurse Practitioner, Health Clinic
Lindsay Buckman, NP	Nurse Practitioner, Health Clinic
Lynne Belsky, MD	Physician, Health Clinic
Letta Thomas, PCT	Patient Care Technician
Carlie Paul, RD LDP	Dietitian
Linda Alaimo	Department Assistant

What is a nurse practitioner?

A Nurse Practitioner (NP) is an advanced practice nurse with graduate level training, who provides healthcare services similar to those traditionally performed by a doctor. NPs diagnose and treat health problems and focus on health promotion, disease prevention, health education and counseling. They help patients make wise health and lifestyle choices.

Who are physician specialists, and why would I need to see one?

Internal Medicine Physicians and Family Care Physicians provide general medical care to adults. There are times when you must be seen by a physician who has specialized training in a certain area of healthcare in order to resolve complex or specialized problems. Examples of specialists include orthopedic surgeons, gynecologists, cardiologists, psychiatrists and surgeons. If we feel you need to be seen by a specialist, we will refer you to someone locally.

When the clinic is not open:

In the event of an urgent or emergency illness or injury occurring when the Health Clinic is closed, students should call the Department of Public Safety at **847 735-5555**. An officer will respond to all calls, evaluate your condition, and arrange for transport to the nearest emergency facility if needed.

For less urgent conditions, if your issue can't wait until the clinic is open there is a local clinic that has hours of operation in the evenings and on weekends:

> **Minute Clinic** located inside of CVS Pharmacy in Lake Forest at 520 N. Western Avenue. Their hours of operation are Monday – Friday 8:30 am to 7:30 pm, Saturday 9:00 am to 5:30 pm, and Sunday 10:00 am to 5:30 pm. Lunch breaks are from 1:30 – 2:30 Monday through Friday and 1:00 – 1:30 Saturday and Sunday. Most insurance plans are accepted, and you do not need an appointment. You can find more information online at www.minuteclinic.com.

Local Hospitals:

Why would I need to go to the hospital?

- Emergency Care for illness or injury that can't wait until the clinic opens
- Services not provided at the Health Center such as radiology (x-ray)
- Inpatient care (need to be watched closely or treated in the hospital overnight)

NorthShore University HealthSystem

Highland Park Hospital
Phone: 847-432-8000
Address: 777 Park Avenue West, Highland Park, IL 60035
Directions: Deerpath Road West to Highway 41, South to Park Avenue, East on Park Avenue to hospital on right.

Northwestern Lake Forest Hospital

Lake Forest Hospital
Phone: 847-234-5600
Address: 660 North Westmoreland, Lake Forest, IL 60045
Directions: Deerpath Road West (between Highways 41 and 43), North on Westmoreland.