

Post-COVID Neuro Care Clinic

Healthy Driven™
Edward-Elmhurst
MEDICAL GROUPS

Were you diagnosed with COVID-19 or do you think you may have had it? Are you still feeling the effects of this illness?

If you are, you are not alone. Up to 30 percent of people who have had COVID-19, even those with very mild symptoms or none at first, will experience long-term effects in the form of persistent neurological issues. These lingering symptoms can make it difficult to function and can impact your daily life, work, and relationships.

Commonly reported neurological symptoms may include:

- ▶ Confusion, difficulty concentrating (“brain fog”)
- ▶ Muscle pain, aches
- ▶ Headaches, migraines
- ▶ Dizziness
- ▶ Numbness, tingling
- ▶ Loss or changes to taste or smell
- ▶ Blurred vision
- ▶ Tinnitus (ringing in ears)

Most common non-neurologic symptoms may include:

- ▶ Fatigue, tiredness
- ▶ Depression, anxiety
- ▶ Shortness of breath
- ▶ Chest pain
- ▶ Insomnia
- ▶ Heart rate and blood pressure variations
- ▶ Gastrointestinal symptoms

We can help.

Our team of neurology experts has established the Edward-Elmhurst Health Post-COVID Neuro Care Clinic to support your recovery by thoroughly evaluating and managing your symptoms. Treatment varies by individual, depending on your unique situation and symptoms.

You may also receive referrals to other specialists on our multidisciplinary team, such as cardiologists, dietitians, gastroenterologists, nephrologists, neuropsychologists, psychiatrists, pulmonologists, among others. Our goal is to help ease your symptoms or resolve them when possible, so you can put COVID-19 behind you and move forward with life.

Post-COVID Neuro Care Clinic Team

Edward: Kevin Bockhold, MD, Henry Echiverri, MD, Nicholas Mathenia, DO, Hurmina Muqtadar, MD, Waldemar Nowak, MD, Cathy Stachnik, DO, Li Zhang, MD, Y. Michael Zhang, MD, Diane Blowers, PA-C

Elmhurst: Arkadiy Konyukhov, MD, Donald Lussky, MD, Hurmina Muqtadar, MD, Vinny Sharma, DO, Sana K. Syed, DO

Call **(630) 527-7730**, option 1 to schedule your appointment. Mention "Post-COVID Neuro Care Clinic" when you call.

If your provider referred you to the clinic and submitted an order, you may also schedule via MyChart®.

ADDISON | 303 W. Lake Street

BOLINGBROOK | 130 N. Weber Road

CREST HILL | 16151 Weber Road, Ste. 201

ELMHURST | 1200 S. York Street., Ste. 3280

HINSDALE | 8 Salt Creek Lane

NAPERVILLE | 120 Spalding Drive, Ste. 101

OAK PARK | 932 Lake Street

OSWEGO | 6701 Route 34

PLAINFIELD | 24600 W. 127th Street., Ste. 205

WARRENVILLE | 3S517 Winfield Road, Ste. A

YORKVILLE | 88 W. Countryside Pkwy. | (630) 836-9121

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Preparing for your appointment

After you schedule your appointment, we will direct you to complete an online assessment questionnaire prior to your visit.

- ▶ Your responses will assist our neurologists in understanding your neurologic symptoms and COVID-19 recovery, so we can provide you with the best care.

Keep a diary of your signs and symptoms and bring this with you to your appointment.

- ▶ Note when symptoms occur and describe how you felt.
- ▶ List any treatments that improve your symptoms.

Make a list of the medications you are currently taking and include the dosage and frequency that you take them.

What to expect during your visit

- ▶ To get to know you better, the doctor will review your assessment responses prior to your visit.
- ▶ During your visit, the doctor will spend time talking with you, asking further questions, and reviewing your symptom diary, if you have one.
- ▶ Additionally, a physical and cognitive exam will be completed to guide our treatment recommendations.
- ▶ We may recommend diagnostic testing to provide more insight into your symptoms, assist with diagnosis, and to rule-out other conditions.
- ▶ Each of the above steps will guide your treatment plan, which may consist of medications, supportive therapies, lifestyle recommendations, and referrals to other members of our multidisciplinary team.

For referring providers:

Do you have a patient you would like to refer to the clinic? Please choose Post COVID Neuro Clinic Referral from the Epic list. Once the order has been placed, your patient may schedule via MyChart® or call **(630) 527-7730**, option 1 to make an appointment.