

Monday, June 17, 2019

Ms. Courtney R. Avery
Administrator
Illinois Health Facilities and Services Review Board
525 West Jefferson Street, Second Floor
Springfield, IL 62761

RECEIVED

JUN 27 2019

**HEALTH FACILITIES &
SERVICES REVIEW BOARD**

Re: Illinois Masonic Medical Center Sports Medicine Facility

Dear Ms. Avery,

As the medical director for sports medicine within AdvocateAurora Health, I am constantly looking for innovative ways to support the community. Sports medicine isn't just about supporting athletes. Research shows that exercise is the least expensive, most effective medicine available. I believe the expansion of services supporting physical activity in the Illinois Masonic area could be helpful in expanding the ability of city residents to become more physically active and healthy, and to maintain activity and health across the lifespan.

The new center at Wellington and Sheffield will provide a wealth of services. Rather than simply existing as a collection of medical offices, the center will house practitioners and state of the art technology that will allow us to more quickly identify potential problems, even in the otherwise healthy, and to intervene before a problem occurs. For example, using motion capture technology, a jogger can be imaged and counselled on improvements to their running form to reduce the risk of injury. A soccer player who gets winded quickly can be studied using cardiopulmonary exercise testing to learn if they need more exercise, or the intervention of a specialist. A father interested in losing weight can be prescribed a safe plan of diet and exercise.

In short, there are very few facilities that house Olympic-caliber specialists and technology, and make those resources available to the community at large. It is my hope that the new center at Wellington and Sheffield will be a community hub for those interested in leading healthy lives. The project has my full support. Indeed, I've invested a considerable amount of time in ensuring the center will offer a constellation of services that simply are not available elsewhere in the city.



Philip Friere Skiba DO, PhD

Sports Medicine Medical Director
AdvocateAurora Health