

Minimally invasive, maximally effective: Digestive care in Southland

By Lubomyr Boris, DO ~ Franciscan Health



Many of our Chicago Southland neighbors struggle for years with undiagnosed, unresolved or complex issues of the esophagus and stomach. They often endure chronic discomfort, difficulty swallowing, and acid reflux, which can significantly impact their quality of life and lead to further complications if untreated.

Since the launch of the comprehensive foregut clinic at my Olympia Fields office a year ago, my goal has been to tackle these cases, utilizing the latest technology to dive deeper into their conditions, and ultimately providing the answers these patients need.

Our clinic, located here in Chicago's Southland, is equipped with state-of-the-art technology to thoroughly assess the esophagus, stomach, and upper small intestine. This is the same technology that's typically available only at university medical centers.

Among the cutting-edge tools we employ is high-resolution esophageal manometry, which measures esophageal pressure to help identify motility disorders. Additionally, pH monitoring devices such as pH Impedance and the pH Bravo capsule measure acid reflux levels, provide clearer pictures of conditions like gastroesophageal reflux disease (GERD) and other reflux-related ailments.

Having this technology which lets us get to the root of a patient's issue in a more targeted way is just half the battle. Before coming

to Franciscan Health Olympia Fields, I spent several years analyzing and interpreting thousands of these tests and I'm especially familiar with their unique pathologies. I have also been published in numerous journals and have spoken at several symposiums. That's why I take it upon myself to perform every test, personally analyze all the results and perform any required surgeries.

This expertise allows me to treat conditions that other specialists might find challenging. And this comprehensive approach has attracted patients who previously felt limited to medication management for issues like chronic reflux.

It's always satisfying to see how relieved patients are when we can finally explain why they feel the way they do. Knowing the 'why' behind their symptoms allows us to move forward with effective, often minimally invasive, treatments.

We offer endoscopic and minimally invasive solutions designed to improve patients' quality of life and alleviate dependence on long-term medication. For instance, endoscopic myotomy procedures address issues like Zenker's diverticulum and achalasia, conditions that can cause swallowing difficulties.

For those with advanced conditions, such as esophageal or gastric cancer, our clinic offers multidisciplinary care in coordination with oncologists and other specialists.

What makes our clinic unique is that patients don't have to travel far for this level of care or wait months for a consultation. I often remind patients that they don't have to accept diminished quality of life or endless medications.

So, whether you're dealing with chronic reflux, swallowing issues, or another complex condition, ask your primary care doctor or gastroenterologist to refer you, or call us at 708-679-2120 to schedule an appointment. Our clinic is here to bring clarity and comfort back into your life.

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