



Family Medicine

Pavilion C, Suite 385 | 847.535.7157 | TTY for the hearing impaired 312.926.6363



Deborah S.
Clements, MD



Alison
Holloway, MD



Tina Y.
Mantanona, MD
Family
Medicine

Family Medicine Resident Physicians

Pavilion C, Suite 385 | 847.535.7157

North Team



Tiffany
Adams, MD



Aysha
Ahmad, DO



Olusina
Akande, MD



Anna
Balabanova, MD



Ryan
Golden, MD



Maya
Koehler, MD

South Team



Andreea
Costea, MD



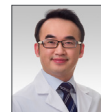
Layoya
Epps-Scott, MD



Juan Mica
Guzman, MD



Bryan
Killian, MD



Denny
Lau, DO



Shobha
Narasimhan, MD

East Team



Tara
Ali, MD



Tiffany
Bradley, MD



Lane
Gillenwater, MD



Hillary
Lane, MD



Aditya
Shah, MD



Claire
Wong, DO

West Team



Jeevan
Abraham, MD



Mawusi
Arnett, MD



Tiffany
Holland, MD



Adiba
Khan, MD



Jennah
LaHood, MD



Prince
Nzeata, MD



Grayslake Outpatient Center

1475 East Belvidere Road, Grayslake, IL 60030 | family.nm.org



Northwestern Medicine family medicine physicians are primary care physicians who provide compassionate, comprehensive health care for people of all ages, from newborns to seniors.

Family Medicine Services

Physicals for all ages

- Routine physical exams for adults and well-child care visits for children
- Physicals for colleges and universities that require specific medical screening
- School sports physicals
- Annual school physicals
- Age-appropriate cancer and heart disease screening

Gynecological and obstetrical care

- Routine exams and pap smears
- Pre-pregnancy planning and prenatal care
- Vaginal issues
- Colposcopies

Preventive care

- Vaccines
- Guidance about screenings, such as mammograms and colonoscopies
- Personalized advice on how to reduce the risk of life-threatening diseases, such as heart disease and cancer

Treatment of a variety of acute problems

- Colds
- Flu
- Headaches
- Back pain
- Knee and shoulder problems
- Sports injuries

Management of chronic medical conditions

- Allergies
- Asthma
- Hypertension
- High cholesterol
- Obesity
- Sinusitis
- Tobacco cessation
- Thyroid disease