



Harold A. Nord, M.D.

Crystal A. Smith Genny Petersen Angie Klein M.S.N., A.P.N., C.N.P.

1302 Franklin Avenue, Suite 3000 Normal, IL 61761

Phone: 309-454-3456 Fax: 309-454-6977 www.hnordobgyn.com



“Feed My Sheep”

Praise the Lord for He is God; He alone deserves, praise, honor and glory from everything that exists. Before time began, God was there, without beginning or end. By His spoken word the seas, skies, earth, planets and stars were formed. His wise and creative thoughts filled the skies, seas and earth with beautiful and amazing creatures.

With His own hands He formed man and woman from the dust of the ground and breathed life into them. He gave us life so that we could enjoy the beauty and joy that emits from Him as we honor and worship Him with our lives. He is our shield and defender when others try to harm or destroy us. He provides food for our hungry bodies and nourishes our soul with His Spirit. He mends our damaged and worn out bodies with His gentle touch and leads us to heavenly rest and joy when He decides it is time for us to come home to live with Him forever.

All God asks is that we worship Him with all our heart, soul, and mind; and love other people. He also asks that we believe in His son Jesus Christ and that He is our key to salvation and eternal life. How do we love other people? Jesus told Peter (one of His disciples) that He was going to use him (as a

solid rock) to build His church upon. In other words Peter was to go out and tell the Good News about what Christ had done to purchase our debts to sin and free us from the power that sin had over each of us. Jesus also told Peter to “feed my sheep”.

Peter was to take charge and organize with other believers ways to encourage and take care of those who had accepted Christ as their Savior. Today the church (the body of Christ) carries out that same commission that Peter was given—to encourage and feed Christ’s sheep, both spiritually and physically.

Spiritually, our pastors, small groups, mentors, or other bible teachers can feed us. Physically, those in need can be fed by soup kitchens, food pantries and individual people who reach out for the helpless.

The world economy is constantly changing, and with it, the needs of it’s people. Many people are starving to death around the world, as most of us have no problem meeting our own needs. **THEY NEED OUR HELP.** I have been to Haiti and can tell you what I have seen with my own eyes that there are people starving to death daily. **THEY NEED OUR HELP.** There are people here in the towns of Bloomington/Normal that are

homeless, jobless, or unable to make their paycheck stretch far enough to have enough food on the table for themselves or their families.

Thank God there are people who care about the essential needs of those who are down and out and want to show them love and comfort. Places like Midwest Food Bank, Home Sweet Home Mission, Claire House, Second Presbyterian Church, Eastview Christian Church and churches that provide meals on wheels for the elderly demonstrate God’s love by meeting needs. A record number of people are visiting these places as the economy has faltered and jobs have been lost and the price of gas has skyrocketed. Eastview Christian Church which usually has about 200 people a month visit their food bank, now has been seeing over 300 people a month for the past three months. I’m sure the other organizations are seeing an increased number also and the need will only be getting greater and greater. These pantries and meal places only exist if we help them restock and donate for the food they use to feed people. **THEY NEED OUR HELP.** May God open your heart to give generously, as He blesses your compassion for those in need.



Axel and Rae



Carson and his brother Cannon



Bobby



Ruthie



Ernie

Dr. Harold



Now Is A Perfect Time...

*Kids Are Back In School...Insurance Deductibles Are Met...
One Less Thing To Worry About
Saturday Morning Surgery Appointments Available*

Essure

With the United States Food and Drug Administration (FDA) approval of *Essure*, developed by Conceptus, Inc., doctors across the country have been able to provide women seeking permanent birth control with the first non-incisional alternative to tubal ligation. This procedure is now being offered under local anesthetic.

Dr. Nord is now conducting these *Essure* procedures in his office, "I'm very excited to be able to offer women *Essure* as a method of permanent birth control. Women deserve the option of permanent birth control without having to undergo abdominal incisions and general anesthesia."

Currently, an estimated 700,000 American women undergo incisional tubal ligation each year, making it the most popular form of birth control in the country. While incisional tubal ligation requires incisions to be made in the abdomen under general or regional anesthesia with a four to six day recovery period, *Essure* allows doctors to place a soft-micro insert into the fallopian tubes using a transcervical tubal access catheter. Once in place, the inserts cause tissue growth around the device, forming a barrier that blocks the fallopian tubes. The procedure does not require any incisions or general anesthesia & patients are able to leave the doctor's office after the procedure, with most patients returning to work the next day. If you want to find out more information about *Essure*, visit www.essure.com or contact our office and ask for Sharon, Health Coordinator.

Urinary Incontinence...

Have you experienced unplanned, sudden urine leakage either while sleeping or during the day? Do you experience leakage while laughing, sneezing, jumping or performing other movements that put pressure on the bladder? Do you frequently experience a sudden and immediate urge to urinate? Have you noticed a change in your frequency of urination? Do you visit the bathroom more than 8 times in a 24-hour period? Do you wake up more than twice per night to use the toilet? When planning a trip, outing or event, does the availability of restroom facilities affect your decision? If you answer YES to any of the above questions, please contact our Health Coordinator.

Heavy Bleeding...

Do tampons or sanitary napkins quickly become soaked, causing a frequent need to change them? Do you often experience heavy bleeding with clotting? Do you have a heavy period, even while using birth control pills? Are you exceptionally tired or weak during your period? Have you missed work because of your period? Do you rearrange social events or daily activities to accommodate your period? Do you tend to stay home when you have your period because it is easier? To be prepared, do you carry large quantities of feminine products or even a change of clothes when you leave the house? If you answer YES to any of the above questions, please contact our Health Coordinator.

Flu Shots...

Flu Shots are now available - Contact our office Nurses to see if you should have a flu shot.

