

MEET YOUR *Family Medicine Physician...*



INGRID C. ANTONSEN, MD

CHALLENGES I FACED TO BECOME A MEDICAL PROVIDER

"Combining parenthood with a medical career was my biggest challenge. Being a full-time physician and a mother was very stressful but well worth the hard work and the long hours. Every medical provider is unique. I try to be relaxed in my approach to health care because I spend the majority of my life in the office seeing patients. Adding more stress is pointless. Adding joy and laughter when I can helps both me and the patients."

RESIDENCY: Decatur Memorial Hospital, Decatur, IL, Family Practice; St. Mary's Hospital, Decatur, IL, Family Practice

INTERNSHIP: Southern Illinois University School of Medicine, Decatur

MD: Southern Illinois University School of Medicine in Springfield

MA: University of Illinois in Urbana-Champaign, History

BA: University of Illinois in Urbana-Champaign, History

CERTIFICATION: American Board of Family Practice

PROFESSIONAL MEMBERSHIPS: American Academy of Family Practice and Illinois State Medical Society

DEPARTMENT OF FAMILY PRACTICE

In the Department of Family Practice, Dr. Antonsen diagnoses and treats non-surgical illnesses or disorders from infancy through adulthood and promotes wellness care for patients of all ages. She has a special medical interest in preventive medicine and patient education.

HOSPITAL AFFILIATION: Carle Foundation Hospital and Provena Covenant Medical Center

In the time that Dr. Antonsen has with her family, she enjoys helping her daughter plan for college, working on her school projects, and standing back to watch her transform into a beautiful young woman. She enjoys going on long walks to clear her mind. Dr. Antonsen and her husband plan occasional trips and spend time in their extensive garden that they have honed over many years.

"I want my patients to feel that I am their confidant and friend as well as their physician. Good health care is a journey made together often requiring difficult decisions under stressful circumstances.

Friendship is a key ingredient."

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