

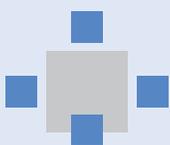
Meet Your Family Medicine Provider

Ingrid C. Antonsen, MD



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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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 at Urbana-Champaign, History

BA

University of Illinois at Urbana-Champaign, History

Certification

American Board of Family Practice

Professional Memberships

American Academy of Family Practice,
Illinois State Medical Society

Department of family Medicine

In the Department of Family Medicine, 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 Presence 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 also enjoys going on long walks to clear her mind. Dr. Antonsen and her husband plan occasional trips and spend time in their extensive garden, which they have honed over many years.

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Department of
Family Medicine

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