

Move Better

WINTER 2023 | Co-published with
Community Health Magazine



POST-HOLIDAY RESET 5

KITCHEN SAFETY 13

DARK SIDE OF SUGAR 14

No Pain, Big Gains

Patients are back in business
after undergoing procedures

PAGE 8

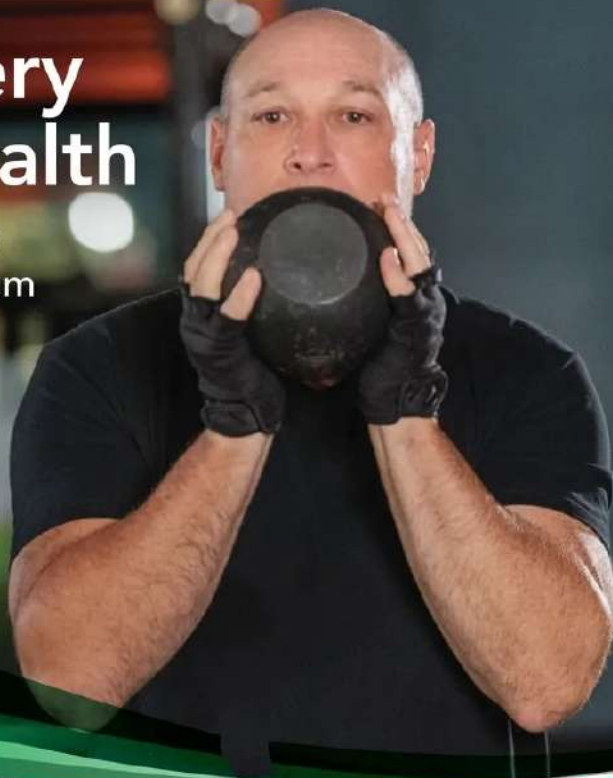


Achieve Recovery & Complete Health



Achieve Recovery & Complete Health

IBJI Health Performance Institute
8-week continuum-of-care program



Next Step to a **Better You!**



Don't just recover from your injuries, **improve** your overall health!

Move Better:

8-week medically integrated fitness programs designed to assist individuals in achieving increased physical activity & fitness independence.

Feel Better:

Customized trio of therapeutic services designed to reduce pain & injury, support post-therapy recovery, & improve overall health & well-being.

1919 Skokie Valley Rd.
Highland Park, IL 60035

224-765-5550

Health Performance Institute

9000 Waukegan Rd. Ste. 100
Morton Grove, IL 60053

224-478-1402

Health Performance Institute

431 Lakeview Ct. Ste. E
Mount Prospect, IL 60056

847-779-6035

Health Performance Institute



Move



COVER STORY

Where Will You Be?

8 IBJI patients share the state of their recoveries after undergoing knee, hip and arm surgeries.

TIPS FOR SUCCESS

Post-Holiday Reset

5 Our pros share five tips that can help you start fast and finish strong in 2023.



KITCHEN SAFETY

Cut Carefully

13 Severe injuries caused by improperly cutting avocados and removing the pit are becoming more common. Follow these tips to keep your hands out of harm's way and avoid a trip to the ER.

NOT SO SWEET

Lay Off the Sugar

14 Sugar consumption is known to contribute to numerous physical ailments and chronic conditions, but exactly how much sugar is in popular drinks may be surprising.

Move Better

WINTER 2023
VOLUME 3 | ISSUE 2

IBJI EDITORIAL ADVISORY BOARD

- DARCI GRUM
Director of Marketing
- RYAN CLAWSON
Marketing & Content Creation Manager
- STEFANIE DELLARINGA
Senior Copywriter & Social Media Manager
- SARINA DONOHUE
Marketing Coordinator



www.ibji.com

COMMUNITY MAGAZINE GROUP

- Larry Perrotto | CHAIRMAN
- Mark Hornung | MANAGING DIRECTOR
- Zach Payer | VP DIGITAL OPERATIONS
- Jason Maholy | EDITOR
- Rebecca Fortner | EDITORIAL ASSISTANT
- Courtney Weed | ART DIRECTOR



CommunityHealthMagazine.com
 Facebook.com/CommunityHealthMagazine
 Follow us on Twitter @CommHealthMag

Getting Where You Want to Be

When our car stops working, we don't give it a second thought. We bring our car to the mechanic and replace the worn-out, broken parts. We pick up our car when it's fixed and we're on the move again. The same should be true about our worn-out or broken human parts.

Yet, sometimes when our body begins to show signs of wear, we find altered ways of functioning, even though it may be painful and limiting. We avoid doctor visits. We ignore pain.

This doesn't have to be the case.

In this winter issue of *Move Better*, the theme is "getting where you want to be." We revisited five patients from 2022 who are living pain-free in 2023. They gave us updates about what they're doing now and the results are nothing short of amazing. From wakeboarding and hiking to traveling and working out, these patients will inspire you with their recovery stories. They are a true testament to the value of investing in your health.

At IBJI, we want 2023 to be your best year yet. Many of us have made our resolutions by now and, no doubt, they involve weight-loss/healthier eating goals. You'll appreciate OrthoHealth's post-holiday reset article (page 5) to learn about the small changes you can make that can result in big changes in how you feel.

2023 also should be a year of avoiding injuries and staying healthy. That's why we've included two articles that will help with both. Learn how to safely cut an avocado (page 13) from our Hand and Upper Extremity Specialist Surbhi Panchal, MD, and how to avoid kitchen knife injuries from Leon Benson, MD. You'll also get tips on how to lower your sugar intake (page 14) from Lynn Gettleman Chehab, MD, IBJI's metabolic health expert.

We hope you'll take the time to get as much out of this issue as possible, and that you'll enjoy all that 2023 has to offer. We're here to partner with you to help you move better and live better.

Happy New Year!

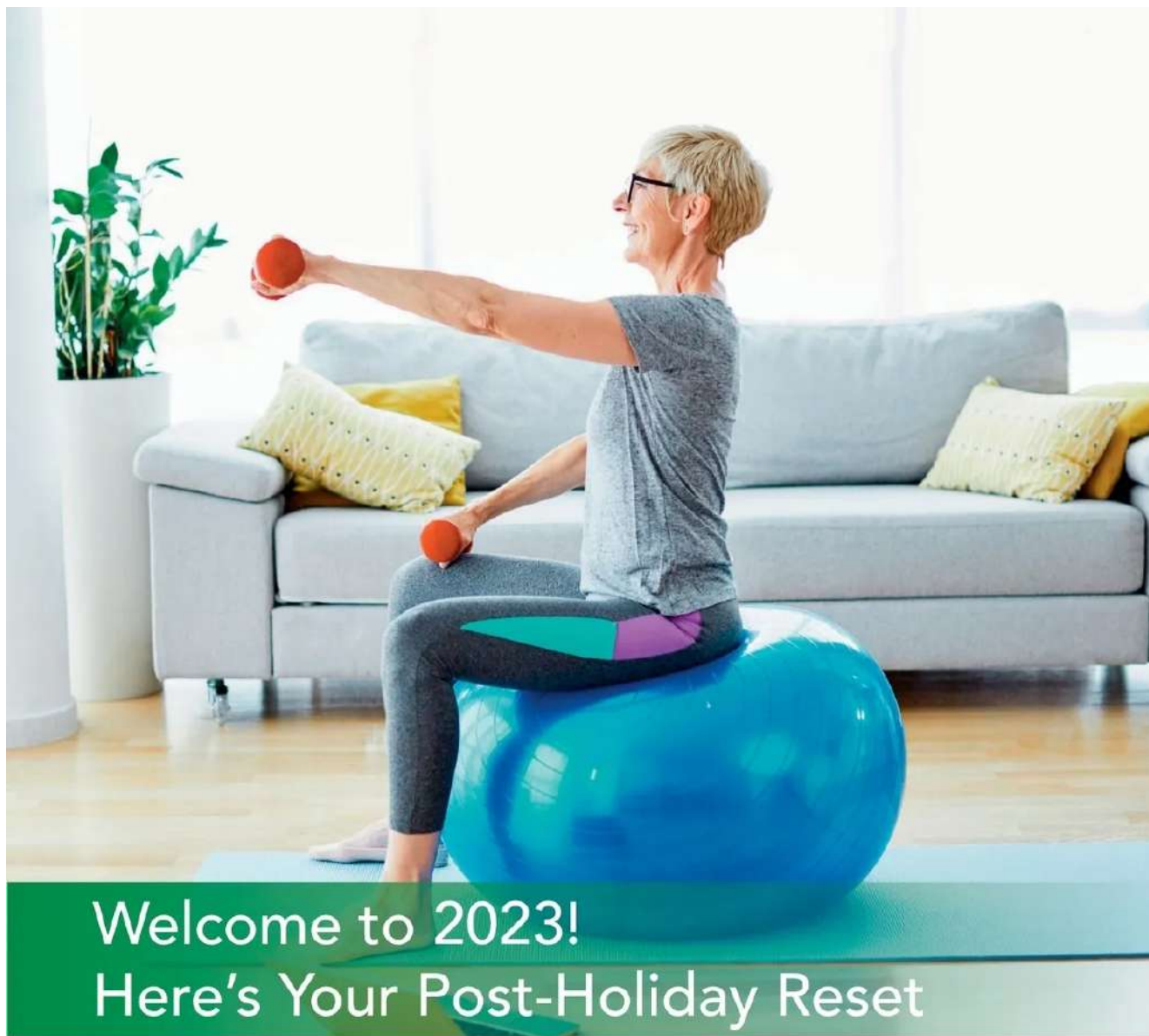
Van Stamos, MD, CMO
ILLINOIS BONE & JOINT INSTITUTE



VAN STAMOS, MD, CMO
ILLINOIS BONE & JOINT INSTITUTE

We revisited five patients from 2022 who are living pain-free in 2023... They are a true testament to the value of investing in your health.





Welcome to 2023! Here's Your Post-Holiday Reset

5 Great Tips from IBJI's OrthoHealth Team



Arleen Temer-Wittcoff, RD, CDCES
IBJI OrthoHealth Registered Dietitian,
Certified Diabetes Care and
Education Specialist

1) Make dietary fiber one of your best friends in 2023

Fiber is found naturally in all plant foods. Choosing unprocessed versions such as non-starchy vegetables, portioned nuts/seeds, high-fiber fruit, or portioned unprocessed whole grains or beans/legumes with your meals will transform the way you eat. The bonus is that these plant foods contain phytonutrients that can help reduce inflammation and will definitely have a positive impact on weight management. So the tip would be to add an extra fiber-

filled plant or two to each meal and while you do this, take out any simple sugars or processed food on the plate at the same time. Our metabolic health is connected to balanced blood sugar, stable insulin levels, lower cholesterol and lower blood pressure. Make room and "plan for plants" at every meal by swapping out processed and sugary foods and snacks.



Lynn Gittleman Chehab, MD, MPH,
Diplomate ABOM
IBJI OrthoHealth Physician

2) Limit added sugars and don't drink them

Added sugars trigger the same powerful reward systems in our brain as do alcohol and other drugs of addiction. When we see or taste sugar, we are

MOVE BETTER WINTER 2023 5

wired to want more. Being surrounded by sweets last month triggered mindless eating habits that can spill over to the New



wired to want more. Being surrounded by sweets last month triggered mindless eating habits that can spill over to the New Year. A good way to put the brakes on mindless eating is to limit added sugars to 24 grams in 24 hours. Added sugars do not include whole fruits, but do include fruit juice and any of the 50+ words for sugar found on labels. Drinking any form of added sugars really does a number on your metabolism and greatly increases the risk of weight gain, diabetes, heart disease, Alzheimer's disease and even certain cancers.

Start your New Year right by creating a sugar "budget" of no more than 24 grams of added sugars in 24 hours, and if possible, avoid all sugar-sweetened beverages. You would be surprised how many drinks advertised as "healthy" have two or three times a healthier sugar budget in a single-serving container!



Shayne Welch PT, MPT
IBJI OrthoHealth Clinical Lead

3) Stay motivated when exercising at home

The benefits of working out at home are endless. Working out at home is often the best option for busy parents, those who don't live near a gym, and individuals who just prefer to have accessible, affordable exercise programs at their fingertips.

No matter the reason you've decided to pursue fitness at home, chances are good that some days you will feel more motivated than others. Follow these tips to organize, motivate, and enhance your at-home workout routine:

1. Create a dedicated workout space
2. Stick to a schedule
3. Set realistic goals
4. Challenge yourself
5. Invite your friends
6. Incorporate virtual workouts



Lydia Nader, MS, RD, LDN
IBJI OrthoHealth Sports Dietitian

4) Drink your way to better health in 2023

Drinking water is one of the simplest, cost-effective ways to get healthy in the New Year.

Staying hydrated is not always a the top of everyone's priorities in the winter months, but did you know it is more likely to become dehydrated and experience symptoms of dehydration in the winter than in the hot summer months? This is due to the colder temperatures lowering your thirst signals, thus lessening the amount of fluid you take in on a colder day, and for active individuals, sweat evaporates faster in cold, dry air, so you don't feel like you are losing fluid through sweat.

Dehydration may not seem like a big deal, but it can cause fatigue, disturbed sleep and slowing of the metabolism. You may be dehydrated if you feel light-headed or dizzy or have a dry mouth, lips and tongue. You should aim for drinking 0.5 fluid ounce per pound of body weight OR between 70-100 fluid ounces per day of unsweetened beverages, ideally still water. In 2023, stay ahead of dehydration to set your metabolism, joints and whole body up for success.

6 WINTER 2023 MOVE BETTER



Donna Taylor, LMT
IBJI OrthoHealth Integrative Health Coach

5) Give yourself grace in 2023

In today's world, we find ourselves under the gun and having more to do's on our list than hours in a day. However we define the stage of life we are in, as humans, we just want what we want, when we want it. It's that need for instant gratification.

Yet, if we look back on the successes we've had in our lives – completing a masters degree, saving up to buy a first home, training for and completing a marathon, learning how to play a





musical instrument, or whatever your thing was that you worked toward achieving – remember it started with one step – a first step – that led to the next. You made the decision, created a structure to support the accomplishment you set out to achieve, and it was not something that came easily or happened overnight.

That same mindset and determination you had to accomplish your goal then can be the same thing you use in 2023 to make a change, whether it's committing to lowering your BMI, getting off your blood pressure medication, starting a new exercise routine or saving for the trip of your dreams. Whatever it is, remember it starts with one first step that you will build upon, so that no matter what life brings you that may slow down the process of achieving

your goal, it won't stop you.

Grace gives you the strength you need to overcome any obstacle.

Follow these five tips to give grace to yourself and others:

1. Forgive yourself and others freely
2. Be patient and kind
3. Look at challenges as learning opportunities
4. Be present in your day and mindful of your actions
5. Seek progress, not perfection, in achieving your goal

MOVE BETTER WINTER 2023 7

Where are they now?

Where are they now?

Patients strong and pain-free after joint procedures

Where could you be
TWO years from now?
Ryan, 19, says injury
is far in his past



Ronak Patel, MD
Orthopedic Surgeon



Nearly two years ago, Ryan underwent a complicated OCD knee surgery with **Ronak Patel, MD**, an IBJI orthopedic surgeon fellowship trained in sports medicine and arthroscopic surgery. Ryan had suffered an injury to his left knee after years of playing competitive soccer.

Although there was a lot of pain leading up to the surgery, and he had to do a fair amount of work in rehab, Ryan says now he goes about his days not even thinking about his knee.

"It's so far in my past," says the sophomore college student, who has been participating in soccer and basketball regularly.

The only reminder of his surgery is the fact that his left knee is not quite as strong as his right knee, something he's been working on.

"I've been trying to go to the gym to do leg extensions and leg presses to keep strengthening my muscles," he says. "I want to prevent it from getting reinjured. That is the most important thing to do right now, maintaining the strength."

Playing basketball and soccer — two of his favorite sports — are now pain-free endeavors. "There's no favoring my knee, and I haven't had to have any follow-up visits," Ryan says.

When he was a year out from surgery, sometimes it would be a little awkward jumping off of it.

"Now it's more of a normal motion," he adds. "It's the strongest it's ever been."

Ryan's best advice for anyone who wants to be feeling great a year out from knee surgery is to do the work that's needed in physical therapy. Be consistent about working out and doing the exercises that are given to you.

"I was scared to put pressure on my knee," he says. "Don't be scared to do that. Listen to what the physical therapists say and keep up with whatever exercises you are doing." These things, he maintains, are great for improving your mobility.

"If I had to go through this again, I wouldn't be as scared to do this. It pushes your healing, so don't worry about being uncomfortable. You'll be okay."

Read Ryan's full story and see the WGN commercial he was featured in last year.

[Read Ryan's full story](#)

8 WINTER 2023 MOVE BETTER





Before



After

Melissa needed a metal plate and 15 screws to hold the bones together after breaking her humerus. She also tore her bicep tendon, which Dr. Benson repaired during the surgery.

Christmas 2022 was a lot different than Christmas 2021 for Melissa, a busy mom and pediatric nurse practitioner at Lake Forest Pediatrics Associates. Melissa slipped on ice on her way to the recycling bin in December 2021 and broke her left arm. She knew about the closest IBJI immediate care walk-in clinic — OrthoAccess — because she often refers patients with acute injuries. It was there that she was seen quickly, diagnosed and scheduled for surgery within the week.

A year after **Leon Benson, MD**, an IBJI orthopedic surgeon with fellowship training in hand and upper extremity, performed the surgery to repair Melissa's humerus, she's almost 100% fully functional and can do everything, including lifting toddlers at her job, which she couldn't do for a few months while recovering.

Over the summer of 2022, she had fun waterskiing and even tried wake surfing!

"I did it, and it didn't limit me in any way," she said. "I was doing that six months after my surgery."

Melissa still goes to physical therapy once a week to strengthen her arm, but Dr. Benson has discharged her after seeing her for several follow-up visits.

"I had a series of X-rays every time I saw him," Melissa said. "He told me everything looked great and everything healed well."

This past Christmas, Melissa was able to reach up to decorate the Christmas tree and wrap presents.

"I'm really thankful for Dr. Benson and all the physical therapists at IBJI," she said. "Everyone was really good. The experience was great. The quality of care has been amazing."

A former basketball player, Melissa now enjoys playing with her sons.

"The last thing on my bucket list is to do a left-handed layup," she said. "I'm almost there."

Read Melissa's full story on the IBJI blog and see her IBJI patient testimonial that aired on WGN.

[Read Melissa's full story](#)

Catching up with Melissa, 47, one year after arm surgery



Leon Benson, MD, poses with Melissa at a follow-up visit.

Meet George, 73,



Meet George, 73, who's pain-free after two robotic knee-replacement surgeries



Sean Sutphen, DO
Orthopedic Surgeon

10 WINTER 2023 MOVE BETTER



George enjoys walking through the Chicago Botanic Garden in Glencoe during the holiday season.

A little over a year ago, George had two knee surgeries 10 weeks apart performed by **Sean Sutphen, DO**, a board-certified orthopedic surgeon who has fellowship training in adult hip and knee reconstruction and total joint replacement.

George still can't believe he can get up from a chair without babying his painful knees. As the saying goes, old habits die hard.

"It would usually take me a few seconds to do that," he recalls. "I just get up now. I am still not totally used to that, by the way."

He and his wife have been enjoying hiking in Highland Park, where there's an 80-foot-high bluff. "We do that hike regularly," George says. "It's been great. We just did a 3½-mile walk this morning."

Getting in and out of a car is completely painless, as is putting on his socks. Prior to surgery, these simple movements were always a struggle.

George continues to exercise regularly at his local gym and does leg presses, which he hasn't been able to do for 10 years.

"It's no problem now," he says. "I'm leg-pressing more than my body weight. Dr. Sutphen said that's great, but don't go any heavier than that. I am going to limit it to 200 pounds and that's it."

When on vacation, George can walk as far as he wants to without pain. Last month, he and his wife visited the Chicago Botanic Garden to see the holiday displays.

"It's been great," he says. "I've walked as much as eight miles at a crack."

In October 2022, he saw Dr. Sutphen for his last checkup.

"He told me he didn't need to see me for four more years," George says. "He said, 'I know your name by heart because you're a real success story for me. I wish all my clients did rehab to get to this point the way you did.'"

If you've been told you need knee surgery and you're still on the fence about it, George has great advice:

"If you have pain and it's restricting your life, get the surgery," he says. "It's not that painful. It doesn't take that long to do rehab, and the outcome is that you'll be pain-free and able to do the things you were unable to do."

[Read George's full story](#)



NEW HIPS



Tony's many road trips are pain-free thanks to two hip replacement surgeries at IBJI.

You may have heard the expression, "Sitting is the new smoking," and wondered what that means. Simply put, we all know that there are health issues that can arise from smoking. Similarly, there are health issues that can crop up from prolonged sitting, and experts are seeing those negative effects more and more as millions of U.S. workers are home-based.

Tony firmly believes that the long road trips over the decades — needed for his roles in admissions, church relations, and most recently as a senior development officer for Olivet Nazarene University — took a toll on his hips. Tony sits in his car for long car rides and averages 40,000 to 50,000 miles per year to meet with potential donors for the school. This led to not one, but both hips needing to be replaced, about a year and a half apart.

Someone recommended **Jalaal Shah, DO**, an orthopedic surgeon who specializes in hip, knee, and shoulder replacements. Dr. Shah sees patients at three locations: Bourbonnais, Frankfort, and Watseka.

Tony is thrilled he chose Dr. Shah to replace both hips and recently posted this positive review:

"Dr. Shah was great in his communication as well as his competence surgically. The entire experience with Dr. Shah and his support staff was first class. I'll be recommending him to everyone who needs orthopedic care." - Tony F.

Catching up with Tony, he had this to say:

"My hips are doing great! I am totally satisfied with both hip replacements. Dr. Shah is 'The Man!' I'm very thankful."

Tony now stops to stretch every two to three hours while on the road, and is starting a workout plan for himself to reach fitness goals he has for 2023. He's been working out, but not as consistently as he would like.

"I'm so excited about moving in a healthy direction again," he says. "The one thing I have not accomplished is losing weight. I'm still up there, but have hopes to become that lean machine by age 70. I know it will be a journey, but now that I can move, I have much hope for future progress."

For years, Tony inspired his sons to pursue athletics.

"My plan is to blow my sons' minds on where I am physically at 70, thereby giving them higher goals and expectations for themselves."

If you're considering hip replacement surgery, read Tony's full story on our blog and see his patient testimonial.

[Read Tony's full story](#)

NEW HIPS An update on Tony, 65, after two hip replacements



Jalaal Shah, DO
Orthopedic Surgeon

MOVE BETTER WINTER 2023 11

Both Feet on the Ground

Both Feet on the Ground in the New Year

Meet Dave, who underwent ankle reconstruction surgery



Steven Jasonowicz, DPM
Podiatric Foot And Ankle Surgeon

12 WINTER 2023 MOVE BETTER



Dave's severely rotated right ankle (left) made it painful to walk. His "after" photo (right) was taken a couple months after surgery and shows both feet evenly on the ground.

Imagine walking on the outer edge of your ankle for most of your life and having to replace your shoes every four months because of the uneven wearing of your soles. As a regular business traveler, Dave also endured long, painful treks through airport terminals. This was his reality for many decades before he opted to undergo 3D ankle reconstruction surgery with **Steven Jasonowicz, DPM**, an IBI podiatric foot and ankle surgeon.

Now more than 20 weeks out from his surgery, Dave says, "What he did for me and how advanced it is ... it's been a godsend."

Dave, who is in his 60s now, used to have healthy ankles. But as a daredevil in his youth, he explored the sport of motocross, injuring his right ankle three times. In the 1980s, he underwent fusion surgery to repair it, but the doctor ended up tossing part of his bone away. As he got older, the pain of his fused ankle became more and more unbearable, leading to reliance on pain medication. He knew that taking pills daily would never be a long-term solution. His primary care physician let him know that his kidneys were not looking good as a result of that plan.

Dave had to wait for technology and surgery options to catch up with him. Finally, he learned about medical advancements in ankle reconstruction surgery. His waiting came to an end when he found the surgeon who could help him return to normal by helping him to recreate his ankle using 3D-printed implants.

When visiting with Dave, it was clear to Dr. Jasonowicz that he had a complicated case.

"At some point in the past, his fibula bone (outside ankle bone) had been removed at the end, and his talus bone was also very deformed," Dr. Jasonowicz said. "I was concerned these bony issues would not support a more traditional ankle replacement implant."

Learn more about how Dr. Jasonowicz recreated the missing parts of Dave's ankle and the amazing results that followed!

[Read Dave's full story](#)



Follow Kitchen



Follow Kitchen Safety Rules to Avoid 'Avocado Hand' and Other Cutting Injuries



Leon Benson, MD
Orthopedic Surgeon

Chips and guacamole will undoubtedly be a popular appetizer during Super Bowl parties in February, but no party guest wants to experience “avocado hand,” a common term to describe the ubiquitous injury that occurs when a knife goes through the fruit and into the palm.

Hand surgeons frequently see this serious hand injury, which oftentimes results in emergency surgery.

“People are trying to get the avocado pit out, and they’re sticking a knife directly into the pit,” says **Leon Benson, MD**, an IJBI hand and upper extremity surgeon. “The pit has a formidable defense — it is rock hard and it’s slippery.”

The result can be lacerated or severed nerves, tendons, arteries and veins, and even bone injuries.

“Some people hit it hard enough that the knife goes all the way through the hand,” Dr. Benson says.

Other Common Cutting Injuries

Similar injuries can result from using a knife or other sharp-edged kitchen utensil to separate frozen hamburgers and hot dogs. It’s very easy to cut your hand when attempting to slice a bagel, too.

“People rush, which is an ingredient for a bad outcome,” Dr. Benson adds.

Surgery often is required for kitchen-knife injuries. Recovery can take more than six months.

How to safely cut an avocado

The proper and safe way to cut an avocado, according to **Surbhi Panchal, MD**, an IJBI hand and upper extremity surgeon, is to hold it down with one hand, turning the avocado and slicing it in the middle as it turns. She demonstrates this in a recent segment that aired on WGN TV. [Watch it here.](#)

The pit can be removed in several ways. A teaspoon works well, as does twisting the two avocado halves apart and cutting them into quarters. Another option is to buy two avocados and use the halves that don’t include the pit. There is a tool — aptly named an “avocado pit remover” — that can do the job.



Click on the image above to watch Dr. Surbhi Panchal’s WGN interview about how to safely cut an avocado.





Monitor Your Sugar Intake in 2023

Learn the '24 Grams in 24 Hours' Rule

If there's one healthy habit that can improve everyday wellness, it's limiting sugar consumption.

Excess sugar consumption is commonly related to the development of cavities, but the potential consequences go far beyond the teeth. Too much sugar can contribute to inflammation, the "root cause of pretty much every disease" including life-changing, chronic conditions such as diabetes, heart disease, Alzheimer's, and even certain cancers, according to Lynn Gettleman Chehab, MD, MPH, FAAP, Diplomate ABOM.

Sugar is added to many foods and beverages, the latter of which can contain two to three times an adult's recommended daily allowance of the sweetener. This includes beverages — such as sports drinks and teas — that are marketed as healthier choices.

What is the recommended sugar intake?

The American Heart Association recommends that adult women consume no more than 25 grams of sugar each day

and adult men no more than 36 grams (9 teaspoons). Dr. Gettleman Chehab recommends "24 grams in 24 hours" (6 teaspoons) or less, as "24 in 24" is easy to remember.

Twenty-four grams is roughly the amount of sugar in one brownie or six packaged chocolate chip cookies.

"It's enough where you're not deprived," Dr. Gettleman Chehab says. "You can have a treat a day, but more than that amount of sugar can hide in a single-serving container of many drinks, so that's our problem. And then most of these drinks don't come with any nutritional value."

How much sugar is in today's popular drinks?

An 11.5-ounce single-serving bottle of cranberry juice cocktail has 41 grams of added sugar. For comparison, a 12-ounce can of a popular soft drink contains 39 grams of added sugar.

Dr. Gettleman Chehab commonly hears from parents who say that their children who participate in athletics need sports

14 WINTER 2023 MOVE BETTER



drinks to replenish their electrolytes. One 20-ounce sports drink contains roughly 48 grams of sugar.

"That is literally twice your daily sugar budget in one container," she says, adding that a banana and water prior to a practice can also provide a good amount of electrolytes.

Excess sugar also can be found in sauces and many other common foods, but we may not be aware of it.

"When you start reading labels, it hides in many places," Dr. Gettleman Chehab says.



Click on the image above to see the WGN interview with Dr. Lynn Gettleman Chehab.



Inbar Kirson, MD, FACOG, Diplomate ABOM



Lynn Gettleman Chehab, MD, MPH, Diplomate ABOM

The OrthoHealth wellness and weight management program at IBJI is led by Inbar Kirson, MD, FACOG, Diplomate ABOM, and Lynn Gettleman Chehab, MD, FAAP, FACOG, Diplomate ABOM. Both are board-certified obesity specialists. Dietitians, physical therapists, and coaches also are part of the team.

"Every person is going to need a different approach," Dr. Gettleman Chehab says. "That's what I like about our team. We can really meet people where they're at."

Patients will first meet with a doctor for a physical exam, where they are looking for causes and consequences regarding metabolic health. Patients meet dietitians and physical therapists. Some patients may not need a doctor's care, but want to improve their diet or other facets of health.

"We have many patients who tell us they've never felt so energized, so it's incredibly satisfying to hear people feeling better and really feeling in control of their lives," Dr. Gettleman Chehab says. "I always say there are so many different ways to improve your health. If you figure out your sugar budget now, in elementary school or in high school, you're golden for life."

MOVE BETTER WINTER 2023 15

Trabecular Bone Score

Trabecular Bone Score

Now Available in Morton Grove



We've Added Trabecular Bone Score (TBS) to Our DXA Bone Density Scan

IBJI is proud to announce that we now can measure bone strength in two ways: bone quantity and bone quality. Advanced technology called TBS, or trabecular bone score, reveals a measurement of bone quality to give our practitioners a better idea of a patient's bone strength. This helps us assess a patient's risk for fracture, and leads to more precise, individualized treatment decisions.

Why a Bone Density Scan?

In the past, there was no way to determine if you had osteoporosis—until it was too late and a fracture occurred. That's why diagnosing osteoporosis sooner rather than later is crucial to avoiding potential bone loss and fractures. Physicians can determine if you have normal, osteopenic, or osteoporotic-level density. It is the only test that can diagnose osteoporosis.

Who Should Get a DXA Scan?

The National Osteoporosis Foundation recommends that all women and men over 65 get a bone density scan. Patients with significant risk factors also should be screened for osteoporosis.

Call **847-375-3000** to schedule a bone density scan at the IBJI Morton Grove Doctors' Office.



Hear from Our Patients

IBJI appreciates our patients and the feedback they give, and we are honored to hear all of our patient-experience

Hear from Our Patients

IBJI appreciates our patients and the feedback they give, and we are honored to hear all of our patient-experience stories. If you have an experience you would like to share, please visit our website at ibji.com/share-your-story. We welcome you to write a patient story, write a short feedback review on your doctor's profile page or submit a patient experience video. Thank you to everyone who has shared their experience with us. ■

IBJI McHenry Orthopedics Doctors' Office Physical Therapy

"The most amazing group of professionals. Everyone from the front desk to the therapists. My therapist, Trace, was awesome. He will push you just enough to get you back to the best you can be. I highly recommend this place."

Helen

Teresa Sosenko, MD IBJI Doctors' Office - Park Ridge

"Really appreciate the professionalism, courtesy, and care provided by Dr. Sosenko and staff."

Mary

Brian J. Burgess, DPM

"Dr. B. is amazing!!! Rolled my ankle very bad and he was able to get me in super quick and was extremely thorough in making sure it wasn't fractured. I had a prior surgery with him on the same foot and felt 100% with his assessment. Very personable and down to earth. I have referred friends and athletes to him and they all have had nothing but great outcomes and great things to say about him."

Anna

Richard Sherman, MD

"I have been going to various Docs at IBJI for over 20 years, so obviously very satisfied. For this visit, I had tripped and landed hard on my hip. Able to exercise but very swollen and bruised. Waited 10 days and called for an appointment with Dr. Sherman who has previously treated my knee. Got an appointment for next day. Took me right on time. Friendly face of Nurse Sarah, who has been there a long time and knows who I am (comforting). Dr. Sherman was prompt and efficient. Quick exam. Lab tech got me and took me a few doors down for X-Rays. Short wait, then Dr. Sherman told me no fractures. Told me what to do, which I was doing. Suggested PT as an option, but not necessary, which I declined. By the time I got home, description of visit and diagnosis online. Dr. Sherman has a friendly, but still professional manner."

Thomas

IBJI Highland Park Orthopedics Doctors' Office Bruce Noxon, DPM

"Dr. Noxon and his staff are great. Dr. Noxon is an excellent communicator and explains everything clearly. I'm a repeat customer, having experienced 2 conditions that Dr. Noxon has resolved. Thank you, Dr. Noxon!"

Chris

Jacob Babu, MD

"Highly recommend Dr. Babu! I had surgery for a herniated disc. Instant pain relief and quick recovery."

Patti

Chinyoung Park, MD

"Dr. Chinyoung Park is amazing. She is good at what she does. She gives all the time, full attention to her current patient. My parents, with many health problems, go to Dr. Park on a consistent basis. So do I."

"Dr. Park is caring. You can feel it. Her diagnosis is always on the mark. She has my highest trust and loyalty."

SpringRain

Michael Chiu, MD

"I had arthroscopic surgery last Friday to repair a torn meniscus in my left knee. By Sunday I was in almost no pain, on Monday I was walking about my house. Today, Wednesday, was my first PT appointment. The therapist was amazed at how flexible my knee is. She said I am 3 weeks past many patients with similar surgery. Back in 2006, I had my right knee repaired and it was a few weeks before I had this surgery. I highly recommend Dr. Chiu."

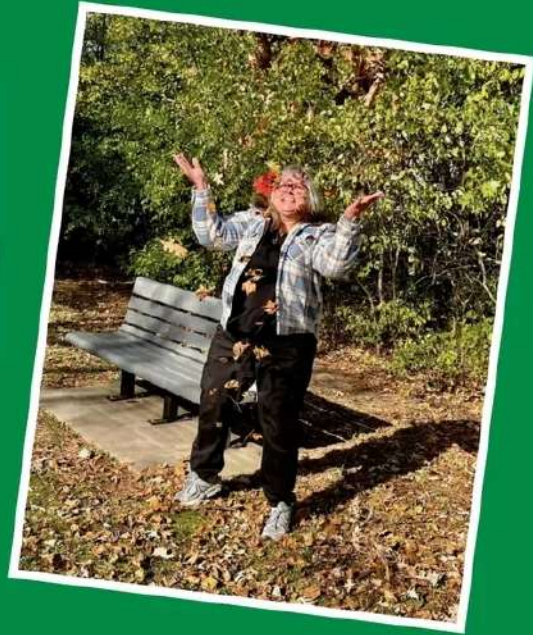
Dennis



MOVE BETTER WINTER 2023 17



The Spirit of the Day



Flannel Shirt Day

IBJI's teams at its Park Ridge (left and above) and Bannockburn locations (below) got into the spirit of autumn by wearing their best plaid threads for Flannel Shirt Day.



18 WINTER 2023 MOVE BETTER

Holiday Spirit Days

Employees at several IBJI locations and affiliates including Morton Grove, Glenview, Norwood Park, Gurnee and Hinsdale Orthopaedics got festive by dressing for the season in "ugly" sweaters and other garb on Holiday Spirit Days. Casual-dress days such as these help foster a sense of community among staff members.



Morton Grove



Glenview



Norwood Park



Hinsdale Orthopaedics



Gurnee

MOVE BETTER WINTER 2023 19





Our latest episode:

Episode 18. Wrist Fractures

Past episodes:

- Episode 1. Total Hip Replacement
- Episode 2. Achilles Tendon Repair Surgery
- Episode 3. Rotator Cuff Repair
- Episode 4. Autoimmune Disease
- Episode 5. ACL Injuries and Surgery
- Episode 6. Carpal Tunnel Syndrome

- Episode 7. Bunions
- Episode 8. Total Knee Replacement
- Episode 9. Shoulder Replacement
- Episode 10. Spinal Fusion Surgery
- Episode 11. Osteoporosis
- Episode 12. Metabolic Health
- Episode 13. Ankle Fractures
- Episode 14. Shoulder Instability
- Episode 15. Plantar Fasciitis
- Episode 16. Meniscus Tears
- Episode 17. Concussions



ibji.com/podcast

Available on all major podcast providers and our website