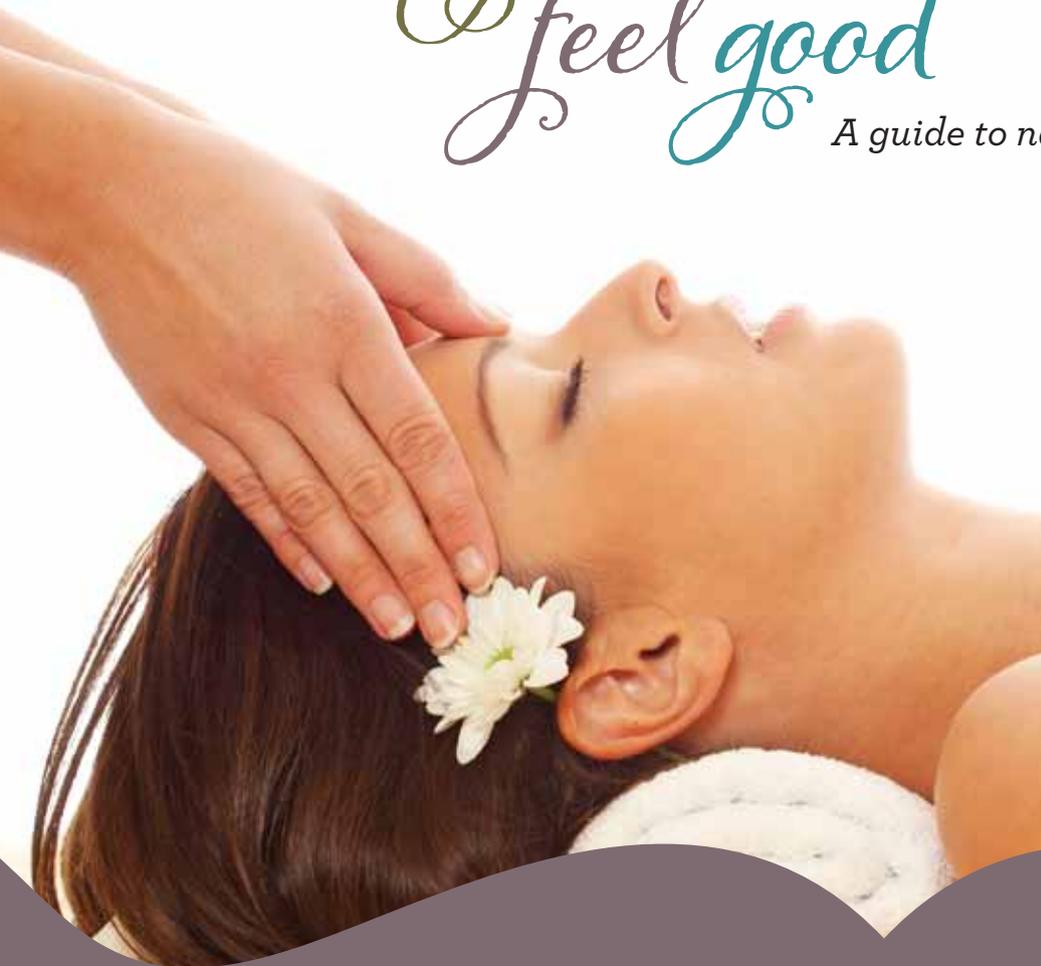


BY **Anne Kendall**

PHOTOGRAPHY BY **Shannon Zahnle**

# Look good feel good

*A guide to navigating local  
health care and beauty solutions*



## **YOUR HEALTH IS YOUR MOST IMPORTANT ASSET.**

Your appearance is your calling card. Maintaining both takes effort. Let this guide help you understand your options when exploring local health care and beauty solutions.



- BELL TRACE • BLOOMINGTON PODIATRY CENTRE • DCSI MEDI SPA • DR. HOWARD & ASSOCIATES EYE CARE  
 DR. STEVEN LYNN FAMILY & IMPLANT DENTISTRY • ELDER CARE CONNECTIONS • ETHEREAL DAY SPA AND SALON  
 FAULKNER CHIROPRACTIC & ACUPUNCTURE • GOODE INTEGRATIVE HEALTH CARE  
 HAMILTON FACIAL PLASTIC SURGERY • IU HEALTH HOSPICE HOUSE • IU SCHOOL OF OPTOMETRY  
 JOIE DE VIVRE MEDICAL • LIBERTY FAMILY DENTISTRY • MASSAGE ON THE SQUARE  
 MERLE NORMAN COSMETIC STUDIO • MIRA SALON AND SPA • PREMIER ORTHO  
 SOUTH CENTRAL ORAL SURGERY • SOUTHERN INDIANA PHYSICIANS FOR WOMEN • URBAN CYCLE STUDIO  
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Anita Hacker, Owner and Beauty Consultant

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## Beautiful, Inside and Out

When it comes to staying youthful and healthy, diet and exercise are the top priorities. But one crucial factor is often overlooked: Your skin, says Anita Hacker, owner of the Merle Norman studio in Fountain Square Mall. "Cleansing, exfoliating, and hydration go a long way in keeping us looking young. When we look good, we feel good."

Merle Norman has been a beloved cosmetics brand for 80 years, and, Hacker says, "I have many customers in their 80s and 90s who have never used anything but Merle Norman, and their skin is beautiful."

But Hacker is aware that for many younger customers, it's a brand their mother or even grandmother might wear. "My goal is to introduce the younger generation to Merle Norman," she says. Hacker's daughter, a senior at IU, never wore foundation before developing an affinity for the soft matte finish of Merle Norman's Ultra Powder Foundation.

For clients of any age, Hacker recommends the brand's Skin Refining Cleanser, a cleansing and exfoliating product all in one. "People don't always have the time to do the whole three-step process of cleansing, toning, and exfoliating," she says.

Whether they are 18 or 80, Hacker enjoys helping her customers find the right product to address their concerns. She does this by offering free facials and makeovers, which allows the customer to try the product before buying.

"People leave my studio with a smile and a sense of satisfaction," Hacker says. "This is what I love about my job."

Merle Norman Studio also carries wigs by Envy and clothes by American Apparel.

**HOURS:** 10 am-6 pm Monday; 10 am-5 pm Tuesday, Thursday, Friday; 10 am-4 pm Saturday.

Fountain Square Mall, 101 W. Kirkwood Ave., Ste. 107, 812-323-1885

## Totally Tailored Fitness

Don't let the name fool you—Urban Fitness Studio owner Allison Chopra calls it the "anti-gym."

Yes, it's about stretching, sweating, and strengthening your way to better health. But it's all done in a fresh, fun environment that's so private, you feel like you and your trainer are the only ones there. Actually, you are—all clients are seen one at a time.

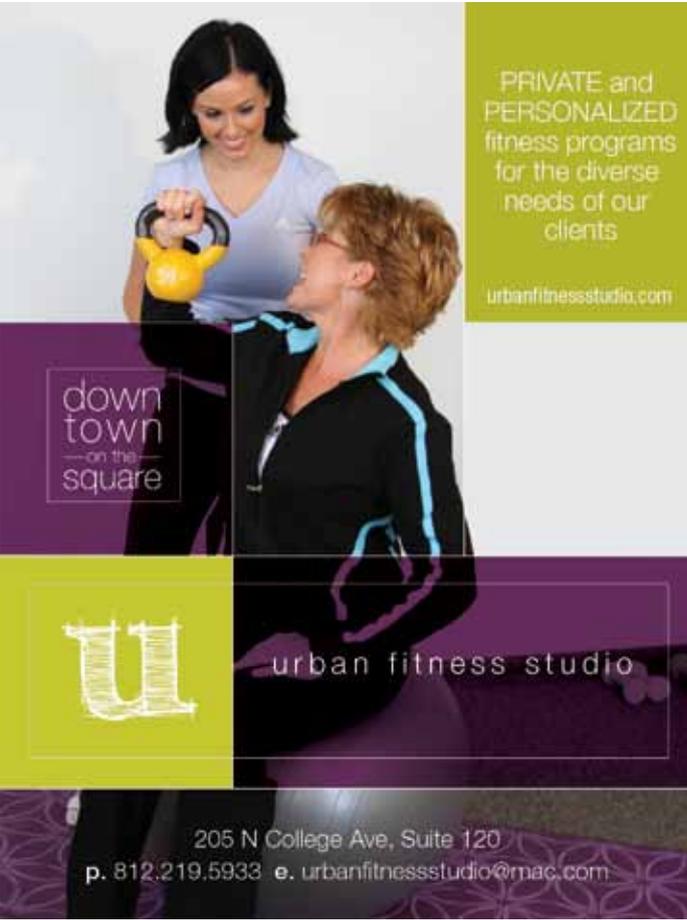
"A lot of people don't want to be on a big gym floor," says Chopra, a nationally certified Personal Trainer and Health Fitness Specialist who also has a Masters of Science in kinesiology and a Wellness Coach certification. Maybe they're intimidated by the rows of workout machines and a general uncertainty of what, exactly, to do. Maybe they'd prefer not to be seen by colleagues and neighbors while sweating away in workout clothes.

At Urban Fitness Studio, everything is totally tailored to each exerciser. "What music does the client want, what intensity does the client want, do they want the curtains closed?" says Chopra. She and the studio's other trainer, Carly Dunnuck, use kettle bells, balls, bands, and mats—no heavy equipment redolent of the gym—to target whatever visitors want to work on, from balance to weight loss to general health. "I try to focus on feeling good, and the energy and mental health benefits that you get from exercise," says Chopra.

Innovative workout techniques keep things interesting. "We try to make it fun," says Chopra. "If they don't want to do pushups, I'll never make them do pushups. We try to find a way that works for them."

**HOURS:** by appointment.

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## More Than Skin Deep

**YOUR SKIN.** It's the largest organ of the human body—and likely the first thing people notice about you.

For the best care available, whether for acne, hair removal, wrinkles, or a general sense of blah, there's no place in Bloomington better equipped to treat you than the Dermatology Center of Southern Indiana. It is a unique hybrid of a dermatologist's office and a pampering spa. DCSI's staff includes five dermatologists, two physician assistants, a nurse practitioner, and a licensed aesthetician, all certified in dermatology, with over 70 years of combined experience.

"We go above and beyond in providing excellent patient care," says Brittany Allen, L.P.N., who is DCSI's MediSpa and Nurse Coordinator. "We use only state-of-the-art equipment and stay up to date on research in all aspects of dermatology." Dermatology residents at the IU School of Medicine utilize the Dermatology Center of Southern Indiana as a place to learn the proper use and technique for Botox, Restylane, Juvederm, and other popular fillers that lend skin a more refreshed look.

"Our doctors are very knowledgeable about the services we offer and use their expertise to determine what is best for each individual, providing the patient with realistic expectations about their likely outcomes," says Allen.

Even if you don't need treatment for skin discolorations, freckles, or sun damage, you may still want to stop by for a glycolic peel or microdermabrasion. These are common procedures that can make any skin look younger. Scraggly eyebrows or other excess facial hair can be treated with waxing or, for a more lasting solution, laser



(left) Alisha Mowry, licensed esthetician. (right) Kim Riley.

hair removal. DCSI MediSpa offers a first-class array of skin care products such as Kinerase, Jan Marini, and SkinCeuticals. Mineral makeup from Jane Iredale, a favorite in the cosmetics world, is also sold here.

"Our patients are constantly praising how kind our staff is and how comfortable they feel when they come in," says Allen. "It's very rewarding to share the excitement with patients when we've achieved their desired result. The best moments are definitely when a patient's expectations are met and they leave smiling."

*HOURS: 8 am-5 pm Monday-Friday.*

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# COMFORT AND COMPASSION LIVE HERE

Opening this month: a hospice house for patients and their families.

A new Craftsman-style, one-story building off West Tapp Road near State Road 37 looks like a slightly bigger version of the bungalows dotting the Bloomington landscape. It's the IU Health Hospice House, a new kind of place where acute hospice patients can receive care in their final days and those with respite needs have a comfortable place to stay.

"You'd be amazed as you walk in," says Cindy Templeton, director of home care for IU Health Bloomington. "We set out to create a home-like space for patients and their families, and we succeeded!"

The IU Health Hospice House has the health-care infrastructure to provide acute care to patients in the last 5-7 days of life. In addition to the clinical capability of the space, extra amenities make for a peaceful haven for patients and their families—allowing special moments to be shared by all. There's a bird sanctuary just outside and visible from most rooms, and two acres of woods that the property sits on—woods for which the Hospice House is applying for "Certified Habitat" status with the National Wildlife Federation. Rooms of about 350 square feet are outfitted with space for family members to spend the night while their loved one receives care. Each room has a hammock-like lift that lowers from the ceiling to provide for repositioning the patient into a chair, the bathroom, or shower chair, and back into bed. Patients can also be taken in their beds to a large outdoor deck area overlooking the Habitat. The 11,000-square-foot facility has other thoughtful touches, such as a meditation

space that can be used as a chapel and a whirlpool tub for patients suffering from itching and bone disease.

Ellen Surburg, a registered nurse who is Director of Hospice, took her vision of a local hospice house to the IU Health Bloomington Hospital administration and the Bloomington Hospital Foundation.

"They embraced it and made the resources available," Surburg says, adding that the Foundation spent two years finding the "generous giving" that made the project happen.

The architect, William Cooler, of Cooler Design, Inc. in Indianapolis, worked with hospice design consultant Tom Mullinax of Hospice Design Resources and local contractor Fox Construction Company to create a building certified by Leadership in Energy and Environmental Design (LEED). The house is made of limestone quarried nearby and includes eco-friendly touches such as a geothermal heating-and-cooling system.

The grand opening is October 26, with patients and their families being accepted shortly thereafter.

*Indiana University Health Home Care,  
2810 Deborah Dr., 812-353-3104,  
[www.iuhealth.org/bloomington](http://www.iuhealth.org/bloomington)*



(top) IU Health Hospice House.  
(bottom) Ellen Surburg, Director of Hospice.



# A Hope and Dream Realized



The Bloomington Hospital Foundation would like to thank community members, businesses, local leaders, and volunteers for their commitment to the Hospice House Campaign. Their dedication and vision helped to create a beautiful inpatient hospice facility for the people of south central Indiana.

Located at the corner of Deborah and Cota Drives, the peaceful surroundings of the IU Health Hospice House are second only to the natural beauty and tranquility of the house itself. A place that feels like home but has the essential resources to care for acute patients with comfort and compassion at the end of life's journey.

*Comfort and Compassion Live Here*

## Join Us in Celebration

The Bloomington Hospital Foundation invites you to celebrate in the success of the Hospice House Campaign.

**Join us for an Open House and Dedication Ceremony on Wednesday, October 26.**

*Program and Dedication at 4 p.m. with tours until 6 p.m.*

The IU Health Hospice House is located at the corner of Deborah and Cota Drives, just off Tapp Road near Highway 37.

### QUICK FACTS ABOUT HOSPICE HOUSE:

**\$3 million**

Amount raised to construct and furnish the Hospice House

**10,000**

Approximate square footage of comfortable living space

**8**

Private patient rooms with the possibility of expanding to 12 rooms

**12**

Indoor and outdoor common areas for relaxation, dining and visiting

**400**

Patients and families per year will be accommodated



Bloomington Hospital  
**FOUNDATION**

*Touching Lives*

# Eye Care That's *More* Than Just Good Vision



Patients leave the office of Dr. Howard & Associates Eye Care excited about all kinds of things—glasses designed specially for people who stare at a computer all day, a stylish new set of frames, contact lenses for people who thought they couldn't wear contacts.

And Dr. Denise Howard, who purchased the practice in 1990, loves being able to help them. "That's always really gratifying, when you see a somewhat-withdrawn child really blossom when they start wearing contacts," says Dr. Howard, an IU grad who has served on the faculty of the IU School of Optometry. "We also see adults who have been stuck wearing the same look in their glasses for a long time. We encourage them to

try something that may be a little different, and they often get a boost from that."

What's gotten some patients talking lately: glasses that finally make it possible to drive at night. A new instrument measures aberrations in people's eyes so that Dr. Howard and her associate, Dr. Brandy Deckard, can write prescriptions that fit their needs as precisely as possible. "So many people come back saying, 'I'm so grateful that I can see to drive at night,'" says Howard. "They have limited themselves—they turn down social invitations or don't go to



(left) Dr. Brandy Deckard and Dr. Denise Howard. (above) The Eye Care center.

events. These lenses allow us to address that problem."

For eyeglass wearers, the office offers an array of stylish frames. "We have patients who want to be able to see more clearly but want a frame that is nearly invisible," says Dr. Deckard. "Then we also have patients who may not need glasses full time but want them to be an accessory. People like to show off their personality with their glasses."

Some people come into the office with no eye complaints at all, yet leave feeling better. "I have some patients with no vision issues but may have a family history of an eye disease or a certain family condition, and they're very concerned about developing that," says Dr. Deckard. "Sometimes it's just about having their yearly routine exam and knowing they're keeping up on their eye health: 'OK, I have a sigh of relief now.' It's about maintaining that healthy eye."

*HOURS: 9 am-7 pm Monday-Tuesday, 9 am-5:30 pm Wednesday-Friday, 9 am-noon Saturday.*  
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# Heaven on Earth

The vibe at the newly expanded Ethereal Day Spa and Salon is as dreamy as its name.

"It's pretty heavenly," says co-owner Susan Black. "It's warm and inviting and very unique to the area. Once our guests arrive and experience our services, they don't want to leave."

Located on the second floor in the Village of Nashville, the expansion has created a separate spa retreat area, featuring private rooms for side-by-side services. The couple's suite with a dual-head rainforest shower is over the top in luxury. The facial room has tall cathedral windows with a view of the rolling hills, and the tranquility gathering room is warm and inviting with a fireplace, providing space for wedding parties, birthday parties, and groups to enjoy pedicures, manicures, and hair styling together.

The transition from the salon to the spa flows effortlessly. A large hot tub with scenic views and a sauna separates the two areas. The salon is surrounded by large, open windows and has become a favorite destination for locals and visitors. The salon has hosted many celebrations and pre-wedding parties over the past year since they opened.

Brown County is known as a group destination. Susan states, "The new spa area will allow us to accommodate groups privately without interrupting the busy salon's guests. We also responded to couples who were requesting to be together during their visit. Adding the rainforest shower is exceptionally over the top, and our clients are already booking return visits."

Black opened Ethereal Day Spa and Salon last year with Bob Everman after realizing Nashville did not have a major draw that



(left) Ethereal accommodates individuals, couples, and groups. (right) Co-owner Susan Black.

most tourist destinations have: a spa. Beyond pampering spa services, the salon offers pedicures, manicures, hair styling, skincare and LHE, a light therapy treatment, and several tanning beds. They use Keyano Aromatics, maker of all-natural body care products recommended by dermatologists.

Specials and packages are offered monthly. If you book one of their packages on Sundays, or Fridays and Saturdays after five, you receive 40 percent off, excluding couples packages. If you need later hours, call ahead—they'll stay late to accommodate your schedule. This sophisticated day spa and salon is the perfect setting to be pampered or celebrate your next special occasion.

*HOURS: Monday-Saturday 10 am-7 pm, Sundays at the Spa by appointment.*

*211 S. Van Buren St., Nashville, Camelot Building, 2nd floor, 812-720-9009, www.etherealvillage.com. Gift cards available.*



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on the Square

Fountain Square Mall  
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Suite 19,  
Bloomington, TN 37204

## Beyond Pampering: The Power of Massage

Julie Gudaitis used to get throbbingly painful migraines a few times a week. After discovering the power of massage? Maybe once a month. "It personally changed my life," says Gudaitis, a certified massage therapist and owner of Massage on the Square, which just moved to a new spot in Fountain Square Mall that's about three times larger.

Improved circulation. A healthier immune system. Less stress and anxiety. Massage is so much more than the occasional way to pamper yourself, says Gudaitis. "It's such an easy thing you can do, with such a profound impact," she says. The newly expanded Massage on the Square has eight certified massage therapists and a nationally certified reflexologist. "We all have our own styles—it doesn't matter who you see at the office, you're going to feel great," she says.

Many clients come to Massage on the Square when they don't know what else to do. "A lot of people walk in our office and are like, 'There's this pain...,' whether it's from sitting at a computer, or lower back pain, or they don't know what's going on," says Gudaitis. "They don't know if massage is going to work, but they heard about it from a friend or their doctor. Fifty-five dollars for one hour of therapy is a great bargain, so it's something people are willing to try at least once just to see if it works." (Ninety-minute sessions cost only \$75.)

"About 90 percent of people come back and say, 'I already feel better,'" says Gudaitis. "To turn somebody into a believer in the treatments is really amazing."

*HOURS: 9:30 am-7 pm Monday-Saturday.*

*Fountain Square Mall, Ste. #19; 101 W. Kirkwood Ave.; 812-336-6704, [www.btownmassage.com](http://www.btownmassage.com)*

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# A Smile Maker and *More*

Annual checkups, cleanings, crowns? Dr. Steven Lynn can take care of all of those. But what really sets apart his Family & Implant Dentistry office is his ability to see dental implants through from start to finish.

Dental implants are the solution for anyone sick of their slipping and sliding dentures. Step one: A titanium “anchor” is inserted into your bone to take the place of your missing tooth root. It takes about five months for the implant to integrate into the bone (not unlike concrete setting to form a sidewalk), during which time you wear a temporary acrylic tooth. Step two: A permanent replacement tooth, usually made of porcelain, is secured to the implant.

“When I first started, it was in the hospital, and a fairly big deal,” says Lynn, who has been practicing dentistry since 1975 and providing dental implant services since 1989. “Now it’s a fairly localized anesthetic—you could come in, and can actually eat lunch that afternoon.”

Lynn is the only doctor in the area trained to do both the initial, surgical part of the procedure and the prosthetic follow-up. He is one of 54 Fellows with the Midwest Implant Institute as well as a Fellow with the International Congress of Implantologists in prosthetic and surgery. Both of his surgical assistants have also gone through specialized training for the procedure, and all staff who work with patients are X-ray certified.

Another thing that sets Lynn’s office apart is his willingness to work with insurance companies that many doctors don’t deal with—part of his overall philosophy of putting the patient first.



Dr. Lynn (center) and hygienists, Angie Reynolds (left) and Sharon Otto.

“It’s a pretty patient-focused practice, rather than a practice focused just on fixing teeth,” says Lynn. So he wants to know what’s most important to each patient—aesthetics, function, time frame, budget. “I had a lady come in and say, ‘I need everything done in 30 days because my daughter’s getting married,’ and I have other patients who say, ‘I have x amount of dollars, can we stage this over four or five years?’” says Lynn. “It’s not my job to tell you what to do—it’s to tell you what I can do, and you can decide for yourself what’s best for you.”

*HOURS: 8 am-4:30 pm Monday-Wednesday,  
8 am-3 pm Thursday-Friday.  
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# Exercise Is *Medicine*



On a board at Bell Trace Fitness Center, Manager Cassey Connelly has written: “Exercise is medicine. Have you had your dose today?” The Fitness Center was introduced on the Bell Trace campus two years ago to offer residents and community members an alternative to the traditional fitness environment, one whose focus is exclusively on the reduction of health risks through lifestyle changes for those age 50+.

Along with the American College of Sports Medicine (ACSM), Connelly is delivering the message to both doctors and patients that physical activity is medicine, something she wholeheartedly believes and stresses with her clients. According to ACSM, exercise helps treat and prevent

more than 40 chronic diseases, including diabetes, heart disease, obesity, and hypertension. “What’s crucial,” says Connelly, “is that exercise be prescribed as part of a complete health-care management program, and that physicians refer their patients to a fitness professional educated and trained to work specifically with special population clients.”

Leona Hahn is a Fitness Center member who struggled to walk following hip surgery and treatment for congestive heart failure.



(left) Leona Hahn exercises under the guidance of fitness specialist Cassey Connelly. (above) Connelly is trained to prescribe exercise.

“Exercising in regular post-surgery therapy helped,” says Hahn, “but it wasn’t enough for me to walk the longer distances I wanted. I thought I needed more.” Once released from therapy, it was suggested she see Connelly for continued strengthening and program maintenance. As a health fitness specialist, Connelly is trained to prescribe exercise to patients who have been cleared for independent exercise by their physicians. “Cassey’s very good about looking after you and keeping track of what you do,” says Hahn. Indeed, every time Hahn goes to her cardiologists, Connelly sends a report on her progress.

Hahn isn’t of a generation that had full-scale gyms at the ready. But she’s learned that it’s never too late to use them. After working with Connelly for six months, Hahn’s children think she looks great. “A lot of times in the morning, I think I don’t really want to [exercise],” says Hahn. “But when I get home, I have a lot more energy. I had a device on my chair that helps you get up—I don’t need that now.”

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## To Your **GOODE** Health

Nagging headaches? A crick in the neck that won't quite go away? Lower back pain, earaches, sports injuries?

At Goode Integrative Health Care, they do it all, and then some. "We see everything," says Dr. Robert J. Goode III, better known to patients as "Dr. Bob." He and Dr. John Pixler offer chiropractic care, physical therapy, massage therapy, and general wellness care.

"What sets us apart is that we offer all of these services under one roof," says Goode. A familiarity with the local medical community, thanks to Goode's father, a physician, and his own studies at IU help. "We have a high success rate, but when we're not successful with a patient, we have a very good working relationship with other doctors in town," says Goode. "Patients don't have to wait for two months to be seen. We usually get people in to the specialist within a couple of days."

The four-year-old practice's success sparked the need for more space, so Goode Integrative Health Care is moving just up the street to 3901 E. Third St., where they'll have better patient parking spots and more exam rooms.

"People tell us nonstop, 'I've never been in an office where everyone welcomes you, shakes your hand, and looks you in the eye,'" says Goode. "Dr. Pixler has the same fire that I have, and that's what makes us work so well.

"We're high-energy and have a lot of fun," adds Goode. "People come in with aches and pains and leave pain-free and part of our family. We take pride in getting to know each and every one of our patients and their families."

*HOURS: 9 am-noon and 2 pm-6 pm Monday, Wednesday, Thursday; 2 pm-6 pm Tuesday; 9 am-1 pm Friday.  
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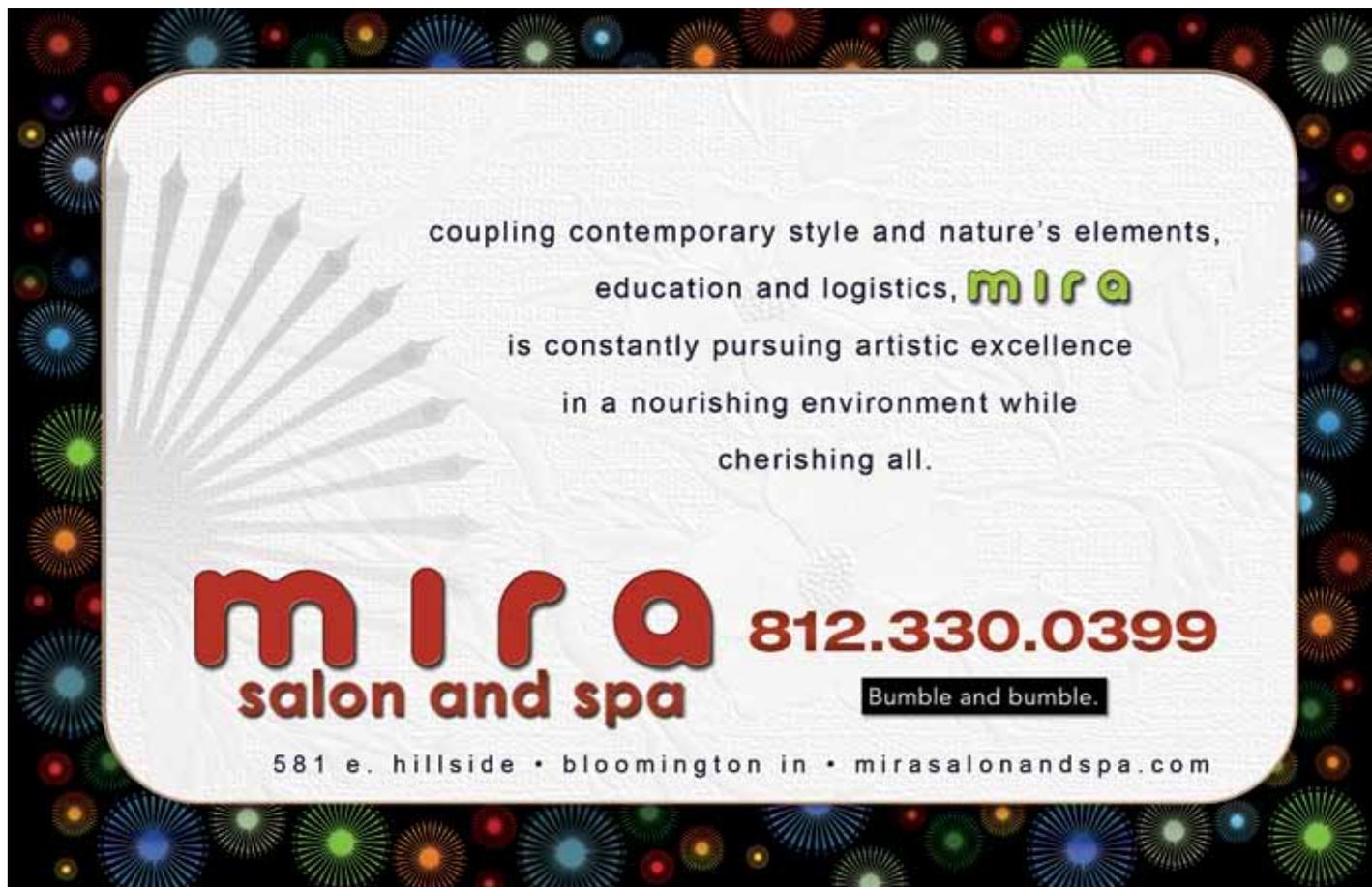
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# In-Office Procedures *Making Women's Lives Better*



Lisa Weiler, M.D.

Photo by Hudson Photography

Patients go to Southern Indiana Physicians for Women (SIPW) on Bloomington's west side for help with all kinds of female-specific health issues—gynecology, infertility, and obstetrics, including the expertise of both a women's-health nurse practitioner and certified nurse midwife.

But it's a pair of cutting-edge procedures that really sets SIPW apart: tubal ligation (known by brand names including Adiana and Essure) and endometrial ablation (NovaSure), a solution for women whose heavy menstrual bleeding is affecting their day-to-day lives. Both procedures have been available for some time, but they required going to a hospital, undergoing general anesthesia, and, in cases of tubal ligation, receiving

incisions. Heavy menstrual bleeding might have been treated with a hysterectomy, meaning more risk and a longer recovery time.

SIPW is now among the very few doctors' offices that perform both endometrial ablation and tubal ligation procedures within their offices, using minimal sedation and no incisions.

Endometrial ablation takes as little as five minutes, but it can transform the life of a patient who has suffered for years from seriously heavy menstrual bleeding. "There are women who's

schedule is dictated by a heavy menstrual cycle," says Dr. Lisa Weiler, who practices at SIPW. "Some of these women are taking a change of clothes with them the first days of their period."

Endometrial ablation works by dilating the cervix and placing a balloon-like instrument inside the uterus, using radio frequency to carefully destroy tissue. About half of all women who have the procedure done will never have another period; the rest will have lighter, shorter periods. Endometrial ablation and similar treatments are performed mostly on women in their 40s who have finished having children, as it's unsafe to carry a pregnancy after this procedure because of how it affects the uterine lining, says Weiler.

"For some women, it's given them back two productive days out of every month," Weiler says. "Time with their family, professional time, whatever they need."

For in-office tubal ligations, SIPW health-care providers slightly sedate the patient before dilating the cervix and inserting a scope precisely where the uterus connects with the fallopian tubes. A scar forms to permanently occlude the tube.

"It's especially good for patients who have medical problems that would make it dangerous to have general anesthetic or incision," Weiler says. "That's been one of the biggest advances in gynecology. The patient is literally in the office and can get up and walk out the door."

*HOURS: 8:30 am-4 pm Monday-Thursday,*

*8:30 am-3:30 pm Friday.*

*1010 W. 2nd St., 812-334-3955, [www.sipw.com](http://www.sipw.com)*



## In. Out. Back to what matters.



**Make an appointment today to find out more about our many in-office solutions for women's health issues.**

Appointment Hours:  
Monday - Friday: 8:00a.m. - 5:00p.m.

Pictured from left to right:

Jyll Hopkins, WHNP

Lisa Weiler, M.D.

Michael Stowell, M.D.

Melissa Watters, M.D.

Anita Leis, M.D.

Elizabeth McDaniel, CNM

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# Healing Hands

Imagine calling the doctor's office and getting an appointment for the same day. And when you arrive the staff is courteous and the wait is less than 15 minutes. This is a reality at Dr. Faulkner's office.

"I knew I wanted to be a chiropractor when I was 14 years old," says Faulkner, who for 11 years has practiced at her Bloomington office, Faulkner Chiropractic & Acupuncture, which moved to a new location after the old one was damaged by a tornado in May.

Back pain, neck pain, and headaches can dramatically affect work productivity as well as family interactions. It's difficult to be your best self when you don't feel well. Faulkner is the only chiropractor in town certified in the Activator Methods Technique, a gentle approach that uses a minimum of force to treat health problems without drugs or surgery (read more at [www.faulknerchiro.com](http://www.faulknerchiro.com)).

Many years after seeing a chiropractor help to relieve her younger brother's struggles with severe asthma and allergies, Faulkner became interested in acupuncture when her fourth child, Mark, was born with spina bifida, leaving him paralyzed from the waist down. But Mark responded so well to acupuncture treatments, Faulkner got a degree in that field.

Together, chiropractic care and acupuncture help Faulkner ease all kinds of pain. Her experience in working with a handicapped child has also equipped her to deal with a wide range of health issues. "We do the basic chiropractic work of relieving back and neck pain, of course," she says, "but we're also able to work with unique situations that not everybody can."



Dr. Brenda Faulkner and husband Dennis.

Acupuncture has proven helpful for everything from headaches to sinus trouble to nausea. Some people hear about it from friends; other times, Faulkner presents acupuncture as an option that a patient might pursue.

Staying patient-oriented is something the office also does by minimizing wait times (usually less than 15 minutes) and offering same-day appointments. "We know people are busy," says Faulkner, "so we try to make this as easy as possible to fit into their schedule."

*HOURS: 9 am-noon and 2 pm-6 pm Monday, Wednesday, Friday; 2:30 pm-6 pm Tuesday, Thursday.*

*2100 S. Liberty Dr., 812-333-3131, [www.faulknerchiro.com](http://www.faulknerchiro.com)*

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## Quick Steps to Foot Care

Step by step by step, your feet carry you through every day of your life. For 38 years, Bloomington Podiatry Centre has been treating all kinds of problems—bunions, hammertoes, corns, calluses. It was founded by Dr. Michael Hoffman, and joined three years ago by Dr. Gene DeVane.

Today, two treatments set Bloomington Podiatry Centre apart: laser treatment for nail fungus and minimally invasive surgery for all kinds of foot woes.

For years, nail fungus—commonly contracted in showers, locker rooms, even damp shoes—has been a common complaint. You may first notice a change in color, as nails turn slightly brownish or yellowish. Left untreated, toenails become thick yet brittle over the course of a couple of years.

The traditional treatment, topical or oral antifungals, were effective—but also could cause liver damage. And faced with applying a topical medication twice a day for a year, many patients simply gave up, says DeVane.

Now you spend ten minutes having your nails zapped with a laser. Come back in six months for the same treatment, and you're done.

Bunions, hammertoes, and other foot problems can now be treated with minimally invasive surgery that leaves behind a mere half-centimeter incision. Recovery time is just a few days, and there's no need for stitches—just some dressing on the wound.

"The bone that we work on heals in the same time and in the same manner as when you do a completely open procedure," says DeVane. "But because there has been a minute amount of soft-tissue disruption, you typically don't have the type of pain associated with a very large incision."

*HOURS: 9 am-5 pm Monday-Thursday, 9 am-3 pm Friday.  
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## The Joy of Living

Dr. Lisa Jerrells didn't come up with the name lightly for her combination medical practice and health spa, Joie de Vivre Medical.

Translated from the French, "joy of living" expresses exactly what Dr. Jerrells wants her patients to feel—what she herself felt at the idea of moving away from corporate medicine and into a private practice that focuses on each client. "I feel like medicine should be customer-service oriented," she says.

Step into Joie de Vivre Medical and you know you're not in a typical physician's office. The scent of lavender and the sounds of a gently bubbling fountain fill the waiting area, painted in the hues of a Mediterranean villa. It combines a full family medical practice with a health spa, offering physician-directed Botox, fillers, medical facials, laser hair removal, facial vein treatment, and laser genesis.

One especially exciting procedure is Zeltiq, FDA-approved technology that reduces excess fat in the belly, thighs, and back (and, soon, the triceps area and beneath the chin) by 22 to 40 percent. "It's the nonsurgical equivalent of liposuction," Dr. Jerrells says.

Dr. Jerrells is also proud of Dermaroller, also known as collagen induction therapy. "We anesthetize the patient with a potent cream for an hour," she explains. "You can treat the face for hypopigmentation and deep wrinkles. And for the body this is an excellent treatment for stretch marks."

The practice has been a hit since opening in January 2009. "Patients are very excited we're here," Dr. Jerrells says. "Where else can you achieve maximal health to promote beautiful skin?"

HOURS: 8:30 am-5:00 pm Monday-Tuesday, 8:30-noon Wednesday,  
8:30 am-5:00 pm Thursday-Friday.  
Renwick Village Center, 1535 S. Piazza Dr., 812-334-2772,  
www.jdvmedical.com

## Elder Care Made Simple

How can professional caregivers help seniors and their families? Consider this story, from Elder Care Connections president Liz Kalina. She worked with one client who had been depressed for years before Kalina brought in one of her caregivers.

"Once she allowed Louise to start working with her, her depression lifted," says Kalina. "When I would visit, I would hear both of them giggle."

Such transformations take time, says Kalina, a Registered Nurse who is the only elder care professional in the area recognized by the National Association of Professional Geriatric Care Managers. Once the connection is made, though, it can make a tremendous impact on a senior's well-being. "The relationship between the client and caregiver can become so positive that it can help a client's mood to blossom, from sadness and loneliness to giggles and feeling better."

Elder Care Connections offers all kinds of services for seniors and their families, from doing laundry to preparing meals to simply providing companionship, while Kalina's sister company, Elder Care Specialists, can also coordinate all aspects of care including financial, medical, and legal assistance.

"What I think sets us apart is that we really care for the whole family," says Kalina. "Caring for an older loved one can be stressful and confusing. Families often need support and reassurance."

One area of specialty Kalina has developed is "overcoming resistance" that may arise. "Many of our clients have grown up in the Depression and are staunchly independent," she says. "It's huge, emotionally. We've learned to be able to overcome resistance largely by becoming an ally with the senior."

HOURS: Call anytime.

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## Beautiful Legs Are More Than Skin Deep

The causes of leg pain are much more than cosmetic

In our youth-centered culture, a great deal of emphasis is placed on beautiful legs. As we age, conditions such as spider veins and varicose veins become more prevalent. Many people seek treatment for these conditions for cosmetic reasons. Treating merely the cosmetic aspect doesn't target the real issue.

People with varicose veins are often in a tremendous amount of pain. Walking is difficult, which leads to other health conditions such as obesity. When it hurts to walk, your entire life is impacted. Treating this problem as a cosmetic issue ignores the underlying conditions.

Leg pain can be a symptom of deep vein thrombosis (DVT), which is caused by the formation of a blood clot in a deep vein. Pressure builds in the vein and pushes against the surrounding tissue.

Leg pain is most often a sign of superficial venous insufficiency,

which can cause burning, itching, achiness, heaviness, restless legs, skin discoloration, swelling and ulcers (wounds on the legs that don't heal properly) and varicose veins. Incompetent valves within the veins closest to the surface of the skin can cause these veins to become enlarged. Treatment can include both laser and chemical ablation, which are minimally invasive procedures that destroy the affected vein. This drives blood flow into the healthy deep veins.

The Vein Center at IMA treats the pain and the cosmetic aspects of venous insufficiency. The Vein Center is under the direction of cardiologists Dr. Carter Henrich and Dr. Greg Heumann. The focus is on feeling better over looking better—when you improve the underlying pain issues, you improve the cosmetic issues, as well.

Better looking legs are better feeling legs. If you're experiencing chronic leg pain, call The Vein Center at IMA today at 812.355.6977.

## Comfortable Meets Cutting-Edge



The four doctors at Liberty Family Dentistry don't just treat teeth. They treat people.

Step inside the office and you'll be greeted by a concierge and offered a cup of coffee, tea, hot chocolate, or water. There are no forms to fill out for the umpteenth time—this is a paperless office.

Kids will find a gameroom stocked with toys, and can watch *SpongeBob SquarePants* while undergoing their dental procedure.

"We've centered our practice around making the dental experience as comfortable, convenient, and technologically advanced as possible," says Dr. Kelly Jastremski. He and fellow doctors Stephen J. Pritchard, Gavin Rothrock, and Jeffrey Jones head up the full-service family practice, where they treat everyone from newborns to seniors.

The variety of procedures offered at Liberty Family Dentistry goes well beyond checkups and cavity fillings. Doctors provide orthodontic care, treatment for TMD (jaw-related problems), and other specialty services. If you suffer from sleep apnea or snoring, you may have a heavy machine attached to a mask that you wear while you sleep. "It's cumbersome and has a high failure rate due to the fact that patients don't want to wear it," says Jastremski. "We can create a special kind of bite guard that repositions the jaw so that snoring or apnea can be reduced or eliminated."

All of this is performed in a state-of-the-art facility designed specifically for a dental practice, whose layout allows for privacy when



(left) From left, Jeffrey Jones, Gavin Rothrock, and Kelly Jastremski. (above) The reception room at Liberty Family Dentistry.

discussing, for instance, health histories or financial questions. The office does digital radiology, which uses 80 percent less radiation. Their CEREC device takes care of crowns and onlays in just one appointment, rather than the multiple visits that were once required.

And if the mere thought of a trip to the dentist fills you with dread, fear not. Doctors here do all they can to help you relax, whether that means explaining a procedure in advance, putting on a sitcom while you're being treated, or even sedation dentistry, allowing you to lightly sleep through the whole thing. "We're really good at listening to the patient," says Jastremski, "and doing whatever we can to put them at ease."

*HOURS: 7 am-7 pm Monday-Thursday, 8 am-2 pm Friday.*

*1550 S. Liberty Dr., 812-339-2811, [www.libertyfamilydentistry.com](http://www.libertyfamilydentistry.com)*

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