

SPECIAL ADVERTISING SECTION

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

LIVE FEEL  
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Bloomington Podiatry Centre • The Center for Dental Wellness • Dr. Howard and Associates Eye Care  
Dr. Mark Sutor Periodontist and Dental Implant Surgeon • Elder Care Connections • Home Instead Senior Care  
IU School of Optometry Atwater Eye Care Center • Meadowood Retirement Community  
Royale Hair Parlor • Sole Sensations Foot & Ankle Clinic • Southern Indiana Radiological Associates  
Touchstone Wellness Massage & Yoga • Urban Fitness Studio

# Confident Smiles All in One Day

One of the most rewarding aspects of Dr. Mark Sutor's work is treating dental implant patients at the Periodontics and Implant Center of Southern Indiana. "Many times these are patients currently in dentures or people who have continually repaired their teeth but their teeth haven't remained healthy," he says. "They've all but given up on dentistry, but are still searching for answers. And these are people we can help."

The answer for those living with teeth causing chronic pain, or struggling with ill-fitting dentures, are dental implants that can be completed in just one day. One-day implant treatment has several benefits, including fewer appointments, decreased treatment time, the ability to immediately use the implants without waiting for healing, lower long-term cost, and a very high rate of patient satisfaction. "When it comes to satisfaction, this is one of those times when people hug you and thank you," Dr. Sutor

says. "They are so happy and excited because they look younger and they immediately feel better."

Dr. Sutor's education began with a degree in dentistry from Baylor College, followed by a master's in periodontics and a surgical residency at the University of Kentucky. He completed a general practice residency at the Veterans Administration in Lexington, Kentucky, then moved to Bloomington in 1991.

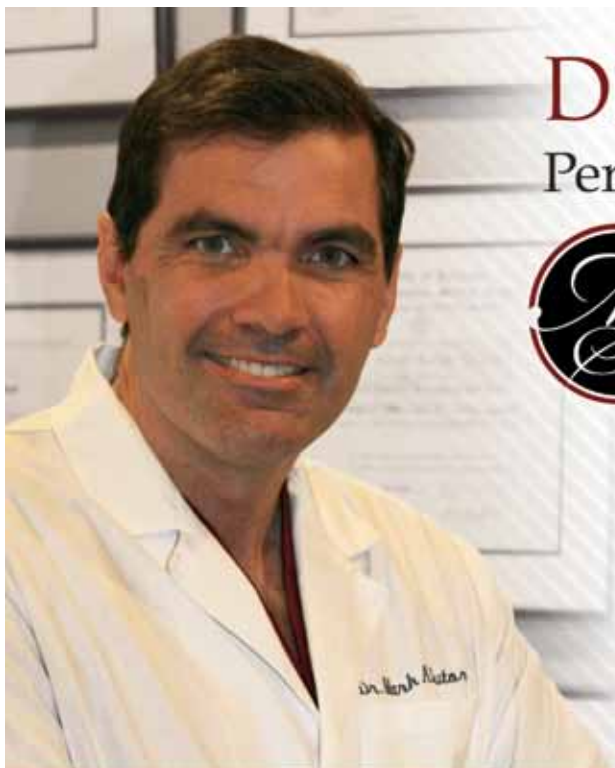
Anyone struggling with their teeth should look into one-day dental implants, not only for their oral health, but also for their overall well-being, says Dr. Sutor. "We talk to people about their diet, because we've known since the 1970s that people in dentures don't eat raw vegetables or other hard foods, foods that you need to be well nourished," he says. "Being able to get someone chewing well and eating a variety of foods again is very important. This is another way



Dr. Mark Sutor. Photo by Shannon Zahnle

to help someone improve their overall health in general."

The dental implant procedure may be the ultimate teamwork approach in dentistry, says Dr. Sutor. "It involves not just me as a surgeon, but a dentist to design our patient's smile, a lab technician, and a good dental implant company," he says. "It probably involves more teamwork than anything else we do in dentistry today. It's a really innovative, collaborative surgery, where we all work together to make sure the patient gets phenomenal care and, ultimately, a great result."



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VISION SOURCE

## Sunglasses for Everyone, At Every Age

While not everyone needs a prescription lens, the doctors at Dr. Howard and Associates Eye Care make it clear that everyone should be wearing at least one type of glasses. “We like to see sunglasses on everyone, particularly between the hours of 10 a.m. and 2 p.m.,” says Dr. Denise Howard. She says Dr. Brandy Deckard finds it important enough that she outfits her 2-year-old son in sunglasses, and gets them for his little friends, too. It’s good to start wearing sunglasses early. Dr. Howard says many of the eye diseases associated with aging, such as cataracts and macular degeneration, are caused by exposure to UV light. “Much of that exposure, perhaps 25 to 50 percent of it, occurs by the age of 18, just because kids spend so much more time outside than adults,” she says.

All sunglasses sold in the United States are supposed to offer 100 percent UV protection, says Dr. Howard, but quality varies, and she suggests looking for the UV label when buying sunglasses. For sports enthusiasts, she suggests purchasing sports-specific lenses. “Polarizing lenses have always been popular for watersports, and photochromatic lenses that change when exposed to UV rays are good for people who run or bike in and out of sun and shade,” Dr. Howard explains.

While sunglasses offer the best protection from UV rays, protecting not just the eyes but the delicate skin around it, Dr. Howard says there are those people who cannot or will not wear glasses. In those situations, she suggests contact lenses with UV filters. “If you really cannot wear glasses, there are special contact lenses available,” she says. “And then wear a nice, wide-brimmed hat, and avoid the sun during peak hours.”

## Fitness Tailored for the *Two of You*

Urban Fitness Studio is known as the “anti-gym,” a place where clients can have a one-on-one fitness experience tailored to their individual needs. But it can also be a place where a couple can work out together, even if they don’t have the same fitness levels or goals. Jill and Matthew Hayes have been working with personal trainer Anna Branam since July.

“I’m glad there’s no video of our first day,” Matthew says with a laugh. “But we’ve both made a lot of progress.”

When couples have different fitness goals, it can be difficult to find a way to work out together. Matthew and Jill say having a trainer makes it easier. “We tried to work out on our own before, but we’re at different fitness levels,” Jill says. “Anna tailors our programs so that we can work out together and both get something out of it. We have certain exercises that we do, and we do them at our own levels, so we are both challenged.”

Sharing a fitness program can also mean exploring new fitness options. “It’s probably hard for Anna to balance both of our needs because we don’t have the same goals, but because of that we get a more well-rounded workout,” Matthew says. “For example, at first I wouldn’t stretch or warm up. My flexibility is still not as good as Jill’s, but I’m more flexible than when we started. And Jill didn’t like strength training, but now that’s something she really enjoys.”

Branam says Urban Fitness Studio focuses on a personalized fitness experience for every client — or every couple. “I’m in charge of creating my clients’ experience,” she says. “Whatever they need, it’s tailored to them.”





# Laser Treatments for Beautiful Feet

Safe, effective, cutting-edge care is what patients have come to expect from the Bloomington Podiatry Centre, where they experience outstanding results from the least invasive, least time-intensive treatments available. For example, those suffering from toenail fungus are encouraged to consider the benefits of laser treatment.

“Laser treatment is a lot less labor-intensive than applying topicals twice a day for a year,” says Dr. Gene DeVane. “With the laser, you only need three treatments, six weeks apart. It takes just five minutes for us to pass the laser over the nail bed. It’s also a great alternative to oral, systemic medications. There are a lot of people who just don’t want to take another pill.”

Dr. DeVane joined Dr. Michael Hoffman at Bloomington Podiatry Centre a little over four years ago. His surgical residency focused on foot and ankle trauma, and he is the only podiatrist on staff at the IU Health Bloomington Hospital Wound Center.

Not only does Bloomington Podiatry Centre offer cutting-edge laser technology treatment for toenail fungus, it is also the only practice in the state where patients can receive foot surgery that involves an incision no larger than one-quarter of an inch, allowing for quick recovery and minimal scarring.

“Minimally invasive surgery is much more cost-effective, and patients have a much lower risk of infection,” says Dr. DeVane. “In fact, I haven’t seen a post-operative infection since I’ve been here.”

Both Dr. Hoffman and Dr. DeVane are leaders in the field of minimally invasive surgery and serve as instructors of the method to other podiatrists at the annual Academy of Ambulatory Foot and Ankle Surgeons each spring.

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## Always a Quest for Fitness at Meadowood

After a long winter, getting out and taking a walk can be one of the most enjoyable things a person can do. Bill Bennett, marketing director for Meadowood Retirement Community, says on any given morning you'll find Meadowood residents taking advantage of the sidewalks and pathways throughout the community. "The grounds themselves draw people outside to be active," he says. "We're located on a 55-acre plot of land that backs up to Griffy Lake Nature Preserve, with nature trails that go through the woods so you can walk all the way to the lake itself."

There's more to do than take a walk, however. Bennett says one resident is a professional line-dance teacher and offered to teach classes at Meadowood. "I wasn't sure how it would go over, but it's been hugely popular, with regular classes on Tuesday, Thursday, and Saturday," Bennett says. "She's actually trained other residents to be instructors."

More fitness classes are offered by a certified personal trainer: chair-based classes for those with mobility issues and standing/walking classes for more active individuals. Both use resistance bands and hand weights for strengthening and conditioning. The trainer can also help residents learn to use the treadmill, elliptical, and Nautilus machines, and is available for one-on-one training sessions.

The residents at Meadowood participate in a variety of other fitness and recreational activities, such as shuffleboard and Wii Bowling. Bennett says it can get quite competitive, with team competitions and tournaments. "There's great encouragement from both residents and staff to maintain an active lifestyle," Bennett says. "We have more than 230 activities a month here at Meadowood. Our residents frequently say, 'If you're bored, it's your own fault.'"



**Meadowood Fits Your Lifestyle**

From fitness classes offered by a certified personal trainer, to health and wellness programs, and nutritious, flavorful cuisine, our retirement community supports healthy living for our residents. Whether it's meeting a special dietary requirement, or help with a fitness routine, we take the time to learn about you, so that we can help you live well.

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## New Styles Trending at ROYALE HAIR PARLOR

For Kelly DeWeese, keeping up with hairstyles isn't a hobby, it's her job. "I just got back from a week in L.A. learning about the latest spring and summer hair trends," DeWeese says. "Now I'm traveling, sharing that information with other salons." When she isn't busy educating other stylists, DeWeese is a stylist at Royale Hair Parlor in Bloomington. Her educator role is part of her work as a Salon Professional Technical Trainer for Proctor & Gamble/Wella. "I call myself a hair nerd," DeWeese says. "I teach the chemistry behind hair color so stylists understand it and then use it to create an artistic expression for their clients."

DeWeese says the emphasis for spring and summer is on customizing hair for real women who have to look professional during the workweek but want a more casual look for life outside the office. "It has to be polished and finished, but easy going," DeWeese says. "It's a look that can transcend all the different aspects of our lives and the different personalities we have."

Hair color painting will continue to be popular for spring and summer, says DeWeese, and because of her technical trainer status, Royale is one of just 100 salons with access to a new hair color technology. "It allows us to apply hair color without using foils, so we can create looks where all the colors flow together," DeWeese says. "Looks like the ombre have been around a few years, but we're always refining and personalizing our skills and techniques, and this new technology really allows us to do that."

For the latest updates on what's happening at Royale Hair Parlor, follow them on Facebook and visit [royalehairparlor.com](http://royalehairparlor.com).



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## Foot & Ankle Clinic at Sole Sensations

Sole Sensations has been offering customers great shoes since 2001 but now the store's owner, Dr. Ray Stidd, a board-certified podiatrist, has made Sole Sensations an even more attractive destination by opening a foot and ankle clinic within the store.

"The majority of problems with the human foot are biomechanical in nature," Dr. Stidd says. "My passion is solving foot problems by conservative, nonsurgical means." Which might mean orthotics, especially for runners. "The number one problem for runners is chondromalacia of the knee," Dr. Stidd says. "The solution is a properly designed sports orthotic which controls over-pronation, because the foot is the underlying problem."

Dr. Stidd has a lot of experience with runners. He's served as a consulting physician and medical triage officer at the U.S. Olympic Training Center in Colorado Springs and at two Summer Olympics (1984 and 1988). He also lectured with George Sheehan and Jim Fixx during the 1980s and 1990s, calling those tours "treasured memories of the early days in sports medicine."

And while runners might have a need for orthotics, they aren't the only patients Dr. Stidd seeks to help. "Anyone who is having foot, ankle, or lower limb problems should come in," he says. "For example, so many people have hip replacement surgery and end up with a shortage on one side. When one leg is shorter, they develop knee and foot problems. But we can make an orthotic to help balance them."

"The holy grail in treating painful feet begins with a perfect shoe along with an adequate support system," Dr. Stidd says. "We want to keep people healthy, fit, and mobile because that really does affect your quality of life."

## Home Instead Helping Seniors Stay Active

Bloomington residents are proud of the city's many recreational activities, but for seniors who find it difficult to get out of the house on their own, taking advantage of local parks, trails, sporting events, and other amenities may be difficult. Joe Yonkman, vice president of business development for Home Instead Senior Care, says a lot of people aren't aware that Home Instead can make getting out of the house and involved in the community a lot easier.

"One thing we can do is provide a way for our clients to participate in activities that they couldn't do on their own," Yonkman says. "For example, a lot of people enjoy IU baseball. It's a fun thing to do on a warm, spring day, but if you can't drive, you might not be able to have that experience. With the help of a trained caregiver, you can."

Home Instead offers a variety of services for in-home senior care and elderly companionship. These include Home Helper Services (helping with housekeeping, meals, and accompanying clients to appointments and events), Personal Services (helping with grooming, bathing, eating, and medication reminders), Companionship Services (providing healthy interaction, including conversation and outings), and Alzheimer's and Dementia Care.

Whether it's a planned event or just taking a walk, with the help of a caregiver, clients can get out and get involved. "We have a lot of people who walk on the B-Line Trail," Yonkman says. "They love to stroll, even if it's just for a couple of blocks. They get out, they see other people, and that little bit of activity goes a long way, not just physically, but also mentally and emotionally."

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## Technological Advances Mean Fewer, Easier Dental Visits

Advances in technology are making dental visits a bit more pleasant for patients needing crowns and implants. J. Blue Davis, DDS, says CEREC (Chairside Economical Restoration of Esthetic Ceramics) technology is constantly being improved, and with each advance dental restoration is made easier. "The latest CEREC materials, software, and technology allow us to create custom abutments for implants," Dr. Davis says. "That allows us to take a process that once took two visits spread over three to four weeks, and, in many instances, do everything in one visit."

The process avoids the use of messy impression materials by taking advantage of computer-assisted technologies, including an intraoral camera, as well as CAD/CAM (computer aided design/computer aided manufacturing). "We design the restoration in the office, then send it to our in-office milling machine," Dr. Davis says. After custom shading and glazing, Dr. Davis is ready to cement in the final restoration.

During the wait, patients are encouraged to move to the front of the office, where there are comfortable sofas, chairs, and even a fireplace. "The process takes a little while, but patients have a break," Dr. Davis says. "The appointment might take up to two hours, but because patients are able to go up front and relax while we work on their restoration, when they come back for the second part of their appointment, they're ready for it."

CEREC offers patients a prettier smile and a better dental experience, says Dr. Davis. "The new materials allow us to make stronger and more accurate crowns than ever before," Dr. Davis says. "And using CEREC means fewer appointments, fewer injections, and less chair time, which means it's a great benefit for the patient."

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