



# ViewPointe

NorthPointe Health & Wellness Campus Newsletter

Mary Rosales' Story .....	Page 1
Take Heart .....	Page 2
New Specialty Massages Now Offered .....	Page 2
Meet Our Orthopedic Team .....	Page 3
Ladies, Take Care of Your Knees .....	Page 3
Need Help with Health? .....	Page 4

Roscoe, IL | 815-525-4000

Issue: Fall 2009

## Training For Life: Mary Rosales' Story

**Mary Rosales has a story to tell. A wonderful story that makes the staff of NorthPointe very proud to be part of the happy ending. Mary put it all in a beautiful letter of appreciation that she wrote to NorthPointe leadership. A letter that gives you goose bumps and inspires us all to be healthier and more motivated.**

The story starts with Mary just wanting to go up a flight of stairs without being winded and continues into a story of a family getting healthy together—"All because of the care, enthusiasm, and knowledge of the staff at NorthPointe," says Mary.

"My fiancé quit smoking and used the money he saved to pay for our membership! He has lost over 45 pounds, started weight lifting and is now quite trim and fit. In addition, my son grew to over 300 pounds while attending college. By working with Shannon Miller, a personal trainer at NorthPointe, he has lost over 50 pounds and just finished a great health assessment!"

The letter goes on to say that "without sounding overly dramatic, I believe NorthPointe saved my life." Mary was in the warm water pool when her left arm started

to cramp and she experienced a tightening in her chest. Julie Kuhn, a NorthPointe aquatic instructor, convinced her to get out of the pool and within a minute there was an emergency room physician from NorthPointe's Immediate Care at her side. She later discovered

her heart was experiencing tachycardia (rapid heart rate), a genetic family condition she was not aware existed. Through "good treatment from Dr. Leo Egbujiobi (cardiologist with Beloit Memorial Hospital) and a year of health and fitness at NorthPointe, I now have a clean bill of health."

Mary, her fiancé Matthew, and her son Robert, all make a tradition of riding their bikes to NorthPointe for their routine workouts. "NorthPointe is not just a gym, the benefits my family gained go way beyond a gym mentality."

*"I just wanted to be healthy. Little did I realize how far from healthy I was."*

*—Mary Rosales*

Photo above: Mary Rosales and her fiancé Matthew. Mary wrote a heartwarming letter to NorthPointe, sharing her family's amazing personal experience. "Although I take my workouts seriously, I'm not training for an event ... I'm just training for life."





Nadine Thomas, M.D.  
Cardiology

## *Take Heart, We Have Just What the Doctor Ordered: Now Offering Cardiology Services*

Not only did the doctor order it, but the patients at NorthPointe also voiced their desires to have a cardiologist on staff at NorthPointe Clinic. We listened to your request and are pleased to announce that Dr. Nadine Thomas, our new Cardiologist, is seeing patients several days a week at NorthPointe.

Dr. Thomas specializes in non-invasive cardiology (echocardiograms and stress testing), cardiac rehabilitation and women's health. She received her medical degree from Howard University in Washington, D.C. and is board certified in Internal Medicine.

What is Dr. Thomas' best advice to those who want to take care of their heart? Eat right (lots of fruits and vegetables), avoid excess salt, stay as active as you can and by all means, don't smoke.

"It's a team effort between the doctor and patient to work together to make lifestyle changes," she adds. "Some patients need extra incentive with self-motivation to change."

For an appointment with Dr. Thomas, please call 815-525-4500.

## *Do You Need More Energy, Less Stress and Pain Relief? New Specialty Massages Now Offered*

If you think a Swedish Massage is the only game in town, then it may be time for you to brush up on your massage options. NorthPointe Spa recently added a selection of new massages to their extensive menu of spa services. If you are looking for stress and pain relief, improved range of motion, increased energy and better posture, then let the massage therapists at NorthPointe Spa recommend one of these new treatments.

**Thai Massage-** A full-body treatment using a sequence of gently, flowing exercise movements to loosen and stretch at the joints and muscles. It restores the flow of energy and is a healing art.

**Ashiatsu Massage-** A full-body massage using one-footed techniques of gliding light and deep strokes to increase circulation and improve posture.

**Cranial Sacral Therapy-** A light touch therapy that



NorthPointe Spa licensed massage therapists Tabatha Woods, Dianne Myhre and Heather O'Flaherty now offer several holistic massage treatments to help you feel more energized, improve flexibility and help heal many disorders.

releases tension deep in the body to relieve pain such as headaches, neck and back pain, scoliosis, central nervous system disorders and so much more.

For more information about specialty massages or to make an appointment, please call the Spa at 815-525-4300.



## *Let's Get (More) Physical!*

The Physical therapy area at NorthPointe is now expanding! The current area designated to physical and occupational therapy services needs additional space for our growing number of patient therapies. Construction is underway and by December we will offer three additional private treatment rooms and a new patient waiting area. For more information on having your therapies at NorthPointe, please call 815-525-4410.



Ken Klein, M.D.

Leighton Johnson, M.D.

## Meet Our Orthopedic Team

Dr. Leighton Johnson, Orthopedist, has been in “high gear” since joining NorthPointe Health and Wellness Center. He and Dr. Ken Klein, sports medicine specialists, create a winning team to help sports enthusiasts and those with acute pain get back to activity.

“We have been very busy seeing patients, especially young athletes, get back into shape for their school and sports teams,” explains Dr. Johnson. “People of all ages are tired of waiting for their injuries to heal and want to be sure they are taking proper action for long term benefit.”

Most recently from California, Dr. Johnson grew up in the Chicago area. He completed his undergraduate studies at Northwestern University, medical school at the University of Illinois College of Medicine and specialized in orthopedic surgery at the University of Miami.

Dr. Johnson will offer a full range of arthroscopic procedures including knee and shoulder repair and sports ACLs. He also specializes in total joint replacement and endoscopic carpal tunnel release. Since NorthPointe has the latest technology in Bone Density Scanning, Dr. Johnson can work with you in the prevention and treatment of osteoporosis, as well.

For more information or to make an appointment with Dr. Johnson at NorthPointe, please call 815-525-4500.



## Ladies, Take Care of Your Knees

*Do women have more knee injuries than men?*

Yes. Women are two to eight times more likely than men to have certain kinds of knee problems like ACL (anterior cruciate ligament) tears. The ACL is the ligament (strong, elastic bands of tissue that connect bone to bone) that stabilizes the knee. It prevents the knee from moving side to side and forward and backward.

### HOW CAN WOMEN KEEP FROM GETTING KNEE INJURIES?

Here are some ways to avoid knee injuries:

- “Warm up” your leg muscles before and after you exercise.
- Take it slow when starting a new exercise program.
- Wear good shoes and maintain a healthy weight to reduce stress on your knees.
- Strengthen your leg muscles by doing specific exercises (walking up stairs or hills, or riding a stationary bicycle).

## Convenience, Expertise ... Think Immediate Care

- Open 7 days a week from 9 a.m. – 9 p.m.
- Board certified emergency room physicians
- Full lab and X-ray for diagnoses and treatment
- \$30 seasonal flu shots available on a walk-in basis

Gus Larson, NorthPointe Campus Director, and Kristi Lambright, NorthPointe Wellness Director, invite you to visit the NorthPointe Campus. Please call 815-525-4040 to arrange a tour.

Learn more at  
[www.NorthPointeHealth.org](http://www.NorthPointeHealth.org)

## **Need Help with Health?** **Sign Up for Some Education and Motivation**

NorthPointe Wellness is offering many new programs to help you achieve the good health you deserve. "Proper exercise and education can help everyone and assist you in reaching your health goals," states Tracy Cusick, NorthPointe Fitness Manager. "For those recovering from illnesses or surgery, our certified specialists are trained to get you moving confidently and safely."

Classes include the following:

**Nutrition Counseling-** Dietician Jeanie Burke is offering individual and group classes to help you with weight or illness issues.

**Cancer Fitness Program-** A medically integrated fitness program to help you regain both mental and physical strength with cancer exercise specialists.

**Cardiac Rehab Phase III Program-** A post-rehabilitative bridge for cardiac patients to take you from a formal rehab program, to an independent exercise program.

**Diabetes Exercise Program-** To help you with resistance training and aerobic exercise by better managing your blood glucose, blood pressure and lipid levels.

**Post-Physical Rehab Program-** To bridge orthopedic patients from a formal rehab program to an independent exercise program.

Most multi-class programs include a Health Assessment with a fitness staff member, as well as meetings with other health experts. NorthPointe Wellness members and non-members are welcome to call or sign up for these classes. Please call Tracy Cusick at 815-525-4907 for information on costs and class times.

