



Premier Bone and Wellness with Dr. O'Connor and Premier Podiatry offers comprehensive treatment plans that are individualized to your needs.

Shannon is board certified as an Adult Health Clinical Nurse Specialist and sits on the board of directors of the Illinois Society for Advanced Practice Nursing. She is a member of the National Osteoporosis Foundation, National Association of Clinical Nurse Specialists, International Association of Forensic Nursing and the Illinois Society for Advanced Practice Nursing. Shannon was in the inaugural class of the Fracture Liaison Service through the National Osteoporosis Foundation and has a passion for treating bone health. She has provided quality bone health treatment in the area for many years and she looks forward to serving you at Premier Bone and Wellness.

Dr. O'Connor specializes in conservative and surgical repair of foot and ankle deformities including ankle arthroscopy, ankle stabilization, major fusions, heel spur repair, tendon and ligament repair, as well as bunions, hammertoes and ingrown toenails.

CALL US NOW TO SCHEDULE
AN APPOINTMENT
309-807-0384

Locations

Normal, IL • 309.807.0384
2005 Jacobssen Drive, Suite A

Pontiac, IL • 815.842.6551
1512 W. Reynolds, Suite A

Certifications

Shannon Laesch, APRN, ACNS-BC, MSN, FLS
• *Advanced Practice Registered Nurse*

• *Adult Health Clinical Nurse Specialist- Board Certified*

• *Fracture Liaison Service- Bone Health Specialist*

Scott O'Connor, DPM FACFAS

• *Diplomat - American Board of Foot/ Ankle Surgeons*

• *Fellow of the American College of Foot and Ankle Surgeons*

Associations



**PREMIER
BONE & WELLNESS**
Shannon Laesch, APRN

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The Premier Bone and Wellness Center is focused on providing you with optimal health results. We specialize in keeping your body healthy in the areas of bone and muscle strengthening, improving balance and reducing fall risks, nutrition education, weight loss management, assistance with exercise programs and improving sleep.

..... HEALTHY LIFESTYLE



EXERCISE



MEDICAL CARE



WELLNESS



MOTIVATION

Wellness

At the Premier Bone and Wellness Center we want to collaborate with you to find the right treatment for you. We want to give you the tools and resources you need to optimize your health and we want to work through this journey with you.

Medical office visits, health history and laboratory work-up will help determine factors that contribute to improving your health. We will provide you with the knowledge, skills and support to reach your wellness goals.

Healthy Lifestyles

Healthy Lifestyles

- Increase activity
- Get better sleep
- Avoid fad diets
- Keep your body hydrated
- Manage stress
- Make healthy shopping trips

You may not realize the affects some habits have on your health. Certain lifestyle habits can be changed with working towards healthy behaviors. Changes in unhealthy habits have been proven to lead to reversal of some diseases, increased energy levels, and improved mood and sleep. Let us help you work on developing a healthier lifestyle.

What We Offer

Fracture Liaison Services
Coordination of Care
Balance Testing
Healthy Bones

DEXA Bone Density Testing
Laboratory Services
Physical Therapy
Balance Classes

Nutrition Counseling
Supplements
Personal Training
Essential Oils

Weight Loss
Improved Sleep
Reduced Falls
Optimal Health

Bone Health

Osteoporosis is a disease characterized by low bone mass and deterioration of bone structure that increases the risk of fractures. It happens when you lose too much bone, make too little bone or both. As a result, your bones become weak and may break from a minor fall. One in two women and one in four men will have a fracture due to osteoporosis.

Fracture Risks

- Previous fragility fracture
- Recent falls/balance issues
- Post-Menopause
- Female over age 65/Male over age 70
- Low hormone levels
- Glucocorticoid use
- Family history of osteoporosis
- Inactive lifestyle

Bone Strengthening

1. Maintain a Balanced Diet

Eat foods rich in Calcium and Vitamin D

2. Exercise Regularly

Participate in 30 minutes of weight bearing exercise, walking or jogging 3 to 4 times a week

3. Live a Healthy Lifestyle

Avoid smoking and don't consume more than 2 alcoholic drinks per day

4. Prevent Falls

Use clear walkways and handrails and wear comfortable shoes with rubber soles