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.

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.
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.

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.

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