

Treating more than your symptoms,  
treating the whole person.

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# agoracafe.

think whole person healthcare

Where good health and community  
come together.



# Sick. Walk in. Get back to life.

ThinkQuick<sup>SM</sup> Walk-In Clinic has two convenient Omaha locations.

**Aksarben**

7100 West Center Road  
Omaha, NE 68106

**Monday - Friday:** 7a - 8p

**Saturday - Sunday:** 9a - 5p

**West Omaha**

17841 Pierce Plaza  
Omaha, NE 68130

**Monday - Friday:** 8a - 8p

**Saturday - Sunday:** 9a - 5p

*(including public holidays, closed on Thanksgiving and Christmas)*





## Letter from our leadership.

Welcome to Think Whole Person Healthcare. We are honored to be your partner in health and to share our commitment to your well-being.

Our mission at think is more than a philosophy; it's a promise. We promise to provide unparalleled patient service, help patients achieve the highest possible quality of life, lower costs by keeping people well, and serve as an outstanding team in a world-class workplace. We commit to ensuring that convenient, comprehensive care is not just an ideal, but a tangible reality for every member of the Omaha and surrounding communities. Our commitment to our values is rooted in respect. At think, our physicians form a circle of care with our patients at the center. We value one another's diversity of talent, experience, and perspective. We each contribute to something bigger than ourselves while promoting integrity, belonging, and collaboration. As part of think's culture, every employee aspires to work by our seven core values: Lead Change, Empathy, Accountability, Determination, Excellence, Respect, and Service.

Our approach to healthcare at think extends far beyond simply addressing symptoms. We are devoted to nurturing your mind, body, and spirit, recognizing that true wellness is a harmonious balance of all these interconnected aspects. By embracing this holistic perspective, we empower you to achieve and sustain the highest possible quality of life, fostering long-term health and vitality.

To fully support this comprehensive and integrated approach, we offer an expansive array of services meticulously designed to meet your diverse and evolving healthcare needs. From robust primary care that serves as your health foundation, to specialized services such as advanced pain management, personalized weight loss programs, state-of-the-art optical care, and essential behavioral health support, our integrated offerings ensure you receive seamless, comprehensive care all under one roof. This cohesive model simplifies your healthcare journey and optimizes your outcomes.

Our team of compassionate providers, physicians, clinicians, and support staff places you, our patient, at the center of care. We are committed to actively listening to your concerns, validating your experiences, and partnering with you collaboratively to create personalized care plans that are not only effective but truly transformative, helping you to get back to life. Your health goals become our shared objectives.

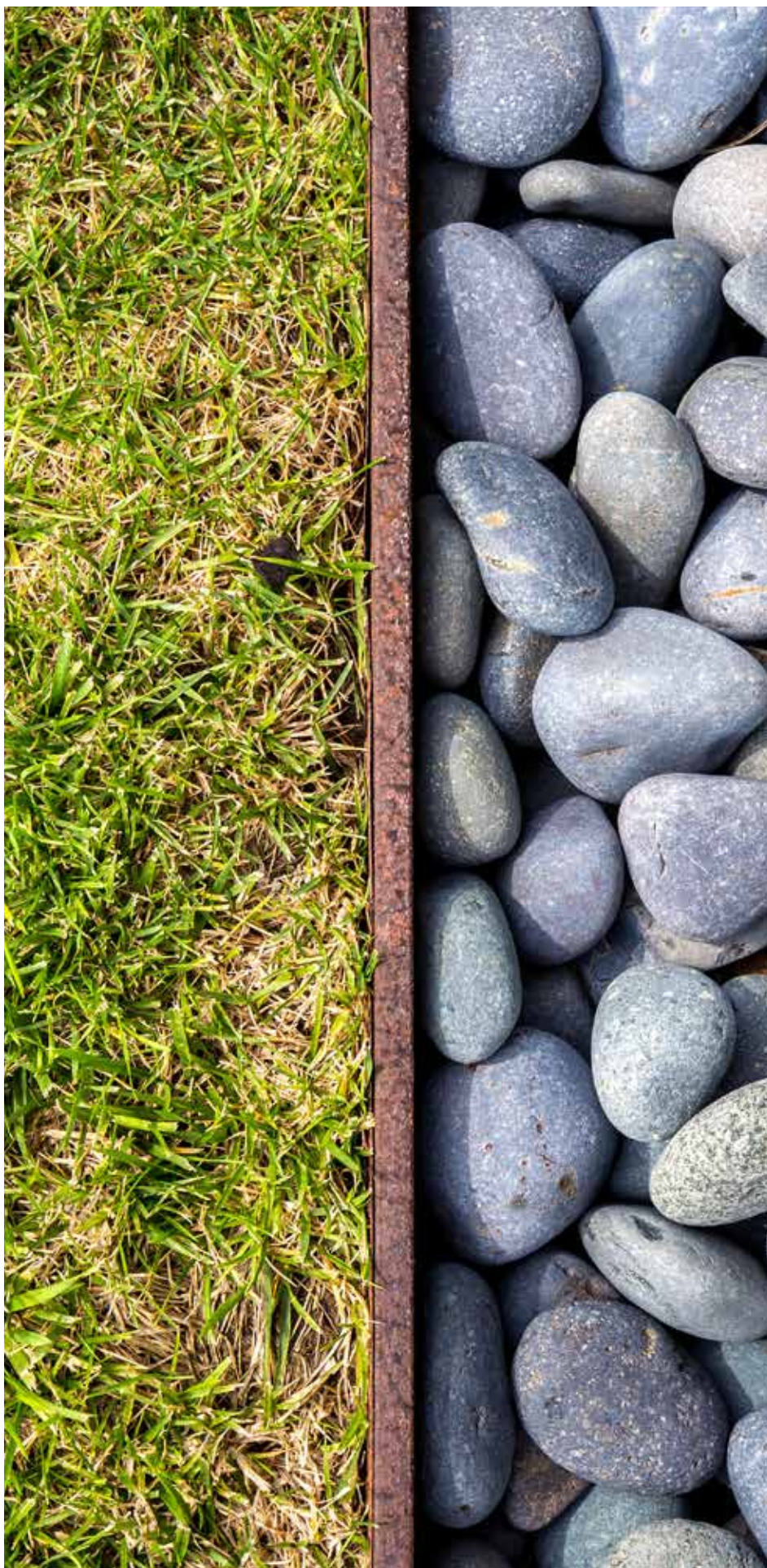
Thank you for choosing Think Whole Person Healthcare as your trusted partner in health. We are grateful for the trust you place in us and look forward to supporting you every step of the way on your well-being journey.

If you have any questions, require clarification, or have concerns, please don't hesitate to speak directly with your care team or contact us via phone at 402.506.9000 or email at [info@thinkhealthcare.org](mailto:info@thinkhealthcare.org). We are here to help.

*Sincerely,*

**The Leadership Team**

Think Whole Person Healthcare



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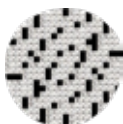
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# Physician-Led Weight-Loss Program

STARTING AT \$299/MO

We understand that weight loss is a complex journey. That's why our program combines medical expertise with personalized support offering a comprehensive, multidisciplinary approach to sustainable weight loss. Start your journey to a healthier, happier you today.





## Our Multidisciplinary Approach to Weight Loss

Think Whole Person Healthcare brings a multidisciplinary team approach to our weight loss program. Led by a Primary Care physician, our team of dietitians, physical therapists, pharmacists, and behavioral therapists work closely with you to get results.

Our program is designed to give you the tools you need to maintain a healthy weight for the rest of your life, leading to a healthier lifestyle through exercise training and dietary routines. Our program focuses on the latest behavioral strategies, while utilizing the latest technologies to help you lose weight and be a healthier you.

## How our weight-loss program works.

Our program is designed to provide you with the tools and support you need to achieve and maintain a healthy weight. We focus on:

**Personalized Plans:** Tailored to your individual needs and goals.

**Behavioral Strategies:** Utilizing the latest techniques for sustainable lifestyle changes.

**Cutting-Edge Technology:** Tracking your progress and providing valuable insights.

**Expert Guidance:** From our dedicated team of healthcare professionals.

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## Choose from Three Programs Options:

*(The program's physician services, including any lab work or medications prescribed, may vary based on insurance coverage. The remaining portion of the program is covered by a self-pay monthly fee.)*

A 6 or 12-month, physician led, results driven weight-loss program, includes:

### BASIC PROGRAM

- Initial Physician Assessment
- Dietary Support
- Pharmacist Support
- Weekly Coaching
- Clinically Indicated Referrals

### ENHANCED PROGRAM

- **Basic Program Components Plus...**
- Labs
- Body Composition Scan
- Dietary Support
- Pharmacist Support
- Clinically Indicated Referrals

### PREMIUM PROGRAM

- **Basic Program Components Plus...**
- Labs
- Body Composition Scan
- Dietary Support
- Pharmacist Support
- Fitness Training
- Therapy

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## Start Your Weight Loss Journey Today!

To learn more, have questions, or to signup, talk to any Think Whole Person Healthcare Primary Care Physician or call **402.506.6350** today!





# New Mammography Machine Boosts Patient Convenience

We're excited to share that an additional, advanced mammography machine has been installed at **think**, strengthening our commitment to delivering fast, accurate, and convenient care for our patients. This upgrade allows us to further enhance our mammography services, with training for our technologists now underway.

During this transition, our current mammography machine remains fully operational, ensuring no interruptions in patient screenings. We want to reassure our patients that they can continue to book screenings as usual, knowing that both machines will

soon be working side by side to provide even more flexible scheduling options.

By early December, we anticipate both mammography rooms will be fully up and running, making mammograms at **think** more accessible than ever. Our commitment to comprehensive, patient-centered radiology services remains strong, and we're delighted to be enhancing this essential service for our community.

**Think** providers lend further insights here on the importance of breast cancer screening and support.



## How prevalent is breast cancer in the United States?

Breast cancer still affects one in eight women, whether or not a woman has a family history of breast cancer. Breast cancer still can affect men although much less commonly. In the U.S., one out of every 100 breast cancer diagnoses are for men. The big message is it can happen to you. Even if you've never had a problem or there's no family history, screening is still important because 12% of all women will be diagnosed with breast cancer in their lifetime.

## Why are regular mammograms important?

While an individual mammogram is not the ultimate cancer-detecting test in itself, mammograms done year after year after are the most useful because we can compare the breast tissue for changes over time. Every time somebody gets a mammogram, we look at previous mammograms and determine if there's any change in the architecture of calcifications or masses. If we have 10 years' worth of mammograms to look at, we can start to find smaller nuances of changes that have occurred rather than relying on a single test. Mammograms become more useful the more times they're completed.

## What are hesitations about getting mammograms?

Some of the hesitancy is discomfort. Mammograms are not a comfortable exam, but you can take medications ahead of time and the screening can be life-saving. Another hesitancy is that an individual mammogram by itself is not always the best test for breast cancer. Some mammograms show up as false negatives or false positives. Mammograms are not 100% fail safe. In addition, some women are called back for ultrasounds, mammograms and even biopsies who end up not having breast cancer. This can lull women into a type of testing fatigue and they may **think** it's not important to keep screening.

## How effective are routine breast exams by a healthcare provider?

Studies have shown that medical providers are not better at finding cancers than patients are. Clinical breast exams done routinely have somewhat fallen out of favor. Yet if there is a concern, we will do a breast exam and determine if anything feels suspicious. If we find a possible lesion, we will order a mammogram and/or an ultrasound as the next best

diagnostic step.

As far as women doing their own breast exams, current medical findings show that for the average-risk woman—someone without increased risk for developing breast cancer—self exams are not recommended because breast tissue is lumpy and it can be difficult to discern what is healthy tissue and what is not. Screening mammograms are a vital way to stay proactive with breast health.

## What puts women at higher risk for breast cancer?

It is important to determine a woman's individual risk of breast cancer. Common risk factors include a personal history of cancer and a family history of cancer, particularly breast or ovarian cancer. Women who started their menstrual cycle younger, or experienced delayed childbearing or who have never given birth are at a higher risk for breast cancer. Using hormone replacement therapy is a risk factor as well as being of Ashkenazi Jewish heritage. As a woman increases in age, she is more likely to get breast cancer not less likely. I use a risk factor model with my patients who have a family history to help determine their lifetime risk. If a woman is at an increased lifetime risk, we discuss doing additional imaging.

childbearing or who have never given birth are at a higher risk for breast cancer. Using hormone replacement therapy is a risk factor as well as being of Ashkenazi Jewish heritage. As a woman increases in age, she is more likely to get breast cancer not less likely. I use a risk factor model with my patients who have a family history to help determine their lifetime risk. If a woman is at an increased lifetime risk, we discuss doing additional imaging.

## When should a woman start getting mammograms?

In general, major cancer guidelines for the average-risk woman recommend starting annual mammograms between the ages of 40 and 50. If there is an increased lifetime risk for breast cancer, we discuss with patients to start at age 35. There is some debate for starting high-risk women as early as age 30.

## Is there an age when women no longer need mammograms?

Some women may reason that they do not need mammograms once they've reached age 55 or have gone through menopause, but breast cancer increases with age. For women aged 55 to 74 years with average risk for breast cancer, there may be the option to do a breast cancer screening every other year. Decreasing the frequency of mammograms depends on an older woman's personal risk and personal health history.

## How does a family history of cancer affect breast cancer risk?

A personal or family history of breast or ovarian cancer plays a significant part in increased risk for breast cancer. Ovarian cancer is a big risk cancer in the models we use to determine a woman's lifetime risk. We also know that colon cancer and prostate cancer tend to run in the same group as breast cancer. Some genetic mutations that cause cancer tend to run together. Any cancer history in a family

is important to know. If there is a family history of cancer, the question is how many family members and how young were they on onset of their cancer.

It takes about five minutes for us to run our risk calculator to know if a patient is at increased risk for breast cancer. I can't stress enough for women to talk with their **think** physician to determine personal risk for breast cancer and not try to guess their personal risk themselves. Unless we run the models and ask the questions, we'll never know who is at high risk and who is not. The conversation is very important whether we proceed with additional imaging or not.

## What type of mammography is offered at **think**?

**Think** offers 3D mammograms for both breast screenings and diagnostic testing. The 3D mammograms work with both regular breast tissue and implants and provides real-time feedback for our on-site radiologist. In the ever-changing landscape of healthcare, our **think** providers stay updated with medical researchers, statisticians and experts in the medical community. These teams are continually looking at literature and doing studies to determine what is the best thing to do for the breast and how to keep breast tissue healthy. Breast cancer guidelines you may have been told 10 years ago might be different today, so it's important to stay current with your medical provider for your own personal health needs. At **think**, we make sure the advice we give is up to date and reflects the best possible care options for our patients.

## Do men need breast cancer screening?

There is still some stigma that only women get breast cancer and that is not true. If men have symptoms such as the breast tissue getting larger on one side or any skin or nipple changes, it would be important to know. Or if there is a strong family history or genetic mutation such as the BRCA mutation, then we recommend men do self-exams and follow up with their provider. Breast cancer can happen with men, but the vast majority of breast cancers are



common in men, however, it can be quite deadly too. This is especially true because men might not seek treatment right away.

## What overall advice would you give about breast cancer awareness?

The best advice I give people is listen to your body. If you notice a bump or your partner notices something that didn't feel like it was there before, make an appointment with your physician. If you notice a nipple has a discharge or the nipples are retracting or you notice skin changes on the breast, you need to check in with your healthcare provider. Breast cancer is not just about lumps inside the breast. How the breast looks on the outside is important too. If you notice something that doesn't seem right,

then come in and we'll take a look and we'll talk and determine if we need to do some additional imaging to ensure that everything looks healthy.

## How is Think Whole Person Healthcare most beneficial to breast cancer patients?

If we do find breast cancer in a patient, our **think** medical team wants to make sure there is seamless and convenient care for the patient. **Think** partners with the Nebraska Cancer Specialists who have a clinic in the **think** building so the cancer specialists can work closely with our Primary Care physicians. We have excellent healthcare options in Omaha for both oncologists and surgeons. **Think** works closely with all of the major hospital groups in the area. We want to do what's best for each individual patient.







RECIPES

# Smoked Sweet Potato Soup.

Fall in love with the warm, comforting flavors of our smoked sweet potato soup. This hearty, nutrient-packed recipe is a perfect autumn dish that blends rich, earthy sweetness with smoky, savory spices. Sweet potatoes, a beloved fall staple, are the star of this creamy soup, offering both indulgence and nutrition.

As our team brainstormed fall recipes, we found ourselves reminiscing about those iconic comfort food dishes, especially the sweet potato casserole topped with a

blanket of marshmallows. For many of us, it was a love-it-or-hate-it situation—some found it overly sweet, while others couldn't get enough of the sugary topping. But as adults, we've come to appreciate sweet potatoes in a whole new way. When prepared thoughtfully, sweet potatoes shine without all the added sugar. They're incredibly versatile and loaded with nutrients like fiber, vitamin A, and antioxidants. Whether roasted, mashed, or blended into a creamy soup, sweet potatoes can be

transformed into a comforting, flavorful, and health-boosting meal that's perfect for cooling fall days. And this soup is a great example of that.

This creamy sweet potato soup is more than just a delicious comfort food; it's a nutritional powerhouse that will leave you feeling satisfied and energized. So, gather your ingredients and get ready to enjoy the flavors of fall while nourishing your body.



**PREP TIME**

15 minutes

**COOK TIME**

30 Minutes

**TOTAL TIME**

45 Minutes

## Ingredients

*Serves 4*

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 1 heaping teaspoon sea salt
- Freshly ground black pepper
- 3 medium sweet potatoes (1½ pounds), peeled and cubed
- 1 apple, peeled and chopped
- 3 garlic cloves, grated
- 1 teaspoon grated fresh ginger
- 1 teaspoon ground coriander
- ½ teaspoon smoked paprika
- 1 teaspoon apple cider vinegar
- 3 to 4 cups vegetable broth
- 1 (14-ounce) can full-fat coconut milk, reserve ¼ cup for garnish.
- Pepitas, for garnish
- Fresh cilantro, for garnish
- Aleppo pepper or red pepper flakes, for garnish
- Crusty bread, for serving

## Tips

**Swirl Garnish:** Reserve a small portion of coconut milk for garnishing the soup with a pretty white swirl on the vibrant orange base.

**Thickening Tip:** This soup thickens as it cools. If you need to reheat leftovers, simply add a splash of water to maintain the creamy texture.

**Customization:** Add more spice with a pinch of cayenne or tone it down by using mild paprika instead of smoked.

## Instructions

**Step One:****SAUTÉ THE ONIONS.**

Heat the olive oil in a large pot over medium heat. Add the chopped onion, sea salt, and several grinds of black pepper. Sauté until soft and fragrant, about 5 to 8 minutes.

**Step Two:****COOK THE SWEET POTATOES AND APPLES.**

Add the cubed sweet potatoes and chopped apple. Stir occasionally and cook until they begin to soften, around 8 to 10 minutes.

**Step Three:****ADD THE SPICES AND LIQUIDS.**

Stir in the garlic, ginger, coriander, and smoked paprika. Once the spices are fragrant, mix in the apple cider vinegar, 3 cups of vegetable broth, and coconut milk. Bring to a boil, then cover and simmer for 20 to 30 minutes, until the sweet potatoes are tender.

**Step Four:****BLEND THE SOUP.**

Allow the soup to cool slightly before transferring it to a blender. Purée until smooth, working in batches if necessary. If the soup is too thick, blend in more broth until you reach your desired consistency.

**Step Five:****GARNISH AND SERVE.**

Serve the soup with a swirl of reserved coconut milk, fresh cilantro, pepitas, and a sprinkle of Aleppo pepper. Enjoy with a slice of crusty bread for a hearty meal.





# The Impact of Our West Omaha Clinic.

CHIEF EXECUTIVE OFFICER, JASON DOLL'S  
THOUGHTS ON OUR RECENT EXPANSION.

August of 2024 marked a significant milestone for Think Whole Person Healthcare as we expanded our services to West Omaha by integrating Omaha Family Medicine into our network. This strategic move is part of our ongoing commitment to enhancing patient care and increasing access to high-quality healthcare across the Omaha community.

## A New Era for Whole-Person Healthcare.

On August 1st, our new West Omaha clinic, located at 17841 Pierce Plaza, officially opened its doors. Under the leadership of Dr. Charles Stoner, a highly respected physician with decades of experience, the clinic initially offers primary care services, with plans to introduce walk-in services in the near future.

Dr. Stoner and his team joined the **think** network

to leverage enhanced patient resources, reduce administrative burdens, and provide even higher-quality care. What truly drew them to **think** was our commitment as an Accountable Care Organization (ACO) to keeping patients healthy and out of the hospital—a priority that perfectly aligns with our shared mission to deliver affordable, comprehensive care.

Our expansion into West Omaha reflects **think's** dedication to making healthcare more accessible and effective for the community. With the integration of Omaha Family Medicine, we are not only broadening our services but also positioning ourselves to achieve even better patient outcomes.

Recently, we sat down with Jason Doll, our CEO, for an insightful discussion on this expansion. Below are some key takeaways from the conversation.





## Think Expands to West Omaha.

**Think**, the innovative healthcare provider known for its patient-centered approach and commitment to quality over quantity, is making waves with its expansion into West Omaha. The addition of Dr. Charles Stoner's well-respected Omaha Family Medicine practice signals a new era for accessible, affordable healthcare in the region.

"Our goal is to make high-quality healthcare accessible to everyone in Omaha," says Jason Doll, [his title at Think]. "Dr. Stoner and his team embody the same values we hold dear at Think – a focus on preventative care, personalized treatment plans, and building strong patient relationships."

Think's unique approach, rooted in an Accountable Care Organization (ACO) model, sets them apart

from traditional healthcare providers. "In an ACO," explains Doll, "we're not just treating illnesses; we're actively managing the overall health of our patients. This means proactive care, early intervention, and a focus on keeping people out of the hospital."

Think's integrated network of providers, including specialists in rheumatology, podiatry, and optometry, ensures comprehensive care under one roof. "Our patients benefit from a seamless experience," says Doll. "Imagine getting your diabetes check-up, seeing a podiatrist to address any foot concerns, and even having an eye exam – all within the same network."

The results speak for themselves. Think boasts a 30% lower cost per Medicare patient than the national average, a testament to their efficient and effective care model.





**thinkwellness.**

think whole person healthcare

## Uncovering Accurate Body Composition with DEXA Scans.

ACHIEVE YOUR HEALTH AND FITNESS GOALS WITH PRECISE MEASUREMENTS OF LEAN TISSUE, FAT TISSUE, AND BONE MASS.

At Think Whole Person Healthcare, we believe that understanding your body composition is a crucial step toward achieving your health and fitness goals. Our state-of-the-art DEXA Body Composition scan offers a detailed and accurate measurement of your

body composition, including lean tissue, fat tissue, and bone mass. This comprehensive scan provides valuable insights that can help you plan more effective exercise routines, create efficient nutrition plans, and monitor changes in your body over time.



## Why measure body composition?

Firstly, Accurate body composition measurements are essential for setting a foundation. With precise data on your body's lean and fat mass, you can tailor exercise programs and nutrition plans to meet your specific needs. Whether you are an athlete fine-tuning your training, a fitness enthusiast tracking progress, or someone just starting your fitness journey, a baseline assessment sets you up for success.

Secondly, understanding the distribution of lean and fat mass is vital for identifying potential health risks. Extremely high or low levels of body fat, as well as excessive intra-abdominal fat, can pose significant health hazards. A DEXA scan provides an accurate assessment, helping you design appropriate nutrition and exercise plans to achieve and maintain an ideal body composition.

Also, Regular DEXA Body Composition scans allow you to track changes in your body over time. By having quarterly scans, you can assess the effectiveness of your nutrition and exercise interventions. This helps ensure that you are losing fat, not muscle, and gaining the lean mass necessary for a healthy body. Continuous monitoring keeps you informed and motivated in your fitness journey.

## What's included in the DEXA Scan's Results?

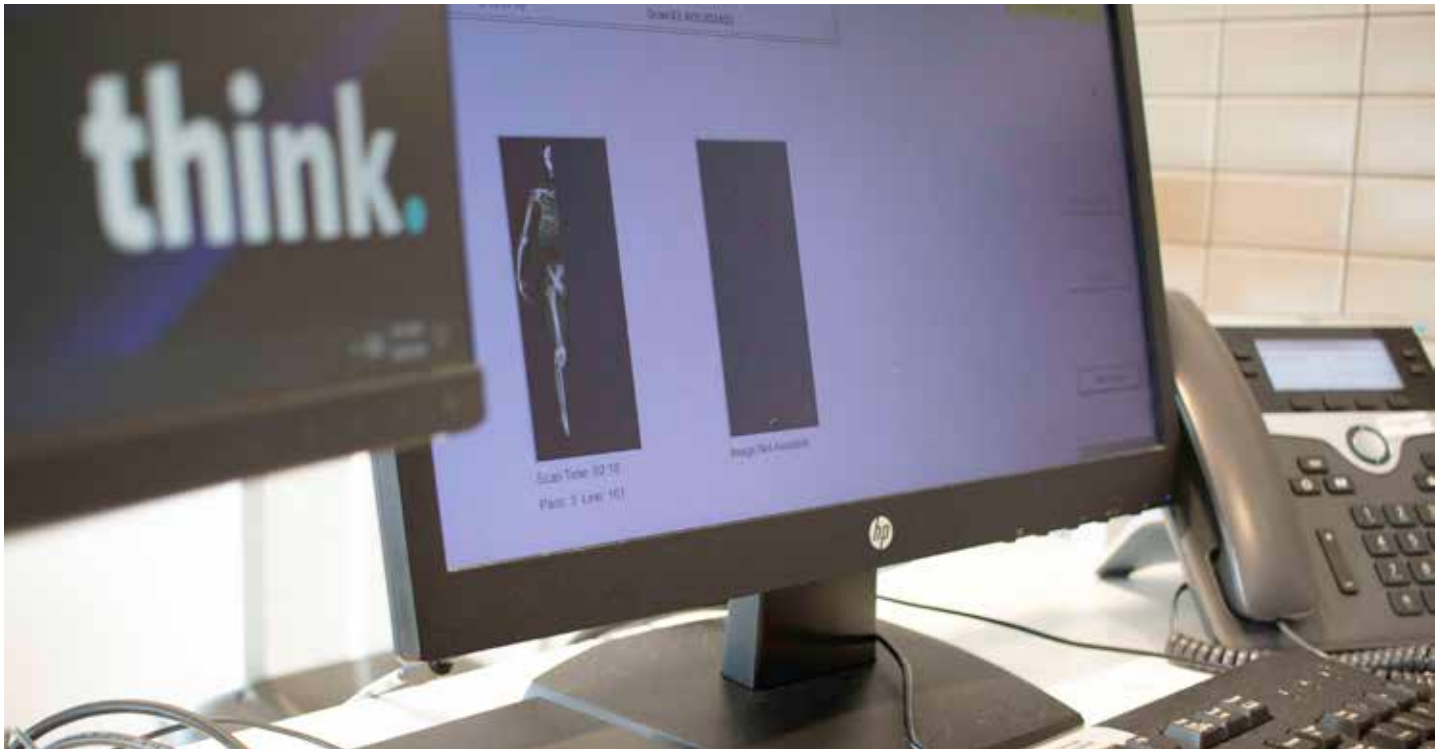
A DEXA scan provides a detailed report on various aspects of your body composition, including:

- Total body fat percentage (%)
- Total body muscle (lean) mass (g)
- Total body fat mass (g)
- Muscle and fat mass (g) of each leg, each arm, trunk, abdomen, and head
- Total bone mineral density (non-diagnostic)

## How much does it cost?

We offer an affordable pricing option for our DEXA Body Composition scan at \$99 Self Pay Cash. Use your HSA or Full FSA. (Not available for Limited FSA.)





## IS DEXA SAFE?

A DEXA scan is exceptionally safe, with no complications associated with the procedure. The radiation dose is very low, less than a day's exposure to natural background radiation. This minimal exposure allows the technologist to sit just a few feet from you without needing a protective barrier.

## How to Prepare for the DEXA Scan

To ensure accurate results and a smooth experience, follow these preparation guidelines:

**WEAR LOOSE-FITTING CLOTHING:** Avoid metallic attachments such as buttons, zippers, buckles, and wired bras.

**AVOID CERTAIN PROCEDURES:** Do not schedule your DEXA scan within one week of having a barium x-ray, a nuclear medicine study, or an injection of x-ray dye/contrast.

**NOTIFY IF PREGNANT:** Inform the radiographer if there is any possibility of pregnancy.

Day of the Scan: Empty your bladder, avoid heavy meals, and refrain from high-intensity physical activity.

## Who is the DEXA Scan right for?

**ATHLETES:** Understand your muscle mass distribution and bone density to fine-tune your training program.

**FITNESS ENTHUSIASTS:** Monitor your progress and adjust your fitness routines based on accurate body composition data.

**BEGINNERS:** Get a reliable baseline measurement to guide your fitness and nutrition plan, ensuring you start on the right path.

## Schedule Your DEXA Scan Today

Invest in your health and fitness journey with a DEXA Body Composition scan from Think Whole Person Healthcare. Our advanced scanning technology provides the accurate insights you need to achieve your goals. Schedule your DEXA Body Composition scan and take the next step towards a healthier whole you with **think** by calling us at **402-506-9049** or visit Think Healthcare to schedule your appointment today.





**think**  
whole person  
healthcare

# We Care Together.

See full list of career opening at [thinkhealthcare.org/careers](https://thinkhealthcare.org/careers)





# Take back control.

## INSIGHTS ON PHYSICAL THERAPY AND PELVIC FLOOR THERAPY WITH HENAMARI YBAY, DPT, PT.

Imagine a life free from the discomfort of urinary incontinence, pelvic pain, or sexual dysfunction—conditions that can significantly affect your daily life and sense of well-being. Pelvic floor therapy offers a path to relief and recovery, empowering individuals to regain control over their bodies. To explore this important topic further, we sat down with Henamari

Ybay, DPT, PT, a physical therapist at Think Whole Person Healthcare, who specializes in orthopedics, women's health, chronic pain, and pelvic floor therapy. Through her expertise, Henamari helps patients overcome these challenges, guiding them toward a healthier, more comfortable life.



# The Role of Pelvic Floor Physical Therapy

*Interview with Henamari Ybay, DPT, PT*

**Interviewer:** Can you tell us a little bit about yourself and your background in physical therapy?

**Hena Ybay:** My name is Henamari Ybay, and I'm a physical therapist at **think**. I specialize in orthopedics, women's health, chronic pain, and manual therapy. I graduated from the University of Nebraska Medical Center with a degree in Physical Therapy and furthered my training through an Orthopedic Residency.

**Interviewer:** What inspired you to pursue a career in physical therapy, especially in the areas of orthopedics and women's health?

**Hena Ybay:** I'm passionate about helping people achieve their optimal health and well-being. Seeing patients go from feeling limited on day one to getting them to their goals is incredibly rewarding. Orthopedics and women's health are areas where I can make a significant impact by addressing specific needs and improving their quality of life. And I love designing my programs based on each patient's unique needs, specifically because no two patients are going to be the same.

**Interviewer:** What is your approach to physical therapy?

**Hena Ybay:** I believe in treating the whole person, not just the

condition. I tailor my treatment plans to each patient's individual needs and goals. At **think**, we create a welcoming and supportive environment where patients feel comfortable and empowered to participate very actively in their recovery.

**Interviewer:** What are some of the conditions you treat?

**Hena Ybay:** I specialize in treating a variety of conditions, including orthopedic injuries like sprains, strains, fractures, and arthritis. I also work with women's health issues, such as pregnancy-related problems, postpartum recovery, and pelvic floor dysfunction. Additionally, I have experience managing chronic pain conditions, including back pain, neck pain, headaches, and fibromyalgia. I utilize manual therapy techniques to improve mobility and reduce pain.

**Interviewer:** What can you tell us about your work with pelvic floor physical therapy?

**Hena Ybay:** Pelvic floor physical therapy is a specialized area that focuses on the muscles and tissues surrounding the pelvic area. I assess and treat conditions such as urinary incontinence, pelvic pain, and sexual dysfunction. I believe in a holistic approach that includes education, exercises, and manual therapy to help patients regain control of their pelvic floor function.

Pelvic floor therapy deals with every part of the body within the pelvic region, from the lumbar

spine to the pelvic organs and muscles. I specialize in diagnosing conditions involving these muscles and providing targeted musculoskeletal training. It's like training any other body part, but with a specific focus on the pelvic region.

By understanding the pelvic floor's role in overall health and well-being, we can address a wide range of issues and improve patients' quality of life.

**Interviewer:** Who is typically coming to you for pelvic floor physical therapy and why?

**Hena Ybay:** Pelvic floor physical therapy, often referred to as women's health physical therapy, is sought by individuals experiencing urinary incontinence, pelvic pain, or sexual dysfunction. Many of my patients are women who have been pregnant or postpartum, as these experiences can significantly impact pelvic floor health. Men also can receive pelvic floor therapy.

I often see patients who are struggling with incontinence, which can lead to anxiety and limit their daily activities. Some patients may be afraid of wetting themselves or not being able to get to the bathroom on time. By accurately diagnosing the underlying issue and providing targeted training, I help patients regain control of their symptoms, which can significantly improve their quality of life.

Pelvic floor issues can arise from all kinds of causes. For instance,

(continued) trauma to the area is common, especially if a woman has given birth and experienced tearing, which is very common after natural childbirth. Such tears or any kind of muscle strain can lead to pain. Post-pregnancy, many women notice increased urinary incontinence, which we often address in therapy.

Another cause of urinary incontinence could be abnormal bladder habits. For some people, the habit of urinating before leaving the house can create a strong association in the brain, leading to urgency even when the bladder isn't full. I also see patients with difficulty controlling their bladder due to these habits.

Other causes include neurological issues, such as those faced by individuals post-stroke or after a spinal cord injury, where nerve damage affects bladder control. Additionally, conditions like constipation can affect bladder function because the intestines are neighbors to the bladder, and any pressure from the intestines can cause increased frequency of urination. There really are so many different causes, and it can be a big puzzle to figure out specifically what is going on.

**Interviewer:** What are some of the benefits of pelvic floor physical therapy?

**Hena Ybay:** Pelvic floor physical therapy can offer numerous benefits. It can help improve bladder control, manage pelvic pain, enhance sexual function, and strengthen the pelvic floor

muscles.

**Interviewer:** What can patients expect during a pelvic floor physical therapy session?

**Hena Ybay:** During a pelvic floor physical therapy session, patients can expect a comprehensive evaluation to assess the strength, flexibility, and coordination of their pelvic floor muscles. We will also provide education on the pelvic floor anatomy, function, and common conditions. The session may include exercises to strengthen, relax, stretch, or coordinate the pelvic floor muscles, as well as manual therapy techniques like internal release or massage to address muscle tension or trigger points. The duration of therapy sessions can vary depending on the severity of the patient's condition.

For the initial session, we typically spend about an hour and 15 minutes to thoroughly evaluate the patient's condition. This first appointment is crucial for understanding what specifically needs to be addressed. During this time, we'll discuss any referral from your physician and go over your health history and symptoms. Follow-up appointments are generally about 45 minutes long, where we continue with the treatment plan tailored to your needs. It all starts with letting your doctor know that you're interested in pelvic floor physical therapy, and they can provide a referral, just like they would for therapy related to your back or shoulder.

**Interviewer:** What are some

common misconceptions about pelvic floor physical therapy?

**Hena Ybay:** One common misconception is that pelvic floor physical therapy is only for women. In reality, pelvic floor dysfunction can affect both men and women. Another misconception is that pelvic floor physical therapy is uncomfortable or embarrassing. I strive to create a safe and comfortable environment where patients feel at ease discussing their concerns.

Another is that kegels can fix everything. Yes, they are one of the tools in the toolbox and a lot of people are familiar with them, but they are not always the best solution and at times not the right solution at all. A pelvic floor physical therapist can really assess your specific needs and provide personalized exercises and techniques that properly and fully address your concerns.

**Interviewer:** How long does it typically take to see results from pelvic floor physical therapy?

**Hena Ybay:** The duration of therapy sessions varies depending on the severity of the patient's condition. In some cases, patients may see significant improvement within a month, while others may require several months of therapy. For instance, patients with mild urinary incontinence may see results more quickly, while those with more complex conditions may require a longer course of treatment.

**Interviewer:** Is pelvic floor physical



therapy covered by insurance?

**Hena Ybay:** Most insurance plans cover pelvic floor physical therapy when it is prescribed by a healthcare provider. However, it's always best to check with your insurance provider to confirm coverage.

**Interviewer:** How does pelvic floor physical therapy fit into a whole-person healthcare model?

**Hena Ybay:** As a pelvic floor physical therapist, I see the

pelvic floor as an integral part of the body, just as important as the head, neck, and back. Whole person care recognizes that every part of the body is connected and can contribute to overall functioning. Pelvic floor physical therapy is a crucial component of this approach, addressing an often-overlooked area of the body that can significantly impact a person's quality of life.

I like to treat my patients as

individuals, considering their entire health history and lifestyle. **Think's** approach perfectly aligns with this philosophy. By offering a wide range of services like mental health, physical therapy, and pharmacy, among many others, **think** empowers healthcare providers to look at the patient as a whole and address all their needs. This comprehensive approach is what makes it truly special to practice here.



## Understanding Pelvic Floor Dysfunction

The pelvic floor is a complex group of 26 muscles that form a supportive structure for the pelvic organs and play a critical role in stabilizing the pelvis and spine. These muscles are essential for sexual function, bowel and bladder control, and overall pelvic health. When the pelvic floor muscles become weak, stretched, or overly tight, it can lead to a condition known as pelvic floor dysfunction (PFD).

PFD can manifest in a variety of symptoms, including urinary incontinence, pelvic pain, urinary urgency, fecal incontinence, and sexual dysfunction. This condition can be triggered by several factors, such as pregnancy, childbirth, menopause, chronic conditions like diabetes or arthritis, surgery, and even nerve damage.

## What Should You Do if You Suspect You Have Pelvic Floor Dysfunction?

Many people mistakenly believe that symptoms like urinary leakage or pelvic pain are just a normal part of aging or life changes. However, it's crucial to recognize that these issues are not just inevitable inconveniences—they are signs that your pelvic floor may need attention. Addressing these symptoms early with the help of a healthcare provider can make a significant difference in your quality of life.

If you're experiencing symptoms of pelvic floor dysfunction, it's important to talk to your primary care provider. They can help assess your condition and refer you to a pelvic floor physical therapist for further evaluation and personalized treatment. Early intervention can lead to better outcomes and a quicker return to normalcy.



RECIPES

# Healthy Stuffed Poblano Peppers.

Looking for a nutritious, satisfying meal that doesn't skimp on flavor? These Healthy Stuffed Poblano Peppers check all the boxes. Packed with lean ground turkey, black beans, and a delicious blend of spices, they bring bold southwestern flavors to your table while keeping things light and healthy. Plus, they're easy to customize and perfect for meal prep!

With February being Heart Health Month, it's a great time to focus on meals that support your well-being. Poblanos are mild, nutrient-rich peppers loaded with antioxidants, while black beans offer a great source of fiber and plant-based protein to support heart health. Using lean ground turkey instead of beef keeps this dish lighter, and a moderate amount of cheese adds just

the right amount of indulgence. Whether you're making this for a weeknight dinner or prepping ahead for a busy week, this dish is sure to be a hit.

Want to add more veggies or adjust the spice level? This recipe is flexible and easy to make your own. Let's get started.



## PREP TIME

20 minutes

## COOK TIME

50 Minutes

## TOTAL TIME

1 Hour 10 Minutes

## Ingredients

**Serves 6**

- 6 poblano peppers, halved and deseeded (gloves recommended!)
- 1 lb lean ground turkey
- 1 small onion, diced
- 4 cloves garlic, minced
- 2 tsp chili powder
- 1 tsp dried oregano
- ¾ tsp ground cumin
- ¾ tsp black pepper
- ½ tsp salt
- 1 (15-oz) can black beans, drained and rinsed
- ½ cup corn kernels (fresh, canned, or frozen)
- 1 (16-oz) jar salsa (mild or spicy, your choice)
- ¼ cup fresh cilantro, chopped
- 3 oz cotija cheese, crumbled
- 4 oz sharp cheddar cheese, shredded

## Tips

**Want a softer pepper?** Roast the poblanos beforehand to remove the skin and enhance their smoky flavor.

**Make it dairy-free** by skipping the cheese or using a plant-based alternative.

**Boost the veggies** by adding chopped bell peppers or zucchini to the filling.

**Spice it up** with a dash of cayenne or extra jalapeños!

## Instructions

### Step One:

#### PREHEAT THE OVEN

Heat the olive oil in a large pot over medium heat. Add the chopped onion, sea salt, and several grinds of black pepper. Sauté until soft and fragrant, about 5 to 8 minutes.

### Step Two:

#### PREPARE THE POBLANOS

Add the cubed sweet potatoes and chopped apple. Stir occasionally and cook until they begin to soften, around 8 to 10 minutes.

### Step Three:

#### MAKE THE FILLING

In a large skillet over medium heat, cook the ground turkey for 5-6 minutes, breaking it apart as it browns. Add onion and garlic, cooking for another 3-4 minutes until the onion softens. Stir in the chili powder, oregano, cumin, salt, and pepper, mixing well. Add the black beans, corn, and salsa and stir to combine. Let simmer for 1-2 minutes. Remove from heat and fold in the chopped cilantro and crumbled cotija cheese.

### Step Four:

#### STUFF AND BAKE

Spoon the filling evenly into each poblano half, arranging them snugly on the baking sheet. Bake uncovered for 35-40 minutes until the peppers are tender. Remove from the oven, sprinkle cheddar cheese over each pepper, and return to the oven for another 10 minutes, or until the cheese is melted.

### Step Five:



# How one Omaha clinic changed the healthcare game.

## *A Decade of Difference*

Ten years ago, a revolutionary idea took root in Omaha. What if healthcare wasn't a frustrating maze of different offices, specialists, and disconnected appointments? What if, instead, you could go to one place designed to treat you, not just your symptoms? That was the promise of Think Whole Person Healthcare when it opened its doors in July 2015. A decade later, that promise has become a

proven success story, transforming the healthcare experience for thousands of residents in Omaha.

This year marks not just an anniversary but a celebration of a healthcare model that has delivered better health, happier patients, and lower costs. Let's dive into the ten-year journey of how **think** went from a bold idea to a nationally recognized leader.



## It all started with a simple, but radical, idea.

Back in 2015, **think** set out to challenge a broken system. The founders were tired of fragmented care and wanted to build something new from the ground up, a place focused on well-being, easy access, and affordability. The core philosophy was simple: treat the “whole person.” Instead of just asking, “What’s wrong?” they started asking, “Why is it happening?” and examining the connections between a person’s physical, mental, and emotional health.

The mission was clear: to provide coordinated care that improves quality of life, keeps people healthy to lower costs, and creates a world-class workplace for the team, making it all happen.

## A building that heals.

To bring this vision to life, **think** needed more than just a new clinic. They needed a new kind of building. The result is the award-winning, 150,000-square-foot facility on West Center Road, a structure designed by global architecture firm HDR to be a “clinical instrument” in its own right.

The design is genius. Public areas are open and welcoming, while “off-stage” corridors allow doctors and staff to collaborate seamlessly behind the scenes, breaking down the walls that usually separate different medical departments. The building is filled with meaning, with an exterior pattern on the glass facade inspired by the connections, or synapses, in your brain. Up close, this pattern appears as a collection of dots, but at a distance, the image gains clarity, and you perceive the network of connections. Additionally, the building features a stunning central atrium with a distinctive “rose window” structure. It is a wooden sculptural element that runs up through all seven levels of the center, referencing the decorative windows used in 17th-century churches. It was crafted from 20,000 lengths of Douglas Fir, molded into a fluid, natural shape. It’s a space that feels both high-tech and deeply human.

Every detail is designed around the patient. Exam rooms are big enough for family members.



Microphones in the ceiling let doctors have a natural conversation with you while a scribe documents everything from another room, freeing the physician to focus entirely on you. The building even won design awards in its very first year, demonstrating that the space itself played a key role in the innovation.

## The secret sauce is better care for less.

So, how does **think** deliver on its promises? The engine behind the model is its status as an Accountable Care Organization (ACO), one of the first in the state of Nebraska.

Here’s what that means for you. In a traditional system, doctors get paid for every test and procedure they do. An ACO, however, gets rewarded for keeping its patients healthy and its costs down. When **think** provides high-quality care that reduces overall healthcare spending (for example, fewer ER visits and hospital stays), it shares in the savings, creating a system where your doctor’s goal is the same as yours: to keep you healthy.

## And the results are staggering.

- **#1 in Nebraska:** **Think** is the top-performing ACO in the state in the Medicare Shared Savings Program for quality and cost savings.
- **#2 in the Nation:** **Think** ranks second nationally in the Medicare Shared Savings Program for quality and cost savings.
- **22% Lower Costs:** The average cost for a Medicare patient at **think** is 22% lower than the national average.

How do they do it? By seeing patients more frequently, an average of four times a year compared to the national average of two, they practice proactive, preventative care that catches problems early. This approach has earned major endorsements, including a partnership with Blue Cross and Blue Shield of Nebraska, whose leadership noted that “**Think** has been leading the way in changing how health care is practiced in Nebraska,” said Dr. Joann Schaefer, BCBSNE executive vice president. “The independent primary care model plays a key role in **think**’s success. By treating the whole person, in a coordinated effort, **think** has been able to improve the quality of care and reduce costs. With Clarkson’s help, we hope to expand upon what we’ve started.”

## Your one-stop-shop for health.

Over the last decade, think has built a true “circle of care” under one roof. What started with 24 primary care doctors has grown into a comprehensive team of over 300 professionals.

Today, patients can see providers for Primary Care, Behavioral Health, Dermatology, Podiatry, Physical Therapy, and much more, often in the same building on the same day. With its own lab and imaging services, you can often get test results before you leave the building. **Think** even added a walk-in clinic (**think**quick walk-in clinic) and aesthetic services with **think**restore.

For specialized care, such as oncology or orthopedics, think partners with top-tier independent groups, including Nebraska Cancer Specialists and OrthoNebraska, bringing their clinics directly into the think building. With these partnerships, it means

your cancer specialist or orthopedic surgeon is part of the same coordinated system, working directly with your primary care provider.



## The next chapter, **think** goes west.

After a decade of perfecting its model, **think** took its biggest step yet. On August 1, 2024, the organization expanded, integrating the respected Omaha Family Medicine practice to create a new think clinic in West Omaha.

CEO Jason Doll explained that after nine years of proven success, the organization was “ready to bring our model to the wider community”. The partnership was a natural fit, with Omaha Family Medicine’s founder, Dr. Charles Stoner, stating, “Our philosophies regarding patient care are aligned. think is best in class”. This expansion is the first true test of the original vision to create a healthcare “prototype” that could be replicated, proving that the **think** system of better, more affordable care can work anywhere.



## The verdict from the community.

Ultimately, the real proof is in the patient experience. Online reviews and testimonials are filled with praise for the convenience and quality of care.

One patient loves that you can “get a bunch of your needs taken care of all in one place.”

Another was amazed to get their blood work results “just as they walked into the doctor’s office to discuss them.”

People describe the staff as “personable,” “caring,” and “good listeners”.

Official accolades back this positive feedback. In 2022, think was named the best Family Physicians Clinic by the Omaha World-Herald’s “Omaha’s Choice Awards” and the top Private Practice Medical Clinic by Omaha Magazine’s “Best of Omaha” awards.

**Think’s** commitment to Omaha extends beyond

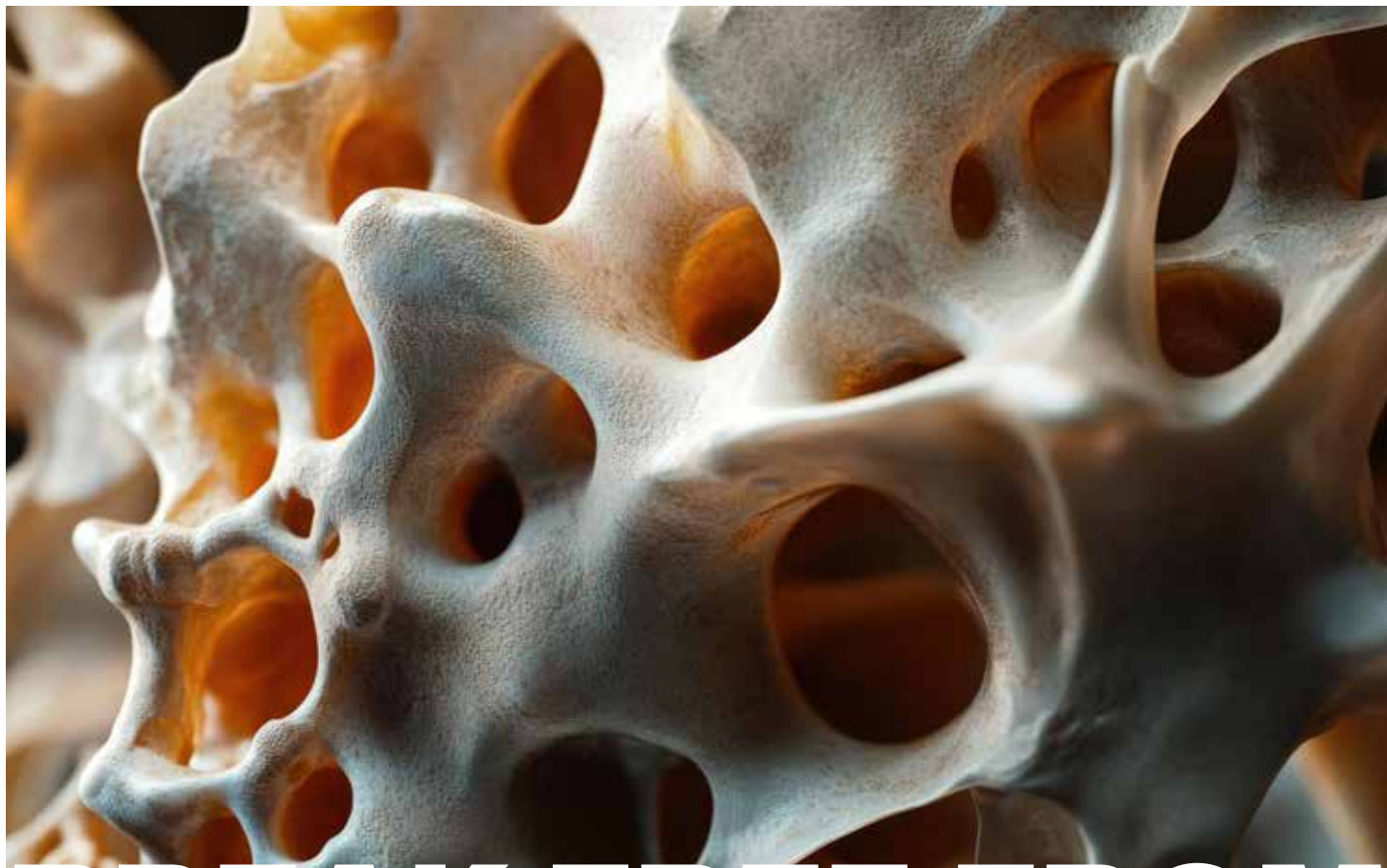
its walls. The organization partners with Clarkson College to offer reduced tuition to employees and their families, investing in the next generation of healthcare workers. It also sponsors a vital health screening program for Omaha’s firefighters and provides training programs for students, cementing its role as a true community partner.

## A decade of promises kept.

When **think** launched in 2015, it promised to change healthcare in Nebraska. Ten years later, the evidence is in. They did it. They built a facility that enables better care, an operating model that delivers higher quality at a lower cost, and an integrated system that has earned the trust of the community it serves.

As it celebrates its 10th anniversary, **think** isn’t just a local success story. It’s a blueprint for the future of American healthcare —a future that’s more coordinated, proactive, and focused on the whole person. Happy anniversary, **think!** Here’s to the next decade of transformation.





# BREAK FREE FROM OSTEOPOROSIS

A CONVERSATION WITH OUR CHIEF MEDICAL OFFICER, DR. BOB RECKER, MD.

Imagine a life where you're free to explore the world without fear of a simple fall causing a fracture. A life where you can hike, dance, play with your grandchildren, or simply enjoy a leisurely stroll without worrying about your bones betraying you. Healthy bones are the foundation for an active and fulfilling life and a key element in whole person wellness.

Unfortunately, this picture isn't a reality for everyone, especially as we age. Osteoporosis, a condition characterized by weakened bones, can significantly impact our quality of life when it goes unchecked. But the good news is, there are steps we can take to protect our bone health and reduce your risk of fractures.

## What is Osteoporosis?

Osteoporosis, often referred to as "silent disease," is a condition where bones become thin and brittle, increasing the risk of fractures. It occurs when the body's bone-building process slows down while bone breakdown accelerates. This imbalance can lead to a loss of bone density, making bones more susceptible to fractures.

Recently we were able to sit down with Dr. Bob Recker, MD, our Chief Medical Officer, for an insightful discussion about all things osteoporosis. Below are a few key takeaways from the interview.



## Understanding the silent thief Osteoporosis.

**Interviewer:** What is osteoporosis?

**Dr. Bob Recker:** Osteoporosis is a condition characterized by decreased bone mineral density, leading to increased bone fragility and a higher risk of fractures. It's silent. It creeps up on you, stealing strength from your bones. People can have otherwise perfectly normal bones so it can come as a surprise.

**Interviewer:** Where in the body does osteoporosis typically manifest?

**Dr. Bob Recker:** Osteoporosis often targets the bones that bear the most weight, like your hips, pelvis, vertebrae, and wrists.

**Interviewer:** What are fragility fractures?

**Dr. Bob Recker:** Fragility fractures occur when your bones become so weak that they're more susceptible to breaking. They're a sign that something serious is happening with the bone health and can lead to things like breaking a bone from a simple fall, which is a red flag for osteoporosis. People should not break their bones just tripping and falling on the ground level, but unfortunately, by the time that has happened, the cat is already out of the bag. We don't want to have that happen.

**Interviewer:** How is osteoporosis diagnosed?

**Dr. Bob Recker:** We use a bone density scan, like a DEXA scan. It's a

quick and painless test that measures how strong your bones are.

**Interviewer:** What role do hormones play in osteoporosis?

**Dr. Bob Recker:** Estrogen and testosterone help build and maintain strong bones. When these hormones decline, especially in women after menopause, the body's bone remodeling process can become disrupted. This can lead to accelerated bone loss and a weakened skeletal structure.

**Interviewer:** How does bone density change throughout life?

**Dr. Bob Recker:** In your younger years, you're building up bone density. But as you get older, especially after menopause, little by little the support structures within the bones begin to deteriorate. And even though the bone looks normal and functions normally say, with its bone marrow production, it's basically just more fragile. And it's more susceptible to fractures with minor trauma.

**Interviewer:** What are the risk factors for osteoporosis?

**Dr. Bob Recker:** Age, gender, family history, diet, and lifestyle all play a role. Women are more likely to develop osteoporosis due to hormonal changes, but men can also be affected. If your parents or grandparents had osteoporosis,



you're at a higher risk. And of course, your lifestyle choices, like diet and exercise, can make a big difference. Smoking, heavy alcohol or caffeine consumption, and certain medications like steroids can accelerate bone loss. Additionally, medical conditions such as rheumatoid arthritis, diabetes, and certain seizure disorders can also contribute to osteoporosis.

**Interviewer:** What are the common symptoms of osteoporosis?

**Dr. Bob Recker:** The sneaky thing about osteoporosis is that it often doesn't cause any symptoms until it's too late. It's like a silent thief, stealing strength from your bones without you even noticing.

**Interviewer:** How can osteoporosis be prevented?

**Dr. Bob Recker:** You need a solid foundation of good nutrition, regular exercise, and healthy lifestyle habits. Eating foods rich in calcium and vitamin D, getting enough sunlight, and avoiding



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(continued) smoking and excessive alcohol and caffeine can all help protect your bones.

**Interviewer:** What is the role of dairy products and vitamin D in preventing osteoporosis?

**Dr. Bob Recker:** Dairy products help provide the building blocks of strong bones. They're packed with calcium and protein, which help your body build and maintain healthy bone tissue. When we talk about dairy, we're not just talking about milk. Yogurt is a great option too, and it's often fortified with vitamin D. In fact, skim milk, which has less fat, actually has a higher concentration of protein, calcium, and magnesium. So, it's a more nutrient-dense choice. While other sources of calcium exist, like leafy greens, they're not as easily absorbed by your body.

Vitamin D also plays an important role here. It helps regulate your body's calcium levels and improves calcium absorption. So, it's essential to get enough vitamin D along with your calcium intake. Aim for about 800 international units (IUs) of vitamin D per day.

**Interviewer:** How can you get enough vitamin D?

**Dr. Bob Recker:** A little bit of sunshine can go a long way. Aim for about 15 minutes of sun exposure per day. Just remember to wear sunscreen to protect your skin. And if you're concerned about your vitamin D levels, talk to your doctor about taking a supplement.

**Interviewer:** What role does exercise play?

**Dr. Bob Recker:** Regular physical activity is important for maintaining bone health. Some people hear that and **think** oh no I have to go to the gym, but really it's just about regular movement. Walking, running, even things like getting a standing desk like we have here at **think**. Just get up and move. Especially if you tend to be sedentary, finding activities you enjoy that get you moving are important.

**Interviewer:** Is it possible to regain lost bone density?

**Dr. Bob Recker:** Regaining lost bone density can be challenging. In certain cases, such as individuals with severe vitamin D deficiency, addressing this deficiency may lead to some improvement in bone density but it's dependent on a wide variety of factors.

However, once osteoporosis has progressed significantly, it can be difficult to rebuild. Medications can help improve the structural integrity of your bones, but they may not significantly increase bone density.

That's why prevention is key. By making healthy lifestyle choices and seeking early treatment, you can minimize bone loss and reduce your risk of fractures before it's an issue.

**Interviewer:** Can osteoporosis be cured?

**Dr. Bob Recker:** Unfortunately, no. But we can manage it through different treatments, including medications like bisphosphonates that help strengthen bones. Your

doctor will create a treatment plan based on your specific needs and risk factors.

**Interviewer:** I'm concerned this could be an issue for me. What should I do?

**Dr. Bob Recker:** Start by talking to your doctor. Don't hesitate to share your concerns, be honest about your lifestyle habits, and ask questions. Your doctor is there to help you, and the more information they have, the better they can direct you towards the best options.

### Let's Recap...

Osteoporosis occurs when the body's bone-building process slows down while bone breakdown accelerates. This imbalance can lead to a loss of bone density, making bones more susceptible to fractures.

---

## ROBERT RECKER, MD

### Internal Medicine

As Chief Medical Officer, Dr. Recker works with leadership to analyze data, develop protocols, and improve healthcare programs. He also acts as a liaison between providers and administration, ensuring effective communication and collaboration. He emphasizes the importance of primary care in preventing health crises and managing chronic conditions like hypertension, diabetes, hyperlipidemia, coronary disease, and osteoporosis.

## Key Facts about Osteoporosis.

**Prevalence** Osteoporosis affects millions of people worldwide, particularly women over the age of 50.

**Risk Factors** Age, gender, family history, diet, lifestyle, and certain medical conditions can increase the risk of osteoporosis.

**Symptoms** Osteoporosis often has no symptoms until a fracture occurs.

**Diagnosis** Bone density scans, such as DEXA scans, are used to diagnose osteoporosis.

**Prevention** A healthy diet, regular exercise, and avoiding harmful substances can help prevent osteoporosis.

**Treatment** While there's no cure for osteoporosis, treatments can help reduce the risk of fractures and improve bone health.

**Importance of Early Detection** Early detection and treatment are crucial for preventing serious complications associated with osteoporosis.

## Why Bone Health Matters

Healthy bones are more than just a matter of physical strength. They play a crucial role in your overall well-being and whole person health. Strong bones support our bodies, allowing us to move freely and maintain balance. They also protect our vital organs.

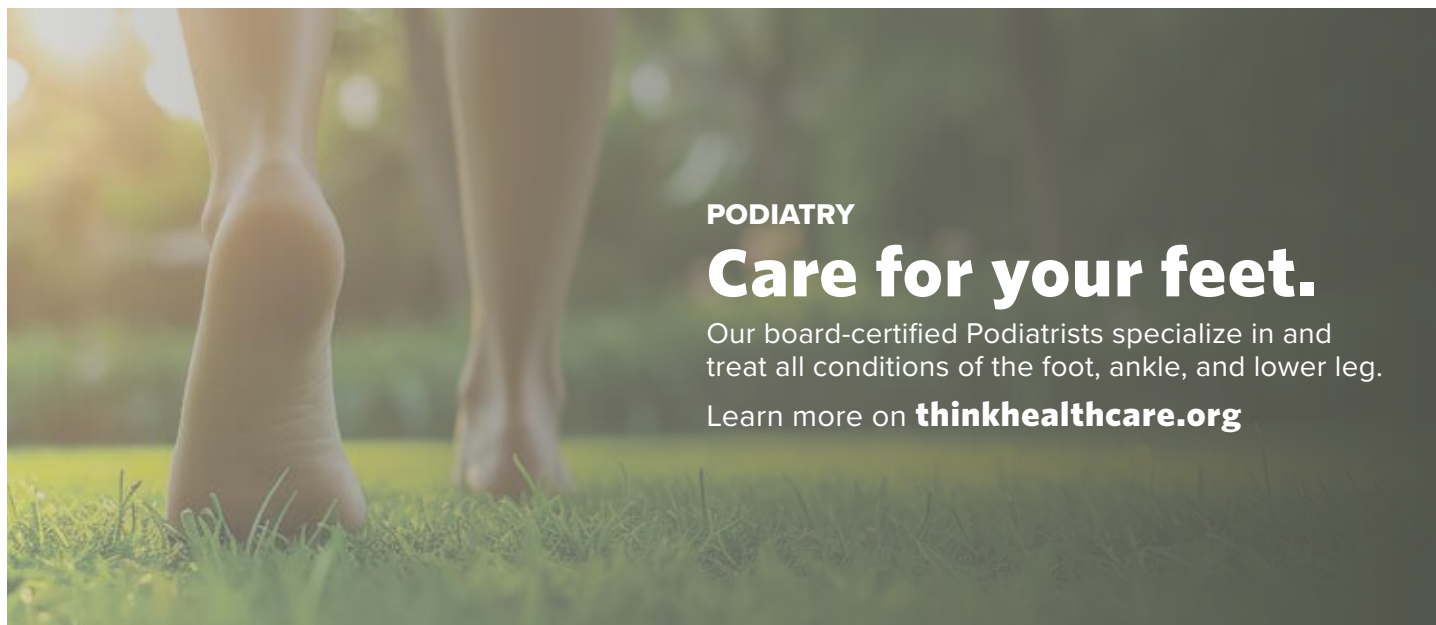
When bones become weak due to osteoporosis, we may experience pain and discomfort from fractures, a loss of independence as you struggle to perform daily activities, and a reduced quality of life due to the fear of falling. By taking steps to prevent osteoporosis, we can reduce our risk of fractures, maintain our independence, and improve our overall well-being. Remember, our bones are an investment in your future. By taking care of them now, we can enjoy a more active and fulfilling life for years to come.

## Taking Action

If you are concerned about your risk of osteoporosis, it's important to talk to your doctor. They can assess your risk factors, recommend screening tests, and discuss prevention and treatment options. Early detection and treatment can help reduce the risk of fractures and improve your quality of life.

### **CONSIDER THINK YOUR PARTNER IN BONE HEALTH.**

Think Whole Person Healthcare is committed to helping you maintain optimal bone health. Our team of healthcare professionals can assess your risk for osteoporosis, recommend preventive measures, and provide appropriate treatment if necessary. To determine what screening is right for you, schedule an appointment with your **think** provider.



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# Meet your providers.

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## Primary Care Physicians

Our Primary Care physicians are Family Medicine and Internal Medicine-certified physicians who care for the entire person. They serve as the hub of your healthcare team and work tirelessly to keep you healthy.



**Margo  
Anderson-Fowler, MD**  
*Family Medicine*



**Timothy P.  
Crnkovich, MD**  
*Internal Medicine*



**Abe Farhat, MD**  
*Family Medicine*



**Jacqueline Hanson, DO**  
*Family Medicine*



**Mark Hare, MD**  
*Family Medicine*



**Krista Hill, MD**  
*Family Medicine*



**Joedy Istas, MD**  
*Family Medicine*



**Chris Jeffrey, MD**  
*Family Medicine*



**Harry Klein, MD**  
*Internal Medicine and  
Rheumatology*



**Rodney L. Nitcher, DO**  
*Psychiatry*



**Richard Osterholm, MD**  
*Internal Medicine*



**Brian Poole, MD**  
*Internal Medicine and  
Nephrology*



## Primary Care Physicians, *continued*



**Erin Ray, DO**  
*Family Medicine*



**Robert Recker, MD**  
*Internal Medicine*



**Erika L. Rothgeb, MD**  
*Family Medicine*



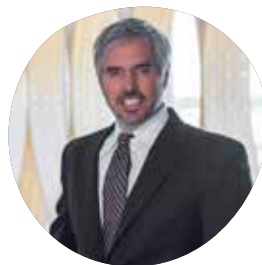
**Douglas Russell, MD**  
*Internal Medicine*



**Susan G. Scholer, MD**  
*Geriatric Medicine and  
Internal Medicine*



**Justin Schramm, DO**  
*Family Medicine*



**Joseph Shehan, MD**  
*Internal Medicine*



**Charles Stoner, MD**  
*Family Medicine*



**David Thompson, MD**  
*Family Medicine*



**Jamie  
Vitamvas, DABOM, MD**  
*Family Medicine and  
Obesity Medicine*



**Bill Weeks, MD**  
*Family Medicine*



**Lucille Woodard, MD**  
*Family Medicine*



**Mark W. Woodruff, MD**  
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O H Y S I C A L T E R P G X E H T N M I  
R P L A T E O P X U E R L S H S O H P E  
A T E M C O R O T N C M U A O P S O I N  
Q R I N I T P R I M A R Y R P T I T A T  
Z E F O S E A C H E C K U P S N O O S T  
A M P M G R P C A R E T H I E C A T H P  
N E A T I H T S G S H O T S T T C L O E  
J L P E N C A F E A E C I N I L C O I L  
K H G L V R I T T S I M H T P O R A R V  
B T Z V A C C I N E R T L R O R O G Y C  
W E H E A L T H O S E P H R N T S X R I  
M G I F T S H O P M X A Y C S E B T P S  
X E X A M E L B A T Y P M U R N R H L T  
Y A D O C T O R G N I S R U N E P Y E A  
U C L I V L E P T A I L Y R E S T S H M  
T H E R A P Y C L A M O R P U N T L A R  
C N O M O T S E L A B I N S R U N E E F  
V B O S T E O P O R O S I S R E C A F T

Find the following words:

APPOINTMENT

CAFE

CARE

CHECKUP

CLINIC

DOCTOR

EXAM

GIFTSHOP

HEALTH

LAB

NURSE

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