



Meet One of Our Patients

Allison is a concert pianist. She is an 89-year-old female who had a series of compression fractures in the spine. The fractures occurred during everyday activities, not performing strenuous activity. The fractures made it impossible for her to sit and play the piano. She has been using Denosumab, (Prolia) for two years and has not had any further compression fractures. She can now provide the gift of piano music for the church group in her senior living facility.

One in 2 women and 1 in 4 men will experience a fracture from osteoporosis in their lifetime, which can happen from minor falls or from lifting more than 10 pounds. These fractures can cause a loss of temporary or permanent independence but can be managed through personalized and coordinated care.

There are several factors that increase the likelihood of developing osteoporosis, including age, ethnicity, post-menopausal age, family history, low body weight, poor diet, lack of exercise, and certain medical conditions like rheumatoid arthritis or celiac disease.

Osteoporosis requires an interdisciplinary approach to treatment and management, focused on education about diet, exercise, fall risk prevention, and medication management. Our expert team is led by Advanced Practice Registered Nurse, Rebecca Guio, and overseen by endocrinologist Dr. Arvind Maheshwari.

Rebecca “Becky” Guio, ANP-BC, is a board-certified adult nurse practitioner who is a bone health specialist. She has been an expert in bone health for many years. “I am passionate about bone health as osteoporosis and subsequent fractures are manageable and preventable,” she said. “I can help patients take steps to maintain strong and healthy bones to prevent fractures. My goal is for patients to remain independent.”

Osteoporosis Make No Bones About It

Introducing Advocate Good Shepherd Hospital's Bone Health Clinic

Advocate Good Shepherd Hospital offers comprehensive osteoporosis care through the Bone Health Clinic, which opened in the fall of 2024. Osteoporosis, known as the “silent disease,” often presents with a fracture as the first symptom. Osteoporosis means porous bone. When osteoporosis occurs, the holes and spaces are much larger. Having osteoporotic bones increases the risk of fracture.

To schedule or to learn more, call 847-842-4460.

A provider referral is not required to schedule your appointment with Rebecca Guio. The clinic is near the main entrance of Advocate Good Shepherd Hospital, 450 W. Highway 22, Barrington, IL 60010.