

Two Practices Share a Vision

Cary Holistic Health and Triangle Acupuncture are neighbors on the beautiful campus of the Medical Park of Cary, and they share a good deal more than physical proximity.

"I believe that my neighbor acupuncturists and I share a vision of the process of health and healing and an understanding of the mind-body connection," says Dr. Maggie Thibodeau, a naturopathic physician.

"It is a fundamental principle of both Chinese medicine and naturopathic medicine that treating the whole person means understanding how their emotions, thoughts, and their stress levels may be impacting their overall health. And it's true that a physical symptom such as chronic pain often affects a person's emotional well-being."

Dr. Thibodeau completed her doctorate at the Canadian College of Naturopathic Medicine in Toronto after eight years of university study that included a degree in psychology. Naturopathy itself offers a rigorous path of education and training, including more than 4,500 hours of classroom work and 1,500 hours of supervised clinical experience.

At the time of a first visit, Dr. Thibodeau spends an hour and a half or more with a new patient "in an effort to fully understand all factors that may be influencing a patient's health—physical, mental, and emotional. We spend a lot of time talking, complete a physical exam, review any lab tests that have been done, and determine if we need any further testing performed. In the second visit, we will review additional information—the results of lab tests, for example—and develop an individualized treatment plan."

Components of that plan may include clinical nutrition, botanical medicine, homeopathic medicine, prevention and lifestyle counseling, hydrotherapy, and Bowen therapy—all specialties where Dr. Thibodeau has extensive training and experience.

Bowen therapy, she explains, "helps reset the body's structure and energetic system using a specific sequence of gentle movement of muscles and connective tissues. I use this therapy to treat a variety of disorders, such as musculoskeletal discomfort, migraines, sciatica, carpal tunnel, and fibromyalgia."

Locating her practice in Medical Park of Cary was an excellent choice, says Dr. Thibodeau. "I focus mostly on natural treatments and therapies, but there are times when we need to consider other options, or we need to order tests that require specialized equipment and training. There's a wonderful mix of health professionals here in the Park that I can refer to, and it's also a very accessible location."

SPECIALIZED ACUPUNCTURE

In Cary and in a second practice in Chapel Hill, the six master's level acupuncturists who make up Triangle Acupuncture

offer general and specialized treatment that often addresses mind-body issues.

"Treating the whole person means understanding how their emotions and thoughts, and their stress levels, may be impacting their overall health."

offer general and specialized treatment that often addresses mind-body issues.

"While all of our acupuncturists have been trained as general practitioners each has their own unique specialty," says Chris Helmstetter, managing partner and one of the three practicing owners. "We are all devoted to integrating the use of Chinese medicine with the more mainstream western care most people receive—and that makes our location in this very diverse medical park an exceptionally good fit."

Mr. Helmstetter notes that each practitioner "has an undergraduate degree and then attended a four-year graduate school program in Traditional Chinese Medicine. Their medical education included extensive training in Chinese medical theory and diagnosis, acupuncture, herbal medicine, western medical theory and diagnosis, as well as massage and qi gong. Clinical training took place in busy outpatient settings under the supervision of doctors of both Chinese and Western medicine."

The acupuncturists and their special interests and abilities include Mr. Helmstetter, who specializes in the treatment of pain; co-owner Toby Helmstetter, who often works with patients who have long-standing illnesses, such as depression and anxiety, Lyme disease, cancer, auto-immune issues, chronic pain, and skin conditions; and co-owner Katherine Rowe, who specializes in the treatment of women's health concerns, specifically infertility and pregnancy.

Their colleagues are Julie Hutsell, specializing in the treatment of infertility, fertility enhancement, early pregnancy, and menstrual disorders; Tory Wegner, who often guides people using lifestyle, dietary, and herbal modifications and sees patients with infertility issues; Kim Boomhower, offering massage and bodywork therapy for women from the process of conception to well after delivery; Kolleen Mitchell, who specializes in the treatment of infertility; and Theresa Teague, a massage therapist with



Dr. Maggie Thibodeau, at right, has a spirited conversation about supplements with Sueann Glennon, manager of the Medical Park of Cary



The owners of Triangle Acupuncture, from left, Toby Helmstetter, Chris Helmstetter, and Katherine Rowe

certification to perform fertility, pregnancy, labor support, postpartum, and infant massage.

Chris Helmstetter first met the late Nick Glennon, managing partner of Medical Park of Cary, when Nick was seeking acupuncture treatment to help ease the effects of chemotherapy for his stage-four cancer. "Acupuncture did offer some relief, although Nick finally lost that battle," Mr. Helmstetter recalls. "But at the time he encouraged me to open a second office in the Medical Park. He said that people needed what we had to offer, and he was committed to adding to the diversity of practices in the Park. With his encouragement, and with his help in arranging necessary financing for our lease, we took the major step of expanding to this second location—and it has proven to be an excellent choice. And when we were settled in, Nick took me around to meet all of the practices, from cardiologists to radiologists to dentists and many more. He encouraged them to consider referring patients to us—and that has happened consistently over the years."

Nick Glennon's sister, Sueann Glennon, took on her brother's managerial role soon after his death. "Nick's life was all about relationships," she says. "He loved people and he loved helping people. And he wanted this Medical Park to reflect his vision of service and diversity, and that continues to be our goal." h&h

For more information about these practices and the Medical Park of Cary, contact:

MEDICAL PARK OF CARY
Sueann Glennon
200-300 Ashville Avenue
Cary, NC 27518
Telephone: (610) 945-7589
www.medicalparkofcary.com

CARY HOLISTIC HEALTH
222 Ashville Avenue, Suite 10
Cary, NC 27518
Telephone: (919) 858-1004
www.caryholistichealth.com

TRIANGLE ACUPUNCTURE
Medical Park of Cary Office:
226 Ashville Avenue, Suite 10
Cary, NC 27518
Telephone: (919) 854-7311

Chapel Hill Office:
104 S. Estes Drive, Suite 104
Chapel Hill, NC 27514
Telephone: (919) 933-4480

<http://triangleacupunctureclinic.com>
Hours: Mon & Fri - 12:30-7:00 pm
Tue & Thu - 8:00 am - 8:00 pm
Wed - 8:00 am - 2:00 pm
Sat - 10:00 am - 3:00 pm