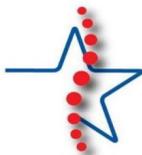


# THE STAR



## ALL STAR HEALTHCARE PHYSICAL MEDICINE

210-521-6886

### Stay Healthy This Summer!



1. **Air out your home!** After a winter of closed doors and stagnant air, let fresh air inside. Open windows and doors. Clean and dust. Wash your sheets, comforters and linens. For an added pick-me-up, add some fresh candles or essential oils to make your house smell delicious.
2. Consider getting **screened for skin cancer**. The Texas sun bears down on us without forgiveness and can wreak havoc on skin. The screening is painless, takes just a few minutes, and can be life-saving.
3. Make sure to **wear a hat, visor or head protection**. Burned scalps are painful and dangerous.
4. Wear good **sunglasses** when you're outdoors to protect your eyes from UV light.
5. Always **wear shoes**. It's imperative to keep your body clean, including the bottoms of your feet. If you have neuropathy, you may not feel things that you're stepping on. Plus, Keep flip flops, slippers or socks with you at all times. If you're walking outdoors, it's best to wear shoes with good protection, like sneakers or sandals that have solid support and good soles.
6. If you're camping out at a beach or pool, **never go barefoot**.

*Article courtesy of Lizzy Smith, myelomacrowd.org*

#### Happy Sipping!

**Invest in a good water bottle, and bring it with you everywhere you go.** Most of us aren't drinking nearly enough water every day. Purchase a good sturdy water bottle that holds at least 24-ounces of liquid.

## ALL STAR HEALTHCARE PHYSICAL MEDICINE

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July 2019

# What you need to know about PRP

Platelet-rich plasma therapy has made headlines, often because it is favored by elite athletes to help them recover from injury.

Some doctors are now using platelet-rich plasma therapy or PRP injections for several reasons, from encouraging hair growth to promoting soft tissue-healing.

However, research studies have not definitively proved that PRP works for the conditions it is reported to benefit. In this article, we have a look at the case for PRP, and the costs involved.

## What are the benefits?

### Tissue healing

Doctors first used PRP to help people heal after jaw and plastic surgeries. Examples of tissues that PRP has been used on include: tendons, ligaments, and muscles.

Ligaments can take time and be difficult to heal, which can make PRP an attractive option for some of those who have experienced injuries to this tissue group.

### Inflammation reduction

Doctors have used PRP to reduce inflammation caused by osteoarthritis. This inflammation can lead to joints becoming painful and stiff.

## How does it work?

A small blood sample is taken from the person being treated and put into a centrifuge or other specialized device that spins at high speed. This process separates platelets from other blood components. The concentration of platelets is then injected into the area of the person's body that needs to be treated.



Many of our patients have seen amazing results with PRP and Regenerative Therapy Injections. Think about how worth it it will be when you're pain free!

# Can Regenerative Therapy Repair Damaged Knees?

The job of [stem cells](#) is to maintain and heal tissues by replenishing damaged and dying cells. In some areas of the body, such as knee cartilage, blood supply is limited, so stem cells don't work as well as they should.

Alternatively, though, they can be injected, at which point they can initiate the self-recovery process.

## Regenerative Therapy in the Knees

Stem cells can be extracted from bone marrow or fat or taken from Umbilical Cord Tissue through simple methods. It's then concentrated and injected into the joints with image guidance, usually to successful results.

In one study, patients experienced improvement in both knees even though only one knee was injected. After five years, those knees that are injected with stem cells are more often in better shape than they were before the injections.

Researchers believe that stem cell therapy for the joints works by:

- developing into essential cartilage cells
- thwarting the inflammation that can worsen arthritis
- releasing proteins called cytokines that slow degeneration of cartilage and reduce pain

Ongoing research is striving to determine which therapy techniques, cell choices and dosages yield the most effective and consistent results. While some seem more potent than others and overall results are promising, more research is needed.

## 7 Ways to Stay Healthy While it's Hot

1. Walk the Mall
2. Join a Gym
3. Go for a Swim
4. Stay Hydrated
5. Drink a Smoothie
6. Eat a Refreshing Salad
7. Avoid the Sun at its peak



# Summer Savvy

## Tips for Avoiding Illnesses

Ahh, sweet summertime! Temperatures get hotter, days get longer, drinks get colder and life gets a little better. The hotter season also dishes out a few more risks like drowning and heat strokes. The good news, summer illnesses and injuries are usually preventable. Check out our tips for staying healthy and happy this summer!

### SUNBURN

Almost everyone has had their skin scorched at least once in their lifetime. Sunburns are painful, uncomfortable and can increase your risk of skin cancer. Wear sunscreen with a SPF of 15 or higher. Reapply it as needed and cover up with clothing and a wide-brimmed hat to protect exposed skin. Drink plenty of cool, non-alcoholic fluids. Seek shade. When possible, avoid outdoor activities during midday, when the sun's rays are strongest.

### BUG BITES

Sorry bugs, but no one wants you at their summer shindigs. In order to avoid these pesky creatures use insect repellent and citronella candles. If you're heading into the woods, skip the shorts and tanks and cover up with lightweight, long-sleeved shirts and pants. Install or repair window and door screens on your house.

Eliminate mosquito breeding sites by dumping any sitting water around your property.



### FIREWORKS INJURIES

A summer isn't complete without some sort of July 4th fireworks celebration. It's important to remember that fireworks can be dangerous and it's best to leave the displays to trained professionals. Never allow kids to play with or ignite fireworks. Be sure other people are out of range before lighting fireworks and have a fire extinguisher or a bucket of water nearby in case of a fire.

### HEAT STROKE AND DEHYDRATION.

Dehydration can be a serious heat-related disease that can lead to heat stroke. A combo of overexposure to the sun and not drinking enough water can cause the body's cooling system to fail. If a person becomes dehydrated and cannot sweat enough to cool down, internal temps may rise to dangerously high levels causing heat stroke. Avoid heat-related illnesses by drinking plenty of fluids, especially when working or playing in the sun. Make sure you are taking in more fluid than you are losing. Try to schedule physical outdoor activities for the cooler parts of the day.



### WATER SAFETY

One of the best ways to cool off during the hot summer months is to jump into the nearest body of water. To avoid the potential for drownings, learn how to swim, take your kids to swim lessons and never swim alone. Always keep an eye on children in and around water. Wear a life jacket and avoid drinking alcoholic beverages while boating.



### FOOD POISONING

Food-borne illnesses peak in the summer months since hot temps and humid conditions provide the optimum breeding ground for bacteria to multiply rapidly. Be especially wary of food that's been sitting out in the sun all day and wash your hands properly before eating.



### SUMMER FEET

It's sandal season and your feet will be carrying you through however you spend your time outside. Limit walking barefoot. It exposes feet to sunburn, athlete's foot and other infections. Going barefoot also increases risk of injury and raises the risk of stepping on glass or splinters.



# Healthy Lemonade

Refreshingly light and sugar-reduced lemonade recipe that has all the flavor, with less empty calories than conventional lemonade.



## Ingredients

- 1 cup water
- 1/2 cup coconut nectar or coconut sugar or xylitol or honey
- 1 cup freshly squeezed lemon juice (from approximately 6 lemons)
- 4 cups cold water

## Instructions

1. Add 'sugar' and 1 cup water to a small saucepan. Bring to a boil, stirring frequently.
2. Once boiled, remove from heat and add to a glass pitcher.
3. Add lemon juice and remaining water.
4. Place in the fridge for 2-3 hours to chill.
5. Serve with ice cubes.

# Learn more about our PRP and Regenerative Therapy Programs TODAY! (210) 521-6886

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Refer a Friend and get entered into our drawing  
To win a \$50 gift certificate to Longhorn Steak-  
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Drawing held on July 4th and August 2nd



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If someone you know could benefit from the care you've received at our office, please give them a newsletter and a business card. You may be giving them their life back!

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