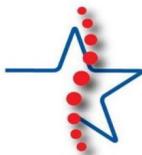


THE STAR



ALL STAR HEALTHCARE PHYSICAL MEDICINE

210-521-6886

National Chiropractic & Breast Cancer Awareness Month



October is National Chiropractic Month and Allstar Healthcare has 3 stellar chiropractors: founder, Dr. James Silva, DC, DACNB; Dr. Shannon Silva, BS, DC; and Dr. Alexandra Sweeney, BS, DC. We asked each of them to give us insight as to what chiropractic is.

“Chiropractic is a more natural healthcare system that could be your answer to your back and/or knee pain. Chiropractic treatment can help most of all the musculoskeletal system. But what makes chiropractic different is that it looks for the cause of your condition by searching for interference at the root: the spinal cord and nervous system. As a chiropractic neurologist, a functional neurological approach is applied in order to reconnect the brain and body. Quite often, results can be seen in as little as 1 to 2 visits in our office.”



“Chiropractic is based on the major premise that there is a universal intelligence: a specific order to things and the being’s ability to organize, balance and express this order. In humans, our brain and nervous system act as this intelligence system to communicate information in the body and to maintain a vital balance. But, sometimes, outside forces can interfere. Trauma like falls or car accidents; chemicals in our foods or pharmaceuticals; and even negative thoughts and energies cause a disconnect, or a “dis-ease,” to form. This disease often shows as a system such as pain, weakness, tingling, allergies or even arthritis. Chiropractic seeks to find where in the body this interference resides and remove the cause of that imbalance so that the innate intelligence can once again flow and restore order and homeostasis.”

“Chiropractic is a natural approach to improving the function of the body, allowing it to work at its optimum via adjustments, soft tissue work and functional exercises.”



“What Chiropractic offers is not the treatment of conditions or the mere easing of symptoms, but instead restoration of nerve system performance, which affects physical, social, emotional, mental and spiritual expression.”

Jeanne Ohm, DC

Inside this issue

Chiropractic Introduction	1
Osteoarthritis	2-3
October Contest	4
Neuropathy Program	5

October 2019

October 12th—October 20th

Bone and Joint Health Action Week

Osteoarthritis

According to the CDC and arthritis.org, an estimated 30+ Million Americans suffer with osteoarthritis, but what exactly is it? Let's take a closer look.

Osteoarthritis can be broken down into 3 parts with Greek origins: osteo-arthro-itis.

Osteo translates to "of the bone"

Arthro is translated to "joint"

Itis means "inflammation"

Together, we get inflammation affecting the bone and joint.

OA is the most common type of arthritis and affects a large percentage of the middle-aged and elderly population. It is degenerative in nature and is often referred to as the "wear and tear" disease as it usually develops slowly and gets worse over time.

With osteoarthritis, cartilage breaks down and the underlying bone begins to deteriorate causing increased stress on the surrounding ligaments and tendons. These changes usually lead to aching, pain, stiffness, decreased flexibility, and swelling and can leave a person immobilized, defeated or depressed. Here are some things you can do to help.

- Talk to your Doctor- If you have joint pain or stiffness that won't go away, make an appointment with your doctor. The team at All Star Healthcare are more than happy to answer any of your questions and will help you schedule your appointment.
- Move your Body- Increased physical activity can often help reduce the stiffness associated with osteoarthritis and help manage weight issues. Strengthening the muscles surrounding the affected joints is also helpful. A minimum of 90 minutes of exercise per week is recommended by the American Heart Association.



- Eat Healthy- Having a diet rich in anti-inflammatory foods can help reduce the symptoms associated with OA. Foods like turmeric, ginger, and garlic have been found to help fight general inflammation in the body.
- Support- Sometimes, devices such as knee braces or crutches are helpful in supporting affected joints and aid in decreasing symptoms associated with osteoarthritis.

- Surgery- In extreme cases, surgery may be necessary to reduce the damage of osteoarthritis.



- Regenerative Therapy- A new frontier is being explored in the field of medicine- Regenerative Therapy. Treatments including Plasma-Rich Protein (PRP), Stem Cells, and Exosomes have been used by athletes to help heal arthritic and injured joints and tissues. These treatments are showing great promise in helping people get out of pain and regaining quality of life without having surgery or taking a lot of medications.

“A journey of a thousand miles starts with a single step,” and the best time to start your healing journey is today. Schedule your appointment today to find out if All Star Healthcare can help you!

Article by: Dr. Shannon Silva, BS, DC

Top 15 Anti-Inflammatory Foods

1. Green Leafy Vegetables
2. Bok Choy
3. Celery
4. Beets
5. Broccoli
6. Blueberries
7. Pineapple
8. Salmon
9. Bone Broth
10. Walnuts
11. Coconut Oil
12. Chia Seeds
13. Flaxseeds
14. Turmeric
15. Ginger



474 x 322

Bring your family and friends in your costumes for a fun day filled with snacks, contests and more.....

**Refer a Friend and get entered into our drawing
To win dinner for two to Longhorn Steakhouse!**

Drawing to be held on October 31st



70 BANDERA RD. SAN ANTONIO, TX 78238

210-521-6886

6 STAGES OF PERIPHERAL NEUROPATHY OF LOWER EXTREMITIES



1. Normal

0-1

0-3



2. Minimal

Tingly or Numb Feet
Intermittent Pain

4-9



3. Mild

Tingly or Numb Feet
Mild Sensation of Bugs
Crawling Across Feet
Stocking and Glove Sensation
Mild Shooting or Burning Pain

10-17



4. Moderate

Sensation of Bees Stinging
Bottoms of Feet
Sensitivity to Touch
Restless Legs Syndrome
Moderate Shooting or Burning Pain
Trouble Sleeping

18-33



5. Severe

Severe Shooting or Burning Pain
Difficulty with Balance
Severe Loss of Sensation
Beginning Signs of Falling and Catching One's Self
Beginning Signs of Reduced Sensitivity to Temperature

34-40



6. Critical

Complete Loss of Sensation
Increased Falls and Injuries
Complete Loss of Temperature Sensation
Atrophy of Muscle, Muscle Weakness
Ulcers or Slow Healing Wounds
Amputation

41-50

Call our Office TODAY and

Find out about our Neuropathy Program and if qualify for treatment!

Call 210-521-6886