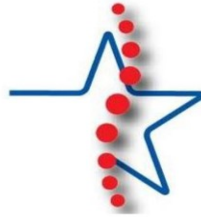


# THE STAR



## ALLSTAR HEALTHCARE

PHYSICAL MEDICINE



### WELCOME TO THE STAR!

Welcome to the first issue of The Star Newsletter,  
brought to you by the staff at AllStar Healthcare Physical Medicine!

Inside you will find helpful information on the newest methods to assist in helping you live a pain free life. We will provide insight on how to customize our treatments to get you back to feeling better and enjoying your life. Here at AllStar Healthcare Physical Medicine, each staff member is trained to live and treat our patients with our company mission, "To get patients out of pain, regain their health, maximize patient's health for the rest of their lives!"

Together, with physicians, medical and office staff our goal is to not only get you well, but to maintain a relationship with you as a member of the Allstar Healthcare Physical Medicine family. We want to hear how your journey to wellness is going, while with us and after. You may even see yourself highlighted in an upcoming edition.

Have a question? Ask it here! We never tire of hearing from patients and answering questions they may have. The Star will provide you with an opportunity to ask staff a question, (anonymously, if you like) and see the answer here. Simply email your questions to: [allstarhealthcaresatx@gmail.com](mailto:allstarhealthcaresatx@gmail.com) and

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- Prescription drug epidemic
- The Knife or The Needle?

## ALLSTAR HEALTHCARE

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## DANCING WITH THE STARS GET CELEBRITY TREATMENT, AND SO CAN YOU!

In life there are only a few things that are considered certain. Many say that those two certainties are taxes and death. –But what about the time in between? Every person living should have the opportunity to enjoy a high quality of life without the hindrance of pain, preventing them from enjoying life to the fullest. Whether enjoying time playing with grandkids, strolling with a loved one or training for your first 5K; many cannot experience these simple pleasures due to chronic knee, lower back, shoulder or neck and hip injuries. Some, rely on medications that only mask symptoms for a brief period. For others, the cycle of pain medications can lead to opioid addiction or to permanent damage of vital body organs and even death.

Envision a treatment that would allow you to live life with a significant reduction in pain or a completely pain-free life. Imagine participating in all the activities you once enjoyed, but no longer could because of your chronic pain. Many patients in the San Antonio area are already enjoying their second

***“We come across all sorts of patients who simply want to MOVE without PAIN,” states Dr. Shannon Silva, BS, DC .***

### ALLSTAR HEALTHCARE PHYSICAL MEDICINE

Allstar Healthcare, is a family owned business located in San Antonio, Texas and is committed to quality care and service. In addition to a full physical medicine staff dedicated to helping you with your healthcare needs. Allstar Healthcare has always been on the cutting edge of innovative technology. Our mission is to help as many people as possible. To help take them out of their pain and suffering so that they may live a purpose-filled life. For further information, log onto: [www.allstarhealthcaresa.com](http://www.allstarhealthcaresa.com)

Envision a treatment that would allow you to live life with a significant reduction in pain or a completely pain-free life. Imagine participating in all the activities you once enjoyed, but no longer could because of your chronic pain. Many patients in the San Antonio area are already enjoying their second lease on life after receiving Stem Cell Therapy at AllStar Healthcare Physical Medicine. “We come across all sorts of patients who simply want to MOVE without PAIN,” states Dr. Shannon Silva, BS, DC “We see it as our mission to get them out of pain. Our staff assess each patient and together we can put them on a path to a pain free life. Truly, one of the best aspects of my job is witnessing patients go from shuffling, needing walkers and wincing in pain, to walking, standing and moving again **on their own**. The transformation is extremely rewarding and touching.”

AllStar Healthcare Physical Medicine is on the forefront of Stem Cell Therapy in San Antonio. The groundbreaking use of Stem Cell Therapy on patients can repair, restore, replace and REGENERATE any cell in the body, resulting in the reduction and elimination of pain. In some cases, patients have seen pain relief in as little as 48 hours. Treated professionally, by the qualified physicians at AllStar Healthcare Physical Medicine, Stem Cell Therapies in patients is quickly becoming the most effective way to treat patients living with chronic pain.

(cont'd)

Currently 1 in 5 Americans suffer from chronic pain, resulting in a large population of patients searching for answers. Collectively, the US loses \$294 Billion on lost workdays, medical expenses and other benefit related costs. "The cost comparison to other methods of pain reduction such as: surgery, medication and steroid injections over the course of a patient's lifespan are exponential", states James Silva, CEO of AllStar Healthcare Physical Medicine, "Additionally, surgery can cost patient's several hundreds of thousands of dollars and frequently require a second surgery. While Stem Cell Therapy is a fraction of the cost, and can prevent the need for ANY surgeries."

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***"The benefits of Stem Cell Therapy are countless and have changed the landscape of chronic pain treatment." —CEO James Silva***

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As the CEO of AllStar Healthcare Physical Medicine, James Silva is a living testament to the positive impact Stem Cell Therapy can have on patients, "As a former US Marine, I put my body through rigorous training and intense combat scenarios," reports Silva. "The physical activity while in service took an immense toll on my knees and other joints. The pain related to these injuries slowed me down in ways that I never anticipated. The pain removed the mobility I once took for granted." After receiving Stem Cell Therapy, Silva found relief almost instantly and was enjoying life as he once did, before chronic pain became part of his life.

James Silva is just one of the success stories that are heard at AllStar Healthcare Physical Medicine. Without a doubt, Stem Cell Therapy can offer this demographic great relief while managing their pain. "The benefits of Stem Cell Therapy are countless and have changed the landscape of chronic pain treatment. We, at AllStar Healthcare Physical Medicine concentrate on enhancing the lives of all our patients. Our goal is to relieve patients of pain, and give them the freedom to live their lives to the fullest", exclaims CEO James Silva.

While Stem Cell Therapy is still relatively new to the general population, this revolutionary option is regulated in the US by the FDA and has a proven success rate for patients. AllStar Healthcare Physical Medicine, the leader in stem cell therapy in San Antonio, providing patients with a new lease on life without surgery or prescription regimens.



**FACT: The April 8, 2012 issue of New Yorker ( online magazine) ,found that of all patients who had spinal surgery.... 72% needed further surgery\*.**

- **Consider if stem cell therapy, may be right for you.**
- **To book your FREE consultation, 210/521-6886 or Email us: [all-starhealthcaresatx@gmail.com](mailto:all-starhealthcaresatx@gmail.com)**
- **Or visit our office at: 7042 Bandera Road, San Antonio, Texas, 78238**



**Pain affects more Americans than diabetes, heart disease and cancer combined.**

**Pain.....76.2 million  
Diabetes...20.8 million  
Heart Disease... 18.7 million**

-Source AAPM

**Deaths from accidental overdoses increased in Texas by more than 150 percent from 1999 to 2007, according to a recent report from the Drug Policy Alliance. Accidental poisoning during that time was the third-leading cause of injury-related deaths statewide, behind only car crashes and suicide.**

-Source Drug Policy Alliance

## **YOUR PAIN KILLER, JUST MAY KILL YOU**

**Brandi Grissom**

The number of deaths by accidental drug overdose in Texas is rising at an alarming rate. But many of the victims aren't your typical addicts: They're average people hooked on legal prescription drugs. "The majority are people with homes and families and jobs and, you know, just you or me," says Mary Beck, chief services and evaluation officer at the Council on Alcohol and Drugs Houston.

Deaths from accidental overdoses increased in the state by more than 150 percent from 1999 to 2007, from 790 to 1,987, according to a recent report from the Drug Policy Alliance, a New York-based drug policy think tank. Accidental poisoning during that time was the third-leading cause of injury-related deaths statewide, behind only car crashes and suicide. "Texas is sort of like a microcosm for something happening all over the United States," says Meghan Ralston, the Alliance's harm reduction coordinator.

The group's research shows that both in Texas and nationally, legal prescription drugs like oxycodone, hydrocodone and Xanax contributed to more overdose deaths than illicit drugs. "Heroin, crack, powder cocaine — all those combined don't even amount to the number of prescription opioid deaths nationally," Ralston says.

The problem is particularly pronounced in Houston, where prescription drugs



were identified in half of all accidental overdose deaths from 2005 to 2009, according to the report. Beck says the number of calls to the Council about prescription drug abuse is greater in recent years. Among the problems she often sees is what she calls a prescription "cocktail" of Xanax, Vicodin and Soma. The drugs are often prescribed together when a person experiences trauma like a serious car accident: Vicodin for pain, Xanax for anxiety, Soma to relax painful muscles. The trouble, Beck says, comes when patients aren't educated about how to appropriately take the medications in combination. "What all too often happens is it feels good, so they take more ... and eventually develop an addiction," she says.

—Source Texas Tribune



## THE KNIFE OR THE NEEDLE, YOUR CHOICE

### *Stem cells can save you a trip to the surgeon*

Knee patients are frequently told that their joints are bone on bone, a statement that often over-exaggerates the extent of cartilage damage in the knee joint. Many times, there are areas of cartilage thinning that respond well to the regenerative stem cell procedure, allowing the patient's body to naturally repair the damaged area. A surprising number of such surgical patients are excellent candidates to avoid an invasive replacement surgery and return to the sports they love without a joint replacement.

A greater majority of the patients that have undergone our state-of-the-art stem cell procedures have thus far not gone on to knee replacement surgery. These results are very similar for patients that have undergone hip procedures in an effort to avoid hip replacement surgery.

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***“More than ninety percent of stem cell patients have not gone on to knee replacement surgery.”***

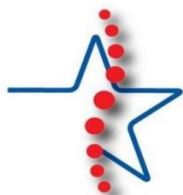
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More than 600,000 knee replacements are performed the United States yearly. These include patients that have spent years skiing hard, running marathons, walking golf courses or just suffering from chronic arthritis. Many of these surgeries can be avoided by alternatively undergoing a minimally invasive state-of-the-art stem cell procedure.

By opting for stem cell therapy and avoiding knee replacement surgery, you may have the potential to avoid the long painful recovery, weeks of missed work, and the potential surgical risks that include infection, bleeding, blood clots and nerve injury.

You may be an excellent candidate to undergo a low-risk stem cell procedure, which is carried out without general anesthesia, minimal postoperative discomfort and virtually no recovery downtime. In addition, stem cell patients are able to return to work in 1-2 days, and sports in 4-6 weeks.

—Source: ThriveMD







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PHYSICAL MEDICINE

## WE WANT TO HEAR FROM YOU!

Our next issue is not complete without hearing from you. Email us here and we will feature your question, along with our answer here in THE STAR. No need to use your name, just ask away and we will happily answer. You may even receive a prize!

## WINNER, WINNER, CHICKEN DINNER!

It's easy, simply refer a friend to our office and win a prize. But WAIT, there is more. Are all your friends healthy and do not need our services? No problem, log onto google, yelp and leave a review. When we see it, we will send you a personal gift as a thank you!

For our first month, we have decided to answer some of the most common questions we hear from our patients. Next month, we want to hear from YOU!

Email your questions to: [Allstarhealthcaresatx@gmail.com](mailto:Allstarhealthcaresatx@gmail.com)  
and look for your answer here!

**Q: How much does it cost to see if I need stem cell therapy?**

**A:** *It's FREE! Your first consultation is on us. Make your appointment and we will be happy to see you!*

**Q: I am interested in Stem Cell Therapy, what should I bring to my free consult?**

**A:** *Easy. Just bring yourself, and we will take it from there!*

**Q: Where do stem cells come from?**

**A:** *There are 3 different types of stem cells available in the US. They come from: Bone Marrow, Adipose Tissue and Placental Stem Cells from Amniotic Tissue.*

**Q: I'm interested, are there any discounts on stem cell injections?**

**A:** *YES! 10% off your 1st injection, 20% off if you need 2 injections. If you need 3 or more injections, you will get 30% off!*



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