

Bone On Bone?

Have you been given this diagnosis? Have you been told your only option is total knee replacement surgery? Have you been told injections won't work or have you had injections and still have pain?

There is now a safe, non-surgical solution that has been FDA cleared and is available locally. It has been proven to effectively reduce and even eliminate knee pain. There is no down time and you're encouraged to remain active without interruption to your daily routine. And the best part is it's covered by most insurance, including Medicare. A revolutionary, new, non-surgical treatment called Viscosupplementation Therapy is providing hope and relief for many knee pain sufferers. Offered locally by the medical doctors at Joint Relief Associates of New York, this procedure is minimally invasive, requires no surgery and can provide immediate and long-lasting results. Before we can discuss the benefits of Viscosupplementation Therapy, let's consider the most recent facts.

Consider The Facts...

- A recent study shows that Viscosupplementation is more effective than oral NSAIDs and injectable corticosteroids.
- An alarming 1/3 of all knee replacement surgeries yield poor outcomes.
- A Canadian study shows that Viscosupplementation is more beneficial than arthroscopic surgery for knee arthritis.
- According to the American Gastroenterological Association, NSAIDs hospitalize over 100,000 people yearly and are responsible for over 16,500 deaths.
- As per the CDC, 1 in 5 adults suffer from arthritis and by 2030 and estimated 67 million Americans will be diagnosed with Osteoarthritis.

Clearly arthritis and knee pain have already reached epidemic proportions in the United States. If you are experiencing any of the following symptoms in your knees or joints chances are your pain is due to a condition called Osteoarthritis and you may be a candidate for care.

- **Pain:** Your joints may ache, or the pain may feel burning or sharp. For some people, the pain may come and go. Constant pain or pain while sleeping may be a sign that your arthritis is getting worse.
- **Stiffness:** When you have arthritis, getting up in the morning can be hard. Your joints may feel stiff and creaky for a short time, until you get moving. You may also get stiff from sitting.
- **Muscle Weakness:** The muscles around the joint may get weaker. This happens a lot with arthritis in the knee.
- **Swelling:** Arthritis can cause swelling in joints, making them feel tender and sore.
- **Deformed Joints:** Joints can start to look like they are the wrong shape.
- **Reducing Range of Motion and loss of Use in the Joint:** As your arthritis gets worse, you may not be able to fully bend, flex or extend your joints. Or you may not be able to use them at all.
- **Cracking and Creaking:** Your joints may make crunching, creaking sounds

If you are experiencing any of the above mentioned symptoms, do not worry, there is hope. Many of our patients who reported these very same symptoms have seen them reduced or even eliminated after receiving Viscosupplementation Therapy. Have you lost hope or been told surgery is your only option? Don't accept an ultimatum! If you or a loved one have been given an ultimatum by another doctor don't worry, you have options. Feel free to call anytime at **516-590-7410** and ask for your free second, third or fourth opinion. Until recently, the only advice for many suffering from knee and joint pain was to:

- Try exercising
- Try physical therapy
- Try pain pills
- Try muscle relaxers
- Try pain shots
- Try dangerous surgery

If you are tired of trying treatments that don't provide lasting relief, or you are afraid to try any of these treatments, don't worry there is another option. **If you have tried any of these treatments and experienced little to no relief you may still be a candidate for Viscosupplementation Therapy. Call 516-590-7410 and schedule a no cost consultation today!**

How Does This Therapy Work? To See is To Know!

The doctors at Joint Relief Associates use high tech x-ray equipment called fluoroscopy to identify problem areas with great accuracy. (Studies show that simply feeling for the joint space and injecting may not be as accurate as they should be and produce less than excellent results.) Viscosupplementation is then injected into the knee, acting like a lubricant and shock absorber attempting to restore the cushioning and lubricating properties of a normal, younger knee. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.



What Is Injected Into The Knee?

Hyaluronic Acid is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. In patients with osteoarthritis, synovial fluid "dries up" allowing the cartilage of the joint to rub against itself and other surfaces causing pain, inflammation, and in most cases damage to the joint. Think of this treatment like oiling a squeaky door hinge, once applied the squeaking stops and the door moves more freely.

Is This Treatment Covered By Insurance?

Yes! The good news for patients is that Medicare and most major insurances cover this.

Is This Treatment Right For You?

The American Academy of Rheumatology recommends the use of Viscosupplementation Therapy for treatment of Osteoarthritis of the knee. But to be clear, not everyone with knee pain is a good candidate for this highly effective, NO surgery, NO drug method. Our doctors will let you know if you qualify for this safe and effective treatment. To accommodate demand, we have opened our schedule to the first 17 callers to receive a "no cost" consultation.



Total knee surgery. Not for me.

Real Patients, Real Stories, Real Relief!

"Prior to starting treatment at Joint Relief Associates of New York, I suffered with severe pain in both my right and left knees to the point where I couldn't walk steps at all. Now, after treatment I'm totally pain free, playing golf 2-3x per week with no problem. My experience was excellent on all levels-very professional and efficient. I would recommend Joint Relief Associates of New York to anyone with knee problems..." -Dr. Allen P., Age 79, Hewlett, NY

So there you have it, surgery is no longer your only option, hope does exist, and this therapy has helped others like you. So what are you waiting for?

The possibilities of living pain free again and getting your life back on track is well worth the time and effort. Help is only a phone call away... **516-590-7410**

- Covered by most insurance companies including Medicare
- Treatment is safe, effective and requires **NO surgery**
- Call Us Today to schedule your appointment!



Joint Relief Associates
of New York

NYJointRelief.com

516-590-7410 • 99 Grand Ave. (Suite #4), Massapequa, NY

"Risk Free" Consultation

Offer valid for any individual seeking relief of chronic joint and knee pain. Imaging, physical examination and other services necessary to determine candidacy may be required. Not all individuals will qualify for Viscosupplementation Therapy. Call us Today!

HEALTH & SCIENCE



AP / BENNY SNYDER

Students participate in a Youth Aware of Mental Health program at Uplift Hampton Preparatory School in Dallas, a program that includes role-playing sessions.

Schoolkids learn about mental health

The Associated Press

DALLAS — In a scenario playing out in more and more classrooms around the world, a Dallas teenager recently asked her classmate if anything was wrong, noting that she hadn't been acting like herself. The brusque reply: "Just leave me alone."

The ninth-graders at the Uplift Hampton Preparatory school were role-playing as part of a program that aims to teach teens how to spot the signs of depression in themselves and others. Suicide is the second leading cause of death among Americans ages 10 to 18, according to government health statistics, and experts hope the lessons will get help to depressed teens more quickly.

"It's kind of like 'Mental Health 101.' So they talk about depression and anxiety and just common mental health issues, and then I think the most important thing is they talk about what to do if you feel that way," said Tony Walker, senior director of student support services at Uplift Education, which offers the program to all ninth-graders at its network of Dallas-area public charter schools, including Uplift Hampton.

The University of Texas Southwestern Medical Center is administering the program, which is called Youth Aware of Mental health, or YAM, and was developed by researchers at Karolinska Institute in Stockholm and Columbia University in New York.

UT Southwestern researcher Marshall Molsenbocker, who led the program's five 45-minute sessions at Uplift Hampton, said role-playing helps teens talk through difficult issues. When the two girls finished their recent scene, he asked the class what signs of depression they recognized and what might be causing it. He said teens are sometimes too quick to act, and these discussions help them pause to think about what might have mo-

tivated someone to behave a certain way.

Destinie Medina, who participated in the sessions at Uplift Hampton, said it's important to know how to help someone who has depression or suicidal thoughts. She said she also learned "what might cause depression, like what's the difference between depression and sadness."

Research on the program has shown encouraging results. A study published in the medical journal Lancet in 2015 found that it reduced the number of suicide attempts and severe suicidal thoughts of those who went through it.

Interest in the program has increased since then, with some schools in Sweden, Australia, India, England and the United States now offering it, said Camilla Wasserman, a Karolinska Institute researcher and one of the program's creators. She said one of its strengths is that it encourages discussion.

"We don't really believe in right or wrong answers and we explore all types of situations," Wasserman said.

This is the third year UT Southwestern has offered the program. It's reached more than 18,000 students in that time and is currently in more than 30 Dallas-area schools.

Dr. Madhukar Trivedi, who oversees the program and conducts research on depression at the university, said assessments of students before and after completing the program shows they improve their knowledge of what to do when someone needs help and that their own symptoms of depression and anxiety decrease.

New York and Virginia, meanwhile, recently passed laws requiring such lessons. "It was an idea, frankly, whose time had come," said Glenn Liebman, CEO of the Mental Health Association in New York State, Inc., a mental health advocacy group that spent several years pushing for the legislation before it passed.