

Head to Toe[®] Health Report...

Dedicated to Your Health!

Winter 2013/2014 Highlights:

- > Fully Adjustable Eyeglasses
- > Noninvasive Cellulite Reduction
- > Stem Cell Therapy
- > Novel Neuropathy Treatments

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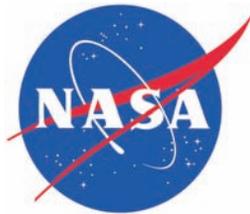
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Specializing in Pain Relief for the Legs & Feet
A subdivision of Head to Toe Healthcare, PLC

Fully adjustable eyeglasses, are literally out of this world!



SuperFocus glasses were originally designed to deliver perfect focus for all distances to hundreds of people on planet earth with aging eyes. Now, SuperFocus is even helping astronauts see better on long space flights!

SuperFocus technology was used on discoveries final spaceflight STS – 133 and aboard the international space station. The average age of astronauts today is approximate 48 years old, so many have presbyopia, or difficulty with focusing on near objects. A natural consequence of aging is the loss of flexibility in the lens of our eyes. Adjustable focus eyeglasses mimic the natural action of the human eye and allow for one pair of glasses, instead of multiple pairs of glasses for different distances.

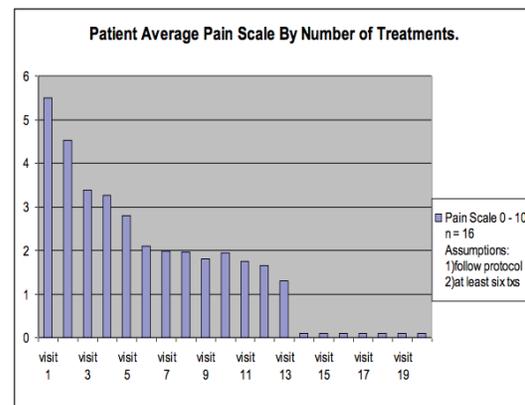
Now you can join astronauts in the saving of time and frustration dealing with multiple pairs of glasses. SuperFocus glasses allow patients to choose the perfect focus for every distance from near and far. With an easy to adjust slider on the bridge of the glasses, the wearer can go from reading a newspaper to viewing a television set to scanning the horizon with impressive clarity at all distances. With SuperFocus, the adjustable lenses allow wearers to choose the exact correction that best meets their needs for distance and lighting conditions. Head to Toe Healthcare, PLC is proud to be the exclusive provider in the Tucson area. Stop compromising, to learn more, stop by for a complementary demonstration.

Another novel approach to treating peripheral neuropathy: Electrical signal therapy



Electrical Signal Therapy, also know as Neuromodulation is a new treatment that is revolutionizing treatment for all types of neuropathy. This office based therapy reprograms the nerves by redirecting the waveform of the nerve nonsurgically to effect improved sensation. EST has the potential to improve a variety of complaints such as balance issues, numbness, tingling, pain, burning, stabbing and shooting pains and sleep problems.

Electrical signal treatment helps to regenerate nerves by using electrical waves to simulate a person's brain function; in conjunction with a series of injections, to bring more blood flow to your damaged nerves. The more blood flow that your damaged nerves get while being stimulated, the faster your regeneration takes place. *Odell RH, Sorgnard R. Anti-Inflammatory Effects of Electronic Signal Treatment; Pain Physician 2008; 11:891-907.*

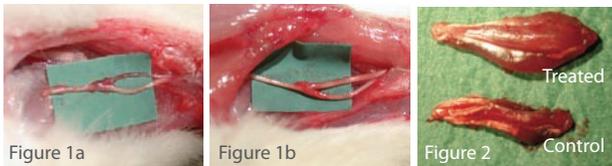


Lasers and Nerve Regeneration

Numerous scientific studies have shown laser therapy to have beneficial effects on nerve cells. Laser therapy has been shown to prevent or decrease degeneration of motor nerves and to also increase the rate of axonal growth and myelination. *Neurosurg Focus 26 (2):E8, 2009.*

In Vivo Research

Studies carried out on rats to assess the extent of nerve regeneration following neurorrhaphy, (operation in which a nerve is cut and then reconnected) demonstrate greater nerve regeneration with laser treatment. As can be seen in these photos following surgery, (figure 1a: nerve regeneration if untreated; figure 1b: nerve regeneration if treated with the laser). Improved nerve regeneration results in a more complete muscular mass and strength recovery. Note the difference between the laser treated animals and the control group (figure2).



Stem cell therapy

Head to Toe Healthcare, PLC utilizes amniotic stem cells which are harvested without destroying embryos. Amniotic stem cells have the potential to differentiate into skin, cartilage, cardiac tissue, nerves, muscle, and bone. Amniotic stem cells are an advanced regenerative repair type of therapy that uses liquid from fetal afterbirth tissue. This non-steroidal, anti-inflammatory delivered amniomatrix injection can help manage pain, regenerate nerves or soft tissue, and facilitate plantar fascia or Achilles tendon repair. Instead of masking the pain through the use of steroid injections, this is a regenerative medicine approach. *J Pharmacol Sci. 2007 Nov; 105(3):215-28.*

Amniotic stem cells are often paired with laser therapy, the two treatments have great synergy and have been known to accelerate recovery. Laser therapy has been researched and scientifically proven to be effective for multiple conditions, such as accelerating the recovery of chronic Achilles tendinopathy. *AM J Sports Med 2008;36,881-887.*

Noninvasive cellulite reduction: Cellupulse

Cellulite is the fatty deposits under your skin that give the appearance of being dimpled or some describe it as an orange peel appearance of skin primarily on the thigh and buttocks.



Hormones, genetics, lifestyle, exercise, diet and metabolism all play a role in cellulite formation. Cellupulse Therapy is a procedure that uses pressure waves that reduces cellulite by manipulating the connective tissue deep under the skin's surface using acoustic pulses that pass through the skin and fat to release the cells causing cellulite. The process works by increasing circulation, collagen production, and tissue elasticity, and the end result is considerably smoother skin. Inch loss is generally not significant with this treatment. Results tend to be better for those who are near their ideal weight, and follow a reasonable healthy diet and exercise regimen. The procedure requires no anesthesia, and to date, no serious complications have been reported. Some patients have experienced slight discomfort, redness, and bruising in the treated areas.

Ugly Toe nails? Second generation laser with even better results

If you are one of the millions suffering from toenail fungus, you know how embarrassing it can be. Topical treatments rarely work, oral medications damage your liver, and removal of your nail is painful. Laser treatment of nail fungus is the most effective treatment available and doesn't carry the pesky side effect of organ damage.



Before



After

> Gift of Eyesight Program

Don't toss out your old glasses! Please consider donating them to our Gift of Eyesight Program. We will distribute them to people in need.