

Head to Toe® Health Report...

Dedicated to Your Health!

Winter 2011/2012 Highlights:

- > Dry Eye Treatments
- > Prescription Medical Foods
- > Diabetic Neuropathy Supplementation

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

Dry Eyes? Ask your eye doctor about Punctal Plugs & DHA!

Punctal plugs can be effective in treating moderate to severe dry eyes that don't respond to the artificial tear drop routine. The natural tears that we make drain into the nose via tear ducts. By blocking the outflow of tears, more moisture can be retained in the eye.

A relatively simple & painless in-office procedure can be done to insert plugs of collagen or silicone into the tear ducts near the eyelid margin. Oftentimes, we start with a dissolvable plug to ensure these plugs give a desired result. Permanent plugs can be placed at a later time and oftentimes provide many years of more comfortable eyes. There are two tear ducts for each eye, both near the nose, one on the lower and one on the upper lid. Typically this treatment involves

Puncta Plugs and DHA are beneficial in the treatment and prevention of Dry Eye Syndrome.

only one duct blockage per eye to start with. We don't want excessive crying (or whining) in the office.

Punctal plugs can increase eye comfort, especially with contact lens wear. The lower frequency of artificial tear use can be both more convenient and also prove to be economically beneficial as well.

There is a significant body of evidence that omega-3s are beneficial in the treatment and prevention of dry eye syndrome. The two major components of Omega-3 are DHA & EPA, and studies tend to lump



these two components together for their beneficial effects. However, DHA is the more effective component as it has anti-inflammatory properties and is highly concentrated in mem-

branes of the eye. Since DHA produces most of the Omega 3 benefits, it makes sense to take a high DHA formulation when supplementing with fish oils.

Cont Lens Anterior Eye. 2010 Apr;33(2):49-54.

Rx Medical Foods: Improve neuropathy & pain without harmful side effects

What's great about Rx Medical Foods is that they are natural, unlike the synthetic medicines we as a society have used for years. Medical Foods are also backed by the FDA regulatory process, which ensures



that rigorous science has been applied. Patients get the advantages of a natural and safe product that is backed by scientific trials.

Medical foods allow for the dietary management of disease without the harmful side effects. All ingredients found in Medical Foods are recognized as safe by the FDA, and carry a GRAS (Generally Recognized as Safe) label and are found in the normal food chain. Medical Foods are doctor prescribed and ingredients are non-addictive and non-toxic.

The body uses amino acids, which are found in protein, to make neurotransmitters. These amino acids come from the foods we eat; therefore, the wrong diet can cause a lack of neurotransmitters. Stress, disease,

Patients get the advantages of a natural and safe product that is backed by scientific trials.

environment, genetics and prescription drugs can also cause a depletion of neurotransmitters. Medical Foods can be used to treat pain and neuropathy, re-establishing depleted neurotransmitters and restoring more optimal cellular function. Medical foods can be taken in addition to prescription drugs as they work through a different pathway from Prescription drugs. *Am J Ther. 2010 Sept 21.*

Advanced Regenerative approach to Treating Tendon & Ligament Injuries

In the Winter 2009/2010 H2T Health Report, we discussed PRP (Platelet Rich Plasma) therapy. This therapy has been used by many professional athletes to help heal their various injuries. The patient uses



their own blood to help accelerate their healing process. While this treatment can be very effective, and may prevent surgery, another more advanced regenerative repair type of therapy

uses liquid from fetal afterbirth tissue.

This FDA regulated liquid tissue from fetal cells is derived from amniotic fluid, which contains many complex proteins, cytokines, growth factors, multipotential cells and soluble mediators present to protect the fetus during development. These components are believed to enhance the body's natural regenerative process to promote improved healing, reduce pain and inflammation and create a microenvironment where the body's own repair mechanisms are more effective.

This non-steroidal, anti-inflammatory delivered Amino Matrix injection can help manage pain, soft-tissue injury such as plantar fasciitis, Achilles tendon injuries, and even fracture 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.

Rejuvenate Skin With Chemical Peels

A chemical peel is a facial treatment technique used to improve and smooth the texture of the facial skin through the use of a chemical solution that causes the dead skin to slough off and eventually peel off.

Chemical peels also stimulate production of the underlying layer of skin cells, stimulating collagen and elastin levels, which are the building blocks to supple and healthy skin. The regenerated skin is smoother and less wrinkled than the old skin.

From start to finish, chemical peels take approximately 20-30 minutes. There is very minimal or no downtime. Each chemical peel is customized for your skin type. The frequency of a



chemical peel depends on the condition of your skin and the results desired.

Chemical Peels can be a great way to rejuvenate your skin and give you back that youthful, healthy glow. When done conservatively, peels can be a signature part of your skin care regimen.

Diabetic Neuropathy Supplementation

While several supplements have been touted to improve symptoms of diabetic neuropathy, we'll narrow our focus to 2 supplements: Alpha-Lipoic Acid & Vitamin D. Alpha-Lipoic Acid has more supportive scientific literature than most other supplements and has been shown to delay or reverse peripheral diabetic neuropathy, and has minimal side effects. Alpha-Lipoic acid has been shown to improve motor nerve conduction velocity and protect peripheral nerves from ischemia (lack of blood flow) in diabetic rats.

ALA has been found to stimulate nerve growth factor and promote nerve fiber regeneration. ALA has also been found to improve microcirculation in patients

Alpha-lipoic acid has been found to reduce pain and numbness.

with diabetic neuropathy. In a recent study, neuropathic

diabetic patients treated with alpha-lipoic acid had reduced pain and numbness. *Rev Diabet Stud. 2009 Winter;6(4):230-6.*

Vitamin D is another supplement that has gained traction as of late, and is reported to reduce pain levels in patients with diabetic neuropathy. A study out of Australia found that lower pain scores were found to be correlated with higher blood levels of vitamin D. Treatment with vitamin D resulted in a 48.5% reduction in trial participant pain scores. Evidence suggests vitamin D promotes nerve growth and facilitates neuromuscular function. About 81% of adults with diabetes have vitamin D insufficiency. Inadequate levels of vitamin D may increase nerve damage and pain. Vitamin D insufficiency is under recognized in the diabetic patient and may be a significant contributor to neuropathic pain. Vitamin D supplementation is unlikely to have harmful effects and may also benefit glycemic control in diabetic patients. *Diabet Med 2011 Jul 4. Doi: 10.1111/j.*

> **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.