



Nirvana Healthcare

Newsletter Issue #1 December, 2023





Newark Vein & Vascular

a division of Nirvana Healthcare



What we do

At Newark Vein and Vascular Center, LLC, we provide high-quality skin and vein treatment to our patients throughout the New Jersey metropolitan area. Our procedures are supported by the latest vascular technology and treatments, and conducted by highly experienced professionals in a clean, comforting environment.

Services we provide

- ✓ Endovenous laser treatments
- ✓ Sclerotherapy with Varithena and Asclera for large veins
- ✓ Sclerotherapy with Asclera for spider veins and reticular veins
- ✓ Vein mapping ultrasound
- ✓ Compression stockings



Schedule an appointment with us to learn more about vein treatment options.

📞 973-639-754

🌐 Nirvanahealthcare.com

485-491
Mount Prospect Ave.
Newark, NJ 07104

Managing Chronic Conditions Diabetes



DIABETES

38
million

about 38 million
people have diabetes.



That's about 1 in every 10 people.

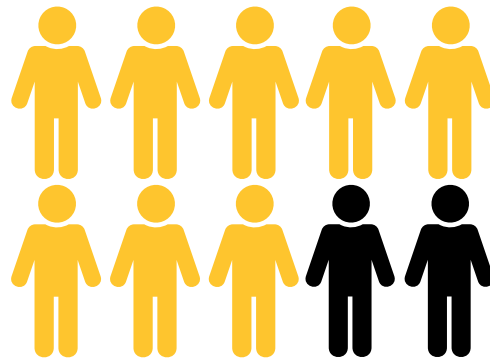


1 in 5 people don't
know they have it.

PRE-DIABETES

98
million

About 98 million American adults—
more than 1 in 3- have pre diabetes.



More than 8 in 10 adults with
prediabetes don't know they have it.

RISKS

People who have diabetes are at risk of serious health complications:

Blindness



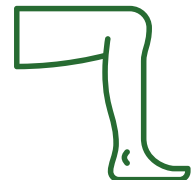
Kidney Failure



Heart Disease



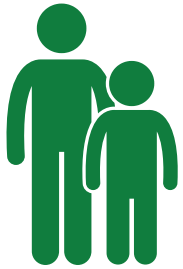
Loss of toe, feet or leg



COMMON TYPES OF DIABETES

TYPE 1

Body doesn't make enough insulin



Can develop at any age.



No known way to prevent it.

5-10%

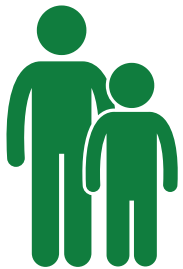
In adults, type 1 diabetes accounts for approximately 5-10% of all diagnosed cases of diabetes.

18,000

Just over 18,000 youth diagnosed each year in 2017 and 2018.

TYPE 2

Body can't use insulin properly



Can develop at any age.



Most cases can be prevented.

90-95%

In adults, type 2 diabetes accounts for approximately 90-95% of all diagnosed cases of diabetes.

Nearly 5,300

Nearly 5,300 youth diagnosed each year in 2017 and 2018.

What can you do?

You can prevent or delay type 2 diabetes



Eat healthy



Exercise



Lose weight

You can manage diabetes



Work with a health professional



Stay active



Eat Healthy

WE ARE **OPEN ON WEEKENDS NOW!**



Christina Errazo, ANP
485-491 Mount
Prospect Ave.
Newark, NJ 07104

December 2, and 3

Saturday: 8am - 4pm

Sunday: 10am-5pm

973-485-6433



Bela Laschiver, APN
613 Park Ave.
East Orange, NJ 07017

December 16, and 17

Saturday: 8 am - 4 pm

Sunday: 10 am-5 pm

973-672-8573



Nirvana Healthcare

NEW PHYSICIAN ALERT!



JULIO VEGA, MD

**BOARD CERTIFIED: PSYCHIATRY
AND NEUROLOGY**

**Neurologist & Physical Therapy Specialist
located in East Orange and Newark, NJ**

Dr. Julio E. Vega is a distinguished physician specializing in Neurology, with a focus on Neurophysiology. He holds the esteemed certification of the American Board of Psychiatry and Neurology in Neurology. His academic journey is marked by excellence, having pursued a Doctor of Medicine degree from Louisiana State University Health Sciences Center, with a Bachelor of Science in Biology from Loyola University, Magna Cum Laude.

He has presented on a range of topics including Atypical Facial-Cervical Pain management, Hereditary Spastic Paraplegia (SPG-73), Parsonage-Turner Syndrome, Anterior Interosseous Nerve recovery after Neurolysis, Jugular Foramen Meningioma, and more. Dr. Vega's contributions extend beyond research; he served as Chief Resident of Tulane Neurology, demonstrating his leadership and dedication.

Notably, Dr. Vega's teaching experience includes organizing board review sessions for Tulane Neurology residents and instructing medical students on the lumbar puncture technique. He is an active member of various medical associations, including the American Academy of Neurology and the American Headache Society.

Dr. Vega's commitment to advancing neurological care and his impressive portfolio of research and experience make him a valuable asset to the medical community. With a strong desire to make a meaningful impact, Dr. Vega looks forward to collaborating closely with the community, working together to enhance neurological health and provide compassionate care.

In addition to his academic achievements,
Dr. Vega is multilingual and fluent in Spanish.

To Schedule an Appointment:

508 Mount Prospect Av. Newark, NJ 07104

862-229-1515



North Ward Behavioral Health



Nirvana Healthcare

Nirvana Healthcare

NEW PHYSICIAN ALERT!

JENNIFER TRELA, MD

FAMILY MEDICINE

**Internist located in East Orange and
Newark, NJ**



Meet Jennifer F. Trela, a highly motivated and dedicated Family Medicine practitioner. Jennifer possesses a strong foundation in medical knowledge and clinical skills, making her a compassionate and proficient Family Medicine physician. During her medical education, Jennifer completed elective rotations in various renowned medical centers. She demonstrated her versatility and dedication in completing electives in Cardiology and Pulmonology at Newark Beth Israel, Newark, NJ. Her Sub-Internship in Family Medicine at Emory DeKalb Medical in Atlanta, GA, further enriched her clinical acumen. Jennifer's extensive experience includes core clinical rotations in Psychiatry, Family Medicine, and various specialties like Internal Medicine, Pediatrics, Obstetrics and Gynecology, and Surgery at prestigious institutions, including New Bridge Medical Center, Paramus, NJ, Hackensack Mountainside Medical Center, Montclair, NJ, and St. Peter's University Hospital, New Brunswick, NJ.

Jennifer's expertise lies in conducting patient evaluations, diagnosing and treating acute and chronic conditions, and managing patient care plans. She is well-versed in providing outpatient and inpatient care, urgent care, preventive medicine, and obstetrics. Her exceptional communication skills enable her to establish strong connections with patients, families, and interdisciplinary healthcare teams.

Jennifer thrives in fast-paced environments and excels at managing and prioritizing multiple tasks with proficiency in using electronic medical record (EMR) systems like Epic for documentation and patient management.

For high-quality patient care from a compassionate and proficient Family Medicine physician, Jennifer F. Trela is your ideal choice. Her dedication to empowering health and transforming lives ensures your well-being is in capable hands.

To Schedule an Appointment:

485-491 Mount Prospect Ave. Newark, NJ 07104

973-485-6433



Nirvana Healthcare

James
Friedlander
DO, MS



Farewell

Today, we share both bittersweet news and warm wishes as we announce the departure of our esteemed colleague, Dr. Friedlander, from our Salerno Medical Associates family. After of years of dedicated service and unwavering commitment to the well-being of our patients, Dr. Friedlander has decided to embark on a new chapter in his professional journey. While we are sad to see him go, we wholeheartedly support his decision and are genuinely grateful for the indelible mark he has left on our practice.

Dr. Friedlander has been a pillar of expertise, compassion, and empathy, touching the lives of countless patients with his exceptional medical skills and genuine care. His dedication to providing personalized, patient-centered care has been a source of inspiration for us all. As we bid farewell to Dr. Friedlander, we extend our deepest gratitude for his contributions to Salerno Medical Associates and the entire Nirvana Healthcare practice and the positive impact he has had on the lives of our patients. We wish him nothing but the best in all his future endeavors. May this new chapter bring him continued success, fulfillment, and joy.

For our patients, we want to assure you that your health and well-being remain our top priorities. Our commitment to providing excellent medical care and personalized attention remains unwavering. While we will miss Dr. Friedlander, we are actively working to ensure a seamless transition for all our patients.

Thank you for being a valued part of our family. We look forward to continuing to serve you with the same level of care and dedication that you have come to expect from us. Wishing Dr. Friedlander the very best in his future endeavors, and look forward to a continued journey of health and well-being with all our patients.

To Schedule an Appointment:

613 Park Avenue, East Orange, NJ 07017

973-672-8573



ARMENTI

MEDICAL GROUP



Nirvana Healthcare

COMING SOON!
NEW LARGER LOCATION!



973-672-8573

146 Adams St, Newark, NJ 07105

JANUARY 2024



TIPS TO STAY HEALTHY DURING THE HOLIDAY SEASON



Mental Health

Many people find themselves depressed during this time of the year. Not everyone is happy. Check with your friends and family.

Self Care

It's the season for giving, but if you can't take care of yourself, how can you be helpful to others?

Realistic Expectations

Whether it is family pressure, gift-giving, or other obligations, set realistic expectations that align with your values.

Pick Your Favorites

With so many tempting food options, control your calorie intake by picking only your favorites.

Immune System

Sometimes you can't escape cold and flu, but you can take precautions. Get vaccinated.



Make Lists and Prioritize

Delegating appropriately helps one stay sane. You don't have to please everyone.

Exercise

Are you too busy? What are you doing while your apple pie is baking in the oven?





Nirvana Healthcare

Contact us

YOUR HEALTH IS OUR PRIORITY

☎ 973-672-8573

