



Nirvana Healthcare

JULY *Newsletter*

2024



Nirvana Healthcare

WWW.NIRVANAHEALTHCARE.COM

CONGRATULATIONS TO Jonathan Gonzalez, PHARM.D

Diabetes Care
& Education
Specialist
Certification



Jonathan Gonzalez, Pharm.D
Clinical Pharmacist



July 2024 Newsletter



Leg Heaviness and Vein Disease

Leg heaviness and fatigue can be due to a number of causes including venous insufficiency. Leg heaviness caused by venous insufficiency is often accompanied by a dull aching sensation and is worse at the end of the day. These symptoms may be subtle and may build up progressively over time, many people will mistake them for part of the normal aging process.

What causes Leg Heaviness?

Leg heaviness, or a sensation of aching fatigue in the legs, can be due to several causes. Muscular disorders, joint issues, and circulatory disorders. The most common cause overall is venous insufficiency or vein disease.

The veins in the leg bring blood up, against gravity, to the heart. They do this using the help of one-way doors called valves that are scattered at regular intervals along the length of the vein. Blood flows past a valve then the valve shuts, preventing the blood from flowing back down to the feet. Over time, however, the valves become dysfunctional and start to leak. Blood pools in the vein below the valve and, over time, new spider and varicose veins form on the surface of the skin. Long term, complications such as ulcers and skin changes may occur.

Signs your leg heaviness is due to vein disease:

- Leg heaviness that is worse at the end of the day or in hot weather.
- Leg heaviness improves with compression stockings.
- Leg heaviness that improves with exercise.
- The leg heaviness is accompanied by cramps
- You experience restless legs
- You have skin changes, hair loss, or ulcers
- You notice varicose veins (bulging blue veins) or spider veins on your legs.

Ways to help Leg Heaviness

- Compression Hose: Medical-grade compression stockings can help. The stockings exert high pressure on the ankles and lower calves, pushing blood upwards and improving circulation.
- Treatment for leg heaviness depends on the underlying cause.

**Happy work anniversary to
our team member:**

Jeromena Valerie



**Birthday Shoutout to:
Adonnis Murray Brock 7/6**



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

 973-672-8573

 Nirvanahealthcare.com

485-491

Mount Prospect Ave.
Newark, NJ 07104

July is

UV Safety Awareness Month



While sunshine is essential for your body to process vitamin D, ultraviolet (UV) radiation can quickly damage your skin, no matter your skin tone.

1 in **5**

1 in 5 Americans get skin cancer.



Skin cancer is the most common type of cancer in the United States.



UV light exposure causes most skin cancers.



Just five sunburns doubles your risk of developing melanoma, the deadliest form of skin cancer.

Sun safety is easy:

- Stay in the shade when possible.
- Stay inside when the sun is at its brightest.
- Use a broad-spectrum sunscreen with an SPF of at least 30 and reapply frequently.
- Wear a hat, long sleeves and sunglasses.



ARMENTI

MEDICAL GROUP

NEW PROVIDERS

ALERT!



Rachel Segal,
MSN



Sonia Rodrigues
DNP, AGPCNP, RN, CEN,
EMT

We are thrilled to announce the addition of two outstanding professionals to our healthcare team at Armenti Medical Group, Rachel Segal, MSN, and Sonia Rodrigues, DNP, AGPCNP, RN, CEN, EMT.

We are confident that Rachel and Sonia will be exceptional additions to our team, and we look forward to the positive impact they will make.



FT. LAUDERDALE, FLORIDA

Now Open!



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What our patients say July Reviews



Salerno Medical Associates



Dr. Nawar Alobaidi was great, to the point and respectful. All supporting nurses were really attentive, and detail oriented. Check out associate was a bit distracted, seemed like she didn't want to be there; but I was out my way either way so no biggie! :) Excited for my follow up appt. Def recommend!



Metropolitan Medical Group



Thank you for you gain my trust which is very hard to do. I look forward to working with you to get me back on track to get some living and peace of mind. Blessings.



North Ward Medical Arts



Thank you for you gain my trust which is very hard to do. I look forward to working with you to get me back on track to get some living and peace of mind. Blessings.



Prospect Spine and Pain



Thank you for being my Doctor. You're the best. May God bless you and your family. Happy Fourth of July be careful out there. I love you so much thank you for everything for your help and your caring for your patience. You're the best doctor I ever had.



Newark Vein and Vascular Center



Thank you so much. I am walking & everything is great. Dr. Lutchman & assist was excellent and did a great job to ease my fears. Im walking & feeling no pain. See u on next leg. Thank you