



Nirvana Healthcare

AUGUST *Newsletter*

2024



Nirvana Healthcare

WWW.NIRVANAHEALTHCARE.COM

**INTERNIST
OF THE YEAR**

**THE TOP
DOCTORS**

in 60 Specialties



NEW JERSEY

2024

ALEXANDER SALERNO, MD



August 2024 Newsletter



Congratulations to our team for achieving another milestone
18,000 procedures!

Let's continue to be dedicated and committed to
providing great care.

Lipodermatosclerosis and venous insufficiency

Lipodermatosclerosis is a chronic inflammatory condition that causes hardening of the skin on the lower legs and also underlying venous insufficiency that can end up in the CEAP stage C4.

Causes:

Venous diseases, such as venous incompetence, venous hypertension, and obesity often cause Lipodermatosclerosis.

What are some complications?

- Poor wound healing because of chronic inflammation
- Venous ulcers that can be difficult to treat

Clinical features:

- Acute phase: mimics cellulitis with induration, pain, itching, aching, swelling, and heaviness.
- Chronic phase: give symptoms such as induration and pain. Subcutaneous fibrosis may result in the narrowing of the lower limbs causing the legs to have an upside-down champagne bottle appearance.
- Other features that may be present are chronic venous insufficiency, hyperpigmentation, varicose veins, venous eczema, and venous ulcer.

Treatments:

- Physical activities(walking)
- Weight reduction
- Compression therapy and elevation
- Venous insufficiency treatments

Happy work anniversary to our team member:

Thomas Grimke : 4 yrs.

Geraldina Fetahu: 3 yrs.

Gina Valdetano : 2 yrs.



Birthday Shoutout to:

Medical Assistant

Yanette Garcia 8/9



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

📞 973-672-8573

🌐 [Nirvanahealthcare.com](https://www.Nirvanahealthcare.com)

485-491
Mount Prospect Ave.
Newark, NJ 07104

Understanding Blood Pressure Readings



High blood pressure, also known as hypertension, can lead to serious health problems including heart attack or stroke. Measuring your blood pressure is the only way to know if you have it. Controlling high blood pressure can help prevent major health problems.

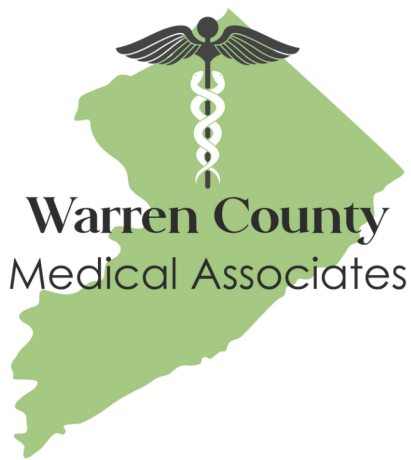
Healthy and unhealthy blood pressure ranges

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
<u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

If your blood pressure is in the normal range, stick with heart-healthy habits such as following a balanced diet and getting regular exercise. If your blood pressure is elevated, work with your healthcare professional to control the condition.



PRIMARY CARE



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WAVE
Neurology Associates

A DIVISION OF



Nirvana Healthcare

Neurology Services for Nirvana Healthcare Patients

COMING SOON

What our patients say August Reviews



Roseville Medical Society



Dr. Mercado is so patient she takes her time and listens to everything you have to say and she prepared me for the best doctors that she knows how thank you Dr. Mercado I appreciate you for taking care of me.



North Ward
Behavioral Health Center

North Ward Behavioral Health Center



I love going to see my psychiatrist because she always listens to me and advises me. It's a good environment to clean place and she understands what I'm going through and gives me good advice.



Armenti Medical Group



Dr Salerno is a wonderful and caring Doctor, he always knows where to refer you and has a wonderful staff and they all know what they're doing! Made is practice keep on shining!



Prospect Spine and Pain



Dr. Conn and her office staff are extremely caring. Very sensitive to your needs and make arrangements to fit your needs.



Newark Vein and Vascular Center



Great Doctor, staff was quick and fast the office is decorated very well. The staff was attentive Doctor was very knowledgeable with great advice.