



Nirvana Healthcare

NOVEMBER *Newsletter*

2024



Nirvana Healthcare

WWW.NIRVANAHEALTHCARE.COM



NOVEMBER 2024 NEWSLETTER

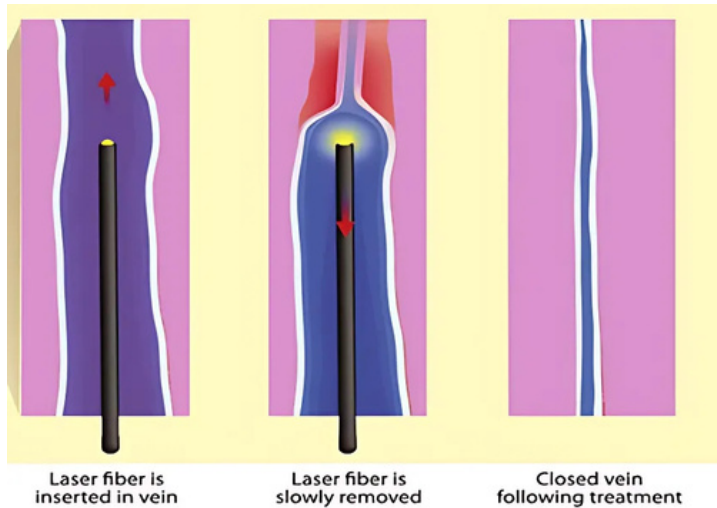
*Schedule an appointment
with us to learn more about
vein treatment options.*

📞 973-672-8573

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

485-491
Mount Prospect Ave.
Newark, NJ 07104

What is a Vein Ablation also known as EVLT (Endovenous Vein Laser Treatment)?



Vein ablation (EVLT) is a procedure that treats vein disease. Through the use of heat, the damaged vein is sealed closed and blood will automatically find an alternative path to the heart. The tissue from the treated vein is protein and is reabsorbed by your body over a period of months.

The ablation (EVLT) treatment is minimally invasive, and most patients report little to no pain. The specialist uses local anesthesia in the treated area to ensure you are as comfortable as possible.

Vein ablation (EVLT) doesn't require you to undergo full anesthesia, and it can be done in 10-15 minutes. Post-procedural recovery time is minimal, and patients usually return to their normal activities the same day or the next day.

NVVC has completed 20,000 Procedures!

Our team would like to thank all Primary Care, Front Desk, Back Office, Vein Techs, MA's, and everyone taking part in this success!

Ablation (EVLT) treats the underlying cause of varicose veins, known as venous insufficiency, in order to relieve symptoms of:

- Pain/aching/throbbing
- Swelling
- Itching
- Fatigue
- Cramps
- Restless legs
- Darkening of the skin
- Non-healing ulcers

Benefits and results of ablation/EVLT:

- Prevents swelling and large varicose veins in later life
- Reduce chance of developing ulcer
- Relief from aches, heaviness and pain
- Better circulation

Side effects of ablation/EVLT treatments can include:

- Temporary bruising/hardness
- Temporary soreness
- Temporary skin discoloration
- Very low risk of DVT

**Ablation/EVLT will
likely be covered by
medical insurance
and Medicare.**

Happy Birthday shout out to Vein specialist call center agent:

Jocelyn Garcia 11/1

Dept. Manager:

Yenisse Perez 11/26

NVVC Vein Tech:

Jeromena Valarie 11/23

Happy work anniversary to:

Yanette Garcia

**Thank you for your hard
work and dedication.**



Dr. Frometa

AT US CUSTOMS AND BORDER PROTECTION



North Ward Behavioral Health



Dr. Frometa, a leading physician with our North Ward Behavioral Health Center, had the honor of visiting the dedicated staff at the US Customs and Border Protection in NJ.

During the session, Dr. Frometa led an insightful discussion about the impact of depression, anxiety, PTSD, and other behavioral health conditions on those in law enforcement, and emphasized the importance of seeking support in these high-stress professions, if needed.



She addressed common misconceptions and worked to reduce the stigma around mental health care that often prevents individuals in these roles from seeking help.

Her visit, during which she was awarded a certificate of recognition, aimed to open the conversation around mental health, reassure staff that they are not alone in facing these challenges, and highlight that seeking help is a sign of strength, not weakness.

THE IMPORTANCE OF MENTAL HEALTH FOR OUR COMMUNITY

- Together, we're working toward a future where every officer feels supported and knows that help is available when they need it most.

Visit our website to learn more.



Fall and Winter Immunization Guide



**COVID-19 and Flu
Updated 2024-25 Vaccines**

**Everyone 6 months
and older**



**RSV Immunization
to Protect Babies**

Vaccine

**Pregnant parents
during weeks 32-36 of
pregnancy during RSV season**

OR

Monoclonal Antibodies

**Babies entering or
born during the RSV season**



**RSV Vaccine
for Older Adults**

(currently, older adults only need to get
the RSV vaccine once; not annually)

**People ages 60 and
over at high risk of severe RSV**

AND

**Everyone ages 75 and
older**



Nirvana Healthcare

Navigating the path to Neurological Wellness



Wave Neurology Associates

At WNA, we are committed to providing dedicated and mindful wellness services, specializing in neurology and psychiatry. Our focus is on understanding and addressing the unique needs of each patient, ensuring comprehensive care that supports both mind and body. Let us guide you on your journey to better neurological and mental health.



Boris Furman, D.O. **Katrina Daae, NP**

Our Services



Brain Health & Memory

Comprehensive care for cognitive function, memory concerns, and brain health.



Headache Relief

Expert diagnosis and management of migraines and other headache disorders.



Balance & Fall Prevention

Strategies and therapies to improve stability and prevent falls.



Movement Disorders

Tremors & Parkinson



And More

Tailored services to meet your unique neurological and psychiatric needs.

Your wellness is our priority!
let us help you live a healthier,
more balanced life.

Now Taking New Patients! Call us at: 732-851-5546



What our patients say

November Reviews



Metropolitan Medical Group



I absolutely had a great visit at Metropolitan Medical Group, Dr Christina was very talkative and gave me the best advice I needed, she would go above and Beyond to make sure you're satisfied.



North Ward Medical Arts



North Ward Medical Arts is one of the best Nirvana Healthcare centers to go All of the Doctors are on point the whole staff is beautiful much respect to All.



Roseville Medical Society



I appreciate the patience and kind treatment I received from my wonderful doctor, and the staff ♥. I also appreciate all the test I took and more to come, I never experience that in any other Healthcare group, one of the test discovered I had a life threatening condition



Salerno Medical Associates



Very throughout, caring, proactive in her patients wellbeing and concerns, watch out she is very strict in making sure you get your required test done but I love that about her. I will recommend her to any and everyone. She is the best.



Armenti Medical Group



This is a fantastic medical provider. By far the best primary care physician office I've had in over a decade. They are all kind and the doctors and staff are exceptional.