



## FALL INTO HEALTH



Refer a Friend or Family  
Member as a New Patient  
for an unbelievable discount:  
\$49 for exam and 2 X-rays.

A \$200 Value

**Call & Schedule Today!**

Hurry Offer Expires November 15th

Exclusions Include: Car Accidents and Medicare

## WELCOME TO OUR AUTUMN EDITION!

Welcome to Our Celebration of Discovering Chiropractic and Integrated Medical Care! The Best Kept Secret in Health Care. We Invite You To Re-Discover It For Yourself!

One of our missions is to educate our community on the power of Chiropractic while leading families to Natural, Healthy, and Proactive Lifestyles!

To celebrate we welcome you to join us today and become one of the healthiest families in Houston, TX.

Perhaps it has been a while since you have visited our office. If so, we encourage you to take advantage of the promotional offer in this newsletter and to experience the difference in healthcare that Drs. Rick and Patty Savard and the entire team at the Westside Medical and Spinal Centers of Texas have to offer.

Look Forward To Seeing You Soon!

# Not Magic - Spinal Decompression Therapy!

Very often patients present in our office with what they have described as a "slipped disc". As with the fairy tale of slipped discs they are also searching for the magic wand to wave and fix the severe pain that is attributed to this "slipped" disc. Thank goodness we are trained experts in helping you not only know fact from fiction but hold the knowledge and tools to help you recapture the quality of life you desire.

## From the Beginning

First of all, a little basic anatomy is useful. Spinal discs are weight-bearing shock absorbers. They contain a jelly-like ball-bearing center, which is surrounded by tough fibrous cartilage, arranged in concentric, crisscrossing circles. These rings of fibrous tissue separate each vertebra, permitting the natural curves of the spine and to allow us to turn and bend. A disc can thin, wedge, protrude or tear, but thankfully they don't slip.



As a person gets older, the discs naturally lose some of their water content, and cracks and fissures naturally develop in the fibrous cartilage. If a weight-bearing stress is unusual and unexpected, the gel-like material in the center of the disc can push through one of the fissures and possibly irritate a spinal nerve. The nerve can become inflamed and cause symptoms such as radiating pain, numbness, and possibly weakness in an extremity, for example, a leg.

Such symptoms, with or without back pain, are highly suggestive of an inflamed spinal nerve. In fact, a person will usually say the leg symptoms are much worse and of greater concern than any back pain that may be present.

## Understanding the Two Most Common Types

We generally see two types of problems:

1. **Bulging Disc:** A weakened area of a disc allows the centers to bulge and puts pressure on nearby nerves.
2. **Herniated Disc:** A herniated or ruptured disc is more serious and commonly seen in the lower back. The disc's soft center pushes out through an area weakened by trauma or degeneration.

## A Great NonSurgical Treatment Option - Spinal Decompression

Decompression is a non-surgical answer for disc related syndromes of your lumbar or cervical spine. Decompression utilizes sophisticated certified equipment that gently stretches the spine, taking the pressure off the discs and joints, enhancing the natural healing process.

Spinal Decompression Therapy has great results in healing spinal discs and reducing pain caused by:

Herniated/Bulging Discs  
Degenerative Discs  
Chronic Neck/Back Pain  
Sciatica

Radiculopathy  
Arthritis or Facet Syndrome  
Spinal Stenosis  
Pre/Post Surgical Patient Neck/Back Pain

## About Decompression Therapy

The Spinal Disc Decompression Table is designed to alleviate the underlying problems that cause the pain and facilitate the natural healing of discs. With precise and painless computer controlled tension, the specific disc segment is gently distracted to reduce the pressure inside the disc.

Spinal Decompression Therapy comfortably and accurately increases intersegmental disc space, providing non-surgical decompression of discs. Tears in the disc annulus can be repaired, and sufficient fluids and nutrients can be introduced into the nucleus to reverse the disc degeneration, bulging discs, and collapse resulting from an injury. Rehydration of the disc nucleus can restore disc height which relieves the pressure on inflamed facet joints.

### Facts of Life

- Surgery Success rate is 50% & Decompression Success rate is 93%
- Surgery is Painful and Risky & Decompression is Safe and Painless
- Spinal Decompression allows most people to work during the treatment.
- Spinal Surgery causes lost time at work..



### Facts on Spinal Decompression Therapy

- Its a Non-Surgical treatment which is Safe & Painless
- Studies have determined that 93% of patients report relief of symptoms.
- Designed to correct the problem, not just treat the symptoms.
- Pre-determined treatment period

### Ready To Help!

If you or someone you know is suffering from Herniated/Bulging Discs, Degenerative Discs, Chronic Neck/Back Pain, Sciatica, Radiculopathy, Arthritis or Facet Syndrome, and or Spinal Stenosis, we may have a safe nonsurgical solution for you! Call To schedule a consultation with one of our expert team members at the Westside Medical and Spinal Centers of Texas so we may answer any questions you may have and determine if you are a good candidate for Spinal Decompression therapy.

## Fall Into Better Health This Season

### Ready to Get Healthy and Stay Healthy!

If you would like to get back to the activities you love without taking pain medication or needing a few days after to recover, we would love to help! Our goal is to work with you to create a healthier, longer, less stressful life and pain-free life.

### Want to Get Healthier Together?

Make Sure To Ask About Our Other Great Services!

