



THE TRUMPET



FORTIS HEALTHCARE
REVIVE THE STRENGTH WITHIN YOU

May is Your Month: Discover Lasting Arthritis Relief & Our Luxury Stem Cell Journey

May is a significant month for health awareness, encompassing both Arthritis Awareness Month and Physical Fitness and Sports Month. It's a perfect time to shed light on a condition that affects millions of people worldwide and highlight how maintaining an active lifestyle can be supported even when facing joint challenges. **Arthritis** isn't just one disease; it's a broad term for joint pain or joint disease, encompassing over 100 different types. Understanding how it develops, its impact, and the innovative treatments available is crucial for regaining control over your health and staying active.

Arthritis often develops when the protective cartilage that cushions the ends of your bones wears down over time. This is common in osteoarthritis, the most prevalent form. Without this smooth cartilage, bones rub directly against each other, leading to pain, swelling, and reduced mobility. Other types, like rheumatoid arthritis, are autoimmune conditions where the body's immune system mistakenly attacks healthy joint tissue, causing inflammation and damage. Factors like genetics, age, obesity, previous joint injuries, and certain occupations can all contribute to its onset.

Living with arthritis can significantly diminish your quality of life, often forcing people to abandon beloved physical activities or sports. The persistent pain can make simple daily tasks, such as walking, dressing, or even holding a cup of coffee, incredibly challenging, let alone running, lifting, or playing. It can lead to fatigue, muscle weakness, and a loss of independence, impacting your ability to enjoy sports and fitness pursuits. Beyond the physical discomfort, arthritis often takes an emotional toll, causing frustration, anxiety, and social isolation due to the inability to participate in beloved activities, further detaching you from a healthy, active lifestyle.

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May 2026

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The good news is that advancements in medical science offer effective ways to manage and even improve arthritis symptoms, helping you return to your favorite sports and fitness routines. **Pain management strategies** are vital, focusing on personalized approaches to alleviate discomfort and improve function, which is essential for any athlete or active individual. This can include medication, physical therapy, and other non-invasive techniques designed to get you moving again without agony. **Chiropractic care** plays a significant role by focusing on spinal alignment and joint mobility, which can reduce nerve irritation and improve overall body function. For athletes, this means better biomechanics, reduced risk of injury, and enhanced performance, allowing you to participate in sports more comfortably and effectively.

Furthermore, regenerative medicine, especially **stem cell therapy**, is revolutionizing how we approach chronic joint conditions. Stem cells have the remarkable ability to differentiate into various cell types and promote healing and regeneration. When introduced into damaged joints, they can help repair tissue, reduce inflammation, and alleviate pain, offering a more long-term solution by addressing the root cause of the damage. This deep healing can restore joint integrity, making it possible to return to high-impact activities and sports with greater confidence and less discomfort, helping you reclaim your active life.

“

We believe in providing comprehensive, cutting-edge care to help you reclaim your life from arthritis and get back to your peak physical condition. We're excited to offer a truly unique and luxurious experience...”

At our office, we believe in providing comprehensive, cutting-edge care to help you reclaim your life from arthritis and get back to your peak physical condition. We're excited to offer a truly unique and luxurious experience for stem cell therapy. Imagine a rejuvenating escape designed to optimize your healing journey: our exclusive package includes 1 billion exosomes and 20 million potent stem cells for maximum regenerative potential, combined with a lavish two-night stay at one of San Antonio's premier luxury resorts. During your stay, you'll receive personalized in-room therapy sessions and a one-hour massage to enhance relaxation and recovery, preparing your body for renewed activity.

Don't let arthritis define your life or keep you from the sports and activities you love any longer. We're here to help you move better, feel better, and live better.

Call us today to learn more about our luxury stem cell therapy experience and discover how we can help you find lasting relief and get back in the game. Your journey to a more vibrant, pain-free, and active life begins here.

Lemon Berry Parfait

Ingredients

1 cup whipped cream, chilled
1/2 cup lemon curd (store-bought is totally fine!)
2 cups mixed fresh berries
(strawberries, blueberries, raspberries)
Optional: a few shortbread cookies, crushed, for crunch

Instructions

Gently fold the lemon curd into the chilled whipped cream until just combined. Don't overmix!
In small glasses or jars, layer a spoonful of mixed berries.

Top with a dollop of the lemon cream mixture. Repeat the layers, finishing with berries on top. If using, sprinkle some crushed shortbread cookies between layers or on top.

This recipe is simple, delicious, and looks beautiful layered in a glass. Perfect for a quick, elegant treat! Just remember— if you make it for your mama, be sure to clean the (minimal) dishes, too!

Fresh Berries: These little powerhouses are loaded with antioxidants, which help protect your cells, and they're packed with fiber for good digestion.

Lemon Curd: While it has some sugar, lemon itself is a fantastic source of Vitamin C, great for your immune system.

Whipped Cream: In moderation, dairy (from cream) can provide calcium and Vitamin D for strong bones. Opting for real cream over highly processed alternatives means fewer artificial ingredients.



REMEMBER

National Nurse's Day is Thursday
May 7th!

Swing by Nurse Practitioner Mike's office to wish him a wonderful day and to show your appreciation!



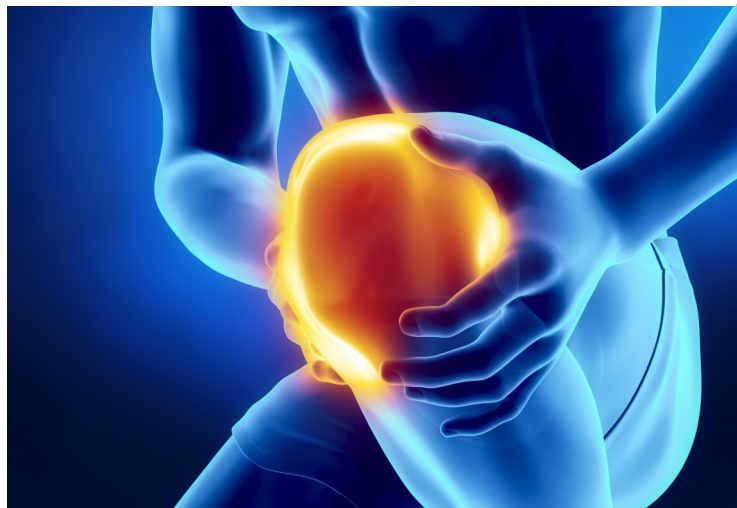
Our office will be
CLOSED
Monday May 25th
In observance of
Memorial Day



Join us Friday May 8th for our
Patient Appreciation Day
Honoring Mothers!

**Don't miss our exclusive Newsletter offer
for the Month of May!**

Start feeling better with PRP!



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&

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3rd Treatment!***

Ask us about our
Luxury Stem Cell Experience



JUNE SNEEK PEAK

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