

THE TRUMPET



FORTIS HEALTHCARE
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Spring into Wellness

Spine Health: What You Need to Know

Your spine is made up of 33 vertebrae, discs, and ligaments that work together to provide flexibility, support, and protection for your body. The spine is divided into three main sections: cervical (neck), thoracic (upper back), and lumbar (lower back). Back pain is a common issue that affects millions of people, with statistics showing that:

- ♣ 80% of adults will experience back pain at some point in their lives
- ♣ Back pain is the leading cause of disability worldwide
- ♣ Most back pain is caused by strain or injury to the muscles, discs, or joints

So what can you do to keep your spine healthy? Spinal decompression is a treatment that gently stretches the spine to relieve pressure on the discs and nerves. This can help alleviate back pain, sciatica, and other related issues. But spine health isn't just about treatment - it's also about maintenance. Here are a few easy exercises to keep your back healthy:

- ♣ Morning stretch: Stand up straight, take a deep breath, and stretch your arms up towards the ceiling. Hold for 10 seconds and repeat 5 times.
- ♣ Seated twist: Sit in a chair with your feet flat on the floor. Twist your torso to the right, keeping your feet and hips facing forward. Hold for 10 seconds and repeat on the left side.
- ♣ Pelvic tilt: Lie on your back with your knees bent and feet flat on the floor. Tilt your pelvis upwards, squeezing your abdominal muscles. Hold for 5 seconds and repeat 10 times.

Chiropractic care is also an essential part of maintaining spine health. Regular adjustments can help improve flexibility, reduce pain, and boost overall well-being. Our chiropractor, Dr. Ballard, can work with you to create a personalized plan to keep your spine healthy and strong.

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DISCLAIMER: All material provided in this newsletter is for information only and should not be taken as personal medical advice. Readers should consult with the appropriate healthcare professional.

March 2026

Women's History Month: Pioneers in Healthcare

March is Women's History Month, and we're excited to shine a spotlight on some trailblazing women who have made significant contributions to the fields of healthcare and chiropractic, areas where we are proud to provide expert care to our community in San Antonio, TX.

Pioneers in Healthcare

- ♣ **Florence Nightingale:** The founder of modern nursing, Nightingale revolutionized healthcare with her emphasis on sanitation and hygiene, reducing hospital death rates from 42% to 2%.
- ♣ **Marie Curie:** A Nobel Prize-winning physicist and chemist, Curie's work on radioactivity paved the way for cancer treatments like radiation therapy.
- ♣ **Virginia Apgar:** An anesthesiologist who created the Apgar Score, a quick assessment of newborn health that has improved infant outcomes worldwide.

Chiropractic Champions

- ♣ **Dr. Mabel Palmer:** Known as "The First Lady of Chiropractic," Dr. Palmer was a pioneering chiropractor and anatomist. She authored the first anatomy textbook for chiropractic students in 1918 and was a strong advocate for women's roles in healthcare.

Other Notable Women

- ♣ **Dr. Patricia Bath:** An ophthalmologist and inventor who developed the Laserphaco Probe, revolutionizing cataract surgery.
- ♣ **Dr. Mary-Claire King:** A geneticist who linked genetics to breast and ovarian cancer risk, paving the way for life-saving genetic testing.

These women, and many others like them, have made significant contributions to healthcare and chiropractic. Let's celebrate their achievements and continue to support women in medicine!

A Healthy Shamrock Shake Recipe

Ingredients

- ♣ 1 cup Frozen Spinach
- ♣ 1/2 cup Frozen Pineapple
- ♣ 1/2 Banana
- ♣ 1/2 Avocado
- ♣ 1/2 cup Unsweetened Almond Milk
- ♣ 1 Scoop Vanilla Protein Powder
- ♣ Ice Cubes (optional)

Blend all ingredients until smooth. Serve immediately and enjoy!



Add ice cubes if you want to kick it up a notch!

This shamrock shake is a nutrient-dense treat that's good for you because:

Spinach: packed with vitamins A and K, and anti-oxidants that support eye health and immune function.

Pineapple: adds vitamin C and anti-inflammatory properties.

Avocado: contributes healthy fats that support heart health and satiety.

Unsweetened almond milk: keeps it low-calorie and dairy-free.

Protein Powder: adds a boost of protein to keep you energized. 😊

It's a guilt-free way to celebrate St. Patrick's Day while nourishing your body!



National Doctor's Day

March 30th

March 30th is National Doctors' Day, and we're thrilled to celebrate our exceptional team of physicians here at Fortis Healthcare in San Antonio, TX.

A Heartfelt Thank You

We want to express our gratitude to Dr. Agustin Sanchez, MD, our Medical Director, for his dedication to providing top-notch care to our community. We're also grateful for Dr. Shannon Ballard, DC, a second-generation chiropractor with 14 years of experience, who brings passion and expertise to every patient interaction. Their expertise and compassion make a difference in the lives of our patients every day.

Join Us in Celebrating

Let's take a moment to appreciate the hard work and compassion of our doctors and all healthcare professionals who make a difference every day. Whether you're a patient, a colleague, or a friend, we invite you to join us in thanking them for their tireless efforts.



Daylight Saving Time Begins

Don't forget to set your clocks forward on March 8th!
Our office will be open in accordance with the new time.



Don't miss our exclusive offer for the Month of March!

Spinal decompression: a non-surgical, non-invasive treatment for back pain, neck pain, sciatica, headaches, and other spine-related conditions.



Spinal Decompression Special

1/2 price

With your purchase of 12 treatments!

**Only \$45 per treatment
with this special offer!**

*Call us to schedule your appointment
and take the first step towards a
pain-free life.*

