

THE TRUMPET



June
EDITION

FORTIS HEALTHCARE

REVIVE THE STRENGTH WITHIN YOU



SCOLIOSIS

Awareness Newsletter

Understanding, Managing, and Living Well



JUNE IS
SCOLIOSIS
AWARENESS
MONTH

WHAT IS SCOLIOSIS?

Scoliosis is a condition where the spine curves sideways into a "C" or "S" shape. While a healthy spine appears straight when viewed from behind, scoliosis creates a noticeable curve that can vary from mild to severe.



SIGNS TO WATCH FOR



Uneven shoulders



One hip higher than the other



A rib hump when bending forward



Clothes fitting unevenly

EARLY DETECTION
MAKES A BIG DIFFERENCE!

WHO DOES IT AFFECT?

- Most common in adolescents (ages 10–18)
- Can also occur in adults due to aging or spinal degeneration
- Often develops without a known cause (idiopathic scoliosis)



HOW IS IT DIAGNOSED?

Doctors typically use:

- ✓ Physical exams
- ✓ The Adams Forward Bend Test
- ✓ X-rays to measure the spinal curve (Cobb angle)



TREATMENT OPTIONS

Treatment depends on severity:



OBSERVATION

Mild curves may just need regular monitoring.



BRACING

Helps prevent progression in growing teens.



PHYSICAL THERAPY

Improves posture, strength, and flexibility. Methods like Schroth therapy are commonly used.



SURGERY

Recommended for severe curves (typically >45–50°). Spinal fusion is the most common procedure.

LIVING WELL with Scoliosis



Stay active: swimming, yoga, and core exercises help.



Maintain good posture habits.



Follow up regularly with your healthcare provider.



Emotional support matters—body image concerns are common, especially in teens.

FINAL THOUGHTS

Scoliosis is manageable, and many people live full, active lives with it. Awareness, early detection, and the right care plan make all the difference.



You're not alone.
WE'RE HERE TO HELP!

DID YOU KNOW?

- ✓ About 2–3% of people have some form of scoliosis.
- ✓ Most cases are mild and don't require surgery.
- ✓ Early screening in schools can help catch it sooner.

AWARENESS SPOTLIGHT

June is Scoliosis Awareness Month—a great time to educate, support, and advocate for early detection.



June marks the beginning of summer—a perfect time to focus on wellness, outdoor activity, and community connection. Whether you're celebrating, learning, or simply enjoying the sunshine, there's something meaningful in every day.

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FORTIS HEALTHCARE

June 2026



Vitamin D

The Sunshine Vitamin

SUPPORTING YOUR HEALTH, INSIDE AND OUT



Vitamin D is more than just a vitamin—it's a hormone that plays a key role in keeping your body strong, your mood balanced, and your immune system healthy.



WHAT IS VITAMIN D?

Vitamin D is a fat-soluble vitamin that helps your body absorb calcium and phosphorus, which are essential for strong bones and teeth. It also supports muscle function, immune health, and helps reduce inflammation.

SOURCES OF VITAMIN D

You can get Vitamin D from sunshine, food, and supplements.



SUNLIGHT

Your body produces Vitamin D when your skin is exposed to sunlight.



FOOD SOURCES

Fatty fish, egg yolks, fortified dairy products, and mushrooms.



SUPPLEMENTS

A great option if you're not getting enough from sunlight or diet alone.

KEY BENEFITS



SUPPORTS IMMUNE SYSTEM

Helps your body fight off illness and infection.



BUILDS STRONG BONES

Aids calcium absorption to help maintain bone density.



BOOSTS MOOD

May help reduce symptoms of depression and improve mood.



SUPPORTS MUSCLE FUNCTION

Important for strength, balance, and overall mobility.



DID YOU KNOW?

Up to 1 billion people worldwide are estimated to have low Vitamin D levels.

Limited sun exposure, darker skin, aging, and certain health conditions can all increase your risk of deficiency.

SIGNS OF VITAMIN D DEFICIENCY

You may be low if you experience:



Fatigue



Low mood



Bone or back pain



Frequent illness



Muscle weakness



TIP: A simple blood test can check your Vitamin D levels. Talk to your healthcare provider to learn more.

TIPS FOR HEALTHY LEVELS



Aim for 10–30 minutes of sun exposure several times a week (arms, legs, or face).



Eat a balanced diet with Vitamin D-rich foods.



Consider supplements if needed—especially in winter months.



Get your levels checked regularly.



A little sunshine goes a long way!

Vitamin D is essential for a healthier, happier you. Make it a part of your daily wellness routine.



Your health matters.

Here's to strong bones, bright days, and a better you!

No-Bake LEMON BERRY CHEESECAKE CUPS

A creamy, zesty, no-bake dessert with a buttery crust and fresh berries. *Perfect for June!*

INGREDIENTS

FOR THE CRUST

- 1 cup graham cracker crumbs
- 3 tbsp melted butter
- 1 tbsp sugar



FOR THE FILLING

- 8 oz cream cheese (softened)
- 1/2 cup powdered sugar
- 1 tbsp lemon juice
- 1 tsp lemon zest
- 1 tsp vanilla extract
- 1 cup whipped cream (or whipped topping)



FOR TOPPING

- Fresh strawberries
- Blueberries
- Raspberries
- Optional: mint leaves



PREP TIME: 20 MINUTES



CHILL TIME: 2+ HOURS



SERVINGS: 6 CUPS



PERFECT FOR: SUMMER PARTIES, BBQS, PICNICS & MORE!

INSTRUCTIONS

1



MAKE THE CRUST:

Mix graham cracker crumbs, melted butter, and sugar. Press a layer into the bottom of small cups or jars.

2



PREPARE THE FILLING:

Beat cream cheese until smooth. Add powdered sugar, lemon juice, lemon zest, and vanilla. Mix until creamy.

3



FOLD IN WHIPPED CREAM:

Gently fold in whipped cream until light and fluffy.

4



ASSEMBLE:

Spoon the cheesecake filling over the crust.

5



ADD TOPPINGS:

Top with fresh berries and mint leaves.

6



CHILL:

Refrigerate for at least 2 hours before serving.



TIPS & VARIATIONS



Swap lemon for lime for a tropical twist!



Add a layer of berry jam between the crust and filling for extra flavor.



Use crushed vanilla cookies or shortbread instead of graham crackers.

MAKE AHEAD FRIENDLY!

These cups can be made a day in advance.

Bright, refreshing, and bursting with summer flavor in every bite!



Hello JUNE!

HOLIDAYS & OBSERVANCES

June is a month full of celebration, awareness, and opportunities to care for ourselves, each other, and our planet. Here are some special dates to remember!

FEATURED U.S. HOLIDAYS



JUNETEENTH

JUNE 19

Commemorates the end of slavery in the United States on June 19, 1865, in Galveston, Texas. A day to reflect, educate, and celebrate freedom and progress.



FATHER'S DAY

3RD SUNDAY
IN JUNE

A special day to honor and celebrate the dads, grandfathers, and father figures who inspire, support, and love us every day.

MONTH-LONG OBSERVANCES



SCOLIOSIS AWARENESS MONTH

Raising awareness about scoliosis, early detection, and treatment options to support spinal health.



NATIONAL SAFETY MONTH

Promoting safety in everything we do—at home, at work, and on the road.



MEN'S HEALTH MONTH

Encouraging men and their families to prioritize health, prevention, and wellness.

GLOBAL & FUN OBSERVANCES



JUNE 5

WORLD ENVIRONMENT DAY

A reminder to care for our planet and take action toward a greener future.



JUNE 5

NATIONAL DONUT DAY

It's the sweetest day of the year! Celebrate with your favorite donut.



JUNE 8

WORLD OCEANS DAY

Highlights the importance of protecting our oceans and marine life.



JUNE 14

FLAG DAY

Honors the adoption of the United States flag on June 14, 1777.



JUNE 21

INTERNATIONAL YOGA DAY

Encourages wellness through movement, mindfulness, and balance.

Seasonal Spotlight

June marks the beginning of summer—a perfect time to enjoy the outdoors, stay active, and focus on what makes you feel your best!



Get Outside



Stay Hydrated



Be Kind

Don't forget!
**NATIONAL
DONUT DAY**
JUNE 5



 Small moments. Big impact. Let's make this June meaningful! 

PRP SPECIAL

— BUY 2 —
PRP
— AND GET —
1/2 OFF
YOUR 3RD TREATMENT

STRONGER.
HEALTHIER.
BETTER YOU.



— HAPPY —
Father's Day

BE STRONG. BE HEALTHY. BE PRESENT.



BENEFITS OF PRP INJECTED

Platelet-rich plasma (PRP) injections are commonly used in joints to treat musculoskeletal injuries, chronic pain, and arthritis, particularly in the knees, shoulders, hips, and ankles.

The procedure involves injecting a concentration of the patient's own platelets directly into the affected joint to stimulate healing, decrease inflammation, and reduce pain.



NATURAL HEALING

Uses your body's own platelets to promote healing at the source.



REDUCES PAIN & INFLAMMATION

Helps decrease discomfort and swelling for improved mobility.



IMPROVES FUNCTION

Restores movement and helps you return to the activities you love.



SHORTER RECOVERY

Minimally invasive with little to no downtime.



CALL US TODAY
210-521-6886



STAY TUNED
FOR NEXT MONTH'S
HIGHLIGHTS



WELLNESS TIPS
FOR A STRONGER,
HEALTHIER YOU



SEASONAL RECIPES
NOURISH YOUR BODY
ALL YEAR LONG



LOOK GOOD. FEEL STRONG. BE YOUR BEST.

