

TULSA CHIROPRACTIC ASSOCIATES NEWSLETTER

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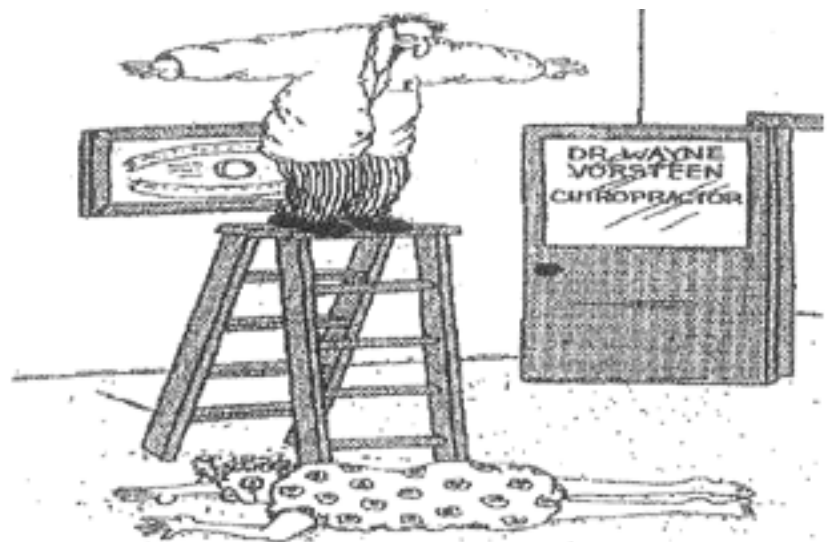
Welcome to the June edition of our newsletter! We have great information and deals for you this month. We want you to take advantage of this and schedule your next appointment. We would like to thank everyone that came to Ladies Night Out and helped make the evening a success.

Come meet our new chiropractic assistant, Ali Romero. Ali is from Zacatecas, Mexico. She likes reading and spending time with her family. She is very excited for this new job opportunity and looks forward to being a part of your journey of health. Although we are sad to see Madison go we are excited to have Ali as a member of our team. Madison will be completing her bachelor's degree in social work at the University of Oklahoma. She is sad to leave TCA but is excited for the new opportunities ahead.

We have a new layout for the newsletter this month. By clicking on the section you want to read you will be taken directly there. We have so many exciting things coming up so be on the lookout for future newsletters.

Sincerely,

Tulsa Chiropractic Associates Staff



"I need to have you just relax and trust me on this, Mrs. Hostrander."

PRODUCT OF THE MONTH



CryoDerm is a topical pain reliever. It temporarily relieves minor aches and pains associated with sore muscles and joints, arthritis, backache, muscle strains, sprains and bruises. CryoDerm products are natural and created to address acute and chronic pain. We carry it in the cold therapy spray, cold therapy roll-on, cool therapy gel, warming lotion and warming roll-on.

Offer valid until 6/30/2018

DID YOU KNOW?

Did you know? Sitting on things in your back pockets such as a wallet or a cellphone is not good for your spine. This causes one hip to be raised higher than the other, creating an unnecessary curve. Sitting like this can generate low back pain. Here are a few tips on preventing that unwarranted pain. Using a smaller wallet or a money clip will not cause as much of a height difference in the hips. You can also move the wallet to your front pocket when you sit or completely remove the wallet from your pocket. This can help with stopping the pain before it starts.



WHAT'S HAPPENING IN JUNE & JULY

New Patient Orientation

Every other Tuesday at 12:15 PM

Every other Thursday at 6:00 PM

Father's Day – June 17th

Scoliosis Awareness Month

Men's Health Week (Second week of June)

New Patient Orientation

Every other Tuesday at 12:15 PM

Every other Thursday at 6:00 PM

Doctor's Day - July 1st

Independence Day - July 4th (Office Closed)

Juvenile Arthritis Awareness Month

SPECIAL OFFER THIS MONTH



TUESDAY JUNE 26!!

Packages available for laser hair removal
Tattoo removal and IPL also available

Sign up for your spot with April at the front desk
or call our aesthetician, Johana for a free consultation
at 832-425-6729 or at the office 918-622-9655

CONDITION OF THE MONTH

SCOLIOSIS



June is [National Scoliosis Awareness Month](#). Scoliosis is a sideways curve in the spine. Patients are likely to develop scoliosis during the growth spurt just before going through puberty. Both boys and girls can develop a case of mild scoliosis at the same rate, but girls are more likely to have a worsened curve requiring treatment. Most people with scoliosis only develop a mild form of the condition, but it can sometimes cause complications. These include lung and heart damage, back pain and appearance.

The goal for [National Scoliosis Awareness Month](#) is to bring together scoliosis patients, families, physicians, clinics and institutes to raise awareness all month long. The Scoliosis Research Society wants to focus on education and early detection. They want to build a network of communities across the country uniting people to advocate for this cause. We want to encourage our patients to educate themselves on this condition and spread awareness during the month of June.

**FOR MORE INFORMATION ON ANY OF THESE
TOPICS VISIT THESE WEBSITES:**

www.cryoderm.com

www.srs.org

www.mayoclinic.org

TULSA CHIROPRACTIC ASSOCIATES

3315 EAST 47TH PLACE, SUITE 120
TULSA, OK 74135

WWW.TULSACA.COM

PHONE: 918-622-9655

FAX: 918-622-9657

EMAIL: INFO@TULSACA.COM