



Healthcare Associates in Medicine, P.C.
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FOR IMMEDIATE RELEASE:

FREE LUMBAR SPINAL STENOSIS PRESENTATIONS AT HCA

Healthcare Associates' neurosurgeons Edwin Chang, Tony Alastra and John Shiau will each give free seminars on how to provide relief for those suffering from lumbar spinal stenosis. Dr. Chang will give the first presentation on Tuesday, March 17th while Dr. Alastra and Dr. Shiau will give presentations, on Tuesday March 24th and Monday, March 30th, respectively. All three presentations will be held at 7:00 PM at 1099 Targee Street, Staten Island New York, 10304. At the seminars, our physicians will discuss the basics of lumbar spinal stenosis including the innovative treatments and technologies to treat it, both non-surgically and surgically. Those interested in attending a presentation are encouraged to R.S.V.P. for a specific event date by calling 718-612-6962.

Spinal stenosis is a condition in which the spinal canal narrows and thus squeezes the spinal cord and nerves. Lumbar (lower back) spinal stenosis results in pain in the lower back region as well as pain and numbing in the legs, thighs and feet. It can also affect the cervical (neck) and thoracic (upper back) spinal regions. The ailment can be caused by a variety of reasons including aging, degenerative disk disease, spinal disc herniation or arthritis.

Doctors Chang, Alastra and Shiau are three of the top neurosurgeons on Staten Island. Our physicians, who specialize in neurology, neurological surgery, orthopaedics and pain management are the community's preeminent providers of coordinated neurological, neuromuscular and musculoskeletal

services. Dedicated to providing our patients with the very best in medical care, we at Healthcare are committed to the ongoing advancement and development of our specialty services.

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