



HEALTHCARE ASSOCIATES in Medicine, P.C.

FOR IMMEDIATE RELEASE:

FREE Lumbar Spinal Stenosis Discussions to be held at Healthcare Associates

Healthcare Associates' Neurosurgeons **Dr. Edwin M. Chang, Dr. Anthony J.G. Alastra and Dr. John S. Shiau** will each give free presentations on how to provide relief for those suffering from **lumbar spinal stenosis**, it was announced today. Dr. Chang will give the first presentation on Monday, November 2nd while Dr. Alastra and Dr. Shiau will each give separate presentations on Tuesday, November 10th and Tuesday, November 17th, respectively. All three presentations will be held at **7:00 PM at 1099 Targee Street, Staten Island New York, 10304**. Those interested in attending are encouraged to R.S.V.P. via e-mail to **PR@hca-si.com** or by telephone at **718-612-6962**.

As the only neurosurgeons on Staten Island, each physician has stellar credentials. Chief of the Neurosurgical Departments at Staten Island University Hospital and Richmond University Medical Center and an NYPD Honorary Police Surgeon, Dr. Chang specializes in the diagnosis and treatment of all aspects of complex upper, mid and lower back pain. A true visionary, Dr. Shiau has established himself as a leader and expert in the field of minimally invasive neurosurgery. In addition to having trained colleagues nationwide and abroad in spinal MIS techniques and cranial endoscopy, he has also performed more of these procedures than any physician in the metropolitan area. Dr. Alastra, meanwhile, has pioneered the use of a unique embolization technique to treat aneurysms, AVM's (Arterio-Venous Malformations) and fistulas and to reduce blood loss encountered in many brain, head, neck and spinal tumors. All three neurosurgeons were recently bestowed with the prestigious ranking of the **top 1 percent** for neurosurgery hospitals in the United States by **U.S. News and World Report**. Each physician also currently has appointments at Staten Island University Hospital.

With this lengthy experience and professional expertise, Dr. Chang, Dr. Alastra and Dr. Shiau will explain the condition of Lumbar Spinal Stenosis and the potential treatment options available to patients. Spinal Stenosis is a condition in which the spinal canal narrows, squeezing the spinal cord and surround nerves. Lumbar (lower back) Spinal Stenosis (LSS) results in pain in the lower back region as well as pain and numbing in the legs, thighs and feet. It can also effect the cervical (neck) and thoracic (upper back) spinal regions. This condition can be caused by aging, degenerative disk disease, spinal disk herniation or even arthritis.

This discussion is part of a series of programs presented by Healthcare Associates. Our physicians aim to continue to provide the highest level of expertise and education for the local community. "As one of the top health care providers for New Yorkers, we aim to maintain an open dialogue with our patients," said Dr. Shiau. "By continuing this series of presentations we hope to expand the knowledge of potential treatments available." At Healthcare Associates in Medicine, we believe education and information are essential to enjoying a healthy and productive lifestyle. Our physicians and staff are dedicated to providing every patient with the appropriate care and treatment based on their personal condition. This is accomplished through coordination of service and by aggressively representing each patient's personal circumstances whereby their care is our primary concern.

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