



HEALTHCARE ASSOCIATES in Medicine, P.C.

FREE Lumbar Spinal Stenosis Seminars 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 to the local community on how to provide relief for those suffering from **lumbar spinal stenosis**. Dr. Shiau will give the first presentation on **Monday, March 8th** while Dr. Chang and Dr. Alastra will each give separate presentations on **Tuesday, March 16th** and **Tuesday, March 23rd** respectively. All three presentations will be held at **6:30 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 in 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 and Richmond University Medical Center.

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.

Contact Information:

Diane Peruggia, Healthcare Associates in Medicine, P.C.

Telephone: 718-514-0366

E-mail: dperuggia@AOL.com

Matt Richardson, Healthcare Associates in Medicine, P.C.

Telephone: 718-448-3210, ext. 4421

E-mail: PR@hca-si.com

NEUROLOGY

Stephen A. Kulick, MD, FAAN, FACP

PEDIATRIC NEUROLOGY

Steven B. Schwartzberg, MD

NEUROSURGERY

Edwin M. Chang, MD, FACS

John S. Shiau, MD, FACS

Anthony J.G. Alastra, MD

ORTHOPAEDICS

Joseph A. Suarez, MD, FACS

Albert B. Accetola, JR., MD

John P. Reilly, MD

Joseph J. Giovinazzo, MD, FACS

Vincent Ruggiero, MD

Daniel S. Markowicz, MD

PAIN MANAGEMENT

Germaine N. Rowe, MD, FAAPMR

Glenn D. Babus, DO

RADIOLOGY

Richard S. Pinto, MD, FACR

Salvatore DeSena, MD

PODIATRY

Mark V. Morano, DPM

NEUROPSYCHOLOGY

Reuven Weiss, Ph. D

Louis Siegel, Ed. D

PHYSICAL THERAPY

Alejandro T. Mariano, PT Cert. MDT

Chintan Macwan, PT

OCCUPATIONAL THERAPY

Mona Samaan, OTR/L, CHT

Bart Zylewicz, OTR/L

ADMINISTRATION

Paul I. Berkley, CMPE

Kathleen M. Tramontana

WEBSITE:

www.HCA-SI.com

Neuroscience Associates of NY

1099 Targee Street
Staten Island, NY 10304
718-448-3210 ph

9920 4th Avenue
Brooklyn, NY 11209
718-238-0878 ph

Imaging Center of SI

65 Columbus Avenue
Staten Island, NY 10301
718-816-7007 ph

Orthopaedic Associates of NY

3311 Hylan Boulevard
Staten Island, NY 10301
718-667-7500 ph

1460 Victory Boulevard
Staten Island, NY 10304
718-447-0182 ph