



*A few words from*  
**Dr. Harris Greenberger**

I feel honored that you trust me to treat your complex foot problems. Your feet are very important to keep healthy. They are the foundation of your body and are extensions of your legs giving weight-bearing support to your ability to stand, walk, run and enjoy other activities. Keeping your feet healthy affects the rest of your body because each time you take a step, your foot movement from the energy of hitting the ground travels through your foot, ankles, knees and all the way up to your head.

Just think about the anatomy of your feet for a minute. They are very complex consisting of 26 bones, 33 joints,

**“The human foot is a masterpiece of engineering and a work of art”.**

Leonardo da Vinci

107 ligaments and 19 muscles. Keeping your feet healthy is very important and when you have persistent foot problems causing you pain, it takes a toll on your whole body and overall health. “It is our mission to alleviate your foot pain and we believe that working together on a comprehensive and personalized treatment plan can get you back to putting your best foot forward.”

My entire staff and I take great pride in successfully treating a broad spectrum of foot and ankle conditions and look forward to getting you back on your feet again. Thank you for choosing me as your doctor and our podiatry practice, Fairfield County Foot Surgeons.

**What is ‘Neuropathy’ and how did I get it?**



Neuropathy is a condition where the peripheral nerves (the smaller nerves in your body, aside from your spinal cord and brain) are damaged and / are not working correctly. There are approximately 25 million Americans (about 8% of all the population) affected by peripheral neuropathy. Peripheral neuropathy is a progressive disease that can lead to falls and serious injuries.

Diabetes has been and remains the leading cause of peripheral neuropathy but there are many other causes including trauma (partially or completely severing a peripheral nerve), some chemotherapy drugs, inflam-

mation, kidney disorders, heavy metals, and toxic chemicals, like exposure to Agent Orange. In 30% of cases there is no known cause (idiopathic). Neuropathic pain is characterized by pain and numbness in the feet, lower legs, hands, balance problems, and a variety of other uncomfortable feelings.

For some, it may feel like you are walking on hot coals. For others, it is stabbing or stinging pain in the middle of the night or during the day. Regardless of the symptoms, it can be quite debilitating and may require you to use the aid of canes or walkers in order to get around.

**Our Effective Treatment** ♦ **SAFE** ♦ **NON-INVASIVE** ♦ **NON-PHARMACEUTICAL** ♦ **JUST RESULT**

Our treatment provides safe and effective relief by significantly reducing both pain and inflammation. It also stimulates blood circulation to the affected areas to promote nerve fiber regrowth and long-term healing. This highly advanced, non-invasive electro-medical device is called RST Sanexas neoGEN-Series®. It operates with such a high degree of sophistication that nerves are not able to accommodate to the signals, or “learn” and regress.

Many of you may have heard of a “TENS” device. Our RST Sanexas neoGEN-Series® machine is so much better by providing more effective treatment and longer lasting relief from

pain. It’s like comparing an MRI to an X-ray. You are getting the BEST machine to treat your neuropathy symptoms! It sends electric cell signaling energy waves to treat the source of nerve pain enabling the nerve cells to heal and allowing the nerves to regrow.

**When will I start feeling better?**

Everyone is different and may experience different results. Although treatment is a process which must be done over weeks/months (recommend 2-3 days per

(continued on bottom of back page.)



RST Sanexas neoGEN-Series®

# Electric Cell Signaling Treatment



Patient undergoes electric cell signaling treatment using RST Sanexas neoGEN-Series® to increase circulation, stimulate nerves, and improve healing.



The RST Sanexas medical device is used to treat acute and chronic pain and peripheral neuropathy symptoms by delivering complex electric cell signaling energy waves produced by an ultra-high digital frequency generator. These therapeutic energy waves pulse over varying times and frequencies signaling effective and long-lasting anti-inflammatory effects to nerve cells and muscle fibers. Think of it like a piano tuner striking his tuning fork next to your piano to tune it. The piano strings will vibrate when it is correctly tuned to the same frequency. That is how the electrical impulses sent from the RST Sanexas machine at a high frequency shake up the nerve cells to help reduce inflammation and stimulate nerves to re-grow activating the regenerative process and facilitating healing. Depending on your diagnosis and treatment protocol, our medical assistants will attach rubber suction cups that contain wet sponges and strategically position them around the area of your body causing the pain. The treatment is not painful; it is comfortable and non-invasive. It is normal for you to feel little impulses, slight tingling, or vibrations. The typical treatment is between 15-30 minutes per session and depending on your condition we recommend that you come for treatment 2-3 time per week. Along with your Sanexas treatments you will receive an injection infused with essential pharmaceuticals known to speed up nerve regrowth and enhance results.

Our nervous system is a very complex and an amazing system that controls everything in our bodies...the way we think, how we feel (like pain), what we hear or say, our healing process, reactions and more...all controlled by electrical impulses that sends signals to and from our nerve cells. Helping your body heal through energy rather than papering over your pain with harmful steroids or additive narcotics is an innovative breakthrough in pain management treatment. Your body has an amazing ability to heal and healing through energy is TRUE HEALING!

## Tip of the Month

How you think is everything!

It is hard to calm the mind when you are suffering with pain. A word or phrase of encouragement has a powerful effect on how you think. Reciting mantras allows your brain to rest and helps you hear your own inner voice. Choose one of these phrases or come up with one of your own and focus on repeating it.

- ✦ Each day my body can heal itself.
- ✦ I fill my mind and body with light and love.
- ✦ I send loving kindness to each organ and area of my brain.
- ✦ I am allowed to take the time to heal.
- ✦ I will listen to what my body is trying to tell me.
- ✦ I will seek help when I cannot help myself
- ✦ I will check in with myself and give my body what it needs.
- ✦ Today, I will speak kindly to my body.
- ✦ I will find new way to support the health of those around me.
- ✦ I am thankful for my abilities.

## ~Testimonial~

I am a Vet and suffering from numbness in half of both of my feet before starting my treatment. Now they are 60% better after only a few treatments. I highly recommend this treatment to anyone suffering from neuropathy.

K.B.

## TREATMENT (Continued)

week), many patients with over 10 years of suffering from neuropathy have enjoyed significant improvement. Many have discontinued using walking aids, stopped taking pain medication, began sleeping better, started to do some meaningful exercise, regained their balance, and are now realizing amazing improvements in their quality of life. One patient claims, "After receiving this treatment, I no longer suffer from sleep problems due to foot & leg pain. My mobility and overall quality of life has improved by 80%."



# FAIRFIELD COUNTY FOOT SURGEONS

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