

## MARKETPLACE NEWS

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# Could this be your solution to numbness, neuropathy or sharp pain?

Do you have any of the following symptoms? Pins and needles feeling? Numbness in the hands or feet? Tingling or burning sensations? Weakness in the arms or legs? Sharp shooting or burning pains?

If so, you may have a condition called **Peripheral Neuropathy**.

Numbness, tingling, and pain are an extremely annoying problem.

It may come and go... interrupt your sleep...and even make your arms or legs feel weak at times.

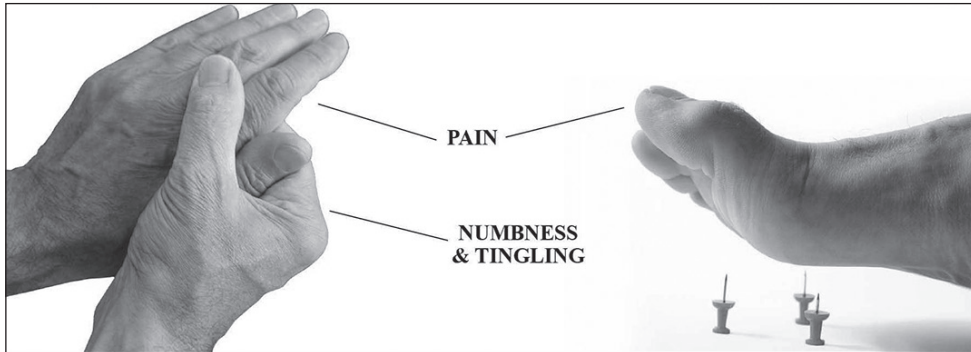
Maybe you've even been to other doctors and they claim all the tests indicate you should feel fine.

**More Drugs Are Not The Solution.** A common treatment for many nerve problems is the 'take some pills and wait and see' method.

While this may be necessary for temporary relief of severe symptoms, using them long term is no way to live.

Some of the more common drugs given include pain pills, anti-seizure medications, and anti-depressants — all of which can have serious side effects.

My name is Dr. Jeff Listiak. I've been helping people with neuropathy and nerve problems for more than seven years. Neuropathy can be caused by Diabetes, Chemotherapy, Toxins, etc. It may also be compounded by poor posture or



Don't let burning pain and neuropathy irritate you and steal your fun with others.

a degenerating spine stressing the nerves.

The good news is that NeuropathyDR™ combination treatments have proven effective in helping patients with these health problems.

Here's what one of my patients had to say:

"I had been feeling very sharp pains in my feet... they just felt like they were on fire. I just couldn't stand it... every night for the last year or two.

I'm so excited today to tell Dr. Jeff that **four days in a row I have felt no pain whatsoever.**" — Marilyn

You could soon be enjoying life...without those aggravating and life-disrupting problems. Don't Miss This Limited Time Offer. It's time for you to find out if NeuropathyDR™ treatment protocols could be your neuropathy solution.

For the next 14 days only, \$20 will get you a

complete NeuropathyDR™ Analysis that I normally charge \$197 for!

What does this offer include? Everything.

- An in-depth discussion about your health and wellbeing where I will listen...really listen...to the details of your case.

- A posture, spine, range of motion, and nerve function examination.

- A full set of specialized x-rays (if necessary) to determine if a spinal problem is contributing to your pain or symptoms.

- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain and numbness free.

- And, if after the thorough analysis we feel we can't help you, we'll tell you that right away.

Until March 7th, 2014 you can get everything I've listed here for only \$20. So, you're saving a considerable amount by taking me

up on this offer.

Call (760) 230-2949 now.

We can get you scheduled for your NeuropathyDR™ Analysis as long as there is an opening before March 7th.

Our office is located just off Interstate 5 and Encinitas Boulevard.

When you call, tell us you'd like to come in for the NeuropathyDR™ Analysis so we can get you on the schedule and make sure you receive proper credit for this special analysis.

Sincerely,  
Dr. Jeff Listiak, D.C.

**P.S.** Remember, you only have until March 7th to reserve an appointment. Why suffer for years in misery?

That's no way to live, not when there could be help for your problem.

Take me up on my offer and call today (760) 230-2949.



Dr. Christian Bentley leads the Vista-based MPOWR (Musculoskeletal Performance Orthopaedic Wellness and Rehabilitation) practice.

## Don't become sidelined by injury

VISTA — Envision calling a doctor's office and having a friendly voice answer the phone.

Next picture your appointment with a skilled surgeon who listens to your needs, patiently answering your questions.

Your individualized treatment plan could begin with physical therapy and nutrition counseling. Of course, if indicated, medications, injections and even surgery options could be part of that plan.

Where are you? MPOWR Orthopaedic Health.

MPOWR stands for Musculoskeletal Performance Orthopaedic Wellness and Rehabilitation, and is the Vista-based private practice of Christian D. Bentley, M.D.

"I consider this a complete musculoskeletal practice. Athletes want to stay athletic and active people should be able to remain active. We are uniquely positioned to provide comprehensive treatment to athletes and active adults transitioning through the effects of injury and time.

In fact, our Transitional Athletic Program (TAP) includes both traditional and alternative approaches.

Based upon scientific research, and we utilize state of the art technology to enhance and extend your years of competition, exercise, and play in all the sports and physical realms." Dr. Bentley said.

Unlike many physicians, Dr. Bentley realized that managing the whole body affects the success of treating the individual joint.

To further meet that patient need, along with board certification in Orthopaedic Surgery he added Integrative and Alternative Medicine.

Subspecialty and fellowship trained in sports medicine and arthroscopy, Dr. Bentley's surgical focus is on arthroscopic repair of many common shoulder and knee injuries such as anterior cruciate ligament tears (knee) and rotator cuff tears (shoulder).

Helping patients overcome the chronic limitations of arthritis is also a focus of the practice. He is one of two surgeons in

North County who can perform "mini" or partial joint replacements; "which is especially of interest to our still active but arthritic patients in their 40s to 60s who are 'too young' to have a total joint replacement done," Dr. Bentley said. "For the appropriate patient, complete hip, knee and shoulder replacements are performed as well.

"While our motto, 'Empowering you to get back in the game,' is an accurate goal, we treat more than athletes. We can evaluate any joint or extremity symptoms that are limiting your activity," Dr. Bentley said. "Our patients don't sit on the sidelines while in treatment. Patient motivation and participation is key to recovering wellness."

One example is an active 45-year-old patient who runs a local gymnastics studio.

He had focal arthritis and instability of the knee. After a ligament reconstruction and partial knee replacement, he is currently thriving.

MPOWR Orthopaedic Health prides itself as a unique surgical practice, emphasizing individual attention to its patients and customer service.

"We modeled our practice after the small town physician. In contrast to the mega-groups, we are able to get to know our patients and their families — our goal is to treat them as we would our very own family," Susanne Bentley, practice manager said.

So call MPOWR Orthopaedic Health today; don't be surprised when you are warmly greeted by Devon or Susanne — not a voicemail! Office hours are 8 a.m. to 5 p.m. Monday through Friday. Call (760) 295-2995 or visit them at 2067 West Vista Way, Suite 265 in Vista or at [mpowrortho.com](http://mpowrortho.com).

**Dr. Bentley is located at Vista Medical Plaza - the premier outpatient health center in the Tri-City area. If you're a physician looking for medical office space, Vista Medical Plaza offers several unique advantages to help grow your business.**

**To learn more, visit: [VistaMedicalPlaza.com/leasing](http://VistaMedicalPlaza.com/leasing).**

## Help offered on health care reform

REGION — North County Health Services will provide free Health Care Reform application assistance at North County libraries through March 24.

North County residents have the opportunity to sit with an enrollment counselor, check their eligibility for health insurance and submit applications for plans through the Covered California Web site all in one convenient location.

Health Care Reform application assistance will be available:

— 2 to 6 p.m. Feb. 26, Oceanside Civic Center Library

330 N. Coast Highway, Oceanside  
— 3 to 7 p.m. March 18, Carlsbad Library Learning Center, 3368 Eureka Place, Carlsbad

— 3:30 to 7:30 p.m. March 24, Encinitas Library, 540 Cornish Drive, Encinitas

The library enrollment events are just one part of how NCHS is providing free assistance to the uninsured across North County. NCHS also offers:

— Health Care Reform

Hotline: A new hotline is available to help answer questions, get free enrollment and application assistance and help with accessing health services. The hotline number is (760) 736-6734 and is free and open to the public.

— Program and Resource Specialists: Community members can also schedule free one-on-one appointments with NCHS Program and Resource Specialists who are trained to help answer questions, review eligibility to see what options people may qualify for, and help fill out insurance applications. All 11 NCHS specialists are fluent in Spanish, and walk-ins are accepted.

— Community Outreach: The NCHS Health Care Reform outreach team is hitting the streets in North County, spreading the word about enrollment options and answering questions.

For more information about how to enroll in health care coverage, call the NCHS Health Care Reform Hotline at (760) 736-6734.

## New route, rail shutdowns

OCEANSIDE — Beginning Feb. 18, North County Transit District began a six-month trial route between the San Marcos Civic Center Sprinter Station and the new California Department of Rehabilitation offices at 570 Rancheros Drive in San Marcos.

Breeze Route 341 will operate weekdays, every 30 minutes between 9 a.m. and 4 p.m. Passengers may connect to both Sprinter and Breeze Route 305 at the San Marcos Civic Center Sprinter Station. Breeze Route 341 will also serve Valpreda Drive on westbound trips, which will provide service to the San Marcos Health Clinic. Regular Breeze fares apply to Breeze Route 341.

Route maps and schedules are available at [GoNCTD.com](http://GoNCTD.com). NCTD operations and planning staff will monitor and evaluate ridership and service demands throughout the six-month trial period to determine adequate permanent public transit service levels for the rehabilitation agency and other destinations in the area.

In addition, due to construction on Camp Pendleton, the six Amtrak trains

which serve all eight Coast-er stations will not operate on the following weekends; March 1 and March 2, March 8 and March 9, and March 15 and March 16. Coaster trains will run as scheduled on March 1 and March 2 and March 8 and March 9.

All rail service between Oceanside and San Diego will be suspended on March 15 and March 16. Complete details about the Coastal rail corridor closing will be posted soon on [GoNCTD.com](http://GoNCTD.com). For more information on the six select Amtrak trains visit [Amtrak.com](http://Amtrak.com).

All rail service will resume normal operations in time for the morning commute on the Mondays following the service suspensions.

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