

Chiropractic

Most people will experience back pain at some time in their lives. Injuries due to overexertion and poor posture are among the most common. Depending on the cause and severity of the condition, options for treatment may include physical therapy, rest, medications, surgery, or chiropractic care. Chiropractic treatment carries none of the risks of surgical or pharmacologic treatment. At the VascuFlo Center, Dr. Horner works closely with all of your providers to achieve optimal results.



Acupuncture

Acupuncture is one of the main forms of treatment in traditional Chinese Medicine. It involves the use of sharp, thin needles that are inserted in the body at very specific points. This process is believed to adjust and alter the body's energy flow into healthier patterns, and is used to treat a wide variety of illnesses and health conditions.



Massage Therapy



Massage Therapy is the scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissues and consists of manual techniques that include applying fixed or movable pressure, holding, and/or causing movement of or to the body.

These services are located:

SUITE 300



For your convenience, External Counterpulsation is offered at these locations:

The VascuFlo Center
2470 Walden Avenue
Suite 2200
Cheektowaga, NY 14225

*Lake Shore Health
Care Center*
845 Routes 5 & 20
Room 103
Irving, NY 14081

*Conewango Valley
Medical Center*
5719 Route 63
Conewango Valley, NY 14726

Heart Center of Niagara
571 10th Street
Niagara Falls, NY 14301

 **VASCUFLO CENTER**
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Menu of Services

External CounterPulsation (ECP)

Cardiac Rehabilitation

Acupuncture

Chiropractic

Massage Therapy

2470 WALDEN AVENUE
SUITE 300 • SUITE 2200 • SUITE 2400
CHEEKTOWAGA, NY 14225

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WORKERS' COMPENSATION, NO FAULT, MEDICARE
AND MOST MAJOR INSURANCES ACCEPTED

External CounterPulsation (ECP)

What is ECP?

ECP is a non-invasive treatment for Coronary Artery Disease (CAD). During treatment, you lie comfortably on a customized bed with a series of cuffs, similar to blood pressure cuffs, wrapped around your legs. An EKG triggers the cuffs to inflate and deflate in sync with your own heartbeat pumping healthy, oxygen-rich blood throughout your body, taking the load off your heart.

Are you a candidate for ECP?

- Do you suffer from chest pain or pressure (angina)?
- Do you tire easily?
- Do you limit your activities to avoid getting chest pain?
- Do you keep nitroglycerin handy in case you have an angina attack?
- Do you get short of breath when you climb stairs?
- Do you want to explore all treatment options?
- Have you been told that you were not a candidate for bypass surgery or angioplasty in the past and has your angina returned?
- Have you had previous intervention and your angina has returned?

How effective is ECP?

- It has been clinically proven to increase blood flow back to the heart allowing more oxygenated blood to be delivered back to the heart for improved cardiac function.
- Numerous clinical studies, published in peer reviewed journals, have been done demonstrating the effectiveness of ECP. One such study found that patients do just as well five years after completing ECP as those who have surgery.
- 85% of patients demonstrate substantial improvement in quality of life and functional testing.
- Overall, ECP reduces angina and extends time to exercise-induced ischemia in patients with symptomatic Coronary Artery Disease.

Insurance Coverage:

ECP is covered by Medicare and most insurance companies including Independent Health, Univera, Senior Blue, United Healthcare, Aetna, etc. Our staff will work closely with you to determine insurance coverage or payment options.

SUITE 2200



Cardiac Rehabilitation

What is Cardiac Rehabilitation?

The Cardiac Rehabilitation program is a physician supervised exercise and lifestyle modification program. The program is designed to meet the physical, emotional, and educational needs of people recovering from a cardiac condition. Counseling and education are provided that will help you with dietary changes, weight loss, smoking cessation and stress management.

The ultimate goal of Cardiac Rehabilitation is to return the patient to an active, healthier life through exercise and lifestyle changes.

Who Benefits from Cardiac Rehabilitation?

You may benefit if you have experienced:

- A heart attack
- Stable angina
- Coronary bypass surgery
- Angioplasty or stent placement
- Heart valve repair/replacement
- Heart transplant
- Heart failure
- Cardiomyopathy

Program Outcomes:

- Increase strength and endurance
- Reduce blood pressure
- Improve cholesterol levels
- Stress management
- Weight loss
- Reduce risk of future cardiac events
- Increase ability to perform job or tasks
- Improve quality of life



Your Program:

Participants attend exercise and education classes three times a week for up to 36 sessions. The exercise sessions focus on increasing physical fitness and improving work capacity through a variety of prescribed aerobic exercises, stretches and weight training.

Participants are monitored by ECG, blood pressure and close supervision by your health care team. These

professionals are trained in cardiac and emergency patient care. The cardiac rehab staff is dedicated to providing expert care through personal attention, counseling and education.

Insurance Coverage:

Cardiac Rehabilitation is covered by most insurance companies and Medicare. Our staff will work closely with you to determine insurance coverage.