

July 2020

Nexclin Medicine

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The foundation of healthy aging is working to maintain physical and cognitive function as much as possible. When we are young, we rely on our parents to provide almost everything we need for a healthy life. As our parents grow older, that relationship begins to change. It becomes our job to make sure all's well with the health and wellbeing of our parents. As a caregiver, be on the lookout for any changes or loss of physical, social or cognitive function. Your parents must have a good relationship with their primary care physician, especially if they see multiple specialists. The primary care physician can serve as a point person, making sure care is coordinated. This month newsletter will highlight some of the services we provide for the health and wellness of our senior citizens.

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Nexclin Medicine Medicare Annual Wellness Visits



The team of Nexclin Medicine is excited to welcome Haley Hodoval to our team as a Nurse Practitioner. Haley is a native of Lawrenceville, Georgia, and graduated from the University of Georgia with a degree in Communication Studies and a minor in Animal Science. She then returned to school and graduated Magna Cum Laude from Emory University's nationally ranked nursing program with her Bachelors and Masters of Nursing. While in school, Haley worked as a Registered Nurse at an Ambulatory Surgery Center specializing in Ear, Nose & Throat surgeries. Haley was selected to be a member of Sigma Theta Tau, the International Honor Society for Nursing, based on her excellence in the profession. She is board certified as a Family Nurse Practitioner by the American Association of Nurse Practitioners. In her free time, Haley enjoys spending time with her dogs, playing tennis & spending time with friends and family.

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Nexclin Medicine PRP Joint Injection



Platelet-rich plasma (PRP) therapy uses injections of concentration of a patient's platelets to accelerate the healing of injured tendons, ligaments, muscles and joints. In this way, PRP injections use each patient's healing system to improve musculoskeletal problems. Platelet-rich plasma has been found to significantly enhance the healing process, and using a PRP injection for shoulder pain caused by rotator cuff tears, for Achilles tendon ruptures and other soft-tissue injuries is becoming more common. PRP has also been demonstrated to improve function and reduce pain in people who have tendonitis or chronic tendinosis conditions such as tennis elbow or golfer's elbow. Some of the key advantages of PRP injections are that they can reduce the need for anti-inflammatories or stronger medications like opioids. Besides, the side effects of PRP injections are very limited. Since the injections are created from your blood, your body will not reject or react negatively to them.

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Nexclin Bio Identical Hormone Replacement Therapy



Balanced hormones are necessary for good health and disease prevention for women and men as we age. Bio-identical hormones, when delivered in the form of pellets, offer optimum levels without causing harmful side effects. Pellets are tiny, custom-compounded therapies that may help keep your hormone levels consistent throughout the day. The hormone pellets steadily release hormones in the bloodstream for up to 6 months. We use bio-identical hormone therapy extensively for the treatment of menopause in women and andropause in men. Within two to three weeks after the treatment, our patients notice a significant improvement in mood, sleep, memory, energy level, and vitality.

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Nexclin Medicine Immune Support



A healthy immune system has never been more important especially for our seniors. The immune system enables us to fight bacterial and viral infections including COVID 19 infection without developing life threatening complications. Nexclin Medicine offers IV infusions including high dose vitamin C, Glutathione and Hydrogen Peroxide drips to help enhance the immune system. Vitamin C and Glutathione are potent antioxidants. Vitamin C contributes to immune defense by supporting various cellular functions of both the innate and adaptive immune system. Hydrogen Peroxide boosts the immune system by increasing the production of interferon by human killer cells and monocytes. It inhibits all types of infections: viral, bacterial, fungal, and parasitic. We recommend scheduling a consultation with us to find out which infusion will be a perfect fit for you.

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Nexclin Medicine Treatment of Smoker's lines

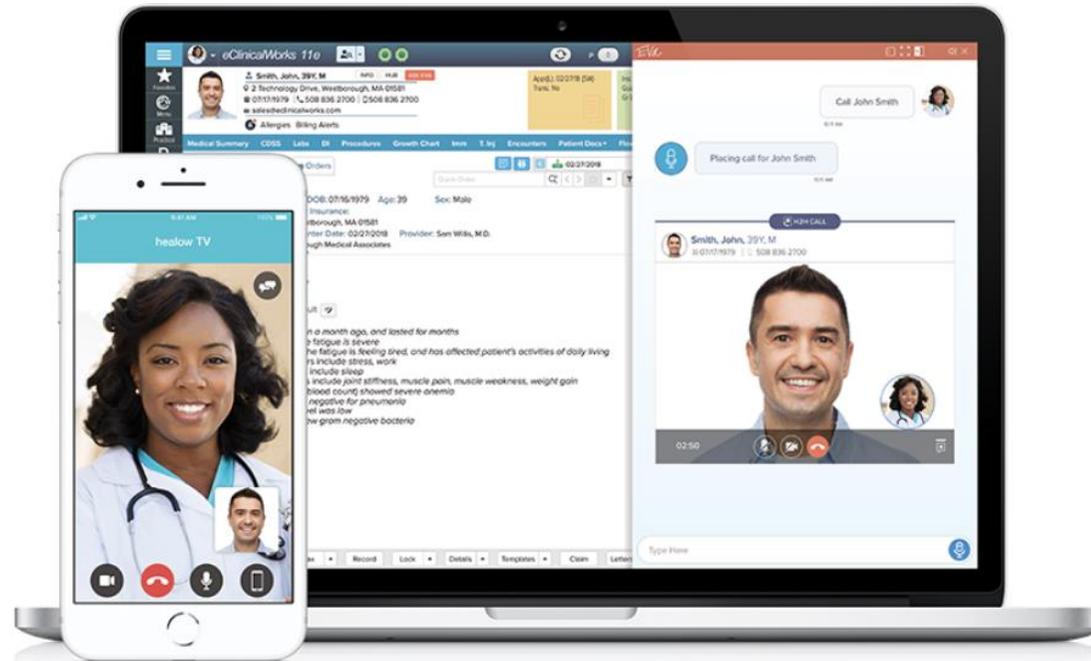


'Smoker's lines' are an incredibly common problem for people of all ages, though it is usually when we get older that they become more noticeable. Smoker's lines occur around the top and bottom edges of the lips and are usually a series of short, vertical wrinkles. You may have noticed that not only do you suffer from smoker's lines, but also that your lips aren't as plump as they used to be. Lip injections are therefore a great way to minimize lines and add a little extra volume to the lips themselves. Juvederm Volbella is a very popular lip augmentation treatment because, unlike others, it was created specifically to add volume to lips. It gives a very soft, natural appearance and feel to lips and creates a well-defined lip line to minimize the appearance of smoker's lines. It may be advisable to use the dermal filler in other areas of your face to complement the lip augmentation. If you suffer from sagging, hollow cheeks Juvederm Voluma could help to improve the shape of the apples of your cheeks to give an overall improved profile.

Finally, it's often advisable to employ Botox along the upper lip, to help smooth out smoker's lines, and complement the look of the cosmetic fillers. Botox can also help to make the effects of fillers last longer, so by having regular Botox treatments, you can preserve your youthful, line-free look for longer.

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Nexclin Medicine Offer Telemedicine Visits



Nexclin Medicine is offering telemedicine visits for our patients to provide care during an acute illness. Telemedicine visits are also a great way to receive medication refills and discuss test results with your providers. During the COVID 19 crisis, the Nexclin Medicine team has been involved in providing care to the geriatric patients residing in assisted living communities all over Atlanta. As we know that senior communities are especially vulnerable to the serious illness caused by COVID 19 virus. We have been using our telemedicine platform to meet with the healthcare needs of the elderly without increasing their risk of exposure to the COVID 19. We are planning to visit our patients in assisted living facilities soon to meet them face to face. Please, feel free to reach out to us if you have residents in assisted living communities that require healthcare assistance.

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Testimonial

"I was referred to Dr. Cheema by one of my workout buddies. I have not been disappointed by my experience. Everyone at the office is professional and treat me with respect and care. Dr Cheema is very knowledgeable. She listens to my concerns and then gives me enough information to make a decision. I feel that I am an active participant in the decision making process regarding my care. What can I say she has renewed my trust in the medical profession". Verified Patient



Our Office Hours

Monday : 9am - 5pm

Tuesday : 9am - 5pm

Wednesday : 9am - 5pm

Thursday : 9am - 5pm

Friday : 9am - 5pm

Saturday : 9am - 5pm (telemedicine visits only)

Sunday : Closed



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