

Around Pinellas »

Health notes

K-Laser use in pain relief

Impact Health, a physical therapy and sports fitness clinic at 180 Alt. U.S. 19 N, Suite B, Palm Harbor, recently purchased a K-Laser, a nonsurgical, drug-free



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option for pain relief.

Laser therapy, or photobiomodulation, is the use of specific wavelengths of light (red and near-infrared) to biostimulate tissue repair and growth.

It has been widely utilized in Europe by physical therapists, nurses and doctors as far back as the 1970s to improve healing time, reduce pain, increase circulation and decrease swelling.

The infrared laser light interacts with tissues at the cellular level, increasing metabolic activity within the cell and improving the transport of nutrients across the cell membrane. The resulting cellular energy created leads to increased cellular function and health, according to Impact Health.

The K-Laser helps Impact Health clients with a number of conditions, including ligament sprains; muscle strains; rheumatoid arthritis; shoulder, back and knee pain; tennis elbow; carpal tunnel syndrome; and sports injuries. K-Laser therapy can be



Impact Health

K-Laser in use on a client at Impact Health in Palm Harbor.

scheduled for use exclusively or integrated into regular physical therapy or a fitness training program.

“Our clients see the best results when laser therapy is used in conjunction with physical therapy and soft-tissue mobilization,” said Joe Millen, physical therapist and owner of Impact Health. “We are excited to offer this new service and help our clients reach a better level of health more quickly.”

For information call (727) 785-8737 or visit impacthealthonline.com.



Florida Hospital North Pinellas, in partnership with the cities of Tarpon Springs and Palm

Harbor, has announced a new public service campaign, “Keep Your Colon Happy,” to educate the public about colon cancer, the second leading cause of cancer deaths for men and women in the United States.

With the support of BrightHouse Networks, CBS Outdoor, Spectrum Print Communications, the *Tampa Bay Times* and WDUV-FM 105.5, the Tarpon Springs hospital's campaign will educate the public on the risks for colon cancer and promote the importance of screening colonoscopies.

To learn more, call (855) 303-3627 or visit floridahospital.com.



Those caring for individuals with Alzheimer's disease and other types of dementia are invited to a support group affiliated with the Alzheimer's Family Organization at 1 p.m. Tuesday in the office of Chart Your Own Course Ltd. Co. with Care Resources, at 210 S Pinellas Ave., Suite 260, Tarpon Springs.

The group meets the second Tuesday of every month. The meeting is free.

To reserve a seat, call Mary Womble at (727) 234-7832.

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