

OCT - DEC 2021



NEWSLETTER

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FROM DR. JAMES' DESK



First of all I want to thank the lord for all that I receive and also for allowing me to help my patients and find solutions for them. This year has been a pretty busy year. The clinic is getting bigger and more people are coming. I really think it is because we provide excellent service to our patients. We treat them like they deserve and always with love & care.

Also this year has been very special for me because finally my sons, Jonathon (Administration) & Ricardo (Doctor) have been working at this clinic since about a month ago, in this way always with the lord's hand continuing my legacy. Also we got some new employees (Nurses) that speak English and in this way we can improve the communication between patients and our medical staff.

In a very special way I want to thank my beloved wife because of her support as she is in charge of providing everything to make our patients feel comfortable.

Thank you for your trust and also for your recommendation.

Sincerely,
Dr. James



WELCOME DR. RICARDO JAMES!



HERE TO STAY

Dr. James' son, Ricardo James, is working at the clinic and we are proud to say thanks to this we are sure we're providing the best service and care to our patients.



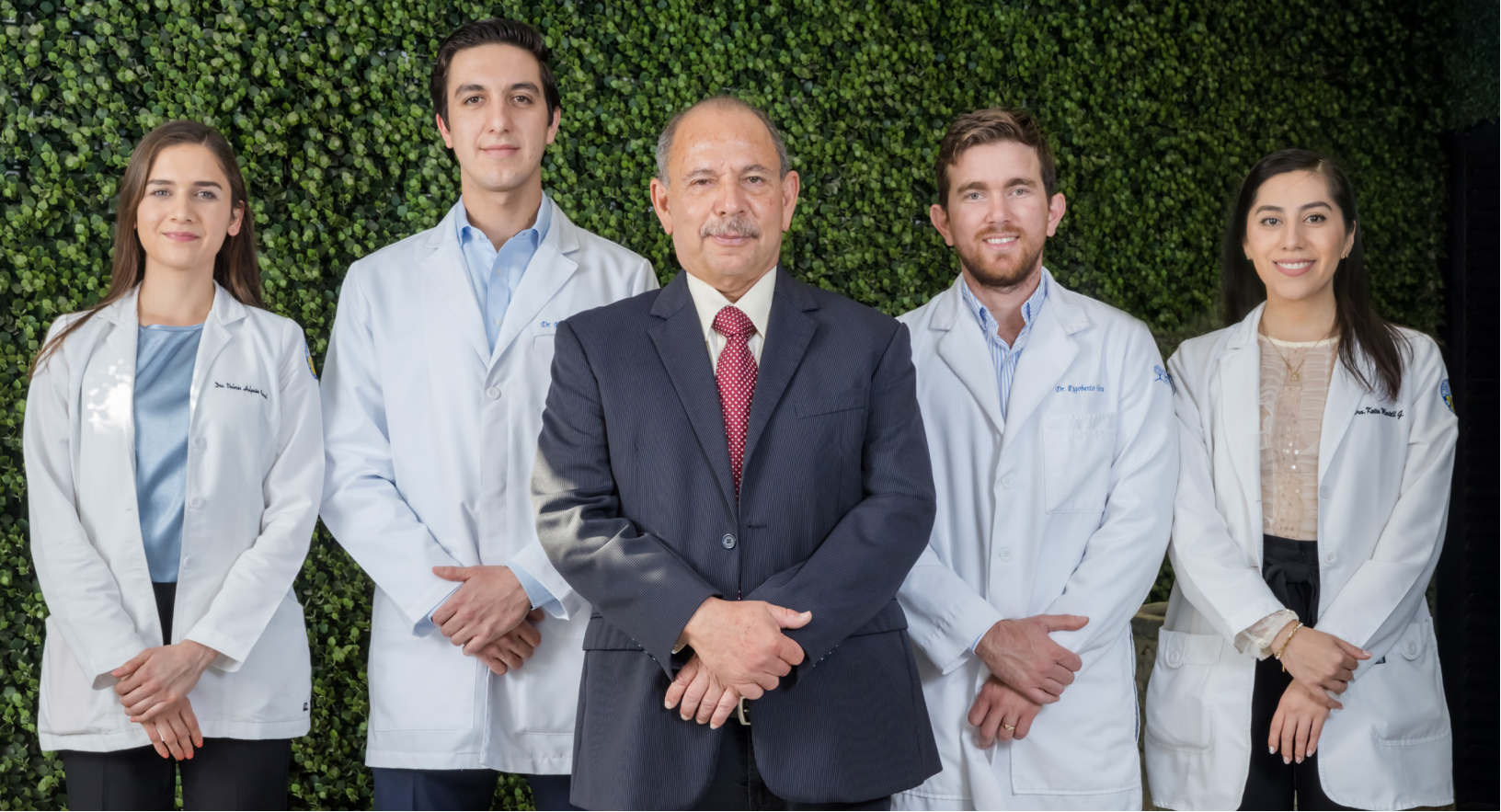
Greetings to all, the first thing I want to do is thank God for blessing me with the fortune to finish this year in good health along with my family. I'm grateful for the opportunity to be here, sharing these words with you.

I'm Ricardo James Jr. and I am glad because after seven years of medical school, I'm now working full time as a Medical Doctor at The Good Samaritan Medical Center with my family.

As a young boy my father used to bring me to the clinic and I always enjoyed it. I remember thinking to myself "these people don't look sick" now I'm certain most of them were, but what really stuck with me were the smiles on their faces, it was always a nice atmosphere.

Once the time arrived to make the decision about what I wanted to do as my profession, it wasn't much of a question, my answer never changed, I wanted to be a M.D. at The Good Samaritan M.C. alongside my father.

During my seven years of medical school, I acquired the knowledge and skills to become a M.D.; I had the opportunity to work at many different private & public hospitals and I can certainly say that none of them are quite like The Good Samaritan M.C.



In certain cases, conventional medicine will always be necessary but the integrative concept my father has developed for over 40 years is the best way to achieve optimum health. Being here for just a couple months I know what I want to do, I'm following my father's footsteps and hope to carry his legacy to the best of my abilities. Knowing I have big shoes to fill, I will use every moment to keep learning from Dr. James. He has put in place an excellent team I can count on, including my brother, Jonathon James and my mother Gabriela James who play a key role in keeping the clinic running. I'm very excited to continue this journey doing what I love with the people I love.

I want to thank all of you, who have placed the most important and priceless thing that you own in our hands, I can assure you we have and will continue to do the best we can to take good care of your health, always with love & care.

I wish you and your loved one's happy holidays and a great end of the year. I hope the New Year brings blessings and joy.

Warm regards.
Dr. James



THE AMAZING WORLD OF

STEM CELLS

Stem cells are undifferentiated, or “blank,” cells. This means they’re capable of developing into cells that serve numerous functions in different parts of the body. Most cells in the body are differentiated cells. These cells can only serve a specific purpose in a particular organ.

All humans start out as only one cell. This cell is called a zygote, or a fertilized egg. The zygote divides into two cells, then four cells, and so on. Eventually, the cells begin to differentiate, taking on a certain function in a part of the body. This process is called differentiation. They have the ability to divide and make an indefinite number of copies of themselves. When a stem cell divides, it can either remain a stem cell or turn into a differentiated cell.

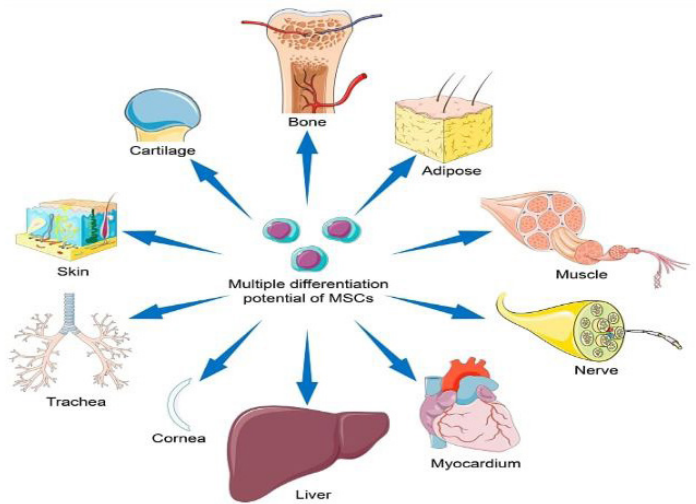
Mesenchymal stem cells (MSCs) are adult stem cells isolated from different sources that can differentiate into other types of cells. In humans, these sources include; bone marrow, fat, umbilical cord tissue or amniotic fluid. MSCs, or stromal stem cells, can differentiate into many different types of cells within the body, including:

- **Bone cells**
- **Cartilage**
- **Muscle cells**
- **Neural cells**
- **Skin cells**
- **Corneal cells**

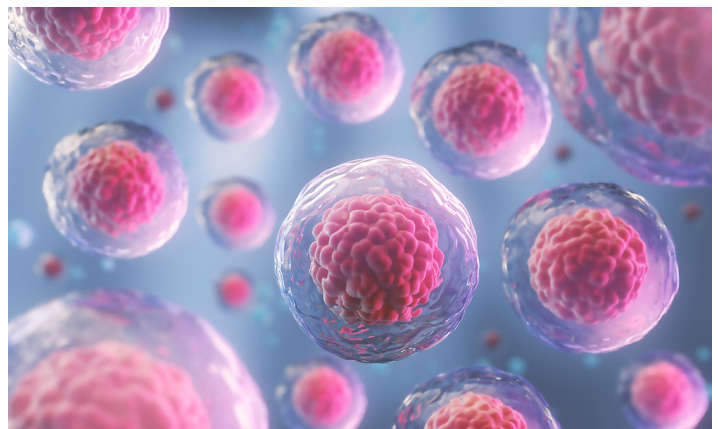
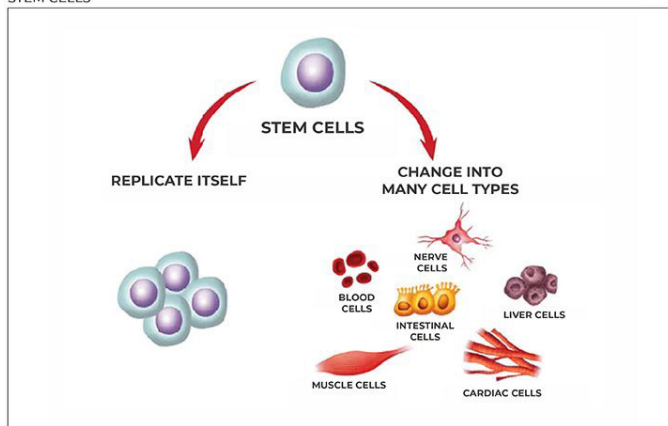


MSCs are among the most frequently used cell types for regenerative medicine. A large number of studies have shown the beneficial effects of MSC-based therapies to treat different pathologies such as:

- **Neurological disorders**
- **Autoimmune diseases**
- **Cardiovascular diseases**
- **Liver diseases**
- **Diabetes**
- **Bone and cartilage disease**



STEM CELLS



A PATIENT'S WORD

“I was born with a heart murmur; it never affected me much till I was in my 20s. In 1982, at 29 years old I had my first open heart surgery, replacing my aortic valve with a mechanical valve.

In October of 2001 I had another heart surgery, this time replacing the mitral valve with a mechanical one, and also at this time installed a pacemaker.

Around the years of 2018, 2019 and 2020 I was dealing with shortness of breath, in June of 2020 my legs started to swell. At this time we had friends here at the clinic with health issues, so we joined them.

We arrived here approximately June 9 on a Sunday. Started on chelation and by the end of the week I had my first stem cell treatment. It worked well for 15 months, and in October of 2021 I had the opportunity to come again with my family and on October 20, 2021 I had my second stem cell treatment and I feel fine. I give a lot of credit also to the daily chelation.”

David Fisher, Loysville, PA



FIXING A HIATAL HERNIA

A Hiatal Hernia occurs when the upper part of the stomach pushes through an opening in the diaphragm and into the chest cavity. The diaphragm is the thin muscle wall that separates the chest cavity from the abdomen. The opening in the diaphragm is where the esophagus and stomach join. A hiatal hernia can develop in people of all ages and both sexes.

What causes a hiatal hernia?

The most common cause of a hiatal hernia is an increase in pressure in the abdominal cavity.

There are also other reasons a hiatal hernia could develop. You may experience a hiatal hernia during pregnancy, if you are obese, or if there's extra fluid in your abdomen. Hiatal hernia occurs more often in overweight people and smokers.

Other causes include:

- Being born with a larger hiatal opening than usual
- Injury to the area
- Changes in your diaphragm
- Unhealthy diet

A rise in pressure in your belly, as from pregnancy, obesity, coughing, lifting something heavy, or straining on the toilet could be other causes.

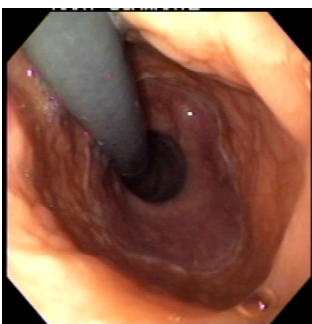
Symptoms

- Heartburn from gastroesophageal reflux disease (GERD)
- Chest pain and shortness of breath
- Bloating and burping
- Trouble swallowing
- Bad taste in your mouth
- Upset stomach and vomiting

Diagnosis

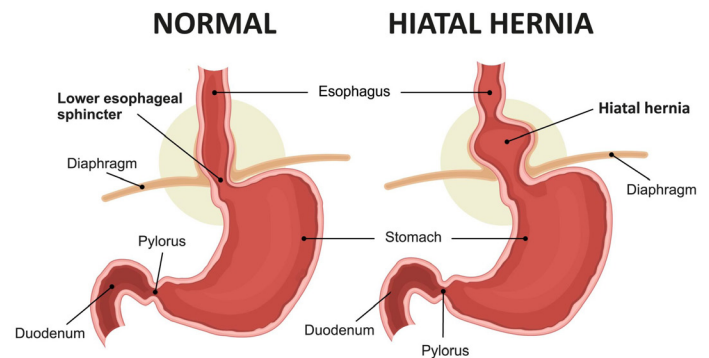
To diagnose a hiatal hernia, your doctor may do tests including:

Endoscopy: Your doctor puts a long, thin tube called an endoscope down your throat. A camera on the end shows inside your esophagus and stomach.



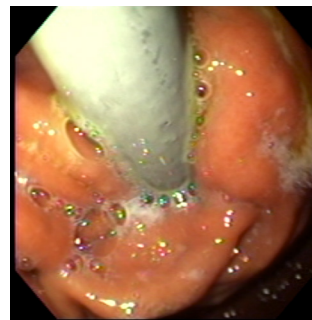
**Hiatal
Hernia**

Esophageal manometry: A different kind of tube goes down your throat to check the pressure in your esophagus when you swallow.

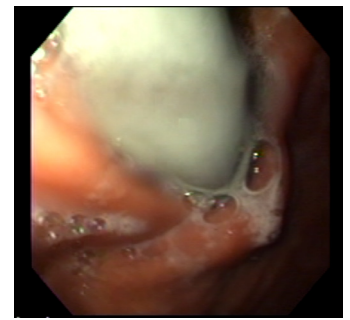


Treatment

Much progress has been made in recent years in relation to the treatment of hiatal hernia, the arrival of laparoscopic surgery offered the opportunity to return to the patient an improvement in their quality of life, reducing the risks of conventional surgery.



**After Nissen
Surgery**



Normal

WHAT YOU SHOULD KNOW ABOUT STROKE & HEART ATTACK?

A stroke happens when blood flow to your brain is stopped. It is an emergency situation.

The brain needs a constant supply of oxygen and nutrients in order to work well. If blood supply is stopped even for a short time, this can cause problems. Brain cells begin to die after just a few minutes without blood or oxygen, when brain cells die, brain function is lost.

A heart attack, also called a myocardial infarction, happens when a part of the heart muscle doesn't get enough blood.

Coronary artery disease (CAD) is the main cause of heart attack.

Risk factors for stroke are almost the same as for a heart attack and that can be changed, treated, or medically managed:

Stress: It can cause the heart to work harder, increase blood pressure, and increase sugar and fat levels in the blood. These things, in turn, can increase the risk of clots forming and travelling to the heart or the brain.



Diabetes: Causes sugar to build up in the blood. The risk of death from heart disease for adults with diabetes is higher than for adults who do not have diabetes.



Smoking: Increases the risk for heart disease, heart attack & stroke. Cigarette smoking can damage the heart and blood vessels, which increases your risk for stroke & heart conditions such as atherosclerosis and heart attack.

- Nicotine raises blood pressure.
- Carbon monoxide from cigarette smoke reduces the amount of oxygen that your blood can carry.
- Exposure to secondhand smoke can also increase the risk for heart disease, even for nonsmokers.
- Smoking almost doubles your risk for an ischemic stroke.



Excessive alcohol use: More than 2 drinks per day raises your blood pressure and the risk for heart disease.



Obesity: is excess of body fat. Obesity can lead to high blood pressure and diabetes as well as heart disease and stroke.

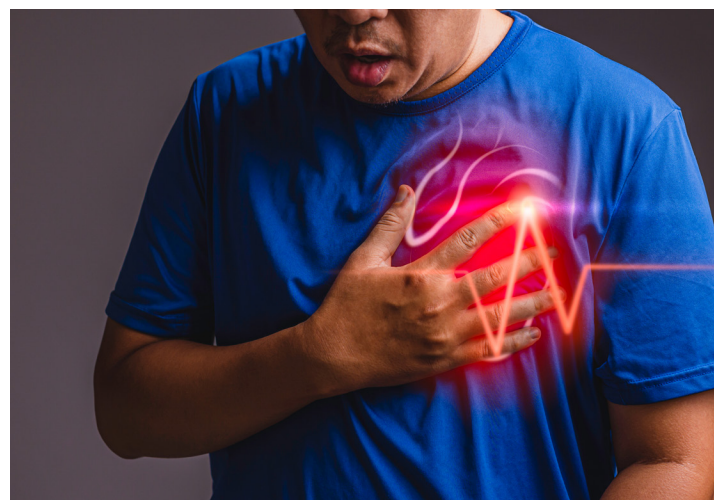
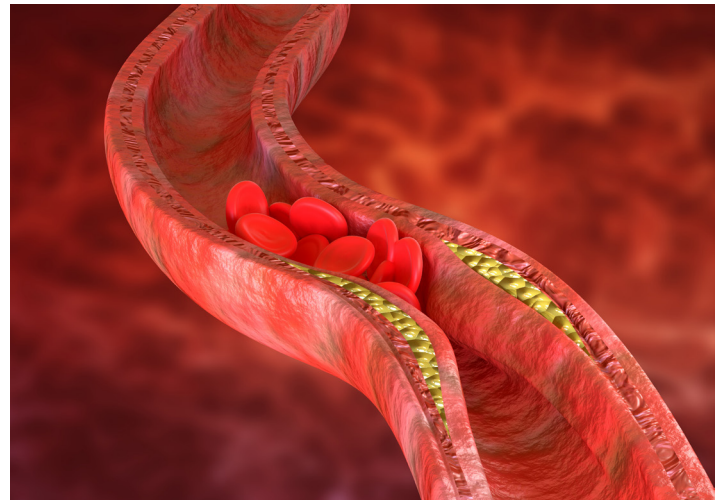
High blood pressure: High blood pressure is often called a “silent killer” because it usually has no symptoms. The only way to know whether you have high blood pressure is to measure your blood pressure. You can lower your blood pressure with lifestyle changes or with medicine to reduce your risk for heart disease, heart attack & stroke.

Heart disease: Is the second most important risk factor for stroke, and the major cause of death among survivors of stroke.

History of TIAs (transient ischemic attacks): TIAs are often called mini-strokes. They have the same symptoms as stroke, but the symptoms don't last. If you have had one or more TIAs, you are almost 10 times more likely to have a stroke than someone of the same age and sex who has not had a TIA.

High red blood cell count: A significant increase in the number of red blood cells thickens the blood and makes clots more likely.

High blood cholesterol and lipids: High cholesterol levels can contribute to thickening or hardening of the arteries (atherosclerosis) caused by a buildup of plaque. This buildup on the inside of the artery walls can decrease the amount of blood flow to the heart, brain, kidneys, and other parts of the body.



NEW THERAPIES

We are always updating our services in order to help our patients in the best way possible. With more than 25 years of experience in ozone treatments, we know what are the newest and best ways to use ozone for our patients health. This are our latest additions to our ozone treatment options:

Micro-needling (Dermapen) treatment with Platelet-Rich Plasma (PRP) + Ozone:

This is a minimally-invasive facial, anti-aging treatment; it will help wrinkles and improve your skin texture in a natural way. Using your own blood plus ozone will help your tissues to get more oxygen and you will be able to see the difference on your skin. Dermapen is an automated medical device that contains multiple fine needles, to create microchannels in the skin for increased stimulation of circulation and natural collagen production in the treated area.

Benefits:

- Relieves tired eyes
 - Reduces wrinkles
 - Reverses the signs of aging
 - Treats acné
 - Increases Collagen production
- PRP is also used to treat hair loss
- Improves scars
 - Stimulates collagen production
 - Improves skin texture
 - Reduces the appearance of large pores



In addition, it carries out a regenerative trophic action on the tissues, particularly very active on the capillary wall that gets damage overtime . It is antioxidant and alkalizing.



Ozone 360 Deep Clean + Ozone Steamer

Ozone treatment for Hair and scalp



Ozone steamer helps open our skin pores and clean them deeply immediately. It's a non-aggressive procedure.

Ozone steamer with powerful action of infusing water soluble O₃ molecules which stimulates production of hair cells, penetrating the hair follicle and immediately eliminating fungus and bacteria. Water molecules of ozone will quickly replenish moisture and oxygen in hair eliminating dandruff, irritation and itchiness.

Benefits:

- Reduces acné
- Reduces scars
- Hydrates the skin
- Eliminates dead cells
- Improves and illuminates skin texture giving a younger appearance

Benefits:

- Fortify hair follicles for hair loss & hair breakage.
- Promotes rejuvenating hair.
- Supply nutrients for hair and scalp.
- Promotes hair growing.
- Prevents and treats alopecia.
- Prevents premature graying.



BREAST CANCER

Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body.

Breast cancer is a group of diseases in which cells in breast tissue change and divide uncontrolled, typically resulting in a lump or mass. Most breast cancers begin in the lobules (milk glands) or in the ducts that connect the lobules to the nipple.

Symptoms of breast cancer

- Breast cancer typically has no symptoms when the tumor is small and most easily treated, which is why screening is important for early detection. Different people have different symptoms of breast cancer. Some people do not have any signs or symptoms at all.

Some warning signs of breast cancer are:

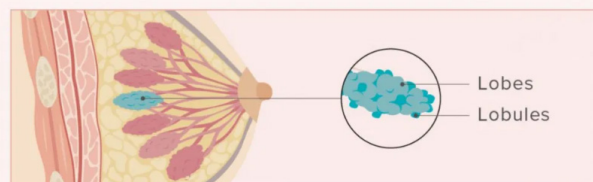
- **New lump in the breast or underarm (armpit).**
- **Thickening or swelling of part of the breast.**
- **Irritation or dimpling of breast skin.**
- **Redness or flaky skin in the nipple area or the breast.**

Pulling in the nipple or pain in the nipple area.
Nipple discharge other than breast milk, including blood.

Any change in the size or the shape of the breast.
Pain in any area of the breast.



Invasive Lobular Carcinoma



Normal lobule



Lobular carcinoma in situ (LCIS)



Invasive lobular carcinoma

- **Age-ing.** The risk for breast cancer increases with age; most breast cancers are diagnosed after age 50.
- **Genetic mutations.** Inherited changes (mutations) to certain genes.
- **Reproductive history.** Early menstrual periods before age 12 and starting menopause after age 55. This exposes women to hormones longer.
- **Having dense breasts.** Dense breasts have more connective tissue than fatty tissue.
- **Family history of breast or ovarian cancer.** Family members on either her mother's or father's side of the family who have had breast or ovarian cancer.
- **Previous treatment using radiation therapy.** Women who had radiation therapy to the chest or breasts (like for treatment of Hodgkin's lymphoma) before age 30 have a higher risk of getting breast cancer later in life.

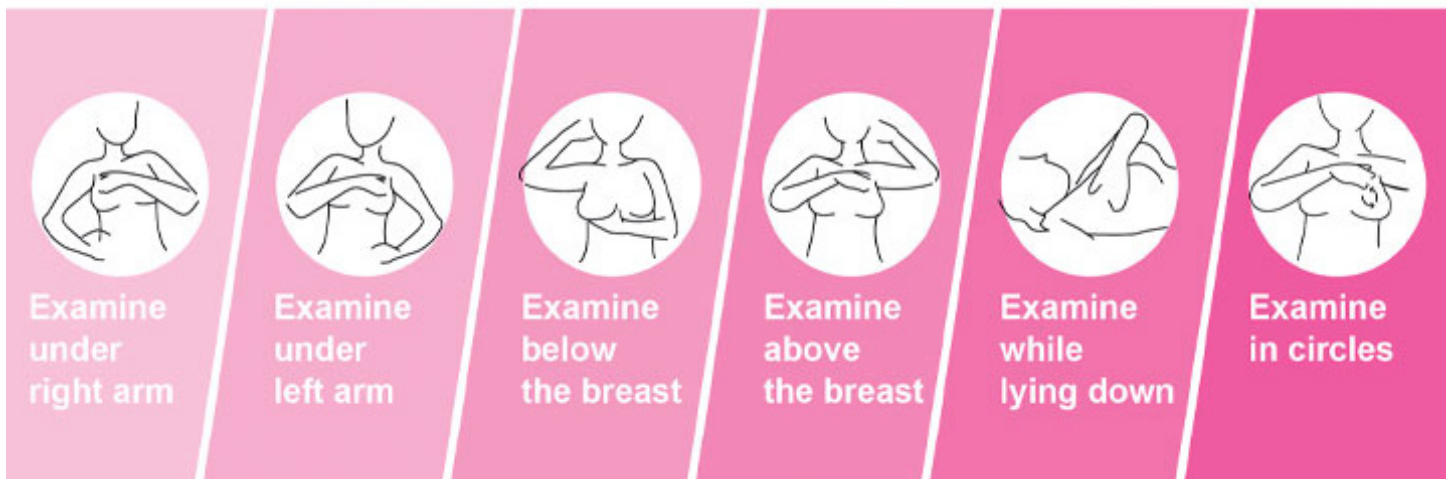
Risk Factors You Can Change

- Not being physically active.
- Being overweight or obese after menopause.
- Reproductive history: Having the first pregnancy after age 30, not breastfeeding, and never having a full-term pregnancy can raise breast cancer risk.
- Drinking alcohol.



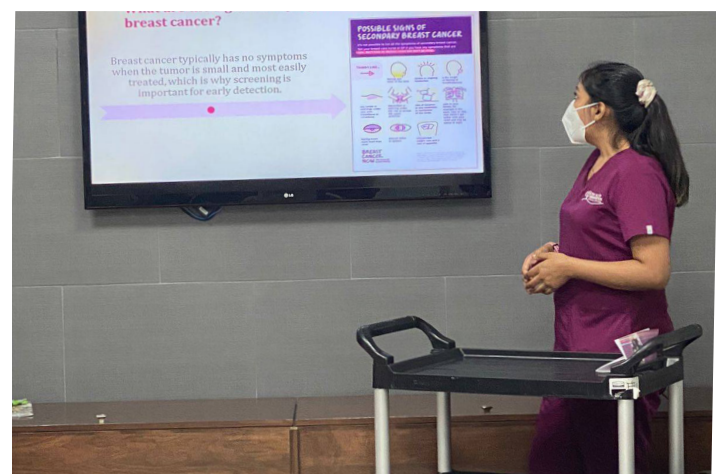
Research suggests that other factors such as smoking, being exposed to chemicals that can cause cancer and changes in other hormones due to night shift working also may increase breast cancer risk.

Prevention of breast cancer



Breast cancer prevention program

The Good Samaritan as a health provider has the commitment to educate patients on how to prevent diseases. This is why weekly we have a prevention program induced by our medical staff. Because we don't just take care of you when you're sick but we wish to keep you healthy!



PREVENTION THE BEST CURE

The most important thing in health is prevention. Unfortunately people don't do their recommended check ups and wait to get sick before going to a Doctor. Ideally people will not only have their regular check ups but also have what we call "maintenance service". This service includes therapies that will help you reduce aging symptoms and strengthen your immune system.



In The Good Samaritan we take this concept seriously and Dr. James is very thorough in getting to the root of any problem using his integrative medical program.

SOONER OR LATER YOUR HEALTH WILL BECOME YOUR NUMBER ONE CONCERN



WE ARE HERE TO HELP

THERE'S ALWAYS ROOM FOR IMPROVEMENT

We are pleased to announce that this year has been the best year for improvements. We have had the most all around the facility and staff. This we do with the goal of giving the patients a comfortable atmosphere where they can receive all their treatments while relaxing in the clinic.



Improvements include:

- Backyard
- Nurse station
- Water pressure
- Chelation room
- Laundry
- Addition of 5 rooms
- Lobby
- Dentist office



MORE IMPROVEMENTS

Before



After



BIGGER ROOMS AND MORE RECREATION AREAS



EAT BETTER, LIVE HEALTHY

Let's talk about Healthy eating:

Healthy eating is all about balance. You can enjoy your favorite foods, even if they are high in calories, fat or added sugars. The key is eating them only once in a while and balancing them with healthier foods and more physical activity.

Some general tips for comfort foods:

Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month.

Eat smaller amounts. If your favorite higher-calorie food is a chocolate bar, have a smaller size or only half a bar, you can try dark chocolate.

Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. A homemade version is always better than an outside version.

Food shouldn't just taste good, it should give your body the nutrients it needs to fuel you through the day. Learn more about different food groups and the health benefits they offer, as well as how to work these nutrient-packed foods into your diet.

Food is about so much more than nutrition: It's culture and family and history and comfort. However, the recommendations on eating healthily don't always encompass a wide range of foods, recipes, and traditions.

11 Probiotics rich foods for good Gut Health

- Yogurt
- Non-dairy yogurt and milks
- Kefir
- Kimchi
- Tempeh
- Kombucha
- Miso
- Natto
- Pickles
- Sauerkraut



7 Healthiest Seeds for your Diet

- Flax
- Chia
- Hemp
- Sesame
- Pumpkin
- Sunflower
- Pomegranate



Workout tip:

After any intense exercise, it is good to eat a combination of natural, unprocessed carbs and protein. This can be your main meal or a snack. When they are consumed together, you restore your energy, speed up recovery, promote muscle growth and satiety. Foods such as bananas, eggs and nuts are excellent on the go post-workout foods. Also don't forget to rehydrate. Drinking water before, during and after exercise is critical for effective workouts. Now you are ready for your next intense workout. Cheers to an unstoppable YOU!



BACK ON THE ROAD!

We are very happy to inform you that this past July we had our first meeting since March 2020, held in Clarksville, AR. For the first time Dr. James was able to travel with his son Jonathon James and niece Hazel C. James with the intention of teaching and making a better meeting for our attendees.

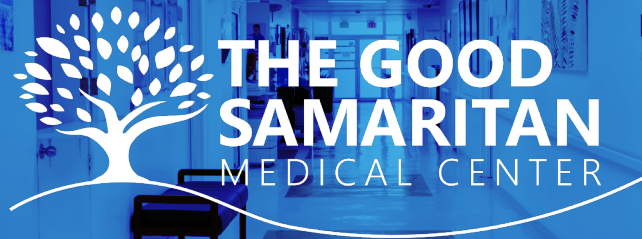
We are thankful to our friend & patient Edward Byler and wife, for his help with the arrangements to make this meeting possible. Also a special thanks to all the good people of Arkansas who welcomed us with open arms. We are happy to say that we had a very positive result and continue to receive patients from the meeting.



If you are interested in hosting Dr. James and his team please call (956) 223-9646. The meetings are divided into two days; the first day is an informational meeting and the second day is Dr. James' free consultation.

We appreciate the help we get from our patients in arranging these kinds of meetings.





FOR LIMITED TIME ONLY!

In order to promote a more healthy lifestyle for our patients and their families, this season we will be giving you a \$15 dollars discount for every pound lost while here at the clinic.

This offer will include one of their companions. So if the patient and the companion lose a total of 20 pounds together, that will mean a \$300 discount in the patient's bill.

Come and take advantage of this offer while taking care of your health. This is our way to help and encourage our patients to keep healthy and save money in the long run.

(Patients undergoing surgery will be weighed the day they arrive and the day before surgery to add the total pounds.)

- * Valid through April 1st 2022
- * Not valid with any other promotion
- * Restrictions may apply

\$15 off
for every Pound
you lose here in
our clinic



WELCOME TO THE TEAM

One of our commitments with you is to offer the best service because you deserve it! That is why we would like to take this space to give a warm welcome to our new RN Karen! Who is joining our nursing team and we are glad to tell you that she is 100% bilingual and professional.



“Hello, my name is Karen and I’m very grateful to have the opportunity to be your nurse. I’ll be more than happy to take care of your health with love & kindness.”



ULTRASOUND NOW AVAILABLE!



Because we are always looking for more ways to improve our services we have now an ultrasound available at The Good Samaritan M.C.

This means our patients don’t need to go out of the clinic to get this exam done. This will save doctors and patient’s time to make a more detailed examination of the patient.



Remember Hazel C. James
is our Health Coach you can call her at
956-223-9646



Happy Holidays

The end of the year brings no greater joy than the opportunity to express to you the season's greetings and our sincerest appreciation for the trust you have placed in us. May your holidays and New Year be filled with joy & blessings.



The team at The Good Samaritan Medical Center wishes you health, love, joy and prosperity throughout the coming year.



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for requests or appointments
9:00am to 5:00 pm



Pharmacy office hours
9:00am to 3:00 pm