



**Congratulations to
Nurse Practitioner
Jessica Tsang, a true**

WOMEN OF Inspiration!!”

Although you may not have met her yet, Nurse Practitioner Jessica Tsang is an integral member of our team at Balanced Health and Sports Therapy. She skillfully administers Prolotherapy injections to our patients to help heal injuries, reduce pain and strengthen joints (see full article on Prolotherapy below).

Recently, this humble, hard-working, and compassionate young woman won at the Calgary “Women of Inspiration” Awards Gala. Her award for “Millennial Leader,” recognized her as a “rising star” who is an “exemplary role model breaking barriers and traditional silos with proven business success.” We are so thrilled for her and feel that she is highly deserving of this honour!

Jessica is a family Nurse Practitioner whose mission is both to increase access to health care and also to improve the quality of health care that is available. Aside from providing Prolotherapy Injections at Balanced Health, and teaching future nurses at Mount Royal University, she is also the founder and director of a mobile medical clinic, Direct Health Solutions.

Jessica’s diverse nursing background as well as her early experiences in caring for her grandmother offered her first-hand insight into the gaps in the health care system. After years

exasperated witnessing health complications that could have been prevented by early screening and treatment. She learned that, like her grandmother, many of her patients faced physical and psychological barriers that prevented them from seeking care until they faced a major health crisis. Without reliable, consistent health care, she notes that many people slip through the cracks and are more vulnerable to poor health. This inspired her to complete her Master of Nursing with a post-graduate Nurse Practitioner diploma in 2016 and to start her private mobile family practice in 2017. Since then she has been dedicated to offering “the services of a house-call physician with the compassion and patience of a nurse.”

As an RN myself who has had the opportunity to work for Jessica at Direct Health, I have witnessed how much trust and love she inspires in her patients with her highly respectful, unrushed and non-judgmental approach. They truly appreciate the convenience, comfort and privacy of being treated in their own homes. She helps seniors and vulnerable populations maintain their independence while receiving personalized care; she improves end-of-life care for palliative patients; she helps individuals and families optimize their health with preventative care; and she saves our system valuable health care dollars by diverting many unneeded 911 calls and visits to the ER. She is incredibly hard-working and makes herself highly available to her patients and her employees. Jessica is an asset to our community-- a true ‘woman of inspiration’ --and we are honoured to have her at Balanced Health.

Danielle Deutscher, RN



What is it?

Prolotherapy is a non-surgical, injection-based therapy administered to ligaments, tendons and joints in order to strengthen the connective tissue and relieve pain. Prolotherapy injections are designed to produce a natural and localized healing response in injured tissues. The injections contain a mixture of anesthetic and varying concentrations of dextrose. This stimulates mild inflammation in the

collagen and other tissue-regenerating compounds. Thus prolotherapy incites the body's natural ability to repair itself.

Goals of Prolotherapy

- To reduce pain and stiffness*
- To enhance function*
- To increase strength and mobility*

What conditions does prolotherapy treat?

- sports injuries*
- back, neck and knee pain*
- herniated discs*
- joint pain and degeneration*
- osteoarthritis*
- joint hypermobility*
- meniscal tears*

How does Prolotherapy Differ from Steroid Injections?

Steroid injections such as cortisone reduce inflammation and offer pain relief, however they only provide a short-term solution. They suppress the immune response and “turn off” pain receptors in the joint, therefore there is the potential to increase damage at the joint,

Prolotherapy, on the other hand, is “short-term pain with long-term gain.” While there is potential pain and inflammation for approximately 24 hours following the injection, prolotherapy ignites the body’s natural healing response, creating a stronger joint in the long-term.

What are the risks of prolotherapy?

- very safe, short recovery period*
- no need for general anesthetic or hospital stay (the entire process generally takes less than 30 mins)*
- mild swelling and/or discomfort may occur in the first 24-48 hours post-injection*
- in very rare cases, infection may occur after treatment but this risk is significantly lower than following surgery*

What Preparation is Needed Prior to Prolotherapy?

- It is recommended to stop all anti-inflammatory medications at least 3 days prior to prolotherapy injections so that the body can optimally respond to the treatment*
- As with other types of injections, it helps to eat a meal or snack prior to prolotherapy, particularly one that is high in protein. Low blood sugar can lead to feelings of light-headedness during/post injections.*

-Only licensed medical professionals with advanced training are able to administer prolotherapy injections

-At Balanced Health, Nurse Practitioner Jessica Tsang RN NP administers all prolotherapy treatments (see bio above). She has completed extensive training in joint injections through University of Alberta's Glen Sather Sports Medicine Clinic, Empire Medical Training, and the American Academy of Procedural Medicine.

Patients at Balanced Health love Jessica's warm manner and her skilled, professional style. She is very thorough at preparing patients, answering questions, and providing follow-up when needed. If you would like to book an appointment or consultation with Jessica please contact us at Balanced Health and Sports Therapy.

Danielle Deutscher, RN

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