



Synergy Pain and Rehabilitation

1985 Howell Mill Road • Atlanta, GA 30318

404-355-1322



Sciatic Pain, Chiropractic Relief

Clinical experience has shown that chiropractic care to be the method of choice for correcting the cause of Sciatica.

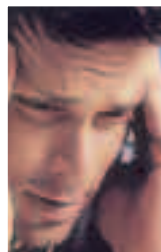
See page 2 for details



Many People Suffer From Whiplash and Don't Know It

Some injuries are hidden so well that unless you are examined by someone trained in structural damage, the symptoms may not appear for years.

See page 2 for details



Headaches Often Linked to Nerve Irritation

Few realize that nerve involvement plays a role in headache pain. Find out how our Doctors have been able to help area headache sufferers naturally.

See page 2 for details



Secrets to Ending Headache, Neck, and Low Back Pain

We are happy to reveal the secrets to help you perform at a higher level than you are now.

See page 3 for details

STOP PAIN • START LIVING!

If you suffer from pain needlessly, help is only a phone call away.

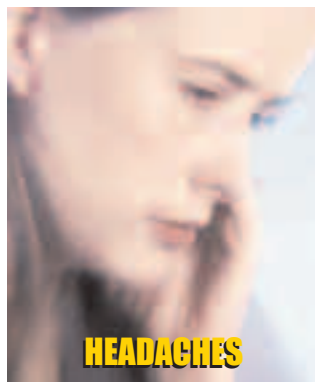
Many in our community miss the good things that life has to offer, because they live with a painful, nagging injury or chronic condition. Maybe you are one of them! Do you find yourself trying to get relief from pain killers that, at best, only temporarily relieve the symptoms, obscuring the actual cause of pain?

THIS IS NO WAY TO LIVE.

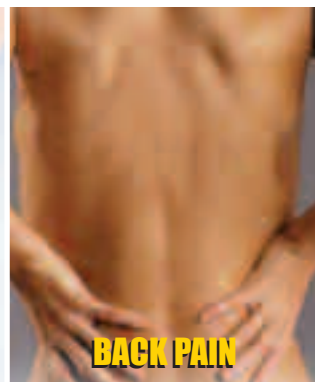
Synergy Pain and Rehabilitation has been helping the people in our community live healthier, happier lives. At Synergy Pain and Rehabilitation, our doctors provide their patients with an array of treatments and therapies designed specifically for their conditions.

In addition our office works closely with our patients' other health care providers. Dr. Bubolo states, "Working together we have created a type of synergy, creating improvement in our patients' conditions and function that might not have otherwise been achieved."

Drs. Bubolo and Vargas believe you deserve to live your life free of the pain that is affecting your health and happiness. Call Synergy Pain and Rehabilitation at (404) 355-1322 and start to live without pain today.



HEADACHES



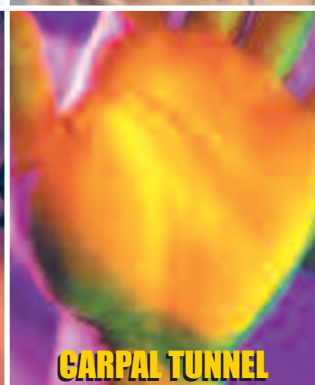
BACK PAIN



ARTHRITIS



WHIPLASH



CARPAL TUNNEL



SHOULDER/NECK PAIN

Conditions Successfully Treated in Our Office

- Neck Pain
- Hip Pain
- Herniated Disc
- Headaches
- Leg Pain
- Lower Back Pain
- Shoulder Pain
- Stiff Neck
- Muscle Spasms
- Arm Pain
- Neuritis/Neuralgia
- Knee Problems
- Sports Injuries
- Tendonitis
- Carpal Tunnel Syndrome



Presort Std.
US Postage
PAID
Permit # 3259
Atlanta, GA

\$35 First Visit

Effective Through The Next 30 Days

\$35

For A Chiropractic Exam including:

- A Preliminary Consultation and Health History
- Spinal X-rays, if necessary
- A Report of Findings

FOR AN APPOINTMENT CALL

(404) 355-1322

*All other services at established prices.



Sciatic pain relieved through chiropractic care

The sciatic nerve, the largest nerve in the body, extends from the lower spine down the back of the thigh to the knee. There it divides, one nerve runs down the front while the other runs down the back of the lower leg.



Sciatica is an abnormal and usually painful condition of the sciatic nerve, which supplies the muscles and joints of the hips, buttocks, posterior thigh, calf, and foot. Symptoms of sciatica include pain, numbness, and often muscle weakness in the affected areas. The pain may be a result of inflammation of the sciatic nerve or an impingement of the sensory nerve fibers that end at the sciatic nerve.

Often compared to the "worst toothache" imaginable, sciatic pain may become less pronounced as it progresses, but it may affect the function of the hip and the lower leg areas.

This faulty spinal-pelvic alignment may result from a single fall, an accident, or unusual exercise. Or such structural deficits may develop gradually as part of an overall distortion pattern.

Dr. Vargas states, "Clinical experience shows that Chiropractic care of these faulty spinal-pelvic mechanics to be the method of choice for correcting the cause of SCIATICA."

There are three conditions of spinal/pelvic misalignments that most frequently injure the sciatic nerve:

1. When the nerve openings between the vertebrae in the lower back are blocked, the sciatic nerve is compressed and irritated.
2. A sacroiliac subluxation or distortion puts direct pressure on the sciatic nerve.
3. The deep muscles of the buttocks may be placed under abnormal stress by a faulty pelvic alignment and the stretched or even collapsed muscles may squeeze and irritate the sciatic nerve as it passes between them.

For relief call Synergy Pain and Rehabilitation at 404-355-1322.

Unwrapping the mystery behind **WHIPLASH**

When you hear the word whiplash you probably think of an auto accident victim walking around stiffly in a neck brace. While vehicular accidents often result in whiplash injuries they can also occur during a fall or any sudden blow to the head and neck area.

What causes whiplash

A whiplash injury occurs when the head and neck are thrown very quickly in one direction and then rebound in the opposite direction. In other words, the head is whipped around on the neck. Abnormal joint function is common after whiplash trauma, and can lead to a variety of disorders, including muscle and tendon pathology, inflammatory reactions, chronic pain syndromes, arthritis changes, disc degeneration, erosion of joint surfaces, and nerve lesions.

Research shows that even a low-impact collision can cause whiplash injuries. Even in these types of accidents, the head can receive up to 2-1/2 times more force than the car itself.

Tell-tale signs

Many times, severe whiplash can be detected immediately after a mishap. However, a whiplash injury may take hours, weeks, months, or even years before symptoms are noticed. This is due in part to the bleeding and formation of scar tissue that occurs around the injured area. In some cases, whiplash pain can appear at the time of injury and then decrease as time goes by. Later severe symptoms can occur when excessive stress is placed on the spine, signalling an untreated whiplash injury.

The most obvious symptoms of whiplash - even the mild cases - is neck and shoulder pain. But beware of symptoms you may not relate to the whiplash injury



Don't be a DUMMY...
Take Whiplash Injuries Seriously.

such as headaches, dizziness, stiffness, nausea, numbness and tingling in arms/hands, weakness, swelling, back and chest pain, and blurred vision.

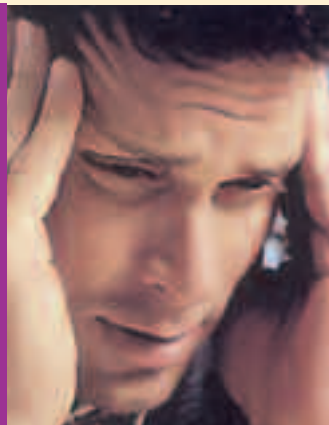
Proper care is no accident

Unfortunately, whiplash injuries do not heal themselves. Getting immediate, proper care for whiplash can help you avoid serious problems later. An untreated whiplash injury can lead to disc degeneration and arthritis. Many whiplash symptoms can be relieved by returning misaligned vertebrae to their proper positions. Early mobilization, including chiropractic manipulation followed by active rehabilitation promotes recovery and reduces disability following whiplash injuries. Immobilization and rest, on the other hand, prolongs the patient's recovery time and may lead to chronic pain.

Drs. Bubolo and Vargas have extensive training and experience when it comes to caring for soft tissue injuries like whiplash. Through careful evaluation, which includes the very best in diagnosis equipment, an individualized treatment program will be created to meet the need of each individual case. Call Synergy Pain and Rehabilitation today at (404) 355-1322.

HEADACHE OFTEN LINKED TO NERVE IRRITATION

There is hope for chronic headache sufferers to help them become free of the pain and medication cycle.



Millions suffer from recurring headache pain. They spend over \$400 million each year on over-the-counter and prescription pain relievers. For some, the medication works. For many, however, relief is temporary at best. A cycle of headaches and pills often occurs without finding any lasting relief. If you think this describes your pain, then there is good news for you.

Do you feel as if you are a slave to chronic migraine or tension headache pain? If so, you are not alone. It is estimated that 45 million Americans suffer from migraine headaches on a regular basis. Now there is hope for headache sufferers that can free them from the medication cycle.

Research, conducted at the University of Maryland, has found there to be a connection between muscle tension at the base of the neck and headache pain. Muscle contractions interfere with the sensitive fibers at the base of the neck that lead to the brain and spinal cord. This muscle tension often plays a contributing factor to headache pain. A study, conducted by Dr. Wight, found that the vast majority of migraine headache sufferers have structural imbalances in the neck, placing pressure on the sensitive spinal nerves.

The doctors at Synergy Pain & Rehabilitation have helped many area

residents find effective relief from headache pain. Their treatment plan is two-fold:

- Remove pressure on the nerves caused by spinal misalignments.
- Relax tense muscles in the neck to minimize nerve pressure.

"The care we offer is safe and gentle for both adults and children" explains Dr. Bubolo. It has shown results for many, not only in our office, but also in several studies. One study, published by the New Zealand government, found chiropractic care offered superior results for migraine headache sufferers.

Follow up studies of the same patients found that many were still without recurring headache pain years later.

That is why we are offering a \$35 examination to all new patients with this flyer only. If you are a candidate for care, we will tell you. If not, we will refer you to someone who can. It is our policy to accept those patients that we truly believe we can help.

Call (404) 355-1322 now to take advantage of this special limited time offer.

Secrets to Ending Headache, Neck, and Low Back Pain



It is common for many people to complain of lack of energy, lack of focus, and minor aches and pains. "If only I could do something about my energy level, or pain," is a common lament among many. We are happy to reveal the secrets to help you perform at a higher level than you are now.

The Doctors at Synergy Pain and Rehabilitation offer their patients a well-rounded holistic approach to care that helps them get out of pain, have more energy, increase their overall performance, and, for many, ultimately change their attitude towards life.

Through a regime of wellness approaches including diet, exercise, nutritional care, as well as chiropractic care and massage we have helped our patients get a new lease on life.

"The truth of the matter is there has to be an aggressive yet sensible approach to taking care of your body," says Dr. Bubolo. "If you do this in most cases your body will in turn take care of you... you will feel better, have more energy to deal with the everyday

stresses, and just enjoy life more."

There is no one answer to health care, but I help many of my patients get on the right track to better health and wellness.

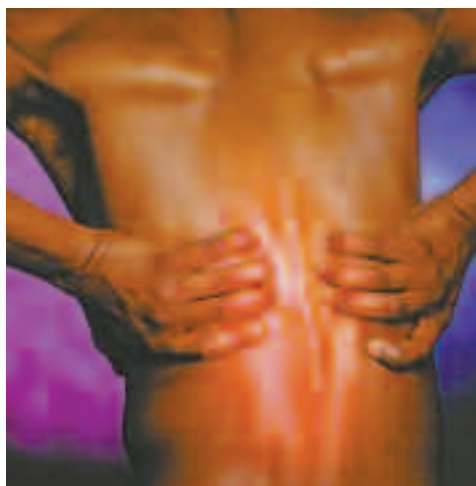
It's time for you to take control of your health. Call Synergy Pain and Rehabilitation at (404) 355-1322 and start to live without pain and have more energy today.

Ten Tips To Increase Energy

1. Exercise. Those who exercise regularly generally have more energy.
2. Deep breathing exercises. Helps circulate oxygen and relieve stress.
3. Adequate sleep/rest.

4. Avoid excess sugar, caffeine, and food additives.
5. Stretch every day. Improves blood and oxygen flow.
6. Eat several smaller meals a day rather than "three squares". This regulates blood sugar better.
7. Avoid high-carbohydrate meals when you need to be alert. These may trigger sleep-inducing hormones.
8. Drink six to eight glasses of pure water daily. Dehydrated individuals may fatigue more easily.
9. Maintain a positive mental attitude.
10. See your chiropractor for routine spinal adjustments. Call Synergy Pain and Rehabilitation at (404) 355-1322 today.

Study Shows Chiropractic Effective in Treating Low Back Pain



A recent study funded by the government of Ontario reports that Chiropractic is safe, cost effective, and efficient in treating lower back pain. This study, conducted by Pran Manga, Ph.D., Douglas Angus, M.A., Costa

Papadopoulos, M.H.A. and William Swan, B. Comm. reviewed published papers in an effort to reduce cost to what Canada's National Health System finds to be one of the most costly illness and disabilities in Canada. The results are as follows:

Scientific studies reviewed indicate that **spinal adjustments applied by chiropractors are more effective than other treatments of LOW BACK PAIN.** Evidence also suggests manipulation by non-chiropractic professionals is less safe and less effective.

Chiropractic care is safe in treating lower back pain. Some medical treatments are equally safe while others are not. The findings suggest that chiropractic adjustments are safer than medical treatment of lower back pain.

Chiropractic management of low back pain is more cost effective than medical management. Evidence from Canada and other countries suggest a potential savings of hundreds of millions of dollars annually if management was switched from physicians to chiropractors.

Patients are very satisfied with chiropractic care of lower back pain and less satisfied with physician care of the same. It is also indicated that the use of chiropractic care has grown over the years.

Their recommendation:

Chiropractic services should be fully integrated into the health care system, and encouraged in the treatment of lower back pain. Call Synergy Pain and Rehabilitation today at (404) 355-1322.



Disc Injury? Help may be available through Chiropractic care

The purpose of a disc is to cushion the vertebrae, allow flexibility of the spine, and to form openings through which nerves pass from the spinal cord to go to the rest of the body. Without discs, the vertebrae would grate against each other and pinch delicate nerves.

Disc injuries are often caused by the improper use of the back over a long period of time, weak back muscles, poor posture, chronic obesity, or improper exercise. The following are some of the common disc injuries.

SLIPPED OR HERNIATED DISCS occur when the disc protrudes or bulges, causing the disc to compress the nerves or irritate the spinal cord. Some common symptoms are: sharp pain in the lower back, often accompanied by localized muscle spasms, muscle weakness and pain, accentuated by bending, sneezing or straining.

RUPTURED DISCS occur when the tough outer covering of the disc is torn or split, allowing the soft portion of the disc to swell and press against the spinal nerves. Both slipped and ruptured discs can lead to disc degeneration if not treated.

DISC DEGENERATION can be caused by recurring misalignments, poor posture, improper exercise habits, obesity, poor nutrition, aging, or repeated small injuries. As a degenerated disc loses its fluid, strength and elasticity, allowing the vertebrae to rub together, a dull, localized pain may grow more intense and wide spread as time passes and the spine may become stiff and immobile.

SCIATICA is a symptom occasionally experienced with a disc injury. The sufferer may experience pain, numbness and muscle weakness in the hip, buttock, posterior thigh, calf, and foot. In addition, the patient may experience a crawling sensation over the affected area and an inability to walk on his toes due to muscle weakness.

HOW MAY CHIROPRACTIC HELP?

Our Doctors are trained in the diagnosis and treatment of disc injuries and other types of spinal problems. Many disc injuries lend themselves to effective correction through chiropractic care. Chiropractic adjustment of a misaligned vertebrae can help reduce the stress and pressure placed on the discs. This helps to alleviate the pain and can reduce the possibility of more serious conditions, hospitalization, or surgery.

If you are suffering from any of these disc problems, or sciatica call Synergy Pain & Rehabilitation today at (404) 355-1322.



Dr. Vincent C. Bubolo, BS, DC

About Our Staff of Professionals...

Dr. Vincent C. Bubolo, D.C. received his Doctor of Chiropractic degree from Life University. Before concentrating on his Chiropractic Degree, Dr. Bubolo played hockey in the NY Ranger's Organization. He says, "After receiving many painful injuries, a friend convinced me to try chiropractic and get away from all the pain killing drugs. I got relief so well, I decided to become a Chiropractor and heal others the way I had been healed." Dr. Bubolo specializes in acute and chronic muscle, nerve and skeletal pain. He lives in Kennesaw with his wife, Ginger, and their four-year-old son, Cage.



Dr. Roberto A. Vargas, DC

Dr. Roberto A. Vargas is a second generation Chiropractor. He secured his belief by being helped by a chiropractor while in a beach volleyball tournament. Without the doctor's help he would have had to forfeit and lose his place in the standings. At this time the doctor was trying to play beach volleyball professionally. After the doctor's adjustment he continued into the semi-finals pain free. Dr. Vargas was also a presenter of neurology at Life University and topics include: ADD/ADHD and neurodegenerative disorders with emphasis on alternative treatments including nutrition. He is both state and nationally certified as well as certified in physiotherapy. Dr. Vargas is a member in good standing with the American Chiropractic Association, American Academy of Spine Physicians, International Spine Association, International Association for the Study of Pain, and the Dana Foundation for Brain Research. The doctor is also fluent in English and Spanish for your convenience. Dr. Vargas lives in Avondale Estates with his wife, Brooke. They are expecting their first child.

Synergy Pain and Rehabilitation's mission is to "Educate and treat every member of our community and restore them to life-long optimal health".

The doctors' interests do not only end within the scope of neurology but extend to clinical nutrition. Clinical nutrition for the management of arthritis conditions and digestive disorders are also practiced at his clinic with great success. Physical Therapy is also an aspect of the doctors' training that will be offered for the benefit of our patients. Licensed Physical Therapists will also be part of the clinic as well as assistants offering spinal traction, EMS, ultrasound, stretching, rehabilitation exercise, acupressure and trigger point therapy. Stabilization of spinal regions is of the utmost importance to the patient and doctor, helping to prevent re-injury and staggered progress.

Discover it for Yourself



\$35 For An Exam Including:

- A Preliminary Consultation and Health History
- Spinal X-rays, if Clinically Necessary
- A Report of Findings

(\$135 value)

For An Appointment Call (404) 355-1322

Offer Expires in 30 Days.

Over 8 Years Experience

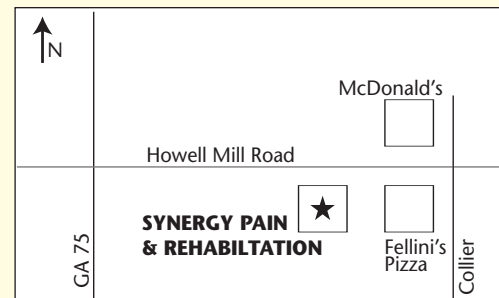
Convenient Location and Office Hours

Synergy Pain and Rehabilitation is conveniently located at 1985 Howell Mill Road in Atlanta.

Office Hours:

Monday 9:00 AM - 12:00 3:00 - 7:00 PM
 Tuesday 9:00 AM - 12:00 3:00 - 7:00 PM
 Wednesday 9:00 AM - 12:00 3:00 - 7:00 PM
 Friday 9:00 AM - 12:00 3:00 - 7:00 PM

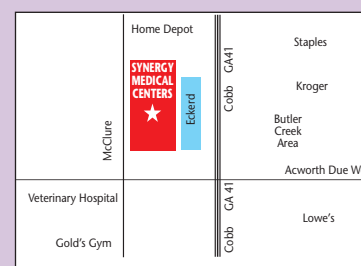
Se habla Español



SECOND LOCATION

Synergy Medical Centers

3195 Acworth Due West Rd.
 Kennesaw, GA 30152
 (770) 975-1299



EASY PAYMENT OPTIONS...

Synergy Pain and Rehabilitation accepts most insurance programs. All financial programs will be fully explained to you once our experienced staff has verified your insurance coverage.

We accept:

- Employer Group Insurance
- Personal Group Insurance
- Private Insurance
- Auto Insurance
- Attorney Liens
- Workers' Compensation
- Affordable payment plans are also available

For More Information Call **(404) 355-1322**

How Synergy Pain and Rehabilitation helped me.

Our Success Record Remains Strong!

Results are what count and we get them! Read how some of your neighbors have been helped by the quality of care that our doctors and staff provides.

LOWER BACK PAIN AND DEPRESSION

It's only been a few weeks that I've been going to the doctors at Synergy and I must say I feel much better than I have felt in 5 years. My lower back pain radiated into my hip and my life was miserable. I was so debilitated I couldn't do housework or shop without pain. I had not gotten relief from any treatment or pain killing medications. Since beginning treatment at Synergy, I've been able to be on my feet more, do more work around the house, do more pain-free shopping and I now sleep the night through with no pain in the morning. I am enjoying my life and am not depressed any more. I would most certainly recommend anyone I know who has pain they want to get rid of to Synergy's impeccable doctors and staff. Everyone is friendly and very helpful and made me feel comfortable from the very first visit.

M. Brooks

LOW BACK PAIN

After suffering with low back pain for 6 months, I began treatment at Synergy. My back pain was also causing tension in my neck and shoulders. Within a few weeks of beginning treatment, I felt the benefits of care and was substantially pain-free. I definitely recommend Synergy to anyone I know with unwanted pain.

Jami B.



PAIN OVER ENTIRE BODY

I have had pain over my entire body for many years, so much that I couldn't function at home or at work. After going from Doctor to Doctor and taking all kinds of drugs, nothing seemed to work. Now, after seeing the Doctors at Synergy, I take no drugs for pain and I am having very little pain and I can function more effectively. "I feel strongly that without a doubt the people at the clinic are the



ones who gave me back my life."

Mary Lou N.

ARTHRITIS

The reason I came to see the doctors at Synergy was my severe neck pain. It went to my shoulders and legs and felt like I had arthritis all over my body. I suffered since 1971, and after 3 back surgeries, Synergy's treatment plan was the only one that gave me relief. It took about 2-3 weeks and I began to feel better. I am on the road to taking care of myself with the support of the doctors at Synergy. Thank you.

Jean H.

AUTO ACCIDENT

One of the scariest moments in my life was when I was driving home from work and a county vehicle pulled out from in front of truck and collided into my car and pushed me off the road. The instant shock was terrifying. When the police got there they took my report and asked if I had any pain. I said no. By the next morning,

I couldn't move. It felt like someone stuck a sharp needle in my lower back and neck. I couldn't lift my leg to get in the shower. I remembered the monthly newsletter I got in the mail from Synergy Medical Centers and how they treat people in pain. I called and made an appointment that day. The medical doctor examined me and took some x-rays and he and the chiropractor told me there was some damage on my lumbar vertebrae. Through Synergy's multifaceted approach they gently treated me and within two visits I felt some relief. I could at least take a shower. I continued to be treated by the doctors and therapists at Synergy for about two weeks. I was amazed at the way my body recovered. It's now been 8 weeks and I am almost back to where I was before that horrible accident. In some ways, I feel even better. I recommend Synergy and its superb staff of professionals to anyone in pain and committed to getting rid of their pain.

Chris Y.