

LIMITLESS

For the Lake Norman
area's 55+ adults who
place no limits on
living their best lives!

March 2022

nd Wellness

Renew Health and Wellness

Non-Surgical Chronic
Pain Treatment

Tips for a Healthy Lawn

What's New in Classic Cars

Irish coffee



Medicare Covered Non-Surgical Chronic Pain Treatment



A patient-centered medical clinic

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Micah and Coral Kirscher owe Frontier University in Lexington, Kentucky a boatload of thanks. It is the institution of higher learning where they met each other, while both were completing their graduate doctorate degrees as Doctors of Nursing Practice. The university also provided the foundation for the medical orientation employed in their current practice with Renew Health and

Wellness, located in Cornelius, North Carolina.

U.S. News & World Report ranked the Frontier University Doctor of Nursing Practice (DNP) degree 37th in its ranking of Best Nursing Schools. Schools are ranked according to their performance across a set of widely accepted indicators of excellence--so the blood, sweat, and tears it took to earn their advanced doctorate degrees is well worth it.

Dr. Micah Kirscher and Dr. Coral Kirscher established Renew Health and Wellness in 2018 as a "true private practice, which is unheard of these days," stated Dr. Micah Kirscher. "Our approach allows us to be totally patient-oriented, since we are not driven to meet patient visit 'quotas' like the large medical conglomerates. We offer cutting edge, non-surgical, non-steroidal treatments for people with chronic pain such as arthritis, tendon, and soft



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tissue injuries, and these treatments are now covered by Medicare."

They are both board certified by the American Association of Nurse Practitioners and the American Academy of Procedural Medicine.

"We are extremely proud to be nurse practitioners, as our model of training blends the best of traditional medicine, preventive medicine, and wellness," said Dr. Coral Kirscher. "Our train of thought is to treat the underlying cause of the disease or condition instead of writing pharmaceutical prescriptions for a group of symptoms."

What motivated the Kirschers to become interested in opening a medical clinic in the Lake Norman area specializing in regenerative medicine for knee pain, shoulder pain, and elbow pain and the treatment of tendon and ligament injuries?

They responded: "Being physically active is important to both of us. We love being able to help people maintain or get back their quality of life. Coral

and I want to be able to still do the things we love to do now, when we are 85. Being able to help others achieve this same goal is the most rewarding thing in the world and it's why we come to work every morning. About 90% of our patient base at Renew Health and Wellness is over the age of 65 and suffer from chronic (over 3 months) knee pain, shoulder pain, elbow back, back pain. Chronic wear and tear on joints can be such a detrimental issue for some people. A large portion of our patient population has arthritis of the knees and we help get them back on their feet and gain their quality of life back."

Renew Health and Wellness medical specialties are non-surgical and drug-free treatments. The clinic uses highly concentrated connective tissue allografts that contain cytokines and growth factors to help ease pain, improve physical function, and repair damaged tissues. These treatments for knee, shoulder, back, elbow, neck, and back pain are all covered by Medicare.

In 2021, Renew Health and Wellness became the first clinic nationwide to introduce a regenerative connective tissue matrix injection with Medicare coverage.

"Without a doubt, we see chronic knee pain, shoulder pain, hip pain, and back pain most frequently in our clinic," Micah Kirscher stated. "With Cornelius being such a large golf and tennis community, we also see our fair share of patients experiencing elbow pain."

Having aches and pains that interrupt the day can be frustrating.

"We tell everyone...don't let pains ruin your plans anymore," Coral Kirscher said. "There are proven alternative treatments available that will help you enjoy living. Come in for a consultation...let's talk!" ■

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