

MILAN CENTER NEWS

Seasonal Newsletter

Spring 2018

Welcome to our spring newsletter! You'll find that this newsletter is a bit different than our usual ones. We have had quite a few happenings around the office since November of 2017 and we wanted to fill everyone in. So please enjoy some personal notes from Dr. Pete and Dr. Jess. Our services at Milan Center Chiropractic have expanded and we are pleased to add acupuncture for your health and wellness needs.



Years and years of experience leaves one with lots of knowledge and a few injuries. As many of you know, I had a microsurgery performed on my back on November 10th, 2017. This was performed by Dr. Robert Tatsumi, who is a wonderful physician and surgeon. I have worked with Dr. Tatsumi for many years with several mutual patients, but this time it was my turn to be the patient.

Post-surgery has required me to be diligent with treatment and listen to my own advice. My treatment has included exercise therapies and deep tissue laser therapy, which has helped tremendously.

This spring, I am looking forward to getting back to my hobbies around the yard and being back in the office with the patients that I care so much about. Your patience and understanding over the past few months has been greatly appreciated, so thank you. One thing I realized with the time off of work for recovery was that I truly love what I do and I am so pleased that I'm able to return to it.

November 22, 2017 brought me immense joy as my son, Carter, was welcomed into the world and I officially became part of the mom club. His entrance into this world was a complete 180 of what I had planned or expected, but as I now know, I'm no longer the one in control.

Carter arrived via C-section which made my recovery a bit longer. I have had to work on core and low back strengthening exercises as well as truly listen to what my body is saying. As many of you know, I'm furthering my education to help pregnant moms and children and I have been able to put what I have learned towards my own recovery.

This spring, I am looking forward to watching my son grow up and experience the wonderful Pacific NW. Watching the world through his eyes is truly amazing. I am learning to balance my time as a working mom, which I now understand can be quite daunting. I am also looking forward to finishing this series of classes to better serve my patients from pre-conception, through pregnancy, and post partum, as well as treat those sweet babies. I look forward to seeing familiar smiling faces in the office!



Marianna Dubova & Abby Drinkard

Milan Center Chiropractic is pleased to now offer acupuncture! We're excited to not only add a new service for our patients, but to have that service be provided by these two wonderful acupuncturists. Abby and Marianna bring with them 17 years of experience in acupuncture and Chinese medicine. They help treat a large range of symptoms such as headaches, insomnia, digestive issues, autoimmune disorders, depression, anxiety, and stress to name a few. Many insurance plans cover acupuncture, so if you are interested, give us a call and we will be happy to help. Please welcome Marianna and Abby next time you are in the clinic.



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- Letters from the Docs
- Meet the Team—now offering acupuncture with Marianna & Abby

We will be a sponsor of the

Lake Oswego Lake Run on

Saturday May 12th, 2018.

Be sure to stop by our

booth for some fun raffles!



Hours & Info

Monday 8:30—5:30

Tuesday 8:30—5:30

Wednesday 8:30—5:30

Thursday 8:30—5:30

Friday 8:30—5:30

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