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## MEDIA RELEASE

*For Immediate Release*

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### ***FCHS welcomes Pain and Wellness Centre to its Health Village***

**(Strathroy, ON)** – The Middlesex Hospital Alliance (MHA) is pleased to announce that Four Counties Health Services (FCHS) will welcome the arrival of the Southwest Pain Relief and Wellness Centre as its newest partner, with services to be developed and led by local resident, Dr. Jody Anderson and his wife, Colleen Anderson (nee Galbraith), who previously worked as a Registered Massage Therapist at several top facilities in Canada.

Dr. Anderson opened one of the first traditional physician/alternative non-physician wellness clinics in Ontario in 2002, where he employed several traditional and alternative health practitioners based on a Harvard Medical Evidence-Based CAM model. Early training included 3-years under Fred Kahn, MD FRCS(C), a pioneer in the field of alternative pain management and developer of *Bioflex*, a low intensity laser therapy system. The Toronto based clinic and research facility focused primarily on complementary and non-drug management of pain, related to arthritis disorders, work, sport, and motor vehicle accident injuries, and provided ancillary wound care via application of programmed laser therapy, called photobiomodulation (PBM).

Relocated from the GTA to be closer to his wife's family and agriculture roots in nearby Ridgetown, Dr. Anderson is delighted to join the FCHS health village. "It is a privilege to partner with FCHS, where we will provide Alternative Pain and Wellness type care, as complementary treatment options for referring physicians, chiropractors, physiotherapists and residents of the Four Counties Health Services area", says Dr. Anderson.

The Southwest Pain Relief and Wellness Centre will deliver services that are complementary to family doctors' treatment plans, and include non-drug and non-surgical modalities such as laser therapy, massage therapy, exercise, medical acupuncture, mindfulness, and light exercise including Yoga and Tai Chi. Additional services may be added in the future. Dr. Anderson has worked within professional sport settings for the past decade, where he has managed complex injuries including concussions. He has met with Researchers at The Boston University Brain Lab, Harvard and locally at Western University, which has enabled him to stay current with latest research related to concussion and neurodegenerative disease. He recently accepted a role to work with a leading Harvard Researcher on a project related to development of a standard treatment protocol for promotion of brain health and recovery from injury and aging related neurodegeneration.

Promotion of rapid healing via application of laser therapy in combination with his knowledge about fitness, movement, and full recovery from injury, has been the attraction to Dr. Anderson's clinic for athletes, teams and trainers, including athletes from the PGA, Senior's PGA, Team Canada, NBA, CFL, NHL and OHL. Dr. Anderson actively treats adult and youth members of our recreational sports community, as well, individuals who are interested in reduction of pain to support movement, for promotion of improved general health and a better quality of life.

The Southwest Pain Relief and Wellness Centre is the latest in a series of new tenants joining FCHS, following the recent introduction of a Flex Clinic for wound/ostomy/infusion care and Dynacare community lab services. "Four Counties Health Services is delighted to welcome the Southwest Pain Relief and Wellness Centre as its newest partner, supporting our vision of a vibrant health village at our hospital. The addition of a wellness clinic adds to the diverse breadth of health-related services available in a rural hospital setting, meaning that clients from the community will have increased access to those services all in one location, closer to home," says Steph Ouellet, Vice President, Strategic Partnerships at the Middlesex Hospital Alliance.

Dr. Anderson operates a private/non-OHIP clinic. Fees for services are often covered by extended health benefits programs and are tax deductible. The clinic is receiving new laser therapy and chiropractic patients effective immediately, and no referral from a family doctor is required. Other services will be added in the near future. The clinic will also host information sessions at FCHS and throughout the Four Counties Health Services community (dates to be determined). To book an initial consultation or to learn more about Southwest Pain Relief and Wellness Centre, please phone (519) 768-1035 or visit [www.southwestpainrelief.com](http://www.southwestpainrelief.com).

#### About MHA:

The Middlesex Hospital Alliance (MHA) is comprised of two fully-accredited partner sites: Four Counties Health Services and Strathroy Middlesex General Hospital.

A progressive, team-oriented and technologically adept organization of excellence, the MHA is creating a more integrated and seamless approach to treatment by embracing and seeking out partnerships, through collaboration and investing in people. This coordinated approach helps to ensure that a high level of service is provided while reducing costs and continually enhancing quality.

#### About Dr. Anderson:

Dr. Anderson has worked with major medical groups and patients, who have sought out care from around the world. He has predominantly served a complex pain population, using safe, non-invasive therapeutic modalities for referring physicians and Individuals seeking alternative solutions. In addition to serving a complex pain population, he has applied his field of specialty and passion for sport, to help professional, Olympic, and club level athletes for over a decade.