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Subject: June Newsletter from the Office of Dr. Sean McCance

Date: Thu, 25 Jun 2015 14:08:28 +0000

The latest news and updates from the office of Dr. Sean McCance, orthopaedic spine surgeon.

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Greetings!

I hope the start to summer has been treating you well. With warmer temperatures come more opportunities for exercise and fun, but there are plenty of precautions to keep in mind for safe physical activity and sun exposure -- don't forget your sunscreen, water, and hat, and listen to your body so you don't overexert yourself. Heat exhaustion and heat stroke are [preventable](#)!

Looking to make some changes in your life this summer? I've been sharing nuggets of helpful information on my [Facebook page](#) and [blog](#). Have you heard about New York Mets third baseman [David Wright's spinal stenosis](#)? If you, like many of my patients, have a surgical implant or are preparing for one, learn [what that means for airport security](#). I also covered the latest on [pain management](#) and the effects of [coffee on heart health](#) (it's actually good news!). Don't miss out on these and other helpful tips: make sure to [like us on Facebook](#).

If you have any questions or concerns about your spine care needs, please call our office at (212) 360-6500.

Sincerely,
Dr. Sean McCance

Patient Success Stories

I love hearing stories of recovery, happiness, and good health from my patients. Recently

New York Magazine Best Doctors 2015

Thanks to [Castle Connolly](#), [REDACTED] incredibly



we've covered the experiences of [Derrek](#), [Kathryn](#), [James](#), and [Karen](#). Have a look and be inspired!

honored to once again been included in this year's [New York Magazine Best Doctors](#) issue.

Share Your Experience with Others

Did you have a great experience in my office? I, along with my staff, would so appreciate it if you left a review on [RateMDs](#) or [Vitals](#), as we know many prospective patients read these reviews!

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