

Chiropractic Wellness Center of Macomb Email Practice Member Newsletter

This newsletter is provided courtesy of Karl R.O.S. Johnson, D.C., L.C.P. (hon.)

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It's Inevitable... Changes in Routine Cause Stress

Although a change in your daily routine can help to reduce some kinds of stress, big changes, like those that occur at the end of the summer season can be incredibly stressful. Especially, for people with children that are heading back to school.

An entire family can feel "stressed out and overwhelmed" as the summer winds down and the school season begins. There is the stress that comes from changes in sleep schedules, the financial stress of buying clothes, books, and paying tuitions and the stress of a complete change in lifestyle from your summer routine.

Careful planning is a good way to make the transition run smoothly but nevertheless your body is going to have to cope with the physical consequences of dealing with stress. Stress can overwork your body's immune system as well as cause problems that occur when the muscles that support your spine become tight and rigid.

Chiropractic adjustments are a great way to help reduce and correct the "subluxations" (misaligned vertebra) that occur when your body is experiencing the dreadful effects of stress. Chiropractic adjustments also help maintain the proper flow of nerve energy to all of the body's tissues to help you avoid some of the other consequences of stress.

Now is a great time to see your chiropractor and get your spine adjusted. And, don't forget that your children have spines too and that they will be going through the same stress as you and maybe even more as they head back into the classroom. Find out how much easier it is to handle stress when your body is functioning at its best. Chiropractic – a key ingredient for optimal health!

How often do I need to be adjusted?

Simply put, "as often as your spine becomes subluxated (loss of relationship between spinal bones causing nervous system interference)." The problem is most times you cannot tell whether you need an adjustment. This is because in the majority of cases spinal subluxations are completely painless. Initially, the objective is to help the muscles restore the proper relationship between the spinal bones. The difficulty in making this determination for your chiropractor is that there is no way of determining the length of time that each spinal subluxation has been present. Therefore, it can take between 4 -12 weeks of regular adjustments until the body can maintain the proper relationship of the spinal column. After this, regular spinal checks are required to maintain optimum spinal relationship, thus removing nervous system interference leading to a fuller expression of life.

What is osteoarthritis?

Osteoarthritis (OA) also known as degenerative joint disease (DJD), is a degenerative joint condition. It is the most common form of arthritis and joint disorders and occurs when there is the gradual deterioration of cartilage, usually in the larger, weight-bearing joints such as the hips, knees, and spine. This wear and tear is a normal process predominantly found in people age 55 and older. Among those younger than 45, it occurs more often in men. After that age, women contract this disorder more often. By the time people reach their eighties, approximately 90% of all people are affected by osteoarthritis. Since this is a natural part of aging, beyond a certain age most people will almost certainly have the condition to one degree or another, even if the symptoms are not detected.

OA is a condition that affects the cartilage ("gristle") in joints. In a healthy joint, the smooth, elastic cartilage that cushions the ends of the bones does not have its own blood supply. It receives oxygen and nutrients from the fluid that surrounds and bathes the joint. Although the joints are not always inflamed, the cartilage in the joints may begin to flake and crack, due to overuse or injury. Over the years, cartilage can become thin, fray, split, and wear away completely. The ends of the bones at the joints then begin to grate on each other. This causes pain, stiffness, and limited joint movement. Unlike rheumatoid arthritis, there is little inflammation (i.e., swelling, redness) in the joints. In severe cases the underlying bone becomes thickened and distorted. Scar tissue may then replace damaged cartilage. If movement becomes painful and restricted, lessened use of the associated muscles will lead to weakness and a loss of muscle size.

What causes osteoarthritis?

Wear and tear on the body's joints is the most common cause of OA. The most common risks are obesity - being overweight, having a family history of OA, and having a congenital defect (e.g., hip dysplasia). People who repeatedly injure their joints, such as runners who have spent 20 or so years pounding the pavement in pursuit of healthy bodies, may begin to develop OA in their knees as early as their 40's.

What can chiropractic care do to help?

Chiropractic care is an excellent way of keeping your joints and surrounding muscles functioning at their optimal capacities. Misaligned joints and vertebra can contribute to an abnormal amount of wear and tear on these structures. In the early stages of the condition, stiffness, especially in the morning, can be a hallmark sign that the problem exists. Chiropractic adjustments help to restore proper function in the joints thus allowing for increased mobility and proper alignment. In the later stages of the condition the joints may become too mobile. Chiropractors are trained to educate their patients on proper exercise for keeping the surrounding muscles strong, thus keeping the integrity of the joint intact.

If you are finding that it takes you a while to get going in the morning and that your back is stiff upon awakening, it is certainly time to see your chiropractor. If you are over fifty and want to know how the joints in your spine are holding up, a thorough exam by a chiropractor, that may include x-rays, will usually help you to find the answers that you seek.

ChiroFact of the Month

Subluxations (misaligned vertebra) can occur from stress, poor diet, lack of exercise, environmental toxins, injury and any external or internal influence that your body cannot handle.

To make your appointment with Dr. Johnson call
810.731.8840 or 810.726-KIDS

NEWS YOU CAN USE TO SAFEGUARD YOUR HEALTH

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In The Interest of Safeguarding Your Health,

Karl R.C.S. Johnson, D.C., L.C.P. (Honor)

New Antibiotic Already Becoming Ineffective

Researchers from the University of Illinois report that one of the newest antibiotics is quickly becoming ineffective against the bacteria infections for which it was approved. The study involved only five hospitalized patients taking the drug, but even so, the findings are alarming many people. Attending physicians gradually saw the medication of three of their patients, who initially responded to treatment, become ineffective as the treatment progressed. Linezolid (brand name Zyvox) is a new class of antibiotic that suppresses synthesis of certain proteins. The patients were already resistant to vancomycin, the previous "antibiotic of last resort."¹

1. The *Lancet*, April 14, 2001.

Suicide Rates Higher for Female Health Professionals

Researchers from the University of Oxford report that female health professionals are much more likely to commit suicide than their male counterparts or the general population. The highest rate was among female anesthesiologists, who killed themselves seven times more frequently than the average citizen. The rates were also high for female psychiatrists and family practitioners. Male physician suicide rates were more in line with, and often lower than, that of the general population. The numbers were drawn from a study of death certificates of members of Britain's National Health Service. The study did not reach any conclusions as to the reason for the findings.²

Sedentary Cancers

A report from the World Health Organization³ cites obesity and lack of exercise as a major factor in up to one third of cases of cancer of the colon, breast, kidney, and digestive tract. The report advocates active weight loss among persons with a body mass index above 25, though few studies have been done to indicate whether or not persons who lose weight also reverse their risk.

3. <http://www.iarc.fr/pageroot/UNITS/Chemoprevention2.html>, <http://www.iotf.org>

IQ and Longevity

A study published in the *British Medical Journal*⁴ suggests, perhaps not surprisingly, that the lifespan of an individual is related to that person's intelligence quotient as a child. The study is based on the results of 2,230 Scottish children given a national intelligence test in 1932. Children with an IQ of 85 were only 63 percent as likely to survive until 1997, compared to those who scored 115. The correlation was stronger for females than males, perhaps skewed by combat deaths during World War Two. The researchers say that more study is needed to explain the reasons why intelligent persons live longer, but suggest explanations - from genetic and environmental problems that might have stunted a child's IQ (and subsequent development) - to lifestyle and career choices.

4. *BMJ*, April 7, 2001.

Zinc Supplementation during Pregnancy

A study of 420 Bangladesh infants suggests that mothers who have an adequate supply of zinc in their diets during pregnancy produce healthier babies. More than 40 percent of the babies in this study had low birth weight, suggesting nonoptimal nutrition, and zinc did not appear to make a difference in birth weight. But babies from zinc-supplemented pregnancies had 32 percent less diarrhea,⁵ a 61 percent less incidence of impetigo, and 74 percent less dysentery.⁶

5. [http://www.babyworld.co.uk/news/Apr01/100201zincboosts growth.html](http://www.babyworld.co.uk/news/Apr01/100201zincboosts%20growth.html)

6. *The Lancet*, April 7, 2001.

Eczema and Yogurt

Another study published in the *Lancet*⁷ suggests that prenatal and six-month postnatal supplementation of lactobacillus Gorbach Goldin (LGG) can significantly reduce incidence of eczema in the offspring. This was a double-blind study of 132 pregnancies and subsequent births. The babies were checked for a diagnosis of eczema at age two. The rate of eczema in the lactobacillus group was half that of those given placebos. These children were all considered high risk, as a close relative had been diagnosed with eczema. The lactobacillus was given in the form of capsules.

7. *The Lancet*, April 7, 2001.

Peanuts in Breast Milk

Canadian researchers⁸ report finding peanut proteins in breast milk in about half of the lactating mothers they treated. All mothers had eaten peanuts within the past two to six hours. There has been a suspicion for some time that peanut allergies are formed at a very young age in susceptible individuals. This research suggests that if this is possible, nursing mothers may want to avoid peanuts. Peanut allergies affect about one percent of the preschool population. Concerned physicians often discourage patients from giving their children peanut products until the age of three.⁹

8. *JAMA*, April 5, 2001.

9. Reuters, April 4, 2001.

More Peanuts

According to a recent statement by the U.S. Food and Drug Administration,¹⁰ people may be eating a lot more peanut products than they think. Inspectors tested ice cream, cookies, and candy that did not list peanuts as an ingredient, but found traces of them in about one of every four samples. The 73 samples came from various producers in Wisconsin and Minnesota. Ten percent contained undeclared egg protein. Investigation suggests that the main source for peanut derivatives is inadequately cleaned cooking equipment and utensils.

10. Reuters, April 3, 2001.

Antibiotics for Sinusitis

A new study¹¹ of 161 children with acute sinusitis concludes that antibiotics are not an effective treatment. Current medical guidelines recommend antibiotic therapy when systems persist, an unproven course of treatment that apparently is pointless, according to this report. This placebo-controlled study examined the effects of two weeks of treatment on overall symptom resolution; duration of symptoms; recovery to usual functional status; days missed from school or child care; and relapse and recurrence of sinus symptoms.¹² There was no difference between the two groups. These results are in line with similar studies done on adults.

11. *Pediatrics*, April 2001.

12. Associated Press, April 2, 2001.

Return of Rickets

A report in the journal *Pediatrics*¹³ concludes that childhood cases of rickets are on the rise again. The problem, resolved in the 1930s by adding vitamin D to milk, is making a comeback, probably because children are not getting enough sunlight. Officials suggest the problem is arising probably from a combination of increased use of indoor day care facilities, fears about skin cancer from the sun, milk substitutes (with no vitamin-D supplementation), and longer working hours for parents who then only take their children outdoors on the weekends. The problem is seen most often in black, breast-fed babies. Dark-skinned individuals convert less sunlight to vitamin D.

13. *Pediatrics*, April 2001.

Keep Moving

The journal *Nature*¹⁴ reports that intensive bouts of exercise may not be the most reliable type of exercise for a person trying to lose weight. If you want to raise your basal metabolic rate, and therefore burn more energy all day and night, this study says your best bet is to keep moving throughout the day, even if your activity is of low intensity. The best gauge of what will work seems to be the brevity of sedentary time between activity, which can be quite mild and still effective. Such activities can include walking, bicycling, climbing stairs between television commercials, or maybe (as previous studies have suggested) fidgeting.

14. *Nature*, April 7, 2001.

Anti-Depressive Exercise

According to researchers at the Freie Universität in Berlin, Germany, there is a better way to beat severe depression than by using many drugs now on the market: exercise. They say that 30 minutes each day on a treadmill produced faster and better mood improvements than typically used drug treatments. Most drug therapies take from two to four weeks to show an effect. This small study of 12 patients with severe depression found that 10 days of exercise significantly improved the mental outlook of most patients, including five who had not responded to previous drug therapy.¹⁵

15. *British Journal of Sports Medicine*, April 1, 2001.