

Gerou's Chiro News

A Free Monthly Newsletter for the Friends and Patients of Dr. Thomas J. Gerou

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This Month's Featured Topics:

- New Chiropractic Research
- June's Featured Nutritional Product
- CPR Made Simple
- Adopt-A-Highway clean-up
- Pig Roast Picnic
- Joe Barone for Judge



CPR Made Simple

The American Heart Association has simplified cardiopulmonary resuscitation (CPR) guidelines, calling for a hands-only approach with the goal of saving more lives.

The previous guidelines called for a combination of mouth-to-mouth resuscitation and chest compressions, but many potential responders failed to take action because they feared doing those procedures in the wrong order or for the wrong duration, or feared the mouth-to-mouth contact.

Only about 25 percent of Americans who experience cardiac arrest receive CPR, but it does make a huge difference. Quickly getting CPR doubles or triples survival chances.

The new hands-only approach is aimed at bystanders who witness a sudden cardiac arrest. If you see an adult suddenly drop over, be quick to do the following:

1. Have someone call 911 immediately, or do it your self.
2. With the patient flat on his or her back, place the heel of one hand on the center of the chest and the other hand on top of the first. Lock your elbows and perform fast, forceful chest compressions at a rate of 100 per minute, lifting your hands slightly after each push to allow the chest to recoil.
3. If an automated defibrillator is available, attach it to the patient and follow the voice prompts. Otherwise, keep compressing the chest.

CHIROPRACTIC RESEARCH

Chiropractic Care a Good Cure for Earaches

According to an article published in the Journal of Clinical Chiropractic Pediatrics, regular chiropractic care can greatly reduce the risk of ear infections in young children.

According to the study, an astonishing 94% of children suffer at least one ear infection in the first three years of life. The study also shows that antibiotics and surgery may not be the answer.

Nearly 80% of the children studied were free of ear infections for the first six months after receiving regular chiropractic adjustments.

The article explains, "Chiropractic mobilizes drainage of the ear in children, and if they can continue to drain without the buildup of fluid and subsequent infection, they build up their own antibodies and recover more quickly."

If your child suffers from frequent ear infections, please contact Dr. Gerou to see if an adjustment can help relieve the pain and discomfort of an earache.

Featured Nutritional Product: Ligaplex and Ligaplex II

When we think of the skeletal system, we mainly think of bones. However, there are many other parts of skeletal system responsible for holding our bones together and allowing us to function properly.

Ligaplex supports connective tissues and the natural healing process in joints, while Ligaplex II provides support to tissues and joints involved in strenuous, repetitive activity.

If a recent increase in activity has left you with stiff or sore joints, ask Dr. Gerou if Ligaplex and Ligaplex II are right for you.

Adopt-A-Highway Cleanup

On Wednesday, July 23rd Dr. Gerou will be sponsoring an Adopt-A-Highway cleanup.

Over 15 years ago Dr. Gerou adopted two two-mile stretches of road: Ford Road between Canton Center and Ridge, and Sheldon Rd. between Ford and Joy.

During that span, we here at Gerou Chiropractic have worked very hard to keep the roads free of trash and debris.

Anyone interested in assisting in this month's cleanup is encouraged to meet at Dr. Gerou's office (7293 N. Lilley Rd.) at 7pm on Wednesday, July 23rd. Your help is greatly appreciated!

Pizza and refreshments will be provided following the cleanup.

Pig Roast Picnic

On Saturday, June, 21st, the Canton Chamber of Commerce will be hosting a benefit picnic for Don Wilson, husband of longtime Canton Chamber of Commerce Board of Directors member Nikki Wilson.

Recently, Don Wilson suffered a stroke. Rehabilitation Fund contributions will allow Don to enroll in the University of Michigan Aphasia Program.

The picnic will be held at the Canton Chamber of Commerce, 45525 Hanford Rd. in Canton. If you have any questions, or cannot attend the event but would like to make a donation, please call the Canton Chamber at 734-453-4040.



Elect Joe Barone for Judge

As the August primary approaches, we here at Gerou Chiropractic are looking for supporters who are willing to put up a "BARONE FOR DISTRICT JUDGE" sign on their lawn.

Also available are "cling-on" window signs for homes, businesses, and vehicles that can be easily applied and removed.

Anyone interested in any signs should contact Dr. Gerou (734) 981-6969. Any support would be greatly appreciated!

Change is Normal

A study shows that an amazing 92% of the population do not like change. They dread changing their jobs, their place of living, their vehicles, even their wardrobe.

Chiropractors look at the body and see change as a good thing. Cells die and new ones replace them. If the body were not constantly changing, degenerating and regenerating, the body would cease to live.

Change is not only normal, it is important. Summer is just beginning. With the longer days, more things to do outside and the kids out of school, it is easy to forget to schedule a trip to the chiropractor.

Make it a point this summer to change your focus from your ever-growing to-do list and put some emphasis on yourself. Schedule regular chiropractic adjustments all throughout the summer months and treat your changing body to the support it deserves.

Remember, when things are not changing, they are subluxated.

Who better to fix a subluxation than a chiropractor!?