

In Good Hands

A Free Monthly Newsletter For The Friends And Patients Of:
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"Slow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why." ~Eddie Cantor

SCROLL DOWN FOR THIS MONTH'S "Health Updates"

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- American Academy of Environmental Medicine Recommends To Avoid GENETICALLY MODIFIED FOODS
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- *Want To Be Smarter? Take A Mid-Day Nap!*
- *How Steve Holcomb Went From Virtually Blind And Quitting To Perfect Vision And An Olympic Gold Medal*
- *2 Tips To Avoid Back Pain...*
- *YOU: The Most Important Choices For Making Yourself Younger: Schedule This Today*

LET'S BEGIN!...

Maybe your mother was right all along...

The Simplest And Easiest Way To Lose Weight Ever?

More great stuff in this newsletter: How napping can make you smarter, more proof Omega-3 has BIG health benefits, and DOCTORS WARN: Avoid genetically modified food!!!

Here's a quick riddle for you...It's everywhere because almost everyone wants it. Yet, most never achieve it. *What is it?*

Weight loss.

You can't flip through the pages of a magazine or the channels on cable TV without being bombarded by advertisements for "new," "breakthrough," "Miracle," etc. weight loss solutions.

Maybe you've tried some of these "quick and easy" solutions, and maybe one word sums up the way you feel...

FRUSTRATED!

So, is there anything out there that actually works?

The first thing to understand: there are no overnight "miracles." The hard truth: the REAL secret to weight loss is doing the right things... consistently... for the rest of your life.

Doing the right things will cause you to lose weight but as soon as you stop and go back to your old ways, the weight will come back, and come back with a vengeance... so will the frustration.

That's why the best way to lose weight is to become well-educated on the subject. The internet has a frightening amount of information, some good - and a lot bad.

That's why your best option is to talk to a healthcare professional who has already helped many others and can short-cut the process for you, too.

That being said, researchers have found when people eat quickly, they end up consuming more calories than they would have if they ate more slowly. In fact, according to a new study referenced in a February 10, 2010 New York Times article, *"scientists found that when a group of subjects were given an identical serving of ice cream on different occasions, they released more hormones that made them feel full when they ate it in 30 minutes instead of 5.*

The scientists took blood samples and measured insulin and gut hormones before, during and after eating.

They found that two hormones that signal feelings of satiety, or fullness ""glucagon-like peptide-1 and peptide YY "" showed a more pronounced response in the slow condition."

This means you eat LESS. The New York Times article also mentioned a study done by the

American Dietetic Association in 2008 that reported subjects felt more full and consumed 10% less calories when they ate slowly as opposed to "wolfing" down their food.

And, a study in The British Medical Journal stated those who ate quickly and until full had triple the rate of being overweight compared with others.

What Does All This Mean For YOU?

This research simply suggests if you eat slowly you are likely to feel more full and consume less calories.

No, it's not a weight loss miracle. But, feeling full is nice, and eating less calories - over the long run - will lead to weight loss and greater health.

If you think this isn't a big deal, please remember: little hinges open big doors. It's the accumulation of small things done consistently over time that leads to great success.

In other words, stop looking for the big home run and start hitting singles. And, educate yourself as much as you possibly can. If you have any questions, your doctor of Chiropractic can help... so don't hesitate to call and ask!

American Academy of Environmental Medicine Recommends To Avoid GENETICALLY MODIFIED FOODS

Genetically modified foods are good for profit, but are they good for you? According to an article by Jeffery M. Smith on Dr. Joseph Mercola's health blog (February 24, 2010), the answer looks to be a big, fat...

NO!

According to the article, *"The American Academy of Environmental Medicine (AAEM) has called on all physicians to prescribe diets without genetically modified (GM) foods to all patients.*

They call for a moratorium on genetically modified organisms (GMOs), long-term independent studies, and labeling. They state, "Several animal studies indicate serious health risks associated with GM food," including infertility, immune problems, accelerated aging, insulin regulation, and changes in major organs and the gastrointestinal system.

"There is more than a casual association between GM foods and adverse health effects. There is causation..."

Here's the reference for the "1" above:

<http://blogs.mercola.com/sites/vitalvotes/archive/2010/02/24/doctors-warn-avoid-genetically-modified-food.aspx>

Former AAEM President, Dr. Jennifer Armstrong, says, "Physicians are probably seeing the effects in their patients, but need to know how to ask the right questions." Renowned biologist, Pushpa M. Bhargava, believes that "GMOs are a major contributor to the deteriorating health in America."

Here is a link for the complete article that goes deeper into the research findings: 1.

<http://www.aaemonline.org/gmopost.html>

New Study With Yu'ik Eskimos May Hold Key To Reducing Chronic Disease

A new study published in the *Journal of Clinical Nutrition* with Yu'pik Eskimos has shown high levels of the omega-3 fatty acids EPA and DHA were associated with lower levels of triglycerides, as well as higher levels of HDL cholesterol.

Raised levels of the fatty acids were also associated with decreased levels of markers of inflammation, such as C-reactive protein (CRP), which is produced in the liver and is a known marker for inflammation. Increased levels of CRP are a good predictor for the onset of both Type-2 Diabetes and cardiovascular disease.

Researchers concluded, "Increasing EPA and DHA intakes to amounts well above those consumed by the general US population may have strong beneficial effects on chronic disease risk."

Want To Be Smarter? Take A Mid-Day Nap!

Ever get tired in the middle of the afternoon and want to take a little nap? Well, maybe your brain is telling you something - and you should listen to it!

Here's why. New research from the University of California at Berkeley shows a short nap (one hour) can dramatically boost brainpower.

On the other hand, the more hours we stay awake, the more lethargic our brains become.

The same research team previously collected data that revealed staying up all night (an "all-nighter") to study actually decreased the amount of information subjects were able to learn by 40%.

Researchers believe a nap allows the brain to clear the short-term memory and make room for new information. No matter what, this is a great excuse to take a mid-afternoon siesta!

And don't forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in your lifelong good health.

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Inspirational Story Of The Month

(Names And Details Have Been Changed To Protect Privacy)

2010 Olympics Not Only Hands Out Medals - It Gives Sight To The Blind

*How Steve Holcomb Went From Virtually Blind And Quitting
To Perfect Vision And An Olympic Gold Medal*

Steve Holcomb had a dream... to captain the U.S. Men's Bobsled Team to an Olympic Gold Medal in 2010. (Something they had not done since 1948.)

But, just a couple of years ago, Steve's dream seemed impossible.

Why?

Steve Was Going Blind

He had a degenerative eye condition called Keratoconus that affects millions of people and takes away their ability to read, drive a car, and live a normal life.

Steve's vision had deteriorated so much he could not see well enough to drive the U.S. National team's bobsled. In an interview, he said he was going to retire and walk away from his life-long dream.

But, Steve's coaches and the United States Olympic Committee weren't going to let him walk away so fast.

They researched a new procedure (back in 2008) called C3-R and decided it was his best shot at saving his eyesight.

According to an article by the Boxer Wachler Institute:

The USOC and the USA Bobsled and Skeleton Federation took the exceptional step of paying for Holcomb to have the treatment.

"Previously, the only treatment for severe Keratoconus was a cornea transplant," says Dr. Boxer Wachler.

"This is why C3-R is being seen as such a breakthrough. C3-R is non-surgical. It uses vitamin applications and light to strengthen the cornea. C3-R can cure the disease without the need for a cornea transplant. The treatment only takes 30 minutes and can be done in a doctor's office.

It can be hard to get doctors to switch to a new procedure, especially one so radically different, but now that is dramatically changing because of Steve. Steve's story is making doctors and patients all over the world aware of C3-R."

Shortly after the procedure, he captained the U.S. Team to a World Championship - the United States' first in 50 years.

And not only that, Steve ended the United States' 64-year drought and accomplished his dream by winning a Gold Medal in the 2010 Olympics.

But, here's the ironic thing...

When he was interviewed before the gold medal run, Steve said getting his sight back wasn't all positive.

How could this be?

According to Steve, his vision had been so bad for so long that he developed a way to drive the bobsled by feel.

And When He Got His Sight Back, It Made His Driving WORSE!

Steve actually scratched up the visor on his helmet and keeps it dirty so he can't see that well!!!

It's amazing how Steve could be one of the best (if not THE best) bobsled drivers in the world when he was legally blind, considering bobsleds travel at over 90 miles per hour on dangerous ice covered tracks.

It just goes to show how well one can adapt - as long as we put in enough effort and do not quit.

And the same goes for researchers and doctors who never quit coming up with the new ideas, treatments and procedures that make dreams, like Steve's, possible.

Now, due to the tremendous popularity of Steve, his Olympic Gold Medal and the wonderful work of researchers and doctors, it is possible for millions of people who may have gone blind to see again.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

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Did You Know ?

- A mere 1 cup of cabbage boasts 90 percent of the recommended daily allowance of Vitamin K and 50 percent of the RDA for Vitamin C, and it may help prevent breast cancer.

- *When you think of carrots, think of beta-carotene (present in high amounts). Research suggests beta-carotene protects against cancer, cardiovascular disease and stroke.*
- *Eat a tomato and enjoy the health benefits of Vitamin A, Vitamin C, Vitamin K, and other key nutrients. Tomatoes also contain lycopene, which may help prevent cancer from developing.*
- *Mint contains menthol, an essential oil often used to reduce stress and relieve sinus congestion. Mint also contains Vitamins A and C, and is a rich source of essential minerals.*
- *Cauliflower is not white broccoli, though it does come from the same family, and like broccoli, features several cancer-fighting compounds such as sulforaphane and indol-3-carbinole.*
- *Cucumbers are a good source of potassium, an electrolyte that helps balance sodium intake. They also contains antioxidants and fiber, all while being very low in calories.*
- *Bell Peppers, whether red, yellow or green, are a nutritional powerhouse, providing Vitamins A, C, E, K and B6, just for starters - a great source of antioxidants.*
- *Peas are packed to the pod with vitamins and minerals. Peas are particularly high in nutrients such as Vitamin K, Vitamin C, Vitamin B1, manganese and dietary fiber.*

Tip Of The Month

2 Tips To Avoid Back Pain...

"It Is Easier To Prevent Bad Habits Than To Break Them" ~Benjamin Franklin

Back pain is no fun. It is also a MAJOR problem for our healthcare system and economy. Here are some important facts about back pain, according to the American Chiropractic Association (ACA):

- 31 million Americans experience low-back pain at any given time.
- *One-half of all working Americans admit to having back pain symptoms each year.*
- Back pain is one of the most common reasons for missed work. In fact, back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections.
- *Americans spend at least \$50 billion each year on back pain, and that's just for the more easily identified costs.*
- Experts estimate as much as 80% of the population will experience a back problem at some time in their lives.
- *Most cases of back pain are mechanical or non-organic""meaning they are not caused by serious conditions such as inflammatory arthritis, infection, fracture or cancer.*

There are two different types of mechanical stress that can cause back pain. First is a blatant injury. This can be anything from a car accident, sports injury or slip and fall. This cause of back pain is easy to understand. Trauma to your spine causes injury to the soft tissue (ligaments, muscles and disks). This is why the first tip is to make your home, work area and car as "back

safe" as possible. Home and work should be kept uncluttered so you do not slip and fall. This is especially important at night, when lighting may be dim.

A seatbelt should always be worn while driving and your headrest should be checked and adjusted to your height to minimize damage from a crash. If you are in a car accident, you should be examined by a doctor trained to handle these types of injuries. Chiropractors are well-trained in the diagnosis and treatment of car accident injuries. Back pain caused by the trauma of car accidents and falls is obvious.

What's not obvious is the other type of mechanical stress: MICRO-TRAUMA. Micro-trauma is a small amount of bad force applied to your back or spine. This small amount of bad force does not seem to be a big deal and usually does not cause pain or discomfort right away, but over time, micro-traumas add up and can cause major problems.

An example of such a micro trauma is incorrect posture - either sitting, standing or sleeping. Either one of these three, over time, can ruin the structural integrity of your spine and cause major pain. That's why tip #2 is to make sure you have the proper bed and chair and always keep good posture. If you need advice on any of this, your Chiropractor is an expert and can help you. And you should try not to stand, sit or lay in one position too long. Motion is important - when in doubt, change position!

Prevention of back pain is one of the most important things you can do in your life. Minimizing both big and small stresses on your spine is one important way to accomplish this goal.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

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Health Update : Low Back Pain

I Slipped A Disk - What Is That Exactly?

"I was digging a hole in my garden and hit a rock with the shovel. After clearing the dirt from around the rock, I bent over and reached into the hole. I couldn't get a good grip on the rock and had to twist my body to get my arm under it.

As I started to move the rock, I felt something 'give out' in my low back and felt immediate low back pain, but it wasn't terrible. Like a fool, I gave it another try but this time, the pain in my back was really sharp when I twisted to reach under it. Then, it felt like a knife stabbing me when I tried to stand up.

Since then, I can't stand up straight and pain is shooting down my left leg."

The intervertebral disk is like a shock-absorber located between each vertebra in our spine extending from the tail bone to the upper neck. When healthy, your disks truly do function as shock absorbers.

There are two parts to the disk - the inner part (called the nucleus) which is the liquid-like center and the outer part (the annulus), which is tough, laminated and rubber-like whose job is to hold the nucleus in the center of the disk. The annulus has concentric rings which look similar to the rings of an oak tree trunk and the strength of these laminated rings is due to the fibers crisscrossing, creating a self-sealing, secure border for the nucleus center.

In spite of this great anatomical structure, our disks degenerate and can crack or tear allowing the more liquid-like nucleus to leak out of the annulus creating the classic "slipped disk" (technically referred to as a herniated or ruptured disk). When the herniated disk presses into the nerve that goes down the leg, pain is felt along its course and can radiate all the way to the foot.

There are five vertebrae and disks with a pair of nerves that go into each leg and depending which disk ruptures, pain will follow a different course down the leg, which is why we ask you if you feel the pain more in the back or in the front of the leg. When the disk tears prior to both disk herniation and leg pain, low back pain occurs because the nerve fibers that are normally only located in the outer third of the disk grow into the central portion of the disk, making it generate more pain.

So now for the important question, "...what can I do for it?"

When you visit our office, we will ask you about how you injured your back. Often, the cause of a herniated disk can be the accumulation of multiple events over time. It certainly can happen after one major event, like our example of lifting a rock out of a hole, but that is usually the "straw that breaks the camel's back" and not the sole cause. Many researchers have reported it is rare for a healthy disk to herniate.

Rather, disk degeneration with tears already present sets up the situation where a bend plus a twist, "...finishes the job." The orthopedic and neurological examination will usually clearly identify the level of herniation.

Chiropractic treatment often includes traction types of techniques, some form of spinal

manipulation or mobilization, extension exercises, physical therapy modalities like electric stimulation, low level laser, or ultrasound, and ice therapy. Core / trunk strengthening and posture management are also commonly applied and, proper bending/lifting/pulling/pushing techniques are taught.

We realize that you have a choice in where you choose for your healthcare services. If you, a friend or family member requires care for low back pain, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

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Health Update : Carpal Tunnel

Carpal Tunnel Syndrome (CTS) - It's Rush Hour!

Do you recall the last time you were driving along the highway and suddenly, traffic came to a screeching halt? After sitting in your car, waiting impatiently for any movement, you eventually arrive at the cause of the congestion - 4 lanes of traffic funneled into one lane, due to road construction. The fact it's rush hour makes the whole issue more understandable but not less frustrating.

On your next trip through the construction zone, you make sure to avoid rush hour and you fly through without hesitation - because its 2pm rather than 5pm.

So what does this have to do with CTS?

This analogy depicts what essentially happens when CTS occurs. Picture an assembly line worker packaging cookies. The cookies come out of the oven 6 rows deep at a rapid pace. There are normally 6 people working the line, 3 on each side, but for the last two weeks, one of the workers has been out on maternity leave and no one was assigned to that position... leaving 5 workers doing the work 6 people usually share. Let's say, conservatively, there are 25 cookies packaged per minute. In 60-minutes, 1500 cookies (25x60) are packaged; in an 8 hour day 12,000 cookies are packed, and in a 40 hour work week, 48,000 cookies are packaged (by each worker)!

That's a lot of fast, repetitive movements requiring bending forward and reaching, gripping, and moving the cookies into a tray and then stacking the trays.

If there are workers absent or the employer decides to speed up the line and force overtime, most of the workers will reach their limit and hurt. Especially those with other problems that make them more susceptible to CTS like low thyroid function, diabetes, obesity, age over 50, inflammatory arthritis, when taking birth control pills.....you get the picture!.

Hence, when working too fast, just like when there are too many cars on the road during rush hour, the fast paced work inflames the tendons in the carpal tunnel and pinches the nerve. This creates pain and numbness/tingling that either slows the worker down or completely forces him/her to have to take time off from the job.

When working at a slower, more comfortable pace, there is less friction between the carpal tunnel tendons and, therefore, no or significantly less nerve compression and CTS signs or symptoms, just like driving through the construction site without slowing down when avoiding rush hour.

Why is this?

CTS occurs frequently in people who perform fast, repetitive hand movements like our cookie factory worker. That's because there are 9 tendons attaching the muscles located in the upper forearm (on the palm side) to the fingers in the hand. These tendons travel very close together, especially as they pass through the carpal tunnel of the wrist.

These tendons allow us to pick things up (grip and pinch), shake hands, hold babies delicately and function normally in our daily activities. As these 9 tendons pass through this tight tunnel, when it's "rush hour" or, when fast, repetitive work is occurring, these 9 tendons rub together and they heat up, swell and the pressure inside the tunnel increases. Because the nerve (median nerve) passes through the same tunnel, as the tendons swell, the nerve is pinched or pressed up against the border of the tunnel and numbness / tingling occurs into the palm and fingers 2-4. We find ourselves dropping things, having a hard time buttoning clothes, threading a needle, opening jars, holding onto a steering wheel, and frequently, we wake up at night needing to shake and flick our fingers to "...wake them up."

Because these symptoms gradually appear, we usually don't run to our doctor until several months (and sometimes years) after the symptoms have been present. This makes it more challenging to treat CTS and all patients with these symptoms are encouraged to seek treatment as soon as problems start. There are frequently other problems in the neck, shoulder, and elbow because we tend to compensate, move differently and use other muscles when there is pain so the elbow, shoulder and neck become involved and require attention. This is why a chiropractor who treats all of these areas is the perfect choice.

If you, a friend or family member require care for CTS, we would be honored to render our services.

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Health Update : Fibromyalgia

Fibromyalgia - What Exercises Should You Do?

Fibromyalgia (FM) is a chronic condition that gradually interferes with many aspects of one's life. The challenge of treating FM is finding the right combination of approaches that positively impacts the structural, emotional, and chemical aspects of the body in such a way the FM patient can function "normally" in day to day activities. Exercise is one of the most important methods patients can use to successfully reach these goals.

First, because FM is a condition that is currently thought to affect the central nervous system where the threshold of reaching pain levels is lower than normal, pain is perceived when it shouldn't normally be noticed. Therefore, the KEY to exercise integration is to start out SLOWLY and CONSISTENTLY. It is more important to work out in a way that muscles and joints can gradually accommodate to the new activity or movement.

Many patients with FM are afraid to exercise for fear of hurting worse than they already do. In fact, many will report that, "...every time I exercise, I feel worse so I just don't do it." When asked what types of exercises they've tried, it becomes clear it wasn't the exercise but rather the dose or amount of exercise they engaged in (often overdoing it) that made the next 48-72 hours quite uncomfortable with post-exercise soreness.

Second, is to choose a type of exercise you enjoy so it's more likely you'll stick with it. Popular exercise options include yoga, Pilates, biking, swimming, and walking. These exercises can also be combined. For example, one might perform 15 minutes of yoga, followed by a 15 minute walk on a daily, consistent basis. The use of an exercise bike and/or a treadmill, stepper, or elliptical type of exercise equipment allows you to monitor heart rate, speed, and other data that allows you to compare yourself between sessions.

One of the new "kids on the block" exercise options includes the Wii-Fit which offers a scoring system with various types of exercise. This type of biofeedback can be educational, rewarding, and motivating as it helps you appreciate the benefits and improvements you've made

over time. Pick a time of day when you can be consistent with the exercises so you're not "fitting it in" your busy daily schedule - make it part of your daily routine, similar to brushing your teeth or taking a shower. The morning or evening may work best but many find a noon hour break a good time to exercise, as well.

Third, as you start to feel more in shape, gradually increase the intensity of the exercises. You may exercise for the same amount of time, say 30 minutes, but you'll do a more intense work out such as walking faster, farther, or increasing the pace of the yoga, Pilates, swimming, etc. Try not to be too intense (over aggressive) or do too little (under aggressive). You know your personality better than anyone else - hold yourself back if you tend to be overly aggressive or, push yourself if you tend to be overly cautious. Expect the first 3-5 times you exercise to be challenging with associated post-exercise soreness but know you will adapt to the process.

The benefits of adding a well designed, graduated exercise program include:

1. strengthening ligaments, muscles, tendons and improving muscle tone;
2. *increasing flexibility;*
3. increasing blood flow to the muscle tissue;
4. *increase endorphins-a morphine-like substance that has a natural pain relieving and sleep deepening effect that can help curb anxiety, depression as well as pain associated with FM;*
5. reduces the risk of high blood pressure, high cholesterol, diabetes heart disease and stroke; and
6. *promotes weight loss/control which in turn, reduces stress on your muscles and joints.*

We recognize the importance of including chiropractic in your treatment of FM and realize you have a choice of providers. We would be honored to be part of your management team.

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Health Update : Headaches

Headache - What Can YOU Do?

Headaches are one of the most common complaints for which patients seek chiropractic care. Chiropractic is especially helpful in the treatment of headaches because the three nerves that exit the top of the spine (upper neck) are often the cause of or directly related to headaches. These three nerves travel into the head and have to pass through a very thick group of muscles in the upper part of the neck near where these muscles attach to the base of the skull. This is why when you have headaches and rub the back of the neck, the muscles may feel tight and or tender.

In fact, if enough pressure is applied over one of these three nerves, pain will radiate into the head following the course of the nerve, sometimes all the way into the eyes. When chiropractic treatment is applied in the upper neck region, a reduction of the headache and neck pain occurs because the muscle tension is decreased and joint motion is restored.

The International Headache Society (IHS) has classified headaches into two main categories, primary and secondary.

Primary headaches occur for no known reason and there are four groups of these: 1) migraine, 2) tension-type, 3) cluster, and 4) "other" primary headaches.

Secondary headaches are those with a specific cause such as sinus/allergy headaches, those associated with eye strain, a known medical condition or those due to cold or flu. Both migraine and cluster headaches are "vascular" (related to the blood vessels expanding inside the head) resulting in a unique set of symptoms that includes nausea, vomiting, pounding/throbbing and can be quite debilitating.

The most common type is the tension-type of headache.

A thorough history is necessary because there is no specific diagnostic test (lab or blood test) for tension-type headaches. Hence, the concept is to make sure the headache is not related to some other condition that is diagnosable by a blood or lab test and if present, having that condition properly managed. So, assuming all the tests come back "normal" and all other causes have been eliminated or "ruled out," the most common type of tension-type headache is "episodic" or, occurs off and on, lasting minutes to days. The pain is usually described as, "...my whole head hurts." There is typically tightness or tension (NOT throbbing) described in the neck muscles and the intensity ranges from mild to moderate, not usually severe, where laying down is needed.

Physical activity does not usually make it worse and there is no sickness to the stomach (nausea/vomiting), and no intense reaction to bright lights or noise (like there is with migraine & cluster types of headaches).

There are sub-types of tension headaches that can occur simultaneous with migraines headaches, but the classic "aura" (a before the headache warning associated with migraine headaches) is usually not present.

Chiropractic treatment typically includes manipulation and mobilization of the neck, muscle release techniques, physical therapy modalities like electric stimulation, ultrasound, and others, exercise, stress and diet/nutritional management.

If you, a family member or a friend require care, we sincerely appreciate the trust and confidence shown by choosing our service. We are proud that chiropractic care has consistently scored the highest level of satisfaction when compared to other forms of health care provision and we look forward in serving you and your family presently and in the future.

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Health Update : Whiplash

Whiplash - Can This Affect My Memory?

"Doctor, is it normal for people after a whiplash injury to notice problems with memory. I can't seem to remember things I just recently did since my car accident?"

This is a common complaint occurring as a result of a whiplash injury, but it's not commonly known, leaving those who are suffering wondering, "...*what's wrong with me?*"

Whiplash is an injury that classically occurs as a result of a car crash at any speed, even at low speed! This is because at low speed, there is little to no damage to the car, and the forces from the crash are not absorbed by the crushing metal. As a result, those forces are transferred to the contents inside the car - that is, the passengers.

This sometimes results in a significantly greater injury compared to crashes that occur at twice the speed because the latter results in crushing metal. The actual injury that occurs in whiplash is caused by the sudden, rapid movement of the head resulting in varying degrees of injury to the neck, as well as to the contents inside the skull - that is, the brain. The brain literally "bangs" into the inside walls of the skull when the head is rapidly accelerated during a car crash. The resulting injury is a concussion.

What's interesting is that most patients injured in a car crash often don't mention a concussion nor is it usually asked about at the doctor's office as other, more obvious injuries are dwelt with. The condition is usually referred to by one of two names: post-concussive syndrome or mild traumatic brain injury (MTBI).

"Doctor, when I'm reading a book or magazine, sometimes I have to re-read the passage several times before it sinks in. It's as though I lose my concentration and I can't focus on what I just read. The other day, I was talking to a group of co-workers and I lost my place in the middle of the discussion and had to ask, '...now where was I?' I notice this is happening a lot since the car accident."

This can be very embarrassing, frustrating, and scary for patients suffering with MTBI. Other symptoms associated with this include difficulty in focusing (blurred vision), headaches, having difficulty in pronouncing certain words ("tongue twisted"), having difficulty in understanding what was said, difficulty remembering numbers or groups of numbers like phone numbers, addresses, birthdates, and so on. These symptoms can range from mild to severe and can be very disruptive, making work and everyday tasks challenging.

How long does it last?

MTBI can completely clear up in 2 to 6 months without problems or, it can hang on for 2 years or longer, and may even become a permanent residual from the car crash. In one study, continued problems after a 2 year time frame were reported in close to 20% of those injured 2 years earlier. This study suggests that about 1 out of 5 may continue to suffer with MTBI and the associated brain-related problems for at least 2 years following a car crash.

However, another study reported the long term "higher cognitive function" (such as the ability to communicate through written or spoken language) is usually not affected by whiplash injuries. However, they preface that with by reporting that a more commonly injured group with more mild brain problems was found.

As chiropractors, we are trained to do a thorough history, orthopedic and neurological examination, and ask specific questions about mild traumatic brain injury. It is important to discuss this information with those suffering from whiplash injuries as frequently, MTBI patients think something is "...seriously wrong" and harbor unnecessary anxiety.

We realize that you have a choice in where you choose for your healthcare services. If you, a friend or family member requires care for whiplash, chiropractic care is a logical first choice and we would be honored to offer our services to you.

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YOU: The Most Important Choices For Making Yourself Younger: Schedule This Today

By Dr. Michael F. Roizen

Co-Author of 4 #1 NY Times Bestsellers including:

YOU Staying Young . The Owner's Manual For Extending Your Warranty,

YOU: BEING Beautiful . The Owner's Manual to Outer and Inner Beauty And

YOU: Having a Baby : The Owner's Manual to a Happy and Healthy Pregnancy

Our basic premise is that your body is amazing: ***You get a do over: it doesn't take that long, and isn't that hard if you know what to do.*** In these notes we give you a short course in what to do so it becomes easy for you and then to teach others. We want you to know how much control you have over your quality and length of life.

Since this series started we've given you 28 easy to adopt tips for Staying Young (more next month): We always like to review the first four as they are so important:

- Understand you get a do over and it's not that hard and it doesn't take that long if you know what to do.
- Start with walking--30 min a day and 10,000 steps, no excuses.
- Recruit a buddy and call daily.
- Learn how to make YOU-turns

Today, can you skirt the 3rd Most Lethal Cancer? Almost as Easily Done As Said--but the ticket to preventing it is paid for, you just have to pick it up.

If there were a 1 in 19 chance a 2 dollar bet every 5 or 10 years would earn you a two million dollar lottery win, you'd make darn sure you knew when to buy the ticket and you'd buy that ticket. Yet 1 in 19 Americans will be diagnosed with colon cancer at some point, and many -maybe you--aren't getting their tickets--even more amazing since your insurance company and federal and state programs pay for your tickets. All you need do is schedule them.

But to be serious, a combination of making a few lifestyle tweaks and getting screened for colorectal cancer can go a long way to protecting you. In fact, screening is such a powerful tool that there's a nearly 90% chance for eradicating this type of cancer when it's found early. So, do it for yourself, your spouse, and talk to your patients about it all this month.

Worried a test will find something? Then increase the chances that it won't. Most cancers begin with a polyp that is easily removed at colonoscopy before it becomes a cancer.

Some of your past choices increase the risk--if you are on this list--"De Nile" is not a river in Egypt--call now: Being obese, sedentary, eating a diet that includes even a little red or processed meats (yes, prime filets, hamburgers, salami and turkey bacon all count), consuming alcohol heavily, or you do not regularly eat five servings of fruits and vegetables daily. If any of those match you, make a call tomorrow afternoon at the latest---you get the point this is a B I G issue for every one of us.

So, lets get some facts out there (courtesy of Cleveland Clinic.org and 360-5.com):

- Colon cancer is one of the most preventable cancers.
- More than 145,000 Americans will be diagnosed with colon cancer this year. And 50,000 American lives will be lost in 2010 because of colon cancer.
- Almost always, colon cancer starts in a precancerous growth called a polyp that forms on the lining of the colon.
- Removal of precancerous polyps by colonoscopy reduces your chance of getting colon cancer by 70 percent. Removal of early polyps decreases your risk by over 90%.

You have the power to stop colon cancer before it starts!

- **Get regular colon cancer screenings**

What else you can do :

- **Eat more fruits and vegetables**, nuts and beans, and only 100% whole grain breads and cereals,
- **Exercise** for at least 30 minutes five days a week.
- **Down some baby aspirin**--every day. People who down two baby aspirin daily see colon cancer risk drop as much as 40%. Cuts your breast or prostate cancer risks too, and heart disease or stroke too. Just check with your doc (and advise your patients) before you (or they) take it.

Stopping there is like watching an NBA game (Go CAVs) and not looking at the score. You need to see how well you're doing, especially since colorectal cancer often doesn't come with symptoms. If you're at average risk for colon cancer, that means doing an annual Hemoccult test after age 40, and getting a flexible sigmoidoscopy every 5 years and a colonoscopy every 10 years. High-risk people need to work with a doc to come up with the right screening schedule. By the way, a real score can be found at clevelandclinic.org/score Take it yourself and tell your patients to do so. But do not stop there. Get the test and get your patients to do so too.

Not doing these is like walking through a minefield. Good luck. Yet, fewer than 25% of you

have taken a Hemocult test (which you can do in the privacy of your own home) in the last two years; 40% of you haven't had any kind of screening. Here's the thing: What you did after that extra glass of wine last Saturday night is far more embarrassing than a colonoscopy. Schedule your test today.

The YOU docs have two new babies (not twins): **YOU Having a Baby, The Owner's Manual to a Happy and Healthy Pregnancy that arrived December 1st, and YOU On A Diet, the Owner's Manual for Waist Management, updated and revised with 100 recipes arrived January 4th, 2010. Don't you know someone who would enjoy the YOU Docs signature wit and wisdom packaged as a gift?** Thanks for reading.

About the author: **Michael F. Roizen, M.D.**, is a professor of anesthesiology and internal medicine, Chief We llness Officer, and chair of the Wellness Institute at the Cleveland Clinic. Dr. Roizen can be heard on over 30 radio stations Saturdays from 5 to 7 pm. For a listing just email a request to YouDocs@gmail.com

NOTE: You should NOT take this as medical advice. This article is of the opinion of its author. Before you do anything, please consult with your doctor.

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Headache Relief You May Not Know About

Dear Patients and Friends,

Dr. Gerou here. If you suffer with headaches, there is a good chance this is going to be very good news for you.

Here is why...

Back in 2001, a Duke University evidence report was published and here's what it said, *"Cervical spine manipulation was associated with significant improvement in headache outcomes in trials involving patients with neck pain and/or neck dysfunction and headache."*

In other words, if you have a headache and neck pain... or... if you have a headache and neck dysfunction... there is a good chance Chiropractic neck adjustments might help you.

That's because "cervical spine manipulation" is a fancy way of saying "Chiropractic neck adjustment."

It's obvious when you have a headache. It's also obvious when you have neck pain. But, how can you tell if you have neck dysfunction?

In many cases, it's difficult for you to know if you have neck dysfunction because it may not cause pain.

That's why, if you suffer with headaches, you should have a complete Chiropractic neck examination to see if the cause is neck dysfunction or something else.

If you would like to schedule a headache/neck dysfunction examination, just give us a call at (734) 981-6969. We have helped many patients with headaches over the years and look forward to helping you and your family live pain-free.

Sincerely,

Dr. Thomas Gerou

P.S. If you have a family member or friend who suffers with headaches, please pass this letter along to them. We will offer the same headache/neck dysfunction examination to any of your friends or loved ones.

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This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at (734) 981-6969.