

In Good Hands

**A Free Monthly Newsletter For The Friends And Patients Of:
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"Most men pursue pleasure with such breathless haste that they hurry past it."
~ Soren Kierkegaard

SCROLL DOWN FOR THIS MONTH'S "Health Updates"

- Health Update #1: Low Back Pain
- Health Update #2: Carpal Tunnel
- Health Update #3: Fibromyalgia
- Health Update #4: Neck Pain
- Health Update #5: Whiplash

PLUS...

- What we know about...Easing Back Pain. More Exercise Or Less? Weights Or Aerobics?
- *How top athletes trigger anti-aging effects at the cellular level*
- Can the Wii Fit® video game help your family get fit?
- *"Heroes In Movies Wear Costumes And Capes - Heroes In Real Life Wear Jeans And A T-Shirt."*
- The health benefits of broccoli and related vegetables
- *The Importance Of Being Shot With Cupid's Arrow...*
- YOU: The Most Important Choices For Making Yourself Younger: Prevent GERD (gastroesophageal reflux disease)

LET'S BEGIN!...

What we know about...

Easing Back Pain?

**More Exercise Or Less? Weights Or Aerobics?
New Studies Shed Light On These Questions And More...
*How top athletes trigger anti-aging effects at the cellular level, and
can the Wii Fit® video game help your family get fit?***

Let's start this newsletter with an amazing display of some incredible psychic powers. *How, you ask?*

I'll tell you something about yourself, even if we have never met. Are you ready?

Ok, here it goes: *You have suffered from back pain. And, not only have you suffered from back pain, your back pain has been a problem for quite a while and you are afraid it will stick with you for the rest of your life.*

Pretty accurate statement... isn't it?

Of course it's accurate - but it has nothing to do with psychic powers. Although "psychics" use this very technique to...

Fool People Every Day!

What you have just read is a truism. A truism is something that is *true* for a majority of people. In this case, statistics show 80% of people in North America will suffer from back pain at some point in their lives.

Not only that, for 85% of these back pain sufferers, the pain will be chronic.

That being said, there are things you can do to ease and possibly relieve back pain so you are not just another statistic.

One thing, of course, is Chiropractic care. Studies have shown Chiropractic care to be effective (and cost effective) in the treatment of many cases of back pain and it is clearly a great option for many back pain sufferers.

It is wise for back pain sufferers to consult a Chiropractor to find out if Chiropractic care can help and to see what their options are.

Besides Chiropractic, recent research reveals some important things about easing back pain you probably do not know - but should you use...

Weights Or Aerobics To Ease Back Pain?

"People who use weight training to ease their low back pain are better off than those who choose other forms of exercise such as jogging, according to a University of Alberta study", as reported in a December 16, 2009 article in Science Daily.

"The study, done in conjunction with the University of Regina, showed a 60 percent improvement in pain and function levels for people with chronic backaches who took part in a 16-week exercise program of resistance training using dumbbells, barbells and other load-bearing exercise equipment.

"In contrast, people who chose aerobic training such as jogging, walking on a treadmill, or using an elliptical machine to ease their back pain only experienced a 12 percent improvement, said Robert Kell, an Assistant Professor of Exercise Physiology at the University of Alberta, Augustana Campus."

Researchers believe they achieve better pain management results with resistance training because they are using a whole body approach. On the contrary, aerobics training generally works just the lower body.

More Exercise Or Less?

According to a University of Alberta study, if you suffer with low back pain, you should exercise MORE, not less.

In the study, 240 men and women with chronic back pain who exercised four days a week had 28% less pain and 36% less disability, while those who exercised two or three days a week did not see this change.

Amazing what a day or two in the gym can do, isn't it?

The study showed working with WEIGHTS four days a week provided the greatest amount of pain relief and quality of life improvement.

An important note: "Working with weights" is a very relative term. Before you start any exercise program, you should see a qualified doctor for a pre-workout examination. And, all workouts should be designed to suite your individual case and needs. (We are trained to assist you in this.)

Now for some great benefits of exercise, besides your aching back...

How Athletes Stimulate An Anti-Aging Effect on The Cellular Level!

According to the *Journal of the American Heart Association*, new research shows exercise by professional athletes triggers anti-aging in heart muscle cells - which has a protective effect against aging of the cardiovascular system.

In technical terms: Telomeres are DNA that protect the two ends of chromosomes from damage. Imagine the ends of a shoelace. The telomere is like the end of the shoelace that protects the lace from fraying; the end caps. Telomeres have a shortening mechanism that limit the number of divisions a cell can undergo. This basically defines the life of the cell.

Telomeres gradually shorten from cell division and this shortening leads to aging on the cellular level.

The study found physical exercise by professional athletes leads to the activation of the enzyme telomerase.

Telomerase is important because it stabilizes telomere.

Author of the study, Ulrich Laufs, says, *"This is direct evidence of an anti-aging effect of physical exercise. Physical exercise could prevent the aging of the cardiovascular system, reflecting this molecular principle."*

The study examined 32 professional runners from the German National Track and Field Team. Their average age was 20 and their average running distance was 45 miles per week. The study also examined 51 year olds who had a history of continuous endurance exercise since youth, with an average running distance of 50 miles per week.

Will The Wii Fit® Video Game make your family "fit?"

Wii Fit® may be a lot of fun... but according to a new study - just having "fit" in the title doesn't mean it has anything to do with actual fitness... at least for the entire family. A University of Mississippi study shows the game has little effect on family fitness. The study analyzed 8 families who had a Wii Fit for 3 months. The data showed the children had a significant increase in aerobic fitness, but none of the other fitness factors were increased and fitness was not increased for the family as a whole.

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)
"Heroes In Movies Wear Costumes And Capes -
Heroes In Real Life Wear Jeans And A T-Shirt."

We've all seen it since we were little kids.

Comic books, cartoons and movies are filled with heroes who appear out of nowhere... rescue the struggling victim or victims... and save the day. Maybe the even save the planet or the entire universe!!!

These heroes always look very different from "us." They have special powers and can accomplish what no mere mortal could ever even begin to dream about.

But is that really true?

No, according to what the news has reported in just the last year alone. It seems as though there are super-heroes living next door, standing next to us in the supermarket...and...

Gracing Our Presence Every Single Day!

Take Donte Green, for example. He is 6'11" tall and plays in the NBA for the Sacramento Kings.

He was boating on the American River in Sacramento, California on Memorial Day when he heard splashing and screaming.

A woman was thrown overboard while trying to pull a ladder onto her boat.

Dante did not hesitate to act. He dove in and saved the woman, risking his career in the NBA and life for a complete stranger.

What's that?

Dante is a professional athlete and almost 7 feet tall... he is the sort of super hero you would see in the movies.

Well, check out this next story...

Tony Gerdom is an emergency medical worker from Iowa. He was off duty one night when he and his friend, Brian Ford, saw a van driving in front of him swerve off the icy road and into a pond.

Tony tied a rope around himself and Brian held the rope as Tony went into the pond to save the people in the van.

Both men did not want to be called "heroes." When asked about what he had just done, Tony said, "I'm just the lucky idiot that jumped in first." Brian added, "No matter how cold the water was, it's an overwhelming feeling that I helped save a life. It's tremendous."

Tony, Brian and the man they saved all had to be treated for hypothermia.

Then there is Robert Sweeney - a postman from Sacramento, California. Robert was doing his mail route when he heard the cries of help from a woman. When he got to the woman, her 19 month old baby appeared lifeless.

Robert performed CPR on the baby while neighbors called 911. He revived the baby before the paramedics got there... probably saving its life.

Robert Sweeney acted without emotion, until it was all over and he sat in his truck to go home. That's when the significance of the moment hit him and he broke down crying.

But it gets even better...

Jonathan Brito of Michigan saw his house engulfed in flames when an electrical outlet set a curtain on fire.

Jonathan's two sons were trapped inside and Jonathan jumped through flames to bring them to safety.

But, that's not all. Jonathan went back in the smoke and fire-filled house to rescue Punchy... the family dog.

When Jonathan got to Punchy, he was unconscious. Once outside, he performed CPR... Punchy started breathing... coughed up some smoke... and...

Got Up And Started Running Around!!!

Jonathan, who lost all of his clothes and Christmas presents in the fire said, "If I've got to jump through fire to save my kids' lives, that's what I'm going to do."

It's a pretty safe bet Jonathan would have jumped through flames to save YOUR kids too.

Too often we hear about all the bad things going on in the world when great things happen every day. It's nice to know real heroes exist and they are more common than you may think.

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 ?

- The health benefits of broccoli and related vegetables may come in part from a chemical known as sulforaphane, which appears to activate a specific heart-protecting protein.
- *In addition to broccoli, cruciferous vegetables include cabbage, cauliflower, rapeseed (canola), radish, turnip, mustard greens and watercress.*
- Sulforaphane was found to increase the activity of the protein Nrf2, which is known to be inactive in areas of the cardiovascular system that are predisposed to plaque build up.
- *In these areas, which include bends and branches in blood vessels, blood flow is slowed or even disrupted entirely.*
- Sulforaphane has shown it can protect those regions by activating Nrf2.
- *These fascinating findings provide a possible mechanism by which eating vegetables protects against heart disease.*

Tip Of The Month

The Importance Of Being Shot With Cupid's Arrow...

Have you ever been shot by Cupid's arrow?

In other words... **have you ever been in love?** Stupid question? Maybe. But here's something about Cupid's arrow that is far from "stupid."

For example, did you know that research has shown being in love has consequences for your health and well-being? REAL consequences - not just superficial feelings.

In fact, a study published in the *Neuroendocrinol Lett* 2005; 26(3):264-267: "Love and pleasure carry the ability to heal or facilitate beneficial motivation and behavior, in addition to ensuring survival of individuals and their species. After all, love is a joyful, yet useful, activity that encompasses wellness and feelings of well-being - a rather holistic and integrative medical procedure! Positive emotions, compassion and happiness, help us to feel better, particularly in stress, and further improve bodily functions: Love, compassion and joy make our immune system function better and help to battle diseases.

Furthermore, current research on these topics made the wellness concept evolve from a sometimes esoteric or non-scientific background and become a major focus of progressive medical science."

How Does All This Happen?

There is a hormone in your body called oxytocin. It is produced in your brain and some is released into your bloodstream, but it is believed most stays in the brain. Scientists say oxytocin works through the dopamine reward system and makes us feel good when we are around people we care deeply about or even our pets. Dopamine is a brain chemical important in how we perceive pleasure. If the dopamine system is not functioning correctly, it can lead to depression and even mental illness.

Oxytocin is not just about feeling good. It lowers levels of stress hormones in the body, reduces blood pressure, increases tolerance for pain and might even speed up the time it takes wounds to heal.

And, get this: It has actually been linked to how much we trust others... playing an important role in all of our relationships. A study at the University of North Carolina at Chapel Hill found couples who have a more positive relationship have higher levels of oxytocin, and couples with more frequent physical contact (like handholding and hugging) have the highest levels of oxytocin.

What does all this mean?

It seems obvious a shot from Cupid's bow cannot only lead to one of the most wonderful feelings in the entire world - it might also lead to a healthier, longer life.

What Is Love?

"Love is a temporary madness. It erupts like an earthquake and then subsides. And when it subsides you have to make a decision. You have to work out whether your roots have become so entwined together that it is inconceivable that you should ever part. Because this is what love is. Love is not breathlessness, it is not excitement, it is not the promulgation of promises of eternal passion. That is just being "in love," which any of us can convince ourselves we are. Love itself is what is left over when being in love has burned away, and this is both an art and a fortunate accident. Your mother and I had it, we had roots that grew towards each other underground, and when all the pretty blossom had fallen from our branches we found that we were one tree and not two." ~ St. Augustine

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

Low Back Pain - Seasonal Injuries

Every season brings unique activities that require us to perform some physical activity we may not want to do but have no choice. In the winter, shoveling snow comes to mind (at least in some parts of the country) while spring, summer and fall may include yard clean up, mowing, and raking. All of these seasonal activities are, "...I have to.." activities of daily living (ADLs), rather than ADLs we want to do. Therefore, let's talk about shoveling snow since that time of year is upon some of us, though hopefully on its way out! Of course, if snow is not an issue based on where you live, this information can also be applied to gardening, digging a hole or some other yard related shoveling activity.

First, a few facts that help us appreciate why back pain is so common when we shovel: 1. When we bend over, approximately 2/3rds of our body weight is being lifted in addition to what we're lifting. Hence, a 180# person has to lift 120# of body weight every time he or she bends over. 2. A 5# weight equals 50# to our back when it is held out in front of us - consider the 10-20# weight on the end of a shovel! 3) Our legs are much stronger than our back and arms. If a person can bench press 300#, they can usually leg press 500# - almost 2x more weight. Yet, most of us use our arms, not our legs, when shoveling. 4) Most of us bend over using poor technique, lift the shovel with the arms and back (not the legs), and rapidly extend and twist the back when we throw the substance from the shovel - 3 bad things! 5) Then, this faulty action is repeated many, many times, and on top of that, it is not something we're used to doing and hence, we're not physically adapted or "in shape" for shoveling. With all of these "truths," it's no wonder why we often can barely move after an hour of shoveling! So what can we do about it?

I suppose hiring the neighborhood kid to do our shoveling makes the most sense but we're not that smart! We can't change the fact that most of our body's weight lies above our waist so that one we're stuck with and, we're not going to lose weight in time for shoveling. But, we can certainly put less material on the shovel so the load on our back is less. It's important to squat down using our strong leg muscles while keeping our back as vertical/straight as possible- DO NOT BEND OVER. Try sticking out your fanny (to keep an inward curve in your back), lift the shovel / load of material straight up with your legs, maintaining that arched back / butt out position. Keep your arms / elbows straight and walk the shovel load over to the dumping location - DON'T try and throw the load a distance by twisting your body. Take multiple breaks and switch sides so you don't "beat up" the same muscle groups repeatedly.

If you do hurt your back - using an analogy of a cut on your skin -avoid picking at the cut so it can heal. If your back hurts after shoveling, use ice/rest followed by gentle stretching and modified activities - DON'T go back out and shovel (ie, don't pick at your cut!). Some wise considerations for shoveling include warming up before starting, staying "in shape" by regular exercise throughout the year, maintaining a good nutritional diet and getting enough sleep.

If you, a family member or a friend require care, 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) What Are My Options?

Carpal Tunnel Syndrome or CTS, has been reported to be the most expensive of all work-related injuries, costing the average CTS patient about \$30,000 in medical bills and lost work time over his or her lifetime. CTS is primarily found in adults, is 3x more frequently found in woman, and usually affects the dominant hand first. The pain can be quite severe and disabling. Certain occupations tend to cause CTS more than others, such as manual labor jobs (assembly-line / manufacturing, sewing, finishing, cleaning, meatpacking, food processing and packing occupations). Other jobs like computer work, playing a musical instrument and waitressing can also cause CTS. Certain medical conditions such as diabetes, obesity, pregnancy, the use of birth control pills, inflammatory arthritis and hypothyroidism can predispose patients to CTS. CTS is caused by a pinch to the median nerve that runs down the arm from the neck, through shoulder, elbow and wrist. The pinch can occur in one or more of these locations making it important to obtain a complete evaluation including the neck and upper arm - not just the wrist. There are a total of 9 tendons, ligaments, and blood vessels jammed into the tight confines of the carpal tunnel formed by 8 small carpal bones and the transverse carpal ligament that serves as the "roof" of the tunnel. Symptoms include burning, tingling, aching, and/or numbness primarily into the 2nd to 4th fingers and at times, the thumb. Some sufferers develop weakness in their grip making it hard to open jars, stubborn door knobs, holding onto a newspaper or steering wheel. Waking up multiple times at night is also a common complaint caused by sleeping with the wrist bent, which increases the pressure inside the tunnel, thus pinching the nerve more firmly.

A CTS diagnosis is made by reproducing the symptoms by further compressing the median nerve inside the tunnel. This is accomplished by applying pressure over the tunnel, by bending the patient's wrists 90 degrees backwards (dorsiflexion) and forwards (palmar flexion), compression over the proximal forearm, at the thoracic outlet (under the collar bone) and / or at the neck. Special tests like an EMG/NCV (electromyogram and nerve conduction velocity) can determine the degree of nerve damage and verify the diagnosis. At times, x-ray or MRI are helpful if arthritis or a bone spur is suspect, or to measure the size of the carpal tunnel. Laboratory blood tests to determine secondary causes, described earlier, can also be of benefit.

Treatment consists of 1. Rest; 2. Modifying the activity or workstation suspected of causing CTS; 3. Using a splint- especially at night and when driving; and 4. Managing any underlying disease condition. Managing inflammation is also important, which can be accomplished by the use of ice of. (Ice massage is very effective. This consists of freezing water in paper cups, tearing off the top half of the cup, and rubbing the ice against the skin for approximately 5 minutes. The sequence of sensations includes cold, burning, aching, and numbness ("C-BAN"). Make sure you quit when numbness is reached, as frost bite is a risk if performed for too long.) Anti-inflammatory

medications like ibuprofen, naproxen, or herbal remedies such as ginger, turmeric, boswellia, and/or vitamins like bromelain & papain, vitamin B6, fish oil (omega 3 fatty acids, Vitamin D (2000-5000IU); calcium/magnesium are all potentially helpful. Manual manipulations to the joints of the neck, shoulder, elbow, wrist and hand and soft tissue manipulation to the muscles and tendons of the forearm and hand can also be used. Other non-surgical treatments include exercises and physical therapy modalities such as low level laser therapy, electrical stimulation, ultrasound, and others.

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

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Health Update : Fibromyalgia

Fibromyalgia - Important "Fibro Facts"

So you think you may suffer from Fibromyalgia (FM) and you're trying to find out more information about FM.....but where do you start? Certainly you can "Google" the word "fibromyalgia" and spend the rest of the day, week, or maybe month reading about the symptoms, clinical signs, the many treatment options and the different types of doctors who treat FM patients. You will certainly learn a lot! But you will still most likely remain confused as to what to do about it.

First, what is fibromyalgia? It is a chronic (long standing) painful condition resulting in widespread pain throughout the body and it's usually difficult to isolate a cause or reason for such significantly disabling symptoms. It is very common, affecting 3-6% of the general population (global) and 6-12 million Americans (2-4% of the US population). Woman are affected more than men (75-90% are women), and it is typically diagnosed between 20-50 years of age. It affects people physically, emotionally, and socially. The symptoms can fluctuate but it never completely disappears. The cause, though still debated, points to the central nervous system in which a "minor" pain signal reaching the brain is somehow magnified and perceived as more intense (this is called "central sensitization"). This makes the FM patient hypersensitive to normal stimulations like a hug or a when hitting a bump in the road with the car.

How is it diagnosed? Prior to 1987, it was not recognized by the AMA as an illness or cause of disability. In 1990, The American College of Rheumatology (ACR) reported the initial criteria for diagnosing FM. There are no blood tests, x-rays, biopsies, EEG's, EMG's or other tests for FM. Hence, a thorough history (frequently revealing fatigue, sleep problems, mental fog, depression, headache, and bowel problems) and examination ruling out other disorders is appropriate. Diagnosis includes a history of widespread, chronic pain and the presence of multiple tender points (at least 11 of 18) located all over the body.

What is the treatment? Pain management has been the focus and this can include medication, ice/heat, exercise, lifestyle adjustments, counseling when anxiety/depression are issues, dietary strategies, sleep management, but perhaps most important is education - about

FM and how to "live with it." That is, learning how to "control it" since no one has found the "cure." Exercise in short durations of time by walking or swimming (not too strenuous). Expect post-exercise soreness so don't overdo it initially, or you'll be "convinced" you shouldn't be exercising. Diet - avoid glutens/grains and emphasize fruits, vegetables, lean meats (grass fed chicken, beef, and fish), and consider nutritional support from a multiple vitamin, calcium/magnesium, fish oil (omega 3 fatty acids), Vit D3, and Co-Q10. Find a good "team" of doctors - chiropractic, family doc, and rheumatologist who YOU are comfortable with and who will work together for you. Don't expect miracles - it may lead to disappointment.

We recognize the importance of including chiropractic in the team to help those suffering with FM. If you, a friend or family member require care for fibromyalgia, we would be honored to offer our services.

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Health Update : Neck Pain

Neck Pain and Chiropractic Treatment

Neck pain is a very common complaint that chiropractic has been found to be very effective in treating. There are many causes of neck pain including posture related (such as a forward head carriage) and repetitive strain (such as long static holding of awkward positions). These two causes are very similar as the head weighs approximately 15 pounds and when held in a forward translated position for a lengthy time frame, the muscles fatigue and begin to ache. This is similar to holding a baby in your arms for a long time frame. We soon find ourselves moving the baby to the other arm or against our chest due to the gradual increasing strain placed on our upper quarter muscles. Hence, we must similarly change the forward head position when we are working at the computer, listening or talking (especially if the person is not directly in front of you), reading a book, cooking, and so forth.

Another cause of neck pain is trauma. This could be from a car accident, a slip-and-fall injury, sports injury, and more. These injuries are highly variable as no two injuries or accidents are the same and, there are a wide variety of neck sizes in both length and girth and hence, the same trauma may hardly result in an injury in one person and greatly injure a smaller, more petite person. Your doctor of chiropractic will ask you about the "mechanism of injury" as that can give us clues about which tissues are injured. For example, in a motor vehicle collision, if the impact occurs from the side versus the rear end of the car, the tissues in the neck are stretched differently and the management/treatment may vary accordingly.

Other causes of neck pain include a "slipped" or herniated disk. A herniated disk is like a jelly donut where the jelly leaks out and presses against a nerve that travels down the arm. Symptoms often include pain, numb, tingling, burning, weakness, or combinations of these sensations down the course of the nerve. When this occurs, the person is usually quite specific about where the pain is traveling such as, "...it goes down my arm to my 4th and 5th finger."

Another cause can be related to natural aging process involving the "wearing out" process of the disk, joints, and muscle/ligament attachments. The term, "osteoarthritis" is commonly

associated with these findings and is often blamed for neck pain, but this is controversial. First, osteoarthritis (OA) takes years to develop and many people have a significant amount of OA but literally no pain or symptoms while others with only a little x-ray evidence of OA present with an abundance of pain.

So, how do chiropractors manage all of these causes of neck pain? A thorough history, examination, and locating the positions of pain production verses pain relief are "key" to the successful management of patients with neck pain. For one patient, traction/stretching types of manual adjustment techniques work best while for the next, this may not be tolerated at all, which is why we "pre-position" the patient prior to administering an adjustment.

Other treatment considerations may include exercise instruction, physical therapy modalities (electric stim, ultrasound, etc.), the use of ice, re-adjustment of a computer monitor or work set up and nutritional considerations. 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 - Driving Distractions!

Whiplash is caused by a sudden movement of the head, usually caused by a motor vehicle collision (MVC) but it can also occur in sports and from slip and fall injuries. The combination of the weight of the head (approximately 15 pounds) and the length and strength of the neck predisposes the neck to be injured when a sudden force is applied. This is also caused by the fact the neck muscles cannot tighten quick enough to prevent injury in these types of injuries. People with slender necks (i.e., women > men) are more prone to injury.

The purpose of this article is to discuss some VERY effective ways to reduce the likelihood of being in a MVC of which the obvious include don't drink and drive, don't use your cell phone and drive, and don't "text" on your phone while driving. Instead, use a hands-free phone or better yet, pull over to talk as you can't concentrate or fumble around dialing/texting, and still pay proper attention to what you're supposed to be doing - that is, driving!

According to a study conducted by the University of Utah, the distraction resulting from talking on a cell phone when driving is more significant than being intoxicated (0.08% blood-alcohol). Driving inattentively is estimated to be a factor in 20-50% of all police-reported MVC's of which 8-13% are caused by driver distractions (cell phones is estimated to be 1.5-5% of that). One study reported both hands-free and hand-held cell phones were similar, reducing the driver response time to about a 40th percentile compared to a "normal driver."

It's believed the "cognitive workload" or, the "thinking" part during conversation causes the primary distraction, not the use of the hands. When compared to talking with a passenger, the University of South Carolina reported planning to speak put far more demands on the brain than

listening. Talking to other passengers or on a cell phone are not the only or, the most common of the driving distractions.

The two most common causes of distraction-related accidents are "rubbernecking" (looking at outside objects/events) and adjusting the car radio/CD player. Cell phone use was reportedly 8th on that list. The use of a cell phone to text is limited because it is relatively new. However, a preliminary report from the University of Utah found a 6-fold increase in distraction related accidents when texting. The obvious concerns include the eyes off the road and in some cases, the hands off the wheel required for texting/email. Of interest, about 50% of drivers between 16 and 24 years of age compared to 22% of 35-44 year olds have admitted to texting while driving. Some recent highly publicized MCV's caused by texting drivers include a May 2009 Boston trolley car driver and, the 2008 Chatsworth train collision that killed 25 people.

A July of 2009 Virginia Tech report of video footage of 200 long haul truck drivers who drove over 3 million combined miles, reported 81% of safety critical events involved driving distractions. They found texting had the greatest relative safety risk at 23 times more likely with their eyes being off the road for 4.6 out of a 6 second during a safety critical event. Another significant cause of driver distraction is drowsiness, which increased the driver's risk of a crash or near-crash by 4 times, reaching for a moving object increased the risk by 9 times, looking outside/rubbernecking = 3.7 times, reading = 3 times, applying makeup = 3 times, dialing a cell phone = 3 times and talking or listening on a hand-held device = 1.3 times. Eating while driving is also a risk.

As a service to you, we would appreciate it if you would share this information with family and friends so we can all drive more safely and live longer, healthier lives! 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:
Prevent GERD (*gastroesophageal reflux disease*)**

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.

Today, we are going to address a specific problem that limits our life, and is common at this time of year-the effects of overeating lead to disruption of your esophageal lining as acid comes from your stomach back into your esophagus. Why does this limit your life? Well, even if you do not develop the horrible end result-esophageal cancer-your stem cells rush in to repair your esophageal burns (sun burns are another area we waste our precious stem cells on), making less available to repair other areas of your body. And since we only get so many stem cells (we think, although science is working on how to increase them; exercise, massage, and meditation seem to help each of us preserve what we have). But, let's start at the beginning...

We are born to eat, and our stomachs can digest nearly anything. But, in order to experiment with new and sometimes poisonous foods, humans must have the ability to vomit food or burp gas. The esophagus makes a sharp angle as it enters the stomach to reduce this regurgitation, but if the junction is opened (the angle is reduced), we get burning and indigestion from GERD (gastroesophageal reflux disorder). Yes, once you're done chewing your food, it passes into the esophagus and through your gastroesophageal junction. Let's look at the anatomy of the esophagus. It doesn't enter from straight down; it enters like Jennifer Aniston trying to sneak into a restaurant-from a side door. As your stomach curls around your esophagus, that side entrance actually helps prevent stomach fluid from regurgitating back up to or at least toward your mouth.

When you get older, though, your stomach becomes more sensitive to the foods you eat, and you wind up with more acid than a 1970s rock concert. Regurgitation is actually one of evolution's greatest gifts. The ability to regurgitate protects us. Horses, for instance, can't vomit, so when they eat poisonous stuff, they can't get it out of their system. That promotes a condition called colic-or severe abdominal pain caused by trauma in the digestive tract-and that's the leading cause of equine deaths. So the stars of MTV's Jackass aren't the only ones who should be thankful humans can vomit, spit up, and vent air with Richter-registering burps. This poison-control system helps you clear harmful substances out of your body, but it also contributes to acid reflux. Your esophagus enters at an acute angle, which kinks off after the food passes to prevent the stomach contents from going back into your esophagus. If the acute angle is distorted, for example by a hiatus hernia (an abnormal hole where muscle should be to keep the angle acute), the acid can flow backward into your esophagus.

When you produce a lot of stomach acid-or overeat late at night-you risk becoming bloated and having that fluid top off in your esophagus. It's just like when you overfill your gas tank-all that fuel runs out of the opening through which it entered. Because your esophagus has less protective lining than your stomach does, it's much more sensitive. And that's what causes the pain in your throat that feels as if somebody's running a lit match up and down it. When that kind of heart-burn recurs, that's GERD-or gastroesophageal reflux disease. Besides being more uncomfortable than high heels that are two sizes too small, GERD can also be dangerous because it leads to chronic inflammation in your esophagus, which has been linked to cancer.

Throats are like mountains and sliding boards. It's much easier to have things go down them than to go up them. So, yes, we (as well as your spouse) would very much like you to avoid spewing fire across the table after you eat. These are the best steps to take for preventing GERD:

1. Make your meals smaller.
2. Lose weight if you are overweight (most important choice for those who are overweight, but it's the most time consuming).
3. Eliminate pepper, spicy foods, alcohol, and caffeine.
4. Take two baby aspirins a day with a glass of warm water to help prevent esophageal cancer from developing in GERD-burned area.

5. AVOID LATE MEALS. Do not eat within three hours of bedtime. If your idea of late-night entertainment is a party with a bowl of Lucky Charms, switch to lifting weights while watching Kimmel, O'Brien or Letterman. Lying down so soon after eating encourages the flow of acid back up your esophagus so you get that burning taste, which will intensify the symptoms of GERD. Some pills can also cause GERD if you don't take them with water (these are individual to the person).
6. Stop smoking, if you do.
7. Elevate your head six inches when lying on your back.
8. Talk to your doctor about OTC proton pump inhibitors like Prilosec. But do prevent the burn, because we don't want you to use your stem cells on GERD-you may need them to help repair your heart or brain. Proton-pump inhibitors (PPIs) such as Nexium and Prilosec reduce the amount of acid in your stomach, which tames your pain from GERD. But there is still plenty left to help digest your food. In fact, even when you take these drugs, the stomach goes about its normal business, reducing stomach acid during sleep and naturally fluctuating throughout the day. Also keep in mind that digestion isn't just confined to the stomach; your mouth (those glands that produce saliva) and intestines (and the bacteria you have inside them) do a lot of the work, too.

There are a few not-so-great things that PPIs do, though:

- They can make it harder for your body to absorb bone-strengthening calcium, so you need to add extra calcium-containing foods to your diet.
- They don't allow you to absorb vitamin B12 from food very well. Dietary B12 is attached to protein and needs stomach acid to release it, but you can absorb supplements of B12 just fine, so you'll need a vitamin supplement-while some prefer pills, liquid vits are often easier for GERD sufferers.
- They can affect how well you absorb some prescription drugs that require a certain stomach acidity. Make sure all your docs and pharmacists know you're taking PPIs.
- And of course, worse thing they do...and why we do not want you to take them for more than 2 weeks at a time: they can hide a serious problem that is not just GERD.

Simon and Schuster released our new book, YOU Having a Baby on December 1st, 2009. Don't you know someone who would enjoy this as a gift? You can just read this column religiously for more tips on Staying Young , and find them all in another book that is great for the holidays, "YOU Staying Young: The owner's manual to extending your warranty". Thanks for reading.

You can watch the all new Dr Oz show on a TV station in your area -Check your local listings or go to doctoroz.com for time and station

About the author: **Michael F. Roizen, M.D.** , is a professor of anesthesiology and internal medicine, Chief Wellness 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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A Quick Message About Back Pain And This Newsletter...

Dear Patients and Friends,

If you have back pain and have not read this newsletter yet, make sure you do so as soon as possible. It has some very important information that may help you ease your pain.

Some of the information is about a couple of new studies stating exercising helps back pain, and more particularly, exercising with weights.

After reading the findings of the research in this newsletter, you will probably want to look into starting an exercise program or doing more exercise than you are doing now.

When you read the newsletter, you will understand why doing a little more exercise was shown to be much better for back pain.

If this is the case, please give us a call at (734) 981-6969 and schedule a pre-workout examination to make sure you are ready to exercise and your exercises will not do more harm than good.

Many times, a simple examination and tune-up can thwart injury and problems. It is also an opportunity for you to discuss with us what may be the best exercises and approach to take to get in shape and attempt to get out of pain as fast and as safely as possible.

Our doors are always open to you and your loved ones. Do not hesitate to give us a call with ANY questions or concerns.

Check out the rest on this month's newsletter - it is interesting and might help you with your back pain.

Sincerely,

Dr. Thomas Gerou

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