

# In Good Hands

Volume 11 Issue 3

*A Free Monthly Newsletter  
For The Friends And Patients Of:*

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"We rarely think people have good sense unless they agree with us."  
~ *Francois de La Rochefoucauld*

**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...**

- **How coffee protects against diabetes!**
- *What's the best time of day to work out? Should you work out on an empty stomach or eat first? New research has answers...*
- **The dangers lurking in your iPad - and a simple way to protect yourself.**
- *Not sleeping? This may be the simple solution.*
- **The secrets of 100 people who never get sick!**
- *Heroic Stories... In this issue, we pay tribute to the average everyday person who risks everything to save the life of another.*

**LET'S BEGIN!...**

## **Scientists Warn : Television**

# Watching and Computer Game Playing "Damages The Heart"

**Research Reveals : How Many Hours It Takes  
To DOUBLE Your Risk Of Major Cardiac Problems...  
No Matter How Much Exercise You Do!!!**

Are you sitting down? If you aren't, please find a seat because when you read this, you might get a little weak in the knees.

Here is why...

According to *The Telegraph*, a new study published in the *Journal of the American College of Cardiology* found, *"The risk of heart disease and premature death from any cause doubled for those spending more than four hours a day glued to a screen, it was claimed. Metabolic factors and inflammation may be partly to blame, the report said.*

*"Research revealed those who devote more than four hours watching television, surfing the web, or playing computer games are more than twice as likely to have major cardiac problems."*

## **Here's The Really Shocking Part**

The study found there was a 48% increased risk of all-cause mortality and an approximate 125% increase in the risk of cardiovascular events in those spending more than four hours in front of a screen.

**"The risks were irrespective of factors  
such as smoking, hypertension, BMI,  
social class, and even exercise."**

In other words, from the results of this study, the negative effect of watching television and being on a computer may not be lessened by exercise.

Like most health issues, more research is always needed for definitive answers... but limiting television and computer time may not only make you more productive... it might save your life.

### **Another Important Heart Related Topic...**

A new study published in *Circulation: Journal of the American Heart Association* is the first to look at added sugar and heart disease risk in adolescents.

According to Ivanhoe Newswire, "*Jean Welsh, M.P.H., Ph.D., R.N., study author and post-doctoral fellow at Emory University in Atlanta, was quoted as saying. 'The higher consumers of added sugar have more unfavorable cholesterol levels. The concern is long-term exposure would place them at risk for heart disease later in adulthood.'*"

### **What Is "Added Sugar?"**

Added sugars are any sugars that are added to food (or drinks) during processing and preparation.

Ready for some good news?

### **How To Maximize Your Results From Working Out**

According to a Study published in the *Journal of Physiology* on November 1, 2010, "*A fat-rich energy-dense diet is an important cause of insulin resistance.*"

Insulin resistance is a condition in which the body produces insulin but does not use it properly. Insulin is a hormone made by the pancreas and it helps the cells of the body absorb glucose. When people are insulin resistant, their muscle, fat, and liver cells do not respond properly to insulin. As a result, their bodies need more insulin to help glucose enter cells. The pancreas produces more and more insulin until it basically gets worn out and starts to fail. This can lead to diabetes.

How is this all linked to exercise? According to the study's author, "*This study, for the first time, shows that fasted training is more potent than fed training to facilitate adaptations in muscle and to improve whole-body glucose tolerance and insulin sensitivity during hyper-caloric fat-rich diets.*"

**In other words, the best time to work out seems to be on an empty**

**stomach, which is usually first thing in the morning.**

One more thing about diabetes...

### **Researchers Discover How Coffee Helps Prevent Diabetes**

According to *redorbit.com*, "Researchers at UCLA have discovered a possible molecular mechanism behind coffee's protective effect. A protein called sex hormone-binding globulin (SHBG) regulates the biological activity of the body's sex hormones, testosterone and estrogen, which have long been thought to play a role in the development of Type 2 diabetes. And coffee consumption, it turns out, increases plasma levels of SHBG." The article also said that decaffeinated coffee was not associated with the benefits.

### **Scientist Finds Music Releases Same Chemical As Food, Drugs And Sex**

Music is universal. It can both motivate and relax. Some even say it can "tame the savage beast." It's probably safe to say that everyone loves music - in one form or another. But, why does it have such a deep impact on so many lives?

### **Science may finally have found the answer...**

According to a new study from The Montreal Neurological Institute and Hospital, "Scientists have found that the pleasurable experience of listening to music releases dopamine, a neurotransmitter in the brain important for more tangible pleasures associated with rewards such as food, drugs, and sex."

This study, published in the journal, *Nature Neuroscience*, also found that just the anticipation of pleasurable music is enough to trigger the release of dopamine.

According to *The Neuro at McGill University*: "These findings provide neurochemical evidence that intense emotional responses to music involve ancient reward circuitry in the brain," says Dr. Robert Zatorre, Neuroscientist at The Neuro. "To our knowledge, this is the first demonstration that an abstract reward such as music can lead to dopamine release. Abstract rewards are largely cognitive in nature, and this study paves the way for future work to examine non-tangible rewards that humans consider rewarding for complex reasons."

## **Research: The Dangers Of Second-Hand Smoke In Cars With Children**

According to *Science Daily* January 10, 2011, "*While the evidence is incomplete, there is enough available to support legislation against letting people smoke in cars with children,*" states an article in CMAJ (Canadian Medical Association Journal).

The article goes on to say that even though second-hand smoke was not shown to be 23 times more dangerous as some had claimed - "*It can still be very harmful to children.*"

Furthermore, "*The authors conclude that there is enough evidence to make a valid decision to legislate against smoking in cars with children.*"

*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)

# **The Hero Next Door**

*A Tribute To The "Average" Men And Women*

## ***Who Turn Into Superheroes When The Opportunity Arises***

"Aspire rather to be a hero than merely appear one." ~ *Baltasar Gracian, 1601-1658*

Every day, we see and read nothing more than hype and sensationalism. Words like, "awesome," "unbelievable," "genius," flow like wine at a Imperial Roman feast.

They have become so common, they have lost their meaning.

Everyday, people do more and more sensational things in an effort to get noticed.

The drive for recognition and to become a "celebrity" is so great that many are willing to do just about anything for it.

Reality TV instantly comes to mind.

But the good news is not all people are self-serving. Because these people aspire to be a hero instead of just appearing to be one, they usually go completely unnoticed.

For example, there is a hero by the name of Mike Jones.

Chances are you have never heard the name Mike Jones. But, he was on the news not too long ago.

Here's Mike's amazing story:

On December 14, 2010 a gunman in Panama City Florida took hostages at a local school board meeting and started shooting them.

Mike Jones was the security chief at that school board meeting and Mike risked his life in a dramatic shootout with the crazed gunman.

Mike saved several lives that day while risking his own.

For that act, Mike can easily be considered a hero. But, that's not the REAL reason Mike is a hero.

### **Mike Has Consistently Been A Hero... Over And Over... For 27 Years**

Jones is a retired police officer. While working as a police officer, Jones came in contact with numerous families who were too poor to afford Christmas gifts. So,

he started "Salvage Santa" and spent his free time restoring bicycles.

For 27 years, Jones has restored bicycles, raised money and collected toys to give to needy children.

He partnered with Early Education and Care, Inc. so the families who needed toys were able to get them just before Christmas.

But, it only gets better and more "heroic"... According to a news article written about Jones, "Every year, on Christmas Day, Jones got a phone call from some parent, somewhere, who was down on their luck and needed a toy for their child."

When he should have been spending time celebrating with his family or just resting after a long year, Jones always found "one more present to give to those children," friends said.

"Mike's a real special and unique person," said Luther Stanford, the senior pastor at Jones' church, Northside Baptist. "He is a servant through and through. Each and everyday, Mike is doing something for somebody else. Whether it is for Salvage Santa or the school system... I don't know that I have ever seen him when he didn't have a smile on his face."

You see, Jones is a "silent hero." He's not an actor who plays a hero. He's not a publicity seeker who runs a scam to make himself look like a hero. He is a hero who lives each and everyday doing things a hero would do.

The next time someone says altruism doesn't exist, tell them about Mike Jones.

This newsletter would also like to pay tribute to the "silent heroes" from the recent Arizona shooting. They deserve more praise than this newsletter can give.

A special "silent hero" thanks to: Bill Badger, Patricia Maisch, Roger Salzgeber and Joseph Zamudio. Our hearts go out to everyone affected by that tragedy.

*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. :)*

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## **Did You Know?**

*A few little tidbits...*

1. If you are right-handed, you will tend to chew your food on the right side of your mouth. If you are left-handed, you will tend to chew your food on the left side of your mouth.
2. *If you stop getting thirsty, you need to drink more water because, when a human body is dehydrated, its thirst mechanism shuts off.*
3. Chewing gum while peeling onions will keep you from crying.
4. *Your tongue is germ free only if it is pink. If it is white, there is a thin film of bacteria on it.*
5. The pupil of the eye expands as much as 45 percent when a person looks at something pleasing.
6. *The average person who stops smoking requires one hour less sleep at night.*
7. Laughing lowers levels of stress hormones and strengthens the immune system. Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
8. *The roar we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in our ear.*
9. Your left lung is smaller than your right lung to make room for your heart.
10. *When you blush, the lining of your stomach also turns red.*
11. The attachment of the human skin to muscles is what causes dimples.
12. *The only part of the body that has no blood supply is the cornea in the eye. It takes in oxygen directly from the air.*

## **Tip Of The Month**



# The Danger Lurking In Your iPad?

*Plus: The Secrets Of 100 People Who Never Get Sick.*

Here's a very interesting story reported by CNN. A man named J.D. Moyer from Oakland, California had a problem sleeping. So, he decided to do a little experiment. As soon as the sun set, he turned off all the lights in his house. This included every single source of light including laptop computers and the inside of his refrigerator. J.D. did this for an entire month and the results were remarkable. **After just 30 days, JD, who used to struggle to fall asleep at midnight was conking out easily at 9pm** (and waking up the next day well-rested and refreshed).

According to the CNN article, *he felt so well-rested during the test, he said that friends remarked on his unexpected morning perkiness. "A number of times I had the experience of just feeling kind of unreasonably happy for no reason. And it was the sleep... Sure, you can get by with six or seven hours, but sleeping eight or nine hours - it's a different state of mind."*

## **J.D. Is Not The First To Discover This.**

There are a growing number of experts who believe artificial lights are fooling the brain to think it's daytime. In other words, using electronic gadgets like a laptop computer or iPad late at night may be directly contributing to not sleeping well and even insomnia. According to Phylliss Zee, a Neuroscience Professor at Northwestern University and Director of the school's Center for Sleep & Circadian Biology. "Potentially, yes, if you're using [the iPad or a laptop] close to bedtime ... that light can be sufficiently stimulating to the brain to make it more awake and delay your ability to sleep." It should be noted that laptops and iPads shine light in the eye from a close distance and can have a greater effect than a television that is across the room.

## **So What's The Simple Solution To Sleeping Better?**

"I wish people would just take a boring book -- an old-fashioned book -- and [read] by a lamp. Make sure that it's not too bright -- just so you can read," said

Alon Avidan, Associate Director of the Sleep Disorders Center at UCLA. "And if they do that, I think they'll feel a lot better and they'll be able to relax." Now it's time for...

### **The Secrets Of 100 People Who Never Get Sick.**

Have you ever known someone who never seems to get sick? When everyone else is miserable with the flu or a cold, he or she always seems to escape without as much as a sniffle! Well, have you ever wondered WHY they never get sick? There must be a reason. Sure, it's easy to just chalk it up to great genes. But as we know, genes are only part of the human puzzle. Now, there may be an answer.

Here is why: Gene Stone is a very interesting man who set out to find the answer by interviewing 100 people who never get sick and his results may shock you. What he found was more philosophical than scientific. You see, the most important factor to people not getting sick was their positive mental attitude and, whatever they believed, they did it every day. In other words, *what* they did was not as important as their belief and consistency in doing it. According to Gene, "People believe in health as a daily habit. I think that's a large part of why they stay healthy."

*Remember, we're always here to help your body heal  
and maintain the health you deserve.*

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**Health Update: Low Back Pain**

# Low Back Pain and Weight

Have you ever been told (or at least heard it said): if you could just drop a few pounds, your low back pain would improve? It's pretty well accepted that excess weight contributes to low back pain. So, if that's the case, which dietary approach is "...the best?"

Even though weight loss is very important, it can be very challenging for patients because it takes commitment to achieve long term success. Sure, we can lose weight with the Adkins Diet, the Mediterranean Diet, the South Beach Diet, through Weight Watchers and a host of other approaches. But, why do we seem to gain it right back once we discontinue the diet plan? There must be a way to take the weight off and then keep it off.

We have a very similar genetic makeup to our Paleolithic (cave man era) ancestors. Since this is a fact, we can look at the type of food that the cave man consumed and logically draw the conclusion that the "Paleodiet" or "caveman diet" would be a great alternative to our current diet. Thankfully, this does not mean that we change our wardrobe and lifestyle to the point that we go back and live in caves and throw spears to hunt and gather!

What it does mean, however, is we consume similar foods: grass fed animal meat (the more lean the better) and food that grows off the land - that is, fruits and vegetables. These foods are easily broken down and assimilated without alerting our body's defense system (the autoimmune system) that some foreign particle is inside of us resulting in an army of antibodies showing up to ward off these enemy particles. By avoiding this autoimmune response, at the same time, we are reducing or avoiding all together the inflammatory process, which is a common denominator to all illnesses including musculoskeletal conditions.

So, what do we eat too much of now that the cave man didn't eat? The answer is gluten! Most flour based products (bread, pasta, cookies, cake, and many more) contain gluten and are "pro-inflammatory" or, cause systemic inflammation. Over time, this can lead to weight gain, diabetes mellitus, heart disease, stroke, as well as a host of many other conditions. The reason glutes are bad is that our bodies are not genetically able to handle the breakdown of these large "macromolecules." When glutes are detected, we produce antibodies to attack these particles that are resting on the intestinal wall, which, in turn, is damaged in the process, resulting in a "leaky gut" allowing absorption of the large particles. This in turn, results in yet further autoimmune responses as these large (normally not absorbed) macromolecules are detected in our blood stream furthering the inflammatory process. This damage leads to further malabsorption syndromes ("leaky gut") and a vicious cycle is created. So, what can we do to prevent this from happening and, how can we reduce the inflammation through our diet?

Easy! Just stop eating glutes! Go to the grocery store's "gluten-free section" and buy products that are gluten-free. Over time, your weight will drop, your energy levels will increase, and the mental fog lifts - you'll feel 10 years younger and, you'll be able to enjoy life more completely. Sound too good to be true? Try it - prove me wrong - I dare you!

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: Can We Prevent It?**

The cause of carpal tunnel syndrome (CTS) is commonly associated with repetitive motions or, working long hours with fast hand movements such as on an assembly line, food packing line, waitress work, or on a computer keyboard and mouse. However, there are many other possible causes that are less commonly discussed such as pregnancy (caused by generalized water retention), birth control pills (same reason), obesity (same reason), rheumatoid arthritis, hormonal disorders such as diabetes, thyroid disease, and menopause and others. Of course, if one combines a fast repetitive job with a hormonal disorder, the chances are increased even more for developing CTS. Essentially, any condition that results in an

increase in swelling within the carpal tunnel (wrist), will potentially cause CTS so injuries like sprains/strains, fractures, sports injuries, tendonitis and so forth are all potential causes of CTS. Common symptoms of CTS include: numbness in the 2nd to 4th fingers/hand, pain in the same location, waking up at night needing to shake or "flick" the fingers, driving related numbness, weakness in the grip, difficulty buttoning a shirt, and performing fast repetitive tasks (sewing, crocheting, knitting, cooking) or awkward wrist position tasks (auto mechanic, waitress, musicians, electricians, plumbers, carpenters).

Knowing the cause is important when considering CTS prevention. It is also important to realize the pressure within the carpal tunnel doubles in people without CTS and increases six times in people with CTS when we flex or extend our wrist up or down so sleeping with the wrist straight REALLY HELPS! This is why patients wear a wrist "cock-up splint" so they don't accidentally bend their wrist when sleeping. Night splints like this are also very effective so the swollen tendons and/or other structures in the carpal tunnel can properly "rest." If a person has a history of CTS that comes and goes, depending on how active they are, wearing a night splint as a prevention approach is appropriate. The use of a wrist splint during the day is often NOT a good idea if it impedes one's ability to do their normal or needed tasks. This is because we will irritate the forearm where the splint hits when we flex / extend the wrist and localized bruising can result (sometimes increasing the symptoms of CTS). Using a splint on long drives can also be helpful as driving frequently irritates CTS.

Mayo Clinic offers the following as a list of precautions that may help in reducing the onset, or if present, the frequency/intensity of CTS symptoms:

1. Reduce your force and relax your grip
2. Take frequent breaks
3. Watch your form
4. Improve your posture
5. Keep your hands warm

Here is the URL for more detailed information:

<http://www.mayoclinic.com/health/carpal-tunnel-syndrome/DS00326/DSECTION=prevention>

Though these strategies can help, make sure you properly manage any existing "other problems" listed in the middle of the 1st paragraph. Also, as discussed in prior Health Updates, chiropractic management offers a great non-surgical solution to the management of CTS and should FIRST be utilized before considering surgery!

We realize you have a choice in who you are consider for your health care provision and we sincerely appreciate your trust in choosing our service for those needs. 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 and Sleep

Fibromyalgia (FM) is a condition that has produced more diverse opinions from researchers and physicians than almost any other condition. This has made finding a health care provider who is willing to manage the FM patient very challenging. Similarly, patient perceptions vary widely from those who strive to live a normal life despite their symptoms vs. those who are unable to cope and "give in" to the disorder. FM occurs in about 2% of the population with the majority of sufferers being women. Common symptoms include muscle aches, joint pain, sleep disturbance and widespread body tender points or areas. The term "fibrositis" was first reported in 1904 to describe patients with these symptoms with many names being used including myositis, myalgia, fibrosis, myofibrositis, psychogenic rheumatism, and probably others! Not until the mid 1970's did the term "fibromyalgia" become the accepted term, getting rid of the "-itis" suffix which means "inflammation" and adopting the "-algia" suffix, which means condition or pain. In the 1990s, the American College of Rheumatology published distinct criteria for diagnosing FM requiring 11 of 18 tender points to be identified on examination, but this too has been criticized with new recommendations to accept widespread pain, sleep disturbance, and long-term or chronic symptoms as being appropriate to establish the diagnosis. Most recently, a central nervous system (CNS) origin rather than a localized inflammatory condition is now the current accepted area of the body that is the focus of cause and treatment.

Sleep or, the inability to get to deep sleep (which takes 3-4 hours of continuous sleep), has been identified as a major symptom of FM. Similarly, many of the symptoms of poor sleep coincide with the symptoms of FM such as fatigue, poor concentration, irritability, and diffuse pain. While certain medications and herbal remedies have been focused on and discussed, little has been reported on the changes the patient can make to facilitate sleep. The first order of business to help the sleep pattern is to make sure there are no underlying conditions such as sleep apnea or thyroid disease. Second, what is the FM patient's sleep habit(s) or routine? This includes the time they go to sleep, the time prior to falling asleep once in bed, how many times do they wake up at night and the length of time to fall back asleep, how rested do they feel in the morning and how long does it take "to wake up" and what has to be done - coffee, meds, etc., to feel "awake." Third, identify other reasons for waking - pets in bed, a snoring partner, babies/kids or elderly care, and/or working swing or night shifts. The "treatment" of the FM patient for sleep disturbance includes discouraging daytime long naps - short naps are OK limited to 30 minutes max and at least 8 hours before bedtime. Here's a summary list of recommendations:

1. Reduce room distractions (no pets, no TV);
2. Comfortable sleeping temperature and noise level - consider a white noise or "sound machine;"
3. Establish a bedtime and awakening time based on the number of hours that it "usually" takes for that person to feel "rested;"
4. Start a "wind-down" 60-90 min. before bedtime - reading, writing - to relax and "let go" of the day's events;
5. Avoid stimulating books or movies before bedtime;
6. Writing down cares or worries of the day in a journal 45-60 minutes before bedtime;
7. Avoid next day planning during the "wind-down" time period;
8. Perform deep breathing exercises at bedtime;
9. Avoid caffeine, nicotine, and alcohol pre-bedtime;
10. Limit exercise after 3 hrs before bedtime;
11. Avoid longer than 30 min. naps less than 8 hrs pre-bed time;
12. Avoid eating 3 hours before bedtime;
13. Avoid clock watching;
14. If unable to fall asleep within 15-20 minutes, get up and engage in relaxation exercise and return to bed when feeling sleepy;
15. Consider a softer mattress (harder is NOT always better);
16. Some sleep centers advocate at least 40 minutes of strong light exposure after rising in the mornings.

We recognize the importance of including chiropractic in your treatment planning and realize you have a choice of providers. If you, a friend or family member requires care for FM, 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 : Neck Pain

# "My Neck Is Killing Me!"

When patients present with neck pain, they always ask, "where is the pain coming from?" Of course, this can only be answered after a careful history and thorough evaluation is completed, which is what we do in this office. Let's take a closer look at what this involves.

**The History:** This includes a careful description of how the injury occurred, if there was an injury. For example, in a slip and fall injury, it makes a difference if the patient fell forwards, sideways, or backwards; if they landed on their knees, hips, buttocks, back or if they hit their head on the ground. Also, if there was a dazed feeling or loss of consciousness in the process. If there was a head strike, were there any signs of concussion: fatigue, mental "fog," headache, difficulty communicating or forming words or sentences. When there is no specific injury, we will ask if there were perhaps one or more, "mini-" or "micro-" injuries that may have occurred sometime within 2-3 days prior to the onset of the neck pain. The cumulative effect of several small "micro-injuries" can result in a rather significant onset of symptoms several days later. The next batch of information gathered includes factors that increase and decrease the pain, the type of pain quality (sharp, dull, throb, burn, itch, etc.), pain location - "...put your finger on where it hurts and "does it radiate into the arms or legs, severity (pain level 0-10), and timing such as, "it's worse for the 1st 30 min. in the morning and then loosens up." Information regarding past history, family history, medical history (surgeries,



medications), social history, habits (caffeine, tobacco, alcohol, etc.), and a systems review (heart, lungs, stomach, nervous system, etc.).

**The Physical Exam:** This includes vital signs (blood pressure, etc), observation - the way the head is positioned (forwards, to the side, rotated, etc.); palpation - touch/feel for muscle spasm, trigger points, spinal vertebra position and motion; range of motion, orthopedic and neurological tests. The exam procedure may also include x-ray, depending on each case.

**The Diagnosis:** This is determined after taking all your information and "...putting the puzzle pieces together" to determine what is causing your pain.

**The Treatment:** Chiropractic spinal manipulation (often referred to as "adjustments") is performed by applying energy or force to the misaligned or fixed vertebra structures by one of many methods depending on the patient's size, pain level, tolerance, and so on. Other "manual" treatment approaches include soft tissue therapy such as trigger point therapy, active release, massage, vibration, and others. The use of physical therapy modalities such as ice, heat, electrical stimulation, ultrasound, light - laser therapy, and/or others, again, depending on your specific situation and needs can also be very helpful. Similarly, exercises to teach you how to hold your proper posture, to improve flexibility or range of motion, and to strengthen the muscles that are weak really help to make the adjustments "hold" and the beneficial effects last longer. A work station/job assessment may also be needed if that appears to be irritating your condition.

We realize you have a choice in where you choose 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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## **What Really Causes Whiplash?**

Whiplash is a non-medical term for a condition that occurs when the neck and head move rapidly forwards and backwards or, sideways, at a speed so fast our neck muscles are unable to stop the movement from happening. This sudden force results in the normal range of motion being exceeded and causes injury to the soft tissues (muscles, tendons and ligaments) of the neck. Classically, whiplash is associated with car accidents or, motor vehicle collisions (MVCs) but can also be caused by other injuries such as a fall on the ice and banging the head, sports injuries, as well as being assaulted, including "shaken baby syndrome."

**The History Of Whiplash.** The term "Whiplash" was first coined in 1928 when pilots were injured by landing airplanes on air craft carriers in the ocean. Their heads were snapped forwards and back as they came to a sudden stop. There are many synonyms for the term "whiplash" including, but not limited to, cervical hyperextension injury, acceleration-deceleration syndrome, cervical sprain (meaning ligament injury) and cervical strain (meaning muscle / tendon injury). In spite of this, the term "whiplash" has continued to be used usually in reference to MVCs.

**Why Whiplash Occurs.** As noted previously, we cannot voluntarily stop our head from moving beyond the normal range of motion as it takes only about 500 milliseconds for whiplash to occur during a MVC, and we cannot voluntarily contract our neck muscles in less than 800-1000 msec. The confusing part about whiplash is that it can occur in low speed collisions such as 5-10 mph, sometimes more often than at speeds of 20 mph or more. The reason for this has to do with the vehicle absorbing the energy of the collision. At lower speeds, there is less crushing of the metal (less damage to the vehicle) and therefore, less of the energy from the collision is absorbed. The energy from the impact is then transferred to the contents inside the vehicle (that is, you)! This is technically called elastic deformity - when there is less damage to the car, more energy is transferred to the contents inside the car. When metal crushes, energy is absorbed and less energy affects the vehicle's contents (technically called plastic deformity). This is exemplified by race cars. When they crash, they are made to break apart so the contents (the driver) is less jostled by the force of the collision. Sometimes, all that is left after the collision is the cage surrounding the driver.

**Whiplash Symptoms.** Symptoms can occur immediately or within minutes to hours after the initial injury. Also, less injured areas may be overshadowed initially by more seriously injured areas and may only "surface" after the more

serious injured areas improve. The most common symptoms include neck pain, headaches, and limited neck movement (stiffness). Neck pain may radiate into the middle back area and/or down an arm. If arm pain is present, a pinched nerve is a distinct possibility. Also, mild brain injury can occur even when the head is not bumped or hit. These symptoms include difficulty staying on task, losing your place in the middle of thought or sentences and tiredness/fatigue. These symptoms often resolve within 6 weeks with a 40% chance of still hurting after 3 months, and 18% chance after 2 years. There is no reliable method to predict the outcome. Studies have shown that early mobilization and manipulation results in a better outcome than waiting for weeks or months to seek chiropractic treatment. The best results are found by obtaining prompt chiropractic care.

We realize that you have a choice in where you go for your health care needs and we truly appreciate your consideration in allowing us to help you through that potentially difficult process.

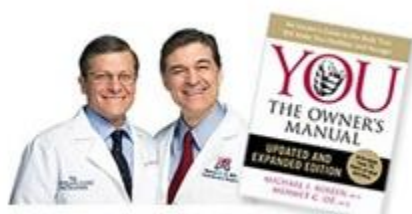
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# YOU: Lessons From Tucson



**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.

I must admit, I cannot stop thinking about the recent events in Tucson-- My father spent his last winters in Tucson living near that corner, so I visited the areas near the shooting many times.

First, the bad news: it is hard to know what we can do to prevent such things from happening again, but harder still to understand why it happened. In the field of prevention, you'd like to think you have more control, but mental and brain illnesses have many permutations we do not understand. Yes, many times in life, we do not get to choose what happens to us, but we always get to choose how we react to events. So, what can you do in advance?

1. **Say Thanks:** Approach every day with an attitude of thankfulness. Impossible expectations lead to sadness. Try to write a gratitude journal daily--writing three thank-you notes a day really does make it less likely you will suffer illness.
2. **Be Aware of Family Members and Friends with Mental Problems:** Most of us cannot ask for help if we have mental illness--we are too paralyzed by it. So, if you spot a friend or family member whom you suspect needs help, don't expect her to get it on her own--reach out and help get them to professional help.
3. **Get Healthy:** Use Tucson to motivate yourself. Exercise is more effective than almost anything else in improving mood and health. Part of that may be attributed to the endorphin effect of exercise; we feel that the sense of purpose and accomplishment that comes with regular exercise. Sometimes, action has to come before motivation.

***The reason to take these three actions---  
To have the energy to fulfill your purpose in life.***

Feel free send questions coming to youdocs@gmail.com. You can follow Dr Roizen on twitter @YoungDrMike.

The YOU docs have two babies (not twins): **YOU Raising Your Child: The Owner's Manual From First Breath to First Grade** , was born October 5th, 2010, and **YOU On A Diet, the Owner's Manual for Waist Management** , updated and revised with 100 more recipes arrived January 4th, 2010. Thanks for reading.

**About the author:** Michael F. Roizen, M.D., is a professor of anesthesiology and internal medicine, and is is chief wellness officer and chair of the Wellness Institute at the Cleveland Clinic. The Wellness institute also features Lifestyle 180 and the integrative medical clinics (with features of medical acupuncture, rekki, obesity management and more) of the Cleveland Clinic, both located at 1950 Richmond Road in Lyndhurst. He is the co-author of 4 #1 NY Times Best Sellers including : YOU Staying Young and YOU: The Owner's Manual. He airs on WKH/1420 in Cleveland and 30 stations nationwide and streams on healthradio.net Saturdays from 5-7 p.m . E-mail him questions at YouDocs@gmail.com He is the co-author of 4 #1 NY Times Best Sellers including : YOU Staying Young and YOU: The Owner's Manual. He is Chief Medical Consultant to the new Dr Oz show-- The Dr. Oz Show" is number two in daytime TV now---see what's so much fun, and what he, the Enforcer is up to. Check your local listings or go to doctoroz.com for time and station ""And for more health info, log onto 360-5.com anytime.

**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.**