

FREE!!
PLEASE TAKE ONE



YOUR CHIROPRACTOR



JULY / AUGUST 2016

GM SPINAL CLINIC

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CHIROPRACTORS

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CLINIC HOURS

Monday to Friday 8.00am–7.00pm
Saturday By appointment

Your health is our concern but your responsibility. If you are unable to keep your appointment, please let the clinic know as soon as possible, and be sure to make up your missed appointment.

AGING WITH EASE

There is currently a massive ageing population due to the fact that we are all living longer.

The number of people aged 65 and over has doubled since 1980 and is expected to double again within the next few decades. Because of this, there is a significant need to focus on helping the older generation stay healthy and lead active lives.

When you have a loved one who fits into the older demographic, comments such as “she had a fall” take on a whole new meaning. It no longer represents an uneventful, clumsy moment from which someone easily recovers. It can be very serious, even life threatening. Balance and coordination issues are common among the aging population, with falls accounting for more than 80% of injury-related hospital admissions in people older than 65 years.

A newly published study in New Zealand by researchers from the Centre for Chiropractic Research at the New Zealand College of Chiropractic, the University of Auckland and the University of Ontario

Institute of Technology has shown some significant results regarding falls and the elderly¹.

The joint receptors in the cervical spine (neck) provide the brain with the necessary information used to trigger balance and coordination. Degenerative changes or injuries to the cervical spine can affect how these joint receptors function and the information they send.

The trial demonstrated that 12 weeks of chiropractic care in a group of older patients resulted in improvements in their sensory and motor functions that are important for falls risk, as well as improvement in the physical component of quality of life. Given that falls are the leading cause of injury-related death in older adults, this research strongly supports the benefit of regular chiropractic care for older adults.

Walkers, sticks and nursing homes don't have to be part of the aging process. With so many seniors living longer and more vibrant lives, including chiropractic care as part of their wellness regime can help them get the most out of their golden years.

Reference: [1] Holt, Kelly R et al, “Effectiveness of Chiropractic Care to Improve Sensorimotor Function Associated With Falls Risk in Older People: A Randomized Controlled Trial, Journal of Manipulative and Physiological Therapeutics.



Members:
Chiropractor's Association of Australia



THE PERFECT CHAIR

Working in an office typically involves spending a great deal of time sitting in a chair - a position that adds stress to the structures in the spine.

To avoid developing or compounding back problems, it's important to have an office chair that is ergonomic, supports the lower back and promotes good posture.

When choosing a chair, the following features should always be evaluated:

Adjustable seat height

Seat height refers to the level of the under surface of the thigh behind the knee. Users should be able to operate the controls easily when sitting and a pneumatic adjustment lever is the easiest way to do this. The height adjustment of a chair should accommodate a range of at least 420mm to 515mm. This allows the user to sit with their feet comfortably on the floor without undue pressure on the underside of the legs, and have their arms even with the height of the desk.

Seat width and depth

The seat should have enough width and depth to support any user comfortably. The seat should be wider than hip breadth

and allow space for movement and clothing. The seat pan depth (from front to back of the seat) should accommodate a range between at least 380mm and 480mm to allow a comfortable leg and back posture, although small people may require shorter seat pans. The forward or backward tilt of the seat pan should be adjustable to accommodate a range of different seated postures.

Backrest

The backrest should fit the natural curve of the spine and should be adjustable to suit the individual. The overall length (height) of an adjustable backrest should be greater than 220mm, although higher backrests are common and generally preferred. If the backrest is separate from the seat, it should be adjustable in height and angle. The angle between the seat and back should allow the user to achieve a torso-to-thigh angle of at least 90° and should be able to adjust further back if necessary.

Lumbar support

Lower back support in an ergonomic chair is very important. The lumbar spine has an inward curve, and sitting for long periods without support for this curve tends to lead to slouching and strains the structures in the lower spine. An ergonomic chair

should have a lumbar adjustment so each user can get the proper fit to support the inward curve of the lower back. Back support should minimise loading on the spine and maintain a modest degree of curvature to the lower back with minimal muscular tension.

Seat material

The material on the chair seat and back should have enough padding to be comfortable to sit on for extended periods of time but firm enough to provide support for a variety of postures. Fabric should allow heat and perspiration to escape and have a medium level of friction.

There are also a range of alternative seating options allowing computer users to sit in a way that is thought to reduce pressure on the lower back. Examples are a kneeling chair, 'swiss ball', saddle chair or sit-stand chair. However, alternative seating options may not necessarily be better than the conventional office chair as most do not provide lumbar support or accommodate for different leg lengths or seat angles. For these reasons it is important to assess the pros and cons associated with the use of these alternatives before you purchase them.

Clever CROSSWORD

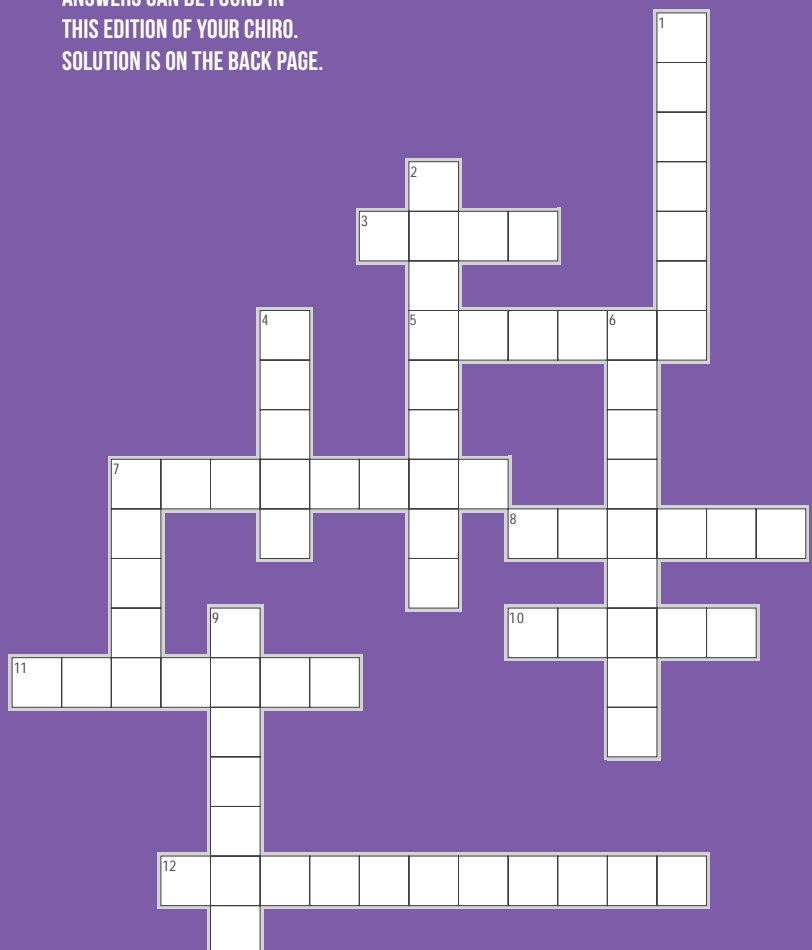
ANSWERS CAN BE FOUND IN
THIS EDITION OF YOUR CHIRO.
SOLUTION IS ON THE BACK PAGE.

Across

- It is often difficult to separate this from the body.
- Falls account for more than what percentage of injury-related hospitalisations in people older than 65 Years?
- The prefrontal cortex is located just behind this part of your body.
- What is the recommended level of friction for office chair fabric?
- What type of receptors in the cervical spine provide information to the brain for balance and coordination?
- To ensure this is good, make sure you walk with your shoulders relaxed and your eyes straight ahead.
- Light cardio exercise raises this and ensures that oxygen and blood are flowing throughout your body.

Down

- In a recent trial, twelve weeks of chiropractic care for older patients, resulted in improvements in their motor and what other function?
- Many of us tend to do this in winter.
- Which part of your back should an office chair support?
- Although this can absorb shock, when walking it doesn't activate as many muscles as the ground does.
- What is the leading cause of injury-related deaths in older adults?
- These perform better when you complete an appropriate warm-up before exercising.



WALK THIS WAY

During winter many of us tend to hibernate with hot, nourishing meals and quiet nights wrapped up in front of the TV.

While this can be very comforting, it doesn't do much for our fitness, circulation or energy levels and is often why we feel more lethargic during winter. A walk is one of the most effective ways to maintain health and fitness and has many surprising benefits:

- **Improves heart and lung function**

Walking increases your breathing rate, which means you take in more oxygen and strengthen your respiratory muscles. Studies have found that brisk walking is also effective for lowering cholesterol, blood pressure and diabetes risk and also helps in the prevention of heart disease.

- **Increases energy**

A short, brisk walk can really wake you up if you're feeling a bit sluggish. Increasing your general fitness through regular walking will help you feel more energised as your body starts to work more efficiently.

- **Strengthens your immune system**

It's thought that walking helps the body flush bacteria out of the lungs and airways, which reduces the chance of getting airborne illnesses. Even if you're under the weather a gentle walk can be beneficial, as research consistently shows that exercise can help boost your immune system.

- **Decreases stress levels**

Walking is a great way to remove yourself from a stressful environment. Focus on your breathing, the scenery or just listen to the birds sing. Research shows that by walking for 30 minutes in a 'green' environment you'll sleep better, and it may also significantly lower high blood pressure and stress levels.

- **Assists with weight loss**

Any weight-loss plan requires exercise to be a part of it and walking is a natural choice. Wear a pedometer or activity tracker and aim for at least 10,000 steps a day. Regular walking will help your body burn fat and also strengthen your muscles - a must for anyone looking to change their shape.

- **Improves your mood**

Regular walking can provide feelings of happiness and positivity due to the hormones your body releases when you exercise. It's often hard to get going but most people feel an elevation in mood and a sense of achievement after exercising.

While walking, stand up straight with your shoulders relaxed and your eyes straight ahead to ensure good posture. Walking on concrete or pavement can be hard on your feet so it's essential to have proper footwear with good cushioning and support to offset the impact. A treadmill can absorb shock, but its smooth surface doesn't activate as many muscles as the ground, so when using one it's recommended to have it set on a slight incline. Walking on soft surfaces like grass or sand means your leg muscles have to work harder to propel your body forward, giving you the additional benefit of an increased workout.

Walking is beautifully simple. It can be done anywhere, anytime and its low impact nature means that it's kind to joints and has a very low risk of injury. With thousands of fitness options to choose from, the simplest exercise can sometimes be the best!

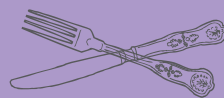


YOU ARE ... WHAT YOU THINK?

Our mood can vary depending on a lot of different components.

Stress, diet, exercise, toxicity, sleep and many other lifestyle factors can impact how we feel, think and behave. Our emotional state can be very powerful and can even make us sick if not dealt with appropriately. It is often very difficult to separate the mind from the body, even if we are not consciously aware of this connection. Your body constantly responds to your thoughts and feelings. This is often referred to as the "mind/body connection."

When you are stressed, anxious or upset, your body tries to tell you that something isn't right. Many of us have experienced the onset of a headache or nausea that can occur after a stressful or upsetting experience. In turn, we can also recall the euphoric sensation that comes from a rush of adrenaline or even just after having a really good laugh. Suddenly, our bodies feel ten years younger and full of energy! This is all due to the impact of our emotional state, however, the opposite can also be true; that the way we physically feel can greatly affect our mood. Chronic pain or dysfunction can often lower one's mood significantly and at times may lead to depression. The good news is, because of this immensely strong mind/body connection it is therefore possible that when you correct one, you can also correct the other.



Good Health on the Menu

ORANGE AND CARROT SOUP

A winter soup packed with Vitamin C goodness.

Ingredients:

- 2 brown onions, chopped
- 1kg carrots, peeled and chopped
- 4 cups chicken or vegetable stock
- 1 orange
- Salt and pepper to taste

Method

1. Peel 3 strips of orange rind and set aside. Juice orange and set aside.
2. Put small amount of olive oil in a large saucepan and heat over medium heat.



3. Cook onion in pan until soft.
4. Add chopped carrot to pan and cook until soft.
5. Add stock to pan and bring to a boil.
6. Add the 3 strips of orange rind to pan and allow to simmer on low heat for 20 minutes.
7. Remove orange rind from pan.
8. Blend the contents of the pan in a blender or by using a stick blender, until smooth.
9. Add orange juice to blended soup and mix well.
10. Place back in pan and heat to taste.
11. Add salt and pepper to taste.

EXCITING RESEARCH RESULTS FOR CHIROPRACTIC!

A recent study showing that spinal function affects brain function has been published in the highly regarded journal *Neural Plasticity*¹.

Not only does this confirm previous research findings that adjusting the spine affects the brain, this particular study indicates that adjustments impact the function of the prefrontal cortex.

The prefrontal cortex is located in the very front of the brain, just behind the forehead. In charge of abstract thinking and thought analysis, it is also responsible for regulating behaviour. This includes mediating conflicting thoughts, making choices between right and wrong and predicting the probable outcomes of actions or events. Since the prefrontal cortex is the brain centre responsible for taking in data

through the body's senses and deciding on actions, it is most strongly implicated in human qualities like consciousness, general intelligence and personality.

This study was conducted in an independent medical professor's lab, where his bioengineer collected and analysed the data. This is an important bonus for this study as all data was collected and analysed by scientists who had no preconceived ideas about chiropractic. This greatly lowers the level of bias.

Chiropractors have long observed a wide variety of changes in the people under their care, following adjustments. Common reports from those under care are that they feel better, focus better and many notice improvements in movement and coordination as well.

If, as this research suggests, adjusting improves prefrontal cortex activity, a part of the brain that is responsible for so much higher level function, then it is possible that

a chiropractic adjustment could well impact on things like behaviour, decision making, memory and attention, intelligence, processing of pain and the emotional response to it, autonomic function, motor control, eye movements and spatial awareness. It would seem that chiropractic really does have a lot to offer!

Reference: ¹ Lelic, D, Niazi, IK, Holt, K, Jochumsen, M, Dremstrup, K, Yelder, P, Murphy, B, Drewes, A and Haavik, H (2016), "Manipulation of dysfunctional spinal joints affects sensorimotor integration in the pre-frontal cortex: A brain source localization study," *Neural Plasticity*, Volume 2016 (2016).

WARM UP IN WINTER

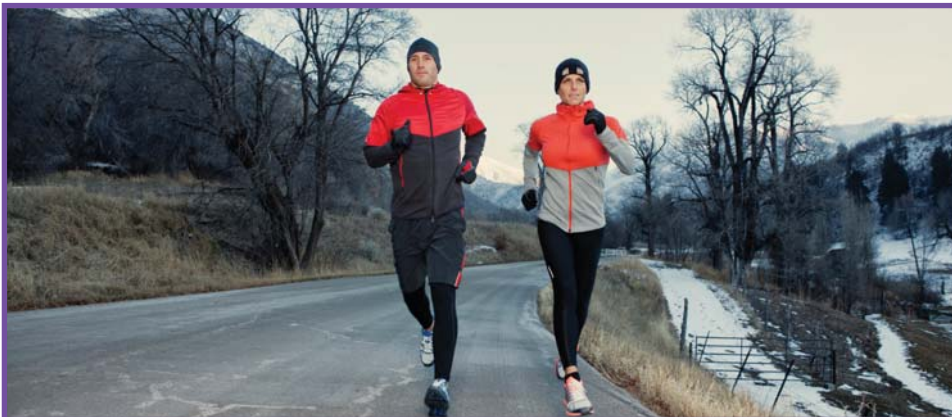
Thanks to the effects of colder temperatures, muscles are forced to work much harder to complete the same tasks they accomplish easily in milder weather.

This causes more damage to the muscle tissue and can result in increased soreness. During a workout we can all go from zero to hero and push hard, but the safe way to train is to bring the body's temperature up slowly and loosen up the muscles before we do anything serious. Therefore, throughout the cooler months, it's important to warm up for a little longer than usual.

A good warm up also increases all-over body temperature so your body can work according to its amazing integrated

design. Not only is this key for building functional, full-body strength, but it's also vital for injury prevention. Try beginning your workout with light cardio exercises, like brisk walking. This will raise your core temperature and ensure that oxygen and blood are sufficiently flowing throughout your body.

Properly warmed up muscles can execute exercises with proper form for better results and fewer injuries. Warm muscles are also more responsive. They contract and relax more quickly, allowing for better performance and range of motion. By completing an appropriate warm-up before you exercise, you succeed in helping your muscles perform better, be more resilient, generate more power and be less prone to injury.



PRACTICE UPDATE

ON ARRIVAL AT CLINIC

Please see the receptionist upon arrival. This eliminates the possibility of you being overlooked and enables us to have your information ready.

APPOINTMENTS

Your appointment schedule is designed specifically to obtain the best possible results. Please be sure to make up any missed appointments.

Should you wish to change an appointment, we would appreciate as much notice as possible so that other patients can be offered your time.

PHONE CALLS

Chiropractors in this practice may be contacted by phone during office hours. A message will be taken if the Chiropractor is with another patient and your call will be returned when the Chiropractor is available.

FEEDBACK

We are here to serve you. Please speak to your chiropractor or the staff about any concerns you may have.

We see your constructive comments as helping us to help you and others.

WAITING TIMES

Despite our best intentions, we sometimes run late! This is because someone has needed unexpected urgent attention.

Be assured that when it comes your turn the chiropractor will not rush to catch up but will give your problem the time it deserves. Thank you for your consideration.

HEALTHY HINTS

EAT fish twice a week.

DRINK at least a litre of water a day.

WALK, swim or cycle for 20 minutes three times a week.

THEN.... you'll feel better!

Down: 1. Sensory 2. Hibernates 4. Lower 6. Treadmill 7. Falls 9. Muscles
Across: 3. Mind 5. Eighty 7. Forehead 8. Medium 10. Joint 11. Posture 12. Temperature

CROSSWORD ANSWERS