



my family chiropractor

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HEALTH PRACTITIONERS

Principal Chiropractor

Dr Sharon Howard

BScChiro, MChiro

Sharon graduated from Macquarie University, Sydney in 2003. She worked in Dubbo NSW for two and a half years and joined this practice as an associate in September 2006, before becoming the Principal Chiropractor in 2011. Patients appreciate her wide range of experience developed from working in western NSW and advanced skills gained through continued education including Diversified, Gonstead and Applied Kinesiology.

OUR MESSAGE THERAPIST

Lisa Bruce

Diploma of Remedial Massage

Lisa completed her Diploma at South-West TAFE and is excited to work with everyone on their well-being goals. Her massage techniques can include remedial, deep-tissue & relaxation. Massage has a variety of benefits including boosting circulation, reducing pain, tension and anxiety as well as supporting your chiropractic adjustment.

HEALTH ASSISTANTS

Deb Lovett

Angie Walton-Godwin

Melissa Kirkley

Adele Klints

CLINIC HOURS AND SERVICES

Consultations are by appointment. We try very hard to adhere to appointments, however, the nature of chiropractic is that emergencies and circumstances sometimes mean we run behind time. Please feel free to call and check.

Monday, Tuesday, Thursday & Friday

8.00am – 12.30pm 3.00pm – 7.00pm

Wednesday 3.00pm – 7.00pm

Saturday 8.00am – 11.00am

MASSAGE

Mon 9:30am – 5:30pm

Tues 9:30am – 7:00pm

1st & 3rd Sat / month 8:00am – 11am

1 hour = \$90 ½ hour = \$60

YOUR CHIROPRACTOR



NOVEMBER/DECEMBER 2018

Is osteoporosis your future?

When you're a child, it's not uncommon to receive a bone fracture from falling off the jungle gym or your bicycle. As you age however, it's more common for it to be related to a bone-weakening disease known as osteoporosis. But does it have to be?

Even though osteoporotic fractures in Australians over 60 are all too prevalent, there is room for you to prevent them from occurring. If osteoporosis isn't a genetically likely outcome predetermined by your parents' bone mass, then you can begin putting steps in place today to reduce the likelihood of a diagnosis, or at least prevent the risk of related fractures.

However, it's firstly important to understand what osteoporosis is, how it occurs, and what it can do. Osteoporosis is a disease that weakens the density and strength of your bones and increases the risk of fractures. You often don't know you have it until you break a bone. Fractures of your wrists, ribs, upper arms, spine, and hips are the more common osteoporosis-related fracture locations.

When you're around 20 years old, your body stops renewing and replenishing bone, which means you have reached your peak bone mass. After this point, the strength of your bones can decline – a process that may be accelerated by lifestyle decisions you make as well as your genetic makeup.

The risk factors

Often, your parents determine whether you will get osteoporosis or not, so you are not always going to be able to prevent the diagnosis in later life. However, you are also more at risk if you have already broken bones

as an adult, you smoke, drink to excess, have low body weight and are small in stature.

If you went through menopause early in life, are already out the other side, or don't eat calcium-rich food, these factors may also put you more at risk. Taking medication, not exercising, and not getting enough sunlight can also be to blame.

Help yourself

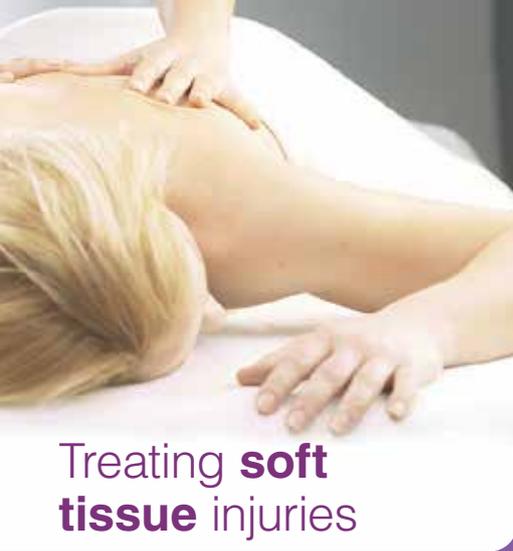
To reduce the risk of osteoporosis-related fractures, or the condition itself, there are many lifestyle changes you can make. Firstly, include calcium-rich food in your diet such as chia seeds, soy milk, almonds, dried figs, and white beans. Even just two tablespoons of chia seeds can offer as much as 179 mg of calcium, while one cup of white beans has 161 mg. They are also low in fat, rich in iron, and are versatile for use in salads, side dishes and soups.

Some studies have also shown that higher intakes of protein, coupled with over 600mg of calcium per day, resulted in a higher bone mass rating. As a result, food high in protein may be of benefit for reducing fractures too.

If you're not one for exercising, then it might be time to start. Weight training may help to strengthen not only your muscles but your bones as well. In young people, weight training can increase the bone mineral density, but in older people, it can slow down the bone density loss.

While not everyone can prevent a diagnosis of osteoporosis, you can make plenty of lifestyle changes that can reduce the impact it may have on your life.

Take me home to complete our PUZZLE – check inside!



Treating soft tissue injuries

You often hear the expression “soft tissue” massage when it comes to treating injuries. So what exactly is soft tissue and how does massage work?

Soft tissue refers to all the tissues in the body that connect, support, or surround the body’s structures and organs. It includes muscles, tendons, ligaments, fascia, nerves, fibrous tissues, fat, blood vessels, and synovial membranes (the connective tissue that lubricates moveable joints).

Common types of soft tissue injuries include contusions (bruises caused by trauma to the muscle); sprains (torn ligaments often caused by twisting motions); tendonitis (inflammation of the tendons connecting the bone to the muscle); bursitis (inflammation of the fluid-filled sacs – or bursa – that protect the joints); and strains (muscle or tendon damage). Certain activities can result in overuse injury, which is caused by repetitive friction, pulling, twisting, or compression. Overuse injuries develop

gradually and without effective intervention may become much worse over time.

Hard tissue refers to tissue made up of hard intercellular substance such as cartilage, bone and teeth. Injuries to hard tissue, including fractures, take longer to heal than soft tissue injuries because the blood supply to hard tissue is lower. Hard tissue injuries, such as broken bones, respond better to no motion, which is why casts are often used in the treatment of fractures. Soft tissue injuries, on the other hand, can respond well to movement and manipulation.

Massage is thought to increase blood and lymph circulation, probably due to the physical manipulation and the chemicals that are released as part of the muscle relaxation response. Better circulation delivers more oxygen and nutrients to muscle cells and as cellular health improves, tissues function more efficiently and healing can begin.

Chiropractors treat soft tissue damage by targeting the injured area and working with patients on an individualised treatment plan. Your treatment plan might include gentle movement combined with manipulation and/or massage. Increasing mobility through passive motion also aids recovery by relaxing muscles, reducing inflammation, and relieving pain. Depending on the nature of the injury, chiropractic treatment might include exercises to help improve flexibility, balance and strength.

With the right care and treatment, and depending on the nature of the damage, most patients with soft tissue injuries can expect to feel an improvement in one to six weeks.



Salmon with roasted tomatoes

(serves 1)

INGREDIENTS

- 1 fresh salmon fillet – boned, skin on
- 100g cherry tomatoes
- Thyme – 1Tbsp of dried, or a handful of fresh, chopped
- Oil, coconut or olive
- 1 clove garlic, finely chopped or crushed
- ½ red onion, finely sliced
- Black pepper
- 1 lemon

METHOD

Preheat oven to 180c. Toss tomatoes, thyme, oil, garlic and onion in a roasting pan. Roast for 15 minutes until tomatoes are soft.

Add the fillet to the pan. Bake a further 8-10 minutes depending on thickness of fillet. Add pepper to taste, and a squeeze of lemon juice.

Tomatoes: under the skin

Tomatoes, a fabulous nutritious fruit known as a vegetable, are extremely versatile. It’s almost hard to believe that they were once thought to be deadly poisonous?

There is no shortage of uses for a tomato, and while delicious, they are also more beneficial for your health than you may think. They can help to protect your body against cancer, keep your blood pressure healthy, and even support a range of bodily functions. What’s more, as they contain lycopene and lutein, they also help to reduce the risk of light-induced eye damage.

If you want to improve your heart and skin health or take better care of your eyes, tomatoes may be of assistance. Containing a wide range of vitamins, antioxidants, and nutrients, tomatoes are well worth adding to your diet.

Heart health

Tomatoes contain choline, folate, vitamin C, fibre, and potassium – all key

players in promoting better heart health. What’s more, including high potassium in your diet is linked to a reduced risk of cardiovascular disease.

Eye-care

Lutein, beta-carotene, and lycopene are all found in tomatoes. Research suggests these antioxidants protect your eyes from cataract development, light damage, and even age-related macular degeneration. In an eye disease study, participants who included high amounts of carotenoids in their diet reduced their risk of developing neovascular AMD by as much as 35 percent.

Skincare

Tomatoes contain approximately 24.7 mg of vitamin C – necessary for the production of collagen. Without collagen, the effects

of pollution and smoke can be more damaging for your skin. As a result, you may suffer from more blemishes, wrinkles, and sagging skin than you would if you had more vitamin C in your diet.

If you want to experience all the benefits of tomatoes for yourself, then their versatility makes it a natural process. Add them to sauces, stews, salads, and soups, or even put them in sandwiches or salsa. Remember to wash all fresh produce before use.



Understanding pain

– what is your body trying to tell you?

Pain is caused by injury or disease and protects us by telling us something is wrong. It comes in two forms: acute pain, which is severe and short-lived, and chronic pain, which is less intense but is experienced over a long period, sometimes permanently.

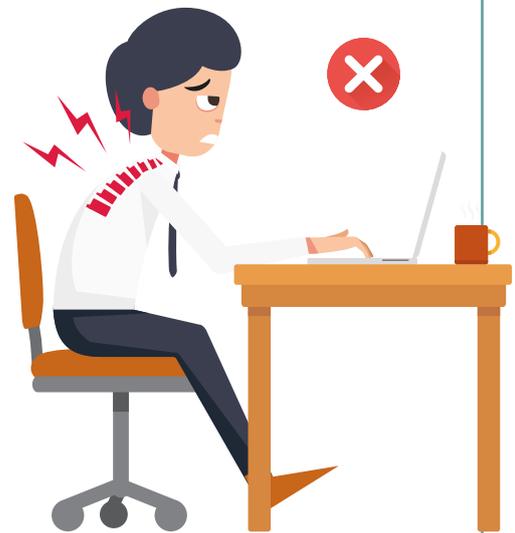
There are three types of acute pain: somatic pain, which is superficial and is felt on the skin or the tissue just below, such as a burn or abrasion. Visceral pain comes from a problem with internal organs, such as appendicitis; and referred pain is felt away from the source of tissue damage, like the shoulder pain felt during a heart attack. Acute pain needs an immediate response whereas chronic pain, which can be experienced almost continuously, requires steady, thoughtful treatment that might include lifestyle changes in combination with therapy and medication.

When you feel pain what is your body trying to tell you? With short, sudden pain, such as a burn, your body reacts involuntarily and immediately by moving

away from or protecting itself from the cause. But what about long term pain conditions? With chronic pain the body's "fight or flight" reaction has wound down as the nervous system adapts to the pain stimulus, but the pain continues to be felt.

The causes and effects of chronic pain are not straightforward and can make it difficult to treat. It's further complicated by some of us being more sensitive to pain than others. Dr Moalem-Taylor of Sydney University's School of Medicine explains that this is due to how individual bodies modulate pain. She says that pain receptors respond differently from person to person to a particular stimulus, and that the pain pathways are themselves complicated, which can reduce or increase the level of pain we experience.

To help address chronic pain symptoms, such as inflammation and muscle tension, chiropractors have a tool box of non-surgical and drug-free treatments to call on. To begin treating chronic pain, it is important to identify the causes. At your first appointment your chiropractor will



carry out a physical examination and possibly some tests to determine the source of the pain. After that, he or she will work with you to design a treatment plan, which may include spinal manipulation, manual therapies, and therapeutic exercises. As you continue through your treatment plan, you should be able to gradually increase your daily activities with greater ease and less pain.

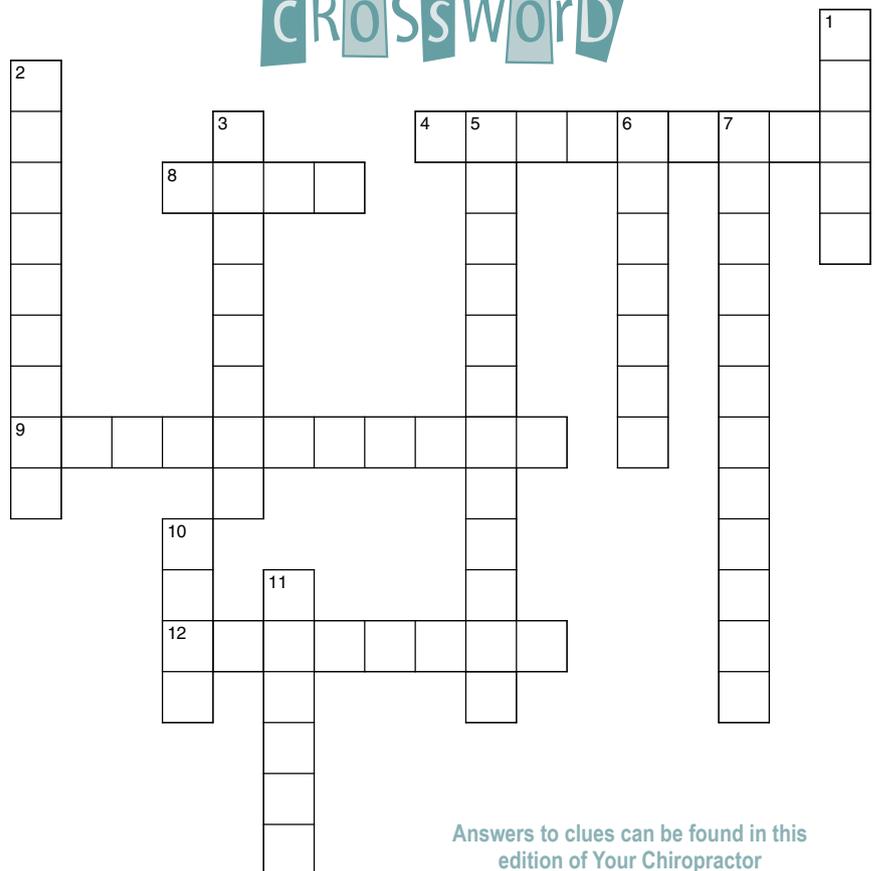
ACROSS

4. A mineral that tomatoes contain. (9)
8. When you're around 20 years old, your body stops renewing and replenishing what? (4)
9. What omega-3 helps to reduce. (11)
12. An inflammation reducing compound found in tart cherries. (8)

DOWN

1. Massage is thought to increase blood and _____ circulation. (5)
2. Accommodative _____ provide support and cushioning to alleviate painful foot conditions. (9)
3. Vitamin C is necessary for the production of this. (8)
5. A disease that weakens the density and strength of your bones. (12)
6. A type of pain felt on the skin or the tissue below. (7)
7. A chronic pain symptom. (12)
10. High-heeled shoes change the body's weight-bearing axis and can cause lower ____ pain. (4)
11. A type of soft tissue. (6)

Clever CROSSWORD



Answers to clues can be found in this edition of Your Chiropractor

Do your shoes really matter?

Yes, as a matter of fact they do. When it comes to shoes, most health professionals agree there are good guys and bad guys, and it won't come as any surprise to learn that towering heels are firmly among the bad guys. As well as being potentially bad for your feet, they can cause lower back pain by changing the body's weight-bearing axis. But heel-less footwear, such as ballet flats and thongs/jandals, are also unsuitable to wear for long periods because they provide no foot support and this can lead to painful heel conditions.

So let's talk about the good guys. Most podiatrists recommend a heel height of around one and a half inches (38mm). Shoes with velcro straps, lace-ups or buckles are good because they support the arches. An ideal shoe if you spend a lot of your working day on your feet will offer both features, providing support as well as cushioning. Running shoes are also suitable, as are minimalist shoes, which are designed to closely approximate barefoot running or walking conditions. But it is possible to wear shoes a little less utilitarian and a little more elegant that can still be good for you.

Chiropractors highly recommend putting customised insoles into your everyday shoes. Prescription orthotics can correct

the problems caused by abnormal motion, and accommodative orthotics provide support and cushioning to alleviate painful foot conditions. In a study published late 2017 in the Archives of Physical Medicine and Rehabilitation it was shown that wearing individually tailored orthotics can significantly reduce lower back pain. In this six week study researchers divided participants into three groups: one group wore customised orthotics, the second wore customised orthotics and had chiropractic treatment (which included adjustments, hot and cold packs, and soft tissue massage); and the third group did not receive orthotics or chiropractic care. The participants who wore orthotics reported a significant reduction in lower back pain, but the participants who combined orthotics with chiropractic care reported a significant improvement in function in addition to less lower back pain.

Most health professionals, including podiatrists and chiropractors, are very likely to advise against wearing high heels and other bad-guy footwear for any length of time, but for occasions when only heels or thongs/jandals will do, it is recommended you limit the time you wear them to under three hours a day.

PRACTICE UPDATE

NEWSFLASH!

Welcome to Dr Jason Henderson & Adele Klints, our most recent additions to the my family chiropractor team. They look forward to assisting you with your health!

DATES TO KEEP IN MIND

School Holidays

15 December 2018 – 28 January 2019

Public Holidays – Clinic CLOSED

22 December 2018 – Re-opening TBA 2019

– As the twig is bent, so grows the tree –

ON ARRIVAL AT THE 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 health is our concern, but your responsibility. Your appointment schedule is designed specifically to obtain the best possible results. If you are unable to keep your appointment, please let the clinic know as soon as possible so that other patients can be offered your time, and be sure to make up your missed appointment. To contact your chiropractor after hours, please call the main number where a recorded message will advise after-hours numbers.

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.

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.

From all the team at my family chiropractor, we wish you and your family a joyous & healthy festive season! We look forward to continuing to assist you and your family in staying well and achieving your health goals.

Ease your pain with food

Grandma's secret recipe for helping with her pain levels might have more truth than you think...

Since time began, there have always been people swearing by particular foods curing them of their ailments and disease. While there is little evidence to suggest you can find miracle cures in the bottom of your grocery bag, there is growing proof that particular food can help with pain caused by inflammation and arthritis.

Omega-3



Omega-3 helps to reduce your cholesterol and lower your risk of heart disease, but did you know it can also help reduce inflammation? As detailed in numerous studies, by including up to three grams of fatty fish such as herring or salmon in your diet, you can lessen the pain of rheumatoid arthritis. As a result, you may even be able to reduce the number of inflammatory drugs you take.

Soybeans

If you suffer from inflammation, then you may want to take a closer look at soybeans.

As they contain isoflavones, they can help to slow down oxidation and inflammation.

Tart Cherries



If you're reaching for aspirin or other NSAIDs for pain relief, why not consume tart cherries? Tart cherries feature an inflammation-reducing compound known as cyanidin.

Turmeric



For thousands of years, people have used spices for health reasons. Only now, however, are scientists proving that spices have health benefits. Turmeric is one of them and features curcumin which helps to fight inflammation and prevent illness.

While some foods can help to manage your pain level, it should be known that a healthy diet with plenty of fruit and vegetables, as well as regular exercise, can go a long way to keeping your mind and body at its best. If you suffer from inflammation or other aches and pains, consult your chiropractor for advice.

ACROSS 4. POTASSIUM 8. BONE 9. CHOLESTEROL 12. CYANDIN
DOWN 1. LYMPH 2. ORTHOTICS 3. COLLAGEN 5. OSTEOPOROSIS
6. SOMATIC 7. INFLAMMATION 10. BACK 11. FASCIA



Take me home and give our healthy RECIPE a try!