

The Alliance Update

www.alliancechiroandwellness.com

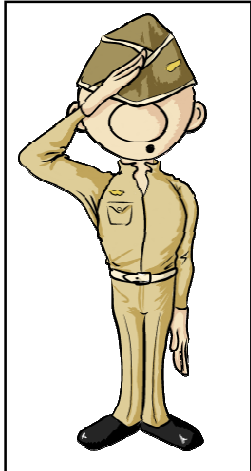
Fall 2018 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Chiropractic Care Improves Outcomes for US Service Members with Low Back Pain

Source: JAMA Network Open 2018; 1(1): e180105. doi:10.1001/jamanetworkopen.2018.0105



Musculoskeletal disorders, led by low back pain (LBP), trail only depression as the leading cause of disability worldwide. Given the high costs of treatment (\$34 billion in direct costs in the USA in 2010), lost productivity, and the growing opioid crisis in the United States and elsewhere, an urgent need for cost-effective, low-risk, non-pharmacological treatment for LBP exists. Chiropractic care has the potential to fill this void. Only an estimated 8-14% of the population regularly uses chiropractic care, indicating there is considerable untapped potential for the profession.

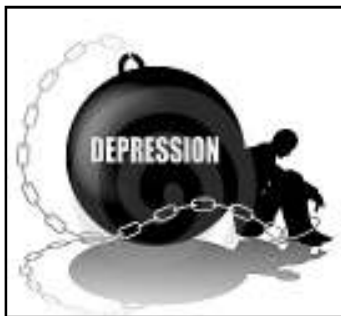
Despite early evidence showing promise, chiropractic treatment in a military population is a topic that is under-represented in the literature. Military populations tend to be younger and more racially and ethnically diverse than those in existing clinical trials, thus warranting separate investigation. Therefore, the goal of this study was to investigate whether adding chiropractic care to usual medical care (UMC) improves outcomes for military personnel suffering from low back pain.

A total of 750 patients were enrolled in the study, with 375 receiving usual medical care plus chiropractic treatment (intervention group) and 375 receiving only usual medical care (control group).

Results from this study confirm findings from previous studies in military and civilian populations that demonstrated improvements in pain and disability in patients receiving chiropractic care for LBP. The findings provide additional support for the inclusion of chiropractic treatment as a component of comprehensive, multidisciplinary care for low back pain. Such care is currently recommended in guidelines from the American College of Physicians and the American Pain Society.

Depression and Dementia

Source: Popular Mechanics, October 2018; by Sunny Kim



Researchers have known for some time that an episode of depression early in life, doubles the risk of developing dementia, but they are now just figuring out how the two diseases fit together. In recent studies, people who had a bout of depression had more protein associated with vascular disease, and fewer proteins associated with general cell health in their blood than people who never had depression. Researchers describe that it looks like the subjects with depression have premature molecular aging. Preventing the increased risk of dementia following depression may come down to controlling the effects of the stress hormone cortisol, which shoots up during depression.

Health Humour

Source: <https://onlinefun.com/health/2/>

Claustrophobic people are more productive thinking out of the box.

<i>Inside This Issue:</i>	<i>Pg</i>
Chiropractic Care Improves Outcomes for US Service Members with Low Back Pain	1
Depression and Dementia	1
'No Safe Limit': Even One Drink a Day Increases Risks	2
Starting Aerobic Exercise Soon After Concussion Improves Recovery Time	2
Learn To Be Happy	3
Strength Training Helps Older Adults Live Longer	3
What is Box Breathing?	4
Announcements	4
Alliance Chiropractic Services	4

'No Safe Limit': Even One Drink a Day Increases Risks

Source: www.medscape.com; Liam Davenport; August 23, 2018



Alcohol consumption is responsible for 2.8 million deaths per year across the globe. Cancer is the leading cause of alcohol-related death among people aged 50 years and older, warn researchers, who also emphasize that there is no safe level of alcohol consumption.

The findings come from the latest version of the Global Burden of Diseases, Injuries, and Risk Factors Study (GBD), which analyzed data on 28 million people from 195 countries, and estimated the prevalence of alcohol consumption, the amounts consumed, and the associated harms.

The analysis found that among individuals aged 15 to 49 years, alcohol accounted for around 4% of deaths in women and 12% in men. Tuberculosis and road injuries were the leading causes of death related to alcohol.

For those aged 50 years and older, alcohol was linked to 27% of deaths in women and 19% of deaths in men, with cancer the leading cause of alcohol-related death.

Overall, consuming just one drink a day increased the risk of developing alcohol-related health problems by 0.5% vs abstaining; drinking five drinks a day led to 37% increase in risk.

The strong association between alcohol consumption and the risk of cancer, injuries, and infectious diseases offset the protective effects for ischemic heart disease in women in our study.

Starting Aerobic Exercise Soon After Concussion Improves Recovery Time

Source: Canadian Chiropractor; September 13, 2018; by Jelena Damjanovic, University of Toronto



A new study from the University of Toronto has found that starting aerobic exercise sooner rather than later after a diagnosed concussion contributes to a faster recovery and return to sport, school, and work.

The study supports the view that aerobic exercise is safe and potentially protective in symptomatic individuals.

So, how soon after a concussion is it safe to start doing aerobic exercise? The study, which followed the recovery of 253 people between the ages of 15 and 20, showed that some individuals benefit from starting low-impact, aerobic activity as early as 24 hours after injury.

For each successive day of delaying the start of aerobic exercise, individuals had a less favourable recovery trajectory, according to the study. Historically, concussion management was based on a simple recipe of rest until symptoms resolve. However, this study observed that prolonged periods of rest had a negative impact and symptoms took longer to disappear.

Researchers still believe that a brief reduction in activity from normal levels is beneficial, however, they recommend maintaining activity levels that do not exacerbate symptoms in the acute period. Initially doing low-impact aerobic exercise with minimal head movement, such as stationary cycling, elliptical, and walking. Jogging and swimming are not recommended at this stage as they involve greater head movement.

The results of this study did not observe a different recovery pattern between men and women. However, a previous history of concussion, higher symptom burden, and loss of consciousness were associated with a prolonged recovery for all subjects, regardless of gender.

Learn To Be Happy

Source: Outdoor Magazine October 2018; By Gordy Megroz; www.mayoclinic.org/diseases.../depression/expert.../depression...diet/faq-2005824...



Give your body some love

Never underestimate the power of exercise, a healthy diet, and a good night sleep. Research shows that for some people, a half hour of exercise can be as effective as taking an antidepressant.

Several studies have found that people who ate a poor-quality diet — one that was high in processed meat, high sugar foods, fried food, refined cereals, and high-fat dairy products — were more likely to report symptoms of depression.

A week of sleep deprivation — defined as sleeping only four or five hours a night — can negatively affect your mood.

Do nice things for other people

When we need a pick-me-up, we often feel the urge to treat ourselves, but studies show that redirecting this impulse toward someone else has a stronger positive effect on your mindset. Researchers at the University of British Columbia found that spending \$5 to \$10 on another person improves your mood more than spending it on yourself.

Guard your time

People who sacrifice their free time to make money are not as happy as people who do the opposite. Leave room in your life for unscheduled hours.

Be thankful

Every night write down five things you are grateful for and spend some time thinking about why.

Work on your social connections

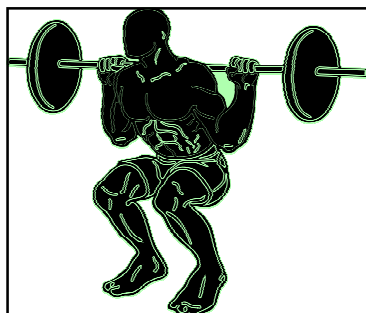
Researchers have found that happy people spend more time with friends and family and less time alone.

Savour the present

Studies suggest that we let our minds wander too often, dwelling on the future or the past. Research done by Harvard psychologists show that our mood improves when we pay attention to the moment we are in. Meditation is a great way to improve being in the present.

Strength Training Helps Older Adults Live Longer

Source: www.sciencedaily.com/releases/2016/04/160420090406.htm



Older adults who met twice-weekly strength training guidelines had lower odds of dying in a new analysis by researchers at Penn State College of Medicine. The study is the first to demonstrate the association in a large, nationally representative sample over an extended time period, particularly in an older population.

Over the past decade, researchers have begun to demonstrate benefits of strength training on strength, muscle mass, and physical function, as well as improvements in chronic conditions such as diabetes, osteoporosis, low back pain, and obesity. Small studies have observed that greater amounts of muscle strength are associated with lower risks of death.

Older adults who strength trained at least twice a week had 46 percent lower odds of death for any reason than those who did not. They also had 41 percent lower odds of cardiac death and 19 percent lower odds of dying from cancer.

Importantly, after the researchers controlled for physical activity level, people who reported strength exercises appeared to see a greater mortality benefit than those who reported physical activity alone.

The study is strong evidence that strength training in older adults is beneficial beyond improving muscle strength and physical function, the researchers concluded.

What is Box Breathing?

Source: www.healthline.com/health/box-breathing

Box breathing is a technique used in taking slow, deep breaths. This can heighten performance and concentration while also being a powerful stress reliever. Also called four-square breathing, this technique can be beneficial to anyone, especially those who want to meditate or reduce stress.

The steps of box breathing

Before you get started, make sure that you are seated upright in a comfortable chair with your feet flat on the floor. Try to be in a stress-free, quiet environment where you can focus on your breathing. Keep your hands relaxed in your lap with your palms facing up, and focus on your posture. You should be sitting up straight. This will help you take deep breaths.

Step 1 - Inhale slowly and deeply through your nose to the count of four. In this step, count to four slowly in your head. Feel the air fill your lungs, one section at a time, until your lungs are completely full and the air moves into your abdomen.

Step 2 - Hold your breath for another slow count of four.

Step 3 - Exhale through your mouth for the same slow count of four, expelling the air from your lungs and abdomen. Be conscious of the feeling of the air leaving your lungs.

Step 4 - Hold your breath for the same slow count of four before repeating this process.

Benefits of box breathing

According to the Mayo Clinic, there is sufficient evidence that intentional deep breathing can actually calm and regulate the autonomic nervous system. This system regulates involuntary body functions like temperature. It can also lower blood pressure and provide an almost-immediate sense of calm.

Box breathing can reduce stress and improve your mood. That makes it an exceptional treatment for conditions like generalized anxiety disorder, panic disorder, post-traumatic stress disorder, and depression. It can also help treat insomnia by allowing you to calm your nervous system at night before bed. Box breathing can even be efficient at helping with pain management.

Clinic Services

1. Chiropractic Care
2. Laser Therapy
3. Electrical Therapy
4. Sports Injury Care
5. Custom Foot Orthotics
6. Massage Therapy¹
7. Naturopathic Medicine
8. Acupuncture

Clinic Hours²

Please note:

1. Massage therapy is available outside core office hours.

Monday 8:00am— 12:00pm 3:30pm - 7:30pm

Tuesday 8:00am— 12:00pm

Wednesday 8:00am— 12:00pm 3:30pm –7:30pm

Thursday 3:30pm –7:30pm

Friday 8:00am – 12:00pm

Announcements

- Check out our WEBSITE at www.alliancechiroandwellness.com. You can find archived issues of our newsletter as well as other clinic information. Please note appointment requests should be made by calling the office at 905-648-0661. We do not accept appointment cancellations, bookings, or reschedules via our web site. These should be done by calling the office directly.
- Dr. Morphet will be away from the office from December 21 to December 28th.
- Like us on Facebook! To receive the latest in health news, research, updates, and announcements, check us out at www.facebook.com/AllianceChiropracticandWellnessClinic

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