

# The Alliance Update

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Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

## Physical Activity and Mental Health in Children

Source: <https://hhsshare.ca/news/exercise-and-mental-health-in-children/>



At long last, the warmer weather is just around the corner which means more opportunities for the whole family to get outside and get active. The change in seasons is a great opportunity to take stock of your family's physical and mental health – an important connection to be mindful of in raising healthy and happy kids. Are your children as active as they should be? It's a question we should ask ourselves often since an inactive lifestyle can have negative effects on children. Obesity is one concern but mental health is also greatly affected by inactivity, and can lead to depression and anxiety.

A study from the Centre for Disease Control found obesity rates in Canadian children ages three to 19 have more than doubled since the 1970s. As of 2013, 13 per cent of Canadian children were obese. This trend is concerning as these kids can experience physical and mental health concerns as a result of their obesity.

Canadian 24-Hour Movement Guidelines for Children and Youth recommend at least an hour of vigorous physical activity each day, along with several hours of light physical activity. It is important to encourage kids to take part in physical activities that are enjoyable and meaningful to them. Ideally we want children to be engaged and committed to their progress so they can stick with physical activity long-term and be active for life. Exercise has been likened to having the same impact as taking an antidepressant. Youth who are active tend to report less anxiety and depression, display greater confidence, improved thinking skills, and overall, have a better outlook on life.

So where do you start? Time and money are popular fallback excuses but your family doesn't have to spend endless hours a day exercising or investing in a fancy gym membership. Start small, set realistic goals, and make sure your child enjoys the physical activity you choose. You can start with simple measures like going for regular walks with the family pet or having a dance party in your living room...just get moving! Getting outdoors and immersing yourself in nature has a whole other host of benefits on your family's mental health. Some other ideas to consider:

- Connect with your child's school for after-school activities and sports teams
- Explore the trails and hiking routes in your region
- Check out your local YMCA and Community Centers for various programs, open gym, and swim times

## Hormone Patch Replacement Therapy for Menopause Safest for Thromboembolism

Source: [www.medscape.com/viewarticle/907492](http://www.medscape.com/viewarticle/907492)

The type of hormone replacement therapy (HRT) that women use to prevent symptoms of menopause affects their risk of venous thromboembolism (VTE), with oral preparations significantly increasing the risk but transdermal products such as patches or gels, conferring no additional risk, results of a large new UK study confirm.

The study looked at more than 80,000 women aged 40 to 79 years who developed VTE and compared them with more than 390,000 women who did not. The research showed that although taking HRT was overall associated with an increased VTE risk compared with not taking it, the risk was confined to oral preparations, which were linked to a 58% increased risk. There was no significant increased risk of VTE among women using transdermal HRT preparations compared with women who did not take HRT.

Discuss the pros and cons of different hormone delivery methods with your medical doctor.

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## Autism, Depression Tied to Prenatal Exposure to Maternal Infection

Source: [www.medscape.com/viewarticle/910517](http://www.medscape.com/viewarticle/910517)

Fetal exposure to maternal infection increases the long-term risk for neuropsychiatric diseases, new research suggests. Longitudinal data from a multicenter study of more than 1.5 million Swedish children who were followed for up to four decades show that persons who had been exposed to any maternal infection (ie. influenza, Norwalk virus, etc.) in utero were at significantly increased risk of subsequently developing either autism or depression during their lifetime. Interestingly, no such association was found with respect to the development of either bipolar disorder or psychosis.

According to study authors, parts of the fetal brain are really sensitive to inflammation that can occur with infection. Researchers have found that the development of the fetal brain is a fragile process, and infections can be harmful for the long-term mental health of the child, even decades after birth. This research shows that what happens to a fetus during life in the womb really sets up a child's brain for the rest of his or her life.

This study's findings are consistent with those from previous epidemiologic and animal studies that indicate inflammation during gestation alters brain architecture or transcriptional programs. What's more, the findings suggest a potential fetal origin for depression and suicide, prompting the investigators to underscore the importance of avoiding infections during pregnancy.

## Does Maintenance Spinal Manipulation Therapy for Chronic Low Back Pain Result in Better Long Term Outcome?

Source: Spine 2011 Jan 17; Senna MK, Machaly SA.



The objective of this study was to assess the effectiveness of Spinal Manipulation Therapy (SMT) for the management of chronic non-specific Low Back Pain (LBP) and to determine the effectiveness of maintenance SMT in long-term reduction of pain and disability levels associated with chronic low-back conditions after an initial phase of treatments.

SMT is a common treatment option for low back pain. Numerous clinical trials have attempted to evaluate its effectiveness for different subgroups of acute and chronic LBP but the efficacy of maintenance SMT in chronic non-specific LBP has not been studied.

This study looked at 60 patients with chronic, nonspecific LBP lasting at least six months. Subjects were randomly assigned to receive either

**Group 1** - 12 treatments of placebo SMT over a one-month period

**Group 2** - 12 treatments consisting of SMT over a one-month period but no treatments for the subsequent nine months

**Group 3** - 12 treatments over a one-month period, along with "maintenance spinal manipulation" every two weeks for the following nine months.

To determine any difference among therapies, the following measures were taken: pain and disability scores, generic health status, and back-specific patient satisfaction at baseline and at one, four, seven, and 10 month intervals.

### Results

The patients in Groups 2 and 3 experienced significantly lower pain and disability scores than those in Group 1 at the end of the one month period. However, only Group 3 (Maintenance care) showed more improvement in pain and disability scores at the 10-month evaluation. In Group 2, the mean pain and disability scores returned near to their pre-treatment level by the 10th month after treatment.

### Conclusion

SMT is effective for the treatment of chronic non-specific LBP. To obtain long-term benefit, this study suggests maintenance spinal manipulations after the initial intensive manipulative therapy for people with chronic low back pain.

## DASH or Mediterranean: Which Diet is Better for You?

Source: [www.health.harvard.edu/diet-and-weight-loss/dash-or-mediterranean-which-diet-is-better-for-you](http://www.health.harvard.edu/diet-and-weight-loss/dash-or-mediterranean-which-diet-is-better-for-you)



Both eating plans have proven health benefits. Deciding which to follow depends on your goals and preferences.

The Dietary Approaches to Stop Hypertension (DASH) diet has been named the best diet in the United States by U.S. News and World Report. However, the U.S. government panel writing the 2015 Dietary Guidelines for Americans cited the Mediterranean diet as an example of how we should eat. If you're trying to choose the best eating plan to lower your health risks, which one should it be?

You can't go wrong with either one, says Kathy McManus, director of the Department of Nutrition at Harvard-affiliated Brigham and Women's Hospital. She recommends both to patients. The choice depends on your preferences and what you are trying to accomplish.

### The DASH diet

Although its name may suggest the "grab-and-go" section of the supermarket, DASH is anything but a fast-food regimen. DASH includes foods low in total fat, saturated fat, and cholesterol, and lots of fruits, vegetables, and whole grains. Protein is supplied by low-fat dairy, fish, poultry, and nuts. Red meat, sweets, and sugary drinks are limited. DASH is high in fiber, potassium, calcium, and magnesium and low in sodium. "Research has shown us that the DASH diet is a great diet for people with hypertension or pre-hypertension. Besides that, it has all the attributes of a diet that promotes overall health," McManus says.

### The Mediterranean diet

Based on the eating patterns of long-lived people on the shores of the Mediterranean Sea, this plan does not prescribe specific amounts of any food group, instead offering a pyramid. Vegetables, fruits, nuts, whole grains, and vegetable oils are the base of the diet. Fish are the second tier, with at least two servings weekly suggested. Poultry and dairy are advised in moderation. Meats and sweets are to be consumed "less often." When the 2015 Dietary Guidelines panelists reviewed research from the past five years on diet and chronic disease, the Mediterranean approach was one of the three model eating patterns they highlighted.

### Which one is better for you?

You won't get far on a diet you don't like or find hard to prepare, McManus says. "I find out what people are comfortable with, what they might have grown up with, and the foods they like. Then we choose a plan that works for them." For example, if your idea of a wonderful meal is a pile of roasted vegetables and grilled chicken on brown rice, the DASH diet may be the plan for you. On the other hand, if you'd rather fill a plate with hummus, tabouli salad, tomatoes, cucumbers, and olives and enjoy it with a glass of wine, you might find the Mediterranean diet easier to adhere to.

## Sugar, Not Salt, Is the Real Dietary Villain

Source: <http://discovermagazine.com/2015/sept/8>; By Jennifer Abbasi

Added sugar, such as the kind that is abundant in processed foods, isn't a necessary nutrient like sodium. Drinking sugar-sweetened beverages, one of the most popular added-sugar sources, increases blood pressure levels and is associated with an increased incidence of hypertension. More alarmingly, people who get at least 25 percent of their daily calories from added sugar (13 percent of the U.S. population), are almost three times as likely to die from cardiovascular disease than those who get just 10 percent of their calories from the sweet stuff. In contrast, there has long been consensus among hypertension specialists that some but not all people are salt sensitive. Relatively few people see meaningful blood pressure benefits from only reducing their salt intake.

Sugar and hypertension are likely linked in large part, by excess calorie consumption and weight gain. After all, being overweight is a risk factor for high blood pressure. The more you weigh, the more blood your tissues need to keep up oxygen and nutrient levels. This increase in blood volume tends to put more pressure on your vascular walls. Excess sugar also causes fluid retention, which drives up blood volume and pressure, far more than excess salt.

So instead of obsessing over the saltshaker, it's possible we'd improve our health more by cutting back on sweetened foods, with sugary drinks at the top of that list.

## Chiropractic Services Associated with Reduced Use of Opioids

Source: J Altern Complement Med. 2018 Jun;24(6):552-556. doi: 10.1089/acm.2017.0131. Epub 2018 Feb 22.



Pain relief resulting from services delivered by doctors of chiropractic may allow patients to use lower or less frequent doses of opioids, leading to reduced risk of adverse effects. The objective of this study was to evaluate the association between utilization of chiropractic services and the use of prescription opioid medications.

The data source for the study was the claims database administered by the State of New Hampshire. The researchers chose New Hampshire because health claims data was readily available for research, and in 2015, New Hampshire had the second-highest age-adjusted rate of drug overdose deaths in the United States.

The study population comprised of New Hampshire residents aged 18-99 years, enrolled in a health plan, and with at least two clinical office visits within 90 days for a primary diagnosis of low-back pain. The authors excluded subjects with a diagnosis of cancer.

The authors measured likelihood of opioid prescription fill among recipients of services delivered by doctors of chiropractic compared with non-chiropractic care recipients. They also compared the cohorts with regard to rates of prescription fills for opioids and associated charges. The adjusted likelihood of filling a prescription for an opioid analgesic was 55% lower among chiropractic care recipients compared with non-recipients. The average charges per person for opioid prescriptions were also significantly lower among chiropractic care recipients.

### CONCLUSIONS:

Among New Hampshire adults with office visits for non-cancer low-back pain, the likelihood of filling a prescription for an opioid analgesic was significantly lower for recipients of services delivered by doctors of chiropractic compared with non-recipients. The underlying cause of this correlation remains unknown, indicating the need for further investigation.

### Clinic Services

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

#### Clinic Hours<sup>2</sup>

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](http://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.
- Like us on Facebook! To receive the latest in health news, research, updates, and announcements, check us out at [www.facebook.com/AllianceChiropracticandWellnessClinic](https://www.facebook.com/AllianceChiropracticandWellnessClinic)

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