

# The Alliance Update

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Summer 2018 Edition

Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

## Cancer Burden on the Rise in Much of the World

Source: Medscape Sunday, June 17, 2018; by Pam Harrison



The incidence of cancer has increased worldwide during the past decade, but at least some of that increase is in lung, colorectal, and skin cancer, which are potentially preventable, the Global Burden of Disease (GBD) study indicates.

While the increase in lung, colorectal and skin cancers over the past decade is concerning, the prevention potential is substantial. Vital prevention efforts such as tobacco control, dietary interventions, and broader health promotion campaigns need to be increased in response to this rise in lifestyle-related cancers.

Cancer cases increased by 28% between 2006 and 2016, with the largest increases occurring in the least developed countries.

In 2016, 17.2 million people worldwide were diagnosed with some form of cancer, and 8.9 million died of cancer in the same year.

Globally, the odds of developing cancer during a lifetime (age 0 - 79 years) differed by gender. The odds of developing cancer were 1 in 3 for men, compared to 1 in 5 for women, although these odds varied substantially among the different sociodemographic groups.

For example, cancer risk went from a low of 1 in 8 in the lowest sociodemographic group, for both men and women; to 1 in 2 in the highest sociodemographic group for men, and 1 in 3 in the highest sociodemographic group for women.

Countries with a high sociodemographic status have high levels of income and education, and low levels of fertility; whereas low sociodemographic countries have low levels of income and education, and high levels of fertility.

Lung cancer was the leading cause of cancer-related death in men worldwide as well as the leading cause of cancer mortality globally, accounting for almost 20% of all cancer-related deaths in 2016, the investigators point out.

For women, the most common cancers were breast cancer, colorectal cancer, and non-melanoma skin cancer, which made up 40% of all cancer cases among women in 2016.

Across the decade, middle sociodemographic countries experienced the largest increase in cancer incidence rates, at 38%; the largest proportion of this increase was attributed to age.

Indeed, in both high-middle, and high-income countries, increases in cancer incidence were mainly due to an aging population, the investigators point out.

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## HPV Vaccine's 'Extraordinary Benefits' Seen in Cochrane Review

Source: Cochrane Review - Medscape - Jun 07, 2018.



A recent study looked at results of 26 phase 3 trials involving more than 73,000 participants. These were randomized, blinded trials that looked at placebo controls versus subjects receiving the HPV vaccine, with follow-ups as long as 8 years. The study demonstrated the extraordinary effectiveness—almost to the point of 100%—in preventing high-grade cervical intraepithelial neoplasia (CIN) grade 3 cervical lesions in young women who had not previously had evidence of HPV persistent infections—essentially, before these young women had the opportunity to be exposed to HPV through sexual transmission.

In addition, in this very large database there was no difference in the incidence of side effects observed and no evidence for increased risk for miscarriage.

This compilation of large high-quality studies with long-term follow-up once again emphasizes the very major benefits associated with HPV vaccination and the potential substantial reduction in cervix cancer.

Obviously, HPV vaccination is relevant for boys, but in this case we're talking about cervix cancer. This is an extremely important public health measure for reducing this type of cancer in females.

## Vitamin D Supplementation May Help Ease Depression

Source: Medscape Saturday, June 23, 2018; by Megan Brooks, May 10, 2018



Vitamin D supplementation may help reduce depressive symptoms. A recent study showed that people who were vitamin D deficient and depressed seemed to respond best to supplementation, but there was also some evidence that supplementation improved depressive symptoms in people who had a normal level of vitamin D.

Globally, more than 300 million people suffer from depression. It's the number one cause of years lost to disability worldwide. In the United States, the overall prevalence of vitamin D deficiency hovers around 42%, with the highest rate seen in people with dark skin.

A recent study conducted a systematic review and meta-analysis of five randomized controlled trials published from 2011 to 2016 that examined the effect of vitamin D supplementation (vs no supplementation) on depressive symptoms. In the pooled data analysis, researchers found that vitamin D supplementation improved depressive symptoms, with a medium overall effect.

The researchers stated that they think all doctors should check vitamin D levels and supplement when needed. There is no harm in supplementing vitamin D, and most people have low vitamin D, authors noted.

It was also noted that in most of the studies included in this analysis, vitamin D supplementation was not used as a primary treatment but rather to augment therapy with antidepressants, which is important, because the evidence is not there that you could just use vitamin D as a standalone therapy, and expect them to feel better.

## **Dirt Could Help Fight Superbugs**

Source: Discover Magazine; by Mark Barna | June 13, 2018

About 23,000 Americans die each year due to a bacterial infection resistant to antibiotics. Since 2010, the number of children infected with bacteria resistant to antibiotics has increased sevenfold.

In recent years, the misuse and overuse of antibiotics led to the superbug phenomenon, in which bacteria that cause illness and disease become resistant to medicines. That makes it harder to treat conditions like pneumonia and food-related illnesses.

Now, a group of researchers are looking for the next antibiotic — in dirt. A paper published in Nature Wednesday discusses using microorganisms in soil to combat superbugs. Soil bacteria have rarely been explored for use in antibiotic research.

In 2014, soil samples were collected from a meadow at the Angelo Coast Range Reserve in Northern California. The dirt-dwelling microbes, which produce metabolites, were examined to see if they could be used to develop antibiotic medicines.

The team concluded that microorganisms in dirt have potential in the fight against superbugs. The organisms' diverse genes can create unique metabolites from which antibiotics are created.

These soil microorganisms may represent a source of natural products that can address needs for new antibiotics and other pharmaceutical compounds.

## **Optimal Exercise Dose for Better Cognition Determined**

Source: Medscape Saturday, June 23, 2018; by Damian McNamara June 01, 2018

The optimal dose of exercise for improved cognition in older adults is suggested by a new systematic review.

Building on numerous studies showing a positive relationship between regular exercise and improvements in brain health, researchers have determined that 52 hours over 6 months is the minimum amount needed to improve cognition in older adults.

In fact, total exercise time was the most important factor linked to improved processing speed and attention, executive function, and global cognition in a systematic review of 98 randomized controlled trials. This finding suggests that cognitive improvements associated with exercise act on the same constructs affected by cognitive aging.

Exercising in approximately 1-hour sessions to reach this total was associated with improved cognitive performance in older healthy adults, those with mild cognitive impairment, and others with dementia.

Interestingly, researchers report that cardiovascular exercise, resistance training, and mind-body exercises, or a combination of these, were advantageous. Running might work for some people, but patients with a bad hip or bad knee could still see benefit from lower-impact activities, such as yoga or tai-chi, reports the study author.

Only total exercise time was associated with cognitive improvement; session time in minutes, exercise frequency per week, and total number of weeks of exercise did not correlate with improved thinking skills.

One thing we're learning from biomarker studies is our brains begin to change 10 to 20 years before the onset of dementia. For a 65-year-old starting to show signs of dementia, their brain may have started changing as early as age 45. So if you're concerned about Alzheimer's disease or have a history of Alzheimer's disease in your family, don't wait until symptoms appear.

## The Effectiveness of Walking vs Exercise on Pain and Function in Chronic Low Back Pain

Source: Disabil Rehabil. 2017 Dec 5;1-11; Vanti C I et al.



Walking is commonly recommended to relieve pain and improve function in chronic low back pain. The purpose of this study was to conduct a systematic review and meta-analysis of randomized controlled trials concerning the effectiveness of walking interventions compared to other physical exercise on pain, disability, quality of life and fear-avoidance, in chronic low back pain.

The study results indicate the effectiveness of walking versus rehabilitation exercise at short-, mid-, and long-term follow-ups appeared statistically similar. Adding walking to exercise did not induce any further statistical improvement, at short-term. This means that walking was as good as other forms of exercise for improving chronic low back pain symptoms.

**Conclusions:** Pain, disability, quality of life and fear-avoidance similarly improve by walking when compared to other rehabilitation exercises in chronic low back pain patients. Walking may be considered as an alternative

to other physical activity. Further studies with larger samples, different walking dosages, and different walking types should be conducted; but based on this initial study, walking may be a less-expensive alternative to physical exercise in chronic low back pain.

### 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.
- Dr. Morphet will be away from the office from July 23 to July 27th.
- Like us on Facebook! To receive the latest in health news, research, updates, and announcements, check us out at [www.facebook.com/](http://www.facebook.com/)

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