

The Alliance Update

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Spring 2022 Edition

Alliance Chiropractic &
Wellness Clinic
Chiropractic-Massage-
Naturopathic Medicine

**Health
Newsletter**

Food as Medicine

Source: Medscape; author Cate Collings, MD; April 04, 2022



The average 4-year medical school curriculum spends less than 1% of all lecture time on nutrition, and one study found that only 14% of internal medicine resident physicians reported feeling qualified to offer nutritional advice to patients. Yet we know that what people are and are not eating is the number-one cause of mortality globally.

While 80% or more of all health care spending in the U.S. is tied to the treatment of conditions rooted in unhealthy lifestyle choices, lifestyle medicine offers hope as a solution. Diseases and conditions such as hypertension, heart disease, stroke, type 2 diabetes, obesity, and multiple types of cancer are among the most common and costly of all health conditions—but they are also preventable. Lifestyle medicine addresses root causes by focusing on the lifestyle choices that give rise to these diseases in the first place. When implemented, lifestyle medicine can prevent, treat, and even reverse these conditions.

More people are beginning to recognize that the food they eat can have a profound effect on their health, longevity, and well-being.

While hardly new, the 'food-as-medicine' concept, an approach where clinicians prescribe diet changes as part of formal treatment plans, has risen in popularity. A whole-food, predominantly plant-based diet has been shown to prevent, treat, and even reverse some chronic diseases.

As more people grow receptive to the idea of so-called "farmacy" prescriptions, clinicians must fully grasp the evidence that overwhelmingly supports the efficacy of prescribing whole-food, plant-predominant diets. They have a responsibility to equip themselves with the resources and knowledge to prescribe food appropriately and effectively.

<i>Inside This Issue:</i>	<i>Pg</i>
Food as Medicine	1
Life Expectancies 2022	1
Switching to a Healthy Diet Can Add 10 Years to Life	2
U.S. Adults Get Failing Grade in Healthy Lifestyle Behaviour	2
Chiropractic Adjustments Reduce Escalation of Care & Risk of Adverse Drug Events for Older Patients with Chronic Low Back Pain	3
Environmental Working Group 2022 Results	4
Alliance Chiropractic Services	4

Life Expectancies 2022

Source: <https://www.worldometers.info/demographics/life-expectancy/>

The Life Expectancy at birth for the World Population is 70.8 years for Men and 75.6 years for Women.

Top Five Countries with the Longest Life Expectancies

	Country	Both Sexes	Men	Women
1.	Hong Kong	85.29	82.38	88.17
2.	Japan	85.03	81.91	88.09
3.	Macao	84.68	81.73	87.62
4.	Switzerland	84.25	82.42	86.02
5.	Singapore	84.07	82.06	86.15

Canada ranks number 16 with an average life expectancy of 84.74 years for women and 81.15 years for men. The combined life expectancy for both sexes is 82.96.

Switching to a Healthy Diet Can Add 10 Years to Life

Source: Medscape; author Miriam E. Tucker; February 09, 2022



Just a few changes to your diet could add years to your life, but the sooner you start the better.

Eating a healthy diet is important, but most people find this difficult to do daily. In a new study, researchers examined the effects of individual healthful and non-healthful types of foods and estimated the impact of swapping some foods for others.

"Sustained change from a typical to an optimized diet from early age could translate into an increase in life expectancy of more than 10 years," say the Norwegian scientists who conducted the study. They developed an online tool that anyone can use to get an idea of how individual food choices can affect life expectancy.

The biggest overall impact comes from eating more plant-based foods (legumes), whole grains and nuts, and less red and processed meat. Fruits and vegetables also have a positive health impact, but on average people who eat a typical Western diet are already consuming those in relatively high amounts. Fish is also included on the healthful list, whereas sugar-sweetened beverages (sodas) and foods based on refined [white] grains, such as white bread, are among those to be avoided.

The study also found that although it is never too late to start, young adults can expect to see more years gained by adopting healthful eating than would older adults.

U.S. Adults Get Failing Grade in Healthy Lifestyle Behaviour

Source: https://www.mayoclinicproceedings.org/pb/assets/raw/Health%20Advance/journals/jmcp/jmcp_pr91_3_2.pdf



Only 2.7 percent of the U.S. adult population achieves all four of some basic behavioral characteristics that researchers say would constitute a "healthy lifestyle". These behaviours also help protect against cardiovascular disease, as well as many other health problems, such as cancer and type 2 diabetes.

In this study, 4,745 adults were assessed using four general barometers that could help define healthy behavior: diet (a diet score in the top 40% of the Healthy Eating Index), exercise (a minimum of 150 minutes of moderate to intense exercise per week), a recommended body fat percentage (less than 20% for men and 30% for women), and being a non-smoker. It's the basic health advice that doctors often give to millions of patients all over the world.

The study included several measured behaviours in addition to self-reported information. Measurements of activity were done with an accelerometer, a device people wore to determine their actual level of movement, with a goal of 150 minutes of moderate-to-vigorous activity a week. Blood samples were taken to verify a person's smoking status. Body fat was measured with sophisticated X-ray absorptiometry, and not just calculated based on weight and height. A healthy diet was defined as being in the top 40 percent of people who ate foods recommended by the USDA.

The lifestyle characteristics were then compared to "biomarkers" of cardiovascular health such as blood pressure, cholesterol, and glucose levels. Others markers such as C-reactive protein, fasting triglycerides, homocysteine and other data were also used to provide evidence of cardiovascular risk.

In the study, a total of 71 percent of adults did not smoke, 38 percent ate a healthy diet, 10 percent had a normal body fat percentage, and 46 percent were sufficiently active. Only 2.7 percent of all adults had all four healthy lifestyle characteristics, while 16 percent had three, 37 percent had two, 34 percent had one, and 11 percent had none. Women were more likely to not smoke and eat a healthy diet, but less likely to be sufficiently active.

Chiropractic Adjustments Reduce Escalation of Care & Risk of Adverse Drug Events for Older Patients with Chronic Low Back Pain

Source: Spine 2021; 46(24): 1714-1720.



Chronic low back pain (cLBP) has been shown to affect 70% to 85% of the elderly population at least once in their lifetime, with 90% of those afflicted having more than one episode. LBP can be disabling, limiting an older person's ability to perform common everyday tasks, many of which are required to support independent living as we age.

There has been a dramatic increase in treatment costs for LBP among Medicare beneficiaries, although such increases have not correlated with improved outcomes. Furthermore, little evidence supports the use of many invasive and expensive spine care procedures. The use of opioid drugs for cLBP patients is still common, even though its long-term safety is unknown, and overprescribing is thought to be the leading cause of the opioid crisis in the USA. The risks of opioid medications are amplified and potentially worse in older patients.

Both pharmacological and nonpharmacological approaches to the management of cLBP are included in clinical guidelines, though it is uncertain how utilization of opioid drugs affects the escalation of care of cLBP patients as compared with Spinal Manipulative Therapy (SMT). Treatment escalation refers to additional, more complex health care interactions or interventions being required, including hospitalizations, emergency department visits, advanced diagnostic imaging, specialist visits, lumbosacral surgery, interventional pain medicine techniques, and encounters for potential complications of cLBP. Previous studies have reported that use of chiropractic care for patients with LBP is associated with decreased opioid use and reduced risk of adverse drug events (ADEs). However, the efficiency and value of long-term care of cLBP for either opioid drugs or SMT are uncertain.

The objectives of these studies were:

1. To compare long-term outcomes for SMT and opioid drugs concerning escalation of care for patients with cLBP, and
2. To compare SMT and opioid drugs to determine their impact on the risk of Adverse Drug Events among older adults receiving long-term care for cLBP.

Relevant Results of Study

The need for escalated care encounters for older Medicare beneficiaries who initiated long-term care for cLBP with opioid drug therapy was significantly higher than those who initiated care with SMT.

The rate of adverse drug events for older Medicare beneficiaries who received long-term care for cLBP and who initially chose opioid drug therapy was also substantially higher than those who initially chose SMT.

These studies provide evidence for clinicians that, at least in older patients, initial treatment with SMT (as compared with opioid drug therapy) for the long-term care of cLBP reduces the likelihood that a patient will experience escalated care or adverse drug events. The results of these studies, and others, could and should have huge implications for both patient safety and healthcare costs. The authors concluded that conservative care for cLBP should be a first line approach.

Health Humour

Source: <https://info.nhanow.com/blog/a-little-healthcare-humor-to-perk-up-your-day>

"A man speaks frantically into the phone, 'My wife is pregnant, and her contractions are only two minutes apart!' 'Is this her first child?' the doctor queries.
'No, you idiot!' the man shouts. 'This is her husband!'"

"When I stepped on the scale at my doctor's office, I was surprised to see that I weighed 144 pounds.
'Why don't you just take off that last four?' I joked to the nurse's aide as she made a notation on my chart.
A few moments later, my doctor came in and flipped through the chart.
'I see you've lost weight,' he said. 'You're down to 14 pounds.'"

Environmental Working Group 2022 Results

Source: <https://www.ewg.org/>

Dirty Dozen

More than 70% of the conventionally grown produce had detectable pesticide residue, the Environmental Working Group found. These fruits and vegetables were found to have the most pesticide residues this year:

Strawberries	Nectarines	Bell and hot peppers	Pears
Spinach	Apples	Cherries	Celery
Kale, and collard greens	Grapes	Peaches	Tomatoes

Clean 15

Almost 70% of the Clean Fifteen fruit and vegetable samples had no detectable residues of pesticides, the Environmental Working Group found. Avocados and sweet corn were the cleanest, with less than 2% of samples showing any detectable pesticides.

Avocados	Papaya	Kiwi	Mangoes
Sweet corn	Sweet peas (frozen)	Cabbage	Watermelon
Pineapple	Asparagus	Mushrooms	Sweet potatoes
Onions	Honeydew melon	Cantaloupe	

The Environmental working group states the point of the rankings is to give people information so they can choose whether to buy organic or nonorganic produce. Their recommendation is to buy the ones on the 'Dirty Dozen' list organic when available, or focus on the 'Clean 15' list.

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 Hours

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.
- Just a reminder to use the hand sanitizer when you enter the office, and face masks are mandatory. Thank-you!
- We continue to operate with mandated screening, cleaning, and mask protocols in place for the protection of staff and patients.
- Like us on Facebook! To see the latest in health news, research, updates, and announcements, check us out at www.facebook.com/AllianceChiropracticandWellnessClinic

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