

# The Alliance Update

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Winter 2023 Edition

Alliance Chiropractic &  
Wellness Clinic  
Chiropractic-Massage-  
Naturopathic Medicine

**Health  
Newsletter**

## Don't be the Fall Guy

Source: By Matthew Solan, Executive Editor, Harvard Men's Health Watch; December 1, 2022



Every second, someone age 65 or older suffers a fall, making it the number one cause of injury-related death in this age group. According to the Centres for Disease Control and Prevention (CDC), about 20% of falls in adults lead to life-altering changes, primarily from broken bones or head injury.

The best way to protect yourself is to address the three main physical conditions that contribute to falls: weak stabilizer muscles, poor core strength, and balance issues.

**Stabilizer muscles.** The stabilizer muscles keep you upright and allow you to easily change directions. Two essential stabilizers for fall prevention are the gluteus medius (located on the side of the hip) and the gluteus maximus (the largest buttock muscle). These work both together and independently to allow us to stand upright and stabilize the back and pelvis as we move during activities.

**Core strength.** Core strength is vital for fall prevention as your body's core is the epicenter from which every movement revolves. As we walk, our bodies constantly have to adapt to ever-changing ground levels. Adequate core stability and strength help you better react to these sudden changes and prevent potential falls. The core consists of several muscle groups: the rectus abdominis (the "six-pack" or "abs"); the obliques, located on the sides and front of your abdomen; and the transverse abdominis muscles, which lie under the obliques and attach to your spine.

**Balance.** Sense of balance naturally wanes over time, as do reflexes and coordination. This makes it easier to topple and harder to catch yourself if you do have a misstep. Another cause of poor balance is deterioration of the inner ear's vestibular system. It feeds information to the brain about motion, head position, and spatial orientation, and becomes less effective as we age.

**Other contributors.** Health conditions can further contribute to falls. Examples include arthritis (which can cause stiffness in the ankles, knees, and hips), peripheral neuropathy (nerve disease causing numbness and tingling) involving the feet or lower legs, and heart arrhythmia (a change in heartbeat speed or rhythm that can cause weakness, dizziness, or fainting). Vision problems such as cataracts, glaucoma, and age-related macular degeneration can also contribute to balance problems.

Defense is the best offense when it comes to fall prevention. Take steps now to address areas that place you at a higher risk for falls. Incorporate balance exercises, and core and hip strength exercises into your regular routine.

### Headed for a fall?

You can check your fall risk with some simple tests. Place one foot in front of the other so the toes and heel touch (like how you would measure distance on the floor) and try to stand without losing your balance for up to a minute. Another version is to walk heel-to-toe, like on a tightrope, for 20 steps. If you have trouble maintaining balance and stability with either of these, you are at higher risk for falling.

Our Clinical Kinesiologist, Julie Belini, can help you structure a home based exercise program to help reduce your risk of falling. For more information, please talk to Dr. Morphet on your next visit.

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**Medical Wait Times In Canada**

Source: National Post; Opinion by Tristin Hopper • Dec 12, 2022



The Fraser Institute has been tracking medical wait times in Canada since 1993. Their latest report shows that it now takes an average of 27.4 weeks for a Canadian to secure medical treatment. In other words, from the moment a Canadian notices they may have a serious medical ailment; it takes more than six months to go through the gauntlet of referrals and specialist appointments, and ultimately receive either surgery or treatment. When the Institute started keeping track of Canadian wait times in 1993 the same process only took 9.3 weeks.

**Best Diets in 2023: Mediterranean Diet Wins Again**

Source: Medscape; Kathleen Doheny; January 3, 2023



The U.S. News & World Report's annual rankings of the best diet plans were recently released. Once again, the Mediterranean diet, emphasizing fruits, vegetables, olive oil, and fish, secured the top spot as best overall diet. This is the sixth consecutive year it has won, however, many other diets also received top marks.

This year, U.S. News, with the help of more than 30 nutritionists, doctors, and epidemiologists, ranked 24 diets in several categories to help people find a plan that meets their goals, whether it's finding the best weight loss diet, easiest one to follow, or plans for other goals, such as managing diabetes or heart disease. Two new categories were added: Best Diets for Bone & Joint Health and Best Family-Friendly Diets.

This year's report ranks diet plans in 11 categories. See some of the winners and the categories below:

<p><b>Best Diets Overall</b>                  1st place - Mediterranean diet                  2nd place – DASH tied with Flexitarian</p>	<p><b>Best Weight Loss Diets</b>                  1st place – Weight Watchers (WW)                  2nd place – DASH                  3rd place – MAYO clinic diet tied with TLC diet</p>
<p><b>Best Diets for Healthy Eating</b>                  1st place – Mediterranean                  2nd place – DASH                  3rd place – Flexitarian</p>	<p><b>Best Diets for Bone and Joint Health</b>                  1st place – Mediterranean tied with DASH                  2nd place – Flexitarian</p>

**DASH (Dietary Approaches to Stop Hypertension) Diet**— fights high blood pressure and emphasizes fruits, vegetables, whole grains, lean protein, and low-fat dairy.

**Flexitarian Diet**— focuses on fruits, vegetables, and other healthy foods but also allows occasional meat.

**WW**, formerly known as Weight Watchers. The plan emphasizes weight loss, healthier eating, and regular activity. It includes a Points program assigning specific points to foods, and provides a personalized daily Points budget.

**The Mayo Clinic Diet**—focuses on fruits, vegetables, and whole grains, and helps people improve their eating habits.

**The TLC (Therapeutic Lifestyle Changes) Diet**— focuses on vegetables, fruit, lean protein, and reducing cholesterol levels.

## Artificial Sweeteners Linked to Higher Cardiovascular Event Risk

Source: Medscape Medical News; Sue Hughes September 8, 2022

Health concerns about the consumption of artificial sweeteners could be strengthened with the publication of a new study linking their intake to increased risk of heart disease and stroke events.

In this latest large-scale study of French adults, total artificial sweetener intake from all sources, was associated with increased risk overall of cardiovascular and cerebrovascular disease (strokes and heart attacks).

The current study differs from previous studies because it includes artificial sweetener intake from both food and drinks, whereas previous studies have focused mainly on artificial sweetener content of beverages alone. Just over half of the artificial sweetener intake in the study came from drinks, with the rest coming from tabletop sweeteners and foods.

The study included hard cardio- and cerebrovascular clinical endpoints such as a heart attack or stroke, and the results suggest that the amount of artificial sweetener in less than one can of soda could increase the risk of such events. This study adds to the mounting evidence correlating artificial sweeteners to weight gain and heart disease.

Results of this study showed that over an average follow up period of nine years, artificial sweetener intake was associated with a 9% increased risk of cardiovascular or cerebrovascular events, including myocardial infarction, acute coronary syndrome, angioplasty, angina, stroke, or transient ischemic attack. The research also showed a dose-effect association, with a higher risk of cardiovascular events associated with higher consumption levels.

Researchers concluded that not only should we try to limit sugar and refined carbohydrate intake, but also we should not consider artificial sweeteners as safe alternatives. We need to try to reduce our need for a sugary taste in our diet.

## It May Be Time to Ban Kids From Social Media

Source: Medscape; F. Perry Wilson, MD, MSCE; March 29, 2022



There is a rapidly growing volume of data suggesting that social media, particularly for young girls, makes growing up harder. Social media takes the regular stresses of adolescence — the clique-forming, the gossip, the relationships — and turns the volume up to 11. Beyond that, the digital nature of social media means that every social faux pas can be shared, amplified, reacted to — and literally immortalized.

Over the past decade, a UK study surveyed families about their overall life satisfaction and a variety of other factors, including their self-reported social media use. The study included a large dataset consisting of over 70,000 individuals.

Looking at the life satisfaction scores of kids from age 11 to 14; within any given year, the kids who use more social media have worse life satisfaction scores — dramatically worse in the case of girls. This highest-use group reported seven or more hours of social media **per day**.

They also found evidence that social media use creates something of a feedback loop. More social media use leads to less life satisfaction, leading to more social media use and so on. The researchers were also able to examine when adolescents are most sensitive to the adverse effects of social media. Girls between the ages of 11 to 13 seem to be the prime age for social media to damage life satisfaction, while in boys, the age was 14 to 16 years, but negative impact was not as large.

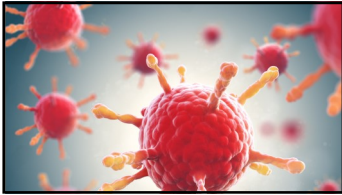
There is also an interesting period of heightened adverse effects of social media in both sexes around age 19, likely corresponding to the time when young men and women are moving out on their own for the first time.

The data is fairly consistent and begs the question of 'what do we do with it?' Research is increasingly showing that social media has profound negative effects on adolescents — particularly girls.

Social media usage seems to pose a real risk to young people, so what is the potential benefit? What purpose does social media serve? Is it a public health threat? Should social media be treated the same as cigarettes — forbidden until you are old enough? Kids want to be on social media because everyone else seems to be, but maybe it is time that changes.

## Are You Using This Anti-COVID Secret Weapon?

Source: Medscape; Lisa Jung, January 10, 2023



If you vowed to start exercising this year, here is another incentive to help you stick to your guns: you could protect yourself from potentially devastating COVID outcomes like hospitalization and even death.

The evidence is piling up that physical activity can lower the risk of getting very sick from COVID. The Centres for Disease Control and Prevention (CDC), based on a systematic review of the evidence, have reported that physical activity is associated with a decreased risk of infection, hospitalization, and death from COVID.

A recent study supports that exercise in almost any amount can cut the risk of severe or fatal COVID even among high-risk patients like those with hypertension or cardiovascular disease. Even a 10-minute walk [per] week is associated with better COVID outcomes.

The best outcomes were seen among those who are consistently meeting national guidelines of greater than 150 minutes a week of at least brisk walking. That is 30 minutes of exercise, five days a week. However, every bit is beneficial. In the most dramatic gap, those who were consistently inactive (less than 10 minutes of activity per week) before getting COVID, were 91% more likely to be hospitalized, and 291% more likely to die from the disease, compared to active patients.

Another caution: while the evidence shows that exercise before getting COVID can help improve outcomes, other research has found that returning to exercise too soon after contracting the virus can be dangerous, regardless of one's fitness level. In fact, exercise is likely to make long COVID symptoms worse. This report recommends returning to exercise gradually after a bout with COVID, and let your symptoms be your guide.

### 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
9. Kinesiology Services

#### Clinic Hours

Please note:

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	

1. Massage therapy is available outside core office hours.

### 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.
- We are pleased to welcome Julie Belini our Registered Kinesiologist. She uses current evidence based exercise and ergonomic recommendations to help individuals reduce pain and improve function. Ask about how she can help on your next visit.
- Like us on Facebook! To see 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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