

VIENNA CHIROPRACTIC NEWS

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STRENGTHENING YOUR RESPIRATORY SYSTEM

COVID-19's favorite target is the respiratory system. It makes sense to prepare your respiratory system for the challenge this pandemic represents. Breathing well is important with or without an infection!

We have been teaching a course titled, "Breathing Exercises for Brain Potential" at the Vienna Community Center and other community venues. Unfortunately, these venues will not be available again until September at the earliest. In the meantime, we would like to make these exercises available to you.

While the emphasis of our course is the value of improved breathing to support brain function, these exercises may also support digestive, cardiovascular, glandular and immune function.

When practicing breathing exercises, remember: they are no substitute for social distancing. The last thing you need is to practice deep breathing in the presence of someone who may be asymptotically shedding virus.

We offer three ways to learn these exercises:

1. The best way is in person. This is an option so long as you are free of symptoms and fever. Call 703-938-6441 or use return e-mail to request an appointment. *Please note: Even if you are apparently well, you may be a COVID-19 carrier, and deep breathing exercises put a lot of respiratory droplets in the air. For the protection of your fellow patients, if you are visiting for a breathing exercise session, please wear a mask.*
2. If you prefer a stay-at-home option, call or e-mail us to set up a Zoom meeting.
3. If you would rather just get written instructions, we are happy to e-mail these to you. After you look these instructions over, feel free to call with any questions. *Please speak to us and your primary doctor before starting these exercises if you have had recent surgery, lung or rib problems, or any other chest condition.*

You will set the fee, depending on what you can afford and what you feel the service is worth to you. Pay in person, by mail or by phone. If what you can pay is zero, don't be embarrassed. The pandemic has created havoc for many of us, and we want you to have the advantage of this important component of your resilience.

AFTER CORONA

Even though there is much we still do not know about the effects of COVID-19 infection, it is already apparent that some of the deleterious effects linger even after recovery. According to a recent article in the journal *Science*, "COVID-19's immediate assault on the body is extensive. It targets the lungs, but a lack of oxygen and widespread inflammation can also damage the kidneys, liver, heart, brain, and other organs."

This phenomenon is not unlike what has been observed in other severe respiratory infections such as SARS and even seasonal influenza. The risk of heart attack and stroke are increased after severe respiratory infections of any sort. When these infections become severe enough to require hospitalization, it is not uncommon for cognitive problems such as memory loss to follow.

In our previous article, "Strengthening Your Respiratory System", we emphasize the importance of breathing exercises to prepare for the challenge of COVID-19 and other respiratory infections. It is also important to understand that even after your symptoms have abated, and you have been fever-free for at least 72 hours, your body still resembles a battlefield right after the shooting has stopped. Practicing breathing exercises at this point can give you a better chance of quickly healing your war-torn body. If your condition warrants, we will of course modify your exercise regimen accordingly.

Breathing exercises work especially well in conjunction with chiropractic adjustments. We have been publishing clinical research on the respiratory benefits of chiropractic adjustments since the 1980s. We are following current guidelines to make your visit as safe as possible.

References

Kelly Servik, For Survivors of Severe COVID-19, Beating the Virus is Just the Beginning. *Science*, April 8, 2020: <https://www.sciencemag.org/news/2020/04/survivors-severe-covid-19-beating-virus-just-beginning#>.

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Masarsky CS. Hypoxic Stress: A Risk Factor for Post-Concussive Hypopituitarism? *Medical Hypotheses*, 2018; 121: 31-34.
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Preventing Drug Abuse

In an April 1978 interview with the *Washington Post*, former first lady Betty Ford announced she was addicted to pain killers. Her descent into addiction originated with efforts to ease the pain of arthritis in her neck and muscle spasms in her back.

The director of the National Institute on Drug Abuse commented that Ford's situation was not uncommon. Reliance on prescription pain killers often leads to abuse, including addiction.

Four years after the first lady's public statement, the Betty Ford Center opened. Royalties from her autobiography were donated to the center (*Betty: A Glad Awakening*).

Why bring up this story from 40+ years ago? Because the problem of addiction stemming from prescription pain killers is still very much with us. For example, the National Institute on Drug abuse states, "Misuse of prescription opioids is a risk factor for heroin use – 80% of people initiating heroin use report prior misuse of prescription opioids." ("Improving Opioid Prescription," <https://www.drugabuse.gov>). Alarmingly, the prescription-to-addiction pathway is frequently traveled by teens and young adults.

While it is vitally important to support treatment and recovery efforts, the ideal way to deal with any problem is to prevent the problem. This is where chiropractic care can play a central role. If pain can be relieved through drug-free chiropractic care, a prescription need not be written to begin with. Each patient successfully managed with chiropractic care is potentially one less victim of addiction and/or overdose.

In Recovery?

Addiction can happen to anyone, regardless of sex, age or social standing. Whether you or someone you know and care about has developed a problem, and whether it began with prescription drugs, depression/anxiety, or a host of other circumstances, there is help out there. It may come in the form of a great therapist, a 12-step program or a friend who cares enough to tell you what he or she sees. At a time when COVID-19 can certainly threaten a hard-won sobriety, AA and many other groups have on-line meetings. You don't have to do without help, and you are not alone.

Which brings us to this office. If you are in recovery from addiction to alcohol, opioids or other drugs, a pain episode can be a real crisis. A prescription for pain killing drugs can put someone in recovery on a slippery slope to relapse. Talk to us. We can help you with physical pain without involving drugs. We will try to refer you to people and groups that can offer practical support. And of course, we'll listen.

We stand ready to partner with anyone determined to protect their recovery. You may have noticed the framed poster of the Serenity Prayer in our reception area. Those 27 words are meant for humankind in general.

CHIROPRACTIC INDEPENDENCE DAYS AND OTHER COST-EFFECTIVE PROGRAMS

We are committed to making chiropractic care affordable to everyone. Please see our September 2019 newsletter for details on Chiropractic Independence Days, multipacks, and our program for returning war veterans.



CALENDAR

<p>May: 2,16 Saturdays open 18 Chiropractic Independence Day 25 Memorial Day (Closed)</p>	<p>August: 24 Chiropractic Independence Day (No Saturday Hours This Month)</p>
<p>June: 6, 20 Saturdays open 22 Chiropractic Independence Day</p>	<p>September: 7 Labor Day (Closed) 12, 26 Saturdays open 21 Chiropractic Independence Day 28 Yom Kippur (Closed)</p>
<p>July: 4 U.S. Independence Day (Closed) 11, 25 Saturdays Open 20 Chiropractic Independence Day</p>	<p><u>STANDARD HOURS OF OPERATION</u></p> <p>M-W-F: 10:00-1:00 & 3:00-6:00 Sat: 9:00-noon (selected Saturdays) Tue/Thu/Sun: Emergencies Only</p>