

VIENNA CHIROPRACTIC ASSOCIATES PC *News*

Sept-Dec 2016

407C Church St NE, Vienna VA 22180

703-938-6441

www.neurologicalfitness.com



| Office Hours | | |
|----------------------------|------------------|---------------------|
| Monday, Wednesday & Friday | 10 a.m. – 1 p.m. | 3 p.m. – 7 p.m. |
| Tuesday | 10 a.m. – 1 p.m. | (Dr. Masarsky only) |
| Saturday | 9 a.m. – 12 p.m. | |
| Thursday & Sunday | Closed | |

Please Note: This calendar was created in advance. Please check for changes in order to schedule.

| September | |
|-----------|--------------------|
| 5 | Labor Day (closed) |
| 19 | Independence Day |
| 10, 24 | Saturdays open |

| October | |
|---------|-----------------------|
| 3 | Rosh Hashana (closed) |
| 12 | Yom Kippur (closed) |
| 17 | Independence Day |
| 8, 22 | Saturdays open |

| November | |
|----------|------------------|
| 14 | Independence Day |
| 24 | Thanksgiving |
| 5, 26 | Saturdays open |

| December | |
|----------|--|
| 19 | Independence Day |
| 23 | Office closes at 1:00 p.m. for Winter Holiday |
| 3, 17 | Saturdays open |

| January | |
|---------|-----------------------------------|
| 2 | Office reopens Happy New Year! |
| 16 | Independence Day |
| 7, 24 | Saturdays open |

THE OLD NORMAL

Recently, a patient told us she never had headaches. After a chiropractic adjustment, she stated her head felt better than it had in years. “I guess I really did have headaches, but I got used to them.”

We often hear about something becoming the “new normal”. What we often see in practice is a problem related to a subluxation that has been with someone for so long, they have stopped noticing. It

is only when the subluxation is adjusted, and the problem lessens that the patient notices the problem existed. The problem is now their “old normal”; and their goal is freedom from the problem as their new normal.

Veterans

Have you been deployed to Iraq, Afghanistan, or any other active conflict area during the past five years? If so, we have a gift for you. Whether you were injured (currently receiving care or not) or would just like to treat your spine and nervous system to some more optimal functioning, we'd like to offer you a year's care at no cost to you. All we need to see is a copy of your orders and your ID. **Call 703-938-6441 for more information.** It's our way of saying, “Thanks, and welcome home.”

A COMBAT VETERAN'S ATTENTION SPAN

A 41-year-old unemployed man presented with complaints of neck, arm, and low back pain. He is a military veteran of combat operations in several theaters of operation. In compliance with a program for such veterans organized by the International Chiropractors Association, this patient was granted up to one year of chiropractic care free of charge.

Fifteen years prior to beginning care at our office, he was injured by a stun grenade during a training exercise. Although he was not diagnosed with concussion at the time, he experienced visual distortion for several minutes following the injury.

Chiropractic examination revealed evidence of joint restriction with potential for causing nerve interference (subluxation) in the cervical and thoracic regions of the spine. A test of attention and short-term memory – reverse digit span – was performed. Normal reverse digit span for an adult is 5-6 or higher. This patient's reverse digit span was 4.

The patient was seen five times over a period of two weeks. Subjective improvement in all presenting symptoms was noted. Reverse digit span was 6 on two-week retest.

Multipacks

If you are interested in having your spine checked regularly on an early intervention basis, you may be interested in our six- or twelve-packs or our eighteen-visit family pack. You'll save money while safeguarding your spinal health and mobility.

Chiropractic Independence Days

In an effort to make chiropractic care available to everyone, we have set aside selected Mondays as Chiropractic Independence Days. On these days, there are no set fees. Your decision to seek care is based solely on your need for same, independent of insurance, lack of it or your financial situation. Payment, unless you opt to write a check or pay by credit card, goes anonymously into a box at the front desk. You determine the amount, based on what you thought the care was worth and your ability to pay. Medicare is the one exception, as those fees are federally mandated. We do accept new patients on Independence Days, as long as the schedule permits and it's a great way to introduce a friend or family member to chiropractic. It makes sense to book early as the choice time slots go quickly. We do ask that you respect your fellow patient community members and let us know as early as possible if you cannot keep your appointment so that someone who needs it can get in. Thanks!

GETTING MORE VITAMIN C IN YOUR DIET

Why would that matter? Here are just a few of the benefits of taking Vitamin C:

stronger immune system, neuroprotective (protects the nervous system, including the brain), heals connective tissue (skin, capillary walls for fewer bruises, ligaments for stability), strengthens bones, helps eliminate the common cold, improves endurance, slows aging, fights infection, helps maintain bladder health, and may help slow dementia and perhaps Alzheimer's. That's a partial list.

Vitamin C is ascorbic acid and some people do find it too much for their digestive system. Luckily, even in a world in which we're taught there's a pill for everything, Vitamin C is available in many foods. Will you get 1000mg/day by eating a kiwi fruit? Probably not, and it certainly won't be time released, but that piece of fruit can be one facet of the kaleidoscope of Vitamin C rich foods that can be part of your daily nutrition. Most vitamin C foods are also comparatively low on the glycemic index. That's a pretty good bonus! The foods listed below are just a few of our Vitamin C superstars.....

Our Superstars!

acai, apples, apricots, artichokes, avocado, basil, beets, bell peppers (green, red, yellow, orange), blueberries, blackberries, black currants, bok choy, broccoli, brussels sprouts, cauliflower, cabbage, cantaloupe, cherries, chives, cloves, coconut, coriander, cucumber, honeydew, watermelon, chard, chilis, collards, garlic, gooseberries, grapefruits, green beans, guavas, horseradish, jicama, kale, kiwi, kohlrabi, lemons, limes, mango, mustard greens, nectarines, oranges, papaya, parsley, peach, peas, peaches, pineapple, plums, pomegranate, potatoes, raspberries, red cabbage, rosemary, rutabaga, saffron, soy, spinach, squash, strawberries, sumac, tangerines, taro, thyme, tomatoes (especially cooked or sun-dried), turnip greens, wasabi, watermelon, yams, zucchini,

and those are a few!

RAKE BY HAND; HELP YOUR BRAIN

This time of year, we are often greeted by the sound of motorized leaf-blowers. Basically, “leaf-blower belch” is like second-hand smoke on steroids. According to one study, the engine of a leaf blower emits 299 times the hydrocarbon pollutant load of a typical pickup truck (https://www.washingtonpost.com/national/health-science/how-bad-for-the-environment-are-gas-powered-leaf-blowers/2013/09/16/8eed7b9a-18bb-11e3-a628-7e6dde8f889d_story.html). In addition, soil particles blown into the air may be accompanied by mold spores, pesticide residue, feces of small animals, insect eggs, and other substances you really don't want to inhale (or chew).

Anything that has this type of impact on your breathing not only makes it harder for you to hold your adjustments, but is also bad news for your brain. Reduction of lung capacity impairs cognitive function. (*For research references on this, see our previous article, “Take A Walk” in the May newsletter: <http://www.neurologicalfitness.com/newsletr/May-Aug2016.pdf>.*) Add to this the effect of noise pollution on your hearing and your thought processes, and you can understand our concern.

If at all possible, we suggest you rake by hand. Unlike the blower experience, raking can become a mindfulness exercise – a moving meditation.

If you must use a blower, wear a particle mask and hearing protection. Consider using an electric leaf blower, which will at least take care of the hydrocarbon problem. If you use a lawn care service, see if you can convince them to take at least some steps in this direction, not only for your own sake but for that of the lawn workers and the planet as well.

SURGICAL RE-HAB AND “PRE-HAB”

Major surgery (surgery involving hospitalization and general anesthesia) is something that many of us will experience during our lifetime. While successful surgery saves and enhances lives, it is a trauma to the body.

Impaired cognitive function (including memory loss, attention deficit, and confusion) is common after major surgery, especially in patients over the age of 60.¹ While spontaneous recovery from cognitive impairment usually occurs within 30 days after surgery, a significant

minority experience months or years of these problems.² Other common post-surgical problems can reduced breathing capacity, disturbed balance, and joint-muscle pain.

If you are scheduled for major surgery, please let us know. Chiropractic adjustments as surgical “pre-hab” can help you to be in the best possible condition before the “big day”. During your pre-surgical care, we can obtain baseline measurements related your muscle function, balance, short-term memory, and breathing capacity. This will help us determine when you are fully “yourself” as we participate in your post-surgical “re-hab”.

References

1. Kotekar N, Kuruvilla CS, Murthy V. Post-Operative Cognitive Dysfunction in the Elderly: A Prospective Clinical Study. *Indian J Anesth*, 2014; 58(3): 263-268. Full text: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4090990/>
2. Abildstrom H, Rasmussen LS, Rentowl P, Hanning CD, Rasmussen H, Kristensen PA, Moller JT. Cognitive Dysfunction 1-2 Years After Non-Cardiac Surgery In the Elderly. ISPOCD Group. International Study of Post-Operative Cognitive Dysfunction. *Acta Anaesthesiol Scand*, 2000; 44(10): 1246-1251. Abstract: <http://www.ncbi.nlm.nih.gov/pubmed/11065205>

OUR CONTINUING EDUCATION

In the interest of augmenting skills and knowledge, Drs. Todres and Masarsky attended a 7-hour seminar on concussion for health professionals sponsored by INOVA health care system. The same system presented a seminar on movement disorders, which we also attended. Information-sharing between the health professions always benefits our patients.

We are not always students. Some of our continuing education activity involves teaching. In June, we presented a 12-hour weekend seminar on concussion for the Oregon Chiropractic Association. By the time you read this, we will have presented the same seminar for the Connecticut Chiropractic Council.

NEW EDUCATIONAL VIDEO

We recently completed work on our video, “Pavlov’s Cat”. In this video, Dr. Ivan Pavlov finds himself in a trance conversation with Oxana, an amazing talking cat.

For Dr. Masarsky’s students at Northern Virginia Community College, watching “Pavlov’s Cat” is a requirement. For you, it is entirely voluntary, and very much recommended. By the time you finish watching this entertaining video, you will know a great deal about how the nervous system interacts with the digestive system.

You will find “Pavlov’s Cat” as well as our previous video, “Mo’s Concussion” posted for public access at our YouTube channel:

<https://www.youtube.com/channel/UCkEKVboDAUWH4YEJnfrlnPg>.

UNRESOLVED INJURIES

The effects of an unresolved injury can linger, even if you’ve forgotten how the injury happened. One of our major foci is the location and correction of irritated nerves (subluxations), which may be dimming your body’s capacity to heal from those lingering effects, including:

- ***Pain***
- ***Dependence on medication***
- ***Loss of balance/coordination/energy***
- ***Loss of effectiveness at work/school/home***
- ***Loss of enjoyment of leisure and family activities***



Vienna Chiropractic Associates, P.C

407-C Church Street, NE

Vienna, VA 22180

Address Correction Requested