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## **A VERY INTERIM NEWSLETTER**

The September-December 2012 newsletter has been absorbed into Life's conflict with Time. This interim newsletter will give you our schedule and hours for the next few months, plus a few bits of information to chew on, as well as some instruction on dealing with upcoming snowfalls. The full newsletter will reappear in 2013. Wishing you and yours a wonderful holiday season,

Drs Todres & Masarsky

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**HOURS:** Monday 10-1...3-7      Thursday office closed, barring emergencies  
Tuesday 10-1.. Dr M only      Friday 10-1...3-7  
Wednesday 10-1...3-7      Saturday 9-12, twice per month  
Sunday closed

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**CALENDAR:** November      Saturdays Open .....11/10, 11/24  
Independence Day ..11/19  
Thanksgiving (closed) .....11/22, 23

December      Saturdays Open .... 12/8, 12/29  
Independence Day . 12/17  
Open 12-24 morning by appointment  
Winter Holidays, closed 12/25-12/28, 12/30-1/1/2013

January      Saturdays Open ... 1/5, 1/19  
Independence Day . 1/28

February      Saturdays Open .... 2/2, 2/16  
Independence Day . 2/25

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### **DOES CHIROPRACTIC SLOW DOWN THE EFFECTS OF AGING?**

#### **The Evidence, Part I**

Reaction time seems to slow down with age. This creates an increased risk of slip and fall trauma, kitchen and garden accidents, sports injuries and car crashes as we grow

older. Unless your reaction time is much slower than usual, you are unlikely to recognize the problem until it causes trouble, like dealing with that other driver who comes out of nowhere.

Certain factors can make your reaction time “older” than your chronological age. For example, the same “pinched nerves” (vertebral subluxation complexes) that can cause neck pain, back pain and headaches can also slow down reaction time. Correcting these subluxations with the chiropractic adjustment may improve reaction time, according to emerging scientific evidence. Some of this research evidence can be found on the National Institutes of Health (NIH) data base, Pub Med. A summary of some of this research can be found at the following links:

<http://www.ncbi.nlm.nih.gov/pubmed/16182024>

<http://www.ncbi.nlm.nih.gov/pubmed/10820297>

The saying “Chiropractic adds years to your life and life to your years” has been around a long time. Today, a growing body of evidence indicates that the chiropractic adjustment does in fact ameliorate some of the biological markers of aging. We are pleased to present this evidence to you.

By the way, if you’d like to test your reaction time, visit our Arcade:

<http://www.neurologicalfitness.com/vcaarcade.htm>

For further information, contact Drs Charles Masarsky & Marion Todres 703-938-6441

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## SCIATICA

Sciatica is an inflammation/aggravation of a large nerve that is formed from the nerve roots exiting both sides of your mid-to-lower lumbar spine (low back). These smaller nerves travel together in a sheath through a notch in your sacroiliac joint, through your buttocks and down the back of your leg and along the sole of your foot. Sciatica may give you pain, numbness or other odd sensations along the entire nerve or only in parts of it. You may not feel it in your low back at all. Not all leg pain is sciatica.

What causes sciatica? While there are many conditions that may contribute to pain along the route of this nerve, the most common causes are “pinched nerves” (vertebral subluxation complexes) or a disc problem. If you or someone you know is suffering from this problem, it may be a signal from the nervous system that it’s time for a chiropractic check-up to determine the cause.

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## **MISSED APPOINTMENTS**

The office has a new policy on missed appointments. Please help us and the rest of our patient community make the best use of our hours here. Copies of the policy are available in the office or, if you like, we can email you a copy.

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## **SNOW SEASON AT VIENNA CHIROPRACTIC ASSOCIATES**

Briefly: It has to be “northeast bad” for us to be closed due to snow. If it starts snowing and you want to head home before it gets way too interesting, please let us know you need to reschedule for a less snowy day. Make sure we have a good phone number for you in case it’s intense enough for us to close early or we wake up to Snowmageddon II. That way we can let you know we’re closing or will do so soon so you don’t attempt to navigate the roads only to find the office dark and closed. That being said, we invite you to check out these links to help you have a safe, healthy and fun snow day:

<http://www.neurologicalfitness.com/newsletr/Jan-April2012.pdf>

<http://www.neurologicalfitness.com/newsletr/0108.pdf>

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And yes, we still have our Independence Days, multi and family pack plans and student discounts to help you get as healthy as possible and stay there! Also, if you are a serviceman or woman who has been deployed to Iraq or Afghanistan during the past five years, we have a gift for you. Call **703-938-6441** for details.

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## **THANK THE REFERRER**

Most of you have been sent to us by other satisfied patients. We would not have been able to help you if that person hadn’t referred you. The referrer has our thanks – and hopefully yours.



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**HAPPY NEW YEAR!**

