



# Barrhaven Chiropractic Health Centre

## NEWSLETTER

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### Add this to the grocery list

Before the emphasis on nutrition and health prevention, strolling through the grocery store would take minutes; eggs, milk, fruit, a few canned goods and a couple packages of the weekly meat special and off you went. Today, the choices we have to make when grocery shopping have become as difficult as naming your first child, we talk about good fat and bad fat, good protein vs. bad protein, soluble fiber vs. non-soluble fiber, good starches vs bad starches and list goes on and on. For many individuals attempting to understand what all this means is enough to turn them away from even trying to eat healthy. Fortunately, for those individuals the search for clarity stops today, below is a list of some of the best foods to eat.

#### Best Protein - Fish

Fish is a great source of protein without the large amounts of saturated fat found in meat. Also, many species of fish such as, salmon, trout, sardines and herring contain Omega-3 fatty acids that can help to improve cardiovascular health and prevent heart attacks. The American Heart Association recommends eating a variety of fish at least twice weekly.

#### Best Carbohydrates – Whole grains (whole wheat pasta, brown rice)

The University of Minnesota found that consuming three daily servings of whole grains can reduce a person's mortality risk over the course of a decade by 23 percent. Whole grains can help to keep insulin levels low, preventing fat storage, while providing you with good sources of fiber, B vitamins, vitamin E, calcium, zinc and magnesium. The key is moderation!

#### Best Breakfast Food - Oatmeal

Oatmeal is a soluble fiber, meaning that it stays in your stomach longer than insoluble fiber. Soluble fiber helps to reduce blood cholesterol and keeps you feeling full longer. The fiber in oatmeal can also help prevent type II diabetes by preventing large peaks in blood sugar. It can also help to prevent colon cancer and heart disease.

#### Best Dairy - Yogurt

Yogurt not only provides protein, B vitamins, zinc, and calcium, but also contains live bacteria cultures (good bacteria) that help your stomach and intestinal tract maintain a healthy balance of bacteria. Research has shown that an abnormal balance of bacteria can lead to stomach and intestinal ulcers.

#### Best Vegetable – Dark green leafy vegetables (kale, broccoli, spinach, swiss chard, arugula)

Dark green leafy vegetables are a great source of calcium, fiber, beta-carotene, vitamin A, C and E, and potassium. They are also a source of the antioxidant, lutein, a natural chemical associated with a lower risk of age-related macular degeneration and cataracts.

#### Best Fruit – Blueberries

Blueberries are potent antioxidant, which protect us from free-radicals. They also deliver a large dose of vitamins A, C, and E, potassium, magnesium, calcium, and fiber with zero fat. The antioxidant and anti-inflammatory properties of blueberries may protect brain cells from damage caused by free radicals, which reduces the risk of developing Alzheimer's disease.

#### Best Snack - Nuts

Nuts are rich sources of vitamin E, minerals, fiber, and essential fatty acids. They also contain mono-unsaturated fats and plant sterols, which have been linked to protection from heart disease. But, keep servings small, as they can be high in calories and contain a lot of oil.

#### Best Hot Beverage – Green Tea

Green tea contains high content of catechins, antioxidants that help fight both cancer and heart disease.

Food for thought...People often say; "You are what you eat!" In a society today that emphasizes preventative health care, the food we consume may not make us who we are, but it may affect what we become.

### Chiropractic and Pregnancy

The old saying goes...there are only two certainties in life, death and taxes! Although most men would probably agree with that statement, I am confident that most pregnant women would add "back pain" as a third certainty. Although there are many causes of back pain during or after pregnancy, the most common cause of pain is attributed to the newly acquired pregnancy posture. As the baby grows and mom begins gaining weight, your posture needs to compensate in order for mom to stay upright and not topple over. The pelvis will begin to tilt forward, causing the curve in the low back to increase, and the mid back to become more round (See Figure). These structural changes can cause increased stress in the joints of the spine causing irritation and pain. The newly acquired posture also causes the feet to turn outwards to compensate for these changes, resulting in that "duck walk" appearance. The newly acquired duck walk, causes muscles in the buttock region to become very tight, which can cause pressure on the sciatic nerve, resulting in leg pain, or better known as "Sciatica". Another common complaint by pregnant women is pain in the mid back around the ribs. As the mid back begins to round, the muscles and ligaments in the area get stretched. As those muscles stretch, they pull on the joints in the back and ribs, causing the rib joints to become irritated and discomforting. Although pregnancy can become quite uncomfortable for many women, there are great ways in which you can help to manage and/or prevent these painful conditions.



1. **Stay active** - walking, aqua aerobics and yoga are all great ways to keep the body moving while pregnant.
2. **Chiropractic** – Adjustments are a safe and effective way of relieving joint irritation caused by pregnancy posture.
3. **Active Release Technique (ART®)** – ART® is a great soft tissue treatment that can be used on pregnant women to help alleviate muscle tension and stiffness.

## Are you getting the right medical tests at the right age?

As the challenge to find a medical doctor continues for many Canadians, chiropractors are faced with more and more questions from patients concerned about their health. Questions that are not chiropractic related and are often beyond the chiropractic scope of practice, making it difficult to comment. Frequently asked questions by patients include: "when should I...have a mammogram, prostate exam, DXA scan." Below is a list of medical tests that are suggested depending on your age group. Although, as chiropractors our main goal is to maintain a healthy spine and optimize neuromusculoskeletal health, as health care providers we are ultimately concerned about our patients' entire well being.

### The Basics

- **Annual Physical:** At minimum, you should see your medical doctor every other year for a physical exam.
- **Chiropractic:** Chiropractic assessments for school aged children can be an effective way of screening for structural conditions, such as Scoliosis.
- **Dentist:** According to the Canadian Dental Society, oral exams should begin between 6 months and 1 year. Your dentist will recommend the frequency of your visits based on their exam. Usually, once every 6 months to a year for an oral exam and cleaning.
- **Gynecologist (women):** According to The National Women's Health Information Centre, women should have their first exam by the age of 18 or younger if sexually active, followed by yearly exams.
- **Optometrist:** Children should have their first eye exam by 6 months followed by another exam at 3 years of age. Your

Optometrist will then recommend follow up visits every year or every second year (The Canadian Association of Optometrists)

### In your 20's add:

- **Cholesterol:** Recommendations vary, but experts at the American Heart Association say your lipid profile-LDL, HDL, total cholesterol, and triglyceride levels-should be measured every five years beginning at 20.
- **Skin:** The American Cancer Society recommends a monthly skin mark self-exam and a skin cancer screening every three years, beginning at age 20.

### In your 30s add:

- **Thyroid:** The American Thyroid Association recommends having your thyroid stimulating hormone levels tested at the age of 35 and every five years thereafter.

### In your 40s add:

- **Mammogram (for women):** The U.S. Preventative Services Task Force (USPSTF), an independent panel of private-sector experts, recommends mammography screenings every one to two years starting at age 40. Unless you have a family history of disease, other experts say you could wait until 50 to begin routine screenings.
- **Diabetes Screening:** American Heart Association recommends screening every three years, beginning at 45, check blood glucose levels. (If you are overweight and have family members with the disease, experts suggest starting earlier.)

### In your 50s add:

- **Digestive health:** The U.S. Preventative Services Task Force suggest, clinicians screen men and women 50 years or older for colorectal cancer.

- **Bone density scan (mainly for women, but can apply to some men):** Many experts recommend a baseline scan at the onset of menopause to catch signs of osteoporosis. If you have any risk factors -low body weight, a history of eating disorders, your mother has the disease, or you've sustained a fracture not caused by a major accident after age 45- you may want to start screening earlier. According to Osteoporosis Canada if you are not at risk all women should have a bone density scan after the age of 65.
- **Prostate (for men):** The Canadian cancer society recommends that all men have their prostate checked by fifty. If you are at a higher risk of prostate cancer testing should begin earlier.

### Disclaimer

The following information is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of a health-care professional. Please consult your physician or health-care provider before making use of any of the information within our website, articles or newsletter.

### Did You Know?

After eating asparagus does your urine have a strong, distinct smell? For some of you, you may be wondering what I'm talking about. For others you're sitting there saying, YES it does! Well did you know that only certain people have a specific enzyme that breaks down components of asparagus, causing that distinct smell! Also, some individuals that have the enzyme don't have the proper gene that can actually smell the results of the chemical breakdown.

### Referral Program

Refer any family members or friends and receive a free treatment as our thanks to you!

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