

## Healthy Facts: For Your Information...

- Vitamin E can help protect against asthma and allergies by reducing allergy-related antibodies in the blood. Research has shown an extra 7 mg. of vitamin E daily lowered antibody levels by 35%.
- Adding an ample amount of vegetables—peas, beans and whole grains—to a low-fat diet can lower a person's total and LDL cholesterol. In a study presented to the American Heart Association, the group adding the vegetables, whole grains, peas and beans lowered their cholesterol by twice as much as the group that followed a traditional low-fat meal plan.
- Of all cancers in women, the biggest killer is lung cancer. Breast cancer is second and colorectal cancer is third. The biggest threat to women is still cardiovascular disease which has killed more than 10 times as many women in 1997 compared to those who died from breast cancer.
- Taking iron supplements without recommendation from a doctor is risky business. Iron overload is twice as common as iron deficiency. It not only can make one feel tired, but also can lead to serious health problems. Vitamin C also increases absorption of iron by the body. Milk and antacids decrease absorption.
- From the years 1990 to 1999, 370 new medicines were introduced to the public, according to the Pharmaceutical Research and Manufacturers of America.
- When stress levels go up, the body uses more magnesium. When the amount of magnesium in our body is low, we are more apt to be irritable. American College of Nutrition researchers recommend taking a magnesium supplement when under stress.
- Birth control pills can deplete a woman's body of B vitamins, folic acid, magnesium and vitamin C. A multivitamin is recommended when taking birth control pills.
- Irradiation of raw meat and poultry destroys harmful bacteria in them. The Food and Drug Administration is allowing manufacturers to irradiate animal feed and pet treats to reduce the risk of salmonella poisoning to animals eating them or people handling them. It is still recommended that a pet owner wash his or her hands after handling pet treats.
- Blood sugar levels tested in the morning hours tend to be higher and reveal the existence of diabetes more than tests taken in the afternoon, according to the National Institutes of Health.
- Strengthening the immune system helps the body fight the bacteria, viruses, cancer cells, fungi and parasites that threaten our health. Consuming a balanced diet of fruits, vegetables, dairy products and whole grains, reducing stress, getting adequate sleep and taking a multivitamin is important to boost your immunity.
- A blood test, called ImmunoCap, is a new alternative to having the traditional, numerous pin pricks to determine possible allergies. The single blood test checks for hundreds of allergies, and seems to be as accurate as the traditional method. Contact Corrective Care if you are interested in having this blood test done.

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## Diagnostic Ultrasound: New Small Scanner Yields Big Results In Diagnosing Pain

**D**iagnostic ultrasound is now available at Corrective Care. "We have recently acquired a Merlin 1101 Diagnostic Ultrasound Scanner (DUS)," said Mark Cantieri, D.O., F.A.A.O. "It is a more convenient and non-invasive diagnostic tool when evaluating injured tendons, ligaments and joints, and less costly than some other radiologic techniques."

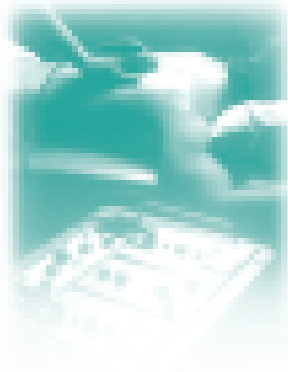
There are broad applications for the diagnostic ultrasound scanner. It can help pinpoint the cause of a soft tissue injury, and during injections, can help guide the precise placement of the needle for the best results. It aids in diagnosing:

- Ruptured tendons
- Muscle and ligament tears
- Inflammatory conditions including fasciitis, tendonitis, synovitis, bursitis and capsulitis
- Joint instabilities
- Masses such as neuromas, cysts, etc.

The DUS can be used to locate foreign bodies, including glass, wood, plastic or metal. It is the perfect choice in dynamic studies such as rotator cuff tears in the shoulder. Ultrasound allows you to actually visualize the fibrous content within the tendon, so if there is a disruption (such as a tear), it is easily seen. The DUS is a good choice for scanning the hand for injuries, and the wrist for carpal tunnel syndrome.

The DUS improves diagnostic accuracy while visually documenting and recording the injury the patient has reported. The image quality and resolution of the unit is excellent. And patients find it fascinating, too.

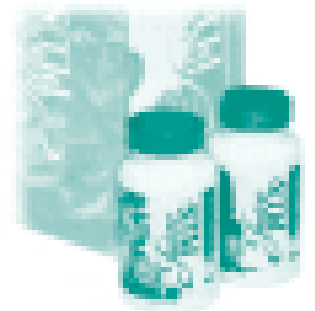
For additional information about the Merlin 1101 Diagnostic Ultrasound Scanner, call Corrective Care at (574) 271-8646.



## What You Didn't Know About Fruits And Vegetables!

- Eating cabbage more than once per week cuts colon cancer odds by 66%. It helps prevent ulcers.
- Eating one carrot per day cuts stroke rate in women by 68%. Carrots also help fight heart and eye disease.
- Eating a half cup of spinach once per day cuts macular degeneration by 44%. It also lowers blood cholesterol.
- Eating six servings of fruits and vegetables per day cuts stroke rate by 44%. Eating nine servings cuts stroke rate by 66%.
- An apple has natural estrogen and helps reduce cholesterol.
- Acerola cherries are known to relieve osteoarthritis symptoms.
- Cranberries have strong natural antibiotic and antiviral properties.
- Besides being high in vitamin C, oranges have every class of cancer inhibitor known.
- Papaya is a natural medicine for helping with digestion.
- Peaches contain boron, which aids in calcium absorption.
- Pineapple is your best anti-inflammatory and helps dissolve blood clots.
- Raw beets are a natural anti-depressant.
- Broccoli is a super source of chromium, which helps regulate insulin and blood sugar.
- Parsley lowers blood pressure.
- Tomatoes reduce your risk of skin, pancreatic, bladder and prostate cancer.
- Barley is a great heart medicine.

Did you know that all of these fruits and vegetables are also your best source of antioxidants to help prevent degenerative diseases like cancer, heart disease, diabetes, stroke, hypertension, arthritis and macular degeneration? And the most convenient way to get the benefits of these fruits and vegetables is with JuicePlus+. It is the only whole food supplement with numerous third party, published, peer-reviewed medical research studies. For additional information on Juice Plus+, call Corrective Care at (574) 271-8646.



# UPDATE *On Current Research & Treatment Options*

Osteopathic medical research is an ongoing process that helps improve future diagnostic and treatment procedures. Below are examples of studies that resulted in new and exciting treatment options.

## **Manipulation and Headaches**

This study examined cervicogenic headaches—where the primary source of the headache is the cervical spine. Approximately 200 people who were diagnosed with this condition participated in this study.

The participants were randomly divided into one of four different groups: a manipulative therapy group, exercise therapy group, combined therapy group and a control group. The study was to determine if any group showed a change in headache frequency.

After 12 months, participants of both the manipulative therapy and specific exercise groups had significantly reduced headache frequency and intensity. Results from the combined therapy group were not significantly superior to either therapy alone, although 10% more patients had relief with the combination treatment.

The conclusion of this study showed that manipulative therapy and exercise can reduce the symptoms of cervicogenic headaches and the effects can be maintained over time.

## **Overnight Use of Continuous Low Level Heat Wrap Therapy for Relief of Low Back Pain**

This study featured 76 patients between the ages of 18 and 55 years old who suffered from acute, non-specific low back pain.

The participants were divided into two groups. The first group wore a heat wrap and took a placebo pill, while the second group wore a heat wrap that was not heated and used oral ibuprofen. Both groups were treated for three consecutive nights.

Overnight use of heat wrap therapy provided effective pain relief throughout the next day, reduced muscle stiffness and disability, and improved trunk flexibility. Positive effects were sustained more than 48 hours after treatments were completed.

## **Osteopathic Manipulative Treatment for Chronic Low Back Pain**

This study was conducted with 199 subjects who suffered from chronic low back pain. They were randomly placed into one of three different treatment groups: osteopathic manipulative treatment, sham manipulation (false treatment) and no intervention control group. The participants were allowed to continue their usual health care for low back pain.

When compared with the no intervention control subjects, the patients who received osteopathic manipulative treatment reported greater improvements in back pain, greater satisfaction with back care throughout the trial, better physical functioning and mental health at one month and fewer co-treatments at six months.

The subjects who received sham manipulation also reported greater improvements in back pain and physical functioning and greater satisfaction than the no intervention control subjects. When compared with sham manipulation, there were no significant benefits with osteopathic manipulative treatment.

The conclusion was that osteopathic manipulative treatment and sham manipulation appeared to provide some benefits when used in addition to usual care for treatment of chronic non-specific low back pain. It remains unclear whether the benefits of osteopathic manipulative treatment could be attributed to manipulative techniques themselves, or whether they were related to other aspects of osteopathic manipulative treatment, such as range of motion activities or time spent interacting with patients—which may have represented placebo effects.

## **Prolotherapy in the Treatment of Chronic Non-specific Low Back Pain**

This study was conducted with 110 subjects who experienced low back pain for an average of 14 years. The subjects were divided into two major groups. The first groups received prolotherapy using an anesthetic, phenol, glycerin and glucose (P2G). The second group received prolotherapy using normal saline (salt water).

The two groups were further subdivided into groups receiving exercise and injections and those receiving only injections. The study was conducted over a three year period to allow for appropriate follow-up.

The study concluded that prolotherapy effectively reduced pain in all treatment groups. There was no difference between the group receiving normal saline and the one receiving P2G. There was also no difference between the group that exercised and the group that did not.

And regardless of what was injected, patients with chronic low back pain improved and remained better two years later. However, it raised a question about the mechanism by which prolotherapy works. It was assumed that the normal saline solution did not cause local tissue inflammation. Therefore, the effect of the needling itself may be the reason that the prolotherapy is effective. The study did not specify the level of exercise the participants were involved in prior to the study.

The results of these and other valuable osteopathic medical studies help identify more effective treatment options for pain relief today, and in the future. If you want to know more about treatments for pain problems in these studies, or any other type of pain, please contact us at Corrective Care.

*Mark S. Coulter, D.O., F.A.A.O.*

## Fibromyalgia: Chronic Pain You Don't Have To Live With

Fibromyalgia is a chronic pain condition linked to the musculoskeletal system.

There are a variety of causes of this debilitating condition. It can occur after infections, physical trauma, immune stimulation or emotional distress. Plus, there is evidence that it can be inherited.

Fibromyalgia affects approximately two-to-four percent of the American population. It is associated with chronic fatigue syndrome, multiple chemical sensitivity, irritable bowel syndrome and tension and migraine headaches. Other symptoms include job pain and memory impairment—or what is known as “fibro fog”—post-exercise fatigue and muscle pain, morning stiffness, menstrual cramping,

numbness and tingling sensations and dizziness or lightheadedness. Physical, emotional or environmental stressors can aggravate it.

A classic diagnosis of fibromyalgia includes having 11 out of 18 possible tender points present in all four quadrants of the body. Symptoms must exist for at least three months. However, a variety of medical conditions must first be ruled out before a diagnosis of fibromyalgia can be made.

Standard treatments for fibromyalgia include utilizing anti-depressant drugs, exercise, analgesics and hypnotics for sleep. Alternative treatments include:

- Food sensitivity testing
- Candida antibody testing and eradication
- Heavy metal testing and chelation
- Hormonal evaluation and supplementation
- Sleep lab testing and sleep enhancement options
- Prolotherapy for treatment of ligament laxity and tendon strains
- Osteopathic manipulation

People who have sleeping problems such as difficulty falling or staying asleep, excessive dreaming or not waking refreshed may require sleep lab testing. The tests will evaluate for obstructive sleep apnea, restless leg syndrome and brain wave monitoring to determine what levels of sleep an individual is able to achieve. Once sleep is improved, fatigue is reduced and as a result, pain improves.

If you have been diagnosed with fibromyalgia, but have not had a thorough evaluation to determine the cause, discuss these issues with your physician. For additional information on fibromyalgia or to discuss your condition, please call us at (574) 271-8646, or visit our website at [www.correctivecare.com](http://www.correctivecare.com).

## Ohio Resident Finds Relief After 12 Years Of Intense Pain!

Fran Duty had just about given up. “I had sustained a work-related injury in 1990,” said Fran. “The pain got so bad that by 1998, I couldn’t work any more. There never was a time that I was not in pain.”

She had degenerative disc disease which continued to worsen over the years. She could only be up for short periods of time. The pain wasn’t as bad when she would lay down. Fran woke up frequently during the night because of the pain. “I had a granddaughter born during this time, and I couldn’t interact with her much because I could not lift her,” she said.

Fran had been to see two neurologists and several specialists in Ohio, but for the most part, her condition remained unchanged. “My chiropractor was able to provide some temporary relief through manipulation, but the pain still remained,” said Fran.

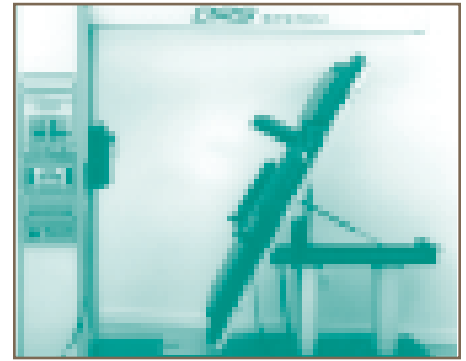
*I love being more active now. My quality of life has improved, and it's much better than being exhausted all of the time.*

In 2000, she went back to work at a desk job. Even though she was not active at her job, she was exhausted by the end of the day. When she got home, Fran could not do anything else the rest of the evening. “It got to the point where my husband had to help me out of my chair when I wanted to get up,” said Fran. “I finally decided this was no way to live.”

One day, her chiropractor suggested that she look into treatment at Corrective Care. “He started prolotherapy at Corrective Care, and found it helped him a great deal with his pain,” continued Fran. Since she had no other options, she decided to make the call.

In May, 2001, her husband drove her 2-1/2-hours to her first appointment at Corrective Care. She saw Dr. Brad Sandler, and after evaluating her, he said that prolotherapy could help her condition. Fran said, “I was a little skeptical, but I was ready to try anything!”

After the first treatment, Fran said she did feel some relief, and the painful area was



not as tight any more. She continued to go for prolotherapy treatments, and her pain was getting better—even to the point where she was able to drive herself.

“Though I was improving, I still had flair-ups from time to time,” continued Fran. “Yes, I was sore after treatments, but I felt so much better than I had in years. I am still limiting my activities to try and give my back a chance to heal, but I am **choosing** my limitations. I’m not limited because I can’t physically do what I want to do.”

In November 2002, she had a bad flair-up, and ended up on crutches. At this point, Dr. Sandler recommended treatments on the DRST™ System. It is a non-surgical solution for chronic back pain developed by Dr. C. Norman Shealy, renowned neurosurgeon, national leader in pain management and founder of the Shealy Institute in Springfield, Missouri.

“The series of treatments are designed to stretch, open and relax the intervertebral discs and facet joints, and enhance the dispersal of blood and nutrients in the disc space,” said Dr. Mark Cantieri.

Fran found that the DRST™ System treatments helped to relieve the pain. “It was so comfortable just to lay there, and many times I just fell asleep,” said Fran.

Today, Fran continues her prolotherapy treatments. “I don’t ever expect to be perfect, but I have sure come a long way from where I began,” she said. She is able to stand for 20 minutes at a time, and doesn’t get as tired after work. “I can interact with my granddaughter more than I used to, as well as go to a movie, shopping and take walks,” Fran continued. “I love being more active now. My quality of life has improved, and it’s much better than being exhausted all of the time.”

For additional information on prolotherapy or the DRST™ System, contact Corrective Care at (574) 271-8646, or visit the website at [www.correctivecare.com](http://www.correctivecare.com).