

Healthy Facts: For Your Information...

- ☞ Lifting weights or doing some kind of strength training workout two or three days a week will reduce fat around the middle whether or not weight loss occurs.
- ☞ Benefits of fish oil, which contains Omega-3 fatty acids and can be taken as supplements as well, have been known to help individuals suffering from depression and stress, and even those with suicidal tendencies.
- ☞ There is a new technique for detecting cancerous tumors in the breast, as reported at a 2007 radiology meeting. It's called elastography, and it measures and pictures the elasticity of body tissue. Because cancerous tumors are firmer, less elastic than benign ones, this technique can distinguish between the two with almost perfect accuracy, and results are shown in a few minutes.
- ☞ Studies continue to show the beneficial effect of religious involvement on physical and mental health. In one study of 4,000 people over the age of 65, those who attended church weekly or prayed regularly had a 40% lower hypertension rate.
- ☞ Even after high-fat foods have been consumed, a brisk walk can undo some of the damage to the function of the arteries, according to Indiana University researchers.
- ☞ Pre-surgery exercise a few weeks before having a knee or hip replacement helps to lessen the need for rehabilitation after the surgery and also reduces the pain that is normal after the surgery. The report in *Arthritis & Rheumatism* also showed better function and less pain in the weeks following the surgery if the patient had the exercise before.
- ☞ Results of bone density tests are shown as T-scores. A normal reading would be within 10-12 percent of the peak density of a healthy young adult. Less than 25% of the peak density indicates osteoporosis.
- ☞ Watching less television might actually help memory to improve. According to an Australian survey of 30,000 people, those who watched less than an hour a day performed better on all assignments of a memory test.
- ☞ Chocolate, especially dark chocolate, is full of natural antioxidants; and the fat in chocolate won't increase cholesterol levels.
- ☞ A cramped muscle after a workout most often indicates a deficiency in some nutrient. Usually it's potassium and magnesium levels that need to be replenished.
- ☞ Still working on a New Year's resolution for weight loss and a healthier lifestyle? Get a free copy of a Healthy Living Calendar from www.cdc.gov that outlines when to have screening tests, how to manage stress and some guidelines for eating well according to gender.



For more information about Corrective Care, visit our website at: www.correctivecare.com

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One of the most common laments in the United States is, "Oh, my aching back!" In fact, it is estimated that 31-million Americans experience low back pain at any given time, and about 75% to 85% of us will experience some form of back pain during our lifetime.

Don't Let Back Pain Slow Down Your Life!



One-half of all working Americans admit to having back pain symptoms each year, and back pain is one of the most common reasons for calling in sick. It is the second most common reason for a visit to the doctor's office, outnumbered only by upper respiratory infections. Americans spend more than \$50-billion each year treating back pain.



If you regularly perform back extension strengthening exercises, you may be one of the lucky few who have not been bothered by low back pain. According to a new study from the European University of Madrid, performing weighted back extensions can significantly reduce low back pain.

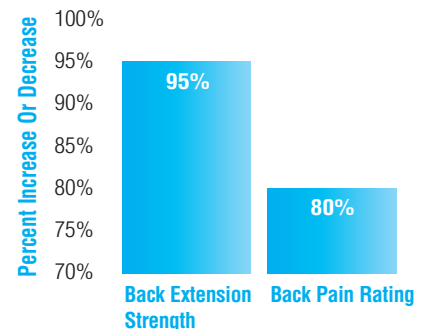
The researchers had 70 male and female subjects with chronic low back pain either follow a three month progressive back extension strengthening program, or do nothing. The training program consisted of performing back extension exercises on the Med-X lumbar extension machine—the same machine used at Corrective Care.

During the first month, subjects trained twice a week in a manner that was not overly aggressive, and the weight was increased by 10% each session. In the second and third months, the subjects exercised on the Med-X machine just once a week performing eight to 15 repetitions, and the weight was increased by 5% each session.

When researchers measured back extension strength and back pain before and after the three-month program, they found that:

- Back strength increased by more than 95%
- Back pain ratings dropped by more than 80%

Researchers concluded that an appropriate back extension strengthening program is safe and effective at diminishing pain and restoring function in patients with chronic low back pain. The graph shows the percent increase in back extension strength and the percent decrease in back pain rating in subjects following the eight week program.



Although the study did not measure the effect of back extensions on preventing low back pain, it can be assumed that a program that incorporates weighted back extensions using either a back extension machine or free weights (if performed appropriately), can be good preventative medicine.

If you are suffering from chronic low back pain and the cause has not yet been determined, contact Corrective Care today. We can do an evaluation to determine the cause of your pain, and provide you with a solution to resolve it. Just contact us at (574) 271-8646 or correctivecare@aol.com.

Lesley Straughn Found Great Relief From Hip Pain With Prolotherapy

Lesley Straughn came to Corrective Care because she had pain in both of her hips. “The pain started about three days after I had a hysterectomy,” said Lesley. “It was a shooting pain that started in my hips and shot down the inner part of my leg.”

Regular daily activities became very difficult for Lesley. “Going downstairs, walking, sitting and standing were very painful,” she said. “The only way I could sleep somewhat comfortably was on my stomach.”

Lesley had discussed the pain with her OB/GYN after the surgery. “He gave me a prescription for pain medication, but that wasn’t going to solve the problem,” she continued.

A co-worker suggested that Lesley see Dr. Cantieri at Corrective Care. She discussed her problem with Dr. Cantieri. “Lesley’s pain interfered with her running and pulling, while bending forward aggravated her pain,” he said. “The only short term relief she

had from the pain was the application of warm, moist heat, massage and anti-inflammatory drugs.”

A physical examination revealed the pain was not in her hips, but rather at the pubic bone, and the attachments of deep muscles onto her pelvis. “Lesley also had significant pain and instability of her sacroiliac joints,” said Dr. Cantieri. “I decided to begin a series of prolotherapy treatments with her.”

The first treatment gave Lesley some relief, but the pain was still present. “The second treatment was done at an outpatient medical facility, and I received 22 injections,” she said. “I felt a lot more relief, and was able to begin to resume some of my activities.” Because her hips were weak from lack

of use, Dr. Cantieri also prescribed strengthening exercises. “I was able to begin riding my bike and jogging down the steps on my deck,” said Lesley.

“I even began to sleep better. And as a mother of a nine-year-old, I’m glad to be able to do more things with my daughter again!”



Lesley enjoys horseback riding again, and is able to live pain-free!

After the third treatment, Lesley had total relief from her painful hips. She works as a care-giver, and is able to provide more assistance to her patients. “I am currently caring for a man with Parkinson’s disease,” Lesley said. “I need to be able to help him around the house, and I was able

to dance with him at a dance sponsored by the Council On Aging. I am grateful to Dr. Cantieri because I can now live pain-free and enjoy family activities and helping my patients!”

A Solution To Chronic Pelvis Pain!

The pelvis is a cup-shaped ring of bone held together by tendons and ligaments. It is made up of three bones: the sacrum and two innominate bones. The innominate bone is made up of the pubic bone, the ilium and the ischium. The pubic bone can be felt in the front of the pelvis in the area of the bladder, while the ilium is the bone on the top outside of the pelvis and the ischium, and is the bone upon which you sit.

Ligaments are the primary structures that hold the pelvis together. Ligaments are spring-like structures that connect bone to bone. There is a set of ligaments that hold the pubic bone together in front and another set holding the sacroiliac joints in back. An injury to either set of these ligaments can initiate pelvic pain or low back pain. When a ligament is injured, it is called a sprain.

The sacroiliac joint may be injured by a number of events, including:

- Repetitive hard work
- A short leg on the opposite side
- A fall onto the ischium
- A car accident where one pushes down firmly on the brake and force is generated up through the leg, spraining the sacroiliac joint

Once the sacroiliac joint becomes unstable, the joint in front (the pubic symphysis), is prone to increased stress and instability. Once a joint becomes unstable, the muscles around it tighten attempting to perform the work of the ligaments holding the joint together. If this goes on long enough where the muscle attaches to the bone, the tendon becomes injured.

This is known as tendinosis. This is different than tendonitis—which is caused by inflammation—and will resolve over time. Tendinosis may become very chronic and cause muscle tightening and additional pain that may be referred from the site of the injury.

In our medical practice, we see patients who have chronic pelvic pain. Many of these patients originally injured their lower back and later became painful in their pelvic region. Others may have chronic pelvic pain related to prior pelvic surgery, injuries from exercise or sports, or from multiple child births.

Typically, x-rays, MRIs and CT scans do not help with the diagnosis of this injury, while a careful history and physical examination pinpoints the problem. A good physical examination should be able to reproduce and localize the source of the injury.

In order to help these patients, prolotherapy—which is the injection of tendons and ligaments with a local proliferant solution—is performed to the injured sites. Prolotherapy stimulates the growth of healthy tissue, repairing the injured tendons and ligaments. Some injection sites may be painful so some patients may receive IV anesthetics at an outpatient surgical center when the injections are done. The patient may need four-to-six treatments in order to reach maximal improvement.

For additional information about prolotherapy and pelvic pain, contact us at (574) 271-8646 or correctivecare@aol.com.

Mark S. Cantieri D, F.A.O.

Convenient "Med Store" Now Available On-Line

Corrective Care is proud to announce that our Med Store is now open! This convenient service allows you to order medical supplies from the comfort of your own home—anytime.

Just visit our website at www.correctivecare.com and click on the Med Store link. Fill in the form, and we'll do the rest. Orders are mailed the same day the order is received.



Corrective Care Offers New Age Orthotics

Corrective Care now offers orthotics made from the new Ortholite™ Comfort Foam. This lightweight material is durable, breathable and shock absorbing with a patented anti-microbial odor destroyer.

Ortholite™ Comfort Foam is a high-tech fabric material called ETC™ which has the lowest co-efficient of friction of any material available to labs today. It also has an open cell polyurethane base structure that allows air and moisture to travel through and around the top cover, and creates a cooler environment inside the shoe. The patented anti-microbial feature provides a proven means to fight against fungus, bacteria and odor.

Individuals who have a misalignment of the foot can benefit from orthotics. You may be a candidate for orthotics if:

- One side of the sole of your shoe wears out faster than the other
- You frequently sprain your ankle
- You have chronic heel, knee or lower back pain
- Your shins hurt
- Your toes are not straight
- Your feet point inward, or excessively outward when you walk
- Your feet hurt in general

For additional information about orthotics, contact Corrective Care at (574) 271-8646 or correctivecare@aol.com.



Welcome Cathy Elliott, Physical Therapy Assistant

Cathy Elliott is a new Physical Therapy Assistant (PTA) at Corrective Care. She brings 10 years of experience as a PTA, with a focus on working with outpatients suffering from chronic pain and those who need post-operative rehabilitation.

In addition to her PTA experience, she is a Certified Massage Therapist, with training in Swedish massage, trigger point therapy and deep tissue massage. These massage services are now available at Corrective Care.

Cathy's hobbies include volleyball, softball, camping, traveling and playing frisbee with her two dogs.

Please welcome Cathy when you see her. We are proud to have her as part of the Corrective Care team. If you are interested in a massage or would like a gift certificate for a friend or family member, please contact Corrective Care at (574) 271-8646 or correctivecare@aol.com.



Increase Health Benefits In Your Diet With Juice Plus+®

Overall, Americans are not very healthy. Take a look at these staggering facts:

- 1,500 Americans die from cancer every day.
- Heart disease kills more women than breast cancer.
- 1.1-million Americans have a heart attack every year.
- 23% of Americans have hypertension.
- 64% of American adults are overweight or obese.
- Diabetes will increase by 165% over the next 50 years, with 29-million Americans diagnosed.
- 33% of Americans suffer from arthritis.

Why are Americans so unhealthy? Several factors contribute to poor health, including:

- Poor food choices
- Eating too much "bad" food
- Not eating enough "good" food
- Not drinking enough water
- Lack of exercise
- Stressful lifestyles
- Environmental factors
- Approach to medicine: "treatment" instead of "prevention"

Good nutrition is important to good health; eating plenty of fresh, raw fruits and vegetables every day is critical to good

nutrition. Fruits and vegetables strengthen our immune systems, impede the development of disease, and contribute to good health in many ways.

Unfortunately, most people don't eat nearly enough fruits and vegetables, especially not every day. Those we do eat tend to be over-processed, overcooked or too far removed from the field, and thus lack much of the nutrition provided by fresh, raw fruits and vegetables.

Juice Plus+® is the convenient and inexpensive way to add more nutrition from fresh, raw fruits and vegetables to your diet, every day. Juice Plus+® Orchard Blend® is made from seven different fruits. Juice Plus+® Garden Blend® is made from 10 different vegetables and grains. Each ingredient is specially selected to provide you with the widest possible range of nutritional benefits.

Juice Plus+® is one of the most thoroughly researched nutritional product ever. Numerous published clinical studies conducted at leading universities and research hospitals all over the world show that Juice Plus+® raises the levels of antioxidants in the blood, improves various immune system functions, and even reduces damage to DNA. It is the next best thing to eating fresh, raw fruits and vegetables.

For additional information about Juice Plus+®, contact Corrective Care at (574) 271-8646 or www.healthyliving.cc.

