



# Healthy Life

Petrozzi Health and Wellness: Chiropractic

Volume 5

May 2004

## Ignore it now, Pay later

Perhaps the most important (yet most neglected) part of the human anatomy is the heart, but cardio respiratory fitness is a factor in overall health. Researchers conducted exercise tests over a 16-year period, factoring in a subset of 2,478 participants available to repeat the exercise tests conducted at the outset of the study.

Men and women 18 to 30 years of age were administered a maximal treadmill test (with increasing incline and speed until the subject reached physical exhaustion), gauging their overall health, and as late as 2001, given repeated tests and checked for their health status. Adjustments were made for age, race, sex, smoking, family history of diabetes, hypertension, and myocardial infarction.

**Results:** Those shown to be of "low fitness" were between three and six times more likely to develop diabetes, hypertension, and the metabolic syndrome than those espousing a "high-fitness" regimen. This study was performed in conjunction with another study, "Coronary Artery Risk Development in Young Adults", sponsored by the National Heart, Lung and Blood Institute; the subset repeating the exercise was a portion of a group of 5,115 participants.

Ultimately, the study results confirm what your parents and doctors have told you: Your health habits today - good and bad - will affect your lifestyle years down the road. For more information on health and wellness, visit [www.nortonchiro.com.au](http://www.nortonchiro.com.au)

*Reference:* Carnethon MR, Gidding SS, Nehgme R, Sidney S, Jacobs DR, Liu K. Cardiorespiratory fitness in young adulthood and the development of cardiovascular disease factors. *JAMA* December 17, 2003;290(23), pp 3092-3100.

## Practice Update

Over the next fewmonths, Norton Chiropractic Centre go through a face lift we have changed our name to Petrozzi Health and Wellness Chiropractic! Apart from semantics and logo change, we will still strive to deliver exceptional chiropractic service.

Saturday March 27th we held our Open Day, this gave everyone the opportunity to come in find out about the practice and help us celebrate our recent relocation. Lots of helium balloons, kids and enthusiastic chiropractic advocates filled the practice.

## Upcoming Events!

On **Saturday 29th May**, we will be hosting "Australia's Biggest Morning Tea" to raise much needed funds for The Cancer Council of Australia. Last year we raised over \$1500.00 for the Cancer Council. It was a lot of fun, we hope to see you all again. Bring all your

family to help this wonderful cause. Last year we had the Wiggles help us out who knows who will turn up this year. Be there to find out.

**Monday May 24th to Friday 28th is National Chiropractic Care Week!** As part of this, we will be distributing flyers to the local area with spinal assessment vouchers for a chiropractic consultation, Examination and Report as a community outreach project and to also raise funds for The Australian Spinal Research Foundation. Helping to spread awareness of spinal hygiene and chiropractic care!

**Special Offer until end of June!**  
For every friend or family member you refer you will receive \$5 off your next scheduled adjustment. Use the voucher.

**\$5 off** your next scheduled adjustment when you refer someone in for a consultation. Valid to the end of June 2004

### My friend

Has recommended me to visit your practice for a consultation.

Please present this voucher at your first visit so your friend can be rewarded for their recommendation.

\*The referring person will be discounted \$5 from their next scheduled visit, for every person they refer who presents original or copy of this voucher.

\*This offer is not redeemable for cash

\*Normal Initial consultation fees apply to the person being referred.

**Petrozzi Health and Wellness  
Chiropractic  
183 Nortron Street,  
Leichhardt**

Mon to Friday 8am - 5:30pm  
Closed Thursdays  
Appointments essential  
**(02) 9518 0096**  
Your referrals are appreciated



## Don't be a cereal killer!!!

**P**arents: Before you crack down too hard on your kids' daily consumption of the latest sugary breakfast cereal, you may want to consider a study culled from the December issue of *Journal of the American Dietetic Association*.

From February 1998 through February 1999, more than 2,000 households kept a two-week food diary. Included in the study were 603 children ages 4 to 12 years, divided into three groups: those ingesting ready-to-eat cereal eight or more times within two weeks; those consuming cereal four to seven times; and those eating three or fewer servings. The results were evaluated in terms of the notoriously "unforgiving" body mass index (BMI), which for the first group (those eating cereal the most frequently) showed 80 percent falling within appropriate standards.

Contrary to this, only 52.6 percent of the children who consumed relatively little cereal for breakfast maintained an appropriate BMI. Now of course, Dr. Albertson represents the Bell Institute of Health and Nutrition (formed by General Mills, one of the world's leading cereal companies), but the message is still clear: Cereal - or any breakfast food containing even the minimum of nutritional ingredients - is better than nothing at all.

Have you taken your children to see your chiropractor yet? In addition to starting them on the road to health with regular chiropractic adjustments, your chiropractor can discuss nutritional strategies to keep you and your kids fit in an increasingly unfit world.

For more on pediatric health, visit

[www.nortonchiro.com.au](http://www.nortonchiro.com.au)

*References:* Albertson AM, Anderson GH, Crockett SJ, Goebel MT. Ready-to-eat cereal consumption: Its relationship with BMI and nutrient intake of children aged 4 to 12 years. *Journal of the American Dietetic Association* December, 2003;103(12).

### Is a "Mild" Concussion Really Mild?

**I**magine an egg, with its contents rocked back and forth after being hit by an object not quite hard enough to break the shell.

Compare this to the human skull and you have concussion: the result of a blow to the head or upper body that can manifest in disorientation, loss of consciousness, and other symptoms - or nothing at all.

Undiagnosed danger is the alarm sounded in a study by the University of Pittsburgh Medical Center (UPMC). Recent guidelines have suggested that high school athletes with mild or grade 1 concussions, could be returned to play if asymptomatic for 15 minutes, yet the study indicates much longer-lasting repercussions and a measurable decline in neuropsychological functioning from such injury during the first week of recovery.

Forty-three male and female high school athletes (a subgroup of 64 overall) tested with the "ImPACT" tool for neuropsychological performance prior to respective playing seasons; each was later tested two times during the first week of recovery. ImPACT, developed by UPMC researchers, includes assessment of attention, memory, reaction time and information-

processing speed. It is also used by the NFL, NHL, MLB, several

athletic organizations and approximately 250 high schools in the United States.

A dramatic decrease in memory and an increase in self-reported symptoms was visible in mildly concussed athletes 36 hours after an injury. The group with on-the-field symptoms lasting longer than five minutes retained a 500 percent chance of demonstrating a drop in memory performance.

The study also pointed out the 1.25 million high-school-age contact-sport athletes who incur an estimated 63,000 concussions per year, with mild concussion occurring most frequently. Research suggests - or rather, demands - that this type of injury be looked at more carefully. No longer should the words "I'm fine," be acceptable to parents and school officials when coming from a "mildly concussed" high school athlete. Contact our office if you want John Petrozzi to talk o your sport team about injury prevention.

*Reference:* Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. *American Journal of Sports Medicine* 2004;32, pp47-54.

### Who do You See? Your Chiropractor, Naturally!

