
◆ Healthy Life ◆

Volume 5 Issue1

January 2004

HAPPY NEW YEAR!!!!

*We have moved the practice across the road to 183
Norton st Leichhardt.*

Happy New Year!!!

I would like to thank you all for your love and support over these past 4 years in making the service of chiropractic enjoyable and pleasurable every single day.

After 4 years of practicing at our original premises I decided to move to a larger, more comfortable location across the road. I hope to continue to serve you, your family and your friends for many more decades to come.

Once again, thank you for your support and feedback and we look forward to serving you and accompanying you through a life time of excellent health.

Sincerely,

John Petrozzi



*John has been
wiggling
again!!!*

The world famous 'The Wiggles' were adjusted on their end of year tour by John again this Christmas. The children's entertainment group returned from a successful American tour and kicked off a huge Australia wide tour in December. Anthony, Greg, Murray and Geoff are the stars of the show helped out by Henry the octopus, Wags the dog, Dorothy the dinosaur and the wiggly dancers. There was a lot of chiropractic adjusting performed on all of the performers. It was a huge success for the group and for chiropractic. John travelled with the crew to Wollongong, Newcastle and Sydney. Other chiropractors were organised for Perth, Brisbane, Melbourne and Adelaide. The Wiggles are so keen on chiropractic that they also hunt out chiropractors to adjust their spines on tour while in the United States. It keeps them wiggling!!!



Have you been to one of our SPECIAL APPOINTMENTS yet??

Over the last year and a half we have provided a complimentary health talk to all of our new patients. We cover a number of important topics needed for a healthy life. Please call the office on 9518-0096 to reserve your seat.

These special appointments are held every second Tuesday at 6.00pm.



Check out our website

Have a look at our website at www.nortonchiro.com.au which features patient testimonials, recent newsletters and chiropractic information.

ATTITUDE ADJUSTMENT!

In need of a few adjustments???? Parents of Schoolchildren with behavioural problems can agree to the difficulties their children encounter: poor academic performance, low self esteem and anger. A new study now suggests that schoolchildren who suffer from behavioural difficulties also have an increased risk for developing lower back pain (LBP).

Researchers examined 1,000 schoolchildren between the ages of 11-14 and found that those who experienced behavioural problems, as well as those that repeatedly complained of other symptoms, such as abdominal pain, headaches and sore throats, were at a substantially higher risk of developing LBP than those without those problems.

In short, the study concluded that behavioural problems and other somatic complaints may eventually lead to the onset of LBP.

If you have a child who suffers from LBP, behavioural problems and/or other health concerns, talk to your chiropractor about treatment options. In addition to helping relieve LBP, a chiropractor can recommend wellness and lifestyle changes that promote physical, mental and emotional well-being which is a safe, effective and holistic way.

Refereres; Pediatrics, Apr 4, 2003:111(4),pp 822-28. Jones GT, Watson KD, Silman AJ, SymmonsDPM, Macfarlane GJ, Predictors of Low Back Pain in British Schoolchildren. www.chiroweb.com



Don't Be So Hard on Yourself

Low back pain (LBP) sufferers know how frustrating it can be to sleep at night; no matter what position you lie in, the pain seems to move right with you.

What they might not be aware of is how one type of mattress can affect LBP more than another.

A recent study published in the *Lancet* challenges the popular belief that a firm mattress is the best sleeping arrangement for easing the discomfort of LBP.

Researchers compared firm mattresses with medium-firm mattresses by replacing the existing mattresses of 313 test subjects, who were unaware of which type of mattress they were receiving.

Users of medium-firm mattresses were twice as likely to report reduced LBP and associated disability (less pain in bed, during the day, and after a night's sleep) after three months of use, compared with those who used firm mattresses.

If you're struggling with LBP, the solution may be as close as the bed you're lying on! Talk to your chiropractor about the cause of your pain, and what can be done about it.

A combination of chiropractic care in the office, and an appropriate mattress at home, may be just what's needed to get you on the fast road to recovery.

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

Workout, Baby, Workout!

Growing evidence suggests that simple exercises, even when given in the first weeks of a baby's life can help babies to grow and stay healthy. Consider a recent study involving 24 infants; if the results are any indication, preventing bone-thinning ailments, such as osteopenia, may be as simple as providing flexion, extension and nurturing.

A team of Israeli researchers matched low-birth-weight infants of similar development (4-7 days after birth) and divided them into an exercise group and a control group of 12 infants apiece. Growth rate and characteristics of bones, such as strength, were measured at enrolment (during the first week of life) and at four weeks.

Infants in the exercise group received regular five-minute sessions of flexion and extension at various joints, five times a week for four weeks; infants in the control group received similar-length periods of holding and stroking, but without range-of-motion activity. Although physical activity did not appear to influence bone formation, bone density remained stable in the exercise group while decreasing significantly in the control group.

While this is a very small sampling, and infants are not the easiest subjects to physically evaluate, results point to what many health care providers have been saying all along: Exercise - at whatever age and whatever amount - can positively impact a number of health conditions, including bone density.

It's also important to note that flexion and extension are common techniques utilized by chiropractors in the clinical setting.

Workout baby, workout-Reference: Litmanovitz I, Dolfin T, Friedland O, et al. Early physical activity intervention prevents decrease of bone strength in very low birth weight infants. Pediatrics July 2003: Volume 112, Number 1, pp.15-19

Practice Update

We are pleased to announce, we will be welcoming aboard another chiropractor, Dr Bernard Blanchfield. Bernard has been a chiropractor for 13 Years and practices the same adjusting techniques as John, Bernard's gentle personality and caring attitude will complement our purpose of providing safe, gentle and effective chiropractic care to our community. One added advantage of having another chiropractor at the centre means that we will soon be available for Saturday appointments.

We also will be celebrating Norton Chiropractic Centre's 4th Birthday. As part of these events, we will be having an Open Day Celebration. Everybody will be welcome to come and enjoy a bite to eat and live entertainment, or just simply come and meet Bernard and have a look through our new place!!! We will be organising some fun games and prizes for the kids! We'll keep you posted!!!!

NORTON CHIROPRACTIC CENTRE

183 Norton st, Leichhardt

Office Hours:

Mon to Fri 8:00am to 5:30pm
(Closed Thursdays)



Appointments essential
(02) 9518 0096



When was the last time you built up sweat??

When was the last time you exercised vigorously? For optimal health, you should be performing a strenuous workout, such as running or lifting weights, several times each week. Based on a recent Gallup Poll, however, the odds are that most people aren't getting nearly enough exercise. In November 2002, the Gallup Organization conducted a Health and Healthcare Poll of over 1,000 American adults to find out how many are vigorously exercising (i.e., at least 20 minutes of exercise that causes large increases in heart rate and breathing) or performing other forms of physical activity, and how often they're doing it. The percentage of people who engage in vigorous exercise dropped from 52% in 2001 to 45% in 2002. Moderate exercise, or activities that cause a slight increase in heart rate (e.g., gardening or walking), has pretty much remained constant. At every frequency of exercise, there was evidence of a decline in participation, according to the poll. Based on Gallup's "overall exercise index," 54% of people are considered sedentary or having low activity levels. So, at the same time people are eating more food with higher fat content, they're also working out less and burning fewer calories. Don't be a dropout - if you used to exercise, start working out again.

If you've never really worked out, there's never been a better time to start. There may be no better way to stay healthy.

Reference: Saad L. Fewer Americans feeling the burn: Dwindling number report vigorous exercise. Gallup News Service, Poll Analyses, Jan. 10, 2003.

Sports and Kids

Have a healthy attitude towards games with your children. A good sport will lead to higher self-esteem and they will get a lot more enjoyment from the game. It's important to encourage and praise good results, whilst making sure they understand that winning is not everything. A child who plays fair is more likely to win friends.

Bad Gut Feelings

Painkillers are popular. Nearly \$2 billion are spent annually in the U.S. on prescription NSAIDs (nonsteroidal anti-inflammatory drugs), not to mention nonprescription drugs in this class (which include aspirin and ibuprofen). These drugs, widely used for arthritis, take their toll: Every year, approximately 100,000 Australians are hospitalized and 16,500 die from NSAID-associated stomach-ulcer complications.

To reduce ulcer complications, specialized NSAIDs (called "COX-2-selective

NSAIDs") such as Vioxx and Celebrex - which reportedly cause minimal stomach damage - are being prescribed for arthritis patients. To compare these "safer" treatments to other NSAIDs for arthritis, roughly 300 patients with arthritis and a predisposition to ulcer bleeding were divided to receive either regular NSAIDs or the special NSAIDs daily.

After six months, the probability of recurrent ulcer bleeding was nearly the same in both groups: about 6% in the regular-NSAID group and 5% in the special-NSAID group. Renal failure, hypertension and fluid build-up in the legs were observed in nearly the same number of patients in both groups, although the newer drugs appeared to offer some advantage.

The authors of this study in *The New England Journal of Medicine* note that patients receiving the new drugs showed an incidence of ulcer complications that continued to rise beyond the six-month study period. Arthritis patients at a high risk for recurrent ulcers don't appear to have a much safer treatment option in newer painkillers. Perhaps a holistic, drug-free approach to arthritis would be better. Talk to your chiropractor for more information.

Reference: Chan FKL, Hung LCT, et al. Celecoxib versus diclofenac and omeprazole in reducing the risk of recurrent ulcer bleeding in patients with arthritis. *The New England Journal of Medicine* 2002;347(26), pp. 2104-2110.

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