

# ◆ Healthy Life ◆

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## Exercise to prevent cancer

**R**esearchers have discovered great news for teenage girls and young women who engage in regular strenuous exercise.

Results of the study undertaken in Wisconsin USA indicate that the risk of developing breast cancer in later life is reduced by up to 45% in women who had exercised at least once on most days between the age of 14 and 22.

The study also showed that maintaining a healthy weight, proportional to the body mass index from the age of 18 through to menopause, had also reduced the risk of developing breast cancer.

This study highlights that young girls should be encouraged to partake in regular aerobic exercise and maintain a healthy weight proportional to their body mass index.

### **NORTON CHIROPRACTIC CENTRE**

Cnr Norton & Macauley st, Leichhardt  
**Office Hours:**

#### ***Chiropractic***

Mon 8am - 7:30pm  
Tues 7am - 6pm  
Wed 7am - 1pm  
Thurs 7am - 7pm  
Fri 7am - 4pm  
Sat 7am - 12pm

#### ***Massage***

Wed 10am - 7pm  
Fri 10am - 7pm  
Sat 10am - 6pm

Appointments essential  
(02) 9518 0096



Your referrals are appreciated

## Computer ergonomics

**C**hiropractic treatment recognises that the brain and spinal cord are the controlling and regulating elements of the body. So by removing nerve and spinal irritation caused by spinal subluxations and misalignments we are restoring proper nerve function to the body. This irritation is removed by gentle spinal joint adjustments and additional ancillary techniques.



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Unfortunately our work lifestyle requires that a large portion of the day is spent sitting in front of a computer.

It is common knowledge that if we eat sugar before we go to bed and don't brush our teeth that tooth decay will occur. The enamel coating of the teeth rots away and exposes the sensitive tooth underneath.

Similarly, spinal decay occurs when undue load and force is imposed on the spinal column. Sitting incorrectly in front of a computer terminal will produce excessive load through the discs and joints which produces nerve interference and impedes blood flow to these areas. Nerve signals and blood ...*continue page 2*

## Practice update

### **Welcome**

To Justin Carden who has joined our team at NCC as a sports massage therapist. Justin is currently a massage therapist for the QBE Sydney Swans Aussie Rules Football Team. He provides pre and post match massage to the players as well as playing a key role in implementing strength and flexibility programs with the team physiotherapists.

Justin is proving to be a great addition to the practice, his aim of restoring proper muscle function through massage has been well accepted by patients and new massage clients. Justin is available for massage on Wednesdays, Fridays and Saturdays.

### **Free Spinal Examination for Children**

Existing patients of our practice are able to bring their children in for a free spinal examination. These examinations must be booked specifically as they require a longer appointment time. We provide this free service as our contribution to better family health, as a child's spine is the most neglected part of the health and quite often, spinal problems are inherited.

Chiropractic is preventative health care and if any problems do exist in children, they are usually easily and quickly corrected thus allowing the child to reach their optimal health potential.

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## Bag the fashion kid, its ruining your spine

It has become apparent that lifelong spinal problems can be caused when children carry heavy school bags by one shoulder and lean the bag on the hip.

Some adult back pain and spinal disorders may stem from childhood activities, including carrying a heavy bag over one shoulder.

Using a back pack instead of a carry bag can reduce the incidence of back pain by more than 23%, but this is only when the backpack is worn

Worn correctly the Chiropak will ensure that at least 80% of the weight of the backpack will sit on the hips, therefore unloading the spinal structures.

correctly over both shoulders.

Figures from a study published in the Scandinavian Journal of Rehabilitative Medicine have shown that 68.6% of children using hand held school bags and 53.7% of children carrying a bag on one shoulder experienced back pain.

When wearing a back pack bag keep the following in mind:

- ◆ The child should not carry any more than 10% of their own body weight.
- ◆ The weight of the pack should be evenly distributed along the base of the bag.
- ◆ Use both shoulder straps over the shoulders and ensure that the weight is evenly carried across the hips and minimal weight through the spine.

The Chiropractors' Association of Australia has worked with leading Australian school bag manufacturer, Spartan, to design and test the countries first Chiropractor endorsed backpack that will minimise the risk of spinal damage, and appeal to a student's fashion sense.

The Department of Chiropractic at Macquarie University in New South Wales undertook a research project on behalf of both parties. The result is the "Chiropak" which incorporates a light moulded frame which keeps the load

close to the wearer's centre of gravity.

The benefits of maintaining good spinal health were promoted during national Chiropractic Care week, 21st to 26th May.

### News in Brief...

- ◆ Diet a suspect in 'extraordinary' thyroid cancer rise. The rate of thyroid cancer has doubled in NSW in 10 years, leading some experts to suspect a drop in iodine in the diet.

They point to falling levels of iodine in milk and under-use of iodised salt as possible causes for disease.

The cancer rose by 93% in males in NSW and 97% in females in the 10 years to 1988, according to the annual report of NSW Central Cancer Register. But this may be attributed to increased detection of very small cancers.

A simple way of ensuring that your iodine levels are sufficient is to use iodised salt when cooking and preparing meals. *Source: SMH May 17, 2001.*

### ...continued from page 1

flow produce healing. Lack of these will limit the rate and amount of spine repair. Over time this lead to spinal decay or degeneration.

A few simple set up instructions have been included below to assist you in maintaining optimal posture when engaged in such a spine unfriendly activity.

- Top of screen at eye level.
- Use a document holder at screen level either to the left or right side of the monitor. It may be better to alternate from left to right throughout the day.
- Learn to touch type.
- Relax your shoulders.
- Desk height sufficiently high enough to allow clearance for the thighs.
- Foot rest to elevate the feet. This is especially good to reduce ankle swelling caused by sitting for

pregnant women.

- Key board height is best when the elbows are bent to 90 degrees.
- Chair height lifted to the point where knees are bent to 90 degrees.
- If your chair has a forward tilt function, then tilt the seat pan forward 5 degrees to allow the lower spine to curve forward rather than backwards.
- Adjust back support so that it provides support to the lumbar curve. A chair with a small lumbar support is better than a chair with a tall back.
- A chair without arm rest is best to prevent you from leaning to the side.
- Keep the mouse and pad close to your body rather than at arms length away. This takes pressure away from the shoulder complex and tends to prevent you from lean away or towards the mouse.
- Most importantly the central nervous system needs regular stimulation so its important to only sit for 20 minutes at a time followed by a 5 second walk around and quick shake of the arms and legs. This will prevent the spine from becoming stiff and joints from drying out.
- Avoid cool air from air conditioning blowing over shoulders because this causes shoulder muscle spasms.
- Exercise the eyes by focusing onto an object in the distance followed by refocusing onto an object close by, this will prevent eye strain and fatigue.

Look after your spine, it's not replaceable. If you experience spine discomfort, headaches or other unpleasant feeling then your spine may require chiropractic attention such as spinal adjustments, stretches, muscle releases, strengthening exercises and other advice.

Taking care of your body will ensure that you lead a healthy and satisfying lifestyle.

*Who do you see?  
Your chiropractor.  
Naturally!*

