

❖ Healthy Life ❖

Volume 4 Issue2

May 2003

You are invited...

To join us on Monday and Friday 19th and 23rd May to help raise money for Spinal Research Foundation and The Cancer Council Australia. We are hosting Australia's Biggest Morning Tea at the practice. We will be offering Italian coffee, teas, juices and fruit with all money raised for Spinal Research and Cancer Research.

Helping us out on the day will be Anthony Field 'The Blue Wiggle' of the Wiggles as well as his new bride Mikaela and John's mum Maria. So come along with your kids and have something signed by The Blue Wiggle, have a coffee and make a donation for two great causes.

**Monday and Friday
19th and 23rd May 8-11:00am**

NORTON CHIROPRACTIC CENTRE

Cnr Norton & Macauley st, Leichhardt

Office Hours:

Mon to Fri 8:00am to 6:00pm
(Closed Thursday)

Appointments essential
(02) 9518 0096



Your referrals are appreciated

Chiropractic—Safe, effective, drug free health care for everyone

This years National Chiropractic Care Week theme is SAFETY. In particular that Chiropractic care is much safer than drugs and surgery.

Very few professions can demonstrate such a safe and effective approach to the relief of back and

neck pain, headaches and other conditions as chiropractic can. Chiropractic may also benefit overall health and wellbeing through the promotion of a healthy, well functioning nervous system.

Research shows that chiropractic care, with its natural approach, is



far safer than drugs or surgery. Specifically, neck surgery carries a 3-4% rate of complications which in turn leads to 4,000 to 10,000 deaths per million cases.

And in a study comparing a course of Chiropractic care with a course of anti-inflammatory drugs, Chiropractic care was shown to be 250 times safer.

Complimentary Examinations are available for your friends and family during National Chiropractic Care Week.

Don't Be an exercise Dropout

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. Gallup then compared the results to a similar phone survey it completed in November 2001. 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. Around 80% of people engage in weekly moderate exercise, although the percentage of those who do also dropped slightly in the past year. At every frequency of exercise, there was evidence of a decline in participation, according to the poll. Also, only a quarter of Americans are weight training, despite numerous efforts by health professionals to encourage people to lift weights every week. 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.



Check out our website

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

Persistent Problems, Big Bills

Chronic health conditions can lead to significant health problems if left unchecked, and their incidence is rising: By 2020, 157 million people (or nearly half the population) are expected to suffer from one or more chronic conditions. The elderly are particularly prone to having multiple chronic health problems. Utilizing a national sample of over 1 million people age 65 or older and enrolled in Medicare in 1999, data were obtained on chronic conditions including hypertension and diabetes. Data showed that 82% of the Medicare beneficiaries had at least one chronic condition, increasing in prevalence with age to nearly 90% in those 85 and older. This study in the *Archives of Internal Medicine* additionally found that individuals with four or more chronic conditions were approximately 100 times more likely to have been hospitalized for a condition that could have been averted through proper primary care. Per-person Medicare expenditure increases coincided with the number of chronic conditions, from about \$200 for seniors with no chronic conditions to nearly \$14,000 for beneficiaries with four or more.

What does all this information mean to you? Heed these numbers to avoid major health problems and big bills as you age, by simply maintaining wellness, through exercise, a good diet and doing nothing to excess.

