

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Paul Milone

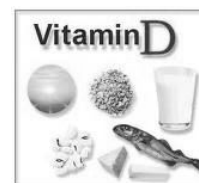
“Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.” – E. E. Cummings

Is Cutting Your Risk Of These 4 Deadly Diseases IN HALF Really This Easy?

New research shows a simple way you may be able to decrease your risk of breast cancer, colon cancer, multiple sclerosis and Type 1 diabetes by a whopping 50%!

Also in this issue:

- ✓ What you must know if you use sunscreen or try to stay out of the sun
- ✓ New study shows diet may help ADHD kids more than drugs
- ✓ **WARNING:** Research shows exercise may be harmful to your health? Really?
- ✓ Shocking new research on anti-depression medications and a possible way to beat depression!



Plus, the story that will touch your heart: What does a blind man do when his guide dog goes blind – the answer is amazing.

Marblehead – We’ve all heard it, but who really lives by these wise words “**An ounce of...**” in the first place?

Maybe we are all just a little lazy and like to take the easy way out, at least most of the time?

Come on – you are amongst friends – you can admit it! **An ounce of prevention is worth a pound of cure?**

Maybe “cures” are “sexier” than simply preventing the mess in the first place? ☺

Or, maybe it’s because “prevention” can be a pain in the you know what? Always finding and preparing the right foods can be time consuming and expensive. Exercising is exercising! It’s no mistake the word “work” is in workout!

But, what if there was an easy way to be healthier than you are right now?

What if there was a simple way to decrease your risk of 4 deadly diseases by 50% that took almost no time and was inexpensive...

Would You Do It?

Well, according to a new study, there may be.

Now, this is not a substitute for eating right, exercising, reducing stress and getting check-ups. But, it is something everyone should look into because it might help you a great deal.

Here’s what this is all about: The current government recommendation for Vitamin D intake is 400-600 international units (IU) per day. 400 IU was found to be the minimum amount of Vitamin D needed to prevent rickets over a century ago.

But “minimum” and “optimum” are two very different things...

Researchers at the University of California, San Diego School of Medicine and the Creighton University School of Medicine in Omaha, have reported that markedly higher intake of Vitamin D is needed to reach blood levels that can prevent or markedly cut the incidence of breast cancer and several other major diseases than originally thought.

The results were published on February 21 in the journal *Anticancer Research*.

According to a EurikAlert press release on February 22, 2011, "We found that daily intakes of Vitamin D by adults in the range of 4000-8000 IU are needed to maintain blood levels of Vitamin D metabolites in the range needed to reduce, by about half the risk, several diseases; breast cancer, colon cancer, multiple sclerosis, and Type 1 diabetes," said Cedric Garland, DrPH, Professor of Family and Preventive Medicine at UC San Diego Moores Cancer Center. "I was surprised to find that the intakes required to maintain Vitamin D status for disease prevention were so high – much higher than the minimal intake of Vitamin D of 400 IU/day that was needed to defeat rickets in the 20th century. I was not surprised by this," said Robert P. Heaney, MD, of Creighton University, a distinguished biomedical scientist who has studied Vitamin D needs for several decades. "This result was what our dose-response studies predicted, but it took a study such as this, of people leading their everyday lives, to confirm it."

The studies also said only about 10% of people have this new appropriate level of Vitamin D in their blood – and these are mostly people who work outdoors.

Trading Skin Cancer For More Deadly Cancers?

With recent recommendations for people to stay out of the sun or use high SPF sunscreens, people are sure to fall very short of the Vitamin D intake they need.

According to the press release, "Now that the results of this study are in, it will become common for almost every adult to take 4000 IU/day," Garland said. "This is comfortably under the 10,000 IU/day that the IOM Committee Report considers as the lower limit of risk, and the benefits are substantial." He added that people who may have contraindications should discuss their Vitamin D needs with their family doctor.

"Now is the time for virtually everyone to take more Vitamin D to help prevent some major types of cancer, several other serious illnesses, and fractures," said Heaney.

Research: The Dangers Of Second-Hand Smoke In Cars With Children

"While the evidence is incomplete, there is enough available to support legislation against letting people smoke in cars with children," states an article in *Canadian Medical Association Journal* (as reported by Science Daily on January 10, 2011).

Even though second-hand smoke was not shown to be 23 times more dangerous as some had claimed – "It can still be very harmful to children."

Groundbreaking Study: Anti-Depressants No Better Than Placebo

Napoleon Hill, author of the self-help bible "Think and Grow Rich", is quoted as saying: "What the mind can conceive and believe, it can achieve." He also said we become our dominant thoughts. Research is showing he may be 100% accurate with those statements... especially the latter.

Here is why: Starting in 1998, studies began to raise questions about the "scientific proof" behind the widespread use of antidepressants versus placebos. University of Connecticut researchers, Irving Kirsch and Guy Sapirstein, found antidepressants seemed to get results, but so did placebos. **In 38 studies conducted with over 3,000 depressed patients, placebos improved symptoms 75 percent as much as legitimate medications.**

"We wondered, what's going on?" said Kirsch in a 2010 interview with *Newsweek*. The medical community, skeptical of his analysis, asked him to instigate a more comprehensive study with the results of all clinical trials conducted by antidepressant manufacturers, including those unpublished – 47 studies in total.

Over half of the studies showed no significant difference in the depression-alleviating effects of a medicated versus non-medicated pill. With this more thorough analysis, which now included strategically unpublished studies from pharmaceutical companies, **placebos were shown to improve symptoms 82 percent as much as the real pill.**

According to the Citizens Commission on Human Rights International: "However, if experts and antidepressant manufacturers are aware of this, the general public certainly isn't ... Millions of people every year feel better, simply because they believe they'll feel better."

And don't forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in your lifelong good health.

Inspirational Story Of The Month –
(Names And Details Have Been Changed To Protect Privacy)

What Does A Blind Man Do When His Guide Dog Goes Blind?

*The answer to that question is an incredible story
that will warm your heart and may even change your life...*

Have you ever faced a situation that made you feel depressed?

Maybe it was a difficult choice you had to make in your life? Or you were facing tough times and you couldn't see the light at the end of the tunnel?

At the time, things seemed so miserable you didn't know what to do. Maybe you even felt like throwing your hands in the air and walking away.

Quitting

Who knows... maybe you are even facing a situation in your life like that right now. Many people are.

Well, the truth of the matter is:

Nothing In Life Is Either As Good... Or As Bad... As It First Seems

And even though you cannot always control the things that happen to you – you can always control your reaction to those things and their long-term end results.

A wise man once said, *“If you wrote down all of your problems on a piece paper and put it in a hat with 10 other people's problems... and everyone picked someone else's problems out of that hat... in no time flat everyone would want their own problems back!”*

For example, think about all your problems and write them down. Put them in a hat and trade them with Graham Waspe. Graham is blind. He has very limited vision in only one eye after two incidents earlier in his life. But, I bet if you picked Graham's list from that hat, he wouldn't have even listed blind as a problem. Well, maybe he would've, but I doubt it.

Actually, I bet when you picked Graham's list, it would've been blank. Why? Because the smart money says Graham doesn't view anything in his life as a problem... he only sees potential solutions.

For example, because Graham cannot see, he has a guide dog named Edward. Graham and Edward did just about everything together. Edward was literally Graham's eyes for six years of faithful service. Then disaster struck, or at least what most people would consider disaster. Edward developed an inoperable problem and had to have both of his eyes removed. How did Graham react? Did he pout? Throw his hands in the air and quit? Did he curse the day he was born?

No, No and NO!

Graham solved the problem – for both of them. Graham got Opal. Opal is another guide dog who now guides Graham and Edward! Just imagine, a guide dog leading a blind guide dog leading a blind man.

You see, when you hear a story like that it makes you realize a couple things. The first is: no matter what you are going through, there is always a solution. The only way you don't find a solution is if you stop looking.

Second: Life is short and you should make the best of every situation and enjoy every moment of your life. It really is the small things that truly make us happy. Like Graham going for a walk with Opal and Edward, or the smile and laugh of a child, or opening your eyes tomorrow to a new and wonderful day, as wonderful as you choose to make it. Or maybe more correct – as wonderful as you choose to interpret it. There is beauty all around us... many times we just forget to recognize and acknowledge it. Make it a point to do something fun and wonderful each and every day... you won't regret it.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?...

The average cost of developing and bringing a new prescription drug to market is \$802 million. It usually takes between 10 and 15 years to develop and bring a new medication to market. • Over 90% of drugs entering clinical trials fail to make it to market. • Large manufacturers spend twice as much on advertising and marketing costs than they do on research costs. • Each year in the United States, more than 160 million prescriptions are written for antibiotics. Annually, humans consume 235 million doses of antibiotics. It is estimated that 20%-50% of that use is unnecessary. • Why is it so difficult to find a powerful pain-killing medication that does not also produce addiction? Over the years, pharmaceutical companies have tried to separate these two pharmacological qualities. Perhaps because the brain areas involved with pain reduction and those involved with drug dependence are connected, it has been almost impossible to find powerful "non-addicting" painkillers? On the other hand, perhaps dependence on drugs and pain reduction are two different phenomena that will someday be separated, as more refined research evolves in this important area? • By law when a physician prescribes drugs for a patient, the physician is required to ensure the patient is fully informed of the drugs risks and benefits and consents to the drug therapy with full informed knowledge. Statistics show that this occurs in less than 20% of the patient population.

Tip Of The Month – Has Research Proven That Exercise Is Bad For Your Heart?



Exercise is good for you... right? Everyone knows eating right, exercising, reducing stress and routine maintenance check-ups are the key to living up to your genetic potential. Well, a new study just found a certain type of exercise seems to be bad for your heart. Here's the scoop: Not too long ago, researchers conducted a study on the heart health of a group of very fit older athletes -- men who had been part of a National or Olympic team in distance running or rowing, or runners who had completed at least 100 marathons. All of the men had trained and competed throughout their adult lives and continued to strenuously exercise. The results were not good. Half of these lifelong athletes showed evidence of heart muscle scarring. None of the younger athletes or the older non-athletes had fibrosis in their hearts. The affected men were the ones who had trained the longest and hardest. Now, a new study done on rats has reproduced similar findings.

In this study, published in the journal, *Circulation*, Canadian and Spanish scientists prodded young, healthy male rats to run at an intense pace, day after day, for three months, which is the equivalent of about 10 years, in human terms. At the beginning of the study, the rats had perfectly normal hearts. At the end of the training period, heart scans showed that most of the rodents had developed diffuse scarring and some structural changes, similar to the changes seen in the human endurance athletes. A control group of rats did not develop the heart changes, but when the rats stopped running, their hearts returned to normal within 8 weeks.

What Does All This Mean For You?

According to Dr. Paul Thompson, the Chief of Cardiology at Hartford Hospital in Connecticut, and an expert on sports cardiology, in terms of exercise, unless you are going to the extreme like the elite athletes in the study, probably not much. He was one of the peer reviewers for the British athlete study. He said, *"How many people are going to join the 100 Marathon club or undertake a comparable amount of training? Not many. Too much exercise has not been a big problem in America. Most people just run to stay in shape, and for them, the evidence is quite strong that endurance exercise is good [for the heart]."*

So, What IS Important For You In All Of This?

One word: Moderation. Health really seems to be all about moderation. That goes for the foods you eat, the exercise you do and the stress you deal with. Not enough is not good, but too much can be just as bad. Sadly, most people think if something is good – more is better. There is an optimal level or range for everything. Above or below that level – for any length of time – leads to abnormal stress, strain and problems. When you are looking to get in shape and be healthy, you must first discover the proper definitions of in shape and health.

**Remember, we're always here to help your body heal
and maintain the health and function that you deserve.**

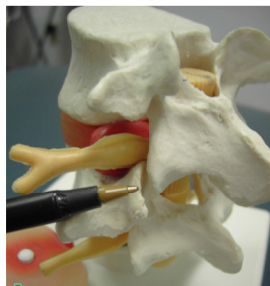
This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 781-639-0808.

Health Update: Low Back Pain

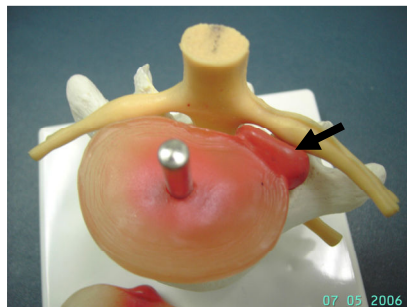
Low Back Pain: Where Does The Pain Come From?

“Where does the pain come from?” is probably the most commonly asked question we hear as chiropractors and frequently, the patient is not told the answer to this simple question. The problem is, the question is not so simple. This is because there are many structures in the low back that share a common nerve supply and hence, the pain arising from those structures is located in the same area of the back. For example, the back portion of the disk, the facet capsule and some of the deep muscles in the spine are all innervated by the same nerve and therefore hurt in a similar location. In all honesty, the only way to try to isolate the pain generator is to inject a local anesthetic to block the pain for a short while. This is like when you go to the dentist and they “numb” your tooth so you don’t feel the pain when they work on it. After a few hours, you start to feel some “life” coming back to your mouth and soon it regains its full feeling. Of course, no one would consider “numbing” the back just to figure out exactly where the pain is arising as really, it’s not that important. This is because the chiropractic treatment approach is similar regardless of the exact tissue that is involved. However, it DOES matter in cases where a nerve root is shooting pain down the leg caused by a herniated disk vs. a localized pain in the back that doesn’t radiate. Hence, we doctors of chiropractic will work hard to differentiate these two distinct types of conditions as the treatment is definitely different.

In 1995, the Quebec Task Force recognized the importance of this distinction and recommended all health care providers concentrate on differentiating the nerve root / herniated disk case from what is called “mechanical low back pain.” As noted in the model below, the arrow and pen point to the two most common structures that cause nerve root pain (the herniated disk) and mechanical low back pain (the facet joint).



Facet Joint



Herniated Disk

The facet joint, when sprained / injured, hurts worse when bending backwards and feels good bending forwards. This is exactly the opposite for the herniated disk where bending backwards helps reduce pain and often reduces the shooting leg pain as well, while bending over even a little can create a sharp stabbing pain in the back that may shoot down the leg. Of course, there are variations of this and, to make matters more complicated, BOTH the disk and the facet can generate pain at the same time, so it’s not always this cut and dry.

We realize you have a choice in who you choose to provide your healthcare services. If you, a friend or family member requires care for low back pain, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR LOW BACK PAIN!
FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808

Health Update: Headaches

Dangerous Headaches

This month's topic will address dangerous headaches. To keep this in perspective, most headaches are NOT dangerous. In fact, tension-type headaches and migraines are very common and remain the focus of most health care providers and patients who suffer from headaches. With that said, it's important to discuss the signs and symptoms that might help all of us differentiate between headaches that are safe versus those which are not safe.

The most important factor to consider is when the "typical" headache is suddenly "different." Some of these "different" symptoms may include slurred speech, difficulty communicating or formulating thought, seizures, fainting or loss of consciousness (even for a few seconds), memory lapses, double or blurred vision, profound dizziness, numbness in the face or half of the body, an "alarm" should sound off telling you to get this checked ASAP as these symptoms, when they deviate from "the norm" may be indicative of a more serious condition. This can be challenging as seizures are often related to migraines and might be a common symptom of a migraine headache for some migraine sufferers.

Signs of a dangerous headache include:

1. A headache that starts suddenly, especially if it's of a severe degree.
2. Headaches that start later in life, especially after the age of 50.
3. A change in the quality of headaches.
4. Visual changes, including double vision or loss of vision.
5. Weakness, numbness, or any other neurological symptoms.
6. Fevers – especially of rapid onset.
7. Change in mental status including sleepiness, hallucinations, speech changes or confusion.
8. Weight loss.

If there is ever ANY doubt about a dangerous headache, your physician should be contacted. Typically, the migraine patient will notice a fairly consistent set of symptoms and even though the headaches can vary in intensity, the sequence of events is fairly consistent. Dangerous headaches are the ones that deviate significantly from that migraine sufferer's "norm." For example, suppose a patient's "typical" migraine is: aura (bright, flashy lights in the visual field or, a strange odor precedes the migraine about 30 min. before the headache strikes), followed by a gradually increasing pain in half of the head which worsens to a point of nausea and sometimes vomiting if something isn't done to stop it (such as a chiropractic adjustment and/or some form of medication). If this is that patient's "usual," IF any of the 8 items previously listed above accompany the headache, it should be further evaluated – often requiring an EEG (electroencephalogram) and/or MRI (Magnetic Resonant Image). The EEG will test for any electrical signal changes in the brain and the MRI will show space occupying structures such as tumors, bleeding, infection, aneurism, and if performed with a contrast agents, arterial malformations (that is, abnormal networks of blood vessels).

We realize you have a choice in where you choose your healthcare services. If you, a friend or family member requires care for headaches, we sincerely appreciate the trust and confidence shown by choosing our services and look forward in serving you and your family presently and, in the future.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR HEADACHES!
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Health Update: Whiplash

Whiplash: Can It Be Prevented?

Whiplash, or cervical acceleration-deceleration disorder (CAD) often occurs in car collisions. So, the question is raised, "...can it be prevented?" To answer this we must first consider the obvious facts about minimizing your distractions when you drive: intoxication, engaged conversation (especially if you're trying to make eye contact), talking on your cell phone or worse, texting while driving (equal to 3 mixed drinks!!!), messing with the radio, GPS, or other "gadgets" in the car, eating while driving, putting on makeup, shaving, and yes, even reading a book while driving! If you're getting tired pull over for a "power nap." Even a 15-20 min. "shut eye" session can really help. But these things are obvious (and WELL DOCUMENTED)! What other factors, like features in cars can minimize or possibly prevent injury in the event of a crash?

The headrest is a very most important feature in the vehicle for preventing or at least reducing the degree of injury in a crash. Unfortunately, most people do not bother setting the headrest at the correct height, as it's usually in a position that is too low. When this occurs, the head can slide over the top of the headrest which can actually result in greater injury as it acts like a fulcrum allowing the head to hyperextend over it. It can also make the injuries associated with whiplash much worse. The proper height of the headrest should be no lower than the top of the ear level but in a lot of cases, the top third of the head may be a better choice, especially if the headrest is small in size or, if the seat is reclined. The angle of the seatback is important with reference to headrests because when the seatback is reclined, there is a certain amount of "ramping" that occurs in rear-end collisions. This is because when the seat is reclined back, the seatback can act literally like a ramp and your whole body can slide up the ramp/seatback and your head can end up over the top of headrest. Therefore, keep the seatback as vertical as you can tolerate. The degree of "spring" or bounce of the seat back also affects the speed or acceleration of the rebound that occurs in a crash but unfortunately, the seat's "springiness" can't really be changed.

Seat belts and airbags are a great pair of safety features as they work together to reduce the chances of a serious injury, as well as whiplash. The seatbelt's job is to stabilize the trunk and prevent the occupant from being ejected from the vehicle while the airbag protects the chest, neck and head from hitting the steering wheel or windshield. Seatbelts arrived on the scene in the 1970s, shoulder restraints shortly thereafter, and airbags in 1985. An 8 year study by the U of Pittsburgh reported on over 7000 spine injured patients, and found a significant reduction of spine related injuries when both seatbelts and airbags were utilized. The National Highway Traffic Safety Administration advises at least a 10-inch distance between the steering wheel and the breastbone in order to avoid airbag injuries, which reportedly occur within the first 2-3 inches of the airbag.

The "take home" message here is when you combine: 1. Staying alert by avoiding all the many distractions that can lure your eyes off the road; 2. Slowing down when you see or sense trouble, and, 3. Making sure your seatbelt is fastened (and those of your passengers, as well) and your airbag still works, you can be quite confident you are doing your part in preventing injury (including whiplash) for both yourself and potentially others!

We realize you have a choice in where you go for your health care needs and we truly appreciate your consideration in allowing us to help you through that potentially difficult process.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR WHIPLASH!
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Health Update: Carpal Tunnel

Carpal Tunnel Syndrome and Other Injuries

Carpal Tunnel Syndrome (CTS) is a very common complaint often associated with repetitive motion related jobs. There are 9 tendons traveling down the arm from the elbow that “merge” or come together in the relatively tight carpal tunnel, kind of like when 4 lanes of traffic suddenly narrow into 1 lane. We all know what happens when there is road construction during rush hour – traffic comes to a screeching halt and you have to sit there and wait, and wait, then move an inch or two, painfully waiting to reach the end of the construction zone. However, when its not rush hour, traffic may not slow down much at all because there simply aren’t many cars on the road. This analogy is VERY similar to CTS as the 9 tendons and median nerve are the lanes of traffic that merge together as they travel through the tight carpal tunnel in the wrist. When a worker, let’s say a typist, works long hours at the computer typing as fast as possible (like heavy traffic during rush hour), the repetitive rubbing of the tendons in the tunnel creates friction, heat, swelling, and eventually pinching of the nerve resulting in the classic numb thumb and first four fingers. They have to stop shake their hands and flick their fingers to get the them to “wake up” and then they can resume typing again, but have to stop and go and shake/flick the hands/fingers several times during the day. As a result, they either have to take a break and rest or, compensate by shifting their body into different positions in attempt to reduce the strain on the wrist tendons.

Some of the ways we shift in attempt to reduce strain includes raising the elbows away from the sides of the body, shrugging the shoulders up towards the ears, moving the head and neck into different positions like poking the chin out, slouching, plus combinations of all or some of these. Over time, these compensatory faulty postures end up straining the other surrounding joints and when this occurs, the collection of all painful areas is referred to as “cumulative trauma disorders” or, CTDs. As you can see, it’s important to treat or manage the CTS condition early on so we can avoid the progression into the other CTDs or else, treatment will also have to address many other conditions such as (partial list): tennis and/or golfer elbow (tendonitis), shoulder tendonitis, neck or cervical strain, and/or radiating neck to arm pain (cervical disc injury with radiation of pain into the arm). CTDs can also be a contributing cause to mid and low back pain. As these conditions gradually occur, the longer it takes to stop the progression and sometimes, many of these conditions can become permanent.

There are a lot of ways we can avoid the cascade of events that lead to CTS and other CTDs, some of which include: 1. Early intervention (treatment) – chiropractic care works particularly well at this stage. 2. Taking “mini-breaks” during the work day such as a 1-minute every 30-60 minutes to stretch the neck, shoulders, forearms, hands and fingers. 3. Performing specific carpal tunnel / wrist stretches (placing the palm of the hand on a wall at shoulder level, keep the elbow straight, pointing the fingers down towards the floor). 4. Wearing a cock-up splint, especially at night (this prohibits extreme wrist bent positions and the numbness feeling that can wake us up at night). 5. Modifying a workstation, such as moving the computer monitor so the neck/head point straight ahead. Work station modifications can also reduce awkward hand/wrist positions that overload the tendons of the wrists by lowering the mouse and/or keyboard if they are too high, or padding a sharp countertop edge to prevent it from digging into the forearm and further pinching the nerve.

We realize you have a choice in who you consider for your health care provision and we sincerely appreciate your trust in choosing our service for those needs. If you, a friend or family member require care for CTS, we would be honored to render our services.

YOU MAY BE A CANDIDATE FOR CHIROPRACTIC CARE FOR CARPAL TUNNEL SYNDROME! FOR A FREE NO-OBLIGATION CONSULTATION CALL 781-639-0808

Health Update: Fibromyalgia

Fibromyalgia - Tips From Real Patients

We have discussed fibromyalgia (FM) from many perspectives but what we haven't done yet is listen to what actual FM patients have to say about what works and what doesn't work. Rather than reading about what "the experts" say about FM and what to do for it, let's take a different perspective – let's talk to those who have FM and hear what they have to say about the "do's and don'ts."

Consider the following great "pearls of wisdom" for those suffering from FM:

- Stick to a schedule—it helps.
- Know when you're pushing too much, and listen to what your body is telling you.
- Keep a journal every day about what you do and how you feel.
- Focus on the 4 P's: pacing, problem solving, prioritizing, and planning.
- Work on your communication skills, and don't be afraid to ask for what you need.
- Exercise and diet are very important.
- Acknowledge your limits—recognize what you can and can not do.
- Exercise if you can—swimming helps me because it's easier on my joints.
- Don't overdo it or your symptoms will really kick in.
- Know your limitations—if you're tired, know when to rest.
- Join a support group—or even start one yourself.
- Stay informed—there's a lot of research and helpful information out there.
- Find a doctor who really sits down and listens to you and understands your pain.
- Use your friends and family as support.
- Learn about Fibromyalgia by reading up on the subject.
- Accept help when you need it.
- Wear a sweat suit when you exercise on the stationary bike; the heat may help to soothe your muscles.
- Sleep is very important. Try not to nap during the day so you can sleep better at night.
- It's important to take your medication as prescribed.
- Balance your meals with a low-fat, high-protein diet. Drink plenty of water.
- Stretching, swimming, walking, and a little yoga may help you deal with the pain.
- Keep moving and enjoy life.
- Exercise! Keep those muscles and bones flexed and firm. But do not overdo it!
- Write down the things that may have brought about your pain.
- Keep this list on your refrigerator as a reminder.
- This is just one way to help you manage the severity of your next "bad" day.
- List the people you can rely on ahead of time to help you on your "bad" days.
- Just knowing that you have backup may help reduce your stress.
- Your support network can help with completing important tasks.
- For example, on a "bad" day, ask them to run an errand or pick up your children from school.
- Sometimes, they could just be there to listen.

If you, a friend or family member requires care for FM, we sincerely appreciate the trust and confidence shown by choosing our services!

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