

In Good Hands

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

"I have never met a man so ignorant that I couldn't learn something from him."

– Galileo Galilei

Popular Obesity Surgery Worse Than They Thought

*Study believed to be the first to track long-term effects
of laparoscopic gastric band surgery finds problems*

PLUS...

- **Study: This fat may prevent postpartum depression**
- ***Another warning about acetaminophen (Tylenol)***
- **Why a well-known doctor wrote, "Parents deluded about how they really raise their kids."**
- ***What's better for pain: Morphine or meditation?***
- **And the story (and movie) you don't want to miss: How highly stressful events can lead to psychological growth and positive changes in your life!**

Marblehead – Obesity is defined as a body mass index (BMI) of 30 or greater. BMI is calculated from a person's weight and height, and provides a reasonable indicator of body "fatness" and weight categories that may lead to health problems.

Obesity is a major risk factor for cardiovascular disease, certain types of cancer, and Type 2 Diabetes.

According to the Centers for Disease Control (CDC), *"During the past 20 years, there has been a dramatic increase in obesity in the United States. In 2009, only Colorado and the District of Columbia had a prevalence of obesity less than 20%.*

Thirty-three states had prevalence equal to or greater than 25%; nine of these states (Alabama, Arkansas, Kentucky, Louisiana, Mississippi, Missouri, Oklahoma, Tennessee, and West Virginia)

had a prevalence of obesity equal to or greater than 30%."

Obviously, obesity is a big problem, but what if a...

Treatment Is Worse Than The "Disease?"

This may be the case, according to a study on the long-term effects of laparoscopic gastric band surgery.

Researchers of the study, published in the *Archives of Surgery*, said, *"The bands eroded in almost one in three patients. Sixty percent had undergone additional surgery, including 17 percent who went on to have gastric bypass."*

Researchers concluded the adjustable gastric

band surgery, which is growing in popularity in the United States, *"appears to result in relatively poor long-term outcomes."*

A related article in *The New York Times* added: *The results "are worse than we expected," said Dr. Jacques Himpens of the European School of Laparoscopic Surgery and St. Pierre University Hospital in Brussels, lead author of the new study. Dr. Himpens advised those considering gastric band surgery not to "nourish exaggerated expectations," adding that "anyone who has had the procedure should see a care provider on a regular basis and be vigilant about signs of infection or band erosion."*

A Better Solution?

Once again, research has shown there are almost always unwanted side effects to every drug or surgery.

So, the question becomes - is the potential benefit worth that negative side effect?

But, an even smarter question is - is there an all-natural alternative that does not come with the same inherent risks of drugs and surgery?

In this case, the answer for many people is...
YES!

For many people, obesity and weight problems can be accomplished by **PERMANENT** lifestyle changes.

In other words, finding what foods work for your body chemistry, eating those foods...and... exercising correctly... **FOR THE REST OF YOUR LIFE.**

This may seem like a daunting task, but the alternative is chilling. As research shows, quick fixes tend to lead to more problems.

Nothing in life worth having comes without a price. To achieve real health, the price is putting in the effort to eat right, exercise, reduce stress and keep your muscles and joints working properly.

The Apple Doesn't Fall Far From The Tree

According to an April 13, 2011 article in *USA Today*, *"Nearly 9 out of 10 parents say they're providing a healthy home environment for their children. In fact, they aren't. Most kids don't come close to getting enough daily exercise and don't eat enough fruits and vegetables; 62% of 1,630 parents with children ages 5 to 10 say their kids eat junk food 1 to 4 days a week. Only 14% of parents say their kids eat at least 5 fruits and vegetables a day."*

These results shed light on the reasons for the childhood obesity epidemic. About a third of children in the USA are overweight, which puts them at higher risk for Type 2 Diabetes, high cholesterol and other health problems."

This information caused Dr. Joseph Mercola to post this headline on his popular health blog...

"Parents Deluded About How They Really Raise Their Kids"

Many experts think the majority of illness and disease can be prevented by lifestyle alterations - diet, exercise and stress reduction. A little prevention goes a long way.

Warning For Users Of Acetaminophen (Tylenol) With Heart Disease

It has been long believed that acetaminophen is a safer alternative to aspirin and non-steroidal anti-inflammatory drugs (NSAIDs) for the aches and pains of people with cardiovascular disease.

The results of a Swiss trial in the *Harvard Heart Letter* claim this may not be the case. The researchers asked 33 men and women with one or more cardiovascular problems, including angina, bypass surgery, angioplasty or diagnosed with cholesterol-clogged arteries, to take either 1,000 milligrams (mg) of acetaminophen or an identical placebo three times a day for two weeks. Then, after a two-week break,

each volunteer took the other treatment. The amount of acetaminophen used in the study is a standard daily dose for pain.

Results showed a slight increase in blood pressure from Acetaminophen use. Researchers said, *"These increases aren't large. But, they indicate that acetaminophen, like NSAIDs, somehow affects the cardiovascular system."*

Study: This Fat May Prevent Postpartum Depression

Postpartum depression is more common than previously believed. In fact, according to a recent USA Today article, up to 25% of women are affected within the first year after delivery.

Now researchers say there may be a simple way to stop postpartum depression dead in its tracks.

Presenting at the annual Experimental Biology meeting in Washington, D.C., Michelle Judge of the University of Connecticut, School of Nursing and her team reported the results of a trial showing women who took fish oil supplements during pregnancy had fewer symptoms of postpartum depression than women who took a placebo.

Previous research found babies of expectant mothers who consumed more omega-3 fatty acids (fish oil) developed faster, both mentally and

physically.

Researchers believe the fatty acids are funneled from the mother during the third trimester - enabling her baby to develop properly. This may leave the mother with a deficiency.

There was already research to show omega-3 fatty acid might help depression in people who were not pregnant so Judge wanted to know how it would affect pregnant women.

Judge studied 42 pregnant women who took either 200 mg of fish oil or a placebo. According to the article, health experts recommend 200 mg of DHA, but most fall short only getting between 50-100mg/day.

The women who took the fish oil supplements scored six points lower on the postpartum depression scale than those who received a placebo.

Even though the results of this study are promising, the number of subjects studied is small and more research is needed.

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.

Want Motivation? Read This...

How Highly Stressful Events Can Lead To Psychological Growth And Positive Changes In Your Life!

There is a very popular movie you may have seen that has many very funny exchanges between the actors and actresses. But one... even though it is funny... is very important to you and your life. The name of the movie is Forgetting Sarah Marshall and the exchange is between surfing instructor "Kunu" and Peter, the main character. Peter has just been dumped and wants to give up on everything in his life... (This is paraphrased, by the way.)

Peter: "My life is terrible... I feel terrible... I don't want to do anything."

Kunu: "Listen man, you can't just give up. If you were out surfing and got bit by a shark would you quit surfing?"

Peter: "Probably."

That seems like a crazy question, but it really tells a lot about who you are and why your life is good or bad RIGHT NOW. Here's a real life example that will blow your mind...

At the age of 13, Bethany Hamilton was already an avid surfer. She was born in Hawaii after her parents had moved there for the surfing. On Halloween in 2003, Bethany was surfing along Tunnels Beach at 7:30 a.m. with her friends. There were many turtles in the area and Bethany was lying on her surfboard with her arm dangling over the side. Suddenly, a 14-foot Tiger Shark attacked. It grabbed her arm and tore it off just below the shoulder. If the bite had been only a couple inches higher, she would have most likely lost her life. Bethany lost 60% of the blood in her body. Friends helped her paddle to the beach and used a surfboard leash to put a tourniquet on the wound. She was rushed to the hospital - the same hospital where her father was supposed to have knee surgery that morning. Bethany took his place in the operating room and then spent 7 more days in recovery.

Within One Month Of The Shark Attack That Took Her Left Arm - Bethany Was Surfing Again

She had a custom board made that was thicker and easier to paddle. After teaching herself to surf with one arm, she started using the competition boards the professionals use... and competed. In 2004, she won the best comeback ESPY award from ESPN. That same year, she was presented a special courage award at the Teen Choice Awards. In 2005, with one arm, Hamilton took 1st place in the NSSA National Championships, a goal she had been trying to achieve even before the shark attack. In 2008, she began competing full-time in the Association of Surfing Professionals (ASP) World Qualifying Series (WQS). In her first competition against many of the world's best women surfers, she finished third.

Now, her story has made it to the silver screen in the film Soul Surfer. Soul surfer is a term used to describe surfers who surf for inner meaning and the love of it, as opposed to just winning competitions.

Beside the simple motivation this story and movie can provide, there is something else that is even more important... Something psychologists call post-traumatic growth - the ability to derive positive benefits from adversity. Although traumatic events such as a shark bite are painful and difficult, going through this experience may induce psychological maturity and a new appreciation of life.

According to Psychology Today, here is some advice if you experienced a traumatic event or difficult childhood: Think about the personal strength you showed to survive these events. Even if you made some mistakes or did things you regret, you did what you had to do to survive and that is something to be proud of. Think about the things you've added to or accomplished in your life that make it meaningful, be it relationships, your work, your faith, or taking care of your family. Try to find everyday happiness in the life you have now. Think about what you learned from going through difficulties and about how you might use this knowledge to help yourself and other people or create something of value for the world. Know that growth and hope can co-exist with grief and that there will be ups and downs when one or other emotions dominate.

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. :)

Did You Know?

Plants have been used for centuries as medicines - now genetically modified plants can produce plastic. Biotechnologists managed this by inserting 4 genes from plastic-producing bacteria into varieties of oilseed rape and cress. Conventional plastics are made from oil and do not degrade easily, but the plant plastic is biodegradable. However, it is expensive, costing five times more than petroleum-derived plastic.

By the way, the word plastic comes from the Greek plastikos, meaning "to form" or "to shape."

Money doesn't grow on trees but one day, perhaps credit cards will!

About genetic engineering... Actually, man has been "genetically modifying" everything from food to dogs for many centuries, but in the past his only tool has been selective breeding. There are a variety of ways scientists can now modify plants and animals with genetic engineering techniques.

In the meantime, take good care of your real plants. Clean them often, speak to them, and play them some nice music - there is a lot of research showing melodic or classical stimulates plants to grow healthier.

Tip Of The Month - What's Better For Pain, Morphine Or Meditation? And Why It's So Important For You To Know The Answer.

Mind over matter. Some believe in it. Some don't. Is it really possible for you to control the inner workings of your body through thought? Well, now there is a growing body of scientific research helping to answer this question. For example, a recent study in the Journal of Neuroscience pitted morphine against meditation to see which one is better for pain relief.

The Results Were Shocking.

In the study, 15 volunteers were taught the focused attention meditation technique. This technique teaches students to let go of distracting thoughts by focusing on their breathing. In this case, the volunteers attended four 20-minute classes.

Then, the volunteers were subjected to pain (a patch heated to 120 degrees Fahrenheit) for 5 minutes and 55 seconds. This "pain" was administered before and after meditation, and the volunteers recorded their level of discomfort. After the training sessions, the volunteers reported a 40% reduction in pain intensity and a 57% drop in pain unpleasantness.

According to the researchers, Morphine typically reduces pain ratings by 25%. MRI scans also showed changes in brain activity before and after meditation in the areas that control pain. Here's a somewhat complex quote from the researchers, "Together, these data indicate that meditation engages multiple brain mechanisms that alter the construction of the subjectively available pain experience from afferent information."

In other words...

Meditation Seemed To Actually Affect The Brain In A Way That Could Reduce A Person's Sensitivity To Pain!

Even though this is very impressive, this study had a small number of volunteers, only 15, so no definitive conclusions can be drawn. But, there is mounting evidence that what you believe can control the inner workings of your body. For example, in last month's issue of this newsletter, research was presented that showed anti-depressant medication was not much better than placebos. In fact, 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." It is no longer a question "if" your thoughts change your body chemistry... but to what extent... and... what is the best way to maximize it? The implications of this are far reaching for both health and for living the successful, happy and fulfilled life you've always wanted. It seems self-help pioneers who said things like, "thought become things" and "we become our dominant thoughts" were WAY ahead of their time.

Clearly, we must be very careful what thoughts we allow to take root in our subconscious mind. This starts with what we read, watch on television, hear on the radio, and the people who surround us. All these years, we were afraid of the germs carried by someone but maybe the words you hear from that mouth are worse than the germs it coughs up.

Remember, we're always here to help your body heal and maintain the health 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: The Importance of Patient Education

It's been reported that educating the patient about their condition reduces unnecessary anxiety and fear, which in turn, allows a more swift resolution of their condition. The intensity of low back pain (LBP) can sometimes be so severe, the patient can hardly move without getting a sharp, knife-like pain that stops them in their tracks. When one experiences this kind of pain, it's very easy to assume what's causing this, "...must be lethal!" Or perhaps, "how can anything hurt this bad and not be cancer?" These types of thoughts can lead to unnecessary (and frankly, inappropriate) behavior including fear of activity (including work), anxiety, depression, and poor coping skills. In this regard, all LBP guidelines include the important recommendation of offering appropriate reassurance and advice through patient education as it is KEY to reducing this unnecessary fear and anxiety. This includes educating the patient as to what ! hurts them (anatomical tissue damage), why it hurts so badly (the inflammatory cycle), and what they can and should do to get out of the acute, painful stage as quickly as possible ("RICE" or, Rest, Ice, Compress, Elevate).

Education is related to experience. Stop and think about how a child manages pain. When they fall down and skin their knees, the intensity of their crying can be deafening! It's obvious the child's the reaction is exaggerated, as exemplified by that blood curdling scream. The reason for this heightened reaction is due to the lack of experience or, "knowledge" about this type of injury - they don't realize the pain will dissipate with a few minutes and as a result, they over react. As we age, skinning our knees is more irritating mentally than it is painful - we look at it, after muttering a few words under our breath (which won't be repeated here), and then we go about our daily routine, knowing fully well that it will hurt for a while and eventually get better. Studies have shown that people who have graduated from high school or college have a higher pain threshold than those who have not. This may be because, through learning about the body in science class, they understand the anatomy and physiology (structure and function) behind a cut on the skin. As a result, there is no overreaction, just a "reaction."

So, when can this educational process start? The answer is simple - as soon as possible; and actually, before we become patients! A recent study published in the journal "SPINE," found 8 year old school children were capable of out-performing a similar aged "control" group that were not educated on management and prevention of low back pain. Tests were administered initially, at 15 days and at 98 days after beginning the education process. They used a comic book as the method to educate the 266 member group of 8 year olds while a "control" group of 231 kids did not receive the comic book educational tool. Initially, the 2 groups scored similarly (about 73% correct answers for both groups). The comic book was given to the 266 kid group at day 8 and both groups were retested again at the 15 and 98 day time points. The results showed the group receiving the comic book education about LBP scored significantly higher at 15 days and retained the information at 3 months. Though no one will know if the educated kids will be less prone to develop chronic pain due to this gain of knowledge, the increased likelihood certainly exists.

The take home message is, use the internet and all other resources to learn as much as you can about your back condition. A great website to help you is www.spine-health.com.

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, call 781-639-0808.

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

Headaches and Chiropractic Treatment

We are often asked, ".what do chiropractors do for headaches?" To answer this question, let's look at what a patient might expect when they present with headache complaints.

The last three "Health Updates" reviewed the differences between tension-type headaches, migraine headaches and dangerous types of headaches. Keeping in mind those differences, the history and examination will focus on differentiating between these three types of headaches.

The presenting patient will be given the "usual" paper work to fill out that includes biographical information (name/address, type of insurance, HIPAA forms, and so forth), as well as a history, past history, medication list, family history, current habits, and systems review. Specific questionnaires about headaches that can be scored and compared to future scores are particularly helpful in determining the percentage of change in the condition. The main historical piece of information that differentiates the tension vs. migraine headache is the presence or absence of nausea or vomiting, which is unique to migraines. Migraine headaches are usually preceded with an "aura" or, a pre-headache symptom such as ringing in the ears, flashes of light in the visual field, a numbness or tingling sensation - some odd type of "hint" that a migraine may soon strike, often within 30 minutes after the aura. This is important! Chiropractic treatment given prior to the onset of the migraine can sometimes stop the migraine from starting or progressing. Migraines will often occupy half the head vs. tension-type headaches that often occupy both sides. The history can also give us information about things that may trigger a headache (primarily migraines) such as odors, certain foods (like chocolate, nuts, spicy food), and this can lead to specific diet oriented treatment recommendations.

The physical exam include observing the patient's posture, head carriage, skin color/moisture and touching the muscles (palpation) feeling for spasm/tightness, temperature/moisture, pain location or radiation. Various "orthopedic tests" include movements of the head and neck in attempt to reduce, reproduce or increase symptoms with the primary goal of trying to figure out which structures may be generating the pain. Cervical range of motion tests are performed to see which movements increase or decrease the pain. The neurological exam - testing reflexes, muscle strength, sensation (sharp/dull) may reveal areas of the skin on the head that are either increased / hypersensitive or reduced in sensation (numb). Looking in the back of the eyes is a unique place where blood vessels can be viewed and increased blood pressure, diabetes, increased pressure in the head and more can sometimes be detected, which can help determine ! if a dangerous headache is lurking. A cranial nerve exam is also sometimes done as part of the neurological examination.

The chiropractic treatment protocols for headaches include (but are not be limited to): Spinal manipulation or mobilization (this is applied to the areas of the neck and/or upper back where the joints are either fixed, displaced, or are applied to a region where the neurological function may be compromised), exercise training, traction, electrical current, ultrasound, stress and diet management.

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) is primarily associated with motor vehicle collisions (MVCs) and in particular, rear-end collisions. Last month, we discussed how CAD can be prevented and focused greatly on paying attention while driving and, the position of the headrest. Whiplash is defined as an injury to the cervical spine (neck) caused by a rapid/sudden, usually unexpected, forceful movement. (Typically, forwards and backwards, if struck from in front or behind, or, a side to side movement if struck from the side.) Even worse, when coupled with the head being rotated at the time of impact, tearing of the ligaments, muscles, and joint capsules in the neck can cause a myriad of symptoms that can remain present for years, sometimes permanently. Some of these symptoms include:

- Neck and shoulder pain and/or stiffness
- Middle and low back pain
- Dizziness
- Vertigo (balance disturbance)
- Fatigue
- Numbness/Tingling
- Face/Jaw pain
- Cognitive dysfunction or brain injury (even without hitting the head directly)
- Sleep disorders

A report published in January 2011 discussed recent advances and a new law that goes into effect 9-1-11 regarding the design of head restraints that is aimed at significantly reducing the injury severity and consequently the costs associated with CAD. The Code of Regulations (CFR) describes the new bill, (FMVSS 202a) as a standard, "...to reduce the frequency and severity of neck injury in rear-end and other collisions." This new law requires testing the absorbency (springiness), the locking mechanisms, and the height by making sure the restraint is above the center of gravity of the occupant's head to reduce the "backset" (distance between the head and the restraint). This is done by testing the seat back and head restraint as a system to ensure the head restraint remains in its proper position throughout the collision. The concept is to reduce the rearward shift of the occupant's head relative to their torso or to avoid extreme h! hyperextension. Companies have been manufacturing both dynamic, as well as static, head restraint systems in response to this new requirement that becomes fully effective on 9-1-11 for both front and rear seats. So, how does this equate to costs?

Between the years of 1988 and 1996 from 805,851 whiplash injuries, the National Accident Sampling System (NASS) reported the total annual cost of treatment, excluding damage to property, was \$5.2 billion. This amount includes costs derived from medical, legal, insurance, productivity loss and work loss. The report estimates, by improving the seat back and head restraint position to the occupant's head, a total reduction of 14,247 whiplash injuries is expected which will have a nearly \$92 million total cost reduction through both direct injury costs and also the indirect societal costs!

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: Fibromyalgia

Fibromyalgia - Tips From Real Patients

Last month, we listed many great "pearls" of wisdom direct from patients suffering with Fibromyalgia (FM), some of which we would like to directly focus on this month and expand as these truly arise from the heart of the experienced and deserve more attention (plus, we couldn't include them all last month and can expand on them now).

1. "Keep a journal every day about what you do and how you feel." Many times when discussing your symptoms of FM with us, it is very hard to remember important details and keeping a journal is REALLY appreciated as it serves as a reminder for the patient of the things that trigger a flair-up. The journal can often save an immense amount of time trying to determine what can be done to help the patient, such as when to employ biofeedback skills, like visualization. This is performed any time or place where you may find yourself in a situation that is totally out of your control and you sense your ability to cope is failing. At uncontrolled times such as this, shutting the eyes and visualizing a calming and relaxing scenario is usually very helpful and can be exercised as often or for as long as needed. Again, write down the most effective visualization scenarios or thoughts so you can refresh your memory from time to time.
2. "Sleep is very important. Try not to nap during the day so you can sleep better at night." One of the biggest complaints from FM patients is sleep disturbance, whether it's getting to sleep or waking up multiple times a night and/or not being able to return to sleep. Many "pearls" were found that dealt with sleep quality and methods for improving sleep. One of the most important issues is stated above - try to avoid napping during the day. Another is to go to sleep at the same time each night, or, to stay on a schedule that is consistent. Some recommended avoiding thoughts about the day that are stressful or situations you can't control prior to going to sleep.
3. "Exercise on a regular basis." This too, was a popular recommendation. Most felt "light exercises" was better, while a few favored strenuous exercises. Some gave specific recommendations like yoga, stretching, or swimming ("...because it's easier on my joints."). Some gave specific instructions like, "...Exercise! Keep those muscles and bones flexed and firm. But do not overdo it!" Another recommended wearing a sweat suit to keep the muscles warm. Most importantly, develop a routine that includes regular exercise doing something you like! This will ensure consistency and flow. Exercise also has the very important ability to reduce stress simply from "working out," and stress reduction and control was mentioned by itself multiple times. Not mentioned is the fact that endorphins and enkephlins are released with exercise that can reduce pain, as they are "natural pain killers," morphine-like substances our body produces.
4. Diet: This too, was popular and frequently mentioned. Some gave very detailed information about what to eat such as, "Balance your meals with a low-fat, high-protein diet. Drink plenty of water." A low gluten diet is anti-inflammatory and very helpful.
5. Miscellaneous: Educate yourself about FM by gathering as much information as possible, reading about FM on a regular basis, starting or attending a support group, choosing a doctor who understands FM were also very common themes. Perhaps most important was, "accept your limitations," and in doing so, don't be afraid to ask for help - create a list of reliable friends and family who are willing to help out when needed.

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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