

VIENNA CHIROPRACTIC NEWS

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Season's Greetings and a Very Happy New Year to all of us! Let's start out with a little musical joy from Maestro Ludwig Von Beethoven and the people of Nurnberg!

[\(https://www.darkmoon.me/2018/beethovens-ode-to-joy-flashmob-nuremberg-2014/\)](https://www.darkmoon.me/2018/beethovens-ode-to-joy-flashmob-nuremberg-2014/)



This Issue Contains:

Season's Greetings Audible Gift; Winter Scheduling & Tips;
Brain Coaching; Snoring: The Slippery Slope;
Breathe Long and Prosper; Hydration and Cognition/Memory;
Doorbells and Dragonflies; Let Us Brag a Little

Let Us Brag a Little!

Drs Todres and Masarsky are sharing the 2018 John Stoke award, presented by the Virginia Chiropractic Association, with Daniel Cohen DC (primary) and Dr Steven Schulman of Johns Hopkins for their recent paper (<https://www.sciencedirect.com/science/article/pii/S2213422017301567>). This is the second time winning this award for Dr. Masarsky.

Breathe Long and Prosper!

In one section of our recent paper (See "Let Us Brag A Little") we discuss the importance of lung function for cardiovascular health. Reduced breathing capacity is a risk factor for heart attack, stroke and loss of cognitive function. A recent paper by Dr. Masarsky raises the possibility that

reduced breathing capacity may also be a risk factor for glandular disorders in concussion victims

(<https://www.sciencedirect.com/science/article/pii/S0306987718305826>).

Chiropractic adjustments help improve the function of the breathing muscles. This improvement in respiratory function is beneficial for neck, upper back and lower back fitness as well as cardiovascular health and neurological fitness.

In addition to chiropractic adjustments, we can coach you through three exercises that help improve lung volumes. The right kind of exercises can augment the benefits of the chiropractic adjustment, and adjustments help you get superior results from exercise.

If you would like us to incorporate a brief coaching session with your next visit, please let us know in advance, so we can plan accordingly.

Breathe long and prosper!

Snoring: The Slippery Slope

Snoring is usually caused by a lack of tone in the muscles of the mouth and throat. In addition to being a loud annoyance for those sleeping nearby, snoring can disturb your own sleep, causing you to feel more tired than you should be in the morning. It can also be a slippery slope towards a more serious problem.

The same loss of tone that causes snoring can also cause you to briefly stop breathing in your sleep. This condition – obstructive sleep apnea – increases the risk of high blood pressure, heart attack, stroke, and dementia.

Toning the mouth and throat muscles can dial down the volume of your snoring, thereby improving the quality of your sleep. Recent research indicates that exercising these muscles can even reduce the severity of obstructive sleep

apnea. Even if you are not snoring, toning these muscles may help subtly sculpt your chin and cheek areas for a better appearance.

If you are interested in learning six simple exercises for the mouth-throat area, please call for a 15-minute coaching session. Feel free to invite 1-2 other people to join us. We are happy to split the \$50 session fee accordingly. You do not have to be a patient to attend.

The muscles of the throat and mouth are controlled directly or indirectly by nerves passing through the neck and upper back. Chiropractic adjustments help free these nerves from stress. Several papers have been published on the value of chiropractic adjustments for sleep quality, even with diagnosed obstructive sleep apnea (references on request).

Please call 703-938-6441 for an appointment or further information.

Water and Cognition/Memory



Our bodies consist largely of water, our brains as much as 75 percent of same, so it makes sense that in order to function properly, we can't allow ourselves to become dehydrated. One of the easiest and most important things we can do to support healthy cognition and memory is to consume sufficient water every day.

Two percent dehydration can affect your long and short term memory as well as attention span and general cognition. There are studies that even put that threshold somewhat lower. Children and adolescents can be vulnerable to impaired concentration and memory problems due to lack of sufficient fluids. This affects learning.

The older brain sometimes doesn't recognize thirst. Sometimes getting up to use the bathroom represents so much effort and fear of falling that seniors often limit those trips in a mistaken effort to make life easier and safer. This lack of sufficient clearing of urine can also increase the risk of developing urinary tract infections which can lead to symptoms that look like dementia whether or not that problem is actually present.

What can we do, besides the obvious, to head off dehydration at the pass? We can keep water available to remind and encourage us to drink more often. Coffee and tea

help, but not as much as plain old water. Eating more fruits and vegetables will give us more fluids as well as important vitamins and minerals. Help your kids develop the habit of sufficient fluid intake now and they will, in most cases, have it for life.

Have a senior in your life who could use more help? Keep small bottles of water available for them (loosen the caps if this is necessary for older, weaker hands) and if they spend a lot of time sitting on one piece of furniture, see if they'll let you place it closer to a bathroom, so the trip doesn't loom so large.

You will see papers suggesting anywhere from 6 to 12 eight ounce glasses of water a day. If you are just beginning to train yourself to drink more, don't set up an impossible, perfect goal. Increase what you're getting and aim for improvement. We don't have any guarantees for specific degrees of memory and cognition improvement right now, but we're learning more every day. In the meanwhile, this is an important start.

Brain Fitness Coaching

New scientific findings reinforce the concept that a previous injury can cause long-lasting subtle deficits in memory, attention, balance, coordination and other brain functions, even if the injury was seemingly healed long ago. Often, the patient will not consciously notice the deficit. If the deficit is noticed, the long-ago injury may not seem related.

When you appoint for your next visit, please remind us of any concussions, auto accidents or slip-and-fall injuries, even if these seem like "ancient history". We can perform tests to uncover subtle deficits in brain function.

Whether or not you have an injury history, we recommend a 15 minute coaching session to go over things you can do to improve your brain function, and to preserve function as you age. Feel free to invite 1-2 other people to join us. We are happy to split the \$50 fee accordingly. You do not have to be a patient to attend.

Call 703-938-6441 for an appointment or more information.



Winter at Vienna Chiropractic Associates: A Few Handy Tips

We know Northern Virginia tends to shut down when it snows. After many years in Virginia (35) we still have the Northeast running through us and we will be open unless the public is being begged to stay off the roads (or we can't get the car out.) If you have an appointment and it has been or is snowing, call to see if we're open. If you can't make it in, we can reschedule you but we need to know if you're coming: a. to be better able to work with other stalwart souls who want in or b. to get us out of Dodge if it really is becoming bad, so we don't get stuck ourselves. Thank you!

Regarding shoveling: Dress warmly. You are not going to impress anyone with your ability to tolerate frostbite. Socks, hat, gloves... Really! When shoveling, your movements need to be straight ahead. Don't ask your poor, home-warmed body to scoop up a heavy shovelful of snow and ice, twist to dump it off to the side and then feel great or even marginally healthy. If you are in a complex with head-on parking, please don't load up the guy next to you who is probably having breakfast, so that he (or she) can't get into their car when their body-building show begins. Clean off the top of the car with a broom so you don't end up with a giant cake of snow when you weren't seeing well already. Ever heard "You've got to have the right tool for the job"? Your roommate's tennis racket or kid's beach pail is not what you need. Get a snow shovel and get it today, they sell out! If you don't, you may need to move into the office for a few days for de-kinking!

Regarding driving: No matter how great your vehicle is, you need to go slower on snow or ice. Seriously! Don't stop any more than you need to, you may find yourself digging in deeper and unable to get out of your

rut(s) when it's time to go again. Big dip in the road? Slow and steady, folks. If you stop, you're going to lose momentum and you won't be going up the hill any time soon.

Sense and sensibility: The other driver coming the other way may not actually be able to stop or may not have read this newsletter and is now peering through the edges of the cake from his/her roof. Be mindful of your surroundings in case the other person isn't or can't.

Just one more thing! Lots of people will tell you to keep a bag of cat litter in the car to put behind your tires if you're stuck. Don't get the clumping kind. We're just saying!



Doorbells and Dragonflies

New to this office? At times you may come in on time for your appointment and find no one in the business area to greet you. Probably this is because we're finishing up with the patient before you or just spending a little extra time with someone because we don't know you're here yet. If an adjustment/treatment room has its door closed, we can't necessarily hear you come in. So... March up to the front desk and look to the right. Slightly to the side of Silk, the waving cat, is a doorbell. Ring it and we'll come retrieve you.

Dragonflies are happening in the office lately. Should you come across one or more in a patient room, the next step is to hang your purse or jacket on their handy dandy hook, unless your purse contains a cinderblock, in which case this is an inappropriate action. We hope to have them all up soon.

Hours M,W,F: 10-1 3-7 T : 10-1 Dr M only Th : Closed, except emergencies	Calendar Jan: 2 office reopens 5,19 Saturdays open
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Sat **Selected Saturdays, 9-12**
Sun **: closed, except emergencies**



14 Chiro Independence Day
Feb: 2,16 Saturdays open
11 Chiro Independence Day
Mar: 2,16 Saturdays open
18 Chiro Independence Day
23-24 Closed, docs teaching seminar
Apr: 6,27 Saturdays open
15 Chiro Independence Day
May: 4,18 Saturdays open
20 Chiro Independence Day
27 Closed for Memorial Day