

Vienna Chiropractic Associates, P.C.

News



May–August 2011

Before Your Next Exam

You wouldn't want your internist or pulmonary specialist to prescribe medication for respiratory distress based on observing you pant in the middle of a marathon. You wouldn't want your eye doctor to change your lens prescription based on a visual exam performed in the middle of an all night New Year's Eve party. When you go for an exam with your primary doctor or specialist, you do not want the findings to be confounded by correctible circumstances. After all, the more accurate the examination findings, the more confidence you can have that any recommendations will be in your best interest.

You should know that misalignments or restrictions (subluxations) in your spine can irritate nerves controlling almost every organ in the body.¹ The result can be a distortion of normal organ function. Such distortions can make an

organ or organ system seem less healthy than it actually is. In effect, the "machinery" may not be in bad shape, but problems with the "circuitry" are distressing the machinery's performance. As a result, drugs may be over-prescribed, and other interventions may be recommended at levels beyond what is needed.

For example, subluxation can distort vision. Chiropractic adjustments often help the body towards more normal

visual acuity.^{2,3} Some of you have experienced these beneficial changes in our office. Naturally, you want your eye doctor to prescribe the lenses that compensate as precisely as possible for your long-term eye problems. It is not in your best interest to wear glasses or contact lenses that compensate for the temporary and correctible vision problems related to subluxation. If these subluxations are corrected after you get the new lenses, your nervous system will be healthier, but your lens prescription may now be wrong.

Continued on page 2

Inside This Issue

Before Your Next Exam.....	1
How Can My Allergies Possibly Affect My Spine?.....	2
Door Knob Conversations	2
Chiropractic Ind. Day, etc.	3
Make Us Part of Your New Baby Team	3
Newsletters by E-Mail	3
Quiz—And Prizes!.....	3
“Hi, It's Me!”	4
Along Those Lines.....	4
Paperwork.....	4

Office Hours

Monday	10:30 am–1:00 pm 3:00 pm–7:30 pm	Friday	8:30 am–1:00 pm 3:00 pm–6:30 pm
Tuesday	10:30 am–1:00 pm	Saturday	9:00 am–1:00 pm (two to three Saturdays each month)
Wednesday..	10:30 am–1:00 pm 3:00 pm–7:30 pm	Sunday.....	Office Closed
Thursday ...	Office Closed		

For appointments or to speak with a staff member, please call: 703-938-6441. If we are closed, or away from the desk, you will be able to leave a message and we will get back to you as soon as practicable. Parts of Vienna are inhospitable to cell phone transmission. If you have difficulty getting through on your cell, please try again.

Office Calendar

May	July, continued
14, 21	25..... Independence Day
23.....	August
30.....	6, 27
June	29.....
4, 25	Independence Day
20.....	September
July	5.....
4.....	10, 24
9, 23	26.....
	Independence Day

Note: We make every effort to provide you with an accurate calendar. This being said, each newsletter is set up well in advance of these dates and unforeseen circumstances may require minor changes in the schedule.

A chiropractic visit a day or two prior to your next visit to the optometrist or ophthalmologist may help these professionals do their best possible job.

Subluxation can also reduce breathing capacity. Drs. Masarsky and Todres have published a number of clinical research papers indicating that chiropractic adjustments can improve breathing capacity.^{4,5} If you are under care for asthma, chronic obstructive pulmonary disease (COPD) or allergic problems with a significant respiratory component, you want the severity of your disorder to be accurately assessed. Subluxation-related breathing problems may mislead your allergist or pulmonary specialist into over-medicating you, through no fault of their own. A chiropractic visit a day or two before your next visit to the allergist or pulmonary specialist may be a wise precaution.

Abnormal alignment or movement of the jaw (TMJ) can be aggravated by subluxation, especially of the upper region of the neck (upper cervical spine). If you are scheduled to be fitted for a dental appliance to correct TMJ dysfunction, it would be wise to visit your chiropractor first. Such an appliance may not be optimally adjusted unless subluxations are corrected first.

In a similar manner, subluxation can disturb blood pressure, digestion, and many other functions. Please consider getting a chiropractic check-up prior to your next medical or allied health evaluation. This way, you are taking the “circuitry” problems off the table, so your doctors can do the best work they are capable of on your “machinery.”

Please speak to one of us if you or one of your other health care providers would like further information on the potential benefit of a pre-examination chiropractic visit.

References

1. “Brain and Empire”: <http://www.neurologicalfitness.com/newsletr/January10News.pdf>.
2. “Vision—Your Neurological Window”: <http://www.neurologicalfitness.com/newsletr/news0106.htm>.

3. “The Vision Thing”: <http://www.neurologicalfitness.com/newsletr/news0904EXC.htm>.
4. Masarsky, C.S., and M. Weber. “Somatic Dyspnea and the Orthopedics of Respiration.” *Chiropractic Technique*, 1991; 3(1): 26-29.
5. Masarsky, C.S., and M. Weber. “Chiropractic Management of Chronic Obstructive Pulmonary Disease.” *Journal of Manipulative and Physiological Therapeutics*, 1988; 11: 505-510.

How Can My Allergies Possibly Affect My Spine?

Short and sweet. If you are allergic to something or even highly sensitive to it, exposure can send your adrenals (small organs that sit on top of your kidneys and help you deal with all kinds of stressors) into a frenzy trying to cope with increased demand for adrenaline. Your adrenals need adequate levels of Vitamin C to function properly and provide that adrenaline.

Healthy ligaments are necessary to keep your spine and all other joints stable. Ligaments (discs are a highly specialized form of ligament) are connective tissue, which requires adequate adrenaline and Vitamin C to function properly. This means that when your allergies flare up and deplete your reserves of Vitamin C and adrenalin, your joints, including those of your spine, are likely to be less stable than usual and you may be more prone to subluxation.

Think resource management (see “Smart Resource Management,” <http://www.neurologicalfitness.com/newsletr/fall10.pdf>). If you are sensitive to the allergen you’ve encountered, your body is going to have to step up production of adrenal hormone (adrenaline) to support your system and get you past the systemic assault. Providing yourself with sufficient Vitamin C will go a long way toward that end. Please remember that Vitamin C is an acid and that needs to be respected. Also, certain medical conditions and medications may require you to ingest your Vitamin C in very specific forms. If you are on medication, you must discuss

any possible reactions caused by increasing your Vitamin C intake or changing its form with the person who prescribed your medication.

Please see the following for more tips on easing into spring and summer activities: “Road Trips, Roller Coasters, etc.,” <http://www.neurologicalfitness.com/newsletr/Summer10.pdf>, and “In the Garden Again,” <http://www.neurologicalfitness.com/newsletr/news0506.htm>.

Door Knob Conversations

We do our best to schedule you for enough appointment time to meet your needs, with standard appointments (other than initial exams) being fifteen minutes and many appointments being half an hour to accommodate specific individual needs. Patients can do their part by allowing themselves enough time to get here and by telling us anything new or asking any major questions when we start your visit.

The above can all fall apart due to the infamous Doorknob Conversation. These occur when we’ve checked and adjusted you, the next patient has been announced, we’ve done your paperwork and as we place our hand on the door knob to accompany you to the front desk you say: “Did I tell you about my auto crash?” “I don’t know why, but I’m having trouble breathing lately. It just happens.” “That new medication is making everything go numb!” “That’s my brother out there. He wants to talk to you.”

We do have (salmon colored) forms up front so you can tell us about any new problems or questions before we even get into the adjusting room, but it may be even more helpful to let whoever makes your appointment for you know that you may need a few extra minutes. If the crash, new condition, problem or anything else of that nature crops up between the time you made the appoint-

Continued on page 3

ment and the actual appointment, give us a call so we can get you any extra time you may need. As always, it's important to be a good and proactive historian. If you find your memory isn't always great or you know you've been distracted lately, don't be embarrassed. Make some notes regarding your question(s) or new situation and give them to us when we begin. We're happy to respond to your questions, make referrals as needed and discuss chiropractic with friends and family, but sometimes we may have to ask you to wait a few minutes while we see the next patients as they're scheduled or arrange to call you when we get a break; but if we have your information early, we'll try to work it into your room time.

QUIZZES

Chiropractic Education...Yours! ...And, There Are Prizes!

We get asked some great questions and we hope our newsletters and office handouts will inspire even more. This time, we're asking the questions. We invite you to take the following quiz. E-mail the answers to viennachiropractic@neurologicalfitness.com and we'll enter your name into our October prize drawing. No, we're not giving away Tuscan vacations or hybrid Cadillacs, but we think you'll find the prizes useful, maybe even interesting. For this first quiz (it's a series!), you'll find the answers in the page 2 article, "How Can My Allergies Possibly Affect My Spine?" and the included links. When we get your quiz, we'll send you the answer key and you can see how you did. You don't have to pass the quiz to enter, you just have to make the effort. We plan to offer several quizzes between now and October, so the more quizzes you take, the better your chances of winning.

Share the fun! You don't have to be a patient here to enter, so feel free to pass the quiz along. We do ask that if you send this to your uncle at his posting in Bora Bora, you let him know up front that winners have to pick up their prizes in person or send in a bona fide representative!

A paper version of the quiz is available for those who don't have internet access. Now then...

Quiz # 1!

- Allergies and chemical sensitivities can overtax the _____ gland, resulting in a _____ deficiency. This makes your spine more vulnerable to injury and misalignment (subluxation) due to changes in your _____ tissue.**
 - thymus; vitamin A; brain
 - adrenal; vitamin C; ligament
 - pituitary; vitamin B; liver
 - thyroid; vitamin D; heart
- An under-recognized source of neck injury in the spring and summer is:**
 - "Amusement Park Whiplash"
 - slip and fall due to bad vine-pulling technique
 - both of the above
 - none of the above
- For pulling up vines or weeds, the best position is:**
 - Kneeling or sitting
 - Standing
 - The Cobra
 - Inverted
- Consider wearing a particle mask when:**
 - The pollen count is high
 - You are digging in the garden
 - You are mulching
 - All of the above
- Would you like to be on our list to automatically receive future quizzes?**
 - Yes
 - No
 - Yes, but I'll need it on paper

Make Us Part of Your New Baby Team

We will, of course, check your new arrival's spine (the path into the world outside Mom or from their home country can be a little rough), and we look forward to helping her/him stay as healthy as possible as he/she adapts and matures, but this is about you.

During pregnancy your body will have increasing demands placed on it

physiologically and structurally on a daily basis. Your center of gravity and therefore your balance will change constantly until you deliver. Depending on where your passenger chooses to ride, back pain and dyspnea (difficulty in breathing) can set in. Labor is its own adventure as you achieve the seemingly impossible by pushing a child into the world while you are lying down. Post-delivery, your ligaments that loosened to let the whole experience happen are retightening. Maybe it's just us, but we think it's a pretty good idea to help them tighten everything into the functionally correct position.

After your baby has arrived, even if you have help for a while, you are going to be bending, lifting and carrying very differently than your life required of you BB (before baby). Your child is going to need your help for even the smallest things for a while. If you have adopted your child rather than carrying him or her, you've still been pretty busy preparing, doing paperwork and maybe even flying long distances to make sure your new son or daughter gets to come home, at which point, see above!

You have to be healthy to give your baby the best start and support in life. Appropriate chiropractic care is a safe and drug free way to make bringing your newborn into the world and home easier on and healthier for you. We'd like to help you with that.

Chiropractic Independence Days and Other Helpful Stuff!

In an effort to make chiropractic care available to all who want it, we've set aside selected Mondays as Chiropractic Independence Days. On these days, there are no set fees. Your decision to get chiropractic care is completely independent of your insurance policy or lack of coverage, or your financial situation. Payment, unless you opt to write a check or pay by credit card, goes anonymously into a box at the

Continued on page 4

Continued from page 3

front desk, and is based on what you think the care was worth to you and your ability to pay. Medicare is the exception because those fees are federally mandated. We do see new patients on Independence Days, schedule permitting, and it's a great way to introduce friends and family to the benefits of chiropractic. The schedule fills up fast, so make your appointment early. Be sure to show up on time. If you can't keep your appointment, let us know as soon as possible so someone who needs it can come in. Thanks!

Want to be checked on an early intervention basis and save money doing so? Are you a full-time post high school student who could use a student discount? Have you been deployed to Iraq or Afghanistan within the past five years? If so, we have a gift for you. Call us at **703-938-6441** to learn about programs designed just for you.

THANKYOU! for your referrals and to those quietly generous souls who sometimes choose to pay it forward so others can be helped.

“Hi, It’s Me!”

We love that many of you feel close enough to call the office and identify yourselves in your messages that way. Ummm, could you be a little more specific?

While under the right circumstances, we do recognize many of you by the sound of your voice, office sounds, another line ringing, other conversations at the desk or phone line sound distortions can change that. Just giving us your first name may not be enough, considering how many other parents were thinking along the same lines when they named their children. Giving us your first and last names when you call will help us communicate accurately, quickly and without confusion.

Along Those Lines...

Often, we answer your off hour calls from home or elsewhere. Some of you are then saving that number on your phones as if it were the office. The problem is, if you call us on it during our business hours, we won't get your call (we're not at home, remember?) and you won't get the appointment you're looking for or your question answered. Depending on how late we've been in the office, we may not even check that phone until the next day or quite late. If you call us at 5 am to leave a phone message and it reaches us at home, we can't guarantee that we'll make much sense at that hour.

Sometimes, we're monitoring you very closely and have asked you to call us at

home during a specific time period so we don't inadvertently call you when you're resting. Otherwise, it works best for everyone if you use **703-938-6441** to contact us. Barring downed phone service, we'll get that call. Thanks!

Paperwork (Referrals, Work Excuses, Flex Spending Notes, Etc.)

Sometimes you need a form filled out for whatever reason. The best way to make sure it happens is to give us the form or information when we go back out to the front desk. Even if the need is based on something we brought up (referrals, supports, work or school excuses), when we are in the adjusting rooms we are not really tuned in to paperwork of any kind. If you need something, like a flex spending note, it's fine to bring it up while you're in the adjusting room, but bring it (the school excuse, the referral need, etc.) up again when we go up front. That way, it can be put where we or whoever is at the front desk will notice it. We can even write ourselves a reminder and, other than work or school excuses, which are done on the spot if necessary, it will definitely go out the next day or so.

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News

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Address Correction Requested

