

VIENNA CHIROPRACTIC NEWS

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www.neurologicalfitness.com

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Calendar

May

5, 19: Saturdays Open
21: Chiropractic Independence Day
28: Closed for Memorial Day

August

11, 25: Saturdays Open
27: Chiropractic Independence Day
15-20: Doctors out of town

June

2, 9, 16: Saturdays Open
18: Chiropractic Independence Day

September

8, 22: Saturdays Open
17: Chiropractic Independence Day
3: Closed for Labor Day
10: Closed for Rosh Hashanah
19: Closed for Yom Kippur

July

4: Closed for National Independence Day
14, 28: Saturdays Open
16: Chiropractic Independence Day

Our Johns Hopkins Connection

Over the years, we have published a number of case reports and case series in clinical research journals. Most recently, we contributed as secondary authors to a paper on the prospect of chiropractic participation in the care of cardiology patients. The primary author is our friend and colleague, Daniel Cohen, D.C.

Many papers and articles have previously been written about the importance of medical-chiropractic collaboration in various fields. Two features of this paper are a bit unusual:

1. The paper appears in an interdisciplinary journal – *Integrative Medicine Research*. Most of the editors are medical doctors or Ph.D. medical researchers.
2. Our fellow co-author is Steven Schulman, M.D. of the Johns Hopkins Coronary Care Unit. His co-authorship is a tangible indication that the potential benefits of chiropractic care for cardiology patients are being taken seriously.

If you would like to read this paper, you can find it at this link:

<https://www.sciencedirect.com/science/article/pii/S2213422017301567?via%3Dihub>. Among other things, you will find a summary of research indicating that chiropractic adjustments can play an important role in alleviating high blood pressure (arterial hypertension).

One of the reasons we were asked to co-author this paper was our previous research on the beneficial effect of chiropractic adjustments on lung volumes. Improved lung volumes lower the risk of cardiovascular disease. Please see our previous newsletter articles on this topic: “Wind” <http://www.neurologicalfitness.com/newsletr/Springo8.pdf> and “In the Long Run” <http://www.neurologicalfitness.com/newsletr/Wintero9.pdf>.

ALLEVIATING NIGHTMARES: CONTINUED CALL FOR RESEARCH SUBJECTS

As we announced in our last newsletter, we are investigating the effect of chiropractic care on the frequency and intensity of nightmares. If you have averaged at least one nightmare per week for one month or more, and if you have not had any chiropractic care for one month or more, you are eligible to participate in this study. You will be asked to complete a brief (approximately 5 minutes) standard form about the impact of nightmares in your life. In

addition, we may have some questions about your nightmares and related issues during the case history. After one month of chiropractic care, we will ask you to fill out the nightmare form again. We cannot pay you for your participation. However, there will be no charge for this month of care. If you are interested, please speak to Dr. Masarsky or Dr. Todres at Vienna Chiropractic Associates. We are located at 243 Church Street NW, Suite 300-B, Vienna, VA 22180. Our phone number is 703-938-6441. If you prefer, you can e-mail us at viennachiropractic@verizon.net.

AND YOU WON'T NEED A KEY!

For those of you who arrive from Front Royal, Bethesda or DC with a pained look on your face, quietly asking for the key, you won't need one here. Our Executive Rest Room is available to you. Pass the business office and enter the first door on your left. We were thinking of having a Roman Bath installed, but settled for a shelving unit that had nowhere else to go. It's construction was one of the conditions of our leasing this office. It's not elegant but it should satisfy your need for privacy and will save you the extra trip down the outer hallway. We don't remember what we did with the key to that one anyway.

AN ART, A SCIENCE, BUT NOT AN INDUSTRY (Here)

Somehow, in the last several years, people have gone from providing health care to being part of the Healthcare Industry. The art and science of finding out what's gone wrong, figuring out how to get it as happily resolved as possible and working out a plan to try to avert recurrence or keep things down to a dull roar has apparently morphed into an behemoth-like industry that relies on conveyor belt delivery of care, an insurance industry that controls access to care for a large chunk of even the well-insured public and

standardization replacing standards, despite the incredible diversity and individuality of the human race. Whew, got that off our chests!

Vienna Chiropractic Associates has been family owned here in Vienna for almost 35 years. In many cases, we have seen 3 generations of folks from the neighborhood. We know who you are and remember your name. If your schedule and your body need a little extra flexibility on the same day, that can usually be arranged, depending on where we also have to be and when. In other words, we still see our patients as a community and ourselves as citizens of that community. And yes, we still believe that health care is an art and a science. We'll leave the industry and the conveyor belt to someone else.

LILL

We'd like to take a moment to thank all of you who were so supportive as we cared for Dr T's mother, Lill (1923-2018) over the last few years. Your concern and understanding have meant a lot to us. Thank you for caring.

YOUR SPINE THIS SEASON

Consider the movements of a whiplash victim's head and neck. Now contemplate the movements of your head and neck during an intense sneeze or violent cough. Notice the similarity? If so, your observation is backed up by historic cinematic evidence. See our article, "Seasonal Whiplash Runs Deep" in our January 2017 newsletter: <http://www.neurologicalfitness.com/newsletr/Jan-April2017.pdf>.

While we appreciate the beautiful flowers and foliage of Spring and the triumphant cloud of dust as we slide to home plate in those Summer baseball/softball games, some of us "salute" with a sneeze. That sneeze or cough can "reshuffle the deck" as far as your spinal joints are concerned. This

disorganizing reorganization is the last thing your nervous system needs. Keep on top of your chiropractic health care, and enjoy your improved neurological fitness during this beautiful season.

WE COULD USE YOUR OPINION

This newsletter comes out 3 times a year and we try to make it a combination of office news, research findings and subjects that seem to be on people's minds. We do not flatter ourselves that each of you is dedicating your time to reading every bit of it. That being said, we'd like to make it as relevant as possible. It will help us tremendously if you can tell us (either by filling out this page and emailing it or dropping it off at the office (or, you could mail it!) which of the following suggestions would be most useful:

1. Send a shorter newsletter, more often. Yes _____ No _____
2. Ditch the calendar, I'll just take my chances. Yes _____ No _____
3. More research findings _____ Less research findings _____
4. Include a Q&A section. Yes _____ No _____
5. If we designated an hour or so periodically as general, in person Q&A/general discussion time regarding chiropractic, would you come to those sessions and/or bring a friend? Yes _____ No _____ If yes, would morning _____ afternoon _____ or evening _____ be best?

Many thanks!