

# Vienna Chiropractic Associates, P.C.

Your Down-to-Earth Alternative Since 1983

January–April 2009



## In The Long Run

Nobody thinks it's odd when his or her dentist recommends regular visits to maintain good oral health for as long as possible. People do not find it peculiar when their optometrist suggests regular visits to maintain good visual health for as long as possible. Yet, many people are puzzled when their doctor of chiropractic recommends regular visits to maintain good spinal health for as long as possible.

Of course, when you are suffering with low back pain, neck pain or tension headache, it is completely understandable that you have one overriding goal—stop the pain. However, once this short-term goal has been accomplished, it is time to consider your long-term spinal health goals. In formulating your long-term goals, it is essential to understand that spinal health is about more than getting rid of pain. Spinal health has a long-term impact on every function affected by the spinal nerves, which influence every organ system in your body.

Breathing is a good example of a function most people do not associate with spinal health. A published case involved a 53-year-old man with a 20-year history of chronic obstructive pulmonary disease.<sup>1</sup> More than 14 months after starting chiropractic care, the amount of air he was able to forcibly exhale in one complete breath (a measure called “forced vital capacity”) and the amount of air he could move in the first second of that complete breath (called “forced expiratory volume in one second”) had both improved substantially

(1 liter and 0.3 liters, respectively). This case is part of a growing body of literature indicating that improved spinal health through chiropractic care is often accompanied by improved lung volumes.<sup>2</sup>

The long-term implications of the link between chiropractic care and lung volumes cannot be over-emphasized. In most adults, even those without pulmonary disease, lung volumes do not improve over time; in fact, lung volumes generally

decline with age. Lower than normal lung volumes are associated with shorter life spans.<sup>3</sup> More specifically, depressed lung volumes have recently been linked to increased risk of stroke, heart attack, and other potentially life-shortening cardiovascular problems.<sup>4-6</sup> Conversely, the better your lung volumes, the longer your life span is expected to be.

Additional biological functions that seem to benefit from improved spinal health include reaction time,<sup>7</sup> balance and vision.<sup>8</sup>

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### 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 .....	3:00 pm–7:30 pm	Saturday ...	9:00 am–1:00 pm (We are usually open at least two Saturdays/month)
Wednesday ..	10:30 am–1:00 pm; 3:00 pm–7:30 pm	Sunday .....	Office closed
Thursday ....	Office Closed		

**For appointments**, please call 703-938-6441. If we are closed, or away from the desk, you will be able to leave a message. If you are having trouble reaching us by cell phone from certain areas (including certain cellular “dead zones” within Vienna) please try again.

### Office Calendar

#### January

2.....Office Reopens for 2009  
3,17.....Open, Saturday hours  
19.....Martin Luther King's Birthday,  
Office Open  
19.....Chiropractic Ind. Day

#### February

7,21.....Open, Saturday hours  
16.....President's Day, Office open  
16.....Chiropractic Ind. Day

#### March

7, 21 .....

Open, Saturday hours  
16.....Chiropractic Ind. Day

#### April

4,18.....Open, Saturday hours  
20.....Chiropractic Ind. Day

#### May

2, 16 .....

Open, Saturday Hours  
18.....Chiropractic Ind. Day  
25.....Memorial Day, Office Closed

**Note:** We are making every effort to provide you with an accurate calendar. However, each newsletter covers a period of four months. Unforeseen circumstances during this time period may require minor changes in the calendar.

In the short run, it would be great to get out of pain. Chiropractic care can help most people achieve this short-term goal of spinal health. In the long run, it would be great to retain as much lung capacity, visual acuity, reaction time, balance, and cardiovascular health as possible. Emerging research strongly suggests that spinal health has a role to play in these long-term goals as well. Consider this when your doctor of chiropractic recommends regular follow-up visits.

## References

1. Masarsky CS, Weber M. Chiropractic Management of Chronic Obstructive Pulmonary Disease. *J Manipulative Physiol Ther*, 1988; 11:505.
2. Masarsky CS, Weber M. Somatic Dyspnea and the Orthopedics of Respiration. *Chiropractic Technique*, 1991; 3:26.
3. Beatty TH, et al. Effects of Pulmonary Function on Morbidity. *J Chron Dis*, 1985; 38:703.
4. Van Der Palen J, Rea TD, et al. Respiratory Muscle Strength and the Risk of Incident Cardiovascular Events. *Thorax*, 2004; 59: 1063-1067.
5. Hozawa A, Billings JL, et al. Lung Function and Ischemic Stroke Incidence: The Atherosclerosis Risk in Communities Study. *Chest*, 2006 (Dec); 130 (6): 1642-1649.
6. Guo X, Pantoni L, et al. Midlife Respiratory Function Related to White Matter Lesions and Lacunar Infarcts in Late Life: The Prospective Population Study of Women in Gothenburg, Sweden. *Stroke*, 2006 (Jul); 37 (7): 1658-162.
7. Todres-Masarsky M, Masarsky CS. The Somato-visceral Interface: Further Evidence. In Masarsky CS, Todres-Masarsky M. *Somatovisceral Aspects of Chiropractic: An Evidence-Based Approach*. Neurological Fitness, Vienna, VA 2008.
8. Masarsky CS, Todres-Masarsky M. Subluxation and the Special Senses. In Masarsky CS, Todres-Masarsky M. *Somatovisceral Aspects of Chiropractic: An Evidence-Based Approach*. Neurological Fitness, Vienna, VA, 2008.

# Workshop Planning

We are looking into two workshops to be held in the office, most likely once the weather gets a little more reliable. They are:

***Caring for Others, Preserving Myself***—This will teach us how to care well for the increasing numbers of loved ones who need help to remain at home, without creating a situation in which we ourselves are too injured to be effective for anyone. This would include care of the elderly as well as anyone with a serious illness. There may be a second part, designed to help us deal emotionally with these stressful but important times.

***Sing Out, Stand Out***—This is for the many singers among us, pro and not so pro, who want to work on getting the best and most sound out of their instruments (bodies), as well as being able to stand for and deliver a performance while, again, preserving that instrument.

Both courses are free, and you don't have to be a patient to participate.

Why are we bringing this up now when we don't even have dates? Exactly! Around the Metro area, even when we want to do something for ourselves, finding the time can be rough. If you are interested in either of the above (probably 1-2 hours long each), call us at 703-938-6441, fax us

at 703-319-3978 or e-mail us at neurofitness@aol.com and mention the class in the subject line. We're trying to find the

best days and times to hold them. (Please don't e-mail us about appointments or clinical matters. We need to speak to you directly about those.)

## What Is Chiropractic Independence Day?

In an effort to make chiropractic care affordable to everyone, we set aside selected Mondays as Chiropractic Independence Days. On Independence Days, there are no set fees. Your decision to seek chiropractic care is independent of your insurance or income level. Payment (which goes anonymously into a box at the front counter) is a combination of what you feel the care is worth and your ability to pay. (Medicare is the one exception; we must charge the federally mandated fee.) We do accept new patients on Independence Day, depending on time availability, making this an excellent time to introduce a friend, co-worker, or loved one to chiropractic care. It does make sense to make your appointment well in advance, as these time slots fill in quickly.

## FAQ

“My arm hurt, so you adjusted my neck, which made my arm stop hurting. How'd that happen?”

Your arm was hurting because a nerve in your neck that carries information to the muscles of your arm was being incorrectly stimulated. Correcting your neck problem allowed your arm to work properly. In some cases, the irritated or pinched nerve could be elsewhere in your body. Since the nervous system is a closed system; adjusting the right place can often help with a problem seemingly too far away to be related.

# Snow!

Short and simple: If it snows and you cannot keep your appointment, please call us in a timely manner (703-938-6441) so that we are not expecting you. You can call at any time. Barring an ice storm that takes down power lines, there will be a tape on which you can leave a message. To learn more about our snow policy and to pick up some tips on staying healthy during shoveling, go to [www.neurologicalfitness.com](http://www.neurologicalfitness.com) and click on "newsletters," then go to Jan-Apr 2007 and Jan-Apr 2008. If you don't have computer access, call the office and we'll get the information to you.

## Physical Changes Around The Office

We've been doing some rearranging around the front room, as follows:

- A. There is now a shelf system offering such items as pillows, supports and other useful items. We can also special order items for you. The lower part of the system contains reading material for your use in the office in case you get to your appointment early.

The bad news is...

The shelving took up space that used to belong to the coat rack.

- B. The good news is if you were one of the people who watched in embarrassed horror as that rack freed itself from the wall and came at you, that won't happen anymore! Eventually, there will be a coat tree in the center hall. Until then, you can keep your coat with you, hang it in the adjusting room, or lay it on the park bench in the center hall.

- C. The kids now have a bookcase of

their own stocked with materials that we hope will engage their curiosity. It's located on the wall facing the entrance.

- D. The old magazine rack has been moved to the center hall where it is used to display various handouts for your information and that of any curious friends. Check it out periodically, as the offerings will change.

## The Quality Care They Deserve

For a health care provider, referral is the sincerest form of flattery. More importantly, referral is a way to help your friends, family and coworkers find the quality care they deserve.

Thank you.

## Veterans Returned From Afghanistan And/Or Iraq

**We're glad you're back, and we have a gift for you. Whether you're back in the Metro area permanently or are between deployments, we'd like to offer you a year of chiropractic care at this office at no cost. All we have to see is your ID and a copy of your orders. Please call us for details.**

**You've been through a lot, body and spirit, and we'd like to help and say,**

### **Welcome Home!**

## FAQ

"How does chiropractic work?"

Think electrical work as opposed to carpentry. We look for and correct "shorts" and "static" in your nervous system to improve your function, boost your health and help to relieve pain.

# Pillow Fight

While most people greet their cervical/chiropractic pillow with a sigh of relief, many people tell us they are not comfortable with theirs. Barring specific physical problems, there are a few reasons this might be the case.

1. The lobe (bump) you are using may be too large for your neck. Try using the smaller one.
2. Your pillow may be an “enabler.” It’s supposed to support your neck and head, but some kinds of foam so conform to the contours of your cervical spine (which needs support) that they can’t do enough to help you properly.
3. You may be using it wrong! Old habits die hard, and these pillows are meant to be used in a very specific way. Sometimes, people simply rest their head on the edge of the pillow. This not only causes their neck to bridge more, with no support, thereby actually straining it, but it can end up with the sleeper awakening in the night with the pillow standing straight up against the head of the bed or the wall, looming over them! Alternatively, some people find that during the night, they work their head up to the top of the pillow. This shoves their head forward and raises their shoulders, completely negating

the carefully engineered form of the pillow.

These pillows, regardless of manufacturer, are designed so the “bump” on the edge goes under your neck to support it and slightly lift the middle to help you return the natural curve of your neck. Your shoulders should be on the bed and your head will fit in the “valley.” With most cervical pillows, you can also sleep on your side as long as the first lobe is under your neck. Not sure you’ve got it

right? Bring your pillow with you on the next visit and we’ll check for you.

## Multipacks

If you want to have your spine checked regularly on an early intervention basis, you may be interested in our six- or twelve-visit packs, or the eighteen-visit family pack. You will save money while safeguarding your spinal health and mobility. Our staff is happy to answer your questions on these programs.

## FAQ

“Sometimes I only come in once and don’t have to make a specific second appointment, whereas other times I have to come in several times within a few weeks. Sometimes the pain is all but gone, but the tests you do are still positive and I have to come back. What’s that about?”

Chiropractic puts your body in a position to heal itself. Sometimes one visit will do the job, especially if you are getting regular “tune-ups.” Sometimes an injury or condition is more severe, especially when you begin care, and your spine needs a little more attention to help it heal and break “bad habits.” Other times, the first adjustment takes care of the acute problem, but there may be a chronic problem underlying it. It is wise to correct the instability to optimize the effect of your adjustments. We do detailed testing and examination, so your body can tell us what it needs. In the last analysis, you decide what to do, but we’re here to guide you.

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## News

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*Address Correction Requested*

