



Back To Health

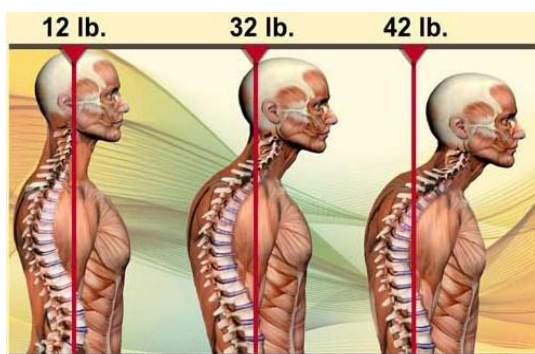
Office Newsletter of

Biamonte Chiropractic Centre

3640 Portage Road, Niagara Falls, ON
(905) 357-1543

Forward Head Posture (FHP)

How it affects Your Health



Forward head posture is an extremely common affliction in both the young and old. The problem is on the rise with the increased use of computers, video games and smartphones.

It's not uncommon to observe 2 inches of anterior head placement in adolescents. Would you be surprised that your neck and shoulders hurt if you had a 20-pound watermelon hanging around your neck? That's what forward head posture can do to you. Left uncorrected, FHP will continue to worsen. Chiropractic can be very corrective. Our approach is to reverse the joint fixations (what we refer to as "subluxations") and in re-invigorating the muscles that normally retract the head.

Obvious problems that can result from FHP are headaches, stiff neck, and upper back pain. But also keep the "Domino Effect" in mind. As one part of your spine shifts, other areas compensate. Carrying your head forward almost always results in a rounding or "humping" of the upper back, and an increased curve of the lower back as the hips roll forward. The end result can be problems in the head, jaw, neck, upper and lower back, as well as breathing problems and eventual early arthritic change.

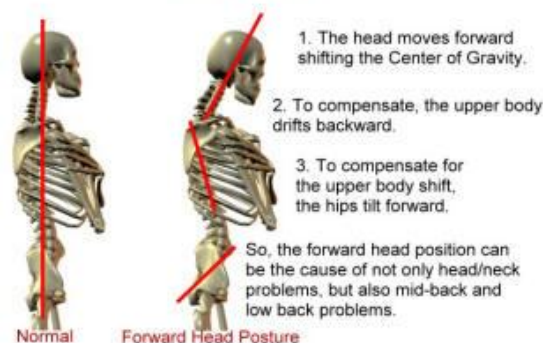
The sooner the problem is detected and treated, the more likelihood for complete correction. This is why it is especially important for children and young adults to address the problem.

You can perform a quick test on yourself and your family members at home. Stand in your normal posture. From the side view, a line dropped from the middle of your ear should go directly through the middle of your shoulder. If it has drifted in front of your shoulder, you have an increased risk factor for the problems related to forward head posture.

If you notice your child has a slumped posture, or if they suffer from headaches, neck pain or upper back stiffness, it is a sure sign that they should have a spinal examination. The problems of tomorrow are much more easily treated today.

Dangers of Forward Head Posture

The Domino Effect





Direct Billing Is Here!

Good news for many of you who have extended health care benefits. Our office has been approved to submit your Chiropractic claims directly to Green Shield, SunLife and Great West Life Insurance companies, who will then reimburse our office directly.

This means no paperwork, and less out-of-pocket expense for you. If you are insured by one of these companies, be sure to let us know.



FENDER BENDER?

While the damage to your car may be obvious after a car accident, the potential damage to your body may not always be so apparent.

Always have yourself examined by a qualified practitioner after any accidents. Symptoms from a whiplash-type injury, for example, can often take weeks or even months to become obvious.

Your automobile insurance will cover any related treatment costs, and our office is equipped to handle those matters on your behalf.

Health Isn't Found in a Bottle

Pain Medications are Risky at Best

Millions of people depend on anti-inflammatory drugs to relieve pain, but the drugs are among the most dangerous on the market. Aside from significantly increasing your heart risks (such as a two to fourfold increase in the risk of heart attacks, stroke or cardiovascular death), NSAIDs are linked to serious gastrointestinal risks like bleeding of the digestive tract, increased blood pressure and kidney problems. Remember, this applies not only to prescription medications like Celebrex but also to over-the-counter drugs like aspirin, Advil and Motrin.

It's very difficult to find a drug-based method of pain relief that is not saddled with severe side effects. The FDA has even recently limited the amount of acetaminophen allowed in prescription products and added a boxed warning due to liver toxicity concerns. Acetaminophen is actually the leading cause of acute liver failure in the United States.

As for the opioid painkillers like OxyContin, they are among the most commonly abused prescription drugs and are a leading contributor to the rising rates of fatal prescription drug overdoses. Many become addicted after using them to treat conditions like back or neck pain.

The bottom line to remember is that medications do not come without risks! Unfortunately, a traditional medical approach will typically include a long-term drug-combination approach, using anti-inflammatory drugs, anti-seizure medications, muscle relaxants and possibly other types of pain medication as well. In other words, the answer for pain relief is drugs, drugs and more drugs -- each one raising your risk of suffering potentially lethal side effects.

Is There a Better Way?

We certainly think so, and our patients would agree! Most people suffering from muscle and joint pain can gain great relief through regular chiropractic care and some straight-forward home exercises. The results are usually much more effective than simply trying to cover up the pain with medications. Rather than masking the problem, we choose to identify and fix the root of the problem without the use of harmful chemicals. As a result, the results are longer lasting, much safer, and all natural.

Are you ready to make the decision to be proactive and take control of your health? It may require a little effort and some dedication to improving your situation, but there's no shortcut to a long term solution.



Office News

New Orthotic Footwear Available

We have partnered up with a new group so we can offer you a selection of hundreds of styles of footwear to go along with your custom orthotic inserts. Brands such as Nike, Reebok, New Balance, Clark's and many, many more are now available. You can browse the selection by going to www.togfootweardirect.com.

Most extended health care benefits include a provision for your custom orthotics, and some include coverage for the accompanying footwear. We can help determine what your insurance covers.

A reminder to our full-time casino employees that we provide a package that includes custom orthotics, footwear and compression socks/stockings that is fully covered by your insurance. Ask us for details.

Office Hours

Our Chiropractic winter office hours are as follows:

Monday and Thursday	8-12, 2-6
Tuesday	12-7
Wednesday	8-2
Friday	9:30-2

Massage Therapy is available Monday – Friday by our two Registered Massage Therapists.

Dr. Jennifer Cox (Naturopathic Doctor) is available Monday – Friday.

Cold and Flu Season is Here

It's no coincidence that "Cold and Flu Season" pops up at a time of year that we often are neglecting our immune system. As Winter wears on, most of us are exercising less, indulging more, and generally in a less energetic mode as compared to the bright Summer months. We are also indoors more often, and in closer contact with others. Add to this a lack of UV radiation and we have a decrease in our level of immunity and an increase in the probability of infection.

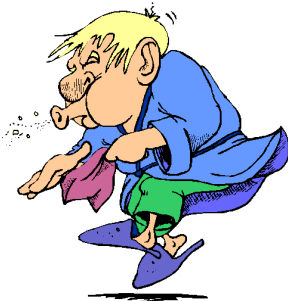
Here are some tips:

Supplement with Vitamin D3. Most northerners are deficient in vitamin D – especially when the weather gets colder and our skin is not exposed to lots of sunlight. Optimal vitamin D levels are essential to a strong immune system.

Get High Quality Sleep. Sleeping *WELL* is crucial to being healthy and strong. I find regular exercise to be the most important factor in sleeping well.

Drink Water. And lots of it.

Don't treat symptoms. I know this sounds strange. What if you take cold medication to lessen a sore throat and runny nose, and then take a pain killer for my body aches? Sure, you might go about that day as planned, but what will the ultimate outcome be? The symptoms may be partially suppressed, but only temporarily. They will be back again when the medication wears off in 4-6 hours and you'll be starting the cycle all over again. Instead of attacking the symptoms, try listening to them! Respond by doing the things that maximize your body's ability to heal. Try it out and see what happens.



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Family Chiropractic Care • Animal Chiropractic • Computerized Custom Orthotics • Active Release Therapy
• Spinal Decompression • Registered Massage Therapy