

# HEALTH NEWS

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OAKWOOD CHIROPRACTIC

Dr. R. L. DaSo

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## FYI !!!

### **Adolescent Musculoskeletal Pain on the Rise**

A long-term survey of 62,677 adolescents in Finland gathered data on the prevalence of back and neck pain (1985-2001). Pain "at least weekly" was the primary outcome measure. The authors note that new information technology, leading to increased computer use involving repetitive movements and static postures, may be a possible culprit. It may be prudent to inform patients of the potential link between adolescent musculoskeletal pain and prolonged computer use.


*(Continued next column)*

## Contact Us:

 Phone: (727) 595-2273

 Address:

12712 Indian Rocks Road  
Largo, FL 34644

 Visit us on the World Wide Web at:

<http://oakwood.chiroweb.com>

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Source: Hakala P. Rimpela, et al. Back, neck and shoulder pain in Finnish adolescents: national cross section surveys. British Medical Journal 2002:325, pp743-46

## Exercise for Heart Disease

A report in Circulation Research<sup>7</sup> concludes that exercise can produce benefits similar to high-dosage steroid medication in cardiovascular disease treatment, but without the side-effects. Researchers were surprised that exercise reduced inflammatory processes in blood vessels, apparently as a consequence of increased physical force of blood flow. They theorized that the increased pressure flushes out pockets of stagnant blood in vessels that may be malformed, mildly inflamed or otherwise compromised.

### Reference

7. *Circulation Research*, Jan. 23, 2003.

## Hyperactive Fatigue

A report in the journal Pediatrics<sup>17</sup> suggests that many children diagnosed with attention deficit hyperactivity disorder (ADHD) may just be suffering from a lack of sleep. This study found that about one fourth of 5- to 7-year-old children with mild symptoms of ADHD snored, suggesting a disturbed sleep pattern. The author notes that clinical experience has shown him that many children no longer require ADHD medication once their sleep apnea is addressed.

### References

17. *Pediatrics*, March 2003.

Brian Sutton, DC

Colorado Springs, Colorado

[brian.sutton@wcom.com](mailto:brian.sutton@wcom.com)

A printable version of Dr. Sutton's article is available online at [www.chiroweb.com/columnist/sutton](http://www.chiroweb.com/columnist/sutton). You may also leave a comment or ask a question at his "Talk Back" forum at the same location.

## Organic Food More Nutritious

Researchers from the University of California<sup>14</sup> report that organically grown fruits and vegetables appear to contain a significantly higher percentage of antioxidant compounds, such as polyphenolics and vitamin C. The researchers studied blackberries, strawberries, and corn that were grown conventionally, organically or sustainably (similar to organic, which are pesticide-free, but may be fertilized with chemical compounds). The fact that both organic and sustainable produce showed higher antioxidant activity suggests to the researchers that pesticide use may be responsible for the difference.<sup>15</sup> It is thought that when pesticides are used, the plants have little need to produce the antioxidants, which offer some protection from insects.

### References

14. Research was led by Dr. Alyson Mitchell, assistant professor of food science at the University of California, Davis.

15. *Journal of Agricultural and Food Chemistry*, March 2003.

## Secondhand Smoke and Cavities

A study published in the Journal of the American Medical Association<sup>8</sup> concludes that young children living in smoking households tend to get more cavities. Researchers found that

the incidence of cavities in deciduous teeth among children exposed to smoke daily was nearly double that of children from nonsmoking households. The study involved 3,500 children from ages 4 to 11. A number of explanations for the findings were cited, including:

- Cigarette smoke lowers the immune response, allowing bacteria associated with tooth decay to proliferate.
- Smoke irritates nasal membranes, leading to 'mouth breathing' which, in turn, dries the mouth and leaves less

saliva available to counteract lactic acid build-up.

Reference:

8. JAMA, March 12, 2003.

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**☹ Side-Effects of Bad Medicine**

A study of 30,000 Medicare patients in New England concludes that about 475,000 preventable side-effects occur each year in the United States, most of them attributable to doctor errors. Of the 180,000 life-threatening or fatal side-effects, about 40 percent could

be prevented, say the researchers, who also caution that their figures are probably underestimated.<sup>16</sup> These figures are for nonhospitalized patients; other studies have shown similar trends in hospitalized patients. About 20 percent of the preventable side-effects were attributed to patient errors.

References

16. JAMA, March 5, 2003.

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**☺ Product Spotlight**

**Why Is Protein So Important?**

The human body is mainly made of protein: your hair, nails, blood, bones, muscles, organs, ligaments, immune system and nerves are all made of protein. In the course of living these tissues break down, wear out and must be regularly replaced or repaired. To do that job, you must provide your body with a steady supply of high quality protein.

**Benefits Of Whey Protein Powder**

They highest quality protein comes from whey, a natural by-product of the cheese making process. Whey is a complete protein because it contains all essential and non-essential amino acids. When it's processed properly, all lactose and fats are filtered out. Whey protein has the highest biological value (BV) of all proteins. BV is a measure that indicates how much of the protein you eat is actually absorbed, retained and used in the body, as opposed, to the amount that passes out of the body unused.

- \*Helps to increase serotonin activity, the body's "antidepressive" neurotransmitter
- \*Helps to decrease stress and reduces cortisol concentration levels
- \*Helps in enhancing energy levels
- \*Helps to improve mood and memory loss under stress
- \*Helps to build lean body mass and reduce body fat
- \*Helps boost immune system and helps fight infections
- \*Helps to keep your metabolic rate high and helps satisfy your appetite

***Our Dream Whey is the highest bioavailable whey protein on the market. It's low in fat, cholesterol, sodium, lactose and the glycemic index. It also has no sugar, fructose, aspartame or artificial sweeteners.***

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