

SIMS CHIROPRACTIC CENTER

GIVING **BACK** INFORMATION

VOLUME 1, ISSUE 4 JULY, 2005

Another Silent Disease “Osteoporosis

Many of us have heard of this disease, but have often confused it with another disease affecting the bone, “Osteoarthritis”. Well, they are two distinctly separate diseases. Please refer to Volume 2 for further review. Due to the influx of questions and inquiries about Osteoporosis, I felt compelled to write about it.

Yes, I am responding to the recent concern of many of you, my patients, about this disease and how it could possibly affect us all.

Osteoporosis is often called the "silent disease" because bone loss occurs without symptoms. People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a fracture or a vertebra to collapse. Collapsed vertebrae may initially be felt or seen in the form of severe back pain, loss of height, or spinal deformities such as kyphosis or stooped posture.

The National Osteoporosis Foundation.

Well, I urge you all to read further, even if you think this is a disease that only affects the “Mature/Elderly”. **“The things you do now affect you later.”** I’m sure we have all heard this before. Osteoporosis has consequences that are a direct result of what you did or are doing during your teenage, early adult and adult life. Yes, I am simply saying that if you are physically ac-

tive by engaging in anaerobic activity– this means **weight bearing activity such as jogging, stair climbing, walking, basketball, dancing then you are doing the right thing.** I am not limiting you to these activities because any activity that requires weight bearing activity is good. **Likewise, muscular endurance such as lifting weights or engaging in activity that requires you to use your muscles (Large mostly) are also good forms of exercise to reduce the onset of Osteoporosis.**

When you engage in these types of activities your body must respond to the amount of weight exerted on it. Chemicals travel in your body and cause your bone to reproduce new bone. As we age and mature, this process is slower, because are body no longer regenerates new bone on its own. Therefore, we must take action and cause this process to occur.

Engaging in these activities in your early teenage life and continuing throughout your life is often key to reducing your chances of developing the disease.

By about age 20, the average woman has acquired 98 percent of her skeletal mass. Building strong bones during childhood and adolescence can be the best defense against developing osteoporosis later.

While women are four times more likely than men to develop the dis-

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AUTO INJURIES

- *Nearly every American will be involved in at least one*
- *Cause loss of function, loss of work, loss of use or even death*
- *Many injuries overlooked by doctors*
- *Must be taken seriously and receive medical attention!*

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CALL! Get Your Free Report!

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Headache:

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Low-back pain:

888-730-2239



Auto Accidents:

888-874-2870



Another Silent Disease “Osteoporosis

ease, men also suffer from osteoporosis.

Osteoporosis is a disease that causes the bones to become weak, fragile and brittle. As a result, a person is likely to have a fracture's) or broken bones. The disease often progresses silently until the person has a fracture. The most commonly affected bones are the hip, spine and wrist.

Hip fractures are extremely serious! They generally require surgery and hospitalization, often leaving the individual permanently disabled and unable to walk unassisted. Reality is hip fractures may even lead to death. **Nearly 24% of all hip fracture patients over the age of 50 die within one (1) year following their fracture.**

One-fourth of those who were ambulatory before their hip fracture require long-term care afterward.

The estimated national direct expenditures (hospitals and nursing homes) for osteoporotic hip fractures was \$18 billion in 2002, and the cost is rising.

There are approximately 1.5 million fractures that occur each year. Nearly 700,000 are vertebrae (spine) fractures .

So now I'm sure you are asking yourself, Who is at risk? What else needs to be done to prevent this disease?

Well, your questions have been answered.

These are the risk factors:

- Personal history of fracture after age 50
- Current low bone mass
- History of fracture in a 1° relative

- Being female
- Being thin and/or having a small frame
- Advanced age
- A family history of osteoporosis
- Estrogen deficiency as a result of menopause, especially early or surgically induced
- Abnormal absence of menstrual periods (amenorrhea)
- Anorexia nervosa
- Low lifetime calcium intake
- Vitamin D deficiency
- Use of certain medications, such as corticosteroids and anticonvulsants
- Presence of certain chronic medical conditions
- Low testosterone levels in men
- An inactive lifestyle
- Current cigarette smoking
- Excessive use of alcohol
- Being Caucasian or Asian, although African Americans and Hispanic Americans are at significant risk as well

Women can lose up to 20 percent of their bone mass in the five to seven years following menopause, making them more susceptible to osteoporosis.

There are plenty of things you can do to prevent the onset of this debilitating disease.

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Another Silent Disease “Osteoporosis

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1. Balance diet rich in Ca+ (Calcium) and Vitamin D
2. Weight Bearing Exercise 30 minute sessions at least 3x per week.
3. Healthy Lifestyle habits: avoid cigarette smoking or excessive drinking alcohol
4. Talking to your health provider
5. Taking Bone Density Testing and medication if necessary.

***The test is called DEXA BMA Test. If you are at risk ask your doctor for a referral to take the test.**

For further information visit the National Osteoporosis Foundation.

The gift of Giving is precious. When was the last time you gave something?

Enclosed with this letter you will find a precious gift from me. The beautiful thing about giving that I have completely come to realize is that when you give freely and unconditionally, it almost certainly comes back. Usually, it doesn't come back in the same form, but in another form, method, time and place.

Our ability to give our talents, gifts, experiences and abilities to one another can often be as simple as sharing a good experience or letting someone know you are thinking about them. Many of my readers have met me because of my involvement with community events, my complimentary initial visit or a referral from a friend.

I say this to say that the moment to share or help another individual should not be denied or not utilized. A simple gesture can often make the world of difference to someone. Have you ever given someone a compliment and you could see their expression “bubble” inside and out? Well, we all have either received it and hopefully given it recently.

If you know someone you think could benefit from the personalized treatment we render at Sims Chiropractic Center, we would like to encourage you to give them the gift that we have given to you, which is included with this letter.

Did you know that we have been thinking about ways to better serve you?

Read a little further and see what we came up with?

Last Spring we did a trigger point seminar. It was a great turn out! We shared a lot of information with our practice members. Many have informed us that they continue to implement the techniques at home. But lately, we've been thinking about doing more... not just health stuff.. But financial stuff too... **financial health is a big component of physical health.** In the near future we will have a Financial Planner from Met Life, Mr. Carl Davis, give us his expert opinion on financial matters.

Have you asked us about CARE CREDIT!

As our practice continues to grow, we must adapt and constantly stay in tune with our patient's needs. America's health-care system continues to change. **More and more people are paying cash for their services.** Wouldn't you like to save more money on your health care cost? Well, **CARE CREDIT is a new service we are offering in our office.** Now, **YOU can finance your visits and have the “Good doctor” pay the financing cost.** Yes, that's right **YOU pay NO interest on your care plan. Instead of paying your cash fee each visit, you can easily pay one (1) monthly affordable rate over an extended amount of time with NO INTEREST.**

SIMS CHIROPRACTIC CENTER

3321 Toledo Terrace
Suite 303
Hyattsville, MD 20782

Phone: 301-853-SIMS {7467}
Fax: 301-853-7040

WE'RE ON THE WEB!

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WE HAVE YOUR BACK!

4) How many IU's or International Units of Calcium should a person have aged 51-70 years.

- A) 600 IU
- B) 900 IU
- C) 1000 IU
- D) 1200 IU

5) Wrist fractures are the most commonly fractured bones in people with Osteoporosis.

- A) True
- B) False

6) Which vitamin aids in the absorption of Calcium?

- A) Vitamin A
- B) Vitamin E
- C) Vitamin K
- D) Vitamin D

7) Sunlight is the most effective way to get Vitamin D.

- A) True
- B) False

8) Which exercise is the best weight-bearing activity?

- A) Swimming
- B) Soccer

SHOW WHAT YOU KNOW & LEARN WHAT YOU DON'T

1. Osteoporosis also means porous. It is a disease characterized by low bone mass and deterioration.

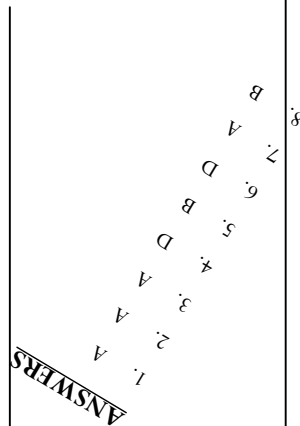
- A) True
- B) False

2) Men are Twenty-percent of those affected with Osteoporosis

- A) True
- B) False

3) Which of the following is a good source of calcium?

- A) Broccoli
- B) Beef
- C) Beets
- D) Cabbage



Known Facts-

- ***If you are frail, have had a fracture, fall frequently or have osteoporosis you should take extra caution. Certain movements like twisting of the spine, high impact aerobics or bending from the waist can be harmful. NOF recommends that before starting any exercise program, you should consult with a knowledgeable physician about your fracture risk.***

Do you know of someone you think could benefit from this type of information?

Complete form and Fax to: (301) 853-7040

Your Name: _____

Please send Newsletter to:

Name: _____

Address: _____

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