



BODY HEALTH

CHIROPRACTIC ACUPUNCTURE ORTHOTICS MASSAGE

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Please join us....
*Grand Opening
Celebration of
the Commerce Court
Health Centre*

Thursday November 7, 2002
4pm to 6pm

Enjoy refreshments, hor
d'oeuvres and a smile or two!
RSVP 416.214.0100



From Your Director

We all survived the move! September was certainly a busy month with the completion of office construction, furniture and equipment deliveries and making the space our "own".

I have to personally thank our fantastic front desk team-Angela and Liz for keeping the office organized in the midst of so much change. I also want to thank all of our faithful clients for making the move with us. I hope you enjoy our new space as much as we are! I would like to invite everyone to our Grand Opening celebration on November 7, 2002.

As most of you know, I will be taking a short break from the office beginning December and returning in April. This time will be devoted to a short maternity leave with my first baby (a second generation dragonboater!) I'll be sure to bring in lots of baby pictures for all the blank wall space at the office! During my absence Dr. Anita Yee will be looking after my clients.

Once again, welcome to the Commerce Court Health Centre!!

Cheers,

Dr. Shannon Dales



Services:
Chiropractic
Acupuncture
Active Release Therapy
Orthotic Therapy
Massage Therapy
Reflexology

Hours:
Monday to Thursday 7am to 6pm
Friday 7am to 3pm

TTC Directions: Leave the King Street Platform (Yonge Line) at the Melinda Street Exit. Follow the signs for Commerce Court in the underground PATH system. Look for the Commerce Court South directions (we are on the ground level, court side) which will take you straight through the food court, turn left, at the South Tower doors, take the escalator up, then take the stairs up on your left, and finally walk through two set of doors into our office.

Parking: There is underground parking in Commerce Court and BCE Place both accessible off Wellington Street.

Exercising during Pregnancy

Dr. Shannon Dales

Exercise is considered part of a healthy active lifestyle of a pregnant woman. In fact, studies have shown that women exercising at least three days a week for at least thirty minutes had larger and better functioning placentas than those who were fit before pregnancy but did not exercise.

The goal of exercise during pregnancy should be to maintain fitness, rather than improve it.

Guidelines for Prenatal Exercise

- Regular exercise three times per week is preferred to intermittent activity
- Avoid exercising in hot humid weather or during illness
- Warm up and cool down properly remembering to include stretching!
- Avoid jerky bouncy movement. Also, avoid activities that require rapid changes in direction, as the tissues that provide joint stability become lax
- Measure your heart rate during peak activity. Most women are advised to stay below 140 beats/min
- Use care when rising up from the floor so as to avoid light headedness from blood pooling in the lower limbs
- Avoid exercising while lying on your back after the 4th month of pregnancy as the weight of the fetus can block the flow of blood back to the heart and head
- Liberally drink water before, during and after activity
- If you are used to a sedentary lifestyle, start with low intensity exercise
- Wear proper clothing, appropriate footwear and a supportive bra
- Stop exercising if you experience pain
- Consult your doctor if any unusual symptoms appear

Exercise is not recommended if you have the following:

- High blood pressure
- Ruptured membranes
- Carrying more than one fetus
- Incompetent cervix
- Persistent 2nd or 3rd trimester vaginal bleeding
- History of premature labor
- History of 3+ spontaneous abortions or miscarriages
- History of slow fetal growth
- Heart or lung disease
- Shortness of breath
- Abdominal pain
- Dizziness
- Extreme nausea



Activities permitted during pregnancy

- Low impact aerobics
- Swimming
- Golfing
- Curling
- Step aerobics
- Stationary cycling
- Bowling
- Yoga
- Light weight lifting
- Running (if used to it previously)
- Walking

Activities not permitted during pregnancy:

- High impact aerobics
- Horse back riding
- Scuba diving
- Cycling
- Gymnastics
- Skating
- Skydiving

Exercise Progression

During the first trimester, physical fitness will decrease; accomplishing the same work will require more effort than before pregnancy. In the second trimester, physical fitness will increase, although rarely to pre-pregnancy levels. In the third trimester, physical fitness will again decrease and the amount of work should be decreased as well. Exercises usually progress from traditional weight bearing exercises to low impact exercises to a total walking program, although this all depends on the women's comfort level.

Always talk to your doctor before beginning any exercise program. Listen to your body and do not exercise to the point of exhaustion. Most importantly have fun!

Note: Our cover photo features Dr. Dales paddling while four months pregnant!



Amazing Acupuncture

Dr. Anita B. Yee

What an amazing sight it was! A woman was having her baby by Cesarean section without an epidural or local anesthesia. She was smiling and chatting casually with the nurse while her obstetrician delivered her baby. We watched in amazement as she delivered her baby without pain and without medication. There was another unusual sight in the operating room, there was an acupuncturist present. He had inserted two acupuncture needles into the woman's lower leg and two just below her enlarged belly before the Cesarean section began. This would not be a common sight in a Canadian hospital but I was not in Canada, I was in Beijing, China receiving my acupuncture training.

Acupuncture is relatively new to North Americans but is rapidly gaining widespread acceptance. However, acupuncture is well known, accepted and commonly used in Asia. Acupuncture is an ancient form of treatment for disease and prevention of illness in China, dating back at least 2,500 years. It is one component of a holistic system of health care called "Traditional Chinese Medicine (TCM)."

Acupuncture is the insertion of needles through the body surface at specific points to treat disease or prevent illness. The needles used are almost as fine as hair and thus, virtually pain-free. In the Western world, we are just starting to scratch the surface in using this drug-free approach to treat health problems. In North America, acupuncture is typically used to treat painful conditions such as headaches (including migraines), back, shoulder, knee and elbow pain. However, based on classical TCM theory, acupuncture can treat a large number of conditions that the Western world is only starting to explore. TCM acupuncture has been used to treat a wide range of problems; from respiratory problems (like asthma) to gynecological problems (like painful periods or infertility) to gastrointestinal problems (like irritable bowel syndrome). At present, the World Health Organization (WHO) has a list of over 40 conditions that are amenable to acupuncture treatment. This list continues to grow as scientists study the effects of acupuncture on other conditions.

How does acupuncture work? There are two answers, depending whether you want the Western or Eastern perspective. I will give you the shortened versions of both. TCM theory, the Eastern perspective, speaks of Qi, our vital body energy. Qi regulates the function of our bodies and it flows through channels throughout our body called meridians. Disharmonies or imbalances to the Qi caused by our interactions with our environment (i.e. poor posture, improper diet, lack of exercise, injuries and disease) can cause pain and illness.

Acupuncture needles inserted into the appropriate meridian can restore the balance or harmony of the Qi and thus resolve health problems that have arisen.

From a Western scientific perspective, it has been theorized that acupuncture needles stimulate nearby nerves to influence the physiological function of our bodies by stimulating the release of certain neurochemicals and hormones within our body. These neurochemicals and hormones can decrease pain and inflammation, increase circulation as well the immune response and thus enhance the ability of the body to heal from injury or illness.

Acupuncture is not a miracle one time treatment! Like all forms of therapy, it often takes several sessions before the patient achieves the optimal therapeutic effect. The number of sessions and the points selected will also depend on the condition and whether it is acute or chronic.

The holistic approach of TCM in China combines the use of acupuncture, traditional herbal medicines and manual therapy to return the patient to optimal function and health. From this perspective, it makes sense to combine manual therapies like chiropractic, massage, Active Release Technique® and acupuncture in our practice to help our patients. In practice, I have found the integration of acupuncture with chiropractic treatments to be highly effective in the conditions I often see as a chiropractor.



How to get the Most Out of Your Massage

by Tracey Garel, RMT

To get the most out of your massage you have to relax. It sounds straightforward, doesn't it? The truth is, few people really know how to relax on a massage table. The simplest way to initiate relaxation is to focus on your breathing. From the time you get on the table slow down your breathing and you will naturally progress to deeper fuller breaths. This will have an overall calming effect on your mind and body. Next, allow your body to lie at ease. Resist the temptation to "help" your therapist by lifting your head or holding your arm as she treats that particular area. Disengaged muscles are less rigid and respond better to massage techniques. Lastly, be sure to inform your therapist of any discomfort you experience during the treatment. Something as simple as being too cold is a distraction that can be easily fixed. Your perception of pressure will vary from area to area during a massage as well as from one treatment to another. Your therapist can easily adjust the depth of her work to suit your comfort. Keep these simple tips in mind and you will surely feel restored after your next massage.





Dr. DeWolfe's Summer

Dr. Susan D. DeWolfe



Dr. Sue with Team Diabetes
at Award Ceremony (10th Place)

This summer saw Dr. Susan DeWolfe chosen as a member of the medical staff for the 2002 Eco-Challenge Canadian Championship held in Golden BC, August 10-17. Eco-Challenge is a non stop 24 hour a day endurance race covering over 250 kilometers and 22,000 vertical feet using only non-motorized forms of transportation.

Thirty-three co-ed teams (each team included at least 1 female) paid \$4,995 to race for three to five days in the glorious yet treacherous Columbia Mountains. Race rules dictate that the teams travel "non-stop", unassisted except for medical help, carrying their own food, finding and treating their own water along the way. Just because water looks fresh doesn't always mean it is! Lots of creepy crawlers can be in crystal clear mountain water.

Navigation is a vital component of the race and can often be the difference between first and last place. But, so too is the ability to persevere in the face of sleeplessness, hunger and pain. Planning must be an integral part of a team's strategy. Teams are not provided with race course details until the night before the race begins. Each team must ensure they have all the necessary safety equipment for canoeing, mountain biking and trekking over terrain with glaciers, snow, huge boulders, downed logs and rubble. When you add it all up, that means a lot of gear without the aid of the minivan! If a team forgot a piece of equipment, they were given time penalties or disqualified.

Each of the 33 teams had to feed, clothe and equip themselves. They had to decide on how much sleep they needed to function. Teams were required to check into 20 check points (CP) over the course of the race. If they missed a "CP" they were forced to retrace their steps and find the CP. Teams were monitored; they could not lose sight of each other. If team members became separated, they were issued a time penalty. One team received a 2 hour penalty and as they sat waiting it out at a "CP", they watched their competition not only catch up but pass them. Safety was a major concern during this race; all teams carried a global positioning system (GPS) encased in saran wrap. If at any point they broke the seal and used the GPS, they were disqualified. The GPS was utilized only when teams decided to quit and needed to either be found or rescued. Many rescues were carried out using a helicopter with many competitors very happy to go home. However these same competitors were not as happy to receive the \$700.00 helicopter bill!

Racers were allowed to request medical assistance; this is where Dr. DeWolfe came into action. Some injuries were predictable, as almost every racer had wet, blistered feet. Ouch! Altitude sickness was also prevalent as the race covered 22,000 vertical feet. Repetitive strain injuries (RSI) were very common and this is when Dr. DeWolfe treated racers using Active Release Technique® (ART)®. It is a fast and extremely effective therapy for soft tissue injuries. Using ART® plus

experience gained through 10 years working as a team trainer for Toronto area Rugby clubs, Dr. DeWolfe was able to provide valuable therapy to these extreme athletes. Often their will was strong but their bodies were failing. It was Susan's job to assess their injuries and get them back in the race. One racer actually fell asleep sitting up as Dr. DeWolfe taped her feet.

The outcome of the race was unpredictable; some teams raced to win, while other teams had the simple goal of staying friends and not being disqualified from the race. Some strong and favored teams quit after only 2 days. All teams were humbled by the power of the race course and the immense beauty of the locale.

When asked to reflect on her experience, this is what Dr. DeWolfe had to say:

"It was one of the most interesting weeks of work. It is not every day that you get to treat an athlete at 8000 feet while a snow storm with hundred kilometer winds rages on. Although unpredictable and challenging I was able to utilize my strengths both professionally and personally. Would I do it again? Absolutely. Would I or could I ever race in it? Maybe. Do I want to be in another snowstorm in August? Never!"

To help Dr. DeWolfe unwind after the eco-challenge, she trekked up Mount St. Helen's and Mount Rainier then went sea kayaking for three days in Clayoquot Sound off the West Coast of Vancouver Island. What a vacation!

For more information on eco-challenge and adventure racing www.adventureracingcanada.com, for more info on Active Release Technique® www.activerelease.com



Dr. Sue with Rich Marshal,
course designer
(his father was the 2nd
Canadian to Summit Everest!)



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Body Health is brought to you by The Commerce Court Health Centre and is dedicated to providing accurate, timely chiropractic, acupuncture, active release therapy, orthotic therapy, massage therapy and reflexology information representing the current state of knowledge. Keep in mind that research on these matters continues daily and is subject to change. The information presented is not intended as a substitute for medical treatment. It is intended to provide ongoing support of your healthy lifestyle practices.

Body Health is circulated to our clients as a complimentary service. For more information, contact Dr. Shannon Dales at:

The Commerce Court Health Centre
Commerce Court South Tower
Commerce Court Postal Station, P.O. Box 28
Toronto, Ontario M5L 1A1 Canada
Tel: 416.214.0100 Fax: 416.214.0113

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