



# BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY



## Cold & Flu Prevention

*Dr. Morgan Winton, Naturopath*

As cold & flu season approaches it is important that you keep optimal immune system function to avoid sick days & discomfort this winter. Whether you got the flu shot or not, it is advisable to support your immune system over the winter. The flu shot is only designed to protect against a few certain strains of the flu, and has no effect on colds & any other flu strains that go around your office each winter. Our immune systems are complex and are affected by many external factors. As you improve your overall health, your immune system benefits by functioning more efficiently and can fight off cold & flus even before you become symptomatic.



In order to help your immune system work to its maximum potential, here are a few key steps:

- Try to keep stress under control - when you're under stress, your body is putting its energy into combating the stress, instead of fighting off viruses and bacteria.
- Keep hydrated by drinking lots of water - the drier your skin is, the more easily it gets minute cracks in it in which bacteria and viruses can easily get in and make you ill.
- Avoid sugar & refined carbohydrates - eating just one teaspoon of sugar suppresses your immune system for an hour!

Naturopathic Doctors can prescribe herbs that can help stimulate your immune system. Naturopathy is effective in cold & flu prevention as well as treatment. There are therapies such as acupuncture, hydrotherapy, and herbs that can help alleviate all symptoms of a cold. Moreover, Naturopathic Medicine can help your body fight a cold more effectively so that it doesn't turn into bronchitis, sinusitis, or pneumonia. If you want to stay healthy this winter, take care of your self and seek professional advice on how to best support your immune system.

## Government Eliminates Chiropractic Care from OHIP Coverage

The government of Ontario has announced that, on December 1, 2004, after 30 years of assisting chiropractic patients by providing partial funding, it is withdrawing that assistance. This shifts part of the cost from OHIP to patients.

The chiropractic profession as a whole protested this decision. In fact, over 600,000 signatures and individual letters were sent to government calling for reversal of this decision. Despite the disagreement of the public, patients and chiropractors, it appears that on December 1, 2004, government will eliminate OHIP funding and transfer that cost to patients and private health care insurance. Be assured that as your chiropractic team, Dr.'s Dales, DeWolfe and Yee will continue to be available to you and that this will not affect our quality of care.

The total cost of chiropractic care in our office remains the same except you will now be expected to pay the cost that the government has transferred to you (approximately \$10 more than previous). If you have extended care insurance, you may find that your plan will cover an amount per visit, a percentage of the chiropractic fee or provide for a deductible payable on a portion of the individual treatment fee or a set amount per year before coverage begins. We encourage you to discuss your coverage with your employer or union representative.

Chiropractic care remains an important part of the health care system and your health care team. You will continue to receive the highest quality care and attention we can provide. Your health and well-being are important to Dr.'s Dales, DeWolfe and Yee. Please don't hesitate to speak to us if you have any questions or concerns.

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## From Your Clinic Director

Where does the time go? And why so much time between newsletters? In a nut shell – time flies when having fun and who

has time to look at the calendar with two 2-year-old babies? No, I still have just one child but I also consider this clinic my second baby. Both of my children have turned two. Reflecting on this fact it is interesting how many common principles are involved with nurturing both a child and a clinic.

First both require a lot of patience. There are lots of steps involved when your babies start growing up first crawling then slowly learning to walk and then before you know it, they are off and running. There are some things we as parents do right the first time and then there are times when we recognize things aren't running smoothly and require change. Perhaps the biggest reward is witnessing the growth and development of your baby.

I hope we are “getting things right” for you here at the clinic. I am excited about the new additions to our staff including a naturopathic doctor and a second massage therapist. If there is anything we can do differently or better, please do not hesitate to let any of us know.

The latest edition of our newsletter has some interesting information on the alternative management strategies for osteoarthritis and flu/colds. We also wanted to update you on the OHIP changes that will be affecting our chiropractic clients. Be assured that these changes will not affect our commitment to your care, the continued affordability of chiropractic care and the health benefits that accompany chiropractic care.

Time to put this newsletter to bed – along with my daughter!

Thank you for your continued support over these last two years. Happy holiday season to you and your family.

Dr. Shannon Dales



Georgia practicing “an apple a day” philosophy.

## Roll Up Your Sleeves!

Commerce Court Health Centre announces a date for our 2005 annual blood donor clinic!

Last year's first annual blood donor clinic, conducted with the help of Great West Life, was a booming success. Sixty-six donors arrived for a total of 41 pints of blood, making it a great beginning to our annual campaigns. Those 41 pints of blood are used in organ transplants, treating cancer patients and knee and hip replacement surgeries.

On February 1, 2005 we will be hosting our second annual blood drive. The clinic will be located in the Mellon Room at Commerce Court sub-concourse level.

This year our goal is to double last years' totals. We intend to add more tables and more staff in an effort to serve all donors faster and attract new donors to our tables. Donations will be conducted by appointment and drop in, although we strongly urge you to book an appointment through our office to avoid waiting. We are asking that you let us know as soon as possible if you will be joining us at our clinic. By knowing how many people will attend we can better judge our staff requirements to serve you better.

Currently only 3.5% of eligible Canadians donate blood. With the rising populations and increasing medical advances the need for blood has never been stronger. Knee replacement surgery alone has risen over 40% in the last 20 years. One donation can save up to 3 lives.

The donation process from questionnaire to recovery takes approximately one hour, therefore is easy to do during a lunch break. The process is safe and confidential. Canadian Blood Services will conduct a private interview with you and you will be tested to ensure iron levels are adequate for donation. The donation part of the process takes only 15 minutes. First time donors should remember to bring identification and repeat donors should remember their Canadian Blood Services ID card.

Here are some basic eligibility requirements for donating blood:

- you are between the ages of 17 and 71 (regular donor), or 17 and 61 (first time donors)
- you weigh at least 110 lbs or 50 kg
- you have not donated within 56 days
- you are in general good health and feeling well
- have not had dental treatment within 72 hours
- have not had ear or body piercing or tattooing within the last 12 months
- have not been pregnant within the last 6 months

Please contact the Commerce Court Health Centre 416-214-0100 to book an appointment or Canadian Blood Services at 416-974-9900 should you have any questions or concerns about donating blood.





## Osteoarthritis: What are the alternative treatments?

Dr. Anita B. Yee and Dr. Morgan Winton



Osteoarthritis (OA) is the “wear and tear” of the cartilage and bone in joints. By the time we reach advanced ages, most of us will have some “wear and tear” of the joints. Most people who have OA complain of stiffness, painful or sore joints, and decreased flexibility in the involved joints.

The impact and progression of arthritis can be minimized by the combination of the following: exercise, diet, manual therapy (joint adjustments and mobilizations), acupuncture and natural remedies. Concerns on the long-term use and side effects of medications for arthritis have prompted many questions on how one can manage arthritic joints without medications.

Exercise is an excellent way to maintain your general health, as well as your joint health. Recent studies have shown a significant improvement in reduction of pain and increased joint function in knee OA after participating in an exercise program set out by the researchers. Furthermore, those who also reduced their weight and participated in the exercise program had the most significant improvements. Exercises should consist of stretching/flexibility, strengthening and endurance components. Poor muscle strength can contribute to the development and progression of OA. Stronger muscles can be used to stabilize and protect joints from damage.

Manual therapies are hands on treatments that your chiropractor or physiotherapist uses (e.g. adjustments or joint mobilizations) to improve joint motion and joint alignment. A study published last month found that patients receiving manual therapy for hip OA had very significant improvements in joint stiffness, joint function and flexibility. Furthermore, proper joint alignment plays an important role in the prevention of OA from a biomechanical perspective.

Acupuncture is another treatment that can help with reduction of pain and joint stiffness due to arthritis. Several years ago, one study demonstrated that a course of acupuncture treatments for knee OA was just as effective as certain arthri-



tis medications. Furthermore, last month a study showed statistically significant changes in decreasing pain and increasing function of the knee after the patients received a course of “Traditional Chinese Acupuncture”.

Diet is an important factor when regulating OA. It is important to maintain your ideal body weight so that you aren’t putting any extra stress on your joints. There is also a strong connection between digestion and joint health. When food isn’t completely digested in your gut, small particles can enter the blood and cause a mild allergic reaction in your body that can manifest as joint pain. Food sensitivities have been shown to be very common in arthritis sufferers, especially when eating foods from the “evening nightshade plants” (e.g. toma-

atoes, potatoes, eggplant, & peppers). Furthermore, there are many foods that promote inflammation in the body, and others that minimize it. It is important to start eating a more anti-inflammatory diet in order to decrease pain and damage to your already sensitive joints.

There are also many natural remedies that a Naturopathic Doctor can prescribe to help with joint pain and healing. Herbs with anti-inflammatory properties have been shown to be as effective as NSAIDs. Homeopathic remedies (e.g. Zeel) have been studied against Cox-2 Inhibitors (Celebrex & Vioxx) and Diclofenac and have been shown to be as effective in reducing arthritic pain and restoring joint flexibility without side effects. Lastly, women around menopause experience hormone fluctuations that can greatly affect joint pain, and can be regulated using herbs.

It is important that you seek professional advice, although the treatments discussed are natural and non-invasive, it does NOT mean that they are safe for all. For the best results, we suggest that you see a health care practitioner to get an individualized prescription on how to manage your joint care. Naturopathic medicine, chiropractic care, acupuncture, and physiotherapy are covered by most extended health care plans.



## Thank you for your Referrals

A big thank you to all our clients that referred new clients to our clinic over the past year. Our office grows mainly by word of mouth referrals and we appreciate you sending in family members, friends and co-workers to our office. It is a huge complement and privilege for our office to provide care to people you feel can benefit from our services.

Front Row: Dr. Morgan Winton, Dr. Anita Yee, Dr. Susan D. DeWolfe, Jennifer Ingram  
Back Row: Dr. Shannon Dales, Scott Allen, Juliana Fernandes

## Welcome Jennifer Ingram - Registered Massage Therapist



The Commerce Court Health Centre is pleased to announce the addition of another massage therapist to our team. Jennifer Ingram joined our clinic this past summer.

Jennifer graduated from the University of Toronto in 1999 with a Bachelor of Science in psychology. She then graduated from Kikkawa College in 2002 with an honors diploma in massage therapy. Her studies at Kikkawa included specialized courses in pregnancy massage and myofascial techniques. While at massage school, she also participated in community outreach programs working with patients with multiple sclerosis at Sunnybrook and Women's College Hospital and the physically challenged at Variety Village.

Jenn loves to travel and has enjoyed trips to Scotland, England and Ireland. She is an avid camper and can usually be found not too far away from her tent during long weekends in the summer.

Jenn is working at our clinic Monday through Friday and is currently accepting new clients. She has experience dealing with a variety of conditions such as stress, tension headaches, muscle injuries and symptoms associated with pregnancy.

If you have any questions about massage therapy or would like to talk to Jennifer, please call her at 416.214.0100

## Welcome Back Liz!

We are pleased to announce that Liz Symopoulos, our front desk assistant extraordinaire, is returning back to our office in January 2005. Liz has been off on maternity leave with her beautiful baby girl Ariana.



From the  
**Front Desk**

*Angela Sofroniou & Liz Symopoulos*

Dear Patients:

Please help us keep our records up to date by remembering to let us know of any changes to your address, e-mail, and telephone number

**Thank you very much  
for your cooperation.**



## Congratulations Dr. DeWolfe on Obtaining Fellowship Status

*Dr. Susan D. DeWolfe, FCCSS(C)*

On April 14, 2004, Dr Susan DeWolfe was granted fellowship status with the College of Chiropractic Sports Sciences and allowed her the status of a chiropractic sport specialist. A small number of chiropractors in Canada (approximately 100) are Fellows of the College of Chiropractors Sports Sciences.

The journey to the fellowship was neither short nor easy. It involved three years of weekend courses (eight per year) based out the Canadian Memorial Chiropractic College. The curriculum was concentrated on sports-injuries, rehab, prevention and management. Passing grades were required on all exams written at the end of each year. Candidates for fellowship were then required to gain over 200 hours of on field experience with teams, work in a sports rehabilitation clinic, write four book reports, four case summaries with literature cited throughout the summary, a literature review and a research proposal. Only when these prerequisites were successfully completed was a candidate given the privilege of sitting the final exams.

Although a hard journey, a fellowship is a fantastic reward. Fellows are confident in their knowledge and experienced when dealing with sports injuries.

One of the greatest aspects of Fellowship status is that Fellows are encouraged to apply to medical teams that go to major games such as the Olympics, Pan-Am and Commonwealth games. Whistler 2010 here I come!

*Dr. DeWolfe's Personal note:*

*It was a hard long road and I could not have completed the requirements without the unending support of the staff at Commerce Court Health Centre. Special thanks go to Dr. Anita Yee and Juliana Fernandes who typed, edited and held my hand as I completed these requirements. They were instrumental in getting me to the finish line.*



# BODY HEALTH

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Body Health is brought to you by The Commerce Court Health Centre and is dedicated to providing accurate, timely chiropractic, physiotherapy, active release therapy, acupuncture, massage therapy, orthotics and naturopathic medicine 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 complementary service. For more information, contact **Dr. Shannon Dales** at:

The Commerce Court Health Centre  
30 Wellington Street West  
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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### Services:

- Chiropractic
- Physiotherapy
- Active Release Therapy
- Acupuncture
- Massage Therapy
- Orthotics
- Naturopathic Medicine

### Hours:

Monday to Thursday 7:30 am to 6 pm  
Friday 7:30 am to 3 pm

**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.