



BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY

In this issue...

Welcome Dr. Demetra Hazineh.....1
 From Your Clinic Director.....2
 Omega 3 Fatty Acid Supplements May Help Relieve Neck and Low Back Pain 2
 Live Your Life's Purpose.....3
 Understanding the Cumulative Injury Cycle.. 3

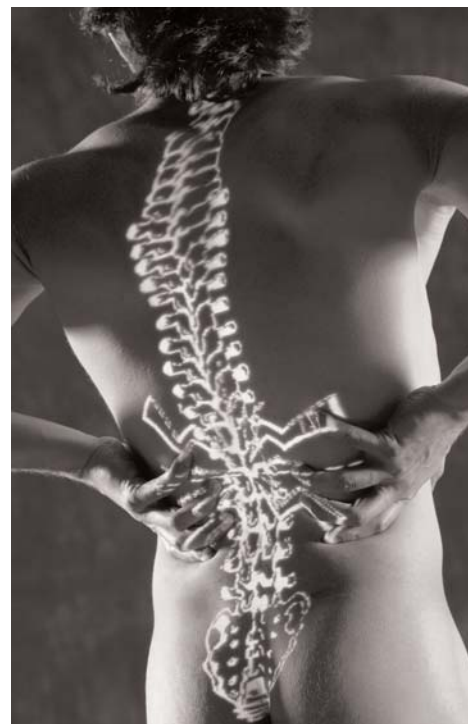


Welcome Dr. Demetra Hazineh

Dr. Anita B. Yee, BSc, DC

I would like to start by sharing some exciting news with all of you! My husband, Tom, and I are expecting our first child at the end of June. As a result, I will be beginning my three month maternity leave around June 19th, 2006. I am planning to be back at my practice by October 3rd, 2006. I will endeavour to keep all of you updated on the happy news on our website www.commercecourthealth.com. In the meantime, I will be having Dr. Demetra Hazineh covering my practice and maintain the continuity of your care while I am absent.

Dr. Hazineh received her degree in chiropractic from the Canadian Memorial Chiropractic College. She completed her post-graduate acupuncture certification at McMaster University in Hamilton. Dr. Hazineh is also certified in Active Release Technique (ART). Prior to her chiropractic training, Dr. Hazineh received her honours degree in Kinesiology and Health Sciences from York University. She is an avid athlete, participating in floor hockey, ultimate frisbee and beach volleyball. She has a keen interest in sports injuries due to personal interest and her previous training. She is very well qualified to deal with such injuries from her prior experience as a kinesiologist and personal trainer and also from her own practice in providing treatment and rehabilitation for sports, motor vehicle and workplace injuries.



The process of seeking a highly qualified replacement with similar skills, training, care and passion for both chiropractic and acupuncture began in January. I have interviewed numerous candidates and Dr. Demetra Hazineh was the best qualified candidate. I have been fortunate that she will be available to cover my practice in my absence.

Please take a moment to introduce yourself to Dr. Hazineh and give her a warm welcome!

Visit our website...
commercecourthealth.com

From the **Front Desk**
 Angela Sofroniou

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

Thank you very much for your cooperation.

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 Tel: 416.214.0100 Fax: 416.214.0113

Hours:
 Monday to Thursday 7:00 am to 6:00 pm
 Friday 7:00 am to 3:00 pm





From Your Clinic Director

Summer is here! Good bye overcoat, hello sunscreen!

It is very gratifying to see so many of our clients getting outdoors to enjoy our Canadian spring and summer. Golf, cycling, paddling, swimming, jogging, walking and gardening are just a small range of activities we help our clients continue to enjoy through injury management, regular check ups, sport specific stretching or strengthening programs. Let us know how we can help you “move it” so you don’t “lose it”.

I hope everyone enjoys their summer holidays. I plan to spend my summer chasing the kids in the park, on the soccer field and in the local splash pad. They do keep me in shape!

Stay cool!

Cheers
Dr. Shannon Dales



*Jamie and Georgia
Haslam Dales
enjoying the park.*

Omega 3 Fatty Acid Supplements May Help Relieve Neck and Low Back Pain

Dr Shannon Dales, DC



According to a study in the April 2006 issue of *Surgical Neurology*, omega 3 fatty acid supplements may be effective for relieving neck and low back pain.

NSAIDs (non steroidal anti-inflammatory drugs) have been used for neck and back pain but their adverse side effects include gastric ulceration, bleeding, myocardial infarct and even death. In the US, NSAID associated adverse effects affect up to 50% of users.

In this study, patients with degenerative disc and joint disease and who were taking NSAIDs were asked to take omega 3 essential fatty acids daily for a month. Participants were asked to taper off their NSAIDs for 1 to 2 weeks after the initial 2 weeks. A month later, the participants were sent a questionnaire about pain, adverse effects and NSAID use. The supplement dosage was 2.4 g daily for 2 weeks then 1.2 g daily for 2 weeks.. Reported benefits were 59% discontinuation of NSAIDs for pain control, overall pain reduction in 60% , improvement of joint pain in 60% and 80% overall satisfaction with the level of improvement. The only adverse effect was loose bowels in 2 subjects.





Live Your Life's Purpose

Dorothy Ratusny, B.Sc., M.A., (C). OACCPP.

Dorothy is pleased to announce the release of her new book *Live Your Life's Purpose*.

Live Your Life's Purpose offers a pragmatic approach for developing consciousness and self-actualization. These principles enable us to identify the bigger purpose for our individual existence. Dorothy encourages readers to adopt a philosophy of self-awareness and guided exploration in order to cultivate inner wisdom and live in their truth.

In *Live Your Life's Purpose*, Dorothy simplifies the method of coming to know what we need to do with our lives in order to be happy. She offers readers a template for making long-desired changes, and for living a life that is fulfilling and purposeful. She reminds us that the secret to our authentic happiness is in knowing our life's purpose and living that purpose daily.

Inside *Live Your Life's Purpose*:

- Conscious intentions to create dramatic changes in how you live your life.
- The eight guiding questions that shape your life's purpose statement.
- Learn how to identify and master your specific life lessons.
- How to develop your inner self as a precursor to authentic happiness.
- The three questions that you need to ask in identifying your innate gifts.
- The three universal purposes.
- Access your inner wisdom as a means of making the best decisions and living purposefully.

Live Your Life's Purpose will be available August 1st, 2006 at the Commerce Court Health Centre. Alternatively, copies may be purchased online from the author's website: www.dorothy ratusny.com



Understanding the Cumulative Injury Cycle

Dr. Susan D. DeWolfe, BSc, DC, FCCSS(C)

Many patients are surprised when they develop aches and pains when there has not been any sudden trauma, such as a car accident or a fall. Muscles, tendons, bones, blood vessels, fascia, and nerves are all vulnerable to injuries from sources other than sudden trauma. Mild repetitive irritation like the use of a keyboard or mouse, or a constant pressure or tension such as poor posture or stress, can also cause injuries. These three injury categories can result in the Cumulative Injury Cycle occurring in the body.



The Cumulative Injury Cycle (see diagram) is an easy way to understand how the body gets injured and remains injured. The body's reaction to an injury is inflammation. It is through this biochemical reaction that white blood cells are sent to the injured tissue in order to initiate repair. Sometimes, the inflammatory reaction is inappropriate or the inflammation stays too long. Consequently, the tissue cannot heal properly and becomes what is known as an adhesion-fibrosis, more commonly known as scar tissue. Scar tissue tends to be weak and often tense, which makes the tissue prone to fatigue and re-injury.

Repetitive pressure, such as poor posture (ie. slouching) can also cause tissue to become weak and tense. Exposure to mild but continual pressure can cause tissue fatigue and tightness. That tissue reacts with low grade inflammation which leads to the formation of adhesions/fibrosis. When the body is exposed to prolonged pressure, friction, or tension, the tissue actually experiences a decrease in blood flow and oxygen, and an increase in swelling. Again, this results in the formation of more scar tissue.

The Cumulative Injury Cycle is a self-perpetuating downward spiral which results in injuries becoming permanent if the cycle remains uninterrupted. Fortunately, many techniques used by chiropractors, physiotherapists, and massage therapists put an end to this vicious cycle. One of the most effective techniques is Active Release Technique®. Through the application of specific pressure to injured tissue, the adhesions can be removed and the blood circulation restored. Following this, stretching and strengthening helps maintain the healthy tissue and keeps the injury from reoccurring.

