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COMMERCE COURT HEALTH CENTRE

BODY HEALTH

CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY PSYCHOTHERAPY

Put Your Best Foot Forward

By Dr. Shannon Dales

Each year 1 in 3 Canadians over 65 years of age will fall. This risk increases to 50% by the age of 80. Serious injury occurs in 25% of falls leading to hospitalization, surgery, lengthy rehabilitation and in some cases, death.

As we age, falls frequently result in hip, wrist and pelvic fractures. In fact, hip fractures result in 40% of hospitalizations and this number is expected to increase 4 fold over the next 35 years. It is estimated that 1 billion dollars in direct healthcare costs is spent on fall related injuries and complications each year.

Falls can have long term impact on quality of life. There can be a significant drop in activities, reduced mobility, increased placement in nursing homes and most importantly, a reduction in overall independence.

Contributing Factors to Falls in the Home

1. Poor physical condition affecting muscle strength, balance, flexilibity and coordination
2. People with impaired vision are 2.5 times more likely to fall. Poor hearing also increases this risk.
3. Certain medication can impair alertness, judgement and coordination
4. Environmental factors such as loose mats, missing railings, etc.
5. Behavioural factors include risk taking activities such as unsafe climbing and reaching, unsupportive footwear, alcohol consumption, etc.

Most falls occur in the home. To reduce the risk of a fall household hazzards should be removed and safe guards installed.

Tips to Prevent Falls in the Home:

Bathroom

1. Use a non slip mat inside and outside of the tub/shower
2. Instal raised toilet seat to help get on/off the toilet easier
3. Instal grab bars by the toilet and tub/shower

Kitchen

1. Replace loose scatter mats with rugs with rubber backing
2. Wipe spills up immediately
3. Keep everyday items on shelves with in easy reach
4. Make sure there are no extension cords crossing your path
5. Add gliders on chairs to make moving them easier when sit down/up from the table

Stairs

1. Keep stairs free of clutter
2. Hand rails should be on BOTH sides of the staircase
3. Instal non-slip strips on the edge of each step
4. Secure loose or wrinkled carpet
5. Ensure the stair case has good lighting.

Walking

1. Remove reading glasses when walking
2. Add a bell or reflector tape to the collar of your pet to avoid stumbling on them.
3. Sit down to put on and off shoes and clothing
4. Wear shoes or slippers with non-slip soles.

In this issue...

From Your **Clinic Director**

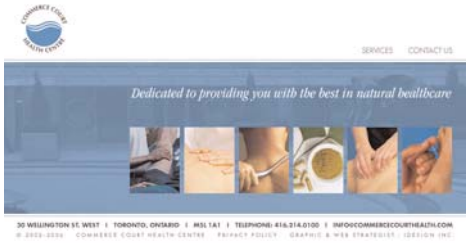
Wow what a frosty winter! Many of our clients have been enjoying an extrordinary ski and snowboard season while others have been building world class snowmen and snowwomen. Whatever your winter activity is, you may find some helpful tips to keep you exercising safely in Dr. DeWolfe's article in this newsletter.

Icy sidewalks and roadways have also been an issue this winter. It takes full concentration not to fall while outside but many of us forget to use this focus to avoid falls indoors. Included in this newsletter is an article outlining tips to avoid falls in the home.

We are always looking for good professionals to join our team. If you know of someone or a service that you feel could compliment our current services and team, please pass on this information to myself or any of our front desk staff.

We hope you and your family enjoy the March break.

Dr. Shannon Dales



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BODY HEALTH
CHIROPRACTIC PHYSIOTHERAPY ACUPUNCTURE ART® MASSAGE NATUROPATHY OSTEOTHERAPY

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 complimentary service. For more information, contact **Dr. Shannon Dales** at:
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RESEARCH CORNER

By Dr. Shannon Dales, DC

Osteoporosis Drugs Linked to Bone Collapse

In a study recently released online in the Journal of Rheumatology, Canadian researchers warn that a class of osteoporosis drugs taken by millions of people around the world can lead to bone necrosis, a painful and disfiguring condition. Specific brands of bisphosphonates sold under the names Didrocal, Actonel and Fosamax almost tripled the risk of developing bone necrosis.

Researchers at University of British Columbia, the Vancouver Coastal Health Research Institute and McGill University studied the health records of 88,000 Quebec residents over 8 years. They studied the link between using bisphosphonates and necrosis of the jaw.

This study follows a recent alert from the U.S. Food and Drug Administration about bisphosphonates and the higher possibility of severe and sometimes incapacitating bone, joint and muscle pain in patients taking the drugs.

Bone necrosis is rare, diagnosed 1/20,000 people per year but it leads of permanent loss of the blood supply to the bones.

The take home message from this study is if you experience any unusual severe pain, check with your doctor.

Exercising in the Cold

Dr. Susan DeWolfe, BSc., DC, FCCSS

As Canadians we know all too well that exercising outside is often the only way we can get a little fresh air and sunshine during the winter months. Some days are wonderful to be outside while other days are just brutal.

Recently the Green Bay Packers played against the New York Giants in the second coldest game in NFL history. These football players, many with exposed arms, played at a temperature of -17C with a wind chill of -30.6C . Research has discovered that exercising

in such severe cold adversely affects any activities involving strength, anaerobic power as well as endurance activities. Endurance activities like running and cross country skiing when done in severe cold is difficult as the body experiences a drop in core temperature as well as a drop in maximal aerobic power . This results in an impairment of one's athletic performance.

But, there is good news for runners and cross country skiers. Research has shown that endurance exercises done in moderate cold temperate exposure can cause an improvement in aerobic performance. The message appears to be that moderate temperature is the key to a great workout outdoors.

Japanese researchers have shown that getting chilled to the bone or soaking wet during a winter workout may actually increase your chances of catching a cold. This new research has found that when humans are exposed to cold air the body responds by increasing the activity of suppressor macrophages which are large white blood cells that depress the activity of our immune system. Once the immune system is turned down a person becomes more susceptible to viruses. However, consistently training in a cooler environment (air or water) can blunt these suppressor macrophages and an athlete is less likely to suffer a depressed immune system.

Intermittent training in wintry winds increases a person's risk of cardiovascular problems. Sudden, sporadic, unexpected exposure to cold air increases the heart rate and blood pressure which in turn causes increased stress on the heart. Human blood clots easier in cold weather which might increase your risk of coronary arterial blockage. Again, continued sustained exposure to a cold environment helps modify these negative effects.

Tips to Enhance Your Athletic Performance in Cold Weather

- **Increase your warm up time.** A proper warm up is especially important on athletes who rely on speed and power. Endurance athletes should recognize that it takes longer to warm up your muscles for activity on cold days. Many injuries occur at the beginning of a workout when muscles are cold.

- **Use two pairs of running shoes.** Winter conditions leave the midsole saturated with moisture and wet shoes absorb shock less well. Allow the shoes to dry for at least 48 hours before using them again.

- **Avoid running on severely cold days especially those with a wind chill.** Running 8 mph into an 8mph wind is the equivalent of standing still in a 16 mph wind! If you cannot avoid the wind, at least plan your workout so the wind is at your back for the second half of your activity.

- **Dress properly.** Keep wet, sweaty clothing away from your skin. Water conducts heat 25 times faster than air resulting in a rapid loss of body heat. Clothing which wicks moisture away from your skin helps keep you dry and warm. Layer your clothes but be careful not to wear too many layers as you do not want to be sweating profusely during your workout. Wearing a face mask will warm the air going into your lungs. The mask will decrease fluid losses from breathing and will ensure you are rebreathing warm, moist air. A post run cough may actually be exercise induced bronchiospasms. Cold weather athletes have a 3 fold higher incidence of this. The mask may decrease your incidence of that nasty post exercise cough. A face mask also decreases your chances of frost-bite. Severe cold blocks sensations of pain so you may not be aware of a decrease flow of blood to your tissues.

- **Drink fluids.** Although we sweat less in the winter, cold weather causes an increase loss of water from respiration and an increase in urine production. Cold air also decreases feelings of thirst.

- **Get inside after your exercise and get warm.** Surprisingly athletes can develop post exercise hypothermia. The body is hypothermic if the body temperature drops below 95F. Once we stop exercising our body's heat production drops rapidly but our heat loss can remain high. If you lose too much heat you become hypothermic.

Protecting yourself from the winter elements will increase your enjoyment of exercising in the great outdoors.