



Back Column

Pinnacle Physical Medicine & Rehab
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Neck Pain? You May Have a Whiplash Injury

On the Job Injuries

Worker's Compensation Insurance covers chiropractic care for good reason. Some 13 separate studies in various states have repeatedly found that chiropractic care gets people back to work much sooner and at far lower cost than medical care alone for the same type of on the job back injuries. For the insurance company, not only are the direct costs lower but the compensation costs for lost work are dramatically lower as well.

Chiropractic care usually involves more visits than medical care but it leads to fewer chronic cases and gets people back on their feet and back to work sooner. That is reason enough to choose chiropractic care for on the job injuries.

Tennessee law allows you to go see a chiropractor for a back injury that occurs on the job. Ask your employer if they have a chiropractor on their panel. If they don't have them contact our office (or visit our website at www.mddcpt.com) to put Dr. Showalter on their panel.

Car accidents, blows to the back in sports, and on the job injuries can easily leave you with a whiplash

injury. **While sometimes symptoms are felt immediately, often symptoms are delayed for days, months or even years. That's why we recommend getting checked out right away so these problems can be corrected.**

The most common symptom of whiplash (affecting 62 percent of those injured) is **neck pain**, and it usually begins between two hours and two days after the accident. This is often the result of tightened muscles that react to either muscle tears or excessive movement of joints from ligament damage. The muscles tighten in an effort to splint up and support the head, limiting the excessive movement. While muscle relaxants can relieve some of the discomfort of these muscle spasms, using muscle relaxants without wearing a support collar to brace and hold the head in place can undermine this natural protection from the muscles and cause further injury.

An estimated 66 percent to 70 percent of those suffering from whiplash complain of headaches. The pain may be on one side or both, on

again and off again or constant, in one spot of more general. These headaches, like neck pain, are often the result of tightened, tensed muscles trying to keep the head stable and, like tension headaches, they are often felt behind the eyes.

Shoulder pain, often described as pain radiating down the back of the neck into the shoulder blade area, also may be the result of tensed muscles.

Muscle tears often are described as burning pain, prickling or tingling. More severe disc damage may cause sharp pain with certain movements which are relieved by holding your hand over your head.

If you experience any of these symptoms, **you may have a whiplash injury that, left uncared for, can cause far more serious problems months or even years later. Again, seek care immediately after an injury.**

The Quebec Automobile Insurance Society released an exhaustive study of more than 10,382 articles on neck injuries and concluded most interventions for whiplash were unproven, including soft cervical collars and

corticosteroid injections. Yet they **recommended spinal manipulation as clearly effective.** So if you suspect you have a whiplash injury, choose a specialist in spinal injuries, your chiropractor, who has proven methods of care for whiplash. We now combine physical therapy with chiropractic to increase the benefits of treatment.

Basic Whiplash Symptoms

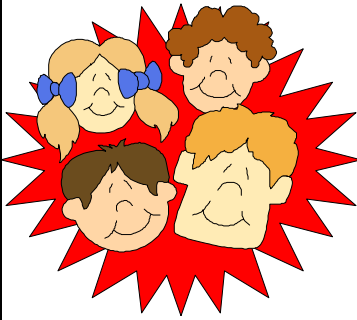
- Neck Pain
- Headache
- Shoulder Pain
- Low Back Pain
- Difficulty Swallowing
- Blurred Vision
- Ringing in Ears
- Nausea
- Fatigue or Weakness
- Irritability

Source: www.mercola.com





Welcome New Patients!



Here are the new patients that became members of our practice recently! We'd like to welcome you publicly and wish you all the best!

Mary Gardner (referred by Jean Saunders-thanks!)

David Meeder (Referred by Bonnie Showalter-thanks!)

David Grigsby

Sandra Corscadden

Scott Corscadden (referred by Sandra Corscadden-thanks!)

James Amos (referred by Dr. Showalter-thanks!)

Lisa Cowan (referred by Larry Cowan-thanks!)

Special Congratulations go out to Joannah Bartoo and her husband who are proud parents of a beautiful baby girl, Elyse Dayton Bartoo, born June 18th, 2005!

Thanks to all of our friends who referred patients to us. We want to say "thank you" in a special way. For each person you refer that becomes a patient, we give a "referral reward". Ask Diane how you can receive an extra bonus for sharing the good news about chiropractic.

TAKING ON TRANS FATS

By Patrick Perry

Move over saturated fat. There is a new villain in town. For decades, saturated fat has been the proverbial "bad boy" of health, but scientists believe that a man-made fat, called trans fatty acid, may play a major role in the escalating rates of heart disease and obesity that we see in the United States and beyond.

Trans fat is a specific type of fat, formed when food manufacturers turn liquid oils into solid fats, such as shortening and hard margarine. Like saturated fats, trans fatty acids raise low-density lipoprotein (the so-called bad cholesterol) and lower high-density lipoprotein (its good counterpart) in our bodies, both contributing to coronary heart disease. To provide consumers with more information to make better choices, the Nutrition Labeling and Education Act of 1990 required manufacturers to list useful health information about the food consumers eat—a list that included the saturated fat content.

More recently, scientists and health experts became concerned about mounting studies linking the health hazards of the "nonlisted" trans fatty acid content in food that adults and youth routinely consume. After years of debate, earlier this year the FDA mandated that food companies list trans fatty acid content, giving companies a 2006 deadline in which to comply with the new guidelines.

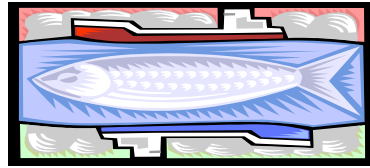
The FDA estimates that the average daily intake of trans fat in the United States population is about 5.8 grams per day. Given where trans fats are found, some advocates believe the figure is much higher. Trans fats are found in crackers, candies, cookies, snack foods, fried foods, fast foods, salad dressing, and other processed foods that list "made with partially hydrogenated vegetable oils" in their ingredients. If you look through your pantry at the ingredient list, you will be surprised at how often hydrogenated oil appears as an ingredient.

As a rule of thumb, experts say to keep trans fat and saturated fat consumption low and replace them with mono- and polyunsaturated fats, which do not raise LDL and have health benefits when consumed in moderation. If you need help with knowing what to eat or just how healthy you really are we can help with Optimum Health Clinic at our office.



Diane's Recipe Corner

Basil Tuna Steaks



Ingredients

6 tuna steaks

4 1/2 tsp. olive oil

3 Tbsp. minced fresh basil

3/4 tsp. sea salt

1/4 tsp. pepper

Directions

Brush both sides of tuna steaks with olive oil. Sprinkle both sides with basil, sea salt, and pepper. Coat grill rack with non-stick cooking spray before starting the grill. Grill tuna, covered, over medium heat for 6-8 minutes on each side or until fish flakes easily with a fork. Enjoy!

Source: *Light & Tasty magazine, June/July 2005*

Question of the Month: (Once per patient, please). Congratulations!

An estimated ___ to ___ % of those suffering from whiplash complain of headaches.

The first patient to call with the correct answer will win a **FREE** bottle of BioFreeze.

There were many answers to last month's question, but no one answered the question!

Our **Patient of the Month** for June is **Connie Eden**.

Connie will receive a free 30 minute massage. A random number is picked each month so everyone has a chance to win!!

Five Symptoms of Dehydration

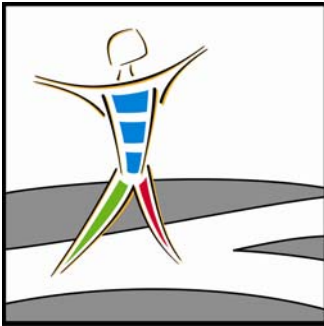
1. Dizziness
2. Cramps in the arms or legs
3. Feeling Weak
4. Flushed Cheeks
5. Dry Mouth and intense thirst

Source: *Woman's Day*,
05/04/04

C For Yourself

Although it's one of the most widely consumed supplements, Vitamin C is also among the most misunderstood. Many people ascribe curative powers to the vitamin that it doesn't deserve, yet ignore the real health benefits it can provide. The *Journal of the American Medical Association* published an overview of Vitamin C's benefits that said there was moderately strong evidence that diets high in Vitamin C can help prevent cancers of the esophagus, stomach and breast (in premenopausal women). There was not, however, convincing evidence that it helps prevent heart disease, although there was some indication that it may be good for the heart when taken with Vitamin E. What C doesn't help is the common cold. In fact, the Linus Pauling Institute at Oregon State University (named for the Nobel-Prize winner who is most associated with the traditional health claims for Vitamin C) no longer touts C as a cold cure-all. Balz Frei, Ph.D., director of the Institute, says, "In addition to a healthy diet with at least five servings of fruits and vegetables, taking a 250 milligram (mg) supplement will assure optimum benefits." Foods such as broccoli (76mg a cup), melons (68mg a cup), and papaya (188mg in one whole fruit) are some of the healthiest sources. They also contain other antioxidants and micro-nutrients that provide disease protection. If you don't think you'll have the time to prepare the foods necessary to get your daily dose of Vitamin C, ask Dr. Showalter about the Vitamin C we carry here through our Optimum Health Clinic and C for Yourself!

Source: *Remedy, May/June 2004*



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We're on the web!

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newsletter!***

*The articles in this newsletter are not meant to be or replace medical advice; they were written for information purposes only. Before doing anything seek the advice of your Medical Doctor or talk with Dr. Showalter.

We had a terrific turnout for our GRAND RE-OPENING... thanks to all of you who participated. KISS FM (98.1) provided radio coverage, we had a huge variety of foods: pizza, cokes, cookies, fruit and more! After "pigging out," we enjoyed music from KISS FM, the kids played in the Spiderman "Jumpslide," the adults enjoyed a free chair massage, had their free posture screening, body fat analysis and blood pressure checked. We had drawings throughout the evening for several door prizes including Bio-freeze, Cold and Hot Packs, Knee Pillows, a Cervical Pillow and a 32" Color TV! Congratulations to all the winners and a special congratulations to Susan Boyd, winner of the TV!