



Back Column

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What You Need to Know About Auto Accidents

Car accidents can easily leave you with an 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 auto accidents (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 or 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, our office, which 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
- Irritability
- Weakness



Source: www.mercola.com



"Involved In A Car Accident?"

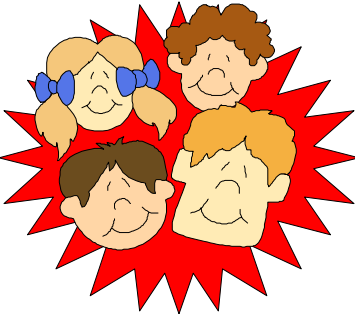
FREE Video & Report Reveals What You Must Know if You've Been Involved In An Auto Accident. Discover the shocking truth about auto accident injuries and why many uninjured victims are wishing they knew this tiny secret! The video at the website below could save you years of pain and suffering, even if you haven't been seriously injured!

Get The FREE VIDEO by going to the web site below and watch instantly!

<http://4pains.com/Showalter/freereport5.htm>



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!

Brandy K.— referred by Rick G.— thanks!

Susi W.—referred by Jean S.— thanks!

Mack L.

Bill M.— referred by Dr. Bowers—thanks!

Gerald G.

Richard B.

Matthew W.—referred by Robyn W.—thanks!

Adrienne B.—referred by Lisa C.—thanks!

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.

Homeopathic Relief for UTI Pain

Symptoms of a UTI (urinary tract infection) include painful, erratic, and frequent bladder activity and in up to 90% of cases are the body's attempt to rid itself of displaced *Escherichia coli*, or *E. coli*. Normally found in the rectal or peritoneal are, *E. coli* performs several bio-supportive functions in the bowel. However, when displaced to the wrong areas, they tend to embed themselves in the host's genitourinary system. Left untreated, the bacteria can travel upward to the kidneys, where the infection becomes more dangerous and the symptoms more severe. UTIs are a common clinical problem that is very gender specific. Between age 20 and 50, occurrence of UTIs is 50 times greater in women than men. Men become afflicted by UTIs later in life, primarily due to obstructive uropathy.

The bladder lining is composed of polysaccharides, a form of sugar molecules. When displaced *E. coli* get into the bladder, finger-like projections adhere to these sugar molecules, embedding in the bladder lining and initiating a infection. In the presence of D-Mannose, a natural simple sugar found in foods and drinks such as cranberry juice, some bacteria, including *E. coli*, exhibit a greater attraction to the D-Mannose molecule than to the sugar molecules in the mucous membrane of the bladder lining. Bacteria that are “Mannose positive” combine with the D-Mannose to form a biochemical complex which then causes the *E. coli* to lose its grip on the tract wall, flushing out the infectious bacteria the next time you urinate. U-Trac with D-Mannose is easy to use and tastes good, which can help when treating children. U-Tract does not kill “friendly” bacteria, does not cause gastrointestinal upset, does not cause allergic reactions, does not lose its effectiveness over time, does not require a prescription, and is well suited for treatment of pregnant women, children, and diabetics, all problems that must be taken into consideration with standard antibiotics treatment of UTIs. Our Optimum Health Clinic carries “U-Tract” D-Mannose for treatment of UTIs. Ask Dr. Showalter today if U-Tract is right for you.

Source: www.progressive labs.com



Welcome Dr. Bowers!

As of April, a new doctor, Dr. David Bowers will be joining our practice. Dr. Bowers is a medical doctor that specializes in physical medicine and rehabilitation. He helps people regain function (rehabilitate) after surgery, a stroke, or an injury. He also works with people with issues such as pain control or regaining strength. Dr. Bowers is board certified through the American Board of Physical Medicine and Rehabilitation which is recognized by the American Board of Medical Specialties. He is a graduate of the Loma Linda University of Loma Linda, California, and he spent his medical residency at Ohio State University in Columbus, Ohio. Dr. Bowers comes to us with over 20 years of experience in his chosen field. Dr. Bowers is a key player in our multi-specialty office to increase the non-surgical diagnostic options that will benefit our patients.

Question of the Month:

What is the most common symptom of an auto accident?

The first patient to call with the right answer will win a FREE bottle of BIOFREEZE. (once per patient, please). The answer to last month's question was: True. We did not get a right answer. Our **Patient of the Month** for May is Cathie C.

Congratulations!

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



"BACK PAIN?"

FREE VIDEO Reveals a Brand New Technology That Eliminates Back Pain Once & For All!

Discover how thousands of people with Chronic Back Pain, Degenerative Discs, Herniated Discs, Bulging Discs, Slipped Discs & Sciatica are now living PAIN FREE!

Get The FREE VIDEO by Going To The Website

Below & Watch Instantly!

(even slow connections can watch instantly)

<http://4pains.com/Showalter/freereport15.htm>



It is the mission of Pinnacle Physical Medicine & Rehab and Optimum Health Clinic to provide our patients with the most advanced, effective chiropractic, medical, physical therapy care and health advice possible. Our office and staff are totally committed to patient satisfaction.

We're on the web!

**www.mddcpt.com or e-mail us at
chirodcs@yahoo.com**

**Contact us today to subscribe to our free monthly
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.

Mark your calendars...

Patient Appreciation Day is May 17th*

On Wednesday, May 17th, all of our existing patients will receive a **FREE** adjustment in honor of our 5th year anniversary.

If you know a family member, friend or co-worker who would like to try chiropractic care, new patients will be seen on

Thursday May 18th or Friday May 19th

for a Complimentary Consultation and exam with Dr. Showalter.**

(**Offer only applicable for patients new to our office).

It's only a couple of weeks away, so call for your time now!!

(*Worker's comp, P.I. cases, Medicare and federal programs excluded)

