



Patients for Life

Secrets behind the science of Chiropractic...
and methods for successful living! - A newsletter by Dr. Peter DeLoe

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Ask the Doctor "I've heard that losing weight can help with my back pain. Is this true?"

Answer: If you hold a piece of paper between your hands and place a feather on it... the paper won't break. That's low strain. If you place a bowling ball on it, the strain often causes the paper to rip in half immediately. Your spine and body function in the same way. The more stress and strain placed upon the "carrying weight" of the body and spine will result in regular back pain flare-ups. So yes, without a doubt, losing weight can aid the body in reducing such "carrying weight strain".

A Study that Should Motivate Many to Lose Weight Now!

A study from the Journal of the American College of Nutrition looked at 48 college women considered overweight. They divided the women into four groups:

- Group one: no exercise
- Group two: 30 minutes of exercise daily
- Group three: two 15-minute sessions of exercise per day
- Group four: three 10-minute sessions per day

You'll notice that 3 of the 4 groups did variations of **30-minutes of exercise daily**. It seems 30 minutes is the magic number! All three groups who did variations of 30-minutes of daily exercise... **lost about the same weight**, felt better, looked better, had a reduced waist size!

30 Minutes is the Magic Number!

The conclusion of the study was that for practical purposes, 30 minutes per day of continuous exercise will achieve the best overall results. But even if you can only fit in a few minutes per day, go for it and you'll still see measurable results. Now that's good news for all of us with hectic schedules. **If your back pain has flared up recently and has been persistent for 3 days or more, please schedule an appointment with our office as soon as possible.** That's what we're here for.

We're here to help!

The informed patient, is a healthy patient. A candid discussion about...

"Potential Negative Effects of the Use of Birth Control Pills"

Whenever a discussion ensues about birth control, it's always controversial to *someone*. This is a sensitive issue. The matter of birth control runs across religious and societal boundaries. My intention is to neither condone nor condemn the use of birth control. I am a doctor. And as such, when I come across helpful medical research, I feel it important to share this with our patients. So with that out of the way let me tell you about...

A New Study Into the Potentially Negative Impact of "The Pill"

Research by the Canadian Medical Association Journal shows that use of "the pill" may cause weak or fragile bones. The study looked at young women between the ages of 25 to 45 who used oral contraceptives for at least three months or longer. They looked at something called Bone Mineral Density, that is a measure of how strong bones are in the body. Well, they measured the bone density of these women in their spine, leg and pelvis using x-rays. Bone density measurements were lower in all these areas in women who used the pill vs. women who had never used the pill. Researchers think that women on the pill might have an increased risk of bone fracture (a bone breaking) of 20-30%. **That is significant.** More research is being conducted in this area as you read these words so we'll keep you posted.

There are risks behind the consumption of almost every drug

In the mean time, if you or anyone you know is taking birth control, it's always a good idea to weigh the pro's and con's and the potential health risks. While I can't say that chiropractic will help you overcome these risk factors, we do know that a healthy, vibrant, fully functioning spine will improve nerve function -- which improves overall health. So, consider chiropractic as potential "preventative maintenance" for overall health and well being for your body. Your bones will thank you for it! If you are a patient who hasn't been in for some time but you're feeling the "creaky" aches and pains slowly returning, please give my office a call and we'll try to help you as best as we can. **Call, we're here to help!**

Fast Facts for Life!

"The International Obesity Task Force estimates that 300 million people worldwide are obese and 750 million more are overweight, including 22 million children under age five." Again proving that so much of what happens to us in life is of our own choosing..."

Successful Living Breakthroughs!

Know where to go. Half of what it takes to succeed in life is knowing what you don't know and where to go for the rest. An interesting Web site that just might put you on the road to being in the know is www.thebeehive.org. With information on a wealth of timely topics you're sure to find what it takes to live well and smart.

Breakthroughs/Fast Facts for Life

Helpful Tips

"I have children that play baseball, and the season is beginning soon. Any injuries to be aware of for little ones?"

Actually there *are* some important things to be aware of! Did you know that according to research, that the most common baseball injury is caused by **overuse of the throwing arm**? Let's discuss this a bit more, without throwing too much water on the fun sport of baseball.

Studying the Throwing Arm

In *Medicine & Science in Sports & Exercise*, they studied 300 pitchers over two seasons. The 9 to 12 year olds reported arm complaints following each game and it seems directly related to the # of pitches per game and the types of pitches thrown. Specifically, kids throwing 75 or more pitches per game were 50% more likely to suffer elbow pain than those throwing less than 25 per game. According to the authors for every 10 pitches per game increase the odds for elbow pain increases by 6%. *The authors recommend limiting young pitchers to 75 pitches per game.*

Sports are terrific for youth

Now before you write me to say "I'm ruining the game of baseball" let me stress that I am pro-sports, pro-youth leagues, and think that exercise and activity is exactly what American children need today considering the scary obesity rates in our young ones.

Children & Chiropractic

If your children are active and especially if they play league sports of any kind, consider integrating children into a semi-frequent chiropractic program.

If you'd like me to quickly evaluate them, just bring them in with you. I'm happy to do a quick initial evaluation without charge. There's a reason top sports athletes all rely on chiropractic. However don't ignore our young ones. If you have any additional questions with regards to potential childhood injuries or sports injuries in general, please do not hesitate to contact us. We're here to help.

Now, let's go play ball!

One of the more exciting medical studies in recent years...

Study Shows How to Reduce Stomach Cancer By Up to 40% - Must Read Information!

Wow! Rarely do I come across research as significant as this. Imagine a study showing how to reduce stomach cancer by up to 40%. That's pretty amazing don't you think? Stomach and esophagus cancer is on the rise in recent years, so much so that for the past ten years numerous studies have been undertaken to find causes, solutions and preventative measures.

Studying Stomach Cancer

This study into stomach cancer looked at 1,100 patients with a form of stomach cancer vs. 700 healthy people without cancer. It was found that higher intakes of cholesterol, animal protein and fat from eating meats, chicken, pork, etc., all *increased the risk of stomach cancer*. It was also found that obesity was strongly associated with these cancers.

Taking this lowered the risk of stomach cancer by 40%:

The research found that taking vitamin C supplements reduced the risk of cancer in the middle and lower stomach by 40%. Second, correcting an incorrect diet also dramatically decreases the risk of getting stomach cancer.

While a vegetarian diet isn't right for all body types, this study makes a strong case for the dramatic reduction on fatty meats in our diets. They suggest replacing fatty meats with plant-based proteins such as beans, soy, avocados, nuts and olive oil. By supplementing with vitamin C, and focusing on a better diet, you will improve your health -- and that's the bottom line. For help coming up with a diet that's right for you, please call our offices and we'll get you on the right track. We will also be happy to review your overall health approach and can make useful suggestions to increasing energy, flexibility, and of course, pain-related assistance. *We're here to help make you the healthiest person you can be, but we can only help you if you call. Be well!*

Fascinating Facts!

A study commissioned by baby-food maker Gerber Corp. found that parents admitted 20 percent of kids 19 to 24 months ate fries every day, while 10 percent of the 9- to 11-month-olds did the same. 25% of the kids 19 to 24 months ate hot dogs, bacon or sausage daily. It should come as little wonder then that an estimated 10 percent to 15 percent of pre-schoolers are considered overweight by the time they're age 5.

Important News about You!

Referrals Mean the World to Us!

We dedicate this space to say thank you to all of our patients and friends who have so kindly made referrals to our office. There is no greater compliment you can pay us then to entrust us with the referral of a friend or family member.

Your trust and confidence means the world to us and has helped our practice to grow over the years. We'd like to say a very big THANK YOU to the following patients who have sent us a referral this month:

*Debbie Garceau, Diane Hainsworth,
Randie Vanetten, Ellen Hart,
Eileen Scoville, John Adolf,
Cheryl Micciche, Annie Bunting,
Stephanie Kelley, Linda Orrvick,
& Barb Savage*

**THANK YOU FOR THESE
REFERRALS!**

Patient of the Month

I have many great athletes as patients. Speedskaters, weight lifters, tennis, squash, runners, etc... This month's patient of the month is the first repeat winner. Melissa Scorse (Candy's daughter) has just completed her first indoor track season at Brockport U. and what a season! She broke three school records her first season!!! In the 55meter she ran a blistering 7.43 seconds!! This is .23 seconds faster than her previous best (her high school record) which she did a year ago! She set a new 4x200 meter relay record and a 4x400 meter relay record running the (important) lead off leg in both events!! WOW!

There are several important messages here. One, being tenacious and sticking to your goals. Two, focusing on one sport for optimal performance (she played soccer in HS). Three, good coaching, in high school and college. Fourth, staying healthy and optimizing body function through regular chiropractic care! There is a reason all the top level athletes use chiropractors! Heck, even the race horses are on a treatment program!!! If you want to perform better, regardless of your sport or level of involvement, chiropractic care can play vital role in getting you across the 'finish line'!! Keep up the good work Melissa, we'll be watching!!!

Welcome to our Practice

Patients are the lifeblood of our practice. We realize that you have a choice, and we are proud that these new patients have chosen us as their health care provider! We hope that we exceed your expectations and help you progress towards a health lifestyle! **We would like to proudly welcome the following new patients:**

*Claire DeJohn, Marilyn Walsh, Mandi Kresge, Haley Saba,
Sharon & Kristen Bednarczyk, David Hance, Dan Micciche,
Laney Latus, Kevin Kelley, Barb Bailey, Judy Randall
& Don Goodman*

**Thanks for allowing us
the chance to serve you!**

Product of The Month!!!

Cherry Juice! We just acquired a new product from a company out of Geneva called Cherrypharm. For years I have been looking for a good cherry juice to recommend to patients and a few weeks ago my search ended. If you like cherry pie, you are going to absolutely love this juice. It tastes great! Most importantly, it is really good for you. First, it is a very powerful anti-oxidant, which means it is an anti-inflammatory, anti-cancer, improves circulation and heart/brain health and lowers blood pressure. If that's not enough, it has shown to lessen pain and speed recovery from workouts. Still not enough? It also improves sleep for those suffering from insomnia! Without a doubt, cherry juice is the best treatment for gout that I have ever seen! This is good stuff! Each eight oz. bottle contains 50 tart cherries. But this is not from concentrate. The only other ingredients are water and apple juice. We sell this product in the office and, considering its quality, it is reasonably priced (\$2.50 per bottle, \$20 per eight -pack). Getting sick is a lot more expensive!

To order go to www.cherrypharm.com and use Dr Deloe as your order code. You get a discount when ordering online. Next time you are in, try a free sample!

Exercise of the Month!

It's that time of year where we can get outside again! Hallelujah! At the top of the 'good for us' list is walking. It is good for all of our joints and studies show it reduces the incidence of low back pain. It's important to have quality, good fitting walking shoes that are designed for the terrain you are going to walk on. The custom orthotics we have available provide custom support for your foot, ankles, shins, knees, hips, pelvis, spine, etc. Regardless of your age, shape or condition, the key is being consistent! **DO IT NOW! YOUR TOMORROWS ARE GETTING FEWER.**

Health Success Story of the Month!

Last months newsletter had an article on sciatica, referred pain down the back of the leg. Well I guess that was a hot topic because they are flooding into the office!!

I'm happy to report multiple cases are responding and even more are resolved! Gone! NO MAS!

LESSON OF THE MONTH: Check with Dr. Pete FIRST before you do something (insert adjective).

Fitness & Successful Living Breakthroughs

How to Look Better, Feel Better, and have a Vibrantly Energetic Spring!

Nothing is more powerful than a healthy lifestyle to providing vibrant energy and well-being. It is my believe that vibrant health comes from chiropractic spinal manipulations... the results of which are magnified when combined with the commencement of a fitness & exercise program... and can then be magnified even further with the introduction of good diet and/or nutritional supplements & vitamins program that speeds of muscle recovery and promotes good health.

Don't become a statistic!

You don't want to end your long life stuck in a bed simply because you ignored health issues. What a waste of your golden years! I like to say, "Don't become a statistic. Leave that to the other folks!" People usually focus on things that are **urgent** and place lesser value on doing things that are **important**. I believe you can experience massive gains in many areas of your life when you **flip that equation**. Instead spend your days doing things **important** and let the "urgent" take a back seat for once. That's what is necessary with regards to promoting good health in yourself. Don't wait until it's too late to take the important health actions.

There are many things you can get started doing today:

- *You can set up a schedule of regular chiropractic visits*
- *You can start a simple fitness program*
- *You can educate yourself on nutrition and supplements that promote better health*

One excellent way is through nutrition, since 2/3rds of the leading causes of death are directly related to diet. Smart patients know the value of investing in themselves and by that I mean a WELLNESS APPROACH to care. *Now is the perfect time to begin!*

If you'd like to learn more about proper nutrition, please call us!

Win A FREE GIFT by Answering this simple question! Why not give it a try?

Would you like the chance to win a special **FREE GIFT**? Each month the free gift changes. It might be a **FREE tube of Blue Emu**. Or a **free cervical pillow**, which is excellent for use to support your neck properly while you sleep. This month we are giving away *a free nutritional evaluation (a \$70 value)*! Unlike other contests, the odds of you winning this contest are *really good*. Why not give it a try? To win you need only read this newsletter to find the answer to the Health Question posed below. If you think you know the answer or want to guess, pick up the phone and call us! We will draw a name by the end of the month to see who wins the **free gift**! You could be our winner this month. *Are you ready?*

The contest question for this month is...

Taking what vitamin can reduce risk of stomach cancer by up to 40%?

Referrals Mean the World to Us!

I consider it a privilege to be trusted with the health care of my patients. In fact, there are some weeks we are so busy that we have to extend our hours or stay late just to see everyone!

Why have we grown so fast? It's because of patients like you who refer friends, family and co-workers. I don't often have the chance to say thanks for all your support and friendship, but I really do appreciate it.

I consider it a pleasure to work with my patients. That's why I am always so interested in your feedback on this newsletter and any questions you may have about your health, nutrition and chiropractic.

Please feel free to call—even if it's only to get an answer to a quick question. Remember that we are available when you need us, so call anytime! I look forward to seeing you.

New Patient Special – 50% off Initial Visit

Most chiropractors only offer you a brief consultation. I offer much more than that! For **50%** you will get a full consultation exam and X-rays with all these **FREE BONUSES**:

FREE WHEN YOU CALL:
FREE Pain Exam & Assessment
FREE Explanation & Diagnosis
FREE Computerized Spinal Exam
FREE Treatment Plan
You Get All Of This... for 50%

Call Now To Schedule An Appointment...

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This offer is valid through 4/30/08.