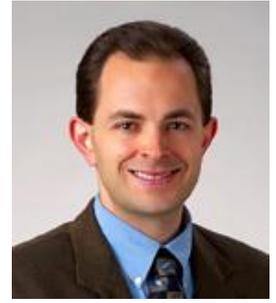


In Good Hands

A Newsletter for the Friends and Patients of Dr. John Falkenroth, D.C.
Back Pain & Sciatica Clinic ♦ Phone: (831) 475-8600 ♦ Website: www.RepairMyBack.com



**Convenient and affordable relief of back pain, neck pain and sciatica.
No long-term treatment plans. Walk-ins welcome.**

“Remember that happiness is a way of travel – not a destination.” ~ Roy M. Goodman

*Is the Healthcare Crisis Due to
a Lack of Insurance or Too Many Sick People?*
**New Study Finds SHOCKING
Number of People Worldwide
with Health Problems – Over
95% Have A Health Problem and
Over One-Third Live with
More Than FIVE Conditions.**
*Is There a Way to
Be One of the Healthy 5%?*



Also this month:

- ✓ **New research shows a diet used to treat diabetes also benefits mice with autism.** Could this also help humans with autism spectrum disorder?
- ✓ **Can reacting positively to stressful situations be beneficial to your health?** Study shows how your reactions can impact your health.
- ✓ **Blind dog helps others see better days!**

Do you want to live longer? Pretty stupid question, isn't it? Everyone wants to live longer. That's why what you are about to read is good news. Why? Because, on average, we are all living longer.

In fact, according to a health report by the Department of Health and Human Services, “*In 2010, life expectancy at birth in the United States for the total population was 78.7 years – 76.2 years for males and 81.0 years for females.*”

Not only that: “*Between 2000 and 2010, life expectancy at birth increased 2.1 years for males and 1.7 years for females. The gap in life expectancy between males and females narrowed from 5.2 years in 2000 to 4.8 years in 2010.*”

This all sounds great on the surface. But...

There Is Some BAD NEWS...

Before we get to the bad news, what is your opinion on this...

Would you rather live a long life or a healthy life? In other words, is it more important to be healthy and doing the things you love or is it better to just be alive, even if you are sick and miserable?

That's what the average lifespan fails to calculate. It simply says how long the average person lives, but it does not say what their quality of life is at any point in time. A new study sheds some light on this, and it is not all good news.

The recent Global Burden of Disease Study (GBD) notes that in 2013, just one in twenty people worldwide (4.3%) had no health problems. During the same year, a third of the world's population experienced more than five ailments.

According to *Science Daily*: “*Moreover, the research shows that, worldwide, the proportion of lost*

years of healthy life (disability-adjusted life years; DALYS [1]) due to illness (rather than death) rose from around a fifth (21%) in 1990 to almost a third (31%) in 2013.

“As the world’s population grows, and the proportion of elderly people increases, the number of people living in sub-optimum health is set to rise rapidly over coming decades.

“The findings come from the largest and most detailed analysis to quantify levels, patterns, and trends in ill health and disability around the world between 1990 and 2013.”

Here is something very important: The report talks about “years lived with disability” or YLDs. According to the report, *“YLDs for both sexes increased from 537.6 million in 1990 to 764.8 million in 2013 due to population growth and aging... Leading causes of YLDs included low back pain and major depressive disorders among the top ten causes of YLDs in every country.”*

Here are some very important points from all of this... The first thing to understand is that we are living longer for a number of reasons, but we are also living more of those years with health issues and disability.

As you can imagine, just being alive longer means more time for mental and physical stresses to add up, which can result in pain and other symptoms.

Author Eubie Balke is known for saying:

“If I’d known I was going to live this long, I’d have taken better care of myself.”

Those words seem more and more important with each passing year. No one wants to age or get older, but it is a fact of life. Science and medicine have done some wonderful things, but they have yet to stop time. No matter how long you live, life is too short and seems to go by in the blink of an eye.

The really good news is that taking simple measures now can help maximize the time you have and give you the best odds to be in the 5% of people in the world without health problems.

According to the Centers for Disease Control and Prevention (CDC), *“Lack of physical activity, poor nutrition, tobacco use, and excessive alcohol consumption are responsible for much of the illness, suffering, and early death related to chronic diseases.”*

Regular physical activity is one of the most important things a person can do to stay healthy. Not only will physical activity increase one’s chances of living longer, it can also help control weight; reduce risks for cardiovascular disease, type 2 diabetes, metabolic syndrome, and some cancers; strengthen bones and muscles; improve mental health and mood; improve one's

ability to do daily activities; and prevent falls among older adults.

Sadly, more than one-third of all adults do not meet the common recommendations for aerobic physical activity, and 23% report having performed no leisure time physical activity in the preceding month.

Not only that, The World Health Organization estimates that if the major risk factors for chronic disease were eliminated, at least 80% of all instances of heart disease, stroke, and type 2 diabetes would be prevented, and more than 40% of cancer cases would be avoided.

Just look at these statistics provided by the CDC...

- About **610,000 people** die of heart disease in the United States every year – that’s 1 in every 4 deaths.
- **Heart disease is the leading cause of death for both men and women.**
- Coronary heart disease is the most common type of heart disease, killing over **370,000 people annually.**
- Every year about **735,000 Americans** have a heart attack. Of these, 525,000 are a first heart attack and 210,000 happen in people who have already had a heart attack.

Here are some facts about Diabetes according to the CDC: *“From 1980 through 2013, the number of adults in the United States aged 18–79 with newly diagnosed diabetes more than tripled from 493,000 in 1980 to over 1.4 million in 2013. The number of new cases of diabetes has increased since the early 1990s through 2000s. After 2009, the number of cases has changed little.*

“Diabetes is becoming more common in the United States. From 1980 through 2011, the number of Americans with diagnosed diabetes has more than tripled (from 5.6 million to 20.9 million).”

If you're currently part of the 5%, then you're probably already living a healthy lifestyle. If you're not, then make the decision now to start making changes. Start eating a healthier diet, start exercising each day (if a short walk is all you can do right now, that's okay -- you need to start somewhere), stop smoking (if you're a smoker), don't drink excessive amounts of alcohol, and find ways to better manage stress. And if you are experiencing any pain in your back, neck, or extremities, then call our office and schedule an appointment because it's easier to exercise and start/maintain healthy habits if you're pain-free.

Don’t forget, if you ever have any questions or concerns about your health, talk to us. We’re here to help and don’t enjoy anything more than participating in providing you natural pain relief.

THANK YOU... 😊

Thank you to those of you who referred your family, friends, co-workers and neighbors to our practice. Thank you also to all the health professionals who referred their patients to our practice. Your referral is the ultimate measure we have of how we are doing in helping you and in meeting your expectations. When we see your name as the person who referred a new patient, we get reassured that you’re happy with your experience at our clinic. Thank you for your trust and thank you again for your referrals.

Blind Dog Helps Others See Better Days!

Sometimes real life is better than any Hollywood movie. This might be one of those moments...

He was a nameless dog, born without eyes, serving a life sentence in a terrible puppy mill. Who knows how much longer this particular golden retriever would have suffered -- or even been allowed to live -- if it wasn't for one special person. Enter Joanne George.

- Certified with the Certification Council for Pet Dog Trainers in 2003
- Professional member of the Canadian Association of Professional Pet Dog Trainers
- Therapy Dog Evaluator for St. John Ambulance
- Training professionally for over 15 years
- Veterinary Assistant for over 20 years
- Educated in Canine Behavior

Joanne rescued the golden retriever and named him Smiley. She quickly noticed that something was very wrong with her new dog. Smiley was very introverted and scared, which wouldn't be unexpected for a dog in his situation, but there was more...

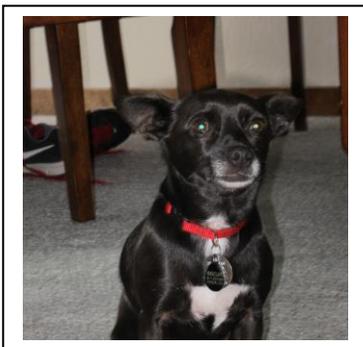
Smiley was born without eyes, yet his eyelids were open and this appeared to be causing him a great deal of pain. Joanne arranged for a veterinarian to help close Smiley's eyelids. As soon as this happened, Smiley's pain subsided and he started to come around. Joanne paired Smiley with a deaf Great Dane named Tyler. Tyler is high energy, and the two hit it off. Tyler immediately raised Smiley's energy and spirits.

"Tyler was so bouncy and crazy and happy-go-lucky and [Smiley] turned into the same dog," George told ABC News. "He came out from underneath the tables where he was always hiding."

As soon as Smiley started to interact with people, his shyness melted away. Not only did he tolerate being around them, but he became very friendly, even with strangers he'd just met. Joanne spotted a gift in Smiley and started taking him to hospitals and schools to visit people who needed some cheering up.

There was one patient in a nursing home named Teddy whom no one visited and hadn't been known to speak during his stay. The staff at the nursing home said they had never even seen him smile. That was, of course, until Smiley came along. Joanne recalls, "(Teddy) smiled and laughed when Smiley got into his vision. It was so touching to see that we had made a difference... a big difference in this man's life."

The therapy work Smiley does is quite amazing, especially with children. Joanne adds, "It's very touching when they see how he was born different and it's ok to be different and you can still overcome things. Their confidence level goes right up." Smiley's biggest message is that whoever you are and whatever circumstances or situations you are in, you can always overcome them. You can always be happy. You can always smile.



This is picture of our dog Biscuit. Like Smiley, Biscuit needed to be rescued. We recently adopted Biscuit from the Santa Cruz SPCA. We wanted to save all of the animals there, but we couldn't. With your help, we can help the Santa Cruz SPCA take care of more animals at the shelter and find loving homes for them. This month, we are donating \$1 for every facebook check-in that patients do at our clinic. So be sure to check-in with us on facebook the next time you're in and be sure to let us know that you checked in.

Maybe one of your facebook friends is suffering from back pain, neck pain or sciatica... and seeing your facebook check-in may help them get the pain relief that they need.

We love helping our patients and their friends and family through their tough times and getting them feeling better. Remember that early treatment is key to a full and complete recovery. Don't wait until you can no longer move!

Do You Suffer from Snoring or Sleep Apnea?

Sleep apnea is a common problem, affecting as many as 26 percent of adults. Sleep apnea is a term used to describe a condition in which a person is unable to breathe properly during sleep, which can have serious health consequences. Some experts believe that the rise in sleep apnea diagnoses over the recent decades is related to the dramatic rise in obesity over the same time frame.

Snoring is a related problem caused by a restriction in your airway stemming from either your throat or nasal passageway. It's the vibrations caused by air as it struggles to get through your soft palate, uvula, tongue, tonsils, and/or muscles in the back of your throat that create the snoring sound.

Not only do these breathing disruptions interfere with sleep, leaving you unusually tired the next day, but they can also reduce the amount of oxygen in your blood, which can impair the function of internal organs and/or exacerbate other health conditions you may already have. Previous research has also linked sleep disturbance to cognitive decline and dementia... so if you're having trouble sleeping, take action now to find help. Not only will you feel better now but your golden years may be a bit more golden... ☺

Do You Crave Late Night Snacks?

You should be in bed but instead you are wandering around the kitchen searching for something to eat. How many times are you going to open the refrigerator door hoping something new and delicious is going to appear that was not there 30 seconds ago? If this description fits you, then you are not alone. Countless people are the victims of late night cravings.

In a newly published study, exercise science professors and a neuroscientist at Brigham Young University used MRIs to measure how people's brains respond to high and low-calorie food images at different times of the day. The results showed that images of food, especially high-calorie food, can generate spikes in brain activity, but those neural responses are lower in the evening.

Lead study author Dr. Travis Masterson notes, *"You might over-consume at night because food is not as rewarding, at least visually at that time of day... It may not be as satisfying to eat at night so you eat more to try to get satisfied."*

In other words, when you eat at night, your brain is just not as satisfied as when you eat at other times during the day. Just knowing your brain is "tricking" you and that you do not actually need more food may help you avoid late night binges, weight gain, and the associated health risks.

Reacting Positively to Stressful Situations Can Benefit Your Health!

It is known that inflammation increases an individual's risk for several chronic diseases, but until recently, it was not known if one's emotional responses to daily stress were linked to inflammation production. In a recent study, 872 adults from the National Study of Daily Experiences (sub-study of Midlife in the United States II) reported daily stressors and their reaction to them during telephone interviews over the course of eight days. Blood samples were obtained at a separate clinic visit and analyzed for inflammatory markers.

The researchers note, *"Adults who fail to maintain positive affect when faced with minor stressors in everyday life appear to have elevated levels of IL-6, a marker of inflammation. Women who experience increased negative affect when faced with minor stressors may be at particular risk of elevated inflammation. These findings add to growing evidence regarding the health implications of affective reactivity to daily stressors."*

Dr. Nancy Sin, postdoctoral fellow in the Center for Healthy Aging and Department of Biobehavioral Health at Penn State adds, *"A person's frequency of stress may be less related to inflammation than responses to stress. It is how a person reacts to stress that is important."*

Remember, we're always here to help you and your friends and family get pain relief and maintain the active lifestyle that you all deserve. After you're done with this newsletter and the enclosed flyers, please pass them on to someone you know with back pain, neck pain or sciatica. Thank you.

The information contained in this newsletter and in the inserted flyers is solely advisory, and should not be substituted for medical advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at (831)475-8600.