

# GUTHRIE CHIROPRACTIC & Massage

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## **SUMMER 2010 NEWSLETTER SPECIAL OSTEOPOROSIS ISSUE**



*What is Osteoporosis? Who gets it? What are the symptoms?  
How is it diagnosed? What causes it? Can it be prevented?  
How is it treated?*

These are your questions...now for some very real and very honest answers:

Osteoporosis (meaning “porous bones”) is a disease in which the bones become weak and brittle, and are more likely to break. In the United States 10 million people have Osteoporosis. Millions more have low bone mass, called osteopenia, placing them at risk for osteoporosis and broken bones.

Osteoporosis can strike at any age, but it is most common in older women. One out of every two women and one out of every 4 men over age 50 will break a bone in their lifetime due to osteoporosis. By building strong bones in our children now can help prevent Osteoporosis later in their lives.

Osteoporosis is often called a “silent disease” because bone loss occurs with no signs or symptoms. However once bones are weakened by the disease symptoms include a stooped posture, loss of height over time, fractures of the wrist hip or other bones and back pain that can be severe due to fractured or collapsed vertebra.

Diagnosis usually comes from a bone mineral density test called DXA (dual energy X-ray absorptiometry). DXA is quick, simple, and painless and gives accurate results of your bone density.

Many risk factors can lead to bone loss and cause osteoporosis, some we can change and others we can not. Read more on the next page to see what the risk factors are, what you can do to prevent osteoporosis and what treatment options are available to you.

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### **More Inside this issue:**

**Osteoporosis Causes, Prevention and Treatment, page 2**  
**Exercise & Excellent Nutrition to Prevent Osteoporosis, page 3**  
**Good Drugs or Bad Drugs by Marie, page 3**  
**Vitamin D is on sale! See page 4**

## **Osteoporosis Causes, Prevention & Treatment,** *continued from page 1*

### Risk factors:

- **Gender.** Women get it more than men.
- **Age.** The older we get the greater the risk; poor movement and other environmental hazards play a roll too.
- **Body size.** Small, thin women (BMI less than 19) are at greater risk.
- **Ethnicity.** White and Asian women are at a higher risk.
- **Family History.** If a parent or sibling has it, you could be at greater risk.
- **Hormonal imbalance.** Low estrogen levels in women and low testosterone in men pose a greater risk.
- **Eating Disorders.** Anorexia nervosa & bulimia can lead to Osteoporosis.
- **Medication use.** Some medicines increase your risk by depleting your body of essential nutrients and some increase your risk of fractures simply from side effects like sedation, dizziness or unsteadiness.
- **Vitamin & Mineral Deficiency.** Insufficient intake of Calcium, Vitamin D and other vitamins and minerals makes your body more prone to bone loss.
- **Activity Level.** Lack of exercise or long term bed rest can weaken bones and decrease our strength.
- **Smoking.** It's bad for your bones, heart & lungs.
- **Drinking Alcohol.** Too much can cause bone loss and thus broken bones.

Some of these risk factors we can't change, however, some we can. And we need to change them as soon as possible to prevent further damage to our bones. As we all know smoking is bad for us as is drinking too much alcohol. Just as important is eating a nutritious diet rich in the necessary vitamins and minerals and getting regular exercise. By doing these simple things we can keep our bones strong and healthy and prevent bone loss. Please read the article "Exercise & Nutrition to Prevent Osteoporosis" on page 3 for more information. Remember, building strong bones during childhood and adolescence can help to prevent osteoporosis later in life. It's never too late or too early to do something about Osteoporosis!

When a healthy lifestyle including exercise and a balanced diet are not enough, medications may be prescribed. Please read the article on page 3 about Osteoporosis medications, their side effects and some natural alternatives.

## CALENDAR OF EVENTS

### **LABOR DAY**

MONDAY, SEPTEMBER, 6<sup>TH</sup>

Office will be closed, however massage may still be available this weekend.

### **GRANDPARENT'S DAY**

SUNDAY, SEPTEMBER, 12<sup>TH</sup>

Office will be closed, however massage may still be available this weekend.

### **Worth Mentioning!**

The Osteoporosis prevention suggestions in this newsletter also offer lots of other health benefits too, like supporting a healthy immune system, reducing inflammation and you will feel so much better.

# Exercise and Nutrition to prevent Osteoporosis!

By Marie Dearing, Receptionist

*Guthrie Chiropractic & Massage*

Exercise helps your bones grow stronger. Strength training, resistance training and weight-bearing exercises are best. Strength training helps strengthen your muscles and bones in your arms and upper spine and weight-bearing exercises help strengthen the bones in your legs, hips and lower spine. Try some of these fun exercises to increase your bone strength:

- Walking or Jogging
- Hiking with a friend
- Climbing Stairs
- Lifting Weights
- Playing Tennis
- Dancing under the stars
- Skipping rope
- Skiing or snowshoeing

Nutrition is a key factor too. A diet with sufficient Vitamins & Minerals helps make your bones strong. Try to eat whole foods that are naturally rich in many necessary vitamins and minerals (think fruits, vegetables, lean protein & healthy whole grains). Avoid refined foods (sugar, white bread, fast foods, etc.) to allow your body to perform at optimal levels and in a less acidic environment to maintain a neutral pH level. Be sure to eat foods rich in Calcium & Magnesium, like low fat dairy products, green leafy vegetables, legumes and nuts. Eat more fish for DHA/EPA, salmon is a good choice. Drink adequate amounts of water and avoid caffeine and alcohol (they deplete your body of essential nutrients).

Lastly, remember that not only are these suggestions good for Osteoporosis prevention but also for a host of other illnesses too, like chronic inflammation, cancer prevention, cardiovascular diseases and diabetes. As an added bonus you feel better and your immune system is healthy and performing at optimal levels.

# Good Drugs or Bad Drugs?

By Marie Dearing, Receptionist

*Guthrie Chiropractic & Massage*

Because osteoporosis is difficult to reverse, prevention is the key to treatment. There are several prescription drugs that are used...but are they good drugs (meaning, those with no unwanted side effects)? Here's some interesting reading...you decide.

RX:

Actonel, Boniva & Fosamax - treat osteoporosis by inhibiting cells that break down bones. Side effects include nausea, abdominal pain, visual disturbances and irregular heart beats. It is also important to note the strict instructions for taking these bisphosphonates, if taken incorrectly can lead to ulcers in the esophagus.

Fosamax has also been linked to "jaw death" (osteonecrosis of the jaw) a condition of chronic pain and facial disfigurement.

Provera, Estrogen and Progesterone - are used for prevention and treatment of osteoporosis. It was discovered in 2002 that synthetic hormone therapy increases the risk of some cancers and heart disease.

Evista - has similar actions to estrogen but doesn't seem to pose the same cancer risks, however it can cause blood clots and increase hot flashes.

Forteo, Fortical & Miacalcin - are synthetic forms of naturally occurring hormones. They are self-administered daily injections that have side effects including nausea, leg cramps, dizziness & skin rashes.

Reclast - given once yearly as a 15 minute vein infusion, side effects include flu-like symptoms, muscle pain & eye problems just to name a few.

SUPPLEMENTS:

For a more natural approach, without the unwanted side effects, eat healthy and supplement your diet with extra vitamins and minerals when needed. Many tests are available to check for adequate vitamin and mineral levels and Dr. Guthrie can recommend individual daily needs too. Always be sure to buy good quality supplements and be sure you are getting enough of all of these on a regular basis:

Calcium - Citrate & Lactate are the best absorbed forms, Calcium is the major mineral in our bones.

Fish Oil/DHA - maintains normal bone strength

Magnesium - helps regulate calcium transport throughout the body

Vitamin D - helps your body absorb calcium

Vitamin K - necessary for the protein, osteocalcin, which helps attach calcium to the bones

In addition, physical therapy programs will improve posture, balance and muscle strength, thus making falls less likely. Home remedies include maintaining good posture, (hold your chin high and keep shoulders back), prevent falls (wear low heeled shoes, non slip soles and watch for slippery floors and objects in your path). As always Dr. Guthrie is here to offer the care you need too. Regular chiropractic appointments keep your bones in line and body tuned up.

## Product of the Month

### Bio-D-Mulsion Forte (Vitamin D)



By Dr. Wade Guthrie

*Guthrie Chiropractic & Massage*

Vitamin D deficiency causes dull, achy musculoskeletal pain that responds poorly to both medications and manual therapies. In other words, all of our best efforts may get us only so far, since without sufficient Vitamin D you will continue to have recurring pain. This pain may be widespread or confined to a particular area, most commonly the low back. What happens is the outer covering of the bones (called the periosteum) swells in the absence of sufficient vitamin D and the swelling pressures nerves, causing pain. Also, many clinical investigations (done internationally) clearly show that a vast proportion of populations are showing low vitamin D levels and especially in those individuals with musculoskeletal pain. Most importantly, the clinical studies are showing that 95% of affected people will have tremendous resolution of their pain, within a few months of taking adequate levels of vitamin D supplements!

Additionally, studies are numerous, showing adequate vitamin D levels as being protective against diabetes, osteoarthritis, hypertension, cardiovascular disease, depression, migraines and several autoimmune diseases including multiple sclerosis. In my office I utilize liquid vitamin D drops "Bio-D-Mulsion Forte" (at 2 drops per day) to add 4000 IU's of vitamin D. This is a Biotics product, which is micro-emulsified in order to insure that it is fully absorbed. We have literature explaining why I choose the Biotics products, because it is absolutely critical that you not only get what you pay for, but that you are taking supplements which are safe. Taking a vitamin D supplement is unquestionably the best investment you can make for your health. It will cost you less than \$5 per month and remember, you are unlikely to get sufficient doses of this vitamin from sunshine alone (while living in Oregon) and there are no good food sources for this vitamin at the levels, which have been shown to be optimally protective.

The best of health!

*Dr. Guthrie*

**Bio-D-mulsion Forte™ is on sale this month!**

**Just \$13.30 (Reg. \$19) for 1 fluid ounce**

**That's about a 3 month supply!**

## Tai Chi...The Supreme Ultimate Exercise?

By Johnte Meagher

Tai chi which originated in China as a martial art, is a form of moving Qigong (breathing exercises) that when coupled with awareness can be a powerful complementary and alternative medicine practice. Tai chi directly translated means, the supreme ultimate, and when one looks at the possible health benefits of this practice, it is easy to see how it lives up to its name.

So who can do tai chi, and what could tai chi possibly do for me? Tai chi is a low impact low stress exercise, and due to its gentle nature virtually anyone can do it. It is thought that the slow quite movement of tai chi provides a format for deeply observing the body from within. This observation allows for a practitioner to become aware of where the body is holding onto stress, and through breath and visualization techniques, begin to exhale those stress loads out of the tissues of the body. The slowness allows the practitioner to relax while in motion observing tight spots.

Most other exercises involve strain and force, causing the body to tighten. This coupled with the fast motion of most other exercises makes it nearly impossible for the practitioner to become subtly aware of tight spots and stress loads, let alone to think about letting them release. Fast, enduring exercises can also produce lactic acid, which is known to cause anxiety. For the last several years research on tai chi has made many good discoveries as the popularity of alternative methods of cultivating health, fitness, and vitality increases in the United States.

The health benefits behind tai chi have been documented among the research involving older adult populations here in the United States. These benefits include, and by all means not limited to, reductions in blood pressure, reduced pain such as arthritic symptoms, improved muscular strength, balance and postural control, improved cardiovascular fitness, improved sleep quality, reductions in anxiety and depression, enhanced mental well being and overall quality of life. Most notably tai chi has been recommended by the Centers for Disease Control and Prevention (CDC) as one of the proven exercise - based interventions for preventing falls.

*“The quality of a life is determined  
by its activities”*

—Aristotle

**Bio-D-Mulsion Forte™**

Each drop supplies:  
 Vitamin D (as cholecalciferol) ..... 2,000 IU

Bio-D-Mulsion Forte™ is an oil-in-water emulsion. Vitamin D oil has been dispersed into microscopic particles to aid absorption and assimilation.

WARNING: Use only as recommended unless otherwise directed by a healthcare professional. This product is intended to be used under the direction and supervision of a healthcare professional.

RECOMMENDATION: One (1) drop each day as a dietary supplement or as otherwise directed by a healthcare professional.

Contains: 1 Fluid oz. (750 drops)  
 Product #: 1012  
 NDC: 55146-01012

**Schedule Yourself for a Massage Today!**

Take a hands-on approach to Summer wellness with a healing massage. More than simple pampering this healing practice improves circulation, increases flexibility, and releases tension.

We have massage therapists on staff 7 days a week.

**Wise Weighs**

**Penny Park & Emmy Kishi**  
 nutritional consultants and weight loss coaches are offering Guthrie Chiropractic and Massage patients a **FREE INITIAL CONSULTATION.**

Contact Penny about your consultation or an appointment at 541-579-1613 or by email [mizpark62@hotmail.com](mailto:mizpark62@hotmail.com)

See the new **Wise Weighs** website at [www.wiseweighsonline.com](http://www.wiseweighsonline.com)

Does your jaw hurt when chewing or yawning?

It could be **TMJ** or more accurately **TMD** (Temporomandibular Joint Dysfunction).

Ask Dr. Guthrie about it at your next appointment. He does amazing work and often gets immediate results to eliminate **TMD** pain forever. It's his specialty ☺

**Have you been in a motor vehicle accident?**  
*Did you know?*

Massage Therapy, Chiropractic Care & Physiotherapy are often **COVERED WITHOUT A REFERRAL** from your auto insurance or MD.

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**Bring in the correctly completed puzzle and we will give you 10% off any service or product.**

If there is a topic you would like to see addressed in this newsletter or would like to know more about, please let us know, we would be happy to answer any questions. Send questions or comments to:

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