



# Spinalguy Chiropractic

## Relief & Wellness Newsletter

JUNE 1 2018

DR. TOM KELLY

### Regular Hours (Nov thru April)

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu Closed

Fri 8am-12pm, 3pm-6pm

Sat 9am-12pm

### Summer Hours (May thru Oct)

Mon 8am-12pm, 3pm-7pm

Tue 3pm-7pm

Wed 8am-12pm, 3pm-7pm

Thu Closed

Fri 8am-12pm

Sat Closed

### Spinalguy Chiropractic

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### We're on the Web!

[www.spinalguy.com](http://www.spinalguy.com)

*This blog is brought to you by the Alberta College and Association of Chiropractors, in partnership with the [Arthritis Society](#). Cindy Stephen is a 61-year-old Calgarian, professional communicator, mother of six and grandmother of seven. Below is her experience as someone who suffers from arthritis and uses chiropractic treatments to help alleviate the symptoms.*

### Many people my age have arthritis in a variety of joints.

Folks over 60 who have led active lives find themselves with arthritis of the knee or hips, maybe a touch in the joint of the thumb or in the ankles. Professional athletes are prone to arthritis in their shoulders and elbows from years of repetitive motion activities like shooting pucks, throwing balls or taking hits from other players.

The arthritis I suffer from, in the back of my neck and lower spine, came from decades of sitting at a desk job, bad posture and giving birth to six children. My issues with pain began in my mid-30s; by the time I was in my late 40s it was difficult to get out of a chair or car. By my mid-50s I began to experience pain in my legs and walking up stairs was difficult. At that point, I consulted with a chiropractor. It was he who not only found the arthritis through an X-ray but was able to explain all the muscle and ligament dysfunction that caused it in the first place.

### There are over 100 types of arthritis.

Two you may have heard of are Osteoarthritis (OA) which is a degenerative, wear-and-tear type of arthritis and Rheumatoid Arthritis (RA) which is inflammatory; an auto-immune response which can affect people of any age. I have OA, and the good news is that with proper treatment and management many types of OA can be prevented.

## ***Did you know...***

- ***We offer laser therapy for soft tissue injuries involving shoulders, hips, knees, elbows or feet?***
- ***Hydromassage is massage therapy without the therapist. All you have to do is take off your shoes!***

*"The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds."*  
~ Albert Schweitzer

## **My OA isn't reversible at this point but chiropractic helps.**

I'm able to slow the progression of the disease by keeping up in my chiropractic appointments and following his advice to keep active. It assists with reducing pain, because my chiropractor aligns my spine which decreases the stress that aggravates the pain generated by the arthritic joints.

When the spine isn't aligned properly, there's increased stress. When everything is in alignment, the stress is reduced and there is less pressure on the joints.

One of the biggest benefits for me of chiropractic care is the increased range of motion I experience. OA is uncomfortable – I've had years of stiffness which I attributed to growing older, not with how my body was functioning mechanically.

As you age, degeneration of your joints can begin silently and your body can begin to compensate for it slowly until suddenly, the pain creeps up on you.

Chiropractic care won't stop you from getting older, but it can certainly help you from feeling old!

## **If it hurts, see a chiropractor.**

Chiropractors are educated to assess, diagnose, treat and prevent problems of the spine and musculoskeletal (MSK) system (joints, ligaments, tendons, muscles and nerves).

While there is no cure for arthritis, chiropractors can help manage the chronic pain associated with the condition, as well as work to restore and maximize the function of an arthritic joint. The goal is to help arthritis pain sufferers improve their overall health and well-being so that they may return to the activities they enjoy.



*If you wear  
out your  
body...*

*Where will  
you live?*



*“A person without a  
sense of humor is like a  
wagon without  
springs. It’s jolted by  
every pebble on the  
road.”*

*~ Henry Ward Beecher*

## Sun & Sunscreen

While regular, consistent, sensible sun exposure is vital for optimal health and well-being — having many benefits beyond vitamin D production — overexposure can result in skin damage that could raise your risk of skin cancer. This means if you're spending the day at the beach or engaging in outdoor activities for hours at a stretch, you likely need to bring some form of sun protection. While clothing is an ideal choice, most people opt for sunscreen, which can have a number of adverse ramifications.

Not only do many sunscreens contain toxic ingredients, many are also only half as effective as claimed. Consumer Reports recently issued its 2018 Sunscreen Buying Guide, which notes that testing reveals more than 70 sunscreen products do not provide the level of UVB protection stated on the label. As a result, you may end up getting sunburned anyway. The report also found that only a dozen or so products offered decent protection against both UVA and UVB rays.

### Can You Trust the Sun Protection Factor?

Sun protection factor (SPF) is a measure of how long the product will prevent your skin from burning when exposed to UVB rays. "For example, assuming you apply — and reapply — the sunscreen correctly, if you'd normally burn after 20 minutes in the sun, an SPF 30 protects for about 10 hours," Consumer Reports explains. However, it's important to realize that the SPF applies to UVB rays only, and not UVA, which are actually responsible for most of the UV damage.

To protect against UVA, you need to look for a broad-spectrum product that specifies protecting against UVA. Unless specified, it's safe to assume it does not protect against UVA. It's also important to realize that no sunscreen is capable of blocking 100 percent of UVB or UVA. As a general guideline:

- SPF 30 blocks 97 percent of UVB
- SPF 50 blocks 98 percent of UVB
- SPF 100 blocks 99 percent of UVB

As in previous years, recent testing again reveals many products overstate their SPF. In this round of testing, 24 of the 73 products evaluated offered less than half of the protection promised by their stated SPF. What this means is if a product is labeled SPF 30, it may only offer SPF 15 protection or less, which could lead to overexposure and burning.

