

Chiropractically Speaking About...

Consider This

*"Do what you can,
with what you have,
where you are."*

Theodore Roosevelt

Quantifying Stress

- 2.3 million Americans suffer from "Anxiety Disorders."
- 1/3 of the population make a New Years resolution to begin a stress management program.
- 80 percent of health care dollars are spent on stress related disorders.
- 46 percent of the American population say they feel highly stressed.
- More than 2,000 self-help books are published each year, producing sales of over \$500 million.
- Americans buy 1/3 of all anti-anxiety pills sold worldwide each year, while they make up only 5% of the world's population.
- 60-80 percent of industrial accidents are due to stressed out workers.
- The word stress entered the American vernacular in 1956, when Hans Selye published "The Stress of Life."

STRESS

Stress has been with us since the beginning of time. Every era has faced its share of threatening situations. Today, the stress of careers, deadlines, conflicts, and the demands on our time and money, take a huge toll on our health.

Just as a chain tends to break at its weakest link, we seem to exhibit stress and strain in the weakest areas of our bodies. For some, it's an upset stomach. For others, recurring headaches, back pain or muscle stiffness. Still others respond with nervous twitches, allergic reactions, or sensitivities to chemicals.

Regardless of your particular response, the function of your nervous system is involved. That's why chiropractic can be so helpful.

The chiropractic approach to stress is to help normalize the function of your nervous system by removing interferences caused by the Vertebral Subluxation Complex. Finding the "weak links" in your spine (the major communication pathway of your nervous system) and helping restore better function, can make a profound difference in your response to stress.

It may not be possible to remove the stress from a busy life. However, with the help of your chiropractic doctor, you can respond better to the unique challenges you face.



Consider This

"A successful person is one who can lay a firm foundation with the bricks that others throw at him or her."

David Brinkley

Funny Fact

Baboons pick through one another's fur, a behavior known as social grooming, to relieve stress.

Stressed Out?

- Feel pressured or overwhelmed?
- Have problems getting along with others?
- Experience changes in behavior such as temper outbursts, unexplained anger or crying for no reason?
- Have erratic sleep patterns including too much or too little sleep?
- Have difficulty communicating with others?
- Feel impatient?

If you answered "yes" to any of these questions, review these ways of managing stress and visit your chiropractor for an adjustment!

7 Ways to Chase Away Stress

1 To help relax, take deep breaths, pray or meditate. Relaxation lowers blood pressure, respiration, releases muscle tension and eases emotional strains.

2 Keeping a sense of humor during difficult situations is an effective mechanism for stress management. Laughing releases the tension of pent-up feelings and helps you keep your perspective.

3 Try to find exciting, challenging and satisfying forms of exercise that are convenient. Brisk walking and swimming are excellent choices providing a great cardiovascular workout. Avoid vigorous training regimens that will take more time and commitment than you can afford, as half of those who start such a routine will drop out within one year.

4 Leave work on time and try not to bring work home. Keeping a separation between your professional and private life is essential to managing stress. If you must work beyond your regular hours, try to go to the office early when the phones are quiet and you are fresh from a good night's sleep. People tend to be more productive and focused in the morning than in the evening.



5 Lower demands you put on yourself. Make realistic goals that give you the opportunity to succeed. Unattainable goals usually lead to feelings of failure even when you have had a productive day. Make a list of things to do for the following day. Re-list the items you don't get to because details you think you will remember the next day are often forgotten.

6 Take care of taxing tasks in the morning to get them out of the way. Large or tedious projects that you schedule for the afternoon will often get put off due to the events of the day.

7 Look at large projects as a series of steps to complete one by one. Don't worry about the enormity of a project. Section jobs into manageable portions and take them on individually. Organization is the key to successful project completion.

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Chiropractically Speaking About...

Kids and Sports

Each year, more than 3.5 million sports-related injuries in children under age 15 are treated in hospitals, doctors' offices and clinics across the U.S. They break down into the following sports:

Basketball - 574,000

Football - 448,200

Baseball - 252,665

Soccer - 227,100

Hockey - 80,700

Gymnastics - 75,000

Volleyball - 50,100

Good News

Approximately 1.7 million people will be injured this year while sliding into a base. Researchers believe that using breakaway bases can prevent more than 96% of these injuries.

Sprain vs. Strain

A sprain is a stretch and/or tear of a ligament, the fibrous band of connective tissue that joins the end of one bone with another. Ligaments stabilize and support the body's joints.

A strain is a twist, pull and/or a tear of muscle fibers. Tendons are the fibrous cords of tissue that attach each end of the muscle to the bone.

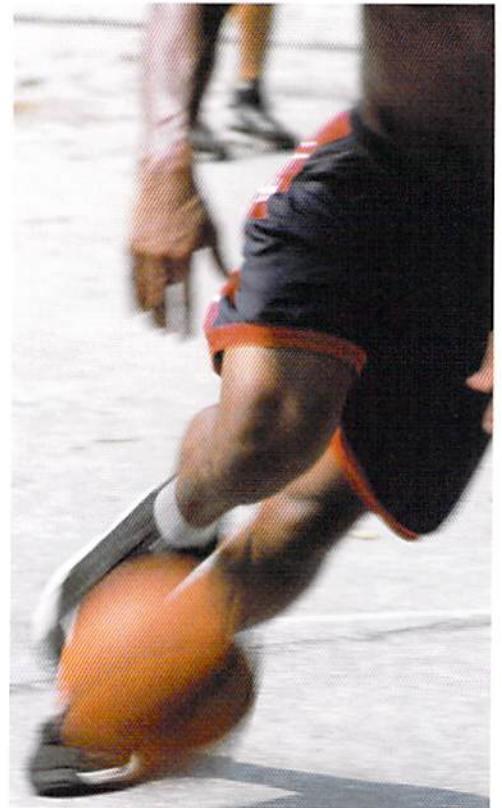
SPORTS INJURIES

Spinal injuries can restrict range of motion, reduce strength, slow reflexes, shorten endurance, and decrease performance. Chiropractic care for these types of injuries has become increasingly popular. Professional sports teams, Olympic trainers, and competitive athletes are employing chiropractic doctors—because they demand results.

Chiropractic care helps restore function to spinal joints that are fixated, and not moving properly. Besides helping to relieve pain, chiropractic care can also help reduce inflammation. Muscles, tendons, and ligaments depend upon proper joint movement for peak performance. Injuries to these tissues can reduce range of motion, affect delicate nerves, decrease blood supply, and can take you out of the game. Normalizing spinal function helps speed the healing of these soft tissues and reduce the deconditioning effect of being on the sidelines.

An aerobic exercise program or a plan of brisk walking can improve muscle tone and help you avoid strains, sprains, and other activity-restricting health problems.

Whether you golf, play tennis, bicycle, or bowl, the best treatment for sports injuries is prevention!



Ask your Doctor of Chiropractic for a care plan based on your age, condition, and health objectives. Find out if chiropractic care can restore your health, improve your performance, and increase your competitive edge.

Consider This

"You're never as good as everyone tells you when you win, and you're never as bad as they say when you lose."

Lou Holtz
The Fighting Spirit

Avoid heat injury

Drink plenty of fluids when participating in a sports activity, even if you don't feel thirsty.

Preseason conditioning will help your body cope with heat and humidity.

Take breaks in hot weather.

Play in the morning or late afternoon hours when the sun is less intense.

Wear lightweight, light colored clothes made of porous material.

Symptoms of overexposure to heat include: cramps, dizziness, disorientation, no sweating, vomiting, unconsciousness and high body temperature.

If you believe someone is suffering from heat exposure, seek medical care immediately.

Don't be sidelined by injuries!

Stay Balanced

Make sure your fitness regimen includes a balance of cardiovascular activity, strength training and flexibility exercises. The better condition you are in, the less likely you are to suffer an injury. Though sometimes costly, a personal trainer can help you set realistic goals and get you started on a monitored program that's appropriate for you. After you're comfortable with your workout, save a few appointments with your trainer so they can help you when you are ready to increase difficulty.

Mix It Up

By mixing up your game plan you'll give muscles a rest that might otherwise be subject to overuse. For example, walk three days a week and round out the week with stationary cycling or swimming workouts. Alternating activities will also minimize the boredom factor that drives people to give up their routines altogether.

Stretch Early and Often

Tight muscles are susceptible to injury and since muscle tissue decreases in elasticity and develops scar tissue with age, older muscles are even more vulnerable. It is, however, important to stretch only after you have warmed up, so take a ten minute walk before vigorous stretching.



Gear Up

A helmet for cycling, wrist guards for in-line skating, protective eyewear, running shoes that fit properly can all reduce the chances of serious injury.

Don't Rush

Be conservative as you build up your workouts. Increase your activity by only 10% per week; for instance, increase running for 20 minutes to 22 minutes rather than jumping to 30 minutes.

Get Adjusted

Your chiropractor is an excellent ally in the fight for fitness. Discuss your workout regimen with your doctor and schedule regular chiropractic adjustments to help keep your body functioning at its peak capability.

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Consider This

"An error doesn't become a mistake until you refuse to correct it."

O.A. Battista

Computer Bytes

- The current number of people who have access to the internet worldwide is over 123.5 million.
- The number of active Internet users is 57 million the world over.
- The average time spent, per user, per day, is 31 minutes.
- The average internet user will visit three sites in a session.
- Teens average 8.5 hours online per week — 27 percent more than the average net user.
- 87 percent of college students are online, representing, by far, the most single active group on the net.
- Seniors will account for \$16.7 billion of total consumer online spending by 2002.
- 83 percent of women online say the internet saves them time. 55 percent of women online say the internet saves them money. Women who use the internet are online for about 9 hours each week.

Computer Use

Carpal Tunnel Syndrome

Every day, assembly line workers, keyboard operators, grocery store clerks, and many others, receive microtraumas to their hands and wrists. Vibration and repetitive motions, when combined with spinal problems and other joint dysfunction, can result in a condition known as carpal tunnel syndrome.

The major nerve controlling the thumb, index, and parts of the middle and ring finger is called the median nerve. From the tip of your fingers, it travels through the bones in your wrist, past your elbow, up your arm, through your shoulder and neck, and finally to your spinal cord. Problems can develop in one or more of these areas.

The carpal "tunnel" is formed by bones in the wrist. The median nerve, tendons, and blood vessels pass through this opening. If one or more of the bones forming this tunnel should collapse, inflammation, nerve pressure, and painful symptoms in the wrist can result.

The median nerve connects to the spinal cord through openings between bones in the lower neck. When these spinal bones lose their normal motion or position, they can cause problems in the fingers and wrist.

After a thorough examination, your chiropractic doctor will perform specific adjustments where needed to help normalize structure and reduce nerve irritation. When given time, conservative chiropractic care has produced excellent results with carpal tunnel problems—without drugs or surgery.



How Fit Are Your Work Habits?

Answer "yes" or "no" to the following statements:

1. I sit at my desk for long periods of time.
2. Most of my work involves staring at a computer.
3. I bend my wrists when I type.
4. I rarely take breaks when I work.
5. Glare on my computer monitor gives me a headache.
6. I sit less than an arm's distance away from my monitor.
7. I sit forward on my chair.
8. I often stretch my neck and turn my head to read things.
9. I keep a lot of reminder notes taped around my computer monitor.

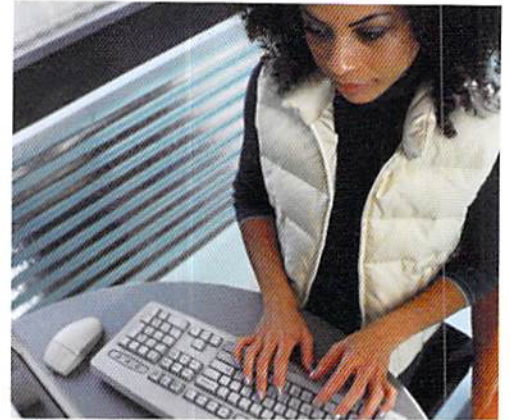
Total your "yes" answers to see your score.

Scoring:

- 0 Your work habits are exceptional!
- 1-3 Pretty good, but there is room for improvement.
- 4-6 You need to work to be more ergonomically fit.
- 7-9 Your job is a hazard to your health!

Tips for Improved Ergonomic Fitness

- 1 When sitting, vary your body position as much as possible to relieve tension on your back, neck and shoulders.
- 2 Give your eyes a break by frequently looking up from your computer and focusing on a distant object.
- 3 Keep your wrists in a straight position, rather than flexed or bent, while typing. Position your keyboard so your wrists and forearms are parallel to the floor.
- 4 Take short breaks every 30 to 60 minutes. Stand up, stretch or walk for a few minutes.
- 5 Reposition your monitor to avoid glare. Position the top of your monitor slightly below eye level.
- 6 Help reduce exposure to electromagnetic emissions from your computer by sitting 20 to 28 inches away from the front of the monitor.
- 7 Sit well back in your chair and place your feet on the floor to prevent posture-related problems. Use a footrest if your feet are not flat on the floor.
- 8 Avoid neck strain by locating your monitor directly in front of you. Place documents in the same vicinity so you do not have to turn your head to read.
- 9 Keep clutter away from your computer to avoid eye fatigue caused by what you see using your peripheral vision.
- 10 Schedule regular chiropractic adjustments to correct any problems that computer use may have irritated.



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Chiropractically Speaking About...

Quick Terminology

TMJ Temporomandibular Joint

TMD Temporomandibular Joint Dysfunction

TMD Symptoms

- Clicking or popping of the jaw joints and pain in or around the joints of the jaw.
- Locking or limited opening of your mouth.
- Facial pain.
- Frequent headaches.
- Earaches not associated with an infection and a feeling of fullness in one or both ears.
- Ringing in the ears.
- Neck or shoulder pain.

TMD in Infants Affects Feeding

Studies show that birth-induced TMD is the most common cause of breastfeeding difficulties. Here are symptoms often exhibited when feeding by infants with TMD:

- Biting
- Failure to latch on
- Choking or gagging
- Very short or extended feeding times
- Restlessness and frustration while feeding
- Low weight gain

TMD

Temporomandibular Joint Dysfunction

If you or someone you know suffers from radiating pain in the face, neck and shoulders, locking or limited movement of the jaw; grinding, grating or pain when opening or closing the mouth, or a significant change or positioning problem with the way the upper and lower teeth fit together, then Temporomandibular Joint Dysfunction or TMD may be something you should discuss with your chiropractor. Symptoms can also progress to include headaches, earaches, hearing problems, dizziness and difficulty when swallowing.

A bigger problem is that even with this large combination of symptoms, the National Institute of Health agrees that there is no set standard used to diagnose this condition. This is another important reason to have a complete physical workup from a Doctor of Chiropractic who has training in this area.

Common causes of TMD include: small but repetitive trauma or movements; longer and more specific injuries directly involving the jaw joint— everything from chewing gum or chewing primarily on one side of the mouth, to a direct hit or blow to the jaw. Even emotional and physical stress can lead to TMJ involvement and the symptoms listed above.

One simple test to find out if you have a possible TMD problem is to place three fingers on one of your hands directly next to each other and then try to place them into your opened mouth. If they don't fit because you



can't open wide enough or if it causes a large click, a popping sound or shift in the smooth movement of your jaw joint just in front of the ear opening, you should see your chiropractor about appropriate forms of treatment.

Chiropractors work with the alignment of the bones for the neck and jaw, as well as with the muscles of the neck and face and with the discs that can be displaced in the TM Joint. This can include manual manipulation by hand or with an instrument, massage of the soft tissues involved, splint therapy, ice or heat application, and working with your dentist.

Chiropractic has proven to be an excellent source of TMD treatment. Chiropractors are specialists in the neuromusculoskeletal system and specialists in joint dysfunction. Conservative chiropractic care for TMD is a smart place to start.

Common Causes of TMJ Dysfunction

A Bad Bite

A "bad bite" is when your upper and lower teeth do not come together in a way that provides proper bracing support for your jaw against your skull. This might result from a missing tooth, misaligned teeth or back teeth that are too short.

Muscle Spasm

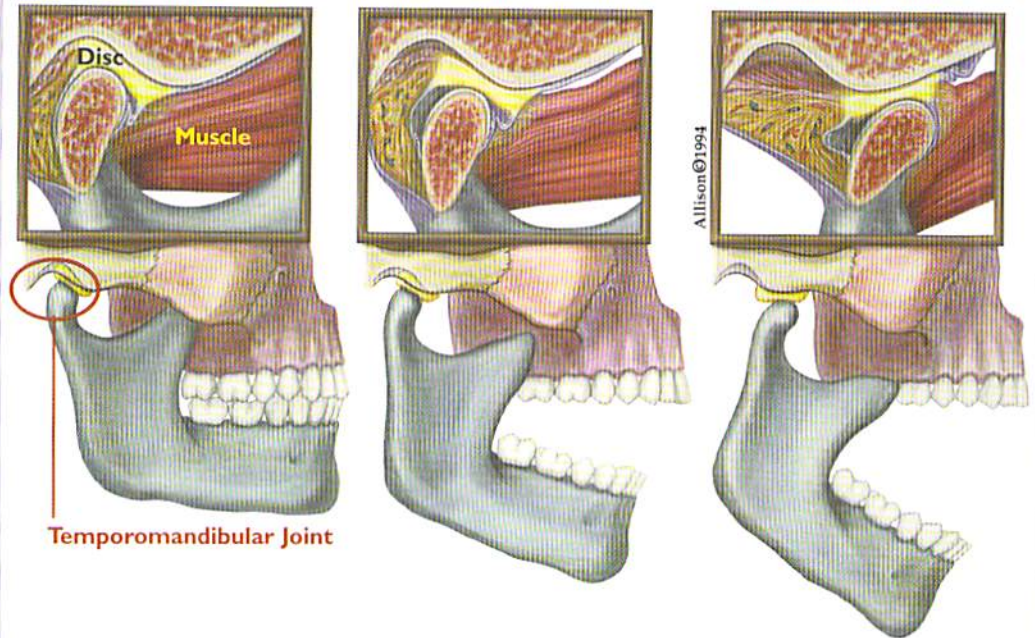
Your upper and lower teeth must come together firmly for you to swallow. This action occurs over 2000 times a day. When your bite is unstable, your muscles must work extra hard making them shortened and stiff. Now a cycle begins of increased tissue damage, muscle tenderness and pain.

Jaw Joint Displacement

Each jaw joint has a ball and socket joint. When functioning properly, a thin disc of cartilage rides between the ball and socket acting as a cushion. If the bite is not right, the joint is pulled out of alignment and the disc is pushed forward. Now the joint rubs against the boney socket and presses on pain fibers. A few ways this can occur is a blow to the jaw or a whiplash.

When this condition is prolonged, the body begins to compensate and adapt by involving muscles in other parts of the body. Your chiropractor is trained in diagnosing and relieving TMJ discomfort.

Function of the Temporomandibular Joint



Temporomandibular Joint

The structures that make it possible to open and close your mouth include the bones, joints and muscles. These are very specialized and must work together whenever you chew, speak or swallow. Your teeth are inserted from your jaw bone. At the top back end of the jaw bone are the temporomandibular joints. These joints attach the jaw to the skull. Muscles attach both the bones across the joints and allow them to move. Any problem which prevents the complex system of muscles, bones and joints from working together in harmony may result in TMJ Dysfunction.

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Chiropractically Speaking About...

Food Facts

On average, each American consumes over 126 pounds of potatoes, 92 pounds of fresh fruit, 112 pounds of red meat, and 233 gallons of milk and cream each year.

What's in a Portion?

If your diet calls for "standard portions" of food, here is what you can expect to eat:

- **Medium potato** — the size of a computer mouse
- **Average bagel** — the size of a hockey puck
- **Cup of fruit** — a piece of fruit the size of a baseball
- **Cup of lettuce** — 4 leaves
- **Three ounces of boneless, trimmed, cooked meat, poultry, or fish** — the size of a deck of cards
- **One ounce of cheese** — the size of four dice
- **One teaspoon of peanut butter** — the size of one die
- **One ounce of snack food (pretzel, chips)** — will equal a large handful

Consider This

On an average day in the United States, 965,000 people consume a Coke for breakfast.

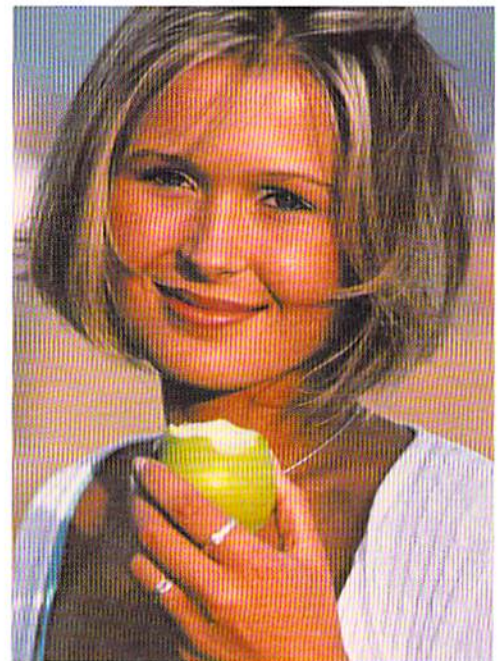
WEIGHT MANAGEMENT

This is one of the most popular terms or "buzz words" around gyms, health clubs and doctors offices today. Some people want to put more weight on, most want to take weight off. It's rare to see someone who is totally happy with his or her current weight and body shape. There are also people who are in the correct weight range but have unhealthy body fat percentage ratios. Every day more fad diet books show up at the grocery store check-out lines, making it difficult for consumers to know what to do to achieve their ideal weight.

Since Low-Fat diets became popular in the mid 80's, the percentage of Americans who are overweight has increased by over 30%. Invariably, "healthy choice" foods are low in fat but high in sugar. Of the three types of food calories: protein, fat and carbohydrates; only carbohydrates are non-essential, meaning we could live without them.

Many people do not realize that both protein and fat are vitally important for good health and nutrition. Most low fat diets create frequent bouts of hunger that can cause dieters to actually eat more food, more often. This lack of balance in daily nutrition is why so many fad diets just don't work.

The biggest failure related to successful weight management is an addiction to sugar. Statistics show that the average person consumes 150 pounds of sugar and other refined sweeteners per year. This is almost one half pound per



day. The most common form of this consumable sugar is found in sweetened soft drinks. Without a doubt, these levels of consumption pose one of the biggest threats to public health that we can actually do something about. Whether you are trying to put more muscle on or take more fat off, your chiropractor can be a huge asset and resource for nutritional information.

First, your chiropractor offers accountability. If you use the buddy system to diet and exercise, you increase your chances for success.

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Tell your doctor what your goals and plans are and he or she can help you stay on track.

Second, your chiropractor can help monitor your vital statistics during your up or down push in weight. Your target heart rate, blood pressure and body fat analysis are all-important markers for a successful weight management program.

Finally, your chiropractor can help your body function at its best with regular chiropractic adjustments during your weight management program. When you have restricted joint movement, it is difficult to exercise and maintain proper metabolic function levels. When you feel good it's easier to stay focused on the positive aspects of a successful weight management plan.

Remember, the easiest step in your weight management program is the convenience store diet plan. If you can find it in a corner convenience store, don't eat it! Put the right information and professionals to work for you and watch the body fat come off and the lean muscle mass take its place!

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Serving Size and Servings Per Container — Reflects what the average consumer will actually eat.

Calories from Fat — You should get no more than 30% of your day's total calories from fat. Divide the number of calories from fat by the total calories, multiply the result by 100.

Calories — A calorie is a measure of the fuel you get from the food you eat. Less than 30% of your calories should come from carbohydrates which come from whole grains, fruits and vegetables; about 40% should come from protein; about 30% should come from fats.

Total Fat, Saturated Fat, Cholesterol, Sodium — Sodium makes foods flavorful; fat helps make food smooth and creamy; and cholesterol often accompanies fat. Don't get above 100% daily value for sodium, cholesterol or any of the different types of fat over the course of a day.

Protein — There is no daily value for protein but, on average, women 25 or older should get 50 grams a day and men, about 63 grams. What is not used is often stored as fat. If the number is more than 20%, it is a solid source of protein.

Sugars — This figure includes a variety of simple carbohydrates including fruit sugars, milk sugars, even table sugar. Sugars give quick boosts of energy but quickly leave you feeling excessively tired.

Vitamin A, Vitamin C, Calcium and Iron — Good sources fall between 10 and 19 percent of the daily value and are available in fresh fruits, vegetables and dairy products.

Nutrition Facts

Serving Size 24 pieces (30g)
Servings Per Container About 9

Amount Per Serving

Calories 130 **Calories from Fat** 35

% Daily Value

Total Fat 4g **6%**

Saturated Fat 1g **4%**

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Protein 2g

Total Carbohydrate 23g **8%**

Dietary Fiber Less than 1g **2%**

Sugars 10g

Vitamin A 0% **Vitamin C** 0%

Calcium 0% **Iron** 4%

% Daily Value — Shows how the nutritional content of a certain food jibes with the recommended intake of nutrients for a hypothetical daily diet of 2,000 calories.

Carbohydrates — These should make up less than 30% of your days total calories. If the total number of grams of carbohydrates is more than double that of sugars, it's a food that is high in complex carbohydrates, the high-quality, slow-digesting energy sources that brings plenty of fiber, vitamins and minerals.

Fiber — Critical to the hygiene of your digestive system, 10% or more of the daily value, is a good source of fiber. Your daily goal is 25-30 grams.

Consult your doctor for a personalized diet plan based on your current health, goals and activity level.

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Chiropractically Speaking About...

Disc Detail

About 200,000 patients undergo lumbar spine surgery each year. Of those, 20-40% will not gain the desired outcome and a full 10% will be worse off following the surgery.

Did You Know...

If you hold an object next to your body, the weight of that object is equal to the pounds of stress on the disc in your lower back.

But...

If you extend your arms fully away from your body and lift the same weight, the pounds of stress on the disc in your lower back can be multiplied by ten!

And...

It only takes around 300 pounds of pressure to tear the fibers of a disc. Some people experience as much as 500 pounds of pressure when they sneeze!

In Addition...

Most disc injuries are not the result of a single event but are the result of small injuries or microtraumas that occur over time.

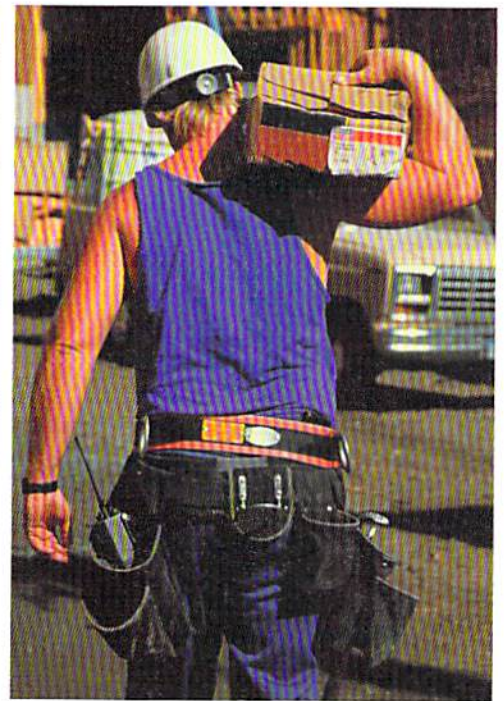
disc INJURIES

While the intervertebral disc is a common culprit in spine-related health problems, its function is widely misunderstood.

The disc is a small cartilage pad that is situated between spinal bones. The soft jellylike center is contained by surrounding layers of fibrous tissues. Each disc serves as a connector, space, and shock absorber for the spine. When healthy, discs allow normal turning and bending.

Since spinal discs have a very poor blood supply, they depend upon the circulation of joint fluids to bring in nutrients and expel waste. If a spinal joint loses its normal motion or position and this pumping action is impaired, the health of the disc can deteriorate. Like a wet sponge, a healthy disc is flexible. A dry sponge is hard, stiff, and can crack easily. This is how many disc problems begin.

Because of the way each disc is attached to the vertebrae above and below it, a disc cannot "slip" as commonly thought. However, trauma or injury can cause discs to bulge, herniate, or worse, rupture. This can be quite painful, putting pressure on the spinal cord and nerve roots, interfering with



their function.

The chiropractic approach to disc problems is to help restore better motion and position to the spinal joints. Besides reducing disc bulging, better spinal function can help decrease inflammation and begin the slow process of healing in the surrounding soft tissues.

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While results cannot be guaranteed, many patients have avoided needless surgery or a dependency on pain pills, by choosing conservative chiropractic care.

Why We Shrink

There are 23 discs in the human spine. As we age, the fluid content of each disc begins to diminish. A 1/8" loss in each of the 23 discs would equal just under a 3" loss in height.

Common Herniated Disc Symptoms

Muscle weakness.

Pain or increase in symptoms when you cough, sneeze or strain while having a bowel movement.

Pain in the shoulder, arm and hand.

Pain in the lower right side of the abdomen.

Incontinence brought on by affected nerves to the bladder and bowel.

Pain shooting down through your buttock and thigh into the back of your leg.



Can You "Slip" A Disc?

Because they are attached to vertebrae, discs do not slip, but they do tear, bulge, herniate, prolapse and desiccate.

DISC TEAR

The most common disc injury is a small crack or microtear in the tough, outer cartilage material of the disc called annular fibers. This allows the fluid to start leaking out.

BULGING DISC

The soft jellylike material in the middle of the disc pushes to one side, forward or backward and swelling occurs. The nucleus is still contained within the tough outer fibers of the disc but can cause pressure and painful symptoms.

HERNIATED DISC

The soft jellylike material from the nucleus in the middle of the disc ruptures through the tough, outer fibers and extends to the outer edge or beyond the normal limits of the disc.

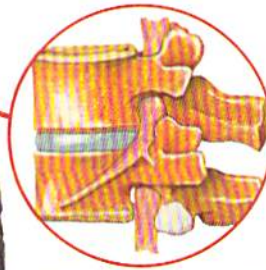
PROLAPSED DISC

A piece of disc material separates away and becomes a fragment or a free-floating piece.

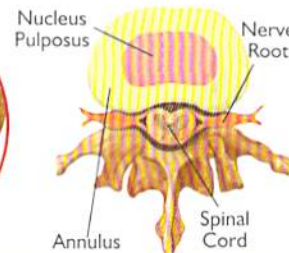
DESSICATED DISC

The disc loses its fluid content and degenerates down to a rough, worn-down or worn-out appearance. This occurs just before the bones fuse to each other.

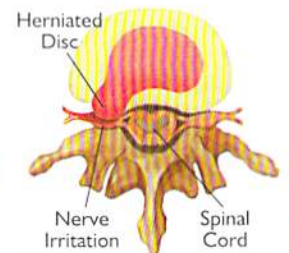
NORMAL DISC
Side View



NORMAL DISC
Top View



HERNIATED DISC
Top View



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Chiropractically Speaking About...

Back Facts

- Low back pain affects 60 to 80 percent of U.S. adults at some time during their lives.
- Back symptoms are among the ten leading reasons for a person to visit an emergency room.
- Back pain will become chronic in 5 to 10 percent of those who suffer.
- Back symptoms are the most common cause of disability for persons under age 45.
- People who smoke, are obese, depressed, anxious or have high stress jobs, have a higher incidence of low back pain.
- The back is more vulnerable to injury during the first hour after waking and any time after prolonged periods of sitting or sleeping.
- Most back injuries are not the result of a single activity or exposure to heavy lifting but instead are related to repetitive motion.

Low Back

PAIN

Low back pain results in millions of dollars of lost work and untold suffering every day. Improper sitting or lifting, over-exertion, trauma, or inherited spinal abnormalities can be the cause.

Many of the pain-sensing nerves of the spine are in the facet joints, the two interlocking "fingers" at the back of each spinal bone. The normally smooth surfaces on which these joints glide, can become rough, irritated, and inflamed.

Surgical treatment often involves removing these facet joints, exposing the spinal cord!

Another cause of lower back pain can be a bulging disc putting pressure on the spinal cord or a nearby nerve root. The result is often numbness, tingling, or pain down the leg. Cutting away the bulging disc tissue, can permanently alter its ability to separate and cushion the adjacent bones. This rarely addresses the underlying structural cause(s) of the problem.

The chiropractic approach is to help restore a more normal motion and position of affected spinal bones by specific chiropractic adjustments. The simplicity and success of this approach has been documented in numerous research projects and has helped many patients avoid risky surgery.

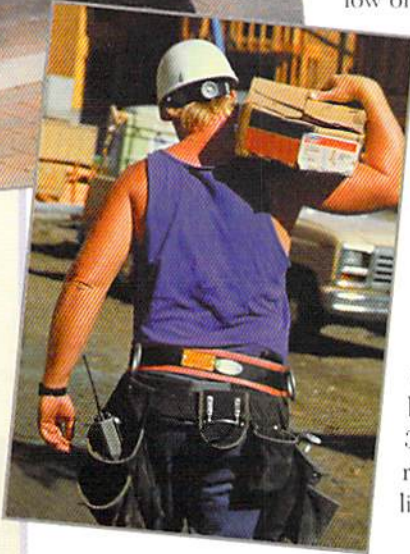
Find out if yours is a chiropractic case and enjoy the positive results that millions of patients have discovered.



Eight Steps to Lifting Safely

Repeated motion and lifting is the number one way in which people injure their back. These basic rules can help keep you free from injury.

1. If an object is too heavy or awkward, get help.
2. Spread your feet apart to give a wide base of support.
3. Bend at the knees and do not arch the back.
4. Hold objects close to the body to reduce the load on the back.
5. Lift using leg muscles, not back muscles.
6. Stand up without bending forward from the waist.
7. Never twist at the waist while lifting something heavy. Turn your whole body to change direction or set something down.
8. If an object can be moved without lifting, pull it, don't push.



Low Back Pain Prevention

Posture

Maintaining good posture is very important. Keep the ears, shoulders and hips in a straight line, with the head up and stomach pulled in.

Standing

It is best not to stand for long periods of time but, if you must, walk as frequently as possible and wear shoes with cushioned soles and low or no heels.

Sitting

Sitting puts a great deal of pressure on the back. Chairs should have straight backs or low back support. Chairs should swivel to avoid twisting, have armrests and adjustable backs. While sitting, the knees should be a little higher than the hips, so rest your feet on a low stool.

Riding

Riding and driving for a long period of time increases back stress. Move the seat as far forward as possible to avoid bending forward. The seat should be reclined not more than 30° and the seat bottom tilted slightly up in front. For long rides, you should stop and walk about every hour and avoid lifting heavy objects immediately thereafter.

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