



Chiro Health & Wellness

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This Issue:

- The Facts About Lumbar Disc Degeneration
- Physical Trauma and Fibromyalgia

Book of The Month

The Anger Habit

by Carl Semmelroth & Donald E. P. Smith

boldly exposes a common solution to the problems of family discord, anxiety, depression, and loneliness.

Illuminates, with case histories, the road to a sense of control without anger. Conquer Your Anger: Learn where your anger comes from; Learn how to keep anger from destroying your relationships, happiness, and productiveness. Case Reviews Show You How to Avoid: Temper tantrums, Feelings of going crazy, Depression, Panic, Humiliation, Family battles

**" Promise yourself.... to be too large for worry, too noble for anger, too strong for fear And too happy to permit the presence of trouble."
--- Author Unknown**

The Facts About Lumbar Disc Degeneration

Lumbar disc herniation is most probably caused by a combination of long standing degeneration and a subsequent change in the ability of the disc to resist daily stress.

"Discs that are degenerated show abnormal blood supply, and abnormal distribution of collagen and collagen cross-links." "Radiating pain is often associated with disc herniation, which may be due, in part, to an inflammatory response to the portion of nucleus that has been extruded." Some key points for the chiropractic patient are:

- The intervertebral disc has a rich nerve supply and feels pain.
- Degenerated discs have more nerve supply than normal discs.
- The disc has no blood supply after age 20 years.
- Disc nutrition requires appropriate spinal motion. (This is what a chiropractic adjustment provides!)
- The range of motion of degenerated discs is reduced. (Again, chiropractic adjustments increase motion of degenerated joints!)
- Degenerated discs are more fibrotic, (have scar like tissue).

Commentary: Patients with "arthritis" or disc degeneration would be wise to consider chiropractic as a first line approach to their pain.

SOURCE: Neurosurg Focus 13 (2): August, 2002

Can Physical Trauma Cause Fibromyalgia?

Can physical trauma precipitate the onset of fibromyalgia syndrome (FMS)? A case-control study was carried out to compare fibromyalgia out-patients with controls attending non-rheumatology out-patient clinics. Fifty-three (39%) FMS patients reported significant physical trauma in the 6 months before the onset of their disease, compared with only (24%) of non-trauma patients.

Conclusion-Physical trauma in the preceding 6 months is significantly associated with the onset of FMS. "Fibromyalgia syndrome (FMS) is a chronic musculoskeletal condition characterized by diffuse pain and super sensitivity at specific tender sites."

Fibromyalgia has a prevalence rate of 2% in the population, and occurs primarily in women. Fibromyalgia is the 3rd or 4th most common rheumatological referral.

"An apparent trigger factor of FMS is physical trauma." Physical trauma is also a preceding risk factor for osteoarthritis, rheumatoid arthritis, psoriasis and ankylosing spondylitis.

Commentary: If you have been involved in any type of physical trauma schedule an appointment to see your chiropractor.

SOURCE: Rheumatology 2002; 41: 450-453