



Chiro Health & Wellness

Active Chiropractic (519) 256-8966

573 Tecumseh Rd. East, Unit 2, Windsor, Ontario

Dr. A. Angelini, BSc, DC, A.R.T.

Active Release Techniques Provider

This Issue:

- Don't Forget About Vitamin E
- Missing Work Because of Back Pain

Supplement of the Month Vitamin E

For decades vitamin E has maintained a position as one of the three most popular single-ingredient dietary supplements. As scientists continue to examine the role of free radicals in disease initiation and promotion, research substantiates this potent antioxidant's ability to treat stroke, cardiovascular disease and cancer.

" Each day holds the spark that ignites the fire of future fulfillment. Will you put that spark out or add the fuel which lights into brilliant flames?"

--- Mary Blu

Don't Forget about Vitamin E

How important is vitamin E? It helps fight cardiovascular disease and cancer, it can improve circulation, relax leg cramps, aid normal blood clotting and healing, and it promotes healthy hair and skin. And if that isn't enough, a study published in the American Journal of Epidemiology suggests that vitamin E might also be able to prevent memory loss.

The authors examined the relationship between antioxidants (vitamins A,C,E, the carotenoids, and selenium) and memory performance by evaluating 4,809 seniors who visited a specific examination center over a six-year period. Memory was assessed using delayed recall of six points and three specific words from a story, and antioxidant status, including vitamin E, was measured at entrance to the study and again six years later.

Results showed a consistent association between low levels of vitamin E and poor memory, but not with the other antioxidants studied. This association was evident even after considering age, education, income, vascular risk factors, and the contribution of other vitamins and trace elements.

Good sources of vitamin E include leafy green vegetables, nuts, seeds, brown rice, eggs, soybeans and whole grains. Your doctor of chiropractic can outline nutritional guidelines specific to your needs and tell you more about how to maintain health and wellness with age.

SOURCE: American Journal of Epidemiology 1999: Vol. 150, No. 1, pp37-44

Missing Work Because of Back Pain

An estimated 150 million workdays are lost each year because of back pain, accounting for billions of dollars each year in lost wages and workers' compensation claims. Of course, the issue of back pain goes far beyond dollars and cents -- it's about the frustration, discomfort and disability millions of Canadians endure for months and sometimes years. What specifically determines time loss from work following a back injury? To answer that question, the authors of a study in the journal *Spine* evaluated the incidence of back injury and resultant work loss in a group of nurses employed at a large teaching hospital in Canada. Over a two-year period, 320 nurses suffered 416 documented back injuries, with the results of 218 interviews presented as follows:

- Perceived disability (i.e., thinking you were injured) contributed to time loss following the injury;
- Self-reported pain was strongly related to the length of time lost; and
- Type of injury, specifically back injury caused by lifting patients, resulted in greater time loss.

This study serves as yet another example of the magnitude of the back pain problem and the effects it can have on our physical, psychological and economic well-being. It's a reminder that prevention is the best way to avoid a back injury, and that a proven, successful way to prevent back pain (or relieve back pain after injury) is with regular adjustments from a doctor of chiropractic.

SOURCE: Spine, Sept. 15, 1999: Vol. 24, No. 18, pp1930-36