



Beach Chiropractic & Wellness Centre

Health | Lifestyle | Pain Management | Rehabilitation

Health Research

Early infancy is a critical age for the subsequent development of respiratory diseases in childhood and later life. Recent studies have shown that excessive weight gain in the first three years of life can be associated with lower lung function and a higher risk of childhood asthma.

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In the largest study of its kind, researchers conclude that stroke doubles the risk that an individual will eventually develop dementia. They found that a history of stroke increases dementia risk by around 70 percent, and recent strokes more than doubled the risk. Given how common both stroke and dementia are, this strong link is an important finding. Improvements in stroke prevention and post-stroke care may, therefore, play a key role in dementia prevention.

A pain in the hip

Hip bursitis – inflammation between your thighbone and nearby tendons – is commonly diagnosed when patients have pain on the outer side of the hip. However, several other conditions can cause similar pain, and require different treatments.

What's causing the pain? Pain in the side of your hip most often results from one of the following conditions:

Tendinitis: This is an inflammation of the tendons that connect the gluteal muscles in your buttocks to the hip bone. Tendinitis develops because of muscle imbalances. It could be from a lack of activity, crossing your legs, or even sitting on a wallet.

Overuse injury: When you walk or run, weak hip and buttock muscles can tighten and irritate the iliotibial (IT) band – a long band of connective tissue that runs from the knee to the hip. It merges with the gluteal muscles to stabilize the leg.

Tight muscles in the buttocks and hip: If the gluteal muscles and IT band are too tight, they pull at the thighbone where they attach, and that causes pain on the side.

Hip Osteoarthritis: pain that gradually comes on over years and is typically felt in the hip, buttock and/or groin and can refer into the thigh and knee. It is usually worse after inactivity causing a limp and feels stiff and achey. In addition, the joint will often lose its flexibility.

Spine problems: The body isn't always smart in recognizing where the pain is coming from, and spine arthritis, a pinched nerve, or bones in the spine rubbing together can create pain in the side of your hip.

Symptoms and diagnosis

With all of these conditions, the pain lingers or even worsens when you lie on your side, or when you sit and cross your legs. It may ease with activity. But left untreated, the pain can become so severe that you're unable to walk properly.

You may need to seek treatment from a primary care physician or specialist (such as a chiropractor, massage therapist or physical therapist) who can interpret your symptoms and imaging tests to determine the cause of pain on the side of your hip.

Starting your treatment

The good news: Pain almost always goes away with targeted exercise and stretching.

Continued on page 3

Lifestyle

Symptom relief from fall allergies

As the golden rays of the summer sun fade out, and autumn begins to usher in, so do the signs and symptoms of fall allergies. If it feels as though your allergy symptoms flare up earlier and earlier every year, you're probably not wrong. Climate change may actually be causing an earlier and longer fall allergy season. In addition, windy days can mean heightened allergy symptoms because wind can carry the pollen from ragweed, grasses and trees up to 100 miles from its source.

The biggest fall allergy triggers are ragweed, mold, and dust mites. Ragweed usually starts to release pollen on cool nights and warm days in August until October. Molds, on the other hand, grow in your basement or bathroom, or in areas where there is moisture, such as damp leaves. Lastly, dust mites are common during the humid summer season, they can also get stirred into the air when you first use your heater in the fall.

According to allergists/immunologists, you should:

Plan your battle in advance. Although they are labeled "fall allergies" many allergic triggers start to appear in mid-to-late August. Start taking your allergy medications about two weeks before your symptoms normally start. Getting in front of your symptoms means controlling them a lot better. Don't stop your medications until pollen counts have been down for about two weeks.

Fight mold. Mold allergies can be tough to outrun. Mold can grow anywhere there is water, and is a frequent foe in the fall. Mold can be found in your basement, bathroom, a leaky cabinet under your sink, or in a pile of dead leaves in your backyard. The key to reducing mold is moisture control. Be sure to use bathroom fans and clean up any standing water immediately. Scrub any visible mold from surfaces with detergent and water, and completely dry. You can also help ward off mold by keeping home humidity below 60 percent and cleaning gutters regularly.

Keep pollen at bay. Ragweed, or any pollen that triggers your allergy symptoms, needs to be kept out of your house. Leave your shoes at the door, and take a shower, wash your hair and change clothes after you've been working or playing outdoors. Close both car and home windows, and use your air conditioning so pollen doesn't get indoors. Monitor both pollen and mold counts to help you know when you're less likely to be under siege.

Be armed for combat. Wear a NIOSH-rated 95 filter mask when mowing the lawn, raking leaves or doing other outdoor chores. Wear gloves so you won't transfer pollen to your eyes or skin. Take your allergy medication before heading outside. If you're allergies are severe, consider having someone else do the gardening and fall raking.

Scrub your eyelids. It is important to clean your outer eye as the eyelashes are where pollen tends to accumulate during high-level pollen days. You may use a mild, hypoallergenic baby shampoo to thoroughly wash your eye lashes and lids more than a few times a day. This will help to drastically lessen red, itchy, swollen, irritated eyes.

Change your linens regularly. Are your allergy symptoms more severe at night? Or do you feel more congested when you get up in the morning? When this happens, you might be taking pollen to bed with you. It is recommended to shower before bed or change your pillow cover frequently through the week to avoid morning allergy flare ups.

Natural remedies for allergy relief

Eat more spicy food: Foods with a naturally spicy kick like jalapeño and chili peppers are recommended for their ability to clear the sinuses.

Stinging nettle or common nettle is a natural antihistamine. Stinging nettle can be purchased in freeze-dried capsule form or brew it in a tea.

Eat plain yogurt: it has the ability to get rid of allergy symptoms due to the friendly bacteria and anti-inflammatory proteins it contains. Add one cup of unsweetened yogurt to your morning breakfast or mid-afternoon snack break.

Eat onions: they contain a bioflavonoid called quercetin. It minimizes the occurrence of itchy, watery eyes, hay fever, and asthma. Quercetin has also been proven effective for asthma, bronchitis, sinusitis, and flu.

Take more vitamin C: Increasing your daily vitamin C intake prevents the formation of histamine. Take about 2,000 mg per day for immune support.

Drink rooibos tea: it is very commonly used as treatment for chronic headaches, asthma, allergies, and eczema. It is absolutely caffeine-free and has low tannin content.

Pain Management

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Rehabilitation

We recommend chiropractic, massage or physical therapy, which focuses at first on easing tight tissues by stretching them. These include the hip flexors, the IT band, and the piriformis muscles in the buttocks.

It's also important to avoid habits that can tighten muscles and add to pain at the side of the hip, such as crossing your legs or sitting too long. In addition treatments such as acupuncture and laser therapy can help reduce the inflammation and pain associated with hip bursitis.

Hip Stretches



Strengthening the muscles

Along with improving flexibility, you should strengthen the core muscles, and the muscles around your hip and legs.

In time, you can restore balance to the body and reduce pain. Pain comes on because of an imbalance from tight or weak muscles. If you can restore balance, you can help the body function better and eliminate pain.

Bridge exercise to strengthen hip extensors and core muscles



Clamshell exercise to strengthen hip flexors and rotators



Single leg raise exercise to strengthen hip flexors



Wall squat exercise for hip and leg stability



Modified plank pose to strengthen core muscles



Clinic News

Fall Running Clinic

Get fit with the Beach Chiropractic Running Club this fall!



Returning Runner
Discount -
\$10 off

Technical Running
Shirt - \$15

2018 Fall Learn to Run 5k Clinic

10 Week Session Wednesday - 7:00 pm September 19-November 21, 2018

Early Bird Registration - \$75 (By Friday September 14th)

Regular Registration - \$85

more details at www.beachchiropractic.ca

We are hiring an RMT!

Do you know an RMT looking for a fabulous place to work? Beach Chiropractic has created a fun, rewarding and harmonious work environment. We are seeking a registered massage therapist to join our growing team of professionals. Full time or part time hours available.

Please contact Dr. Sarah at frontdesk@beachchiropractic for more details.



Our team

Dr. Sarah Adams, Dr. Mardi Charlton,
Dr. Peter Wilson—Chiropractors

Kimberly McMahon and Carrington
Lauzon—Registered Massage Therapists

Cindy Cipollone, Jennifer Samson, Sheila
Schofield, Teresa Collins—Administration

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