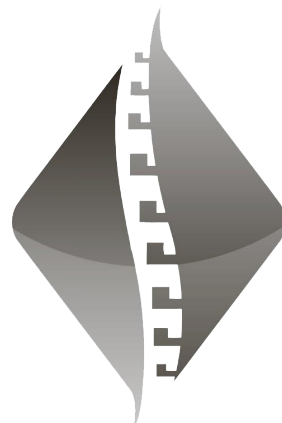


VAN DAM CHIROPRACTIC

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FOOTBALL INJURIES - CAN CHIROPRACTIC HELP?

With the SuperBowl just around the corner, the excitement of this most American game of modern gladiators



battling over territory cannot be denied. Football must touch an ancient part of our psychology and that is why it draws in millions of people around the globe. Football widows would enthusiastically agree.

However, football, along with so many other sports and human activities, has a dark side: you can get hurt. Badly hurt. We're not just talking about broken bones. It appears that football (and boxing) causes brain damage known as CTE – chronic traumatic encephalopathy associated with repetitive head trauma.

The problem is worse than we thought. In a recent study published in the Journal of the American Medical Association, CTE was diagnosed on autopsy (post-mortem) in a high proportion of former football players whose brains were donated for research. The study found that 110 of 111 National Football League (NFL) players had brain damage, That's over

99%! Researchers also found brain injury to a lesser degree in non-professional players. For example, CTE was found in 3 of the 14 high school players (21%) studied but 48 of 53 college players (91%) and 9 of 14 semiprofessional players (64%). (1)

Can chiropractic help? Absolutely! Before and after every game (even during the game) all players should be checked and, if necessary, adjusted by a Doctor of Chiropractic for subluxations.

WORD OF WISDOM

To conceal anything from those to whom I am attached, is not in my nature. I can never close my lips where I have opened my heart. *Charles Dickens*

The greatest part of our happiness or misery depends on our dispositions and not on our circumstances. *Martha Washington*



Football Injuries - Can Chiropractic Help?.....1
Chiropractic Q and A.....2

Migraines & Tension Headaches.....2
Research and Chiropractic.....3

CHIROPRACTIC Q & A:

Question:

What Does A Chiropractor Do?

Answer:

The goal of chiropractic is to locate and remove a serious form of stress and energy blockage from your body. This



is called a subluxation. Without subluxations, your body is able to function more optimally with higher resistance to disease, improved digestion and elimination, a stronger immune system and greater potential for radiating happiness, balance, poise, grace and energy.

Exactly what are subluxations?

Subluxations are internal distortions in your body structure that interfere with your nervous system. Because your nervous system controls your entire body, subluxations can interfere with the function of your muscles, bones, organs, glands and tissues. Over time subluxations weaken your body, unbalance your skeletal system and even affect the function of your brain.

Nearly everyone has subluxations – many people have them for years and even decades. The goal of the Doctor of Chiropractic is to locate and correct subluxations in your body. And don't forget your children! Babies, infants and children often have severe subluxations that can adversely affect their health. For that reason, bring your family; make visiting your Doctor of Chiropractic a family affair.

**Chiropractic, like gravity,
works whether you
believe it or not.**

Sid E. Williams DC

MIGRAINES & TENSION HEADACHES

Nine out of 10 Americans suffer from headaches. Some are occasional. Some are persistent. Some are dull and nagging, while others cause debilitating pain and nausea. Taking a painkiller and hoping your headache goes away is one option. But there's a better one.



Research shows that spinal manipulation – the primary form of care provided by chiropractic doctors – is an effective way to treat tension headaches and headaches that begin in the neck.

In a clinical trial conducted at Macquarie University, 72 percent of migraine sufferers experienced either “substantial” or “noticeable” improvement after a period of chiropractic treatment.

In fact, most headaches are related to muscle tension in the neck, which is an increasingly common condition among Americans who spend hours in the same position or posture (such as in front of a computer or television), leading to joint irritation and tension in the upper back and scalp that cause headaches.

What Can a Doctor of Chiropractic Do?

- Perform spinal manipulation or chiropractic adjustments to improve spinal function and alleviate stress on your system.
- Provide nutritional advice, recommending a change in diet or the addition of vitamins.
- Offer advice on posture, ergonomics, exercises and relaxation techniques.(2)

Van Dam Chiropractic would like to thank our patients for their many referrals of friends and family to our office.

As a special thank-you, if you refer someone to Van Dam Chiropractic and they put down your name as the referral Dr. Van Dam will send out a \$10 GIFT CARD TO STARBUCKS

We know there are a lot of choices of doctors for your healthcare and we thank-you for choosing us.

RESEARCH AND CHIROPRACTIC

THERE SEEMS TO BE NO END TO THE CONDITIONS THAT RESPOND TO CHIROPRACTIC CARE — PHYSICAL AS WELL AS PSYCHOLOGICAL CONDITIONS.

THAT IS BECAUSE CHIROPRACTIC DOES NOT “TREAT” A PARTICULAR CONDITION. CHIROPRACTIC CARE “TREATS” OR MORE ACCURATELY “CORRECTS” A SERIOUS INTERFERENCE TO BRAIN, NERVOUS SYSTEM AND ENERGY FUNCTION KNOWN AS THE SUBLUXATION.



NO MATTER WHAT CONDITION YOU OR A LOVED ONE MAY HAVE, YOU WILL ALWAYS FUNCTION BETTER WHEN FREE FROM SUBLUXATIONS. CHIROPRACTORS ARE UNIQUELY TRAINED TO LOCATE AND CORRECT SUBLUXATIONS. ENJOY THIS MONTH'S CASES AND SEE MORE NEXT MONTH.

Neck Pain. The patient is a 55-year-old female who presented with a chief complaint of neck pain, exacerbated by prolonged sitting and standing. The patient also presented with reduced neck range-of-motion (ROM), spasms and tenderness of her left neck muscles, and postural abnormalities.

A patient health history and chiropractic examination was performed and subluxations were located and corrected. By the end of care, the patient's Verbal Pain Scale score went from a 5/10 pain level to 0/10 pain level. (3)

Foot drop. A 24-year-old male weight lifter presented with insidious onset of foot drop upon waking from bed. There were no preceding signs or symptoms prior to the foot drop. The pain was intolerable and pressure could not be applied while standing. He went to the hospital emergency department the morning the initial symptoms appeared. All medical testing and imaging were negative.

He then followed up with the chiropractic clinic and following an exam and adjustments his symptoms began to diminish. After four visits the patient had complete resolution of all signs and symptoms. (4)

Systemic lupus erythematosus (SLE). A 34-year-old woman with SLE went to a chiropractic office for detection of subluxations. Her symptoms included constant chronic pain; constant fibromyalgia-related symptoms; chronic fatigue, anxiety and depression-related symptoms; stiffness in the neck; thyroid problems; menstrual disorder; stomach disorder; mid back pain; irritable bowel; numbness in her feet; low back pain and leg pains.

Using chiropractic analysis, several vertebral subluxation complexes were located.

She received 11 spinal adjustments over the first twelve visits and upon re-examination, she was “much improved.” Her right and left leg pain and numbness in her feet completely resolved and her menstrual disorder completely resolved. In addition, her stomach disorder, irritable bowel syndrome symptoms, systemic lupus erythematosus related symptoms and ADD/ADHD related symptoms were much improved. At her next re-examination, her Raynaud's, systemic lupus erythematosus, depression and nausea were all completely resolved. She also stopped taking seven medications.



Her blood work revealed resolution of systemic lupus erythematosus. (5)

DID YOU KNOW?

- Coca-Cola originally contained cocaine?
- Toilets account for 35% of indoor water use?
- Your foot has 26 bones in it?
- The average human brain contains around 78% water?

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