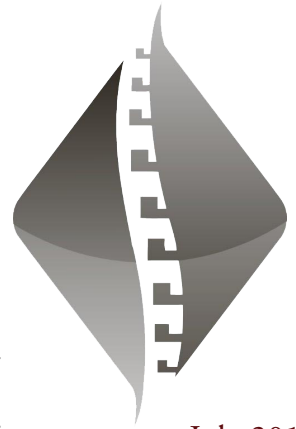


VANDAM CHIROPRACTIC



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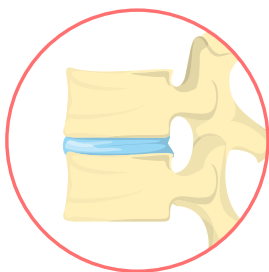
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CHIROPRACTIC AND DISC PROBLEMS

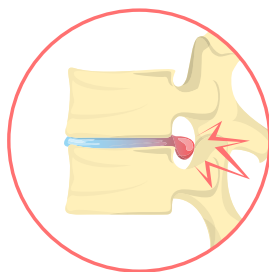
You have discs – spongy pads found between most of your vertebrae (spinal bones), in your jaw joint (TMJ) and between your pubic bones (in women, they separate a little during the birth process).

The discs help give your spine its curves and flexibility and make it better able to withstand stress. Discs also prevent your vertebrae from crashing into each other (that would hurt a lot!). And they also help create spaces (foramina) through which your nerves travel on their way to your internal organs.

But there are times your discs can cause you pain. If your discs flatten out, are twisted or bulge or are otherwise distorted, you can suffer from a lot of neck, back, leg and other pain.



NORMAL DISC



HERNIATED DISC

and contribute to its damage. Many “slipped discs” would be more accurately called slipped vertebrae or subluxations.

DISC DAMAGE

Disc damage may be due to an accident or fall (called macro-trauma) or from doing the same thing over and over (called micro-trauma). In addition, long-standing subluxations (tiny spinal distortions) can cause disc damage.

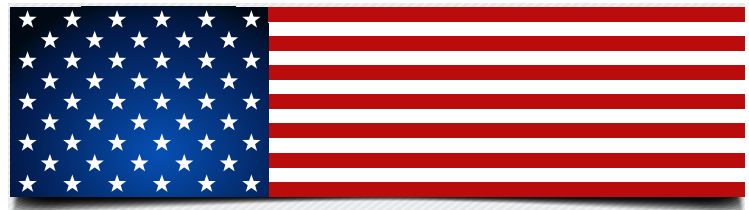
Disc damage may cause pain. The pain can get so bad people have resorted to surgery. But there’s another approach to disc problems – chiropractic!

Chiropractic has been a blessing to millions of people with spine and disc problems, often saving them from neck or back surgery (which has a very high failure rate, meaning the patient is as bad or worse after the surgery). (1)

Chiropractors have various techniques to restore the natural curve to your spine, take pressure off of discs and begin a process of healing. Before anyone you know considers back surgery, please tell them about chiropractic care. (2-3)

DO YOU HAVE A “SLIPPED” DISC?

A disc cannot “slip” since it is knitted into the vertebrae from both above and below. What sometimes do slip are the vertebrae, which may stress the disc



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CHIROPRACTIC Q & A:

Question: What is the goal of chiropractic care?

Answer:

The goal of chiropractic care is to locate and correct areas in your body that have a severe form of stress called a subluxation. Subluxations are usually spinal bones (vertebrae) that are not moving properly, are jammed, fixated or distorted and are causing inflammation and stress to your spinal nerves and brain.

Most people have subluxations in their spine and body structure and don't even know it because many times subluxations are painless. But all the while the inflammation, the interference with nerve function, and the muscle, joint and fascia (connective tissue) stress grows and grows, in many cases causing body and organ malfunction (dis-ease).

The purpose of the chiropractor is to locate these areas of stress or blockage and release or adjust them back into proper motion and alignment, freeing your nerves, bones, fascia, discs and other tissues from stress.



The chiropractic adjustment can be very powerful and very healing. All people need

a spine and body free from subluxations no matter what their health is – good or bad or somewhere in the middle.

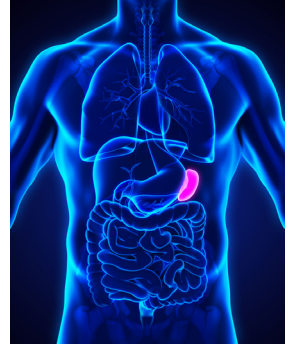
DID YOU KNOW

Inside your body is an amazing incredible blood recycling organ. It's your spleen! Why is it so amazing?

Your spleen is found behind the top of your stomach. It is large – five inches long, three inches wide and one inch thick. All your blood passes through your spleen where it is filtered.

Healthy red blood cells pass through just fine but unhealthy, broken, misshapen or old red blood cells

are filtered out and recycled by your white blood cells. All the usable elements of your blood, especially the valuable iron of your blood, returns to the bone marrow and lungs where red blood cells are made (iron is needed to make hemoglobin).



If you lose a lot of blood your spleen serves as an emergency blood supply; it releases its contents, helping you stay alive. It's as if you have your own little blood bank.

DAD JOKES

Today, my son asked "Can I have a book mark?" and I burst into tears. 11 years old and he still doesn't know my name is Brian.

If a child refuses to sleep during nap time, are they guilty of resisting a rest?

The secret service isn't allowed to yell "Get down!" anymore when the president is about to be attacked. Now they have to yell "Donald, duck!"

I'm reading a book about anti-gravity. It's impossible to put down!

When a dad drives past a graveyard: Did you know that's a popular cemetery? Yep, people are just dying to get in there!

Why can't you hear a pterodactyl go to the bathroom? Because the pee is silent.(4)



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.

Chronic migraines, pins-and-needles and disability. A 35-year old man with a history of sports injuries presented himself at a chiropractic clinic. His complaints included neck pain and stiffness, pins and needles into his left shoulder, low back pain and difficulty sleeping. The patient had a previous history of chronic headaches and migraines.

Over an eight-week period he received 24 chiropractic adjustments for vertebral subluxation correction. In addition to resolution of his pain, the patient-centered outcome assessments revealed improved physical, social and psychological functioning and decreased disability. There were improvements in cervical curve and reduction of anterior head carriage. (5)



Pubic pain in a pregnant woman. A 28-year-old who was in her 20th week of pregnancy was suffering from symphysis pubic dysfunction. The pubic bones are in front of the pelvis. She was experiencing pain at the pubic bone region and in both inner thighs for the prior three months.

She had one previous pregnancy and had experienced mild pubic pain, but with this pregnancy the pain was much worse.

Her spine and structural system were analyzed using chiropractic procedures. Her upper neck vertebra (C1), coccyx (tail bone)



and right inferior pubic bone were found to be subluxated. All were corrected using chiropractic techniques and after three visits her pain abated and she had full mobility. She felt fine during the rest of her pregnancy and delivered a healthy baby boy. After birth (postpartum), she reported greater comfort while walking. (6)

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.

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