



THIRD EDITION SPRING 2013



Welcome to the third edition of the Cedars Newsletter. I hope the snow or the bitter cold didn't cause too much trouble or inconvenience to you. Let's keep our fingers crossed that the weather will now improve and we can look forward to a bright and beautiful summer. So far, so good!!!

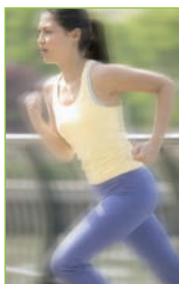
I trust you will enjoy David Morris's article "The Importance of keeping a high bone density"(BMD), as David explains you don't have to take up gymnastics or become a long distance runner to maintain your BMD, as you become older, just join an exercise class maybe, or walk instead of getting into your car. I particularly like the article regarding high heels!

On your next visit please take a look at our new leaflets, or feel free to take some copies from our leaflet holder; or they can be downloaded from the website. Please let us know what you think? Again, I would like to thank you for the interest you have shown in the newsletter, and as always look forward to any comments you may have. **Lindy Waller – Editor**

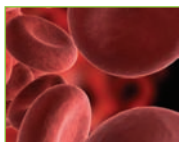
5 THINGS TO HELP KEEP YOUR HEART HEALTHY

- Walk and leave your car at home next time you visit the shops.
- Lunch time – go for a 30 minute walk, or on the way to work get off the bus a stop early.
- Like listening to music – put on something lively and dance!
- Use low fat spread on your food.
- Don't use salt in cooking, use herbs and spices instead, and leave the salt shaker off the table.

FOR ALL YOU JOGGERS OUT THERE!! RED BLOOD CELLS AND ECHINACEA – RUN FASTER



For some time now, Echinacea is well known as a cold remedy, researchers now say it may help in the production of red blood cells, which in turn could help you run faster! It appears to improve oxygen transport around the body, boosting running economy. The study says the subjects took five 400mg supplements five times a day for a month. Good Luck you Joggers!!



VALERIE DAVIS ON MYOFASCIAL RELEASE THERAPY

Valerie Davis is now offering Myofascial Release (MFR). This is a specialised type of soft tissue therapy, designed to treat fascia. Fascia is a tough soft tissue made of specific types of cells, which make it strong and durable.

This is important because fascia covers all structures within the body from muscles, bones, tendons and ligaments to nerves and blood vessels providing the necessary support and protection on which our bodies depend. Problems in the fascia may lead to physical related problems inhibiting movement.

MFR is different from massage and no oils are used. The technique uses a range of specific procedures to release fascial restrictions and restore elasticity. Some of the conditions which may benefit from this specialised treatment include chronic pain, frozen shoulder, scar tissue and Fibromyalgia. **For more details Val will be able to answer any questions you may have.**

HOW TO WALK IN HIGH HEELS !!

- Buy medium height shoes
- Try to buy good quality shoes
- Walk straight
- Wear Shoes that fit properly, too large will put more pressure on our toes, too small will rub.
- Heel insoles, the soft gel fluid cushions sit on your heels at pressure points and provide shock absorption
- Wearing chunkier heels create more stability and distribute weight
- Rotate between heels and flats

And should you wear high heels in pregnancy? It is reported that high heels do actually alter your posture, and they can shorten your calf muscles and place increased pressure on your back and knees. Also you may trip which could damage your baby or you!

The Duchess of Cambridge caught her high heel in a steel grate recently and thankfully she did not harm herself! Perhaps we should all wear flats whilst pregnant!!



Opening Times at Cedars

Monday
Osteopathy
Massage
Podiatry
9.00am-7.00pm

Tuesday
Osteopathy
Homeopathy
9.00am-7.00pm

Wednesday
Acupuncture
Physiotherapy
Osteopathy
9.00am-8.00pm

Thursday
Osteopathy
9.00am-7.00pm

Friday
Osteopathy
Massage
9.00am-9.00pm

Saturday
Physiotherapy
Massage
Osteopathy
9.00am-5.00pm

THE CEDARS PRIVILEGE CARD

Cedars are still offering **50% off** the fifth treatment for Sports / Remedial Massage, please call reception for details or pick up a flyer.

Why not try drinking tomato juice after a work out, it could have the same benefits as an energy drink."



GET UP, GET MOVING

Research has shown being lazy is bad for your back.

Researchers monitored 20 healthy young men who spent 56 days in bed and found that prolonged inactivity shrinks the deep muscles that protect the back.

Some of the men took as long as six months to recover, but even then their muscles had not returned to normal size.

If you sit around too much long-term, such as at a desk job, and do no sport or exercise, the muscles can slowly change in a bad way, giving you a bigger risk of hurting your back.

As research suggests, a cause of back pain can often be attributed to a weakening of the back muscles, which leaves the joints, ligaments and intervertebral discs susceptible to injury, similar to a weak ankle that can be strained from time to time and needs to be strengthened.

To help prevent back problems from getting worse or how to best manage your situation it may be worthwhile obtaining advice from a qualified specialist at the Cedars, who can advise you on the best course of action.

DAVID MORRIS THE IMPORTANCE OF KEEPING A HIGH BONE DENSITY



We all know about the importance of exercise in helping keep us fit and healthy. It reduces blood pressure, improves your blood cholesterol profile, and reduces body fat and the risk of coronary heart disease. However, there is one important area often overlooked and that is bone health, or more specifically maintaining high levels of bone mineral density (BMD) particularly as we get older.

So why is this important? Because low levels of BMD are associated with an increase in osteoporosis. Osteoporosis is a disease where there is a reduction in skeletal mass producing an imbalance between bone breakdown and bone formation. Progression of osteoporosis can be painless and remain unnoticed until a bone actually breaks. These fractures typically occur in the hip, spine, pelvis and wrist and are more common in women and older people. The disease is very manageable and can be slowed down, but difficult to reverse.

So how can we prevent it? The causes are many and varied but centre around the time to build up calcium reserves which is in youth and early adulthood. Apart from diet, one of the best ways to build BMD is to give the skeleton regular weight bearing stress. Research has shown that the higher the muscular and impact load, the higher the BMD produced. For example, gymnasts whose sport requires high loadings and impacts tend to have a higher BMD than distance runners. By contrast those who participate in sports with plenty of muscular motion but little impact loading, such as swimmers, tend to have lower BMD readings. Cyclists, whilst often producing high muscular loadings, have virtually no bone impact loading so also have lower BMD. Evidence also suggests that activities which develop strength (e.g. Weight training), are effective at producing a high BMD in the hip and spine.



This is not to say we should all take up gymnastics or become long distance runners. But as we get older we should ensure that we are doing some impact type activity on a regular basis to help maintain our BMD. This could include walking, running, exercise classes at the gym or even digging in the garden. This along with a balanced diet should help keep the body healthy as research also proves that smoking and excessive alcohol consumption increases the risk of osteoporosis including particular health conditions and certain types of medication which can influence BMD.

Of course anybody concerned that they may be a candidate for osteoporosis can have a bone density scan arranged through their GP or Cedars. **Ask reception for details.**

PATIENTS WITH SEVERE BACK PAIN WHO QUIT SMOKING REPORT LESS PAIN THAN PATIENTS WHO CONTINUE TO SMOKE



Studies show that smokers have a lower rate of recovery from back related surgery than patients who have quit smoking.

For many years now, research has shown a link between patients who smoke and an increased risk for low back pain, spine disc disease and poor quality outcomes following surgery.

Other findings: Patients who stopped smoking during the course of their care improved more than patients who continued to smoke.

Pain scale ratings were significantly improved in patients who did not smoke.

The group who continued to smoke whilst having treatment did not appear to have any pain relief at all.

Dr Rehtine MD, University of Rochester Department of Orthopaedics reports, that nicotine increases pain. If you stop smoking during treatment, you will improve, statistics found, if you don't stop you will find there will be no improvement.



BEER BELLY!!

Apparently, you are just as likely to get a large belly eating crisps or drinking red wine!!

HELP TO KEEP YOUR BLOOD PRESSURE DOWN

- Cut down on your salt intake.
- Eat five or more portions of fruit & vegetables per day.
- Not too much alcohol – keep to recommended limits 3-4 units per day for men & 2-3 units per day for women.
- Exercise (moderately) at least 5 times a week.
- Lose some weight, if possible, as being overweight adds strain to your heart and by the way will.....help your joints.



Believe it or not smoking causes approximately 31,000 deaths from heart disease each year in the UK. Quit smoking and in just one year the risk of a heart attack will be halved!