



FOURTH EDITION - AUTUMN 2013



What a wonderful summer we have just experienced, the best for a long time, I hope you made the most of the beautiful sunshine. This should keep us all going through the winter to next spring / summer.

Our fourth edition of the Cedars Newsletter contains several articles on pain, which I trust you will find informative and interesting.

Lea Chillcott our homeopath has written about having trouble sleeping, I am sure we have all experienced this at one time or another!

Our renovations are coming along nicely now. Thank you for your patience whilst these have been taking place. The new floor looks particularly smart, trust you agree!! Our next step will be a new reception desk and the walls painted in the entire practice. The new panel over the front of the practice has been finished now, hope you find it eye catching! **Lindy Waller, Editor**



GOUT

Gout is sometimes treated as a bit of a joke – it's the price one pays for overindulging in rich food and drink etc etc, and it usually brings to mind the infamous King Henry VIII. BUT there is nothing funny about this painful form of arthritis!

Gout occurs when there is a build up of uric acid in the blood. This is a natural waste product and it forms when the body breaks down substances called purines, which are present in our tissues, as well as in some foods and alcohol. It usually dissolves and passes through our system in the form of urine. Just sometimes it can collect as tiny particles of sharp crystals in a joint or surrounding tissue, this can cause inflammation and sudden bouts of pain.

Gout can be hereditary. People who are overweight (obese) are at risk, and who eat foods which are high in purine. Foods such as kidneys, liver, veal, anchovies, herring, mackerel, sardines, shellfish, asparagus, lentils, yeast spreads, beer and spirits.

If you have an attack of gout try to rest as much as possible and keep elevated, applying an ice pack can help relieve the pain.

Preventative measures – Avoid high-purine foods and drink less alcohol, beer seems to increase the risk more than wine. Make sure you get plenty of exercise and loose weight.



LEA CHILLCOTT ON HAVING TROUBLE SLEEPING?

Many of us find it hard to sleep through the night. Often we lay wide awake in the middle of the night unable to go back to sleep. We toss and turn in bed and some of us give up on sleep altogether. Lack of quality sleep has a tendency to make us tired and moody. When our sleep is disturbed we find our brains struggling to cope with even simple tasks, our concentration and memory suffers and we generally feel sluggish due to constant fatigue. Historically, sleep deprivation was used as a form of torture by the Romans, as they recognized how damaging lack of sleep was to our minds and bodies.

Sleeping is extremely beneficial to us. When we sleep our body rests and repairs itself, our organs flush out the toxins and the brain has time to switch off. After a good night sleep our bodies are ready for the next day. Therefore, it is important to recharge and restore our energy during our sleep.

There are different reasons why some of us find it difficult to sleep. This could be due to stress, anxiety, grief or drinking too much caffeine. For many, when it is time to sleep, their brain activity will simply not stop. Homeopathic treatment has a holistic view of a person focusing on both body and mind. A homeopath will look at your medical and personal history as well as lifestyle and the possible causes of disturbed sleep to find a specific homeopathic remedy for you.



GREEN TEA MAY EASE JOINT PAIN

Tests in a Michigan Institution have found that a compound found in green tea may help reduce inflammation and joint damage in people with rheumatoid arthritis.

The researchers have stated this is just a starting point but they do believe their results may be of therapeutic benefit in regulating the joint destructions in rheumatoid arthritis sufferers.

Opening Times at Cedars

Monday
Osteopathy
Massage
Podiatry
9.00am-7.00pm

Tuesday
Osteopathy
Homeopathy
9.00am-7.00pm

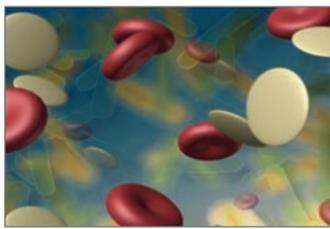
Wednesday
Acupuncture
Physiotherapy
Osteopathy
9.00am-8.00pm

Thursday
Osteopathy
9.00am-7.00pm

Friday
Osteopathy
Massage
9.00am-9.00pm

Saturday
Physiotherapy
Massage
Osteopathy
9.00am-5.00pm

POTENTIAL NEW STRATEGY FOR TREATING RHEUMATOID ARTHRITIS



Osteopathy Today, May 2012

Newcastle University Scientists in work funded by Arthritis Research UK, have discovered a new way of potentially treating rheumatoid arthritis. This works by preventing damaging white blood cells from entering the joints.

Using a unique drug, they are able to stop destructive white blood cells migrating from the bloodstream into the inflamed tissue and therefore preventing them causing further injury.

In rheumatoid arthritis the body's own immune system attacks the joints. Typical approaches for treatment involve blocking the signals in the body which activate the immune system to attack the joint. In contrast, this new strategy will prevent damaging white blood cells from entering the joints in the first place.

It is still in its early stages and then getting the drug ready for clinical trial.

MUSCULOSKELETAL DISORDERS AMONGST TEACHERS

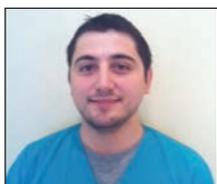
Musculoskeletal disorders (MSD) represent one of the most common and most expensive occupational health problems in both developed and developing countries. School teachers comprise an occupational group among which there appears to be a high occurrence of MSD.



Research amongst teachers found the occurrence of MSD range from between 39% and 95%. The most prevalent body sites appeared to be the back, neck and upper limbs. Nursery teachers were found to be suffering from low back pain. Factors such as gender, age, length of employment and awkward postures have been associated with high MSD frequency rates.

By and large the study suggest school teachers are a high risk of MSD. More long term research, is required to more thoroughly investigate the issue of MSD amongst teachers, with greater emphasis on the possible wider use of ergonomic (posture effective) principles. This would represent a major step forward in the prevention of MSD amongst teachers. Especially if easy to implement control measures could be recommended. *Osteopathy Today, May 2012*

TEO ONU ON SPORTS INJURIES – ASK YOUR PHYSIOTHERAPIST



Exercising is good for your body, but at times people can injure themselves when playing sports or exercising. Accidents, poor training practices or improper gear can be the cause of sports injuries. Some people get hurt because they are not in shape, others do not warm up enough or in a proper manner. In this case you should ask your physiotherapist for advice on how to better prepare yourself.

The most common sports injuries are:

- Sprains and strains
- Pain along the shin bone
- Knee injuries
- Fractures
- Swollen muscles
- Dislocations
- Achilles tendon injuries

If you get hurt, stop playing. Continuing to play or exercise can cause more harm. Treatment often begins with the RICE (Rest, Ice, Compression and Elevation) a method to relieve pain, reduce swelling and speed healing. Other possible treatments include pain relievers, keeping the injured area from moving, rehabilitation and sometimes surgery.

NECK PROBLEMS AND PAIN REFERRED FROM THE NECK

Neck pain is common, sometimes it is misdiagnosed as the symptoms are felt elsewhere.

Pain which arises deep in your spine is known as referred pain, therefore the brain is given the wrong information about the site of injury. Twisting and crushing forces in the lower neck are the cause, and injury which is repeated, especially during sleep, delays recovery. Other factors may increase the severity of pain, such as poor sleep and loss of fitness.

It is important to see a specialist, who will be able to diagnose the problem, and advise on the best treatment.

FLIP FLOPS



Pain trigger – More often than not our pain rests on the simple choices we make every day, such as flip flops and all other foam-soled sandals that we wear. Flip flops provide poor arch support, which in turn leads to pain in the feet, ankles and knees.

It is always better to wear shoes with arch support, and when you are out for a walk go for a good pair of trainers.

We will continue this theme on feet and footwear in our Winter Newsletter.



The Food Standards Agency recently held a survey and 97% of us do realise fresh fruit and vegetables contribute towards our five portions a day, but only half realised tinned and frozen fruit and vegetables and dried fruit also count!

COMMON CAUSES OF CHRONIC PAIN

Back pain: Practically one third of people who have persistent pain blame it on back problems. It is the most common cause of disability in the UK.

Arthritis: This is usually caused by wear and tear to the joints. This disease affects around 24% of people. Most common form of arthritis is osteoarthritis which mainly occurs in the knees and hips.

Injuries: This accounts for 8% of persistent pain. These take many different forms – from whiplash after a car accident to various types of sporting injuries.