

# SUMMER UPDATE

From Dr. Reena Pathak

## HEADACHES: COMMON, but NOT NORMAL?

You may believe that everyone gets headaches. After all, they're normal, right? Well... none out of ten people get headaches. Some occur frequently. Some are dull; others are throbbing. Some occur on only one side; others produce nausea, light and sound sensitivity. Normal? No. Common? Yes.

The **most common types** of headaches are:

**Tension Headaches** caused by muscle tension in the head, neck or shoulders as a result of stress. With chronic stress, these can become constant when tight muscles fail to relax

**Migraine headaches**, usually the result of certain triggers which include food, smoke, wine, weather, stress and hormonal changes. These are more common in women than men.

**Cervicogenic headaches**, often the result of whiplash or poor posture, the pain associated with these headaches begins in the upper (neck) cervical spine, neck and shoulders and often ends with pain in the forehead or eye area.

Many people reach for some type of prescription or over-the-counter (OTC) pain reliever when headache pain starts. Many migraine sufferers take daily medication designed to prevent a headache from even starting. But these medications carry some potentially dangerous side effects and address symptoms rather than the cause of headaches. Dr Reena Pathak comments "Many in our practice find relieve from chronic headaches as a result of chiropractic adjustments. Often we find that a patient's nervous system has been compromised because of stress, a vertebra that is out of place impinging on a nerve or poor posture that has distorted the spinal curve in the neck. Chiropractic adjustments can alleviate interference in the nervous system and restore health, often resulting in a decrease in the severity and frequency of one's headaches".

So the next time you're plagued with headache pain, instead of reaching for a pill, reach for the phone and call our office to set up an evaluation. You have nothing to lose.... except the pain in your head!



## ***DID YOU KNOW?***

- *You burn more calories sleeping than you do watching TV*
- *Most people lose half of their taste buds by the age of 60*
- *Of the 206 bones in the average adult's human body, 106 are in the hands and the feet (54 in hands and 52 in the feet)*
- *It takes 72 different muscles to produce human speech*
- *During his or her average lifetime, the average human being will grow 590 miles of hair*
- *The average human bladder can hold 13 ounces of liquid*
- *The average human eyelash lives about 150 days*

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*Summertime Safety is important*

## SCHOOL'S OUT!!

### Keeping Kids Summertime Safe

The kids are jumping for joy – school is out for summer. While this time of year provides plenty of opportunities for family fun, vacations, and some rest and relaxation, it's also a time when kids need added supervision due to many dangers that present themselves when the weather gets warmer. Hospital emergency rooms report seeing more trauma cases in the summer due to an increase in head and drowning-related incidents. **Here are some tips to keep in mind to keep your kids safe when the weather gets warm:**

- Never leave a child in the car alone, even for a minute. When the temperature outside is 26-37 C, the temperature inside a car can quickly rise to 76 C. Heat this high can quickly lead to brain damage, kidney failure and death, especially in young children who can't handle extreme heat as well as adults.
- Children should always be supervised around any type of water. In the time it takes to go inside for a drink of water or to answer the phone, a child could go under water and lose consciousness. It only takes four or five minutes for irreversible brain damage, or even death to occur
- Make sure your kids wear helmets when bicycling, skateboarding, or rollerblading. Helmets should be fitted properly and buckled at all times.
- Being off of school allows more time to roam the internet. Caution your children about the online predators and the dangers involved in talking to strangers and giving out personal information online.
- When visiting attractions or parks, keep children close. Teach them to find a park employee and never to go off with strangers if they get separated from you.

Summertime provides an opportunity for families to spend time together, enjoying outdoor activities and fun times. Ensuring your children's safety is always rule number one when it comes to summertime fun.

### Do I NEED to Wear Sunglasses? Really?



Sunglasses come in all types of shapes and sizes, but are they just a fashion accessory or are they really necessary to protect your eyes from sun damage?

According to the Canadian Ophthalmological Society, sunglasses are necessary to protect your eyes from harmful UV rays that can cause sunburn (yes, to your eyes), cataracts, and permanent damage that can lead to Macular Degeneration and permanent blindness.

Because sun damage to the eyes accumulates over a lifetime, many eye care professionals encourage parents to put sunglasses on their children and remember that UV rays are strongest midday.

The American Academy of Ophthalmology suggests to look for sunglasses that block 100% of UVA and UVB rays and wear sunglasses even when it's hazy or in the winter to keep your eyes safe.

Your eyes are just as vulnerable as your skin to damage from the sun's UV rays. Taking proper precautions, will help protect everyone's eyes and keep them healthier in the long run.



**Beautiful day!** Time to head outside to rest and relax with the family. First things first and that's slathering on the sunscreen. After all, that's the right things to do to prevent sunburn and skin cancer down the line... right?

Not necessarily, claims the Environmental Working Group (EWG), a Washington DC based non-profit, in their annual report. According to EWG, close to 50% of the 500 most popular sunscreen products contain toxic ingredients than can actually accelerate the development of malignant cancer cells, including Vitamin A derivatives retinyl palmitate and retinol. Other synthetic chemicals used in sunscreen such as oxybenzone, can enter your bloodstream and wreck havoc with your hormones. Only 39 of the products reviewed by the EWG were considered safe and effective to use. Many of these are available in health food stores.

The truth is we need Vitamin D we get from exposure to the sun. Our bodies don't produce vitamin D naturally and sunlight is the best way to get this nutrient that plays a major role in optimizing your health.

So what alternative ways can you protect yourself from the sun's harmful effects? Here are a few suggestions:

- **Stay out of the sun** during the midday hours when rays are most harmful
- **Wear protective clothing**, including shirts, hats, shorts or pants
- **If you must use sunscreen**, choose a broad spectrum product that contains zinc or titanium.

Be mindful of the amount of time you're spending in the sun. If you notice that your skin is starting to turn even the slightest shade of pink, it's time to head to the shade or indoors.

### My Prescription for Wellness:

When patients begin care I will frequently recommend up to three visits per week or more. I'm often asked how I arrive at this visit schedule.



Since the patient is doing the healing, not me, everyone responds differently. Predicting the best course of care is a combination of education, experience and keen observation skills.

When visits are spread too far apart (or missed) it can be difficult to create the momentum necessary for healing, or turn around unhealthy spinal patterns. If visits are scheduled too close together, the correction may be "wasted" if your body is still processing the previous adjustments. Part of the art of chiropractic is finding that sweet spot that produces the best results in the shortest amount of time.

### Exploring the most common myths about chiropractic.

*Myth:* Chiropractors aren't as educated as medical doctors.

*Fact:* While medical doctors take more chemistry and pathology courses to prescribe medicine, chiropractors take more anatomy, neurology and adjusting courses to adjust the spine in order to relieve pressure on the nervous system. In truth, chiropractors receive more hours of actual course instruction than medical doctors.

### BEWARE: the Barbecue Spoilers

Warmer weather brings a welcome relief to kitchen cooking – the backyard barbecue. Almost anything can be cooked on the grill, adding a unique flavor to meat, fish, poultry, and vegetables. But, keep in mind that food-borne illnesses typically rise with air temperature and can spoil the great taste.

Added precautions are necessary when it comes to summertime barbecuing. Here are some suggestions to insure your backyard barbecuing success:

- When you buy meat, fish or poultry in warmer weather, get it into the refrigerator or freezer as soon as possible. Food can spoil quickly when not kept cold.
- Do your marinating in the refrigerator and dispose of marinade that has touched uncooked food.
- If you're transporting meat, put it in a cooler to keep it below 40°F.
- Be sure to clean the grill surface before each use. Be careful to use different utensils for raw and cooked food.



- Pre-heat the grill for five to ten minutes. If using charcoals, make sure they are white.
  - Transfer grilled food to a clean plate. Never reuse the plate that held raw meat or poultry without first cleaning it well.
  - Promptly refrigerate uneaten portions. Food left out over two hours should be discarded. (one hour if above 90° F.)
- Remember that bacteria multiply quickly in warmer weather. Whenever you plan to grill meat, fish or poultry, taking the proper precautions will decrease the risk of food-borne illness. Play it safe to ensure that everyone eats well and stays well.

## Align Your Spine in the Summertime

Summer provides us with plenty of opportunities to get outdoors and enjoy the fresh air and sunshine. Outdoor activities range from yard work that includes gardening, mowing, planting and harvesting to sports activities such as tennis, golf, softball, water sports, cycling and lots more walking.

If you're not careful you can overdo a good thing. And one wrong move can land you in plenty of pain and misery. If you start to experience back pain, neck pain, headaches or tingling sensation in your hands or feet, that's a sure sign that something is off kilter in your spine. And... if there's a misalignment in your spine, you may also notice stiffness and swelling in your joints or muscle spasms as a result of your increased activity.

Instead of reaching for muscle relaxers and pain killers, with all the possible side effects, you may want to pay a visit to our office for a much needed spinal checkup. After all, an increase in outdoor activities tends to put added stress on vertebrae that are already out of alignment!

Remember that your spine is the mission control centre for your entire body because every nerve that travels to every organ, system and cell begins in the brain stem and exits through the spine. Stabilizing your spine before your symptoms worsen and you incur additional pain, will ensure that you continue to enjoy your summer and all the fun and entertaining activities that go with it!



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