



# Health Matters

the Gordon H. Grannis Chiropractic Clinic, Inc. Patient Newsletter

September 2006 Vol 1 No 1

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Welcome to the first edition of our health and wellness newsletter! The purpose of this publication will be to share some helpful information and help you make proper and informed decisions regarding your health. I'll try to keep them short and sweet, and in these early editions if you have any feedback or suggestions for topics you'd like to hear more about, I'd love to hear from you. Please also feel free to forward these letters to friends and family.

## Office updates

- Dr. Takeshi Ito joined us in October 2005. He is a 1995 graduate of the Palmer College of Chiropractic, my alma mater, and also practices the Atlas Orthogonal technique. He has been a great addition and brings his own areas of expertise to our clinic.
- After more than nine years of service to the clinic and our patients, we will miss having Iris at our front desk. We wish her the best in her future endeavors.
- Christy is still here helping with the back office as well as providing support to Trish, who has joined us at the front desk.
- D'Ana is our new insurance expert. If you are having any problems with reimbursements from your insurance company, please send us any notices you have received so D'Ana can help resolve your situation.
- Some of you may be aware that I had surgery almost a year ago. I am now back full-time and feeling great.

## Relevant Research Articles

I review several journals on a regular basis and frequently come across information I feel could be beneficial to my patients. In each newsletter I'll summarize a couple of the most relevant and interesting articles and pass them along to you in this section.

## Spinal Decompression Traction

There has been a lot of advertising lately regarding a form of treatment called decompression traction, also known as "an accidental spin-off from NASA," "VAX-D", or "DRX9000", which quotes an 86% success rate for treating

## Helpful Hints

In each issue, I'd like to address several topics that are frequently asked about. If you have any suggestions for future topics, please email me and I'll try to cover them in future newsletters.

### Ice versus heat

Ice is used to reduce swelling, and heat is used to increase blood circulation. The general rule of thumb is to ice an acute injury within the first 72 hours. The best length of time is 10 minutes for every 45 to 60 minutes. Longer icing runs the risk of frostbite.

Heat is best for aches and pains, arthritis, or after the first 72-hour period of an injury. The best length of time is 15 to 20 minutes per hour, NEVER with more than medium heat, and NEVER sleeping with a heating pad. Longer or warmer treatments run the risk of literally cooking your tissues.

### Water

Our spine is cushioned by a series of discs, and the health and integrity of the discs is strongly tied to their water concentration. Water is held in the spinal discs by a type of molecule called glycosaminoglycans (GAGs). Loss of GAGs or inadequate water in the diet can cause dehydration of cartilage and premature aging, and can cause discs to start to crack, leading to future disc herniations.



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low-back disc cases and claims to have no risk of complication. However, a recently published review of the literature assessing the effectiveness of this treatment showed that in six of the seven randomized studies, there were no differences in outcome. In the seventh group, the decompression traction group reported reduced pain, but no change in disability due to pain. Finally, a review of the earlier study that had shown a 77% to 86% reduction of pain revealed that they had not used randomized placebo trials as a control group and therefore the data could not be used to effectively compare the effects of treatment to having no treatment at all. Additionally, there was a recent report of a sudden disc herniation that occurred during the decompression procedure that required emergency low back surgery.

*Summary: There is no evidence supporting the effectiveness of spinal decompression traction for low back pain with or without sciatica. (Pain Practice, 2006)*

## Manipulation Treatment for Sciatica

Recently a group of medical doctors conducted a study comparing manipulation versus sham treatment for acute back pain and sciatica (radiating leg pain) due to disc protrusion in a randomized double-blinded clinical trial. Treatment was over a 4-week period, done 5 days a week by chiropractors. The chiropractic treatment offered significant pain improvement compared to the sham treatment, and there were no adverse events reported.

*Summary: Chiropractic manipulation for acute low back pain with sciatica due to disc protrusion is safe and effective. (The Spine Journal, 2006)*

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Thanks for reading, and I hope you find this information useful.

Yours in health,

*Gordon H. Grannis, D.C.*

The solution? Drink at least 50 to 60 ounces of water a day. (What counts as water? Is coffee or juice good enough? If you wouldn't wash your car with it, it doesn't count as water!) Consider taking a glucosamine supplement. These are GAGs, and studies have shown that ingesting them can increase their concentration in the disc cartilage.

## How bad are high heels?

Heels under 1" are fine. More than that and you are potentially causing damage to different areas in the body. Most foot bunions and neuromas (painful compressed nerves in the forefoot) are caused by improper footwear. Knee and lower back pain and problems tend to increase with wearing heels due to the alteration of body posture. Wearing high heels on occasion won't usually cause problems, but if worn on a daily basis, expect to end up paying for fashion with more than just your pocketbook.

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