

Head to Toe®

Health Report

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Dedicated to Your Health

'Head to Toe Health Report'
Summer 2009 • Premiere Edition

DOES YOUR HIP PAIN HAVE YOU LIMPING?

It could be your back that's the problem...

When patients report they have a painful hip, the first thing that comes to mind is often hip osteoarthritis. A few interesting facts; a significantly arthritic hip is often not painful until later in life (after 55 years of age). Hip pain in those under 55 might often come from other sources that are similar to those experienced in the shoulder such as impingement of the soft tissue (i.e. bursa) causing bursitis pain at the hip. Also like the shoulder, hip tendonitis can occur as many tendons (which attach muscles to bone) are in the hip region and might be stressed from muscles that are imbalanced or overworked.

An infrequently considered source of hip pain is the lumbar spine. In our physical therapy practice we see a large number of patients each month that come in with the diagnosis of "Hip Bursitis", when in fact the true problem stems from the lumbar spine. When spinal motion is excessive or repeated overtime, the lumbar spine facets or disc can break down and become painful. Often though, these lumbar dysfunctions are not painful locally, but refer pain to other structures that share neurological association. The hip is often one such referral site. As we age, this wear and tear is more likely in the lumbar spine, and the frequency of these episodes of referred hip pain become more likely.

Over a lifetime, previous ankle, knee or hip injuries may also contribute to the abnormal mechanics of walking, bending, squatting, and twisting which then contribute to the lumbar

spine malfunctioning. If you have any previous foot problems, ankle sprains, knee injuries or even differences in leg length, you are likely more at risk to develop problems at the lumbar spine and/or hip joint.

A physician or physical therapist will be able to evaluate your lumbar spine and hip to rule out hip arthritis, tendonitis or bursitis issues and determine if the real cause of your limp and hip pain is truly that low back that is needing attention.

To learn more, contact **Desert Palms Physical Therapy, (520) 531-0305.**

NAIL FUNGUS RUINING YOUR SUMMER?

Toenail fungus is a condition which can be embarrassing and even painful. A new laser treatment may eliminate the pathogens that cause toenail fungus (**Onychomycosis**). This treatment is safe and painless. Furthermore, studies have shown an 88% clinical cure rate, compared to leading prescription topical treatments that only provide an 8% effective rate after months of treatment. *(continued on back page)*

Head to Toe Healthcare, PLC is proud to be the first to offer this new treatment option in the greater Tucson area.

Visit www.LaserFungalNails.com to learn more about this latest treatment option, which was recently featured on **Good Morning America!**

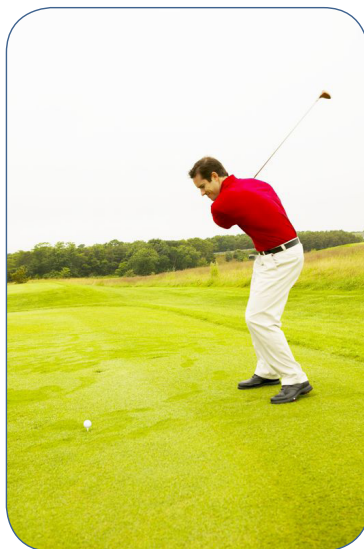
IMPROVE YOUR HANDICAP BEFORE TEE TIME

How simple exercises and strength training can lower your handicap before you hit the links.

The most important element to cutting strokes and improving your golf game isn't club selection or the ball you play, it's you. Ben Hogan's winning score at the 1953 Masters was 274, Jack Nicholas' 1965 winning score was 271, which stood as the course record until Tiger Woods' remarkable 1997 score of 270. With the huge technological advancement of clubs and balls over the last 50 years, scores haven't changed.

Distance off the tee is accomplished by a full back swing coupled with full extension through the ball. Trunk and shoulder flexibility are fundamental to accomplishing this. Core strengthening and balancing exercises can minimize head movement during the swing, leading to improved accuracy and consistency.

With the repetitive rotational forces required in the golf swing, it is no wonder many golfers from professional to recreational experience back pain. To reduce the risk of injury and improve your golf game, begin an exercise program directed at flexibility, core strength/stability, and balance.



To give you an idea of a stretching program below you will find some simple but effective upper body stretches, these are by no means a comprehensive set of stretches however it's a good way to get started. I have also tried to make this easy on you by using the cart as a reminder of what and where to stretch.

- 1 An effective way of stretching your upper body is to have a seat in the passenger side of the golf cart with your knees spread shoulder width apart leaning down between your legs with your arms hanging down in front of you. I know this seems like an easy stretch however remember that with all stretching you must hold the stretch for at least 15 seconds to get the full benefits.

- 2 The next stretch will stretch out your pectoral muscles, with as much time as we spend at the computer this is important one. Standing outside of the cart with your right hand on the front support beam and your left hand on the rear support beam gently lean into the cart until you feel a stretch right where the front of your body meets your shoulder. This stretch not only opens up the chest but also keep you from rotating your arm and bringing your hands and arms too close to the body.

- 3 You've often heard that when you look up after your swing that's where your ball is going and keep your head down during your swing, the neck muscles are integral part of both of these motions. So for the neck muscles get back in the cart and sit on both of your hands. The easiest way to do this is to have your palms down on the seat and with your arms behind your back. This keeps your shoulders from moving and allow for better range of motion with the neck. In this position lean your head to the left into the right, as though you were putting your ear to your shoulder, holding both those for 15 seconds. You should feel a stretch in your upper shoulder musculature.

- 4 Next you're going to tilt your head back and rotated to the left and then to the right, you should feel the stretch on the front part of your neck going from your jaw down to your clavicle.

Low-tech exercises utilizing Swiss exercise balls have been shown extremely effective in strengthening core muscles vital to injury prevention and improved athletic performance. These versatile exercise balls can be purchased for \$40-60. Many of today's top professionals participate in these types of exercise routines to improve flexibility, core stability and reduce forces on the spine.

For more information regarding flexibility and core stability training, contact **Casas Adobes Chiropractic LLC, (520) 575-0929.**

WHAT IS DIABETES?

Diabetes is a chronic disease that affects as many as 16 million Americans. For reasons that are not yet clear, diabetes is increasing in our population to the point where public health authorities are calling diabetes an "epidemic" that requires urgent attention.

People with diabetes are unable to use the glucose in their food for energy. The glucose accumulates in the bloodstream, where it can damage the heart, kidneys, eyes and nerves. Left untreated, diabetes can develop devastating complications. It is one of the leading causes

of death and disability in the United States. However, the good news is that with proper care, people with diabetes can lead normal, satisfying lives. Much of this care is “self-managed,” meaning that if you have this condition, you must take day-to-day responsibility for your own care.

What Causes Diabetes?

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications. It’s important to also be aware of the different myths that over the years have arisen about the causes of diabetes. Eating sweets or the wrong kind of food does not cause diabetes. However, it may cause obesity and this is associated with people developing Type 2 diabetes. Stress does not cause diabetes, although it may be a trigger for the body turning on itself as in the case of Type 1 diabetes. It does, however, make the symptoms worse for those who already have diabetes. Diabetes is not contagious, and someone with diabetes cannot pass it on to anyone else.

Treatment

If you or someone you know has diabetes, they would be wise to make healthful lifestyle choices in diet, exercise and other health habits. These will help to improve glycemic (blood sugar) control and prevent or minimize complications of diabetes. Eating a consistent, well-balanced diet, that is high in fiber, low in concentrated sweets. Regular exercise, in any form can help reduce the risk of developing diabetes. Activity can also reduce the risk of heart disease, stroke, kidney failure, blindness and leg ulcers.

If you need a primary care physician, contact **Integrative Medical Associates, (520) 297-9664.**

VISION LOSS IS A MAJOR CONTRIBUTOR TO FALLS FOR OLDER ADULTS

A study published in Investigative Ophthalmology and Vision Science, revealed that peripheral visual field loss is the primary vision component that increases the risk of falls. The article, “**Visual Field Loss Increases the Risk of Falls in Older Adults: The Salisbury Eye Evaluation**” examined which visual deficits were most closely associated with falls. The study was primarily con-

...diabetes is increasing in our population to the point where public health authorities are calling diabetes an “epidemic”...

ducted at John Hopkins School of Medicine’s Wilmer Eye Institute in Baltimore, MD. This study found that for each 10 percent loss in visual field, study participants had an 8 percent higher likelihood of falling.

The other visual components tested were visual acuity, contrast sensitivity, and stereoacuity. The authors concluded that visual fields were associated with falling risk, while the other components were not relevant. The central vision, which primarily indicates macular health, was not statistically significant. Only the peripheral vision, which indicates health of the retina, the back of the eye, was associated with fall risk.

Possible symptoms of a patient with a retinal detachment may include stumbling, general clumsiness, often running into the wall, and difficulty walking in a straight line. There are certainly a myriad of other possible causes, but the best way to rule out a retinal detachment is by a dilated eye exam.

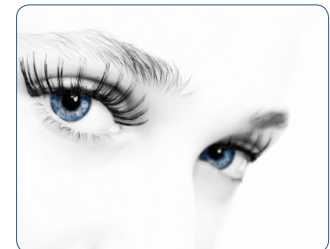
The Phoenix Suns NBA star and leading scorer Amare Stoudemire was recently lost for the season, due to a partially detached retina that required surgery. In a game against the LA Clippers, where he scored 42 points, he was struck near his eye. He has suffered from a torn iris in the same eye in the past. Retinal detachments can occur at any age, but are more common after 40 years of age. Factors which are more likely to increase the likelihood of a retinal detachment are: being extremely nearsighted, a family history, cataract surgery, inflammatory eye conditions, and an eye injury.

To schedule your eye exam today, call **Head to Toe Healthcare, PLC, (520) 545-0202.**

INTRODUCING LATISSE

The new FDA-approved prescription product that increases length, thickness and darkness of eyelashes.

Available only through a doctor, Latisse is a once-daily treatment applied to the base of the upper eyelashes which results in longer, fuller and darker eyelashes in as little as eight weeks, with full results in 16 weeks. This product is used and endorsed by Brooke Shields. This is the first and only treatment approved by the FDA for Hypotrichosis of Eyelashes, another name for having inadequate or not enough eyelashes.



Call or visit **Head to Toe Healthcare, PLC** today or go online at **www.latisse.com** to learn more.

DO YOU SUFFER FROM HEEL PAIN (PLANTAR FASCIITIS)?
YOU COULD HELP WITH A CLINICAL TRIAL!

Head to Toe Healthcare, PLC and faculty at the **University of Arizona Medical Center** are conducting a clinical trial on the use of therapeutic footwear effects on **Plantar Fasciitis**. We are looking for candidates to help. The trial will run for one (1) month and requires daily monitoring of progress at home. Skin thermometry is painless and used to measure temperature changes that correlate with inflammation. Participants record their daily pain level and skin temperatures. There are **NO DRUGS** or medications involved with the clinical trial. However,

medications may be offered during the medical exam in an effort to provide greater relief and improved response of treatment.

If you feel you can spare the time and receive treatment that could well alleviate your symptoms then call our office to schedule an appointment. Clinical trial participants must be between 20 to 65 years of age. A diagnosis of Plantar Fasciitis must be made either by Dr. David Armstrong at UMC or Dr. Alan Shih at H2T. A medical office visit is required and most major insurance plans are accepted at these clinics. If one should choose to participate in the therapeutic footwear group, the cost of this footwear is free.

Nail fungus:
(continued from front page)

Since this treatment is drug-free, there is no potential risk of liver damage, as associated with oral anti-fungal treatments. This treatment has recently been FDA cleared. To date, no

significant adverse side-effects have been reported. While the treatment has not yet received FDA approval for toenail fungus, many patients are very pleased with their laser nail treatment results.



FREE Eye & Foot Health reports

As part of **Head to Toe Healthcare's** mission to educate, we have created this information for you. Call the toll free number below to receive your book titled "Got Eyes?" or "Got Feet?" informative guides to your health.

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