

Gerou's Chiro News

A Free Monthly Newsletter for the Friends and Patients of Dr. Thomas J. Gerou

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This Month's Featured Topics:

- New Chiropractic Research
- Health Alert
- Wellness & Prevention
- July's Featured Nutritional Product
- Adopt-A-Highway clean-up
- Joe Barone for Judge
- Update Contact Info
- Sharing Goals with Friends

CHIROPRACTIC RESEARCH

Spinal Subluxations as Risk Factors

Subluxation of the Upper Cervical Vertebrae

Headaches from subluxation in the upper cervical vertebrae are responsive to adjustive and manipulative procedures. *Cervicogenic headache* is a term most frequently used to describe the syndrome characterized by neck and suboccipital pain that might project to the forehead, temples, vertex and ears. The pain might increase with specific posture and movement. When examination findings reveal cervical motion segment misalignment, restricted segmental motion, muscle hypertonicity, and/or tenderness, it is suggestive of vertebrogenic pain.

Cervicogenic headaches can be caused by vertebral subluxation and muscle hypertonicity. Studies suggest both cervicogenic and tension-type headaches are appropriately treated with adjustments. It also has been demonstrated that migraine headaches respond to adjustment and manipulation of the upper cervical vertebrae. These results suggest subluxation might play a reflex role in the mechanism of migraine that warrants further investigation. If subluxation is a risk factor for migraine headaches, adjustment/manipulation might

serve as a prophylaxis in the prevention of this debilitating condition.



Health Alert

The US is 38th in the world in life expectancy!

Top 5 Countries:

1. Japan
2. Iceland
3. Switzerland
4. Australia
5. Spain

Why is the US so low?

1. Native Americans, rural African Americans and inner city poor have extremely poor health, akin to a poor developing country.
2. HIV (AIDS virus)
3. High cancer rate from tobacco use.
4. High coronary heart disease rate.
5. High number of homicides.

---World Health Organization, 2005.

Wellness/Prevention

Fiber & Bowel Cancer: People who ate 5 or more portions of fruits and vegetables a day plus the equivalent of 5 slices of whole bread had a 40% lower rate of developing bowel cancer.

---Reuters, May 2003.

Featured Nutritional Product: Cyruta-Plus

Cyruta Plus carries several important factors; one of which is the vitamin P complex (bioflavonoids), where rutin and quercetin are members. These factors help maintain the integrity of the capillary walls. They are vital in their ability to increase the strength of the capillaries and regulate permeability. This product is recommended for stroke victims, of the hemorrhagic type, to help reduce additional bleeding.

Adopt-A-Highway Cleanup

On Wednesday, July 23rd Dr. Gerou will be sponsoring an Adopt-A-Highway cleanup.

Over 15 years ago, Dr. Gerou adopted two two-mile stretches of road: Ford Road between Canton Center and Ridge, and Sheldon Rd. between Ford and Joy.

During that span, we here at Gerou Chiropractic have worked very hard to keep the roads free of trash and debris.

Anyone interested in assisting in this month's cleanup is encouraged to meet at Dr. Gerou's office (7293 N. Lilley Rd.) at 7pm on Wednesday, July 23rd. Your help is greatly appreciated!

Pizza and refreshments will be provided following the cleanup.

Pig Roast Picnic

This event was a huge success, and over \$14,000 was raised to help Don Wilson be able to pursue this special program to help improve his ability to speak following his stroke. Thank you!



Elect Joe Barone for Judge

As the August primary approaches, we here at Gerou Chiropractic are looking for supporters who are willing to put up a "BARONE FOR DISTRICT JUDGE" sign on their lawn.

Also available are "cling-on" window signs for homes, businesses, and vehicles that can be easily applied and removed.

Anyone interested in any signs should contact Dr. Gerou (734) 981-6969. Thank you for your support!

Any Changes to Contact Info?

If you have moved recently, changed your name, or have a new phone number (cell, home or work), could you please let our front desk know so that we can update your record in order to keep in better contact with you. Thank you!

Share Your Goals with a Friend

A study by Dominican University involving 267 men and women found a person is nearly twice as likely to achieve their goal if they share their progress with a supportive friend, than if they merely wrote down their goal or just thought about it. ---*Dominican University, 2008.*