

Ahh..the colors of fall

Sciatica

Dr. Kevin Shimizu, DC

Sciatica is a common form of low-back and leg pain, but the true meaning of the term is often misunderstood. Sciatica is actually a set of symptoms, not a diagnosis, for what is irritating the nerve causing pain.

Sciatica is a persistent pain felt along the sciatic nerve, which runs from the lower back, down through the buttock, and into the lower leg. The sciatic nerve controls the muscles of the lower leg and provides sensation to the thighs, legs, and the soles of the feet.

Sciatica occurs most frequently in people between the ages of 30 and 50 years old. It often develops as a result of wear and tear on the lower spine, not as a result of injury.

The most common symptom associated with sciatica is pain that radiates from the lower back and down one leg; however, symptoms can vary depending on where the sciatic nerve is affected. Some may experience a mild tingling, a dull ache, or even a burning sensation, typically on one side of the body. Some patients also report pins-and-needles sensation, numbness or muscle weakness in the affected leg or foot.

Pain from sciatica often begins slowly, gradually intensifying over time. In addition, the pain can worsen after prolonged sitting, sneezing, coughing, bending, or other sudden movements.

What are my treatment options?

For most people, sciatica responds very well to conservative care, including chiropractic. Keeping in mind that sciatica is a symptom, treatment plans will vary depending on the underlying cause of the problem.

Chiropractic offers a non-invasive (non-surgical) treatment option. The goal of chiropractic care is to restore spinal movement, thereby improving function while decreasing pain and inflammation. Depending on the cause of the sciatica, chiropractic treatment may include spinal decompression, spinal adjustments, ice/heat therapy, and rehabilitative exercises.

While it's not always possible to prevent sciatica, consider these suggestions to help protect your back:

- Maintain a healthy diet and weight
- Exercise regularly
- Maintain proper posture
- Use good body mechanics when lifting



Have You Been Laughing Recently?

By Yukiko Matsu-Pissot, MA, RCC, CCC Registered Clinical Counsellor

Over the years studies have increasingly shown that laughter is a powerful medicine for mind and body.

- **Laughter triggers the release of endorphins.**

Endorphins are the natural feel-good chemicals that are released during physical exercises and are why your mood improves after exercising as well as after laughing. Endorphins are also natural pain-killers. So, laughing can also decrease physical pain.

- **Laughter lowers stress-related hormones.**

Laughter relieves stress. Therefore a healthy chuckle eases anxiety and adds joy to your life. And since stress-related hormones suppress the immune system, laughing can help keep you from getting sick.

- **Laughter relaxes the whole body.**

A belly-laugh reduces physical tension, leaving your muscles relaxed for up to 45 minutes.

- **Laughter can be a total workout.**

According to some studies, laughing 100 times is equal to 10 minutes on the rowing machine or 15 minutes on an exercise bike!

- **Laughter protects the heart.**

Laughter lowers blood pressure and increases blood flow and oxygenation.

If you are ready for more laughter in your life, here are some ways to start. You can spend time with fun and playful people, watch funny movies at least once a week, goof around with children or pets, or if you like to try laughing with a group of people, you may try a “laughter yoga” class.

However, if none of these works and if you don’t remember when you last had a good belly-laugh, you may be experiencing some depression.

It may be time for you to visit your doctor or seek the help of a professional counsellor.



Pumpkin Apple Soup

Seasonal Recipe



By Editor's pick from Canadian Living magazine October, 2010



Ingredients:

Prep: 12 minutes

Cook: 50 minutes

Makes: 4 to 6 servings

1 1/4 lb (625g) sugar pumpkin or butternut squash halved and seeded.

2 onions, quartered

1 large apple, halved and cored

1 clove garlic

4 tsp (20 mL) olive oil

2 cups (500 mL) sodium-reduced vegetable broth

4 slices bacon, diced

1/2 tsp (2 mL) each caraway seeds and salt

Pinch white pepper

Peel and cut pumpkin into 1 1/2-inch (4 cm) cubes; place in roasting pan.

Add onions, apple and garlic; drizzle with oil and toss to coat. Roast in 425 F (220 C) oven, stirring once, until pumpkin is browned and tender, about 40 minutes.

Peel apple; transfer along with roasted mixture to food processor.

Heat roasting pan over medium-high heat; pour in 1 cup (250 mL) of the broth and bring to boil, scraping up browned bits. Add to food processor; purée until smooth.

In Dutch oven, cook bacon over medium-high heat until crispy, about 5 minutes. Using slotted spoon, transfer to paper towel-lined plate.

Remove all but 1 tbsp (15 mL) fat from Dutch oven. Stir in vegetable puree, remaining vegetable broth, 2 cups (500 mL) water, caraway seeds, salt and pepper; bring to boil. Reduce heat and simmer for 5 minutes. Serve sprinkled with bacon.

PER EACH OF 6 SERVINGS: about 145 cal, 3g pro, 7g total fat (2g sat. fat), 19g carb, 3g fibre, 7mg chol, 311 mg sodium, 400 mg potassium. % RDI: 5% calcium, 6% iron, 104% vit A, 27% vit C, 11% folate.

Clinic News : Karlie Yamamoto (RMT) has decided to take a leave from our practice and work in Europe. In her place, Stephanie R. Yuen (RMT) has joined our practice she is a graduated from the West Coast College of Massage Therapy and she is accepting new patients. ☺

Our office now offers [Green Shield insurance policy holders](#) direct billing for chiropractic services and orthotics.



~Holiday Gift Certificate~

Looking for a Christmas gift?

Does your friend or a family member complain about a bad back? Do they often ask you to them massage because they used up their insurance coverage.

A gift of health may be the perfect way to show that you care. Drop by our clinic or call to purchase gift certificates for Chiropractic, Massage therapy and Shiatsu.

Our most popular Christmas gift

The Buckwheat Pillow

Sleep all night and wake up refreshed!



A friendly reminder for Extended Health Insurance

Please keep in mind that most extended health insurance policies end at the conclusion of the calendar year. Your unused insurance coverage may not be carried over into the next year. We suggest you check your unused coverage with your insurance company.

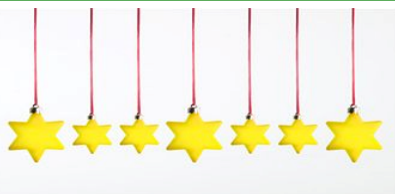
When making an appointment, please ask about our December holiday schedule with the front desk at (604)731-3319.

Thank you for your comments

Reason you sought chiropractic care: *Hip, back and neck felt sore and tight. Occasional tingling in fingers and arm and have headaches.*

How has chiropractic helped you? *Yes, I feel less tight and my hip feels more aligned.*

~ Martin Jang~



Merry Christmas & Happy New Year 2011

