

# Chittenden County Chiropractic -Monthly Newsletter-

March 2007

Section A

---

To our valued Patients, Family and Friends!

March is upon us! Can you smell spring in the air? Probably not with thirty inches of snow still remaining on the ground. Nonetheless, we'll soon be packing away the snowshoes, skis and ice skates and pulling out our baseball gloves, tennis racquets and golf clubs. It's an exciting time of year but with it can come some aches and pains which most of us haven't experienced since we tried these activities last spring and summer. Remember to take care of yourself; warm up before exercising, stretch well before and afterwards and keep yourself hydrated. Don't forget that the staff at Chittenden County Chiropractic is here to help you when you need us.

Please take us up on our extended invitation to all current patients to receive a **Complimentary Half Hour Massage** if you refer two new patients to us between now and March 31. We are extremely proud of the services we provide and we would be happy to see any friends, family or co-workers whom you think may benefit from Chiropractic Care.

As always, feel free to forward this newsletter on to anyone whom you may think would enjoy the publication. Cheers to health and happiness in 2007!

Sincerely,

*Dr. Cory Pike, Renee Taylor and Kristina Kiarsis*  
Chittenden County Chiropractic  
*For Better Health Naturally*  
**(802) 879-3900**

## Office Hours

**Mondays:** 8am -6pm  
**Tuesdays:** 11:30am -6:30pm  
**Wednesdays:** 8am -6pm  
**Thursdays:** Closed  
**Fridays:** 8am -5pm

# - TOPIC OF THE MONTH -

March 2007

Section B

## PROTECTING YOURSELF FROM THE SUN

I know you've all heard it enough - the damaging effects of the sun. and to take the warnings seriously. sunscreen for a day at the beach but days a year. Overexposure to the sun affects people of all



ages and skin types at any time of the year. use sunscreen to protect your skin from Well, take it from me that it's time to listen Most of us are in the habit of putting on the reality is that the sun is up there 365

According to the American Cancer Society, more than 1 million cases of basal cell or squamous cell cancer will be diagnosed annually and that number will continue to rise. Furthermore, the most serious type of skin cancer, malignant melanoma, is expected to surpass 60,000 cases this year. The sad part is that skin cancer is a largely preventable. UV radiation is the most important environmental factor in the development of skin cancer and can be avoided by using common protective measures such as sunscreen and proper clothing.

Let's take a look at the first signs of skin damage, which may come as a surprise to you. The darkening or reddening of your skin is the first sign of damage.

### Suntan

Believe it or not, a common suntan, which you may be happy to have, is the first warning of skin damage. A tan develops when UV light hits the skin and accelerates the production of melanin – a dark pigment that gives skin its color. The extra melanin is produced to protect deeper layers of the skin from the UV light. A suntan is your natural defense to protect against further skin damage.

### Sunburn

Eventually UV light causes the skin to burn resulting in pain, redness and swelling. Though the symptoms of a burn may fade over time, the damage to the skin remains. Burns can cause damage to the DNA of the skin cells which sometimes leads to skin cancer. People with dark skin are less likely to burn and can tolerate longer periods in the sun; however, the sun can and will cause skin damage.

Lets also talk about serious skin damage in the form of cancerous and non-cancerous lesions. Here are some common forms and what you should be looking for:

1. **Seborrheic Keratoses.** Typically these lesions don't become cancerous but can resemble skin cancer. They are seen in aging skin and look like tan, brown or black growths with a wart-like or waxy appearance and range in size from small to 1 inch across.
2. **Actinic Keratoses.** These appear as rough scaly patches in skin exposed areas. They vary in color from whitish, pink or flesh colored to brown-to-dark-brown patches. Common on the face, ears, lower arms and hands of fair skinned people. They can develop into cancer and are termed pre-cancerous.
3. **Skin Cancer.** Cancers develop mainly on areas exposed to a lot of sun such as the ears, face, neck, lips, arms and hands. Some cancers appear as small growth or sores that will crust over, bleed, heal and then bleed again. Others, such as melanomas present as changes in the look of a mole or the development of a new, suspicious looking mole. Some melanomas start as flat darkened areas which slowly enlarge and darken further. You should see your doctor if you notice any of the above mentioned skin changes.

# - TOPIC OF THE MONTH CONT -

March 2007

Section B

---

## So what should you do to prevent skin damage?

All people, regardless of age, should take the time to protect themselves from the sun. Since effects of sun exposure are cumulative over your lifetime, it is extremely important to begin proper skin protection techniques with children. Try these things for a lifetime of healthy skin!

- **Avoid the sun during High Intensity Hours** – 10am to 4pm is when UV rays are the strongest. Limiting your time in the sun during these hours will help.
- **Cover Up** – Cover your skin with long sleeved shirts, long pants and wide brimmed hats. Dark colors and bright colors also provide better protection from the sun. If your clothing is see through, the sun will also be able to get through.
- **Use Sunscreen** - Choose a sunscreen with protection from UVA and UVB rays. Apply it liberally 30 minutes before going outdoors so you skin can absorb it and reapply it at least every two hours, more frequently if you are sweating, swimming or toweling off. The average adult in a bathing suit should apply one ounce per application.
- **Seek Shade & Never Seek a Tan** – There is no such thing as a healthy tan. A tan is the skins response to damaging rays from the sun.
- **Stay away from artificial tanning devices** – the UV radiation from these devices are much stronger and more damaging than natural sunlight
- **Protect your children and teach them sun safety at an early age!**



## ADDITIONAL HEALTH TIPS

### WEIGHT LIFTING



If you want to benefit from an aerobic workout at the same time as you lift weights, try supersets. Supersets involve taking two exercises (not for the same muscle group) and performing one after the other with minimal rest. Try pausing for a maximum of 45 seconds between sets and/or machines. The continuous effort helps you achieve an aerobic state.

Proper breathing technique is extremely important during training. Breathing supplies oxygen to the muscle cells, which is essential for muscle contraction and the delivery of energy to build muscle.

Make sure to exhale when you lift the weight and inhale when you lower it.

### PROTECT YOURSELF FROM POLLUTION

If you can't live in a smog-free environment, at least avoid smoke filled rooms, high traffic areas, breathing in highway fumes and exercising near busy thoroughfares. Exercise outside only when smog levels are low and exercise inside when smog levels are high. Plant lots of shrubbery and foliage in your yard – it's a great way to reduce pollution and dirt from the street. Try air purifiers in the house for a breath of fresh air!

# - LOCAL VERMONT EVENTS -

March 2007

Section C

---

Here's a look at a few events on the Vermont Calendar in March. Enjoy!

## FrogWorld ECHO Lake Aquarium and Science Center

**February 24 - March 6**

**Description:** Experience exotic frogs from different continents in our newest exhibit.

**Time:** 10am-5pm

**For More Information, Contact:**

Customer Service

ECHO at the Leahy Center

Phone: 864-1848

Email: [info@echovermont.org](mailto:info@echovermont.org)

Web Site: <http://www.echovermont.org>



## Flynn Center for the Performing Arts in Burlington

Phone: 802-863-5966

Website: [www.flynncenter.org](http://www.flynncenter.org)

**March 9<sup>th</sup>**

### Cherryholmes

**Description:** *Award-winning band, Cherryholmes sound is made up of hard-driving instrumental virtuosity and explosive vocal harmonies.*

**March 11<sup>th</sup>**

### Russian American Kids Circus

**Description:** *This amazing performance of 6 to 18 year old, high-flying prodigies offers an electrifying taste of Russian circus arts.*

## Cancer Benefit Dance Concert Sheraton Burlington-Emerald Grand Ballroom

**March 24<sup>th</sup>**

**Time:** 8:00pm

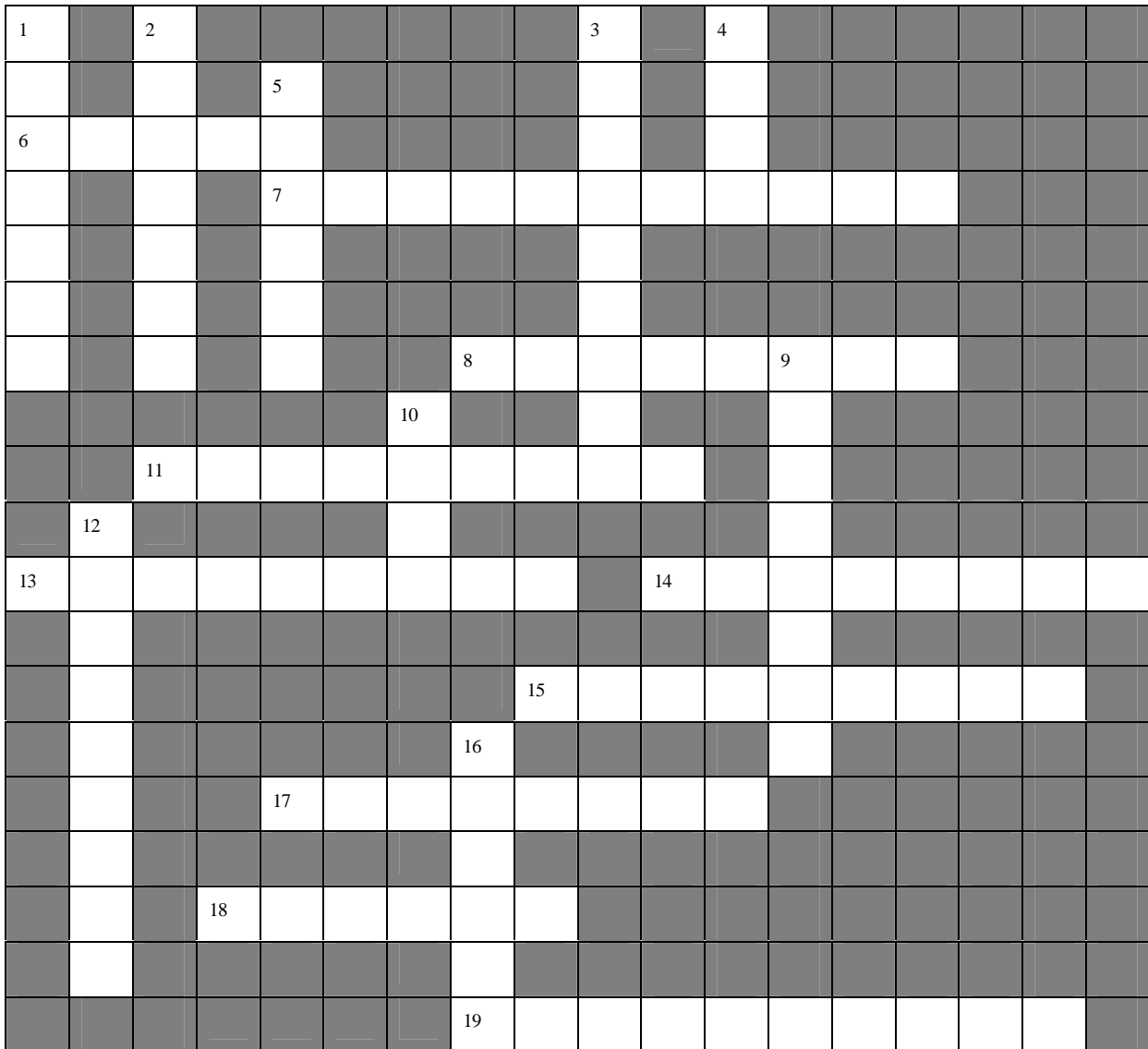
**Admission:** \$15.00

**Description:** Vermont's favorite annual honky-tonk dance concert returns with a Zydeco twist, as Rockabilly Hall-of-Famer Bill Kirchen rejoins the Starline Rhythm Boys. Bill played on ten Commander Cody and his Lost Planet Airmen albums and his battered Fender Telecaster guitar drove Hot Rod Lincoln into the Top Ten in the '70's. Slippery Sneakers, a high energy Zydeco band from Rhode Island, gets the night started. Benefit for the Cancer Patient Support Program presented by Smith, Bell & Thompson.

# - CROSSWORD PUZZLE -

March 2007

Section D



**ACROSS**

6. The \_\_\_\_\_ is also called the backbone.
7. \_\_\_\_\_ can correct subluxations.
8. 'Pulling your hair out.'
11. \_\_\_\_\_ can be caused by tension and stress.
13. Chiropractic adjustments can even be done during \_\_\_\_\_.
14. Daily \_\_\_\_\_ helps keep your body in shape.
15. Custom-made shoe inserts.
17. A common injury in motor vehicle accidents.
18. Accidents at home, work, and at play can result in serious \_\_\_\_\_.
19. Keeping muscles limber and flexible.

**DOWN**

1. What Kristina (chiro assistant) does.
2. Kristina's favorite word, also a lean protein.
3. The bones of the spinal column.
4. \_\_\_\_\_-strengthening can relieve aches and pains due to muscle weakness or poor posture.
5. Toast: "To your \_\_\_\_\_!"
9. The bony frame of the body.
10. \_\_\_\_\_ can be sharp, shooting, dull, or throbbing.
12. Painful inflammation of the joints.
16. A fun, healthy way to stay active.

# - DR. PIKE'S RECIPE PICK -

March 2007

Section E

---

## Creamy Caesar Salad with Spicy Croutons

- 1 garlic clove, halved
- 1/2 cup nonfat mayonnaise
- 2 tablespoons red wine vinegar
- 2 teaspoons Dijon mustard
- 2 teaspoons white wine Worcestershire sauce
- 1 teaspoon anchovy paste
- 1/4 teaspoon pepper
- 2 teaspoons olive oil
- 3/4 teaspoon [Cajun seasoning](#)
- 1 garlic clove, minced
- 2 cups (3/4-inch) sourdough bread cubes
- 18 cups torn romaine lettuce
- 1/3 cup (1 1/3 ounces) grated fresh Parmesan cheese



Drop the garlic halves through the opening in blender lid with blender on; process until minced. Add mayonnaise and the next 5 ingredients (mayonnaise through pepper); process until well-blended. Cover and chill at least 1 hour.

Combine oil, Cajun seasoning, and minced garlic in a medium microwave-safe bowl. Microwave at high for 20 seconds. Add bread cubes; toss gently to coat. Spread bread cubes in a single layer on a baking sheet; bake at 400° for 15 minutes or until golden brown.

Place lettuce in a large bowl. Add dressing; toss gently to coat. Sprinkle with cheese, and top with croutons.

**Yield:** 6 servings

### **NUTRITION PER SERVING**

CALORIES 137(27% from fat); FAT 4.1g (sat 1.3g,mono 1.6g,poly 0.4g); PROTEIN 7.7g; CHOLESTEROL 4mg; CALCIUM 176mg; SODIUM 836mg; FIBER 4.1g; IRON 3mg; CARBOHYDRATE 18.2g

Reference: Cooking Light