

Renew Yourself this May

Cardinal Chiropractic Centers

Is Your Spine Degenerating?

Spring is in full swing and we can see signs of renewal and regeneration everywhere—from budding trees and flowers to returning birds to baby wildlife. It's a great time to reflect upon yourself and see what you can do to renew your body. Everyone is growing older and though age effects us all with its wrinkles, sags, and body aches, we can do a lot to control the extent of our degeneration.

Excessive wear can be prevented through proper nutrition, exercise, and, most importantly, protection of our spine. Spinal degeneration occurs when damage is done to the spine, be it from trauma like a fall or

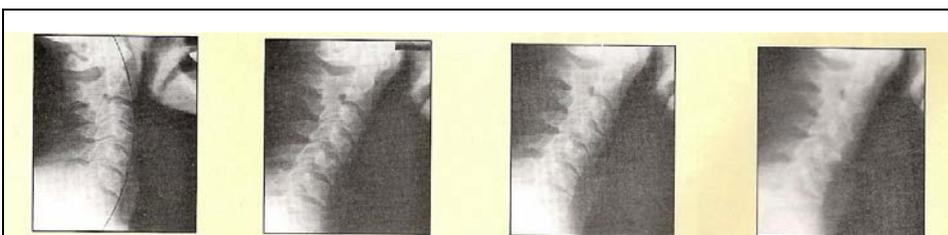
auto accident or long term wear like poor posture or excessive weight. As spinal degeneration progresses, the discs between the vertebrae narrow and scar tissue is formed. If left untreated, bone growth will increase and sections of the spinal column can fuse together. This results in constant pain and discomfort as well as limited mobility.

Fortunately, early detection of spinal degeneration can stop its progression. In some cases, when caught early enough, degeneration has even been reversed. The first step in protecting your spine is a chiropractic screening. If you haven't been by in a while or know

someone who has never had chiropractic, call to schedule. If you're on track with your care, keep it up! Every adjustment is working to keep your bones moving and keep degeneration out of your spine. That means more overall mobility, better communication through your nerves, and higher energy. Add it all up and a healthy spine equals a healthy you.



A healthy spine can keep you young at any age.



Stages of Degeneration:

In the first picture, the spine is properly curved and healthy. The second view shows misalignment—the start of degeneration.

This is correctable. In the third picture, bone spurs and rough edges have developed on the vertebrae and motion is impaired though you may not notice it or

feel any pain. Your chiropractor can still help. By the last picture, spinal segments are fused and permanent nerve damage has been done.

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Dr. Michael Baker

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Check it Out!

- One of the biggest internal signs of aging is arthritis. See page 2 to find out what it is, how to know if you may be experiencing the symptoms, what to do about it, and how we can help.
- Ever wonder what happens behind the scenes with your billing? Meet Debbie on page 3 and find out!

Arthritis—What Is It and How Do I Know if I Have It?

Arthritis is defined as the inflammation of a joint caused by disease, infection, genetic defect, or some other cause. There are two types: osteoarthritis which involves the breakdown of cartilage or bone at the joint and rheumatoid arthritis, an autoimmune disease where the body attacks its own joint tissue. Osteoarthritis can be further broken down into two types based on the causation of the deterioration. The first type, termed primary osteoarthritis, is the one we are most familiar with. It comes on gradually as a result of ageing and affects the weight bearing joints

like hips, knees, neck, and back as well as the fingers of persons usually over 45. Obesity and family history of arthritis are risk factors. The other type, secondary osteoarthritis usually has an onset before age 40 and is a result of trauma to a joint. The joint trauma can be from a sudden large injury, a series of small injuries, or as a result of surgery. The warning signs of arthritic development include pain after movement, after

periods of extended inactivity, or with changes in weather; joints that are progressively stiffer and harder to move; a restricted range of motion in the joint; poor posture leading to excessive weight on a joint; and red, swollen, or warm skin around the affected joint. If you think you may be experiencing these symptoms or be at risk for arthritis, talk to your chiropractor.



These swollen joints may be a sign of primary osteoarthritis.

An Ounce of Prevention...

To stave off and prevent osteoarthritis, try these helpful ideas.

Increase Range of Motion: even though the natural response to pain is to rest the affected area, movement is essential for proper circulation, repair of joints, and minimizing chances of arthritis.

Proper Nutrition: Eliminating foods in the night shade group—tomatoes, potatoes, eggplant, and peppers—may help

minimize flare-ups of pain.

Exercise: Physical activity strengthens bones, muscles and joints, increases flexibility, prevents joint deformities,

improves the immune system, and reduces stress. Try walking, swimming, bicycling, strength training, and yoga.

Vitamin and Mineral Supplements: Glucosamine and Chondroitin Sulfate can treat arthritis by repairing and rebuilding cartilage in the joints. Vitamins A, C, E, and the mineral Selenium reduce free radicals that damage tissue.

“Movement is essential for proper circulation, repair of joints, and minimizing chances of arthritis”

Chiropractic Can Help!

Chiropractic is the third largest health care profession in the United States with over 50 million patients seen yearly. There's a reason its so popular.

According to the Arthritis Foundation, chiropractic manipulation may reduce the pain of osteoarthritis and improve joint function. Another study in 1999 found 63% of chronic arthritis sufferers use alternative medicine and 73%

of participants found chiropractic helpful. In fact, chiropractic was ranked highest in patient satisfaction of all the alternative medicines tried in this study. A third study exploring geriatric care in chiropractic found elderly patients who received chiropractic care were less



Arthritis treatment: Another reason that neck adjustment is good for you!

likely to suffer from arthritis and had greater mobility than those who did not receive such care.

The evidence is overwhelming! If you are having trouble with arthritis, come see us. Combined with a healthy lifestyle, we can help you too.



Cardinal CHIROPRACTIC CENTERS

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We're on the Web!
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Our mission:

To bring health and happiness to our community
through affordable chiropractic care given in a safe and
friendly environment.

Hours:

Monday, Wednesday, and Friday 9:00-1:00 and 3:00-7:00
with Dr. Chris David and Jessica Clevenger, LMT

Tuesday and Thursday 3:00-6:00

with Dr. Michael Baker

Behind the Billing

Have you ever wondered just how those statements from your insurance company are generated, had a question about your deductible, or needed help getting a referral? Just ask Debbie! Debbie Dolbere works at our Dixie Highway office and handles all the billing for Cardinal Chiropractic Centers' two locations. She is the link between you and your insurance company.

Debbie earned her Medical Office Assistant degree from Spencerian College in 1982 and has been in the medical billing profession for 20 years. A resident of Southern Indiana, she recently attained licensure to sell insurance in her home state.

When not working, you can find Debbie spending time with her husband of nineteen years, Kerry, and their two children, Ethan, 15, and Amanda, 11. She enjoys watching her kids play soccer and going hiking and camping with her family.

If you have a question for Debbie regarding your insurance or bills, simply give her a call at 448-5241. She can be reached Monday through Friday from 8:30 to 5:00 and is always happy to help you out. You can trust that her experience

and friendly attitude will solve your problems with Medicare, Medicaid, Passport, group health insurance, personal injury insurance, or Workman's Compensation.



Does it seem like there is some mysterious force responsible for your billing?

Meet Debbie and end the mystery!