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## ENHANCE Chiropractic and Massage Sports Injury Centre

### ENHANCE News

We welcome Candice back this month after her knee reconstruction. Candice is generally available Monday through Saturday for massage.

Congratulations go to four of our patients who competed in the ACT Cross Country Championships on Saturday 14<sup>th</sup> June. All four ran extremely well and achieved the following results:-

Simon Thompson came 8<sup>th</sup> in the Men's

Open with a time of 38.35 minutes

Gary Baker came 3<sup>rd</sup> in the Men's over 40 years with a time of 47.16 minutes

Kandy Grant came 3<sup>rd</sup> in the Women's Open (1<sup>st</sup> under 20 years) with a time of 30.17 minutes

Kerrie Bremner came 3<sup>rd</sup> in the Women's over 35 years with a time of 36.06 minutes  
A great effort all round.

Swiss ball classes have started and will continue through the next semester with a new round of back stabilization programs starting at the beginning of the school term. Make sure you have your name down to book in for a class. Class sizes are limited to 4, so maybe even form your own group for a class.



## ENHANCE hits 1000 !!!



During June, the ENHANCE clinic saw its 1000<sup>th</sup> new patient!!!! This was quite a landmark for the clinic having started from scratch just over 18 months ago. We'd like to thank the staff, current and past that have contributed to this milestone. Most

of all we'd like to thank our patients for their continued support in entrusting us with your healthcare and referring your family and friends in to the clinic. These two things constitute the highest compliment that you could pay us and we thank you for

that. Don't worry though, in hitting this milestone we will not stop but continue to seek to increase and improve services here for our patients and also maintain a high level of personal service.

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"...average reduction in pain was doubled for manual-therapy patients."

## Research Corner – manipulation + exercise wins

Exercise therapy is highly effective for treating chronic low-back pain - but that doesn't necessarily mean there isn't an even better treatment out there. A recent study in the scientific journal *Spine* provides further evidence of the power of spinal manipulation for back pain.

In the study, approximately 50 patients with chronic low-back pain who had been sick-listed for between eight weeks and six months received either exercise therapy or manual therapy. The patients, ages 20-60, were administered sixteen 45-minute treatments over eight weeks; patient improvement was measured before

and after treatment and at four weeks, six months and one year after treatment.

Patients in the manual-therapy group received mobilization and high-velocity, low-amplitude manipulation from trained physiotherapists (a form of treatment chiropractors also utilize) and performed general exercises for the trunk, spine and legs. Exercise-group patients trained with a 35-minute focus on the trunk and legs following 10 minutes of warm-up on an exercise bicycle.

Both groups showed significant improvements; however, the manual-therapy group experienced much greater improvements than the exercise group

in all areas of improvement (pain, functional status, etc.) at every point in follow-up. For example, average reduction in pain was doubled for manual-therapy patients, compared to exercise patients. Also, immediately following the treatment period, the manual-therapy group was significantly more likely to have returned to work (67%, vs. 27% for the exercise group). One year later, exercise-therapy patients were over three times more likely to still be sick-listed than manual-therapy patients.

*Reference:* Aure OF, Nilsen JH, Vasseljen O. Manual therapy and exercise therapy in patients with chronic low back pain: A randomized, controlled trial with 1-year follow-up. *Spine* 2003;28(6), pp. 525-532.



## Diabetes risk factors

Married couples share many common traits and habits - if one spouse smokes, the other often does; if one exercises, so does the other. Adult-onset diabetes is increasingly being shown to be based on lifestyle factors, rather than genetic ones.

A recent study in *Diabetes Care* determined the presence of adult-onset (type 2) diabetes and high blood sugar in the spouses of known diabetics attending a specialized clinic.

People married to diabetics were more than twice as likely to have diabetes and glucose intolerance themselves than spouses of people without diabetes. Spouses of diabetics were also more likely to be obese or overweight and to have high blood pressure than the healthy individuals' spouses - both risk factors for the development of type 2 diabetes.

We've long known that if you have a parent or sibling with diabetes, you are at an increased risk for the condition.

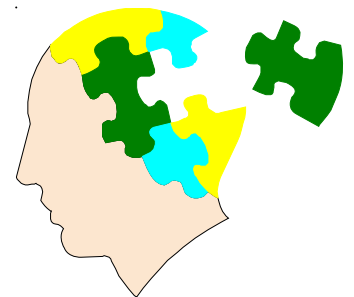
This study shows that lifestyle clearly has a significant influence on diabetes risk; the increased odds of sharing diabetes with a family member may be due more to similar habits than to genetics. To avoid developing type 2 diabetes, maintain a healthy weight, exercise regularly, and keep your blood pressure and cholesterol levels in check - and make sure your significant other does the same.

*Reference: Khan A, Lasker SS, Chowdhury TA. Are spouses of patients with type 2 diabetes at increased risk of developing diabetes? Diabetes Care 2003;26, pp. 710-712.*



## Did You Know ?

- ❖ During your expected lifespan of 79.5 years, you will:
  - blink 415 million times
  - grow 948km of hair over your whole body
  - shed 19kg of skin
  - grow 29 metres of fingernails and 198 cm of nose hair.
- ❖ You will crawl 150km during your first two years of your life and walk 21 950km over the rest of your life.
- ❖ By the time you are 21, you will have inhaled and exhaled enough to inflate over 3 million balloons.
- ❖ Over your lifetime you will talk for over 2 ½ years on the phone, eat 7 300 eggs, consume 159kg of chocolate and spend six months sitting on the toilet.
- ❖ Your blood has to travel through your entire body to get from the left side of your heart to the right side. In all, your blood travels about 270 370km each day.





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**ENHANCE**  
*Your  
Health*

## FISH WILL KEEP YOU HEALTHY

Fish is one of nature's healthiest foods. Eating a wide range of fish has many benefits.

All fish are rich in protein and minerals. Fish with soft edible bones such as sardines and canned fish, are good sources of calcium.

Fish contain very low levels of saturated fats or oils. They contain polyunsaturated fats known as Omega-3 or n-3 fatty acids. Research has shown that these reduce the effects of inflammation and lower blood pressure. Fish oils have also been found to help protect against heart disease by reducing the amount of cholesterol in the blood.

Dark fleshed, oily fish are highest in these valuable fats. These fish, which include tuna, sardines, herring and mullet, have a stronger flavor than those with a whiter flesh.

Two or three meals each week of a variety of fresh or canned fish

and shellfish will provide sufficient amounts of Omega-3 fats.

Fish is low in kilojoules provided it is cooked with minimal fat. Low fat cooking methods such as pan frying, grilling, baking, or steaming, are preferable to deep-frying.

When choosing fresh whole fish, it should have a pleasant aroma, shiny eyes and gills that are red to pink in colour. Fish fillets should be firm and dry.

Dry looking patches on frozen fish indicates freezer burn, which leaves the fish dry and tasteless.

Fish is fully cooked when the flesh becomes opaque and flakes easily when separated with a fork. Overcooked fish will be tough and dry. Baked fish is easy to prepare.

### **Baked Fish with Lemon Grass and Ginger (serves 4)**

4 thick fillets of fish  
2 stalks of lemon grass, finely chopped  
2tb grated ginger juice of a lemon  
4tb fresh parsley, chopped

Brush the bottom of an oven proof dish, large enough to hold the fish in one layer, with oil and scatter with half of the lemon grass and ginger.

Place the fish on top and cover with the remaining lemon grass and ginger, parsley and lemon juice.

Cover the dish with foil and bake in a 200 C oven for 20 minutes, or until fish is cooked.

