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ENHANCE Chiropractic and Massage Sports Injury Centre

ENHANCE News

Spring has sprung and it is time to get back in the garden as the days get a little longer and little warmer. Check out page 3 for some tips on safe gardening.

Congratulations go to the following Canberra City Soccer teams who have made it to this years final series:

- 🏆 1st Division (Premier League Reserves): 2nd
- 🏆 4th Division: 4th
- 🏆 5th Division: 3rd

🏆 Masters 1: 2nd

Canberra City's Premier League team finished 6th in their return season, after a four year absence from the competition.

Several youth team players became regular starters, alongside experience of three former ACT Players of the year, Ilija (Ilch) Prenzoski, Peter Thompson and Club captain John Nelson.

Top scorers were Ilija Prenzoski with 9 goals and Todd

Donaldson with 6 goals.

Simon Thompson local triathlete is going very well in his international season so far including two big wins and a number of other strong finishes in his bid for Olympic selection. The backdrops to Simon's races have included Geneva, Hamburg, Nice and the upcoming race is in Madrid where hopefully he will see another great result.





BALL CLASSES INTO 2ND SEMESTER

We are well into the second lot of ball stability classes, and are ready to take enrolments for the next semester.

If you would like to enrol, give us a call or

drop in and we will discuss class times and starting dates.

First semesters times of Wednesday and Friday evenings at 7pm are touted as

possible times, but we are flexible depending on demand.

Research Corner – Have a wine if you must

“... Those who consumed over 14 drinks per week in the form of beer and spirits only were over three times more likely to develop rectal cancer than nondrinkers.

If you consume alcohol on a regular basis, here is some information you'll want to know. Past research has shown a link between alcohol intake and colorectal cancer. According to a recent study in the journal *Gut*, however, that risk diminishes when the alcohol consumed is wine, as opposed to beer and other spirits.

Researchers in Denmark conducted a study of approximately 30,000 men and women between the ages of 23 and 95 over a period of nearly 15 years. The amount and types of alcohol consumed were determined at the beginning of the study period, and cases of

colon and rectal cancer recorded in the Danish Cancer Registry were used to determine possible relationships to drinking alcohol.

Those who consumed over 14 drinks per week in the form of beer and spirits only were over three times more likely to develop rectal cancer than nondrinkers. On the other hand, people who drank the same amount of alcohol, but reporting one-third of their drinks to be wine, were less than twice as likely to develop this form of cancer. The researchers also found that people who drank excessively (more than 41 alcoholic beverages per week)

had twice the risk of developing rectal cancer than nondrinkers, regardless of the type of alcohol drank.

This study offers two important points to alcohol drinkers: First, drinking any alcohol appears to increase a person's risk for rectal cancer. The more you drink, the higher your risk for cancer. Second, if you do drink, you may want to consider sticking to wine. The powerful antioxidants in wine appear to blunt some of the harmful effects of alcohol.

Reference: Pedersen A, Johansen C, Grønbaek M. Relations between amount and type of alcohol and colon and rectal cancer in a Danish population based cohort study. *Gut* 2003;52(6), pp. 861-867.



Looking after yourself in the garden

Gardening can be a wonderful activity and very rewarding when you can sit back and enjoy the fruits of your labour. It can also be a very taxing activity on your body. It can be heavy, repetitive and enduring. So that you get the most out of your gardening, and your garden gets the most out of you, here are a few hints to keep you there longer and in good health doing so.

If you have something heavy to move:

- a. Use a moving device such as a

wheelbarrow if you have one.

- b. Use another person if at all possible.
 - c. Keep the load close to your body if you have to move it yourself.
 - d. Bend your knees when picking up and putting down.
 - e. Lift, then turn, not both at once.
2. If you have something repetitive to do (such as weeding or paving):
 - a. Take regular breaks to stretch your arms and

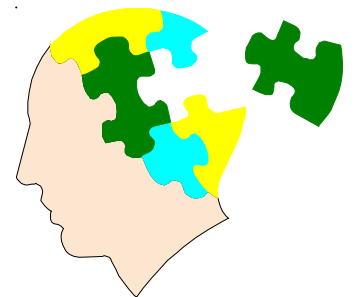
legs.

- b. Change the position that you are in to do the activity i.e on both knees, one knee, squatting, laying down.
 - c. Break the job into small sections so that you still have a sense of accomplishment when you take a short break.
3. When you need to reward yourself for the hard work or you have injured yourself:
 - a. Get yourself down to *ENHANCE*



Did You Know ?

- ❖ In the past few years, doctors have identified more than 100 sleep disorders, but the one most people suffer from is simply not taking the time to get enough sleep.
- ❖ The lungs of an average adult, unfolded and flattened out, would cover an area the size of a tennis court.
- ❖ Women were banned by royal decree from using hotel swimming pools in Jidda, Saudi Arabia, in 1979.
- ❖ In Tuscany, olive oil and bread are sacred gifts and it is a grave sin to waste either of them. The Tuscans say you add years to your time in purgatory with the crumbs left on your plate.
- ❖ Given their sheer volume, 99 percent of the living space on the planet is found in the oceans. The average depth of the oceans is 2.5 miles (4 km). The deepest point lies in the Mariana Trench, 6.8 miles (10.9 km) down. By way of comparison, Mount Everest is only 5.5 miles (8.8 km) high.





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ENHANCE
*Your
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Using these keyboard shortcuts can help reduce the use of the mouse, which is a task that is uneven on the body.

Copy: CTRL+C
Cut: CTRL+X
Paste: CTRL+V
Undo: CTRL+Z
Delete: DELETE
Copy selected item:
CTRL while dragging an item
Create shortcut to selected item:
CTRL+SHIFT while dragging an item
Rename selected item:
F2
Move the insertion point to the beginning of the next word: CTRL+RIGHT ARROW
Move the insertion point to the beginning of the previous word:
CTRL+LEFT ARROW
Move the insertion point to the beginning of the next paragraph:
CTRL+DOWN ARROW
Move the insertion point to the beginning of the previous paragraph:
CTRL+UP ARROW
Highlight a block of text:
CTRL+SHIFT with any of the arrow keys
Select more than one item in a window or on the desktop, or select text within a document:
SHIFT with any of the arrow keys
Select all: CTRL+A
Search for a file or folder: F3

KEYBOARD SHORTCUTS

View properties for the selected item:
ALT+ENTER
Close the active item, or quit the active program:
ALT+F4
Displays the properties of the selected object:
ALT+Enter
Opens the shortcut menu for the active window:
ALT+SPACEBAR
Close the active document in programs that allow you to have multiple documents open simultaneously:
CTRL+F4
Switch between open items: ALT+TAB
Cycle through items in the order they were opened: ALT+ESC
Cycle through screen elements in a window or on the desktop: F6
Display the Address bar list in My Computer or Windows Explorer: F4
Display the shortcut menu for the selected item: SHIFT+F10
Display the System menu for the active window:
ALT+SPACEBAR
Display the Start menu:
CTRL+ESC
Display the corresponding menu:
ALT+Underlined letter in a menu name
Carry out the corresponding command: Underlined letter in a command name on an open menu

Activate the menu bar in the active program:
F10
Open the next menu to the right, or open a submenu: RIGHT ARROW
Open the next menu to the left, or close a submenu:
LEFT ARROW
Refresh the active window:
F5
View the folder one level up in My Computer or Windows Explorer:
BACKSPACE
Cancel the current task: ESC
Prevent the CD from automatically playing: SHIFT when you insert a CD into the CD-ROM drive

