



ENHANCE Chiropractic and Massage Sports Injury Centre ENHANCE News

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Welcome to the spring edition of **ENHANCE Your Health** for 2007. September welcomes back Pete from his sojourn to the States with the Australian U20s Men's Water Polo. An outstanding effort by the team. Their only loss in the tournament was to Hungary in penalties after extra time. Hungary went on to win the tournament convincingly over a lack luster Italy. Welcome back Pete!

In local sporting news both the Gungahlin Jets Men's teams have made it into the finals. At time of going to press, the Ones have made it through to the Grand Final with a week off and the Magoos are looking to get into the Grand Final via the Preliminary final.

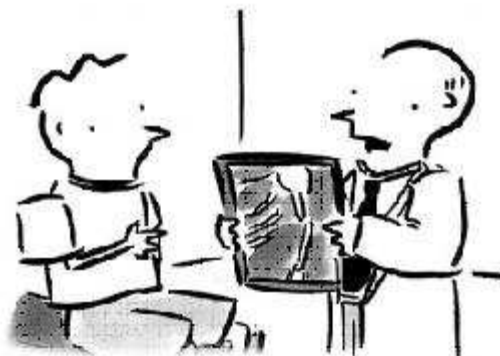
With only a few rounds left in the season Gungahlin United Football club is having another strong showing this year with the Men's Masters Division two making it into the finals, along with the Invincible Women's masters and U/16 Wolves teams, both still undefeated.

In this **ENHANCE Your Health** we address the issues of managing computer usage, damaging fashions and the

research into the social spread of obesity.

We also would like to advise of a price increase for massage services. See page 2 for further details.

Enjoy the newsletter, enjoy the Spring and **ENHANCE** your Health!



"Well, yes, we could fix it in Photoshop, but your arm would still be broken."

Price increase for massage services



Due to the increased cost of living and running the clinic we would like to advise of an incremental price increase for massage services, as of the 30th of September 2007.

Our last increase was at the end of 2004.

Our new prices will be as follows:

1hr	\$65.00
45 minutes	\$55.00
1/2 hour	\$45.00

Child <16 years:

1hr	\$60.00
45 minutes	\$50.00
½ hour	\$40.00

Please note we also have gift vouchers, Infant massage demonstrations and corporate massage packages. If you are interested in these, please enquire by phone or at your next visit to the clinic.

Research Corner: The Spread of Social Obesity

"...people are 57 percent more likely to become obese if they have a friend who becomes obese"



Obesity is a major public health problem in the United States. According to new research published in *The New England Journal of Medicine*, obesity isn't just about food and exercise – it can be described as "socially contagious," meaning it is influenced by the habits of those around us.

After studying 12,000 socially interconnected people who had participated in the Framingham Heart Study, researchers found that people are 57 percent more likely to become obese if

they have a friend who becomes obese, 40 percent more likely if a sibling becomes obese and 37 percent more likely if a spouse becomes obese. If one of two mutual friends becomes obese, the other's chance of becoming obese increases by 171 percent, even if they are hundreds of miles away from each other. Correlations were particularly strong with family and friends of the same gender.

On a positive note, when a family member or friend lost weight, those with

close social bonds also lost weight. Of course, genetics and other factors continue to play a role in obesity and should not be ignored. If you're looking to lose weight, build a strong, supportive social network with like-minded people and talk to your doctor before making any changes in your diet or exercise routine.

Ref: Christakis NA and Fowler JH, *The Spread of Obesity in a Large Social Network over 32 Years*. New England Journal of Medicine, 2007 Jul 26;357(4):404-7.

WorkRave: Some extra help with computer related pain

Everyone knows the dangers of frequent computer usage. We all know we should take frequent breaks, stand up and stretch etc. However we seldom heed this wisdom.

Fortunately we have small programs that can aid us in monitoring our time and usage at the computer.

Many government departments and private organizations have licenses for programs such as WorkPace, which monitors

keystrokes and time spent at the computer, thus promptly notifying you when to take breaks, with suggestions on stretches and exercises.

If you don't have one of these programs available at your work then WorkRave is a similar free program that does a more than adequate job.

Find it at:
<http://www.workrave.org>



"You're only considered a fully qualified keyboard operator when you develop 'repetitive strain injury'."

Did You Know ?

- ③ A foundation garment is an undergarment designed to change the wearer's shape, producing a more fashionable figure. Foundation garments are also referred to as shapewear.
- ③ Scatologists are experts who study feces.
- ③ A passionate kiss uses up 6.4 calories per minute.
- ③ There are no ants in Iceland, Antarctica and Greenland.
- ③ The number of births that occur in India each year is higher than the entire population of Australia.
- ③ 85% of men don't use the slit in their underwear.
- ③ A "pogonip" is a heavy winter fog containing ice crystals.
- ③ Diet Coke was only invented in 1982.
- ③ Back in 1919 the Russian transplant pioneer Serge Voronoff made headlines by grafting monkey testicles onto human males.
- ③ Pine, spruce, or other evergreen wood should never be used for barbecuing. These woods, when burning or smoking, can add harmful tar and resins to the food. Only hardwoods should be used for smoking and grilling, such as oak, pecan, hickory, maple, cherry, alder, apple, or mesquite, depending on the type of meat being cooked.
- ③ The only animals that are capable of turning their heads 180 degrees are from the genus Galago, such as the Tarsier.
- ③ The fortune cookie was invented in 1916 by George Jung, a Los Angeles noodlemaker.
- ③ The city of Chicago has the only post office in the world where you can drive your car through.
- ③ The name of the famous snack "Twinkies" was invented by seeing a billboard in St. Louis, that said "Twinkle Toe Shoes."
- ③ The U.S. Automobile Association was formed in 1905 for the purpose of providing "scouts" who could warn motorists of hidden police traps.

Looking 'good', feeling absolutely awful!



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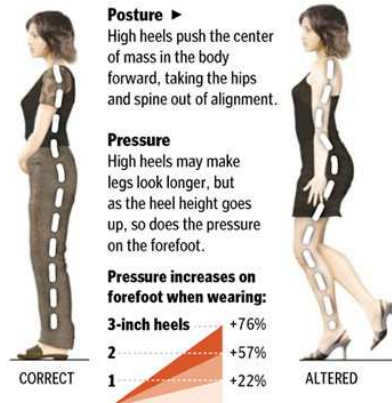
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*Your
Health*



The knee

The altered posture of walking in high heels places excess force on the inside of the knee — a common site of osteoarthritis among women. One study found that knee joint pressure increased by as much as 26 percent when a woman wears heels.



Posture

High heels push the center of mass in the body forward, taking the hips and spine out of alignment.

Pressure

High heels may make legs look longer, but as the heel height goes up, so does the pressure on the forefoot.

Pressure increases on forefoot when wearing:



CORRECT

ALTERED

The calf

Calf muscles contract and adjust to the angle of the high heels. Muscles may shorten and tighten.



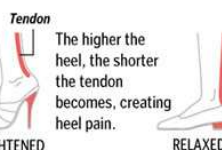
Morton's neuroma

Heel height and a narrow toebox can create a thickening of tissue around a nerve between the third and fourth toes, which can lead to pain and numbness in the toes.



Achilles tendon

When the front of the foot moves down in relation to the heel, the Achilles tendon tightens up.



Bunions

Tight-fitting shoes can cause a bony growth on the joint at the base of the big toe, which forces the big toe to angle in toward the other toes, resulting in pain.



Pump bump

The rigid backs or straps of high heels can irritate the heel, creating a bony enlargement also known as Haglund's deformity.

Ankle injuries

High heels impair balance; a wearer is at a greater risk of falling, which could lead to a sprained or broken ankle.

Metatarsalgia

High heels force the body's weight to be redistributed. Prolonged wear can lead to joint pain in the ball of the foot.



Hammertoes

A narrow toebox pushes the smaller toes into a bent position at the middle joint. Eventually, the muscles in the second, third and fourth toes become unable to straighten, even when there is no confining shoe.

SOURCES: American Academy of Orthopaedic Surgeons, American Apparel & Footwear Association, American Orthopaedic Foot & Ankle Society, Mayo Clinic, Society of Chiropractors and Podiatrists, "Women's Shoes and Knee Osteoarthritis," by D. Casey Kerrigan, Jennifer L. Lelas, Mark E. Karvosky, The Lancet 2001; 357: 1097-1098
GRAPHIC: Reporting by Brenna Maloney, The Washington Post