

## ENHANCE Chiropractic and Massage Sports Injury Centre



### ENHANCE News

#### Special Interest Articles:

- ENHANCE news
- News on Concussion
- Ankle Sprains
- Don't Burn Out.

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Here we are charging through 2009. Autumn has hit and Easter is upon us already.

The cricketers are getting ready for their finals and the winter sports are now well into their preseason training and games. Once again

ENHANCE will be sponsoring Woden Valley Soccer Club. Good luck with your 2009 campaign boys. The coming month will see Dragons water polo club hopefully have 1, maybe 2 teams in finals for summer comp. Well done to the club on a strong summer season.

Make sure that as the days get a little shorter and a little colder that you don't throw away that

summer fitness that you worked so hard for. For those that didn't take advantage of the warmer weather and longer days, there's no time like the present to get out and get active. You owe it to your body!

In this edition we've got the latest on how to manage your ankle sprains, what the long term effects of concussion might be, and a few things for the work-a-holics to look out for so that they don't burn out.

And as usual, the "Did you Knows" to keep your supply of random and useless facts topped up.

The ENHANCE clinic will be closed over Easter, from April 10<sup>th</sup> – 13<sup>th</sup> and then again on April the 25<sup>th</sup> and 27<sup>th</sup> for ANZAC Day, open every other day.

Enjoy the reading and ENHANCE Your Health.

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THE PAIN STARTS IN MY HUSBAND'S LOWER BACK, THEN IT TRAVELS UP HIS SPINE TO HIS NECK, THEN IT COMES OUT HIS MOUTH AND INTO MY EARS. AND THAT'S WHY I GET THESE HEADACHES.



**ENHANCE Your Performance**



One of the areas that we are very experienced in at ENHANCE is endurance and adventure racing. In fact we recently had a team headed by Celina win the corporate section of the AROC Mouse Chase race (Not to mention overall

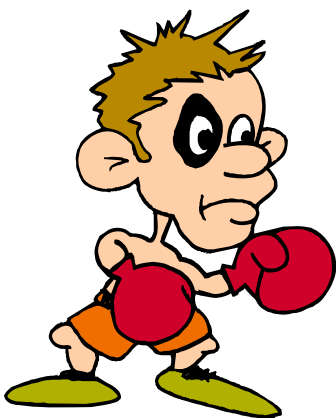
1<sup>st</sup> place). We have practitioners experienced in working with these athletes, and we also have products to help support these athletes. Currently we stock GU sports gels as well as Endura sports drink and Endura Opti protein

drink. All of these products are tried and tested by the ENHANCE team and available at great prices at reception. Look out for our growing product range to help ENHANCE your performance.

**Research Corner - How Long Does a Concussion Last?**

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“...When it came to memory tests, the concussion group performed more poorly in immediate and delayed recall “



This month in research corner we're taken to Montreal Canada where a group of researchers have been looking into the long term effects of concussion. The group took a group of healthy, active former hockey and football athletes between the ages of 50 and 65. Half of the group had a history of at least one concussion between the ages of 20 and 30, the other half reported having no such incident. Both sub groups were put through a battery of cognitive and motor skill tests.

Both groups fell within normal limits for cognitive function.

When it came to memory tests, the concussion group performed more poorly in immediate and delayed recall.

The concussion group also scored significantly lower on the test for attention and executive function.

Both of these tests are linked closely with a higher likelihood of developing Alzheimer's disease.

There were several

other tests that the concussion group performed significantly lower than the standard group, including some motor function tests.

All in all, this stands as a stern warning to those participating in sports with a high risk of concussion. It may not just be missing the next game that is the biggest loss with a concussion.

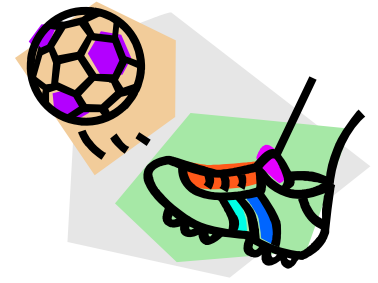
*De Beaumont L, et al "Brain function decline in healthy retired athletes who sustained their last sports concussion in early adulthood" Brain 2009; DOI: 10.1093/brain/awn347..*

## Ankle Sprains – Hot or Cold, Stop or Go? Treat them right or watch them grow

We are heading into the time of year when ankle sprains become most prevalent. Ankle sprains comprise up to 20% of all sporting injuries. If you've had one in the past, you'll notice that they are often followed by another sprain on the same ankle. You might also have noticed how much different advice you get given, so which advice do you take? Most well managed

ankle sprains will see the athlete back on the field in a very short period of time when managed properly. An early accurate diagnosis is important. If a fracture or break is suspected, then you need to get off it immediately and get an x-ray. If that can be ruled out, then you can follow the R.I.C.E principle. It is important however if there is no break, that the R is relative Rest, not complete

immobilisation. The ankle obviously needs to not have the same stresses put on it that caused the sprain, but depending on the severity, rest could comprise of anything from gentle foot movement forward and back in straight lines to a gentle jog in straight lines. Always avoid sideways movements straight after a sprain. At this point, you should be avoiding heat, and icing after every



activity involving the ankle, and gentle movement whilst the ice is on there. It is also important that you get your ankle assessed as soon as possible by one of our sports chiropractors. Any change in joint motion could slow the recovery process and lead to that second and more damaging sprain.

## Did You Know ?

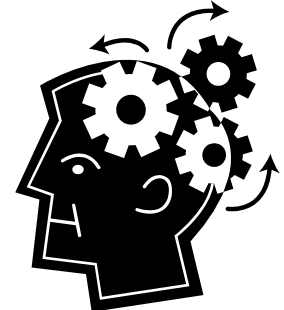
- 1 2008 was the United Nations International year of the Potato.
- 1 The word "avocado" comes from the Nahuatl word ahuacatl for testicle.
- 1 Einstein was offered the presidency of Israel in 1952.
- 1 Research published in the ASPS medical journal, says that divorce can add two years to the

age you look. Researchers examined 186 pairs of identical twins and found that twins who had been divorced looked nearly two years older than their identical siblings who were married, widowed or single.

- 1 A study at Stirling and Aberdeen Universities found that averting the eyes by even a fraction can make you appear less attractive. You can

increase your attraction to the opposite sex simply by looking straight at them and smiling.

- 1 Octopuses do not have eight legs. They have six arms and two legs.
- 1 The chicken is the closest living relative to T Rex.
- 1 A pig's mood is indicated by its tail. It is happy when the tail is tightly coiled and unhappy when it



hangs limp.

- 1 Antelopes click their knees to demonstrate their sexual prowess.
- 1 Mysophobia is a fear of dirt.
- 1 Colossal squid have the largest eyes of any creature on the planet. Their eyes measure around 28 cm.

# Seven Habits (to Break) of Highly Effective People



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*ENHANCE*  
*Your*  
*Health*

During these tough financial times, many people feel they have to push themselves to unhealthy levels in order to succeed. But high-pressure jobs and long hours take a real toll on their immediate and future health.

Whether running to be the prime minister, moving up the corporate ladder, or juggling the family's activities, success may come at a hefty cost. The 7 worst habits of these workaholics include:

1. Forgetting to relax: Some stress can be good because it keeps you alert and motivated; too much stress, however, will take its toll on your body.[1]

2. Eating on the go: Who has time to sit down for a healthy lunch? But beware of frozen meals, fast, and processed food that can be high in sodium, calories, and fat.[2]

3. Putting off sleep for work: Lack of sleep can cause irritability, difficulty concentrating, memory problems, poor judgment, and obesity.[3]

4. Not making time for exercise: Humans

were not designed to sit at desks for 8 hours a day. Exercise has been shown to reduce the risk for nearly every major disease and to help fight anxiety and depression.[4]

5. Working when sick: 3 common-sense reasons to stay home: avoid spreading the infection, you'll be less productive, and you need your rest to get better.

6. Drinking (too much): Moderate alcohol consumption has some proven health benefits, but excessive drinking can lead to alcoholism, liver disease, and some forms of cancer.[5]

7. Skipping annual medical checkups: Depending on age, family history, and lifestyle, a comprehensive medical check-up and special screenings is recommended every 1 to 5 years.[6] Eventually, something's going to give. If you keep burning the candle at both ends, the flame

will burn out faster. But, if you maintain a healthy balance, you will be happier and healthier overall.

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