

Get Well

FALL 2009
NEWSLETTER

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Evans Family Chiropractors



So Many Questions About the Swine Flu By Dr. Denise Evans

Should I get the flu shot? What are the potential risks? Will we have a choice?

Over the past couple of months many questions in regards to the Swine Flu vaccine have been raised. My office has been inundated with concerns from parents and adults, especially the elderly. I have tried to compile some important facts to consider before injecting yourself with this new vaccine.

Every day we are being warned by doctors at the World Health Organization and the U.S. Centers for Disease Control to worry about the H1N1 influenza A virus, which was first identified in Mexico in April 2009 and is being called the new swine flu. As of June 15, 2009, the World Health Organization states that 76 countries have reported more than 35,000 cases, including 163 deaths. 108 of those deaths have occurred in Mexico.

We are being told that nearly 18,000 Americans have gotten sick from the new swine flu virus, with about 5 percent being hospitalized and 45 have died. It looks like people, who are in poor health to begin with, are at greater risk of having complications and dying from the new swine flu, which has symptoms similar to regular influenza. This is not surprising because people in poor health are always at greater risk of having complications and dying from infectious disease.

What a lot of people don't know is that true type A or type B influenza only causes about 20 percent of all flu-like symptoms that people experience during any given flu season. 80 percent of all flu-like illnesses are NOT caused by the type A and B strains of influenza for which annual flu shots are given. Vaccine acquired immunity is temporary, while immunity gained after recovering from influenza is longer lasting.

The new type A H1N1 influenza virus public health doctors say is making people sick around the world is an unusual combination of human, bird and pig viruses. Nobody seems to know exactly how this new virus was created and why it suddenly emerged from Mexico in mid-April - or if it will behave like past pandemic influenza viruses. The CDC states that 36,000 Americans die from **influenza complications** annually, with most of those deaths occurring in the elderly and those in poor health. The good news about the new swine flu going around is that there are signs those of us born before 1957, may be naturally protected and at LOWER risk of being infected. Why? We recovered from influenza caused by similar influenza strains that circulated in past decades and have long lasting antibodies that help us resist infection. The aging baby boomers have something to be happy about. con't pg 2

Quote of the Month

"You must stick to your conviction, but be ready to abandon your assumptions."

Denis Waitly

Swine Flu Continued:

Will health officials allow our children and grandchildren to get those same kind of natural protective antibodies to type A and B influenza, including this new swine flu? It doesn't look like it. First, doctors in America have been insisting for the past few years that every child from six months old to age 18 must get an annual flu shot. Second, there are now calls by U.S. health officials to give American children the first doses of experimental swine flu vaccines in the school setting.

The World Health Organization declared a phase 6 alert. Whenever the CDC or public health officials declare a public emergency, that declaration allows the Food and Drug Administration authorization for drug companies to fast track creation of experimental drugs and vaccines that do not have to be tested as thoroughly as vaccines that go through the normal FDA licensing process. In this case, Congress responded to the public health emergency declaration by giving a group of drug companies one billion dollars to fast track experimental swine flu vaccines that may include whole live, killed or genetically engineered human and animal influenza viruses, chemicals, and potentially reactive oil based adjuvants that manipulate the immune system to boost the vaccine's potency.

What's in the regular flu shot?

- Egg proteins: including avian contaminant viruses
- Gelatin: can cause allergic reactions and anaphylaxis are usually associated with sensitivity to egg or gelatin
- Polysorbate 80 (Tween80™): can cause severe allergic reactions, including anaphylaxis. Also associated with infertility in female rats>
- Triton X100: a strong detergent
- Sucrose: table sugar
- Resin: known to cause allergic reactions
- Gentamycin: an antibiotic
- Thimerosal: mercury is still in multidose flu shot vials

Do flu shots work?

In a review of more than 51 studies involving more than 294,000 children it was found there was "no evidence that injecting children 6-24 months of age with a flu shot was any more effective than placebo. In children over 2 years, it was only effective 33% of the time in preventing the flu.

Reference: "Vaccines for preventing influenza in healthy children." The Cochrane Database of Systematic Reviews. 2 (2008).

In a review of 48 reports including more than 66,000 adults, "Vaccination of healthy adults only reduced risk of influenza by 6% and reduced the number of missed work days by less than one day (0.16) days. It did not

change the number of people needing to go to hospital or take time off work."

Reference: "Vaccines for preventing influenza in healthy adults." The Cochrane Database of Systematic Reviews. 1 (2006).

In a review of 64 studies in 98 flu seasons, For elderly living in nursing homes, flu shots were non-significant for preventing the flu. For elderly living in the community, vaccines were not (significantly) effective against influenza, ILL or pneumonia.

Reference: "Vaccines for preventing influenza in the elderly." The Cochrane Database of Systematic Reviews.3 (2006).

What about the new Swine Flu shot?

Some of the new H1N1 (swine flu) vaccines are going to be made by Novartis. These shots will probably be made in PER.C6 cells (human retina cells) and contain MF59, a potentially debilitating adjuvant. MF-59 is an oil-based adjuvant primarily composed of squalene. All rats injected with squalene (oil) adjuvants developed a disease that left them crippled, dragging their paralyzed hindquarters across their cages. Injected squalene can cause severe arthritis (3 on scale of 4) and severe immune responses, such as autoimmune arthritis and lupus. Ref: (1): Kenney, RT. Edleman, R. "Survey of human-use adjuvants." Expert Review of Vaccines. 2 (2003) p171. Ref: (2): Matsumoto, Gary. Vaccine A: The Covert Government Experiment That's Killing Our Soldiers and Why GI's Are Only the First Victims of this Vaccine. New York: Basic Books. p54.

There is quite a bit of information on the web now in regards to vaccines. Please make yourself familiar with the facts prior to making these important decisions. The following are some links to investigate.

<http://www.youtube.com/watch?v=E1z7KSEnyxw>

<http://www.cbc.ca/health/story/2009/09/23/flu-shots-h1n1-seasonal.html>

http://www.healthsentinel.com/joomla/index.php?option=com_content&view=article&id=2598:study-clearly-demonstrates-that-aluminum-found-in-vaccines-can-cause-neurologic-damage&catid=5:original&Itemid=24

http://www.associatedcontent.com/article/1733660/chiropractic_care_during_1918_influenza.html?cat=37

Myth of the Month

It's okay to double dip in the chip dip.

In one study, scientists took a bite of cracker and then dipped it into salsa, cheese dip, chocolate syrup and water. They did the same test with a fresh, unbitten cracker. Then they measured bacteria in the dips and the volunteers' mouths. On average, three to six double dips transferred about 10,000 bacteria from the eater's mouth to the dip. And each cracker picked up between one and two grams of dip. Salsa picked up the most germs from double dipping.

October Massage

Special

Try a Hot Stone

Massage

1/2 hour \$40.00

Exercise Studio

Classes Held Daily

Hatha Yoga:

Classes held on :

Mon: 5:30-7:00pm

Wed: 7:30-9:00pm

Thurs: 7:00-8:30pm

Kundalini Yoga

Classes held on:

Tues/Thurs/Sat:

9:30-11:00am

Tai Chi

Class held on:

Wed: 6:00-7:30pm

Stretch and Strength

Class held on:

Mon: 7:00-8:15pm

Personal training
session with Dr.
Denise Evans
upon request



Diagnosed with Epilepsy and Autism at a Young Age

Monica Lielljuris was diagnosed with epilepsy at the age of 2. She suffered from Grand Mal seizures, serious falls, etc her entire life. Shortly after the epilepsy, she was diagnosed as being mentally challenged. Monica remained a happy person through it all, and one of her physical achievements as a young adult was winning a Gold, Silver, and Bronze medal at the Special Olympics.

Over the years, as her physical condition started to deteriorate, her walking became slower, she leaned forward to keep her balance and fell over more and more. While sitting she became very slack and her head and neck tilted forward. Approximately 4 years ago I took Monica to Drs. Evans office for an evaluation and she started treatments. Monica actually looks forward to her appointments, and in her own way lets me know that she is very comfortable with Drs. Evans and likes how she feels after each visit. Her posture improved over time, and her sinus problems and allergies improved in one season. She sleeps very well after her appointment as well.

Two years ago Monica broke her foot twice within a 3 month period. She was bound to a wheelchair for 6 months. During that period Dr. Denise made house calls to adjust Monica. After her foot had healed, Dr. Denise, along with her regular treatments, worked on her feet to help improve her walking. Monica always had weak ankles with a great deal of discomfort and swelling. Now one year later, her ankles rarely swell up and she walks with ease and for longer periods of time.

Drs. Evans professionalism, compassion and special care towards my daughter Monica, has made a world of difference in her physical conditions and posture. We are grateful for all they have done for Monica and God-willing, will continue to do so in the future.

With gratitude

Gertraud Lielljuris

Spooky Spine Contest

Children of all ages can participate

Draw and color a spooky spine

Pictures will be displayed in the office and voted on

Prize is a huge basket of goodies

All entries are due by October 30th

Misconceptions about Chiropractic

Why do I have to go so frequently for treatment? Is it really necessary?

The best way to answer this is to use an analogy. If you had an infection and visited your MD, there is a chance he would prescribe an antibiotic to fight the infection. That prescription might need to be taken twice a day for 14 days. In that 14 day time period you received 28 treatments. It doesn't seem like it because you only had one actual visit to the office. In chiropractic, the treatment is given in the office, not at home and not out of a bottle. So, if you were to receive treatment three times per week for nine weeks, while it may seem like a lot of treatment, you were actually treated one time less than in the medical analogy given above.

It seems like once you start going to a chiropractor you have to go forever!

In actuality, many patients CHOOSE to receive chiropractic throughout their lives because they see the improvements in their lifestyle and health. Let's face it, our society is geared towards fast food, fast cars, and immediate gratification. It is no wonder that people also want fast food healthcare. Let's give you another analogy that may help. Diabetics and those with allergies sometimes need medication every day or every week of their life!!! In some cases patients with significant structural problems need structural support for long periods of time and perhaps the rest of their life. While these types of problems are not an everyday occurrence, they do happen. Most people who are under care for longer periods of time simply like the way they feel and choose to utilize chiropractic treatment more thoroughly than others.

Chiropractic is not accepted by the medical profession. My doctor doesn't want me to utilize chiropractic.

It is unfortunate that this occurs. Don't believe that any doctor has all of the answers. In most cases, the medical doctor who has this attitude may still carry the prejudices of years past or has a total misunderstanding of what chiropractic treatment consists of and what our goals of treatment are. If this ever occurs, a telephone call by the Chiropractor to your doctor can help alleviate any concerns your medical doctor has with treatment. **Chiropractors are not "real" doctors.**

This statement is true if you mean medical doctors. We certainly aren't medical doctors and have chosen not to be.

When we decided to enter chiropractic school, we chose to enter a healing art that concentrates on the spine and extremities. Choosing a field of study that looks for the structural causes of health conditions and how a patient's condition could be corrected rather than entering a field of medicine.

Chiropractors are not allowed to use drugs or perform surgery.

While this is a true statement by statute, refer to the last question for an answer. When chiropractors enter chiropractic school, they choose to enter a healing art that does not use medication or surgery as its treatment choice. So, it is not a matter of not allowed to; it is a matter of not wanting to.

Why do I have to keep coming, the pain is gone!

This goes back to the concept of threshold level of pain. Soon, with treatment, the pain level is reduced or gone. In many cases, if treatment is stopped at that time, the bulk of the condition is still looming behind the scenes, so to speak, below the water line (threshold level of pain). Once normal activity is resumed and the normal daily stresses occur, the pain will again re-appear. That is why re-exams are performed from time to time to determine your progression. Only then do we have a better indication of what is needed and if you have achieved spinal correction.

If one discontinues care prior to correction, the original symptoms can reappear or new ones. At this point the Chiropractor might have to start all over again from the beginning of care.

Most Chiropractors will ask you what your goals are. It might be temporary relief, corrective care, wellness etc. Chiropractors will customize your treatment. It is then up to you to follow through with the appropriate care. It is your body and health after all!