



The Hetrick Center Newsletter

Alternatives to NSAID's (Part 2)

By: Jonathan Tompkins, D.C.



In my last article, I presented research findings that showed the dangers and health risks

of long-term use of non-steroidal anti-inflammatory drugs (NSAID's). NSAID's are the counter pain relievers we know as Ibuprophen, Motrin, Naproxen, Aleve, or Advil. These products advertise as being safe and effective for pain relief, and over 30 billion are sold every year. The research shows that prolonged use of NSAID's can cause gastrointestinal bleeding, heart attack, stroke, and death. Studies have also shown that these drugs are ineffective for long-term treatment of osteoarthritis pain.

Joint pain and arthritis affects many of

us, and can limit our physical abilities. Below I have outlined the top 4 supplements that can decrease your joint pain. I have included the studies that indicate that these supplements have a positive effect on joint pain.

Boswellia is an anti-inflammatory herb, and has a long history of therapeutic use. Boswellia has been tested in clinical studies with regards to a wide variety of inflammatory conditions. In a study published in *Phytomedicine*, 30 patients took either Boswellia or a placebo for 8 weeks and then switched to the other. Neither the patients, nor the researchers knew who was taking the placebo or Boswellia until the end of the study. The results revealed that all patients receiving Boswellia treatment reported decrease in knee pain, increased knee flexion and increased walking distance. The frequency of swelling in the knee joint was also decreased. Boswellia (continued on p. 5)

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THC Harrisburg is Up and Running!

The New Year is off to a wonderful start for The Hetrick Center. Our newest clinic opened last December and is located at 845 Sir Thomas Court, Suite 11A behind the Lowes Home Center Complex.

Our new Harrisburg office serves our patients with both Chiropractic care and Massage Therapy. Many of you are already familiar with Dr. Ed Hevner, but you may not be as familiar with our newest Massage Therapist,

Stacey Ebersole. Stacey went to school at Computer Learning Network in Mechanicsburg. She graduated in December of 2006 and started working at The Hetrick Center soon after graduation. (continued on p.2)





More Newbies at THC

The New Year has started off with a bang! Not only do we have a new office in Harrisburg, but we have many new employees and promotions as well.

Brian Barrett is our newest Chiropractor. He began working for The Hetrick Center in December and is currently practicing in our Middletown office. Dr. Barrett recently graduated from New York Chiropractic College in Seneca Falls, New York where he was consistently on the Dean's List. He completed his

Bachelor of Science degree at Shippensburg University of Pennsylvania, graduating Cum Lauda. Brian was also a member of the Rugby team. He currently resides in Duncannon, PA. Dr. Barrett's first assignment will be the completion of the 143 hour THC Orientation and Training Program so you will see him working in all the jobs we have in the clinic!

Stacey Ebersole is our newest Massage Therapist for our Harrisburg office. Please see the article begin-

ning on page one for more information about Stacey.

As many of you know, Dr. Huynh has returned home to North Carolina to be closer to her family. Her presence is thoroughly missed, but we



wish her all the best in her new endeavors. Dr. Jon Tompkins has replaced Dr. Huynh at our Mount Joy office



(continued on p. 4)

Employee Spotlight - Tom Staub



This month's employee spotlight takes us to the Physical Therapy department of our Middletown office. Tom Staub, better know to

the PT department as "Stauby", has been working at THC for the last year-and-a-half both with our

aquatic therapy and land therapy patients.

Tom was born and raised in Middletown, PA where he currently resides. He went to Central Pennsylvania College where he graduated as a Physical Therapist Assistant. Tom's hobbies include working on his truck and NASCAR. He loves NASCAR so much that his last vacation was to North Carolina where he went to see Dale Earnhardt, Inc. His favor-

ite teams include the Miami Dolphins and Penn State. His ideal meal would consist of steak, potatoes, and stuffing. Overall, Tom's favorite music genre is rock.

When asked about his job here at THC, Tom reports that his favorite part is treating patients in the pools. His most amusing memory at THC was one day that he and Jared were both working upstairs. Without (continued on p. 4)

THC Harrisburg is Up and Running! continued ...

In her free time, Stacey likes to spend time with her friends, family, and her boyfriend. Two of her favorite places to be are at the beach and in the woods. She likes to camp, hike, and swim in the ocean. Stacey has 3 dogs, Alli, Axle, and Duke that she loves dearly. She reports that when she has her own home,

she would like to have an animal shelter for stray, abused, and unwanted animals. She would eventually like to get into sports massage and possibly go back to school for physical therapy.

We are very excited to welcome Stacey to The Hetrick Center fam-

ily, and we look forward to watching our Harrisburg office grow! If you have any questions about our new location, please feel free to contact us at any of our four locations (please see p.8 for all of our office numbers and locations).





WONDERING WHAT TO DO WITH YOUR TAX REFUND? WHY NOT INVEST IT IN YOUR HEALTH!

By: Michelle Royko M.S.,ATC, C.S.C.S.

For a low price you could decrease your risk of heart disease, stroke, certain cancers, and diabetes, as well as feel better and prevent future injuries! Joining The Hetrick Center's Gym, and/ or becoming involved in personal training is quite affordable if you consider the following comparisons . . .



1 soda per day = \$1.20 = \$36.00 per month

1 adult gym membership = \$1.33 per day = \$40.00 per month

6 fast food meals = \$36.00 per month

1 personal training session (to learn a program specifically tailored to your body) =

\$25.00-40.00 = \$.84-\$1.33 per day to do this program for one month

1 new outfit = \$50-\$80.00 = being able to wear it at most twice a month

3 month gym membership = \$90.00 = \$1.00 per day = being able to fit in your skinny jeans

1 personal training evaluation (in which you meet with a personal trainer to determine your goals, strengths and weaknesses, and best program for your body type) = \$60.00 = meeting your fitness goals sooner!

Dinner with your spouse at a nice restaurant = \$80-\$100.00

1 month gym membership for 2 (family members) = \$56.00

1 hour personal training session = \$60.00 = having a personal trainer push you to reach your goals

1 healthy body = PRICELESS = you only get one = take care of yourself = invest in your health today!

Call Michelle for more information! 944-2225

Continuing Education

Since our last newsletter, Dr. Kathy Rudy, Dr. Brain Barrett, and Dr. Krista Blome have attended a continuing education seminar in Connecticut taught by Dr. Paul Hetrick. This seminar was a two day, 15 hour hands-on seminar focused on extremity rehabilitation. Dr. Hetrick teaches this class as part of an on-

going lecture series on extremity evaluation, anatomy, adjusting, and rehabilitation. Dr. Scott Colman assisted Dr. Hetrick in teaching this seminar at Palmer College of Chiropractic at the end of January.

Additionally, Jared Goughnour took a seminar in Tai Chi and its uses in rehabilitation. Dr. Tompkins is cur-

rently taking courses on Vestibular Rehabilitation. After completing his coursework, he will be eligible to sit for an examination to become board certified in Vestibular Rehabilitation. He also plans to take other neurology seminars to be eligible for his diplomate in neurology.





You Only Get One Chance at Wellness

By: Edward Hevner, D.C.

The healthcare field has gained a tremendous wealth of information about the human body. We know dramatically more about ourselves than did our grandparents generation. The useful information continues to collect everyday. The human body is such a dynamic and diverse collection of systems all working together for the collective good of keeping us alive. Most people today may not be research scientists, but

we do know a lot of basic facts about what is good and bad for our overall health.

It is widely accepted that nutrition is an integral part of how our body functions and how we feel. We know for sure that smoking strips us of quantity and quality of life and causes many disease processes; ingesting chemicals, be it in our food, inhaling them or from our environ-

ment, causes a whole host of problem; the central nervous system is the one system that controls and coordinates all of our body's inner workings. We also, know obesity can cut your life short and cause secondary health problems such as diabetes and joint destruction in our knees, hips and spines. The variable that is unclear to us in healthcare is why many people don't listen and (continued on p. 6)

More Newbies at THC continued ...

where he is currently working with Dr. Mary Colman.

We have another baby on board! Christy Carroll and her husband Jason are proud parents of a 7 lbs., 10 oz. baby boy,



Ryan Michael Carroll.

Ryan was born on December 13th, 2006 at 3:44 p.m. As you

can see, he has a beautiful head of brown hair. Congratulations to the Carroll family!

In addition to new employees, we also have new promotions in our Billing/Insurance Department. Please see p. 7 to learn more about the promotions of Crystal Heiser and Kristin Jablonski.

While Allyson Eisenhour is not a new employee, we still would like to take this opportunity to update all of her patients on her condition.

Allyson injured her knee while playing volleyball last fall. She has been off work for the last few weeks following knee surgery. She is recovering well and will return to work soon.

As we continue to add new employees and positions, we will continue to keep you informed. In the meantime, please join us in welcoming our newest members!

Employee Spotlight continued ...

Tom's knowledge, Jared had put some ultrasound gel on Tom's water bottle. A few minutes later, Tom took off the lid and got ultrasound gel all over his hand. In retaliation,

Tom put ultrasound gel on Jared's pen. Several weeks later, Jared put gel on Tom's door handle to his truck! So the big question ... is the ultrasound gel war over? Stay

tuned!

Please join us this month in thanking Tom for all of his hard work and dedication at The Hetrick Center!





Alternatives to NSAIDS (Part 2) continued ...

decreased joint pain, increased joint range of motion, and improved overall activity level.

Willow Bark has commonly been known as an herbal aspirin; however this is not the whole truth. Willow Bark is similar to aspirin in chemical structure, but has a different mechanisms of action. Willow Bark lacks the synthetic part of aspirin (the acetyl group) that can cause gastric damage and inhibit platelet function. Willow Bark has been studied in clinical trials for osteoarthritis of the knee and/or hip. A 2001 study published in *Phytotherapy* concluded that pain dropped 14% in those taking Willow Bark versus an increase of 2% in those taking placebo. Another study compared Willow Bark to a conventional NSAID on patients with knee or hip osteoarthritis. Pain intensity was reduced by 48% in the NSAID group, and 39.5% in the Willow Bark group. It is important to point out here that osteoarthritis is a long term condition, and NSAID's have increased complications with long term use. This study shows that Willow Bark is an effective tool for treating long term osteoarthritis because it has a superior safety and efficacy profile compared to NSAID's.

Fish Oil supplements containing EPA/DHA have a profound effect on inflammation and joint pain. A recent article published in *Surgical Neurology* examined the effects of fish oil on patients with back pain caused by disc problems. All of these patients were taking NSAID's

and 75% were on COX2 inhibitors. After 75 days of fish oil supplementation, 59% were able to discontinue the use of and NSAID's; 60% reported that their overall pain was improved; 80% said they were satisfied with their improvements; and 88% said they would continue taking fish oil. By taking fish oil, you can alleviate or reduce the need for NSAID's, and prevent their serious side effects. **Note:** You should not take fish oil if you are taking prescription blood thinners such as Coumadin or Warfin.

Glucosamine sulphate is also effective in treating joint pain and can also prevent joint degeneration. In a clinical trial of 212 patients with knee osteoarthritis, patients were randomly selected to take 1500mg of glucosamine sulfate or placebo once per day for three years. Before and after x-rays were taken. This study showed that those taking the placebo had a progressive joint space narrowing with an average loss of -.31mm, while those taking glucosamine sulphate had no significant loss of joint space with a mean loss of -.06mm. Those on placebo had slightly increased symptoms compared to those on glucosamine sulphate who showed improvement in symptoms. Glucosamine sulphate may keep your joints from degenerating and decrease your symptoms.

Your healthcare provider at The Hetrick Center can help you choose the supplements that will best alleviate your joint pain. It is important to remember that these are nu-

tritional supplements that take time to take effect in your body. These studies showed positive results after use for 8 weeks, 75 days, and 3 years. It will take 2-3 months of regular use to feel the positive effects of these supplements. These supplements are long term solutions to your joint pain.

1. Kimmatkar N, Thawani V, Hingorani L et al. *Phytomedicine*, 2003; **10**(1):3-7
2. Schmid B, Ludtke R, Selbmann HK et al. *Phytother Res*, 2001;**15**: 344-350
3. Lardos A, Schmidlin CB, Fischer M et al. *Zeitschrift fur Phytotherapie*, 2004; **25**: 275-281
4. Seaman, David, *The American Chiropractor*, June 2006: 54
5. Reginster JY et al. Long-term effects of glucosamine sulphate on osteoarthritis progression: a randomized, placebo-controlled clinical trial. *Lancet* 2001; 357:251-56





You Only Get One Chance at Wellness continued ...

apply this valuable information into their everyday lives.

We only get one chance at staying healthy. Paying close attention to our bodies and doing everything necessary to stay healthy is really all it takes. It is easy to dismiss all the available information, because “this won’t happen to me.” People just like you are developing health problems everyday. Many of us have to overcome addiction in order to achieve this, but people like you quit smoking, drinking and overeating everyday.

In practice, I find that if patients change just one bad habit and pick up one good habit a pattern begins to develop. They realize quickly that they can do it. They also appreciate how much better they

feel. When they see positive changes in their own body, they are even more motivated to continue changing.

Taking care of yourself can be expensive, but compare that to the costs of missing work or the staggering amount of money people spend on products that can harm. A pack of cigarettes is now close to five dollars. The health costs related to treating smoking related illness is in the billions. Why not spend your time and resources on buying products and services that can prolong and improve your quality of life.

Every good thing you do for yourself just may extend your life and allow you to spend more time and increased quality of life with your kids, grandkids or even great-grand

kids. How nice would it be to get extra-time? How great would it have been to have had more time with your grandparents?

Some of the life style changes I recommend to my patients include obvious corrections such as smoking cessation, moderate drinking, exercise and boycott your favorite fast-food place. Other less obvious ideas such as dramatically increasing your water intake, eating raw, unprocessed foods, drinking fresh fruit and vegetable juices, ensuring proper nutrient intake by using vitamins and supplements, detoxifying programs and having your central nervous system and spine checked by your Chiropractor for problems that may be interfering with normal body functions. (continued on p. 7)

FREE BODY ASSESMENT CLINIC

By: Michelle Royko M.S., ATC, C.S.C.S.

Why should I get my body fat checked?

According to the American Diabetes Association, being overweight increases your chance of getting diabetes, certain cancers, cardiovascular disease, heart attack and stroke. The higher your body mass index (BMI), the greater your chance of getting heart and blood vessel disease. Research shows that how fat is distributed on your body may influence your overall health. The more weight you carry in your stomach the greater your risk of dying from a

stroke.

As part of The Hetrick Center’s mission to provide total health care, we want to help you assess your risk of these fatal occurrences and show you how to change your lifestyle!

In a private room, (fully dressed) your body fat will be checked using a handheld bio-impedance analyzer. This machine will tell you your body fat percentage as well as your body mass index. Girth or circumferential measurements will also be taken. The assessment will be performed by

a Certified Strength and Conditioning Specialist, who can interpret the results and help you determine the next step in your healthcare needs!

Call to schedule your 20 minute appointment with Michelle today! You will then be given specific directions to follow to ensure an accurate reading!





You Only Get One Chance at Wellness continued ...

Now is the time to get started on a healthier course. Try natural, less invasive products and methods to stay healthy and maybe you won't need the more invasive and risky methods later. The best treatment for any ailment, condition or health

problem is prevention. Prevention requires a proactive life style. Start today by making one small change. Ask your Chiropractor for advice on how to get going.

Congratulations to Crystal Heiser and Kristin Jablonski!

We are extremely pleased to announce the promotion of Crystal Heiser to "Billing & Insurance Supervisor" and Kristin Jablonski to "Marketing Coordinator/Administrative Assistant.". Due to our continued growth, we find it necessary to expand the responsibilities of some of our senior members to better serve the needs of our team and our patients.

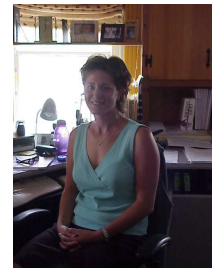
ductivity. She will interface with the department's internal clients and healthcare providers to ensure the department meets their needs.

Kristin will have responsibility for internal and external marketing activities in addition to performing administrative work and project management for the Business Manager and CEO. Her marketing activities will focus on building our brand name recognition in the allopathic and potential patient population. An active external marketing program holds great potential to develop more opportunities for THC.

We congratulate both Crystal and Kristin on their promotions and wish them well in their new positions!



Crystal's new responsibilities will include the supervision and coordination of all billing and insurance activities to ensure we meet all compliance and record keeping requirements and improve the efficiency and effectiveness of all associated tasks. Crystal will make, from time to time, recommendations to the executive management to improve department operations and pro-



THC Says "Farewell" to Ashley Kreider



Over the last two years, Ashley Kreider has brought a tremendous amount of laughter and joy to The Hetrick Center, Middletown. She has provided priceless amount of support to all departments and members of the THC team. Unfortunately for us, but fortunately for Ashley, she has left the area to join the staff of the rodeo ministry at Western Frontiers in Meeteetse, Wyoming. This is the same group that she left us for twice before; however, this is a two year venture. This is solely a full time, volunteer position. Ashley's excitement about this undertaking is infectious! We wish her all the joy in her new venture.





The Hetrick Center

You Have A Choice For Your Physical Therapy...Choose Us!

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6481 Carlisle Pike
Mechanicsburg, PA 17050
Phone: 717-796-2225
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20 N. Barbara Street
Mount Joy, PA 17552
Phone: 717-492-0303
Fax: 717-492-0309

845 Sir Thomas Court, Suite 11A
Harrisburg, PA 17109
Phone: 717-652-4002
Fax: 717-652-4005

Up-N-Coming Events

March 6-10 - Dr. Rudy will be traveling to Peidras Negras, Mexico for a clinic outreach program.

March 31- April 1 - Dr. Hetrick will be traveling to South Carolina to teach an Extremity Rehabilitation Seminar



Cherry Tomatoes with Pesto

Appetizers, Finger Food, Buffets & Parties, Editor Bridget Jones



For a tantalizing appetizer or side dish, try this recipe any time of year! The pesto can be made in bulk and frozen in batches for uses in other recipes.

Serves 8-10

1 lb. Small cherry tomatoes

For the Pesto:

3.5 cups fresh basil leaves

3-4 garlic cloves

4 tbsp pine nuts

1tsp salt

1/2 cup olive oil

3 tbsp freshly grated Parmesan cheese

6 tbsp freshly grated Pecorino or Romano cheese

ground black pepper

1. Wash the tomatoes. Slice off the top of each tomato and carefully scoop out the seeds with a melon baller or small spoon.
2. To make the pesto, place the basil, garlic, pine nuts, salt and olive oil in a blender or food processor and process until smooth. Remove the contents

to a bowl with a rubber spatula. If you like, the pesto may be frozen at this point, before the cheeses are added.

3. If you have frozen the pesto, allow it to thaw completely before use.
4. Fold in the grated cheeses. Season with pepper.
5. Use a small spoon to fill each tomato with a little pesto. This dish is at its best if chilled in the refrigerator for about an hour before serving.

