

The Hetrick Center Newsletter



THE HETRICK CENTER

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More Supplement Confusion From the Lab Bench

By: Krista Blome, D.C.



To supplement or not to supplement? That is the question. Or is it? Perhaps the question is what is a supplement, when should a supplement be used, or what should you expect from a supplement? Is a supplement for treatment, prevention, or non-of-these-above? Most of all, are supplements dangerous to your health? I am getting ahead of myself. For those of you who stay current on the news, you will already know that in the February 28, 2007 publication of *JAMA*, the use of antioxidants (vitamins A,C,E, selenium, and beta carotene) was deemed ineffective. The authors of this article even reported that the use of antioxidants may increase mortality. This article has prematurely rattled many and deserves some attention.

In summary, the article titled, Mortality in Randomized Trials of Antioxidant Supplements for Primary and Secondary Prevention published in *JAMA*, February 28, 2007— Volume 297, No. 8 was a review article of studies performed by several researches investigating the use of antioxidants in a wide variety of the

population. According to the authors, "Treatment with beta carotene, vitamin A, and vitamin E may increase mortality. The potential roles of vitamin C and selenium on mortality need further study." Unfortunately, this analysis is terribly flawed.

When performing a review, several precautions must be taken for the analysis to be useful and valid. All reviewed studies must have involved the same population type, the same set of design boundaries, and the same intervention. In this review, these precautions were not headed. This meta-analysis included clinical trials that varied widely in terms of dosage, duration, study population, and nutrients tested.

The population used was that of mostly seriously ill individuals with diseases ranging from cardiovascular disease and liver disease to gastrointestinal cancers. This analysis, therefore, assessed the mortality of at-risk and diseased individuals and did not examine prevention in the healthy population. The conclusions drawn cannot be generalized to the healthy population. Additionally, the

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2007 - A Huge Year For Carolyn Harmuth!

As 2007 gets underway, there are some big changes for Carolyn Harmuth, B.S., PTA. Not only has Carolyn received a promotion at The Hetrick Center, but she has also decided to go back to school to receive her Doctorate of Physical Therapy.

Carolyn Harmuth is a very

important member of our Physical Therapy Department in THC's Middletown office. Carolyn received her Associate's Degree from Central Pennsylvania Business School in May 1997 by successfully completing the Physical Therapist Assistant Program. She also received a Bachelor

of Science degree in Recreation/Fitness Management from Lock Haven University in May of 1992. Prior to joining The Hetrick Center in October of 1999, Carolyn was employed by HealthSouth and Joyner Sports medicine, Inc.

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Employee Spotlight - Kathy Hannon



We are recognizing a very important member of our billing department this month, Kathy Hannon.

Kathy was born in Scranton, PA where she lived until she was 8 years old. She then

moved to the Middletown area where she has lived ever since. Kathy has one bother, Kevin, who lives in Etters, PA. She graduated from C.D. East High school where she played softball, basketball, gymnastics, and was in the drama club.

Kathy is still quite the sports fan! Her favorite team is that of her daughter, Paige, who plays basketball. Her team is currently ranked 18th in the country. Besides Paige's team, Kathy enjoys watching the Washington Redskins, especially when they win! In

addition to sports, Kathy enjoys fishing, camping, swimming, and gardening. Her favorite foods include chocolate, pop tarts, and more chocolate. Her favorite musical artist is Earth, Wind, and Fire.

Kathy uses the majority of her vacation time to travel to Paige's basketball tournaments and has been to Maryland, Ohio, and Virginia.

Over the last 3 years and 5 months, Kathy has developed a great relationship with the other ladies in the Billing De-

partment and enjoys her days laughing with the other members of the department. Her funniest memory is when Crystal and Sue put a fake mouse in replace of her computer mouse. She remembers flying across the room in astonishment and then "pretty much losing it". According to Kathy, she also enjoys seeing Dr. Hetrick's smiling, sun shining face everyday!

Join us in thanking Kathy for all of her hard work and dedication. We could not do it without her!

Chiropractic Goes South Of The Border By: Kathryn Rudy, D.C.



Piedras Negras, Mexico
March 6-10, 2007

As the halls of the local Piedras Negras hospital filled, we adjusted, adjusted and adjusted until we could adjust no more. Although it is hard work, my clinic outreach trip to Piedras Negras, Mexico was fantastic. This is my third outreach trip, and my second to Mexico. We had 9 chiropractors and 4 massage

therapists donate their time and skills for such a worthy cause. Over two 10 hour treating days, we treated over 1500 residents of Piedras Negras, Mexico. We saw an array of different health conditions allowing us to assess and treat accordingly. For some this was the first or only available and affordable health care. However, everyone was appreciative of our services,

time and energy! This was a very memorable experience and I encourage everyone to give back to the community in any way possible.



Is Work Killing You? By: Brian Barrett, D.C.

Work ergonomics are an essential part of your body's health. At work, your body can be subject to awkward posture and repetitive movements.

As musculoskeletal experts, The Hetrick Center is an ideal

place to treat any issues that can occur. We have the opportunity to have multiple treatment options because of the many services we offer. We can also give you advice on how to avoid problems from occurring in the first place.

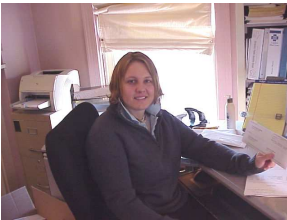
The National Institute for Occupational Safety and Health reports that only 4% of all serious back injuries are true sprains, strains, or fractures. This report states that most injuries are due to degeneration, a result of aging and (continued on p.4)



THC Newbies

As has occurred in the past, this article will be used not only to announce some of our new employees but also to announce some changes to our overall structure.

Last month, we announced two promotions in our billing department leaving an opening for a new billing person. That position has been filled by Jessica Smith. Jess has



over 10 years of experience caring for patients and clients in a variety of settings. She is currently majoring in Biology in hopes of one day doing Forensic Science work. She recently returned home from serving in Iraq with the United States Army. Jess began working for THC in February.

As our Physical Therapy departments continue to grow, we have added a new Physi-

cal Therapist. Deena Brown began in the Physical Therapy Department of our Mechanicsburg office in December of 2006.

In our pursuit to provide our patients with excellence in care, The Hetrick Center is happy to announce the addition of three new Doctors of Chiropractic. First, Dr. Eoin C. Gregory has accepted a Chiropractic Associate position to begin this spring. Along with a great education, Eoin brings an engaging personality and a marketing and management background. Eoin will graduate this month from New York Chiropractic College, Seneca Falls, NY.

He is currently practicing at the National Naval Medical Center Internship Program at Bethesda, MD. He also completed the Whiplash & Brain Injury Traumatology at the Spine Research Institute of San Diego, a course in Applied Kinesiology, and Infectious Control Protocols at Clifton Springs Hospital. He earned his undergraduate degree at California State

University, Sacramento, CA with a BA in Psychology. Eoin is married to Jessica who is currently studying acupuncture and will graduate later this year. Eoin is in the process of relocating to this area and will be joining THC April 23rd.

Next, Dr. Craig P. John will begin with us on Monday, April 26th. Dr. John graduated from Sherman College of Chiropractic at Spartanburg, South Carolina this past December. He was consistently a Deans List student. He successfully completed his undergraduate work at South Carolina State University at Orangeburg, South Carolina. Dr. John is a certified practitioner of Activator Methods/Protocols and is highly experienced in utilizing the techniques of Gonstead, Diversified, SOT, Toggle Recoil, Carver, Charette, Mallory, Craine, Pediatric Adjusting, Spinal Decompressions, Cold Laser Therapy, Foot Levelers, Back Bracing, Cervical Traction, Trigger Point Therapy, and Exercise Therapy. He

was active in the Alpha Phi Alpha Fraternity, Inc. and participated in community service project, was a Community Health Fair Organizer, Voteless People are Hopeless People Project; Feed the Hungry Project, and Project Alpha. During his college years, Dr. John performed extensive volunteer work, was very active with his church, and was actively employed as an exam doctor where he gained real practice professional and business experience. Dr. John is single but involved with a young woman who will graduate from Chiropractic College later this year. Most of his family resides in the Baltimore area but has relatives in York, PA as well.

Finally, Dr. Thomas A. Brinzer will commence his employment with The Hetrick Center on Monday, April 16th. He is a recent graduate of Palmer College in Davenport, Iowa. At Palmer, he was consistently on the Dean's List and was a "Blue Coat"

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Continuing Education

As discussed in our front page article, Carolyn Har-muth is starting a major continuing education project. In May, Carolyn will begin working on her Doctorate of Physical Therapy at Neumann College. This is a 3 ½ year commitment with a graduation date in 2010.

Carolyn will also be leading our providers through their recertification for CPR and First Aid through the Red Cross. These classes will take place over the next two months.

Katrina Grubb is very busy taking classes toward her Bachelors of Science in

Health Care Administration through the University of Phoenix. She is also working on her pre-requisites at HACC in order to apply for the Doctorate of Physical Therapy program at Neumann College.

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2007 - A Huge Year For Carolyn Harmuth continued ...

Carolyn has now decided to go back to school at Neumann College in Aston, PA to receive her Doctorate of Physical Therapy (DPT). Enrollment is limited to 26 students a year. Applicants must have a baccalaureate degree and must successfully complete all prerequisite classes including anatomy and physiology among other subjects. The program runs on a weekend format, providing Carolyn the opportunity to pursue her DPT while

working full time. Carolyn will complete this program in 3 ½ years with a graduation date in 2010. The road to success will be challenging, but Carolyn is very excited about starting her program this May.

In addition to her new educational endeavors, Carolyn will also be taking on the challenge of a new position at The Hetrick Center. Carolyn has been promoted to Senior Physical Therapist As-

sistant/Clinical Instructor in the Physical Therapy Department. In this senior position, Carolyn will be overseeing the PTAs on a daily basis and will be taking an active role in the training of new PTA's. She will keep management advised on the progress of new PTAs, how the current staff is doing and what needs there may be within the department. As Clinical Instructor, she will mentor student PTAs in the 'world of outpatient physical therapy'.

Carolyn has been working into this position over the last few years, but at this time THC has formally recognized her for all of her hard work and dedication.

It goes without saying, Carolyn will be very busy this year. The changes in her professional life, however, are much deserved and very exciting. Please join us in wishing Carolyn both congratulations and much luck!

Is Work Killing You? continued ...



abuse we give our back. The majority of back injuries occur in persons 24-40 years of age. The Occupational Health and Safety Administration (OSHA) reports injuries resulting from improper lifting account for the second most frequent cause of lost work days, second to headaches. More and more Americans are working at a

computer workstation. Some of the primary aspects to consider with this workstation are: sitting posture, computer monitor, room lighting, keyboard position, arm position, and telephone use.

Sitting posture should have the worker sitting up straight, with his hips, knees, elbows, and ankles at right angles or greater. One should sit back

in the chair and make sure the chair has a good, comfortable, firm support especially at the low back level. The shoulders should be relaxed and the head should be balanced and not craned forward. The computer monitor needs to be at least 25 inches away with farther away being better without
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THC Newbies continued ...

responsible for teaching x-ray positioning to D.C. and C.T. students in small group lab format. Additionally, Dr. Brinzer was a John Marshall Scholar and received the Michael Albert Lewis Physics Prize. During his term at Palmer, he participated in the Palmer Clinic Abroad to India program. He earned

his Bachelors Degree in Chemistry from Franklin and Marshall College in Lancaster, PA. In his leisure time, he participated in NCAA Division 1 Wrestling where he "lettered" all four years. In addition, he was the Liturgical Music Director and accompanist of the John Newman Society. He is from Ve-

rona, PA near the Pittsburgh area. Please join us in welcoming all of our doctors!

As an update for our Middletown and Mechanicsburg patients, Dr. Brain Barrett will be making his transition into our Mechanicsburg office once he returns from a badly fractured ankle.

Last, but certainly not least, Dr. Scott Colman and Amy Heckman, P.T. have been promoted to Vice President Positions at The Hetrick Center. Both Amy and Dr. Colman have expressed an interest in taking on a larger role in the affairs and direction of The Hetrick Center.
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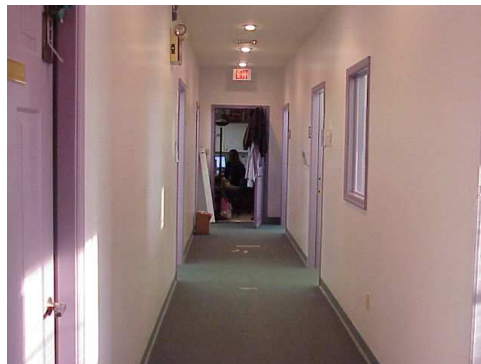
P.T. Middletown Revamped!

We have reported repeatedly about the expansion of our THC team. Now, we have some new expansion news. The Hetrick Center Middletown has physically expanded its Physical Therapy Department. In a whirlwind of a weekend, two walls were demolished expanding the upstairs significantly. Overall, we added approximately 300 square feet with the wall removal. We are adding more tables and possibly will be moving

the waiting room. The entire department was painted and the gym is also being painted. More dressing rooms will be added in the pool area and this area will be painted as well. We will be putting new lighting in the main Physical Therapy land area and in the hallway. Finally, new flooring will be put in the downstairs front area on or about April 17th.

As you can see, many changes have already oc-

curred and many more are to come. We thank all of our patients for your continued support and patience during this exciting time of change and expansion!



Before



After

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Is Work Killing You? continued ...



you straining to read the screen. The center of the screen needs to be around 30 degrees downward compared to eye level. Normally, the top of the screen needs to be at or below eye level. The monitor needs to be directly in front of you, if this is what you use (continued on p. 6)

mostly.

Room lighting is important in that you do not have to strain your eyes to see what you are working on. Most offices are actually too bright. Lighting needs to let you see without straining your eyes. Reflections off of the monitor from other light sources should be avoided. Just turn off your monitor for an easy way to check for reflections.

Turn your monitor on and increase the brightness until your reflection vanishes. Your keyboard, mouse and phone, as well as any other device you use often, should be placed in easy reach. You want to try to have your keyboard and mouse able to be used with your elbows still at your side. If you use the telephone and type, or just are constantly on the phone, a headset would be very useful. There is a lot of strain on the body when you are holding a telephone up for hours. You put even more stress on your body if you cradle the phone between your ear and shoulder. Your mechanics at work make a huge difference in the stress you place on your body. Some easy changes can make a tremendous difference.

The Hetrick Center would be happy to help you with any problems you might be having resulting from bad posture, poor mechanics or repetitive motion. Our services can help get you out of pain

and help put less stress on your body. This will help you be more productive and help you have a more enjoyable time at work!

THC Newbies continued ...

During this time, they have both been actively supportive and have made numerous personal sacrifices to help us achieve the successes professionally and operationally we enjoy today. Their efforts, along with those of our other staff members, have helped build a company with 23 providers, 4 offices and

the enviable reputation we command with our patients and the allopathic community.

As you can see, we have many changes occurring throughout our offices. As we continue to grow, we want to thank all of our patrons for your continuing cooperation and understanding. We hope to make all transitions with as

little inconvenience as possible.

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included trials varied widely in the dosage, duration, and type of nutrient provided to the patient. As the Council for Responsible Nutrition point out, “a study lasting one day with a vitamin A dose of 200,000 IU in elderly nursing home residents was included along with other studies lasting years.” Many of the trials included in this analysis also included nutrients beyond those that were the focus of the article including lutein and zinc. In regards to dosage, the trials ranged significantly in the amount of the nutrient provided from significantly below to significantly above that recommended by the FDA. The authors reports that “most trials investigated the effects of supplements administered at higher doses than those commonly found in a balanced diet.”

The type of nutrients provided to the patients is also an issue. The antioxidants in these trials were mainly provided at no cost by pharmaceutical companies. The researches state that the supplements provided “reflects the way supplements are marketed, sold, and taken by people.” However, these are chemically derived versions of a molecule that are not found in nature. For example, the vitamin C provided to the participants was in the form of ascorbic acid (a chemical component of vitamin C) which is only one portion of the entire vitamin as

seen in nature. An orange is not made up of just ascorbic acid but of many other chemicals that not only encompass the compound “vitamin C” but also co-enzymes and other compounds necessary for the appropriate use and assimilation of vitamin C. In other words, the whole food was not used in any of these studies. Using chemically derived supplements does not provide the body with all of the nutrients necessary for health and may even be damaging to the system. The authors state, “Because we examined only the influence of synthetic antioxidants, our findings should not be translated to potential effects of fruits and vegetables” which contain very high levels of natural antioxidants. Furthermore, antioxidant supplementation shows interdependency and may only have beneficial effects if administered in combination with one another.

The authors of this article have overlooked the effects of whole food supplementation in healthy populations and have focused on chemically derived treatments of sick patients. The meaning and relevance of “all-cause mortality” is unclear and even the study authors acknowledge not knowing what the actual causes of death may have been in the individuals in the trials. This study was severely limited in its expectations that a simple antioxidant could be ex-

pected to overturn serious illness.

So, the questions that I posed in the beginning of this article still remain. What is a supplement? A supplement is just that; an addition to a healthy diet. This may include specific vitamins, herbs, antioxidant, and phytochemicals among others. When should you use a supplement? Supplementation should be used when certain nutrients are lacking in the diet or when a deficiency has been detected. What should you expect? Some find that supplementation provides increased energy, more restful sleep, an overall feeling of better health, and a decrease in a multitude of symptoms. Others do not experience such drastic results. Whatever the case may be, you should not expect a supplement to compensate for a poor diet and lifestyle. Supplements do not make you invincible. You should not expect a complete lack of illness with supplementation but a better quality of health and wellness. Should supplements be used for treatment or prevention? This is a tricky question. The answer is a little of both. By supplementing with whole food products, many symptoms can be alleviated, especially those due to deficiencies. Many of our ancestors have used supplements such as chamomile, aloe, herbs and fruit and vegetable extracts to treat a variety of

ailments. There is no reason to abandon these techniques when appropriate. Preventing ailments and illness with supplementation also provides a viable reason for adding whole food nutrition to our daily routine. Finally, is supplementation dangerous? There are many good, scientific studies that have shown supplementation to be extremely beneficial to health. For instance, a recent study by a group of Swedish researchers concluded that vitamin A may help reduce some risks of stomach cancer. Another recent study has shown that antioxidant supplementation reduces the risk of Alzheimer’s disease and macular degeneration by helping to improve immune functioning. The key is knowledge and product choice. Before starting a supplement or choosing a specific product line, you should consult with an expert.

Whole food supplements and a healthy diet are essential to your health and well being. You should consult with your physician before beginning a new supplementation routine. The Hetrick Center provides experienced nutritional counselors to answer your questions and aid in your supplement selection process. We look forward to helping you on your way to better health. Please make an appointment with one of our counselors today!



The Hetrick Center

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Up-N-Coming Events

March/April 2007 - demolition and remodeling of THC Middletown's

Physical Therapy Department

May 5, 2007 - "Celebrate Mama!"

The Hetrick Center will be participating in this Mother's Day extravaganza at The Whitaker Center in Harrisburg. Come join us for a day of celebrating mothers!

Avocado Feta Frittata Compliments of Hot and Spicy and Meatless By: DeWitt, Wilan, and Stock



We have explored many recipes for salads, sides, and dressings but have yet to explore breakfast. Let's add this delicious recipe to our personal cookbook!

Serve with a chilled fruit salad that has been marinated with freshly ground ginger or with orange and grapefruit slices.

Serves 2

1/2 large ripe avocado, cut into 1-inch squares

1 tomato, chopped

1 tsp. lime juice

1 pinch of sea salt

1 oz feta cheese, crumbled

1/4 tsp. rosemary

4 black olives, minced

4 fresh mushrooms, sliced

3 eggs

1/2 tsp. cayenne pepper

1 1/2 tsp. olive oil

1. Preheat broiler.

2. Combine avocado and tomato with the lime juice and salt. Add the feta, rosemary, olives, and

mushrooms; stir gently. In another bowl, whisk the eggs and cayenne pepper together.

3. Using an oven-safe skillet, warm the oil over medium-high heat. When the oil is bubbling but not smoking, add the eggs. Cook the eggs briefly, stirring once, until the bottom is set and the top is still runny. Remove from the heat and spread the feta-avocado mixture evenly over the eggs. With the mixture still in the skillet, place under the broiler until the frittata is set and the edges are golden brown.