



The Hetrick Center Newsletter

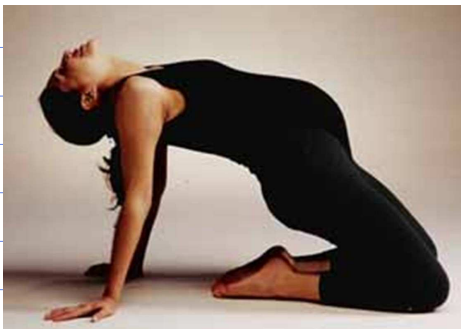


Adjustments and Pregnancy

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By: Edward L. Hevner, D.C.

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tebra and other weight-bearing joints that compress nerves causing central nervous system dysfunction) can be seen in a bio-mechanical, neurological and hormonal perspective. It is easy to see the postural changes that occur with shifts in the center-of-gravity; increased weight causing additional pressure on the pelvis and spine ultimately causing alterations in the pregnant mother's gait. All of these changes have the potential to cause spinal and pelvic problems and may complicate and slow the delivery process. The other considerations that cannot be seen are the multitude of hormonal changes and physiological changes that are going on in the mother and the growing fetus. All of these amazingly complex and dynamic changes are controlled and under the direct guidance of the central nervous system. The nervous system is the one system that controls and coordinates all of our bodies' functions with or without our knowledge or conscience effort. For example, while reading this, you have blinked about once every 1.5 seconds and have continued to breathe without a thought.

The concept of getting chiropractic adjustments while pregnant may be foreign to some, but for women who have been treated for low back and sciatic pain during pregnancy it is clear that chiropractic and pregnancy were made for one another. Having worked with many mid and late term pregnant patients, including my wife, I know first hand how profound the adjustment can be in times like these. During pregnancy, one has to be careful to avoid chemical intake and take extra-special care of themselves for the sake of both the baby and mother. Women are instructed to avoid caffeine, alcohol and smoking, but what about chemicals ingested from over-the-counter medication? Chiropractic is a safe, chemical free way of treating pain associated with pregnancy and has many positive side-effects.

The chiropractic adjustment is a powerful tool during pregnancy. Many studies have clearly demonstrated decreased labor times and easier births with women receiving regular chiropractic care. Some studies (continued on p. 4)

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Employee Spotlight - Jani Mitchell



Jani Mitchell began her employment with The Hetrick Center 11 months ago and has worn several hats in her time with us. She began her journey at THC working at the Middletown Chiropractic front desk and has moved upstairs to assist with administrative duties.

Jani was born in Harrisburg, PA and grew up right here in Middletown. She graduated from Middletown High School and

attended Harrisburg Area Community College. She also lived in Seaford, DE for a brief time. Jani has one brother, Christopher, who is also local. She currently lives in Middletown with her husband, Mark, 7 year-old son, Cameron, and 13 year-old step-daughter, Kaley. The Mitchell family also has a 5 year-old Boston Terrier named Winston.

In her free time, Jani enjoys reading and cooking, especially baking. She also likes shopping, taking walks and spending time with friends and family.

Some of her favorite foods include Thai, Chinese, and Italian, and she has a definite weakness for sweets!

Jani likes most types of music, especially 70's and 80's. Her

favorite artist is Kenny Chesney. Jani and her husband saw Kenny in concert twice this summer. On her last vacation, Jani and her family went to Sea Isle City, NJ where her family has vacationed every summer for the past 5 years.

When asked about her job, Jani reports that her favorite part is working with numbers as well as working with "such a nice bunch of people".

Please join The Hetrick Center team in thanking Jani for all of her hard work and dedication!

Continuing Education

Education is very important to all of our providers here at The Hetrick Center. We are continuously involved in educational seminars and workshops. We are then able to incorporate new and cutting edge information and techniques into the treatment protocols of all of our patients.

Tom Staub recently took a Comprehensive Hand Therapy class where he learned functional exercises to help improve hand and wrist strength and flexibility.

On August 17th and 18th Ally-

son Eisenhour will be taking a gait and balance seminar in Hershey to aid in our Vestibular Rehabilitation program.

In October Dr. Eoin Gregory will be taking Graston Technique Module II. Graston is a soft tissue technique that utilizes tools to break up scar tissue and restore motion to affected tissue.

Dr. Jon Tompkins took a Carrick Institute course on Movement Disorders in Connecticut in July. He now has 160 postgraduate course hours and is working towards sitting the ACNB board exam.

Dr. Craig John is taking a Dr. Seaman course on September 15th sponsored by Anabolic Lab in order to advance our knowledge in nutrition and further develop our Nutritional Counseling program.

As we continue to progress and learn, we will continue to keep you, our readers, up-to-date on our advancements.



THC Newbies

This month, we have 3 newbies to welcome and introduce to our readers. First, Sandy Arnold has started at The Hetrick Center, Middletown office at the Chiropractic front desk. Sandy will be working through the summer



months and continuing Tuesdays thru Thursdays on an as needed basis. Sandy works at Seven Sorrows through the

school year. She is a mother of 6 and lives here in Middletown.

Second, we have a new massage therapist in the Middletown office. Taren Andrews will be performing massages on Monday, Wednesday, and Friday from 3 to 8. Taren will also be working at the Chiropractic front desk.

Third, we welcome our new West Shore massage therapist, Rebecca Cline. Becca graduated from the Baltimore School of Massage, York campus in May, 2007. Becca's personal interests include fitness training, reading, playing the violin, camping and other outdoor activities, and is very involved in church activities. Somehow, amongst all of these activities and work, Becca is also finding time to attend

(continued on p. 4)



THC Fitness Corner By: Reneé Rieker, ATC



True or false: It is not the heat it is the humidity?

TRUE!

The reason that you feel hotter during the days of higher humidity is because your body is not able to remove the excess heat that builds up from daily activity. Our body's main cooling feature is through evaporation during perspiration "sweating". During times of high humidity when the

air is saturated with moisture it is almost impossible to cool off via the evaporation method.

Our bodies must maintain a certain temperature (98.6°F is ideal for most). If the body cannot effectively release body heat by perspiration, we then begin to dehydrate. Warning signs of dehydration include: dry mouth, dark (apple juice colored) urine, inability to sweat and being excessively tired. Other signs include increased heart rate, low blood pressure, and delayed capillary refill in the finger nail beds.

If we are not able to properly rehydrate at the time of dehydration, the internal body temperature is going to begin to increase. Without proper treat-

ment and continued exposure to a warm/hot environment, this can cause heat exhaustion or quickly lead into heat stroke.

Heat exhaustion is when the person is still able to sweat. Their skin will be cool and moist. They might complain of a headache or dizziness. Be sure to move this person out of the direct sun as quickly as possible. Remove any tight fitting clothing. Put cool towels on their head, torso and legs. Give them cool water to sip. If you are unable to recognize heat exhaustion in time, the person can find themselves facing heat stroke very quickly. This person will no longer be sweating. Their skin will be hot and dry. They will also complain of being dizzy and having a headache. They



Adjustments and Pregnancy continued ...

suggest 24 percent shorter labor times for those being adjusted compared to a control group who did not receive adjustments to the lumbo-pelvic region. Another study revealed 80 percent of women had relief of back pain during pregnancy with chiropractic care. This is in large part to better functioning of sacroiliac joints.

amount of pressure on the baby's neck and spine. In fact, the amount of force generated is about 120 foot pounds. This amount of force can stretch a newborn spine by 2 inches. This is most likely an individual's first spinal trauma, and left untreated, can develop into bigger problems later.

References:

Back Pain During Pregnancy and Labor, *Journal of Manipulative Physiologic Therapy* 1991 (Feb);14(2):1116-118.

Low Back Pain During Pregnancy, Bery Jamar and Moller-Nielsen et al., *Obstet and Gynecol*, 72:71-75, 1988.

Having to sit through many hours of a "Bradley Method" birthing class with my wife and studying bio-mechanics, I know that positioning during labor and delivery is critical for better and quicker deliveries. Attempting to deliver while laying on one's back grossly inhibits the "opening" of the sacral and pelvic region and slows the delivery process creating more pain. The correct bio-mechanical position is squatting. This allows the pelvis to open and uses gravity as an advantage.

While in the third trimester of pregnancy, the hormone Relaxin is produced which causes ligament laxity in the skeletal system. While this is important for the opening of pelvic joints for a smoother delivery, it can create joint problems and pain. Getting adjusted while pregnant and having your baby adjusted may be just the head-start to a lifetime of good health needed. Good health and wellness begins with keeping the nervous system working thru chiropractic care. The Hetrick Center offers Chiropractic, Physical Therapy, Massage and Nutritional Counseling to meet the natural healthcare needs associated with pregnancy. Ask your healthcare practitioner how to get started on the right foot.

Textbook on Chiropractic and Pregnancy, Fallon, J., International Chiropractic Association. 1994 - Arlington, Virginia.

Sacroiliac Subluxations: a Common, Treatable Cause of Low-Back Pain in Pregnancy, Daly JM, Frame PS, Rapoza PA. *Fam Prac Res J* 1991;11 (2):149-159.

The majority of deliveries in the U.S. are performed with the mother on her back which results in use of forceps, vacuum extraction and pain. The use of forceps exerts a tremendous



Newbies continued ...

Classes towards her degree in Physical Fitness Education. Her goal is to become a personal trainer. Becca will be working at our West Shore office Monday, Wednesday, and Friday from 3 to 8 p.m.

We are very excited about our newest additions as we strive to towards excellence in care. Please join us in welcoming each of our new employees!

THC Fitness Corner continued ...

may be confused. Their (continued on p. 5)

breathing and pulse will be rapid. Their body temperature will be above 104°F. A person with heat stroke is having a medical EMERGENCY! Call 911! This person needs to be cooled very quickly. They need to be moved into an air conditioned setting or out of the heat. They should be submerged into a cold tub. Do not give anything to drink to a person whose mental status is altered. They may choke.

Heat exhaustion is going to be the body's last ditch effort at cooling the before major damage is done. As the temperature within the body begins to raise the internal organs, including the brain, heart and kidneys begin to fail. Failure of the major organs leads to death.

Don't be misled to think that heat only affects those that are young and active. In fact, young children and those that are geriatric in age need to be especially careful when out in the heat. Infant's bodies do not have the capacity to cool themselves down yet. They are unable to sweat and as a result, they will retain their heat within their body.

The older population suffers from the same effects when exercising in heat. As we age, the body's thermal tolerance decreases. When exposed to heat older subjects develop a higher internal body temperature.

They often sweat less, decreasing the opportunity for heat loss via evaporation. Also be aware that medications can often dehydrate you or make you more vulnerable to the heat. Be sure to talk to your doctor or pharmacist to see if the medication you are on could affect you in the heat.

This does not mean that these people cannot be outside during the summer to enjoy the nice weather. Just be careful. Don't stay out for long periods of time. Workout in the shade. Only go out before the sun is at its' most severe intensity, before 10am and after 7pm.

Last but not least, think about what you are doing outside. Just because you are mowing the lawn or gardening, as opposed to running a mile or playing tennis for an hour does not mean that being in the heat will not affect you. Being out in the direct heat and humidity for anybody could potentially lead to a heat emergency.

Every person mentioned above can follow some simple guidelines to staying safe this summer.

- Avoid exercising during the middle of the day, 10am till 7pm. If you are going to exercise outside do it early in the morning to later in the evening.
- Exercise indoors where there is air conditioning will

help keep you cool.

- Wear clothing that is light colored and only wear one layer. Replace the clothing after it become wet. It is harder for your body to loose heat from evaporation when clothes are wet.
- Use cool fluids to replace the water that you are losing during the heat. Your body can loose fluid at a rate of 2qt. per hour and can only absorb 8oz. of cool liquid every 20 minutes. Be sure to stop frequently for water breaks, at least once every half hour.

If you are not aware, our facilities offer a gym membership that is in a cool, air conditioned space. We have staff on site to assist you with proper exercise techniques. We also have treadmills, stationary bikes and elliptical machines for those who do not want to use weights. Come join us in this clean, safe and friendly environment for a workout today. We also offer personal training for those that would like to have the one-on-one attention.

Fun Fact!

50 – 75% of the body is made up of water. From that percentage 77% of the brain is made up of water. So water your brain! Stay hydrated and cool this summer!

The Hetrick Center

500 North Union Street
 Middletown, PA 17057
 Phone: 717-944-2225
 Fax: 717-944-0932

6481 Carlisle Pike
 Mechanicsburg, PA 17050
 Phone: 717-796-2225
 Fax: 717-796-2229

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

Please visit our website at:
www.hetrickcenter.com

Up-N-Coming Events

- Aug 18/19** - Dr. Hetrick lecturing at Life Chiropractic College in Atlanta, GA
- Aug 24**—Mount Joy 4th Friday Event
- Sept 8**—Harambee United Church of Christ 14th Annual Block Festival
- Oct 4**—Senior Expo at Masonic Homes
- Oct 10**—Tyco Health Fair
- Oct 16**—Chicques United Methodist Church
- Oct 24**—Tyco Health Fair

Couscous with Artichoke Hearts and Walnuts
Moosewood Restaurant Cooks at Home

Sometimes finding an easy, elegant side dish can be difficult. This dish is not only delicious but compliments any chicken, fish, or vegetarian meal. Enjoy!

- 1 cup water
- 1 ½ cups quick-cooking couscous
- 1 tblsp olive oil
- 1 tsp salt

- 1-2 tblsp chopped fresh dill (1 tsp dried)
- 1 tblsp chopped fresh mint and/or tarragon
- 3 tbsps olive oil
- Juice of ½ lemon (or more to taste)
- ½ cup chopped toasted walnuts
- Salt and ground black pepper to taste

Mix the artichoke hearts, scallions, garlic, parsley, dill, and optional mint and/or tarragon into the cooked couscous. Stir in the oil, lemon juice, and walnuts. Add salt and pepper to taste.

Serve plain or on a bed of fresh greens, either at room temperature or chilled.

- 5 artichoke hearts, cut into eighths (14 oz can)
- ½ cup minced scallions
- 1 large garlic clove, minced or pressed
- 1 cup chopped fresh parsley

Bring the water to a boil. Place the couscous in a large heatproof bowl, and cover with the boiling water. Using a fork, stir in the olive oil and salt. Cover, and set aside for about 5 minutes.

