

# Healthways News

1033 Basin Ave. Bismarck, ND 58504



## Updates at Healthways

We have added a new phone system that helps streamline phone calls to the appropriate department. Please listen to all the options before making your selection. Thank you for your patience with switching to this new system as we strive to make our facility as efficient as possible.

**FLU SHOTS ARE HERE!** The flu shot and mist are both available. Please call today to schedule your appointment at 223-6613. The appointment times are between 8:30 am to 4:30 pm.

## Chiropractic News

### Clinical Trial Shows Chiropractic Helps Migraines

A clinical trial reported in Medical-News.net on May 22, 2005 showed that 72% of migraine sufferers experienced either 'substantial' or 'noticeable' improvement after a period of chiropractic care. The study was a randomized clinical trial completed over a 20 year period. Dr. Peter Tuchin, was the chief researcher and presented his results in a thesis at Macquarie University in Australia.

The study involved 123 migraine sufferers, which was reduced down from approximately 1000 who applied to be part of the study after responding to a television program about the research. The 123 participants were further divided into two groups. One group received chiropractic care while the other group was a control group who did not receive any actual care but were told they were receiving a form of electrical physical therapy.

In commenting on the results, Dr. Peter Tuchin, a chiropractor for the past 20 years stated, "Around 22 per cent [of patients] had substantial reduction - which means that more than 60 percent of their symptoms reduced during the course of the treatment. What makes this a really strong result is that this was a really chronic group - the average length of time they have had migraines was 18 years. To get a change of that sort of magnitude in a really chronic group was quite amazing."

In this study Dr. Tuchin went to great lengths to document the results. He explained, "Both groups kept a record of their migraines for the whole six months, noting down how often they got them, how severe they were, how long they lasted, and if there was anything they could think of that contributed to them," Tuchin explains. "For two months prior to any treatment they just diarized their migraines, followed by two months of treatment and then two months of post-treatment"

Dr. Tuchin summed up the results of the study by saying, "Chiropractic is not the be all and end all, but for a good percentage of migraine sufferers the neck is a significant contributing factor, and for them chiropractic treatment is really effective. I'm not saying that everybody is going to be cured, but there is very little to lose."

The moral to this story is clear: If you're experiencing migraines and haven't scheduled an appointment with a chiropractor, you're missing the perfect opportunity to resolve your pain. Make your appointment today by calling 223-6613!

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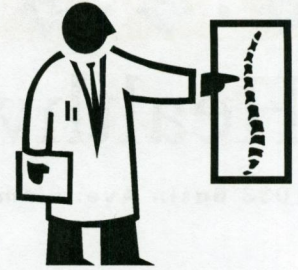


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## Physical Therapy News


### JOINT EFFORT



A recent study shows that increased weight leads to increased joint pain. For every pound of weight you lose, the pressure on your knees is reduced by 4 pounds, according to a Wake Forest University study of 142 overweight adults exploring weight loss and exercise to reduce osteoarthritis of the knee. When participants lost an average of 5 percent of their weight, they gained 18 percent better function. Losing 1 pound reduced the load each knee bears more than 4,800 pounds for every mile walked (1,200 strides per mile), says lead author Stephen Messier, Ph.D. That means if you lose 1 single pound, when you walk 1 mile your knees will carry 4,800 plus fewer pounds of load. Lose 10 pounds and you shave 24 tons from the knee load.

If you have knee pain a Physical Therapist can develop a treatment plan that will help you. Together with the Physical Therapist you will work on strengthening, stretching and a cardiovascular program that can help decrease knee pain as well as decrease your overall weight due to increased calories burned during activity.

Please contact Jody or Corey at Healthways for a free screening to determine if physical therapy can help decrease your knee pain or any other problem you may have at (701) 223-6613.



## Fitness Center News

The Fitness Center is now open at 2020 Lovett Avenue. We have expanded the cardio and weight room area and dedicated a large portion of the new training center to work with young athletes. The new training area features 4000 sq. ft. of indoor turf. If the athlete in your family is looking to improve his or her performance, give Mike a call at 258-8553 for more information. We have also added a batting cage for both baseball and slow pitch along with a shooting and stick-handling area.

### **Chiropractic Services**

Dr. Nelson is now offering evening hours  
on Monday and Wednesday

Saturday hours are 9am-noon

Call to schedule your appointment today!

### ***We're on the Web!***

**[www.healthways.cc](http://www.healthways.cc)**

Check out our Group Fitness Schedule,  
tour our facility, shop on-line, and meet  
our staff!

### ***Free Injury Screenings***

Please call Jody Eckert, DPT or Corey  
Samuelson, DPT for a free screening at  
Healthways (701)223-6613.