

Fall 2000

Published for patients
and friends of
Budincich
Chiropractic Clinic

Spine-a-Line

9TH ANNUAL UNION STATION FOOD DRIVE NOV. 13-18

On Saturday, Nov. 18, 2000, the Budincich Chiropractic Clinic will hold its annual food drive to benefit the Union Station Foundation of Pasadena. Established patients of Budincich Chiropractic Clinic will be able to donate food in exchange for treatment. A \$20 donation of specific food needed by Union Station Foundation will be accepted and in return you will receive your chiropractic adjustment.

This is an opportunity for all of us to give back to the community in which we live and work so that those less fortunate than ourselves can have a day of health, food, shelter and know that someone cares about them. Over the past 8 years this day has brought in thousands of pounds of food for the Union Station Foundation. Each and every year more and more people participate and we thank each and every one of you for your kindness and consideration.

We also would like to make this whole week a special time so that your friends, co-workers, neighbors, and family members who have not

experienced chiropractic care at Budincich Chiropractic can do so. Nov. 13 through 18, new patients to Budincich Chiropractic Clinic, referred by existing patients, can receive a complete consultation,

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examination, x-rays (as needed), and a written and oral reports of findings for a \$20 donation of food to Union Station. This is a \$150 to \$200 value. To take advantage of this program you must call to schedule an appointment. Time slots allocated for this special program fill up

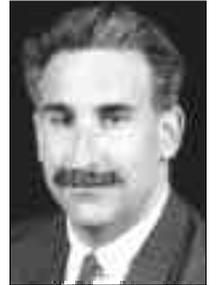
quickly so call as soon as possible. This is an excellent opportunity to improve your health while helping a worthwhile cause. We are pleased to make this program available.

We have seen year after year the outpouring of generosity from our patients. We thank you ahead of time for your participation and donations and we are honored that you put your trust in us for your health care needs. For this we are thankful to each of you.

Happy Holidays from the doctors and staff of Budincich Chiropractic Clinic.

COLDS and FLU Prevention

*by Dennis R.
Buckley, D.C.*



First how do you tell a cold from the flu? Cold symptoms include: stuffy nose, sneezing, sore throat, headaches, and possibly a fever. Flu symptoms include: higher fevers, muscle aches and pains and generally more severe symptoms. Formulating a prevention plan now can lessen the chance of suffering an episode of a cold or the flu. A prevention plan can also help to lessen the severity and length of time you suffer.

The causes of colds and the flu are viruses. Viruses are very small soccer-ball-shaped organisms. They are everywhere around us. Every sneeze sends millions of these soccer-shaped-balls through the air.

Our body's internal environment keeps the viruses from overtaking our body and making us sick. Our body's defense, the immune system, is affected by our lifestyles. High stress, lack of exercise, lousy nutrition, poor attitude, lack of rest, and a disrupted nervous system can deplete our immune system and make us susceptible to viral infections.

Improvement in these areas can help our body become stronger and keep the internal environment strong and able to ward off the intruders.

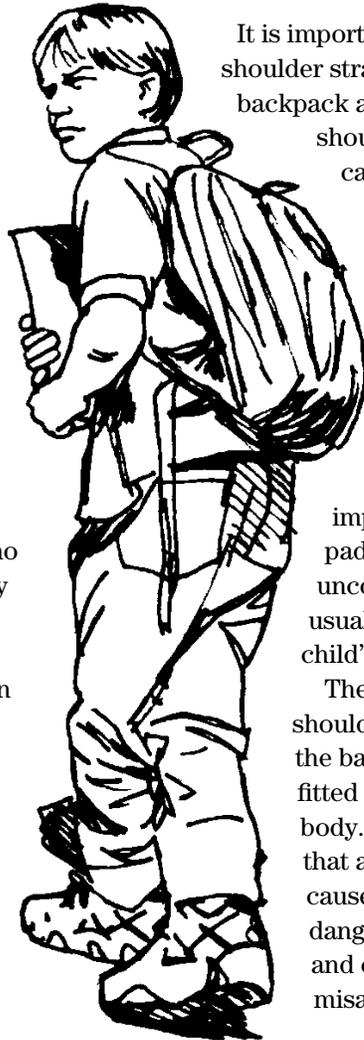
BACKPACKS AND CRONIC BACK PAIN

by Dennis R. Buckley, D

With school back in session, millions of elementary, high school and college students will be racing off to classes with overstuffed backpacks slung over their shoulders. While carrying a backpack may seem harmless enough, it can cause some painful back and neck problems for students who don't pack or carry their backpacks properly. What can you do?

The backpack should weigh no more than 10% of his or her body weight. Too much weight will cause your child to walk bent forward to support the weight on the back instead of the shoulder straps.

A backpack with individual compartments will help in the positioning the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back to prevent painful blisters.



It is important to use both shoulder straps. Lugging the backpack around by one shoulder strap can cause a disproportionate shift of weight to one side, leading to neck and muscle spasms as well as low back pain.

Padded straps are very important. Non-padded straps are uncomfortable, and usually dig into your child's shoulders.

The shoulder straps should be adjustable, so the backpack can be fitted to your child's body. Shoulder straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

If the backpack is still too heavy, talk to your child's teacher. It might be possible to leave the heavier books at school, and bring home only lighter handout materials or workbooks.



Talk to your child about the proper use of back packs and help them understand the importance of proper posture and spinal health to grow straight and tall.

If your child experiences any pain discomfort in the shoulders, arms, or back, call your doctor or chiropractor to assess any adverse affects resulting from backpack use. Doctors of chiropractic are licensed and trained diagnose and treat patients of all ages and use gentler techniques for children. In addition, doctors of chiropractic can also prescribe exercises designed to help children develop strong muscles along with instruction in good nutrition, posture and sleeping habits.

Insurance Deductibles

It is at this time of year we like to remind our patients that starting in January your deductibles with your group health insurance will start over again. This means that until the end of the year, if you have already met your deductible, you can use your insurance for necessary care you need to improve your health. Waiting until next year can cost you more time and money.

The last three months of the year are very busy and stressful. This unfortunately leads us to neglect our health resulting in sickness and injury. Putting off care can actually cost you more

time and money in the long run. The longer a condition is present it then usually takes longer to correct. It could also lead to permanent damage, which could be prevented by early interaction.

During the last three months of the year, doesn't it make sense to pay extra close attention to your health during these busy times? The doctors and staff of Budincich Chiropractic are ready, willing, and able to provide care for you and your family and friends throughout the holiday season. Call today to schedule an appointment for yourself or someone you care about. By doing

so you will give yourself a great way to feel and perform great. This will give you the opportunity to enjoy the magic of the holidays with abundant health.

It also makes sense to utilize your benefits now before your deductibles start again in January. If you have any questions regarding your health or your account here at Budincich Chiropractic, do not hesitate to call. The staff will be happy to bring you up to date in regards to your account and schedule you for a chiropractic treatment to make you healthy again.

Whiplash and Neck Injuries

by Dennis R. Buckley, D.C.

The onset of fall is usually accompanied by rain. The rainy season and resulting unsafe driving conditions combine to create so many accidents resulting in injuries. The most common injury is neck sprain/strain or whiplash. Due to the forces generated the neck is thrown forward and backward rapidly straining the supportive structures of the neck and back. Occasionally a whiplash injury can result from side-to-side motion of the neck, also called lateral hyperflexion. Whiplash can cause symptoms that can be mild to severe. Symptoms may start as neck soreness or stiffness, perhaps accompanied by headache, numbness, tingling or pins-and-needles feeling in between the shoulder blades in the extremities are quite common. Some people may experience ringing in the ears, dizziness, difficulty in concentrating, blurred vision, runny nose, and even concussion. Concussion symptoms include headache, lightheadedness, irritability, moodiness, depression, and emotional "jitters" that may last for hours or days. The whiplash injuries can rapidly appear or be slow healing leading to long term chronic pain and impairment. A 1990 study found that 86% of people suffering from a whiplash injury still had residual symptoms on an average 10.8 years later. Only 14% ever fully recovered.

Standard care in the past for whiplash, provided there is no fracture, hemorrhage, internal organ damage or nerve damage, was rest, drugs, and maybe even a collar to wear around the neck for support. This has been shown not to be the best approach. A more active approach of active movement, return to normal activities, physiotherapy, exercise, and spinal manipulation has been shown to lessen the chance of residual symptoms.

Chiropractic care was found in one study in the journal *Injury: British Journal of Accident Surgery*, to result in statistically significant improvement in 93% of randomly selected patients with chronic whiplash conditions.

The chiropractic approach uses adjustments or manipulation to place the injured spine back in line with the other vertebrae and to use physiotherapy and exercises to stimulate proper healing of the damaged tissues. Frequent active care in the early stages can result, later on, in less residual pain and enhanced healing time. Without structural integrity the spine will not heal properly and problems such as arthritis and disc degeneration may result.

If you have been in an auto accident, or know someone who has been, consulting with a chiropractor may improve your chances of having the best chance to make sure you heal as completely as possible.

HOLIDAY HOURS

To avoid confusion during the holidays, keep this list of dates and times available. This year we will be open more days during the holidays than ever before to meet your health care needs.

| | |
|------------------------------------|-------------------|
| Nov. 23 Thanksgiving | Closed |
| Nov. 24 Day after Thanksgiving | Open normal hours |
| Nov. 25 Saturday | Closed |
| Dec. 23 Saturday before Christmas | Open 8 to 12 |
| Dec. 25 Christmas Day | Closed |
| Dec. 30 Saturday before New Years' | Open 8 to 12 |
| Jan. 1, 2001 New Years' Day | Closed |

REGULAR OFFICE HOURS (Pasadena)

| | |
|-----------------------|----------------------------------|
| Mon., Weds., Fri. | 8:30 am to 1 pm 3 pm to 6 pm |
| Tuesday | 8:30 am to 12 pm 3 pm to 7 pm |
| Thursday | 8:30 am to 12 pm 2 pm to 7 pm |
| Sat. (by appointment) | 8 am to noon |

Doctors' Schedule:

Budincich – off Tuesday Morning and Friday Afternoon
Buckley – off all day Thursday
Fontaine – off Monday Morning and Thursday Morning
Venerable – off Tuesday and Thursday Afternoon
Drs.' schedule on Saturday will rotate – check with staff

ADVICE FROM ONE OF OUR PATIENTS

Recently one of our long-time patients and supporters suffered a terrible loss when her boyfriend died as a result of being killed while on his motorcycle. He was at the wrong place at the wrong time. After the accident the police and hospital personnel were having difficulty contacting her or his family. He did not have any current numbers of family or friends in an address book nor was

there any information in his wallet. Finally, after trying many numbers in his phone book, someone was contacted that knew how to reach her. It was after she had learned that due to internal injuries he had died that she was faced with the difficult task of telling his daughter that her father had died.

Our patient wanted everyone to keep in your possession names and numbers of those people you would like to be

notified if something happened to you. This could possibly save lives through knowledge of past health history or if blood donors were needed. Just having your family and friends with you can help to pull you through. Wrist ID bracelets or necklace ID tags are easy ways to accomplish this, especially for your children. We thank her for this message and also send our condolences to her.



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15th Anniversary Party a Huge Success

On Sept. 15, 2000 the back parking lot of the Budincich Chiropractic Clinic was transformed into a huge fiesta celebrating the 15th anniversary of the clinic. Mariachi music, food, beverages, awards and recognition were center stage as over 200 guests came to celebrate. Special presentations were made by State Senator Adam Schiff and Assemblyman Dr. Martin Gallegos to commemorate the day and the contributions of the clinic to the health of the community.

The Budincich Chiropractic Clinic opened in July 1985 and was the dream and vision of Dr. Michael Budincich, the clinic's owner and founder. 15 years later what he envisioned has manifested as the clinic serves thousands each year with safe, effective, natural, chiropractic care. When Dr. Budincich opened the clinic his mission and purpose was to: Support a transfor-



Budincich Chiropractic Clinic family are honored to have had the chance to serve in this mission and purpose.

Great Mexican food and good company were plentiful at the Anniversary party.

mation of the health of humanity by serving as many sick and suffering people as humanly possible with chiropractic care; and to educate the patients in the community in which we serve so that they can go out and educate the world as to who we are and what we represent.

By all means the transformation continues to this day to be fulfilled and all the doctors and staff that have had the privilege to be part of the



Many patients were recognized for their commitment to health. Above, the Delgado family receives a plaque from Dr. Budincich for family wellness.