

Fall 1999

Published for patients
and friends of
Budincich
Chiropractic Clinic

Spine-a-Line

BUDINCICH CHIROPRACTIC'S 8TH ANNUAL UNION STATION FOOD DRIVE

THE DOCTORS AND STAFF OF Budincich Chiropractic Clinic will be offering their services in exchange for donations of food. All donations will be given to the Union Station Foundation, located at 412 S. Raymond Ave. in Pasadena. The date of the food drive will be Nov. 8 through Nov. 13.

Established patients of the clinic will receive their chiropractic adjustment in exchange for a food donation of approximately \$20. New patients to the office, referred by their family and friend, can receive a consultation, examination, x-rays (if needed), and a written and oral report, (a \$75 to \$175 value) for the same \$20 donation.

New patients will be seen the week of Nov. 8 through Nov. 13. Adjustment will be given Saturday the 13th. Call early for best appointment times as appointments will be filled on a first-

"There is a destiny that makes us brothers, none goes his way alone, that which we send into the lives of others comes back into our own" – Edwin Markham

call basis. These times in the past have filled up fast so do not procrastinate.

This is an opportunity to help the homeless and hungry receive food and shelter during the holidays while at the same time improving your health and the health of friends and loved ones.

This program has been so successful, the doctors and staff would like to give to those who have so generously participated in the past and to those who will be participating, a hearty thanks and wish each of you a happy holiday's. Your contribution and selflessness will go a long way to uphold the true meaning of the holidays, and know that by your actions, and your generosity, other lives have been touched in a positive way.

Budincich Chiropractic Clinic Holiday Hours

IN THE PAST THERE HAS BEEN CONFUSION as to the holiday hours of the clinic. Many patients did not know we were open. To help alleviate this confusion, consult this schedule for the clinics hours during the upcoming holidays:

Weds., Nov. 24
(day before Thanksgiving)
OPEN Regular Hours

Thurs, Nov. 25
(Thanksgiving Day)
CLOSED

Fri., Nov. 26
(day after Thanksgiving)
OPEN Regular Hours

Sat., Nov. 27
(Saturday after Thanksgiving)
CLOSED

Fri., Dec. 24
(day before Christmas)
OPEN 8:30 AM until 1:30 PM

Sat., Dec. 25 (Christmas Day)
CLOSED

Mon., Dec. 27
(Monday after Christmas)
OPEN Regular Hours

Dec. 31
(New Years Eve)
OPEN 8:30 AM until 1:30 PM

Sat., Jan. 1, 2000
(New Years Day)
CLOSED

Mon., Jan. 3, 2000
(Monday after New Years Day)
OPEN Regular Hours

With the above exceptions we will be open regular hours Monday through Saturday, and on an emergency basis as needed.

The emergency numbers for each doctor are as follows:

Dr. Michael Budincich (626) 305-4567
Dr. Roger Fontaine (626) 305-9528
Dr. Dennis Buckley (818) 829-2996
Dr. Brian Venerable (626) 305-9527
Dr. Todd Adamson (626) 230-0202

In Your Best Interest

When you or one of your children catches a cold, chances are that a virus is to blame. In fact, evidence also suggest that 60 to 75% of colds, bronchitis, and other upper respiratory tract infections are caused by viruses.

Unfortunately, chances are also good that your doctor will prescribe an antibiotic, despite substantial evidence that antibiotics are ineffective against viral infections. Doctors know statistics, but for some reason, they don't always share information with you.

A study published in the research journal *Pediatrics* examined pediatricians prescribing behaviors as they related to parental expectations. Ten physicians and more than 300 parents attending sick visits for their children were surveyed. Results showed that when physicians thought a parent wanted an antibiotic for viral complaints, they prescribed one 62% of the time, compared with only 7% of the time when they did not think the parent wanted antibiotics.

The bottom line? Many medical doctors prescribe unnecessary medication – antibiotics they knew would be ineffective against viral infections – because they thought that's what the parents expected.

The researchers suggest that steps need to be taken to change physicians perceptions regarding parental expectations. After all, parents may or may not expect antibiotics, but what they probably expect (and want) most of all is a doctor who provides quality, accurate and honest health care each and every visit.

RELIEVING BACK PAIN DURING PREGNANCY

A H, THE INDESCRIBABLE JOYS OF PREGNANCY. The anticipation of new life, the intimate, developing bond between mother and child...and the back pain. More than 50% of women experience back pain during pregnancy, especially in the third trimester, and frequently this pain can be excruciating and debilitating.

A Swedish study involving 258 pregnant women investigated whether water gymnastics could reduce the intensity of back pain and the number of days taken for sick leave. Women were divided equally into two groups: an exercise group that participated in water gymnastics (one hour of relaxation exercises, performed in a swimming pool and accompanied by music) during the second half of their pregnancy; and a control

group that did not participate in water gymnastics.

Although back pain intensity increased during the course for both groups, the exercise group reported less pain compared with the control group. The total number of reported days on sick leave was also lower in the exercise group (982 days taken) compared with the controls (1484 days taken).

Many of the joys (and frustrations) of parenthood will last much longer than 9 months, so prepare yourself. But back pain's one frustration that doesn't have to last. If you're expecting a child and are experiencing back pain, talk to your doctor of chiropractic about how chiropractic and exercise can make your pregnancy as pain free and comfortable as possible.



Upcoming Events

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|---------------|--|
| Nov. 13, 1999 | Union Station Food Drive |
| Nov. 13 | El Monte Airport "Air Fair" |
| Nov. 25 | Thanksgiving |
| Dec. 9 | Budincich Chiropractic Holiday Staff Celebration
(office closed in afternoon) |
| Dec. 18 | Budincich Chiropractic Patient Appreciation Day
and Toy Drive |
| Dec. 25 | Christmas |
| Jan. 1, 2000 | New Years Day |
| Jan. 28 | Office Closed – Staff and Doctor continuing education
seminar |
| Jan. 29 | Office Closed – Staff and Doctor continuing education
seminar |

MAINTAINING HEART HEALTH AS WE AGE

NATURAL VARIATIONS IN THE HEART RATE are an important measure of health - not only of the heart, but of the entire body. This "heart rate variability" (HRV) is an indication that your autonomic nervous system isn't functioning properly. And that's not a good sign, considering that this system is responsible for maintaining balance and control of nearly 90% of the body's functions. HRV is generally lower in the elderly population, but maintaining healthy variations in our heart rate can help prevent heart attacks and other cardiac problems. A study in *Medicine and Science in Sports & Exercise* found that regular physical activity was effective in increasing HRV - slightly over 24-hour periods, and moderately during the daytime. The 51 elderly subjects (average age: 65 years) were divided into a non-exercising control group or an exercise

group that trained three times a week for six months; each 45-minute training session consisted of jogging/walking, stretching, and various aerobic exercises. After six months, heart rate variations were higher in the exercise group compared with the group that did not exercise.

It is interesting that one of the areas of autonomic control of the heart comes from the first thoracic nerve at the base of the neck. Studies have shown that people who were involved in whiplash injuries to the neck and upper back had a higher incidence of heart problems later in life than the normal population. This area, at the base of the neck, is where many people carry much of their stress. Perhaps the

tightness and misalignments of this area are interfering with the normal nerve impulses to the heart and affecting its function.

Adjustments, exercises, nutrition, proper posture, rest, and attitude can

help to maintain your normal function and keep your nervous system working without interference. This provides your body with the best environment in which to function allowing you the best chance for health.

If you are not sure how healthy your heart is, or if

you'd like more information on how to maintain a healthy heart and a healthy body as you mature, talk to your doctor.

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Blood Pressure Responds to Weight Changes

DO YOU REALIZE you might be suffering from high blood pressure (hypertension) and not even know it? High blood pressure usually causes no symptoms until complication develop, such as a heart attack or a stroke - that's why it's referred to as the "silent killer." Exercise and dietary adjustment can usually keep this dangerous condition under control, and evidence suggest that weight loss and gain may also play a role. A recent study in the *Annals of Internal Medicine* tracked 82,473 U.S. female nurses from 1976 to 1992, calculating weight loss or gain every 5 years and noting all cases of physician-diagnosed high blood pressure.

Results showed that weight gain dramatically increased the risk for high blood pressure, whereas long-term weight loss reduced the risk. These associations were stronger in younger women (less than 45 years of age) than older women (greater than 55 years).

So what is the moral to this story? First, make sure you get your blood pressure checked regularly. The earlier you discover the problem, the faster you can start doing something about it. Second, avoid excess weight gain by maintaining an active lifestyle and following a sensible diet. And third, consult your doctor of chiropractic or your medical physician for more information.

Dr. Buckley offers a unique program

to identify early risk for premature disability or injury with the "Focus On You" Biological Age Identification and Health Risk Reduction program. Find out how your your Biological Age compares to your Chronological Age.

Our bodies are either aging faster or slower depending on our personal habits. Blood pressure, pulse, body fat, body mass index, strength, flexibility, and cardio capacity are all measures of the effects of lifestyle on our body. By early identification of where you are headed, corrections in the course of your life can be made so you don't end up where you do not want to be. Contact Dr. Buckley to schedule your evaluation. The cost for the evaluation and report is \$39.

Budincich Chiropractic Clinic Web site: www.drbud.com

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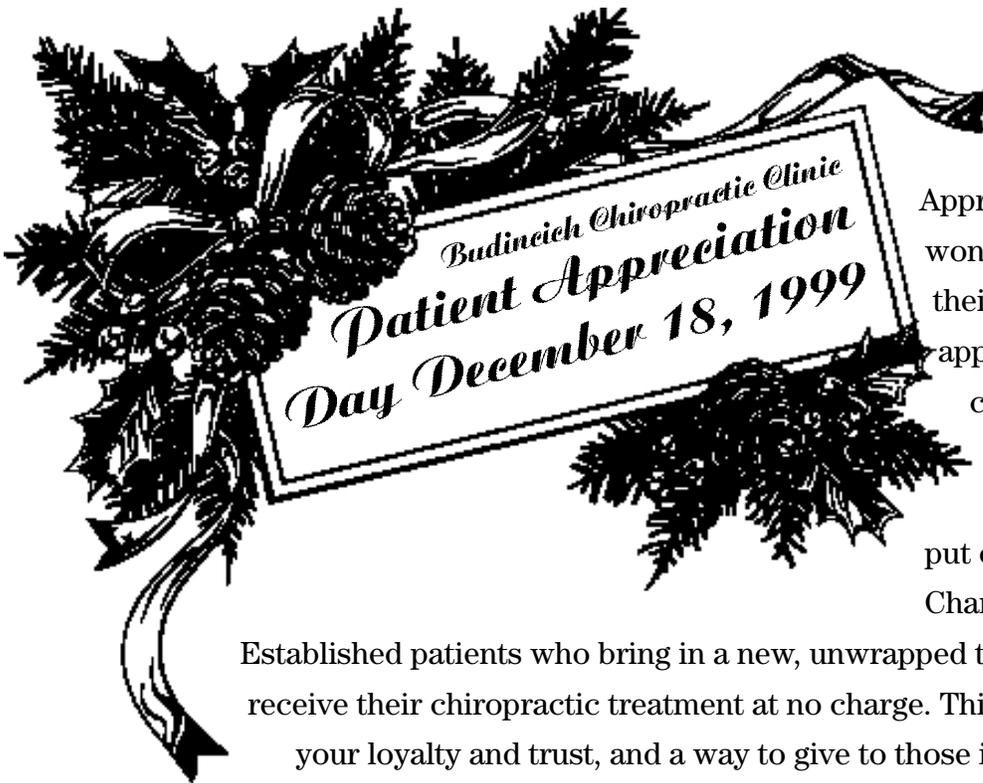
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*"We correct the cause...
not just the symptoms."*



ON THE 18TH OF DECEMBER, the Budincich Chiropractic Clinic will have a Patient Appreciation Day honoring the wonderful people who have placed their trust with our clinic. This appreciation day will be held in conjunction with our annual "Toy Drive" to benefit the "Operation Santa Claus" program put on by the Pasadena Junior Chamber of Commerce.

Established patients who bring in a new, unwrapped toy (at least a \$20 value) will receive their chiropractic treatment at no charge. This is our way of saying thanks for your loyalty and trust, and a way to give to those in need in our community. Your friends and relatives who have never been to our office can benefit also. For the same \$20 value toy donation during the week of Dec. 13 to Dec. 18, new patients will receive a consultation, examination, x-rays (as needed) and a comprehensive oral and written report of findings.

Traditionally, this program has had a fantastic response and the generosity of our patients is remarkable. For this reason the appointment times fill up fast. Call (626) 792-3390 to schedule early and celebrate the holidays with us in health, and in helping those around us.

REGULAR OFFICE HOURS (Pasadena)	
Mon., Weds., Fri.	8:30 am to 1 pm 3 pm to 6 pm
Tuesday	8:30 am to 1 pm 3 pm to 7 pm
Thursday	8:30 am to 1 pm 2 pm to 7 pm
Sat. (by appointment)	8 am to noon