



## Aging with Arthritis - and Winning!

### **Mission:**

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

Arthritis used to be thought of as something that automatically happens when you age, but a growing number of young people are being diagnosed with arthritis. Likewise, many senior citizens are not content to let arthritis limit their active lifestyle and they want solutions for their pain.

It is a condition that causes pain, stiffness and sometimes swelling in or around joints. According to the Centers for Disease Control and Prevention one out of every three Americans (an estimated 70 million people) is affected by one of the more than 100 types of arthritis. Arthritis costs the American economy more than \$14 billion yearly.

For most people arthritis pain and inflammation seems to be unavoidable as the body ages. In fact, most people over the age of 50 show some signs of arthritis, but if caught early enough the crippling effects of arthritis can be greatly reduced. Joints naturally degenerate to some degree over time. Fortunately, arthritis can be managed through a combination of chiropractic adjustments, acupuncture, exercise, rest, weight-management, nutrition, medication and even surgery as a last resort. Arthritis can be diagnosed through blood tests and x-rays. Through these diagnostic tests and examination findings we will then be able to help you decide on the best treatment for your case. Arthritis is a chronic disease that will be with you for a long time. Your treatments will probably change over time due to changes in your body, specifically

your joints. Having a positive mental outlook and the support of family and friends will help you live with arthritis and be able to continue to perform your daily activities.

### **Types of Arthritis**

There are more than a 100 types of arthritis. The most common types of arthritis are: Osteoarthritis (degenerative joint disease) - non-inflammatory; Rheumatoid arthritis - inflammatory; Lupus erythematosus - inflammatory; Ankylosing spondylitis - inflammatory; Gout - metabolic (excessive protein in diet); Juvenile arthritis - inflammatory

*Osteoarthritis* (OA) also known as degenerative joint disease (DJD) is the most common form of arthritis and it is usually caused by a previous injury to the joint that healed incorrectly. This can cause a change in the joint's biomechanics thus forcing the joint cartilage to wear-out/wear-down over time.

*Rheumatoid arthritis* (RA) is the second most common form. It is inflammatory by nature causing soft tissue swelling and edema. RA seems to have a genetic predisposition, meaning it tends to be inherited, and it usually manifests earlier in life than OA.

### **Preventing and Treating Arthritis**

You can help prevent OA by avoiding injury and taking care to protect your joints.

*How can you protect your joints?*



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First and foremost, eat a healthy diet and get regular exercise to improve your overall health. Nutrition plays a vital role and just like the rest of our body, our joints and cartilage need nourishment too.

The following natural supplements have been proven to greatly help with arthritis: Glucosamine Sulfate stimulates the production of key substances like Chondroitin Sulfate, which are necessary for healthy joints. Chondroitin Sulfate helps in the formation of normal collagen. MSM (Methyl Sulfonyl Methane) helps in the formation of glucosamine and chondroitin sulfate. Studies have found MSM helps maintain normal articular cartilage. Boswellia serrata is a gum resin known to inhibit some pro-inflammatory products, which can lead to swelling in the joints.

Chiropractic can be a wonderful tool in both easing current arthritic pain as well as preventing further degeneration of your joints. In most cases a chiropractic adjustment is great for restoring mobility into the joint, relieving inflammation and restoring normal nerve flow.

Acupuncture is another great treatment for arthritis. It relieves pain and relaxes the joints by reducing inflammation and stiffness. Acupuncture restores the body's energy flow to a normal balance allowing the body to heal itself.

Exercise can improve joint movement and keeps the bones and soft tissue in and around the joints healthy and viable. Swimming or water-based exercises are great for individuals who have weight-bearing issues.

*With chiropractic adjustments and acupuncture, we can help increase joint mobility and lower the amount of pain and swelling. We are also unique because we offer specialized adjustments for the hands, wrists, shoulders, hips, knees, and ankles – not all chiropractors are familiar with these procedures. At West U Wellness, we carry nothing but the highest quality vitamins and herbal analgesics on the market. These are products that can only be purchased by doctors and have shown tremendous benefit in those suffering from arthritis.*

## **Want to Get in Shape for Summer?**

**Lose unwanted pounds? Reduce High Cholesterol and Blood Pressure?  
Need help Controlling Diabetes?**

**Join Our 5 Week Doctor and Personal Trainer Supported “Get Fit Program”  
Sign-up today!!!**

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

**\*May is National Arthritis Month, and we are kicking it off this week with a Health Talk on Tuesday, April 26<sup>th</sup> at 6:00 pm.  
Join us for more information on Arthritis!**



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## April Calendar of Events

					1	2
3	4	5 Headache Health Talk	6 West U Walking Club 7:30 am	7	8	9 <b>Patient Appreciation Day</b>
10	11	12 Low Back Pain Health Talk	13 West U Walking Club 7:30 am	14	15	16
17	18	19 Carpal Tunnel Syndrome Health Talk	20 West U Walking Club 7:30 am	21 City of Houston Health Fair	22	23 <b>West U Wellness Open</b>
24	25	26 Arthritis Health Talk*	27 West U Walking Club 7:30 am	28	29	30

## May Calendar of Events

1	2	3 ADD/ADHD Health Talk	4 West U Walking Club 7:30 am	5	6	7 Houston Dragon Boat Festival
8 Mother's Day	9	10 Fibromyalgia Health Talk*	11 West U Walking Club 7:30 am	12	13	14 <b>West U Wellness Open</b>
15	16	17 Acupuncture Health Talk	18 West U Walking Club 7:30 am	19	20	21
22	23	24 Headaches Health Talk	25 West U Walking Club 7:30 am	26	27	28 <b>West U Wellness Open</b>
29	30 Memorial Day (Closed)	31 Low Back Pain Health Talk				

*\*May is also National Fibromyalgia Month, and on Tuesday, May 10<sup>th</sup> at 6:00 pm West U Wellness is hosting a Health Talk on Fibromyalgia with a special guest speaker, the President of the Houston Fibromyalgia Association!*

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# HEALTHY LIVING

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## **June Calendar of Events**

			1 West U Walking Club 7:30 am	2	3	4
5	6	7 General Nutrition Health Talk	8 West U Walking Club 7:30 am	9	10	11 <b>West U Wellness Open</b>
12	13	14 Acupuncture Health Talk	15 West U Walking Club 7:30 am	16	17	18
19 Father's Day	20	21 Headaches Health Talk	22 West U Walking Club 7:30 am	23	24	25 <b>West U Wellness Open</b>
26	27	28 Low Back Pain Health Talk	29 West U Walking Club 7:30 am	30		

*Dr. Sherman Yeager & Dr. Caroline Long are available to give free "stress management" lectures to a variety of groups. If you would like us to speak at your company or have us offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.*