

health & healing

Holiday Edition, 2001

Published by Brookdale Integrative Health

New Name...

We've changed our name! During 2001 we added some new techniques and services that we feel better meet the needs of our patients. As a result of our name change,

all forms, letterhead, signage, website, etc... needed to be changed. We'd like to thank our patient, Brad Calhoun, for the fabulous sign on our front door and DeMars Signs for our building signage;

Jake Her at the Hmong Internet for redesigning our website; and Brian Grondin and Michelle Jensen at Allegra Print & Imaging in Brooklyn Center for all of our printing needs.



Jessica Johnson
Age ??

**Brookdale
Integrative
Health**

Chiropractic • Acupuncture • Physical Therapy • Wellness

CRASH

Dr. Erickson Participates in CRASH 2001

In August, Dr. Erickson participated in CRASH testing in San Diego, CA. CRASH is an innovative research program where participants observe actual full-scale, human volunteer crash testing. Dr. Erickson was involved in first-hand experience with issues related to various types of crashes, occupant kinematics, and biomechanics.

Interesting highlights:

- Substantial impact occurs without bumper damage—up to 10 mph impact;
- An accident reconstructionist can only determine the speed of a crash within a range (i.e. 20–25 mph); and
- Injuries occur more due to lack-of-awareness while driving, individual physical characteristic (such as flexibility and strength of soft tissue) and bio-mechanics of the crash than the effect of speed of the crash impact.



Nice hat, doctor!



Dr. Erickson and Dr. Croft at the CRASH site.

Study participants include:

- Texas A&M University
- Spine Research Association of San Diego
- General Motors Automobile Manufacturers
- Chiropractic and Medical Professionals

After participating in the program, Dr. Erickson said *“this program was phenomenal...it showed the biomechanics of injuries commonly seen in our office and by improving our understanding of the factors involved in a MVC we hope to continue to improve the methods of treatment for our injured patients.”*

Conclusions:

Collision reconstruction in low-speed, rear-impact collisions without skid marks, vehicle deformation, and/or bumper isolator markings lacks the essential data to analyze a specific collision without hypothetically assuming certain critical elements. Collision reconstruction data as it pertains to a specific collision when deformation of a vehicle occur produces, at best, a range of possible speeds involved.

Human volunteer crash testing has inherent limitations in comparison to real-world crashes because the volunteers are typically aware of the impending collisions. There is no established injury threshold for cervical acceleration/deceleration injuries.

Turkey Tidbits



The heaviest turkey ever raised was 86 pounds.

Wild turkeys can fly for short distances up to 55 miles per hour and can run 20 miles per hour.

Male turkeys gobble. Female turkeys make a clicking noise.

Wild turkeys spend the night in trees...oak trees are a favorite.

The average North American eats almost 18 lbs. of turkey per year. Israelis eat the most turkey...28 lbs. per person per year.

Instead of the eagle, Ben Franklin proposed the turkey as the official bird of the United States.

Tree Tales

In 1834, Queen Victoria's husband, Prince Albert, brought the first Christmas tree to Windsor Castle, in London, England.

Oregon is the largest producer of Christmas trees in North America.

Christmas trees take 7-10 years to mature.

56 million new Christmas trees will be planted this year.

The first national tree was lighted on the White House lawn in 1923 by Calvin Coolidge.

Christmas trees have been sold in North America since 1850.



Chiropractic Proven Only Effective Treatment for Chronic Whiplash... says *Journal of Orthopaedic Medicine and Injury*

Over the last 10 years, a great deal has been written about whiplash biomechanics, but little study has been done on the treatment of whiplash injuries. As the authors of a new study write, "Conventional treatment of patients with whiplash symptoms is disappointing." The authors conclude "Whiplash injuries are common. Chiropractic is the only proven effective treatment in chronic cases."

Sources:
Khan S, Cook JCH, Gargan MF, Bannister GC. A symptomatic classification of whiplash injury and the implications for treatment. *Journal of Orthopaedic Medicine* 1999; 21(1):22-25.

Woodward MN, Cook JCH, Gargan MF, Bannister, GC. *Chiropractic treatment of chronic whiplash injuries.* *Injury* 1996;27:643-645

Our Wellness Program

Balancing our needs are so difficult in this day and age. Our levels of physical activity are decreased due to a higher commitment to work and our patterns of food intake involve an increase in processed foods. These factors (and many others) may impact our total health and emotional balance, which may explain the increase in feeling "stressed-out" so often.

We will assess your current health and wellness status and develop a personalized diet, nutrition and physical activity program based on your goals. The program depends on you—we have up-to-date protocols concerning acute muscle trauma, osteoarthritis, type 2 diabetes, hypertension, menopause, cholesterol (dyslipidemia) as well as recommendations for optimal health. Dr. Joel Pins, PhD, MS, MPH, LN, from the University of Minnesota, has joined our staff as a wellness consultant to provide you with state of the art knowledge and methods to achieve your health and wellness goals.



Our Dr. Buske and Dr. Joel Pins



To All of Our Valued Patients,

Thank you so much for your continued commitment to our clinic during a year of hectic remodeling. Everyone has been so accommodating during this process—we can't begin to express our appreciation. We look forward to a more quiet, yet exciting year ahead serving your individual health needs.

On behalf of all of us at Brookdale Integrative Health—we wish you a peaceful and joyous holiday season. The artwork in this newsletter has been drawn by several of our employees' children for you, hope you enjoy!



Trisha Yang, Age 11

Josh Yang, Age 9



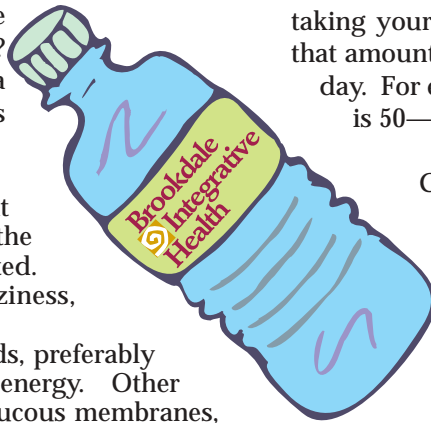
What's New in 2002

- Continued Proficiency in treating Motor Vehicle Crash Injuries
- Launching our Wellness Program
- Pilates Therapy in our PT Department
- Launching an Integrated Women's Health Program
- Scoliosis Screening and Treatment
- Focused on Cultural Competence

Hydration Status...How Much Water Should I Drink?

Today I'd like to spend a few minutes talking about the importance and benefits of proper hydration. You have probably heard or read that water intake and proper hydration is important. But do we really need to have all that water? Definitely, positively YES! Here are a few key points I highlight with patients about hydration:

- By the time you are thirsty and want something to drink, it's a sign that the dehydration process has already started.
- Mild dehydration may cause dizziness, headaches, and muscle tightness.
- Proper intake of non-caffeinated fluids, preferably water, can actually give you more energy. Other benefits include: healthy skin and mucous membranes, and it is essential for the utilization of water soluble vitamins.
- Hydration needs vary from person to person, mostly due to body size.
- A repeat pattern of weight loss via dehydration or fluid loss will adversely affect internal body functions and is considered a serious health issue.



Baseline for Intake

by Dr. Sara Reiser

Our baseline for a healthy intake of non-caffeinated fluids on a daily basis is easily determined by taking your body weight and dividing it by 2...then, drink that amount of water or non-caffeinated fluids in ounces per day. For example if you weigh 100 pounds, divide 100 by 2 is 50—50 ounces is a little over 6 cups per day.

Caffeinated products, such as coffee and sodas, and alcohol deplete our hydration status. There is no good scientific marker to tell us how much water we need to help hydrate following intake of these fluids to replenish hydration—we recommend drinking 8 ounces of water per cup of caffeinated product or alcohol consumed.

Following Therapeutic Massage and Exercise

It is very important to drink water following a massage or workout. It works to remove “free radicals” and other muscle waste products that are released during a massage or exercise session.



Megan Lutz, Age 7

Looks like big sister may have inspired brother?



Matt Lutz, Age 4

Dr. Lutz Attends Scoliosis Training

In November, Dr. Lutz attended a training program concerning the innovative Scoliosis Treatment Recovery System (STRS). This system offers an alternative to traditional scoliosis treatments. By following this program, patients have had noted improvement when other treatments have failed. It is beneficial to have children screened for early detection and treatment of scoliosis. Schedule an appointment today for a screening and to receive more information about scoliosis and our screening process and treatment through SRTS.

Roasted Vegetables

A Low-Glycemic Recipe—That Tastes Good

This recipe works for just about any vegetable, either alone in combination. To make this a “good carbohydrate” recipe use asparagus and broccoli. Softer vegetables, such as tomatoes and zucchini, will need a little less time.

Ingredients

- 2 bunches of asparagus or broccoli, woody ends trimmed off and discarded
- 1 to 2 tablespoons olive oil
- 1 teaspoon of kosher salt
- 1/2 teaspoon of black pepper
- 1 to 2 tablespoons of fresh herbs, such as rosemary, basil, oregano, thyme and/or sage

Preheat oven to 425-450 degrees.

Place the vegetables on a large baking sheet and sprinkle with the olive oil, salt, pepper, and herbs. Place in oven and roast until the vegetables are well browned and tender, about 40-50 minutes.

Serves 4

Enjoy!



Jake Spoolman Age 6

Jake age 6

Humm? Another case of big sister influencing younger brother!



Allison Spoolman Age 8

Department Directory

Chiropractic Department

Kent Erickson, DC, Clinic Director
 Dave Lutz, DC, Director of Chiropractic
 Sara Reiser, DC
 Danielle Buske, DC

Physical Therapy and Massage Therapy Department

Steve Spoolman, RPT

Patient Services Department

Amy Perunovich

Billing/Insurance Department

Amy Perunovich

Interpreting Services

Kay Lee, Hmong and Laotian
 Mai Vue, Hmong



Garfield... "Star Sleeper"

According to the National Heart, Lung and Blood Institute most kids need 9 hours of sleep every night! The National Center on Sleep Disorders has teamed up with Garfield-the Star Sleeper-to get out the word about the importance of kids getting enough sleep. Their motto is "Sleep Well. Do Well."



Hannah Perunovich, Age 9



Nick Perunovich, Age 6

We love patient referrals...thank you so much for your continued support of our clinic. We appreciate it!

**New Insurance office
 Direct Line
 763.561.6010**

Contact Us At:
 Brookdale Integrative Health
 5740 Brooklyn Boulevard, Suite 100
 Brooklyn Center, MN 55429

General Line: 763.561.4045

Insurance Office: 763.566.6010

Facsimile: 763.561.8690

Patient Services: info@brookdalehealth.com

Billing/Insurance/Records: aperunovich@brookdalehealth.com

Doctor Inquiries: kjerickson@brookdalehealth.com

Website Address: www.brookdalehealth.com

