

THE AZNAR ARTICLES

A Quarterly Publication from the Desk of Dr. Aznar

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DOCTOR'S CORNER: Crisp, clear and cold. This was the best description of the air and the morning as I stood at the top of the sledding hill. We had just received 8 inches of heavy snow with the storm and my kids had talked me into taking them and the dog for a sledding adventure. The last time we had gone the year before, I had nearly broken my back, or so it felt, when I hit a jump and landed.

I was sitting up on a disc sled while zipping down the hill and hit a small jump, something I had watched my kids do over and over. But when it was my turn, I handled it with all the grace of a walrus on the beach and tumbled over without any pretense of awesomeness. What really defined that moment was that I started the run with the exuberant yell of a ninja warrior and ended the run laying on my back seeing stars and wondering if my body was in pieces. I hadn't landed very wrong or hard, but I felt like somebody had kicked my back from the inside out. It took a few minutes, but I was able to get up and move again, although it was while before I stopped looking like a bent over old man. So, there I was a year later (and a year older) and again at the top of the hill. I had flashbacks of a patient of mine who slipped and fell, landed on her rear and suffered 6 compression fractures in her spine. She was not functional and in pain for 6 months. She was also 76 years old and quite osteoporotic. I have another patient who was riding his snowmobile and didn't see a 30 ft cliff and fell off, sled and all. He suffered a compression fracture of his mid back too and he was in his late twenties.



Two very different ages and mechanisms of injury, but the common denominator was a broken back and a graphic visual that I couldn't get out of my mind as stood at the top of the hill.

I set up the boys on their sleds over and over, helping them hold the dog on their laps as they went, or giving position tips or steering advice, but never getting on a sled myself. By the time we were ready to go home, I hadn't done one run. The ninja warrior in me had gone to sleep and I was okay with it. My back was feeling pretty good and I wanted and needed it to stay that way. All the way home I felt conflicted as I couldn't decide if my playing it safe was cowardly or wise.

I have a patient who is 40ish and has been stuck in a desk job for about two decades. The desk job matters to this story because it helps us understand how much immobile jobs can affect us. She has 2 young energetic kids. One evening, her kids talked her into some simple gymnastic moves, things she hadn't done since she was a little girl. She de-

scribed doing a somersault the same way I described my latest sledding adventure: spectacularly unathletic! Those decades of immobility suddenly caught up to her and ended up hurting her neck and upper back. It took about 3 weeks and 6 treatments to get her back to normal and I consider her lucky given what I found in my exam on her initial visit.

I have another patient in her late 40's who decided it would be a good idea to go roller skating, even though she hadn't done it in over 20 years. It was a family party, her kids really wanted her to go out on the rink with them and she used to do it all the time... we all rationalize our way into or out of many things right? You can imagine how this story ends: "no bueno" with a sprained hip, sprained neck and the pièce de résistance, a broken wrist. Obviously, I could nothing about the arm, but I spent months working on her neck and hip. Today, she is pretty close to back to normal, but she still admits problems with her wrist, hip and neck.

Another patient of mine who has a history of low back pain (disc herniation) was having some back pain that he had grown accustomed to. He usually got it once or twice a year. It just so happened that he needed to adjust the tongue of a heavy trailer he was trying to mount to the back of his truck. We don't know what would have happened if his back wasn't sore prior to lifting that trailer tongue. What happened was he lifted really hard and successfully mounted the trailer on the hitch, but almost crumpled with back pain in doing so. His legs went weak, which later evolved into shooting pain and had major back spasms. It took a couple of months of therapy with me to get him back to what he was before that episode. Again, we were fortunate to avoid more significant and invasive procedures.

As they say, hindsight is 20/20. I have no doubt that if any of these 3 patients of mine could, they would go back in time and stop themselves before making that bad move. Of course, that's how we learn; by experience. So after some thought on my own decision to skip the sledding runs, I would like to think it was the right move. So now to apply that kind of wisdom to the rest of my world. □ -Dr. A

DIET GEM:

Should You Try a Plant-Based Diet?

In this study, researchers observed that participants who consumed a vegetarian meal experienced an increase in beneficial gastrointestinal hormones involved in the regulation of glucose metabolism, insulin secretion, energy homeostasis, satiety, and weight management. Study author Dr. Hana Kahleova adds, "The fact that simple meal choices can increase the secretion of these healthy hormones has important implications for those with type 2 diabetes or weight problems... This study adds to the mounting evidence that plant-based diets can help manage and prevent type 2 diabetes and obesity." *Nutrients*, January 2019. While many of us cannot imagine a life without a meat protein with every meal, this article adds to the testimony of countless research articles supporting the idea that the vast majority of us need to add significant amounts of vegetables and fruits in place of refined "foods" in our diets. - Dr. A

CHIROPRACTIC:

Doctor, what did I do to my neck? This is a question I get almost every day. Cervical radiculopathy is a condition characterized by pain, numbness, or weakness in the neck that goes down one or both arms. Questionnaires completed by 122 cervical radiculopathy patients found that *one third* recalled their symptoms started following a specific physical activity or trauma while *the remainder* said their cervical radiculopathy began without an inciting event. This study illustrates the reality that in most cases, patients cannot isolate a specific cause for their presenting complaint. Often, the cause is cumulative in nature, making the determination of causation difficult to impossible (PM & R, January 2019). This study validates what I have been teaching my patients for years. A patient will come in with neck pain, can barely turn their head, and sometimes have shooting pain into an arm. Inevitably I will hear, "I must have slept wrong". The reality is that the stress of life: bad posture, emotional stress, repetitive positions or movements, etc. are the biggest culprits. Teaching how to handle these stressors ends up being one of the most important aspects of my job □ -Dr. A

Patient Spotlight

Tamsyn Pogue of Vineyard

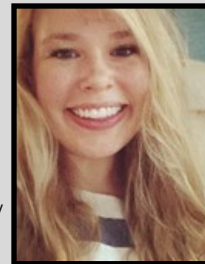
A car accident in late 2011 left me with lingering back pain that my sedentary job only made worse because I carry much of my stress in my neck and shoulders. I'd become so tight that just moving my upper body was sometimes painful.

I doubted a chiropractor could make much difference but my shoulders were so miserable and achy I decided to see one anyway. After my first appointment I felt so good! I could move and bend. The aches were gone and I felt the tension and stress removed from my body. I vowed that I would never allow myself to get that bad again! Nothing beats a really good adjustment!

Dr. Aznar's explanations of my condition help me maintain my health. He's always pleasant and knows exactly the areas I need treated. Visiting his office makes my day. His staff are genuinely friendly and caring. I love visiting them. Jenny has a special ability to accommodate my crazy schedule. I adore her and Shanna. The massage therapists bring me thirty minutes of heaven every time I come for an adjustment. The office is clean and welcoming. I love that every appointment feels like a visit with good friends, a heavenly massage and an adjustment altogether. Triple win!

I try to visit at least every three weeks to avoid falling back into bad habits from the nature of my work. Longer than three weeks and my neck and shoulders get too tight and I'm not living my best or happiest life. The difference with Dr. Aznar's office is that their interest in me extends to my life and family. They ask about my children, my day, my summer, everything. They show genuine interest and care. They take time to visit with me, laughing and having fun. I love all of Dr. Aznar's staff.

Originally from Cape Town, South Africa, I came to the USA in 2005 to pursue my higher education. I met my husband, married, settled down and have three beautiful children, Lara(7), Orrin(3) and Isla(1). I've lived here for nine years after living in Florida, New York, Maryland, Idaho and Washington. I'm blessed to work from home as a customer care specialist for <http://lane.com> allowing me to be with my children. Working and mothering full time simultaneously is a challenge, but I am grateful to enjoy the best of both worlds. The company is very supportive of both my roles but it's stressful at times, which is why I'm glad Dr. Aznar and his staff.



BANANA OATMEAL CHOCOLATE CHIP COOKIES

Bake 350* for 7-9 minutes (Double Batch)

2 TBS Chia in 1/3 Cup water, let soak. Set aside.

1/2 Cup Ground Flax (blend in Blender until fine powder)

2 Cups ripe bananas

1 1/2 Cups Raw (turbinado) sugar

(Add Chia last)

3 Cups groat flour (use 2 cups steel cut oats, blend in Blender until fine powder, makes 3 cups)

1 tsp Baking Soda

1 tsp Salt

2 tsp Cinnamon

1 tsp Cloves

4 Cups Old Fashioned Oats

1 Cup Chopped Walnut, Pecan or raw Pumpkin Seeds (I add nuts and Pumpkin seeds)

1 Cup Chocolate Chips

-Combine first 5 ingredients in mixer, adding Chia last. Mix until almost smooth.

-Combine next 5 ingredients in separate bowl. Whisk together. Add dry mixture to banana mixture. Mix.

-Add Old Fashioned Oatmeal, 1 Cup at a time. Batter will be stiff. Add nuts & Chocolate Chips. Place close together on cookie sheet. Cookies will not spread much. Press down each cookie.

Makes about 6 dozen.

Welcome New Patients:

Farrell B. Joe M. Jordan C. Matias F. Cynthia R. Wendy P. Jeff R. Dabbling Family Madison J. Holden F. Gemma W. Bowdry R. Jared R. Raysha R. Sarah M. Kelsey Y. Daniel P. Mary L. Don R. Derek C. Ezra P. Ken L. James W. Rachael R. Kamae N. Joseph N. Ty R. Jacob M. Justin C. Adam P. David S. LuAnn B. Brandon H. Tobin C. Madiera R. Michelle L. Krista H. Kaden L. Braxton R. Kelli K. Elizabeth H. Michael N. Kathleen B. Neriah P. Marie W. Carlos U. Beverly L. Buffy H. Rixton B. Richard O. Gary H. Mark E. Peggy G. Kari G. Kari N. Karen S.

Thank You For the Referrals!

Tawni B. Angela B. Jamie B. Insurance Arden L. Cindi R. David K. Neta P. Heath C. Ruth Ann W. Karen E. Rachel H. Mrs. Bills Lisa J. Megan E. Medicaid Diane J. Kirk S. Rose P. Jen V. Paul T. Todd S. Provo Canyon School Kyle P. Janelle S. Candice C. U.H.C. Bruno T. D.N.B.A. *Insurance Co. Shantell Dr. Jenkins Brian B.

Gift Certificate

Helping others is the hallmark of our business. Help us find those who need our help by giving this portion of the newsletter as a gift to a family member, friend, or other loved one. This gift certificate entitles your family member or friend to a *free consultation, examination, and 30-minute massage*. This offer is only valid to friends and family of the patients of Aznar Family Chiropractic. This certificate is sincerely intended to help someone discover if chiropractic care can benefit him or her. There is no obligation. Call 801-221-7012 to schedule the appointment and mention this certificate!