

OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Shirley, Dr. Choate, Dr. Altringer, & Dr. Smith

Focus on Prevention This Father's Day

Father's Day is a time to honor and celebrate fathers. It's also a day for dads to consider what it means to be a father and how that responsibility can be used to keep families happy and healthy. If you're a father, big brother, uncle or other male caregiver, your doctor at Spinal and Sports Care Clinic urges you to take this opportunity to examine your position as a wellness role model.



A positive male role model has the ability to make a powerful impact on the health of the children looking to him for guidance. But who can he look to for guidance in forging a healthier life for those children? Your doctor at Spinal and Sports Care Clinic! Read on to learn a simple but highly effective formula for making wellness a family priority.

Prevent Health Problems

What "health-care attitude" are you teaching your children? One of the most valuable lessons a father can

impart to his children is to focus on prevention when it comes to staying healthy.

This may sound like common sense, but it means battling the traditional "sick-care" model of health popular in today's society — a system that focuses on the symptoms of disease rather than the underlying causes. The good news is that this antiquated system is slowly being replaced by a more personal, wellness-oriented approach. And, your doctor at Spinal and Sports Care Clinic is on the forefront of this health-care revolution!

Do you wait until your children develop painful cavities before taking them to the dentist? Of course not. So why put off chiropractic checkups?

Emphasizing prevention means taking advantage of chiropractic care to keep your entire family at peak performance, not just to quell pain when injury occurs. Encouraging your children to keep regular chiropractic checkups is key to ensuring that they achieve optimal health.

Doctors of chiropractic promote healthful lifestyle behaviors early, teaching children and adolescents how to prevent illness down the road. According to research, habits established when young avert "common public health problems such as musculoskeletal disorders, cardiovascular disease, and depression." (*J Manipulative Physiol Ther* 2009;32:603-5.)

And, using data from the National Health Interview Survey of 31,248 adults, researchers discovered that chiropractic patients "were more likely to be physically active ... and less likely to be obese ... than non-chiropractic patients." (J Manipulative Physiol Ther 2009;32:414-22.)

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The Spinal Connection

As a wellness advocate, your doctor at Spinal and Sports Care Clinic can help your loved ones avert future illness. Specifically, regular chiropractic checkups will ensure your youngsters' spines are properly aligned and free of **vertebral subluxations**, dysfunctional areas in the spine where movement is restricted or bones (vertebrae) are out of alignment.

Vertebral subluxations are linked with a myriad of conditions, including headaches, back pain, ear infections and poor posture.



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Spinal

The doctor uses gentle, safe and effective maneuvers called *chiropractic adjustments* to restore motion and alignment to the spine and correct vertebral subluxations.

Think of Your Body as a Car

Dr. Scott Bautch, past president of the Occupational Health Council for the American Chiropractic Association and a practicing chiropractor in Wausau, Wisconsin, likens preventive care to having the front end of a car aligned.

“When a car is out of alignment the parts wear wrong,” he said. “To get the most miles out of your body that you possibly can, you want to make sure it is working as efficiently as it can. And if you are abusing it and really pushing your body, it becomes even more important.” (*Patient Education Management* 2003;10:9.)

When was the last time you had a chiropractic checkup? If it’s been longer than you care to admit, don’t hesitate: call our office today and make an appointment.

Discourage Drugs

Are you giving your children a “mixed message” about drugs? Many fathers and other role models tell children about the dangers of drugs but then pop over-the-counter (OTC) painkillers like they are candy.

Sure, OTC medications may not be as dangerous as illegal drugs. However, indiscriminate use of painkillers implies that drugs are “no big deal” and are an ideal solution to most health problems. When parents and other caregivers use drugs as their first line of defense against discomfort, their children learn to cover up symptoms of disease — rather than focusing on prevention.

This Father’s Day, make a commitment to your children’s health by limiting your family’s use of OTC medication. Instead, look to chiropractic as

a natural — and safer — alternative.

This Father’s Day Get A Family Chiropractic Checkup

The old adage “children learn by example” is certainly true when it comes to wellness. Researchers tell us that youngsters tend to follow their parents’ health-care patterns. Overeating, drug abuse and inactivity all run in families. However, these habits usually aren’t inherited; they are learned.

Father’s Day is the perfect time to re-evaluate the health habits you are teaching your children and vow to be an exemplary model of wellness.

Being a wellness role model is challenging, but it is also extremely rewarding. And, you’re not alone. This chiropractic office is dedicated to

building a healthy community one family at a time. In fact, we focus on taking care of families. So, talk to the doctor about special family programs and family events. And family members, don’t forget to inquire at the front desk about our special gift certificates for dads!

Most importantly, schedule an appointment for a family checkup today. After all, what’s a more precious Father’s Day gift than a healthy family?

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