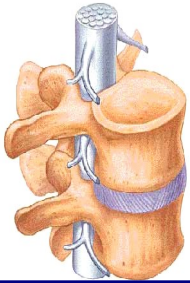


# Wellness News You Can Use

## Inspiring Health and Wellness

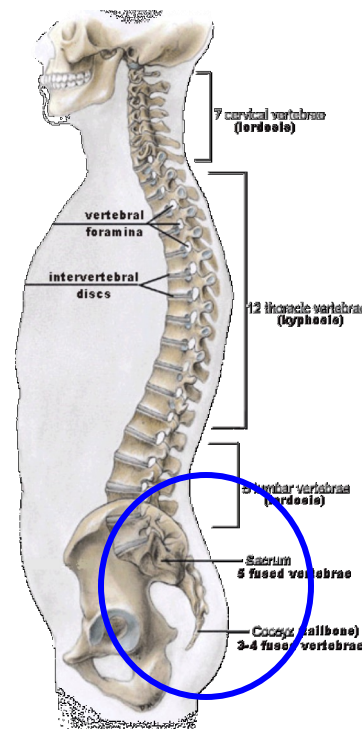


### Inside this issue:

Doctors Corner	1 & 2
January is Cervical Cancer Awareness Month	1
Patient testimonial	2
Mission Statement	2

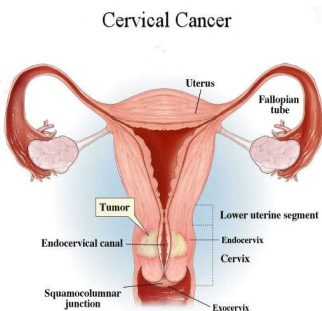
## DOCTORS CORNER...

**Dear Patients,** January is Cervical Cancer Awareness Month, so I wanted to share some of my thoughts about the disease with you. You can get HPV (human papillomavirus) by having sexual contact with someone who has it. There are many types of the HPV virus. Not all types of HPV cause cervical cancer. Some of them cause symptoms, but other types may not cause any symptoms. You can have HPV for years and not know it. It stays in your body and can lead to cervical cancer years after you were infected. This is why it is important for you to have regular Pap tests. A pap test can find changes in cervical cells before they turn into cancer. Spinal Levels involved with this anatomy are S2, S3 and S4 (region circled). Organs they supply power too are the Perineum, vulva, Lower and upper vagina, **Cervix and Low Uterus**, Posterior Urethra, Trigone, Lower ureter and Rectosigmoid colon.



**Dr. Joseph Chisari**  
Family Chiropractor

Fryeburg Chiropractic Clinic  
*Increasing Life Expression  
and Potential*



## Cervical Cancer Awareness Month

The American Cancer Society's estimates on cervical cancer rates in the United States for 2013:

- About 12,340 new cases of invasive cervical cancer will be diagnosed.
- About 4,030 women will die from cervical cancer.

Some researchers estimate that non-invasive cervical cancer (carcinoma in situ) occurs about 4 times more often than invasive cervical cancer.

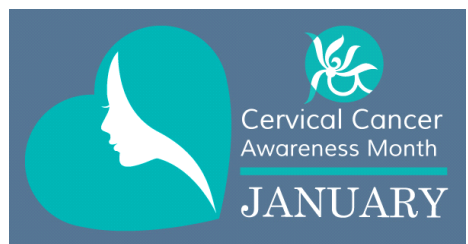
Cervical cancer was once one of the most common causes of cancer death for American women. Then, between 1955 and 1992, the cervical cancer death rate declined by almost

70%. The main reason for this change was the increased use of the Pap test. This screening procedure can find changes in the cervix before cancer develops. It can also find cervical cancer early – in its most curable stage. The death rate from cervical cancer has been stable in recent years.

Cervical cancer tends to occur in midlife. Most cases are found in women younger than 50. It rarely develops in women younger than 20. Many older women do not realize that the risk of developing cervical cancer is still present as they age. More than 20% of cases of cervical cancer are found in women over 65. However these cancers rarely occur in women who have been getting regular tests to screen for cervical cancer

before they were 65.

In the United States, Hispanic women are most likely to get cervical cancer, followed by African-Americans, Asians and Pacific Islanders, and whites. American Indians and Alaskan natives have the lowest risk of cervical cancer in this country.



**Continue from page one: DOCTORS CORNER...**

The function of inborn intelligence is to adapt physical matter (the body) in a constructive manner. Organization points to having a control center, in the human body the Brain and Nervous System are considered that control center. Perfect adaptation by the body depends upon perfect control by innate intelligence. The body has physical and chemical changes that effect it's internal environment. An example of this is when you or I are exposed to a virus or invasive bacteria. Innate intelligence becomes active trying to recognize and survive the infection. Therefore, proficiency in ascertaining this information by our innate intelligence is a key function of the body. Although many of the alternative methods for treating cancer have been with us for years, these approaches have achieved major clinical breakthroughs and have moved into wider public awareness only within the past 20 years. Chiropractic care can become an important part of your healing process and can contribute to your wellness. Chiropractors treat and alleviate bone, muscle or joint pain without the use of drugs or surgical treatment. Chiropractic uses a non-invasive, manual procedure to manipulate the joints of the body, particularly of the spine. Chiropractic treatment can relieve pain and stiffness in your joints and muscles caused or intensified by surgery, chemotherapy or radiation therapy. A chiropractic adjustment helps to properly align the spine and other joints and restore nerve function. It can also help alleviate a variety of symptoms, including nausea and neuropathy (pain or numbness in the hands and feet) Chiropractic care can also reduce stress and increase mobility, flexibility, strength and function, as well as helping improve your overall well-being.

Yours in health,

*Dr. Joe*

**Patient testimonial:**

*“About 10 years ago, my doubles partner was unable to participate in the Maine Senior Games Tennis Tournament. I was 74 years old and decided to take my last shot at playing singles. Two weeks before the senior games, I developed a problem with my lower back and made an appointment with Dr. Joe Chisari, who had recently opened a new chiropractic office in Fryeburg. After an examination, he very confidently told me he could make me as good as new for the games. I wondered how this could be done in two weeks. Suffice to say, he was right!”*

**About Fryeburg Chiropractic & Wellness Center**

At Fryeburg Chiropractic & Wellness Center, we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultation and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthier bodies, and minds through our supplement line, exercise and fitness products, and educational material. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information please contact us at 207.935.3500 or stop by our office at 568 Main Street in Fryeburg or visit our web site at [fryeburgchiropractic.com](http://fryeburgchiropractic.com).

**Our Mission Statement:**

Continuously providing Chiropractic service and wellness care. Having a true understanding of both, with uncompromising personalized service, increasing life expression and potential.

Our lasting purpose is helping you and your families express and maintain complete health naturally, without drugs, without surgery, by correcting subluxations. Helping you maintain your overall wellness, bringing new vitality to your life.

FRYEBURG CHIROPRACTIC  
**WELLNESS**  
CENTER

Fryeburg Chiropractic & Wellness Center  
568 Main Street  
Fryeburg, Maine 04037  
Phone 207.935.3500  
[fryeburgchiropractic.com](http://fryeburgchiropractic.com)