

Wellness News You Can Use

Inspiring Health and Wellness

DOCTORS CORNER...THE END GAME.



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~
Fryeburg Chiropractic
Clinic

Increasing Life Expression
and Potential

Dear Patients,

I have been recently asked by a friend whether or not it's possible to discontinue blood pressure and cholesterol medication. For many patients it is possible to safely discontinue medication, yet for some it is not. Let's talk about cholesterol first. High cholesterol levels have a direct impact on your risk of heart attack and stroke, so you don't want to make a hasty decision. Can exercise and diet lower your cholesterol enough? There is no doubt that a healthy lifestyle helps lower cholesterol. The question is whether it can lower your levels enough -and that depends on how high your levels are and what your doctor has set as your goal. Your medical doctor will prescribe a statin if they feel that medication is needed to lower your cholesterol. Statins quickly reduce the LDL and boost HDL. Like any medicine, statins can interact with other medicines you take, and they can have

side effects. Patrick McBride, MD, MPH, director of the cholesterol clinic at the University of Wisconsin School of Medicine states that the overall risks of taking statins are very low--lower than the risks from taking two aspirin a day. If you are not sure why your medical doctor prescribed statins to lower your cholesterol, ask at your next appointment.

*Why do you think I need a statin?

*What will it do for me?

*Based on my specific health, what might I gain from taking one and what are my risks?

*Could a statin interact with any medicines or supplements I am taking?

*When will I know if this drug is working?

*Can I take a supplement

instead of-or along with-a statin to lower my cholesterol?

*What supplements or treatments will ease side effects?

Are there other options? Yes. Some people take supplements along with statins, or—if their cholesterol isn't too high--instead of them. There's good evidence that some supplements can help cholesterol levels. Fish oil can lower triglycerides by up to 50% and improve HDL levels. People in most studies showing a benefit have taken 1 to 4 grams of fish oil a day. Sterols and stanols are available in supplements and are also added to foods such as orange juice and yogurt. These can lower LDL by up to 15%.

The top five foods to lower your cholesterol and protect your heart are: oatmeal, fish, nuts in moderation, olive oil, and other foods with sterols and stanols.

Discontinuing Medication

Is it safe and possible to discontinue medication? For many patients, the reality is that it is possible to safely discontinue any medication. According to Dr. Michael D. Banov, medical director of Northwest Behavioral Medicine and Research Center in Atlanta, "Timing is everything". Dr. Banov states, just because someone wants to stop taking their medicine doesn't mean they're actually ready.

For many patients, a dedicated program can indeed ultimately lead to normalized blood pressure that does not require medical management. Pinpointing the right time can be difficult. Generally, if your blood pressure has been within the target treatment range for longer than six months and you've shown dedication to maintaining your current program, it might be time to talk about doing a "no meds" trial.

Some people just have blood pressure that is harder to control. If you're one of these people, don't be discouraged. Studies have shown that exercise and weight loss are even more important for you, so you're getting extra benefit from your efforts.

If you are thinking of discontinuing your medication, consult with your prescribing physician.

"Obstacles are those frightful things you see when you take your eyes off the goal."

Henry Ford



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What about red rice yeast? It is used to reduce cholesterol in people with high cholesterol. The active ingredient in red rice yeast is the same as the active ingredient in prescription drugs used for high cholesterol. In addition to changing your diet, keep in mind that making additional heart-healthy lifestyle changes are key to lowering your cholesterol. Exercising, **quitting smoking** and maintaining a healthy weight can help keep your bad cholesterol levels low. Let's shift gears and talk about blood pressure medication. Exercise, weight loss, healthy eating, and **abstinence from tobacco** are all vital steps in controlling high blood pressure and improving your overall health and lifespan. By starting a few new food habits, including watching portion sizes, you may be able to lower your blood pressure and reduce or eliminate blood pressure medication you currently require to control high blood pressure. A high-sodium diet increases high blood pressure in many people. In fact, the more you are willing to experiment and monitor the different levels of sodium that you ingest, the day before measurement, the more likely your daily blood pressure measurements will be controllable. Potassium, magnesium, and fiber may help control blood pressure. Stick to whole veggies for sources of these minerals. DASH is an eating plan with it's focus on fruits, vegetables, whole grains, fish, poultry, nuts, legumes, and low-fat dairy. These foods are high in key nutrients such as potassium, magnesium, calcium, fiber, and protein. The DASH diet can lower blood pressure because it has less salt and sugar than the typical American diet. If you have made these changes, you're increasing the probability of enjoying a longer, higher quality life and your blood pressure should show positive changes as a result. If you've been reducing weight and exercising for a year or more, keep beginning the journey to better health and a better world for you and your family each day. Remember, this is a lifestyle, not a quick fix that you've chosen. Don't give up! Any elevation in blood pressure above normal levels is associated with an increased risk of heart attack and other cardiovascular problems. It is my opinion that we should constantly continue treating chronic illnesses by all means available. I'm grateful for everyday. I know you are too. Our daily choices to care for the body move us closer to health rather than sickness. The body has an amazing ability to heal itself under the right set of circumstances. Please discuss any "no meds" trial with your prescribing physician. **Thank you. Dr. Joe Chisari**

Patient testimonial:

"Coming to Fryeburg Chiropractic has been a great experience for me. Getting an adjustment allows me to get through my day comfortably, not worrying about my physical pains or discomforts. The friendly personalities of the Doc and his team set me up for a great day!"
R.L., Denmark

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.

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.



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