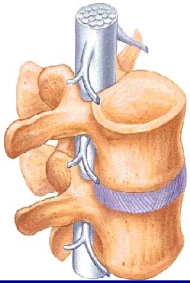


**Wellness News
You Can Use**

Inspiring Health and Wellness



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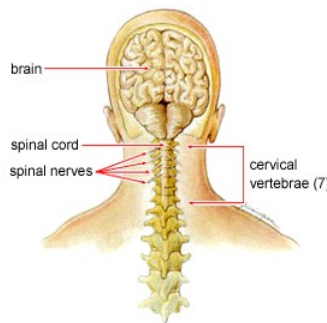
Know the warning signs of a stroke **ACT FAST**

- F**ACE: Is one side drooping?
- A**RMS: Can you raise your arms?
- S**PEECH: Are words slurred?
- T**IME: Time is critical.

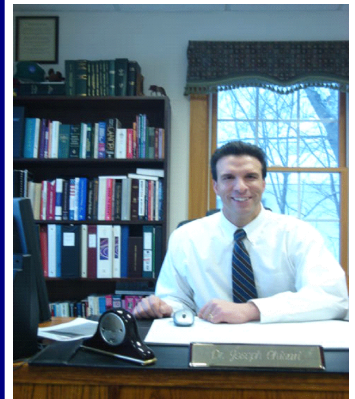
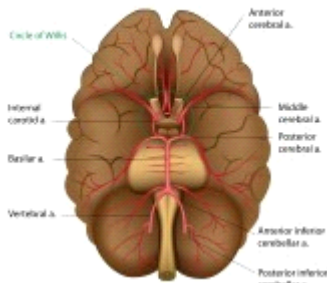
DOCTORS CORNER...

Dear Patients,

This month I would like to talk about stroke awareness. Stroke is caused by a lack of blood supply to a portion of the brain, which causes that portion to die within just a few minutes. This lack of blood supply, also known as ischemia, results in long-term neurological effects because the cells in the brain may not regenerate. You may ask yourself, is there risk of stroke from neck adjustments? According to the American Chiropractic Association (ACA), neck adjustment is a remarkably safe procedure. Although some reports have associated upper high velocity neck adjustment with a certain kind of stroke, or Vertebral Artery Dissection (VAD), there is not yet a clear understanding of the connection. While we don't know the actual incidence of stroke associated with high velocity upper neck adjustment, the occurrence does appear to be rare, based upon the clinical reports and scientific studies to date. The Chiropractic profession is actively researching stroke and neck adjustment and available safe alternative conservative treatments.



Blood Supply of the Brain



Dr. Joseph Chisari
Family Chiropractor

Fryeburg Chiropractic Clinic
Increasing Life Expression
and Potential

American Stroke Awareness Month

Every 40 seconds, someone in the United States has a stroke. In 2008 alone, more than 133,000 Americans died from stroke—or one person every four minutes—making it the fourth leading cause of death in the United States. A stroke, sometimes called a brain attack, occurs when a blockage stops the flow of blood to the brain or when a blood vessel in or around the brain bursts. Although many people think of stroke as a condition that affects only older adults, strokes can and do occur in people of all ages. In fact, nearly a quarter of all strokes occur in people younger than age 65. Each year, almost 800,000 strokes occur in the United States. Strokes often lead to serious, life-changing complications that include:

- Paralysis or weakness on one side of the body.
- Problems with thinking, awareness, attention, learning, judgment, and memory.
- Problems understanding or forming speech.

- Difficulty controlling or expressing emotions.
- Numbness or strange sensations.
- Pain in the hands and feet.
- Depression.

Demographic factors such as family history, age, sex, and race/ethnicity can all play a role in an individual's stroke risk. Regardless of your background, however, there are several things you can do to lower your chances of having a stroke.

For example, cigarette smoking contributes to one in every five strokes in the United States. Smoking—and even exposure to second-hand smoke—can thicken the blood and make it more likely to clot. Thicker blood flow can lead to increased plaque buildup in your arteries and damage to the blood vessels leading to the brain, which can cause or worsen a stroke. So, quit smoking—or better yet, don't start. According to the CDC, Centers for Disease and Control Prevention, besides quitting smoking other factors can lower your

risk for a stroke. There are some preventative measure that we can take to prevent cardiovascular disease, including stroke, and contribute to overall health:

- Exercise regularly.
- Eat a healthy diet that's low in sodium.
- Maintain a healthy weight.
- Prevent or control diabetes.
- Limit your alcohol intake (fewer than two drinks per day for men, or one drink per day for women).



Continue from page one: [DOCTORS CORNER...](#)

It has also been suggested, for example, that sudden severe upper-neck pain and/or headache, which may indicate a pre-stroke condition, could cause someone to visit a Doctor of Chiropractic. In addition, some regular everyday activities, such as stargazing, rapidly turning the head while driving, and even having a shampoo in a hair salon may cause aneurysm of the neck arteries, widening of an artery resulting from the weakening of the artery walls, resulting in stroke. These events remain very difficult to predict. If you are visiting your Doctor of Chiropractic with upper-neck pain or headache, be very specific about your symptoms, so that he or she can provide the safest and most effective treatment, even if it involves referral to another health care provider. There are various head and neck positions and forms of joint movement. Depending on your clinical condition, joint mobilization, therapeutic exercise, soft-tissue techniques, and other therapies can also be recommended. If the issue of stroke concerns you, do not hesitate to discuss it with your Doctor of Chiropractic. So how do I screen my patients? Today I use a patient's past medical history and their family medical history to determine risk factors and as well, I always check blood pressures on both arms. Most patients ask me why? I feel that the best answer is a direct citation from the British Medical Journal (BMJ) publication entitled *The difference in blood pressure readings between arms and survival: primary care cohort study* that was published March 20, 2012. "An interarm difference in systolic blood pressure of 10 mm Hg or more or 15 mm Hg or more predicts reduced mortality and event free survival over 10 years in people with hypertension in primary care. This study supports the potential value of an interarm difference as a simple clinical indicator of increased cardiovascular risk. Assessment of blood pressure in both arms is recommended by guidelines and should become a core component of initial blood pressure measurement in primary care. Detection of an interarm difference should prompt consideration of further vascular assessment and aggressive management of risk factors." I look forward to any questions that you may have on this subject. Chiropractic care remains one of the safest and one of the most valuable forms of healthcare today.

Dr. Joe

Patient testimonial:

I have been with Dr. Joe for a year now and have found him professional. Family man working for your help. He has got me back in line and I feel great. A real family oriented business service, with easy payment plans that work for you. Thank you Dr. Joe.

P.W. Fryeburg

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.

FRYEBURG CHIROPRACTIC
WELLNESS
CENTER

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