



Optimum Health

A Newsletter from JANZEN & JANZEN CHAMPION CHIROPRACTIC (408) 379-0133 June 2008

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“Be civil to all; sociable to many; familiar with few; friend to one; enemy to none. - Benjamin Franklin

The Future of Back Surgery... Going Artificial??

I think everybody by now knows that fusing your spine together (old school spinal surgeries) just doesn't have the success rates to keep doing them in mass numbers. In fact, the literature states that there are approximately 30,000 failed surgeries every year in the United States.

Fusion surgeries fail because they completely eliminate the motion between the vertebral segments that are fused and cause the other vertebra to work harder. This causes arthritis and disc degeneration in the vertebra above and below = more pain. For years, doctors have known about the bad outcomes, they just didn't have an alternative...until now.

Doctors and scientists realized that what had to be done was to somehow 'reproduce' the vertebral disc in order to evenly maintain the motion and stability of the vertebra.

Scientific Breakthrough

Hence, the 'artificial disc' was born. If you recall, this was a huge scientific breakthrough. It was all over the news. In fact, the artificial disc was supposed to be one of the top scientific breakthroughs in the last few decades for musculoskeletal conditions.

In the early 1990's, Europe started using the artificial disc with great success. About a decade later, the United States started using them, also with great success. Patients were getting much better outcomes than the old spinal fusion surgeries...supposedly.

However, 'great success' is not the story after so many years.

A medical journal from the Netherlands tested 67 patients and came out with the following study in 2007. 53 months after the surgery, here's what they found:

- 10% of the artificial discs 'slipped' or migrated
- 13 % of the discs ruptured
- 31% had to have the disc removed
- 36% had arthritis of the facet joints
- 51% had further disc degeneration at adjacent levels
- 52% had subsidence into the vertebra

The study concluded with this: *“Given the uncertain role of disc degeneration in patients with chronic backache, the real risk of complications and the uncertain advantages, the implantation of a disc prosthesis is difficult to defend.”*

Journal of Bone and Joint Surgery – British Volume 2007 did a 10 year study on 160 patients and found that the mean improvement in the pain score was below the clinically significant threshold... These poor results indicate that further use of this implant is not justified.

Some Blunt Words

Another journal from the Netherlands stated that due to the poor results, the surgeons were “quacks with a knife”. Wow! Now, remember, this isn't us saying this. These are orthopedic peer-reviewed journals.

Before we go any further, you need to know that we do refer to orthopedics, we like orthopedics, it's just that the research is showing the new state-of-the-art artificial disc (SB Charite III) surgeries aren't working well. There are cases, however, where sometimes you need surgery. In cases of progressive weakness/atrophy of the muscle (motor loss), bladder or bowel dysfunction, or excruciating pain that cannot be relieved by nonsurgical / conservative treatments,

the benefits of the surgery (to avoid permanent dysfunction) outweigh the risks.

At this point, some of you may already be thinking this...if the research is showing that it doesn't work very well, why are they still doing the surgeries?...\$\$\$?

When you go to a doctor, you obviously want their opinion on what would be best for you.

Sometimes, however, opinions are just that...opinions. We have always strived to give our best opinion to our patients, but also, to *back it up* with the most recent research.

So, what does the most recent research say about treatments for disc injuries (even severe cases)?

What To Look For

First, let us explain what good treatments should try to accomplish. It's fairly simple.

- 1) Reduce Pain
- 2) Reduce Inflammation
- 3) Reduce Radicular Symptoms (sciatica), if needed
- 4) Increase Strength and Flexibility
- 5) Prevent future flare-ups
- 6) Minimal side-effects

What does the research say?

Oliver et al. in *Neurosurgery Focus*, Yukawa in *Journal of Spinal Disorders* and Constantoyhannis et al. in *JMPT* all came to the same conclusion: So far, it turns out the best treatment for almost 80% (for those of you who aren't good with percentages, that's 4 out of 5) of disc bulges and disc degeneration (with or without sciatica) is still conservative treatment.

Almost all the research is showing that a combination of exercise, nutrition, and chiropractic treatment (specifically traction / decompression) can reduce pain, inflammation, bulging, increase IVF spacing, improve strength, flexibility...all with minimal or no side-effects.

What that means is that many surgeries may not be necessary. Some are, however. That's why it's very important to get multiple opinions. Chances are, however, you and your family and friends fall into the 80% category where conservative treatment might be your best option.

Maybe, one day, the surgeons will find a better alternative. In the meantime, if you or someone you know is contemplating surgery, please pass this article on to them or they can email or call us here at the office for more information on how they can help their pain without invasive measures.

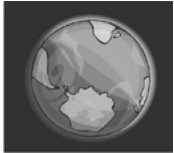
Welcome New Patients!

By the way, since so many of our patients achieve full recovery, we always have room for more referrals. Thank You!!!

Did You Know?

Did you know that your brain has around 100 billion nerve cells? It also has 1,000 billion other cells, which cover the nerve cells and the parts of the nerve cells, which form the links between one cell and another, feed them and keep them healthy. Your brain keeps on growing until you are about 20 years old. By then, the brain has made lots of links it no longer needs so it is able to shed many unwanted connections and still have billions of brain cells left to cope with whatever you may want to do. You can still make new connections even when you are 100 years old, so get Grandma going on the computer - she may not learn as fast as you but she can do it! The front of the human brain is larger than any other animal's, even the dinosaurs! The left side of your brain is usually better at problem solving, math and writing. The right side of the brain is creative and helps you to be good at art or music. The brain stores all sorts of things in memory, including facts and figures and all the smells, tastes and things you have seen, heard or touched. Your brain can also find things that you have remembered---like how to spell. Apart from making sure that you don't injure your brain, you can also make sure that you help your brain by: •Eating healthy food like fish and fresh vegetables. •Exercising your brain by learning new things and trying to remember them. •Getting plenty of sleep.

Tip Of The Month: Principles Of Green Living That Help The Planet And YOU!



The debate rages on. Some say we (human-kind) are responsible for global warming and the eventual and inevitable destruction of our planet. Others say this is pure hogwash. No matter where the real truth lies, living a "Green" life has its benefits. One is PRODUCTIVITY. So, whether you want to lend a helping hand to the planet, or just live a simpler, more productive life, *these 6 Principles of Green Living are for YOU*: **1. Simplicity** More stuff means more complexity and upkeep, more keeping track, more things to do. In global terms, it means more wasted resources. Some people try to atone for buying more stuff by buying "Green"

stuff, bamboo potholders, handmade mail sorters, recycled project folders. Is it really "Green"? To get that hand-woven hemp grocery bag from Bolivia to Wichita takes oil, to run the lights in the store takes oil, to feed the Bolivian who wove it takes oil, to grow the hemp takes oil, and so on. You're putting a few cents into the Bolivian's pockets, and that's honorable, but it's not saving the Earth. **2. Fairness:** Much of our consumption-driven market is based on unfairness. If everyone along the chain, from that Bolivian to the Wal-Mart worker, actually were paid what you'd expect, that hand-woven grocery bag would be out of most people's price range. **3. Community:** If you've ever had the pleasure of attending a local farmer's market, you've experienced something few of us do these days: an encounter with a part of your community, an actual living and breathing person, who made what you're about to buy. There were some global resources used (even organic farmers use tractors, and they needed a truck to bring their stuff to market), but most of the labor and material involved came out of your local area. You have a relationship with this person, and with their land. Your land. **4. Sustainability:** A system is sustainable when the negative outputs of that system are accommodated and turned into positive outputs. Think about your working life, if you weren't getting paid, would you work so hard? Your hard work, a negative thing, is converted into something positive, a paycheck. However, most of our global production is not sustainable. Waste products are dumped wherever space can be found, without regard to the consequences on local resources or populations. Workers are treated unfairly: they are exposed to noxious substances and dangerous working conditions, and they are not compensated enough to feed themselves, let alone build a thriving economy (some aren't paid at all: there are some 30 million enslaved workers in the world today, more than at any time in human history). **5. Planning:** Planning means looking ahead towards a desired outcome; it also means thinking a little bit about the community that isn't here yet and dealing fairly with them. The last century ran its course largely unplanned — something that today's young adults are being forced to come to grips with. The decisions we make now will create the conditions our grandchildren and their grandchildren will have to deal with. **6. Transparency:** Planning, community, fairness, and ultimately sustainability require transparency. Most decisions these days are made behind closed doors. A Green society requires the active involvement of *all* its participants, and we can't be actively involved if we don't have access to all the information in play. What's more, given the global magnitude of the world economy, we can't ever be fully informed — which is why simplicity and community are so important. You can know quite a bit about the farmer at the farmer's market who raised the chicken you're about to eat.

PATIENT QUIZ

The winner from June's quiz is XXXXXXXX. Here is the question and answer:

Q: What are the benefits of muscle stim therapy?

A: Muscle stim therapy fatigues and relaxes the muscle.

July Quiz question:

Q: What is the "Raw Food" diet

Remember, the winner of the patient quiz will receive an AMC gift card.

Please e-mail quiz responses to: jjaccouns@sbcglobal.net

BOMI'S CORNER

This is the first message going out from me in our newsletter. Instead of selecting a 'Massage related article' I have decided to tell you why I went for Massage Therapy as my second career! As most of you know, my first career was in Engineering for 18 years – Mechanical Engineering/ Reliability Engineering. I realize that I chose Massage Therapy mainly to pursue a totally different approach to LIFE. I wanted to start working with people in the health /Wellness field in such a way that I could still use my engineering skills. It was not an easy task! But once I realized how much I love Anatomy in all my foundational massage classes, I realized I should plunge head-on into Massage Therapy! After taking a slew of classes that gave me my Massage knowledge “baseline”, I now still wanted more ...something different in the field of Massage Therapy, something a little more scientific, a little more “root cause analysis” & a “quantitative” way of doing Massage Therapy! After some intense research I found Orthopedic Massage & really liked the treatment protocols, I was ready to specialize in this modality. So there I was going to Berkeley for a nine-month intense course! I started using specific treatment protocols for this “specific “modality of Orthopedic massage and was thrilled to realize that people liked the protocols, because they were totally RESULTS ORIENTED and my clients were beginning to feel better with each session, with decreased pain , less tightness and more mobility. Yes, NOW I knew that I was on the right track... this was time for me to forge ahead!! Working with the Janzen brothers now is icing on the cake for me, as there is always more to learn. The rest as they say is history!! THANK YOU for the tremendous support that I have received from all of my clients here at the “Janzen & Janzen’ office ..And a special thank you to Matt & Mike for believing in me!

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RETURNED SERVICE REQUESTED

