

Diets and Chronic Pain

Do you Suffer with:

- Hayfever, asthma or sinus problems
- Irritable bowels
- Headaches/ migraines
- Chronic fatigue
- Behavioural problems, attention deficit
- Skin rashes (e.g. eczema or hives)
- Mouth ulcers
- Changes in irritability, activity, sleep, concentration or impulsivity

Did you know, diet can play a part and help these conditions? Food does not need to be the cause - it may be stress or inhalants.

Are You Food Sensitive?

Apart from the benefits of eating a healthy diet some people are sensitive to one or more food chemicals, either naturally occurring, or used as food additives. It may appear small and insignificant but the amount of these chemicals can cause or contribute to multiple symptoms that can cause chronic disruptions to our lives. Examples of these food chemicals include salicylates, amines, MSG or wheat (naturally occurring), and preservatives, flavour enhancers, colours and anti-oxidants (food additives).

Although not well-understood as yet, it seems that these food chemicals can cause

symptoms in susceptible individuals by irritating nerve endings, such as those in the gut. If you have other symptoms listed above, or are aware that you are affected by some particular combinations of foods or food additives, it is worth investigating this further. Common foods people may suspect in their diet may include apples, tomatoes, spice, chocolate, additive colour and flavours. The process to determine whether food intolerances contribute to your symptoms is to undergo an elimination diet, followed by food challenges to determine which substances are the culprits. Note that it is always wise to run a diet trial under the supervision of an Accredited Practising Dietitian rather than go for years trying to exclude various foods and additives and not being sure which are necessary and possibly causing nutritional deficiencies.

Why an Elimination Diet?

The aim of the Easy Elimination Diet is to find out if food sensitivity is present or not, particularly where reactions to food are not obviously noticeable. The first part is the exclusion of the suspect additives and natural chemicals, which include salicylates, amines and mono sodium glutamate. These should be seen as chemicals which "aggravate the underlying condition". Many people note that spicy food, citrus or high additive food make

symptoms worse, but do not realise they can do more. After three to four weeks on this diet, a change in symptoms or behaviour will usually be seen if food sensitivity is present. It is important to follow the diet trial for at least 3 weeks. It is important to note that during the first week symptoms or behaviour may get worse as withdrawal occurs and can last up to two weeks. This is a sign that the diet effect is beginning, so it is important to persist with the diet.

Once symptoms have settled the dietitian will discuss how to trial or challenge various excluded suspect foods. If symptoms worsened after the challenge further investigation is needed to determine how much of a particular food you can tolerate. Reactions to these suspect chemicals can be tricky as the symptoms only become worse when the total sum of several additives and natural chemicals add up to that person's tolerance threshold. It is therefore essential to see a dietitian to do this as you will need a long term plan to retain any benefits seen, and to ensure adequate nutrition. If your symptoms improve on the diet it is wise to have further appointments so you can most effectively do diet detective work in your family to gradually expand food choices for your long term health.

The process is not as difficult as it sounds but you need commitment. It does make dramatic improvements to people's lives. So if you have had enough with chronic pain, Sarah Davis our Dietitian may have the help you have been looking for.

Hi from your health care team. All of our wonderful patients are familiar with how we can help chronic aches and pains. The trouble is convincing our friends and family who suffer so much to do something more to ease their complaint. We dedicated this issue of our newsletter to the various approaches we have to treating chronic conditions. Hopefully the details and ideas will help many.

Lifelong learning abounds. Rachael has enrolled in a Master's degree course in Chiropractic Paediatrics.

At last we can offer Najeeba Chahine's kells in Massage Therapy on Saturday mornings. Please call the desk to make a booking,

Welcome to Cathie Durkin who is our new receptionist and book-keeper. You'll meet Cathie on Wednesdays, Thursdays and Fridays.

We're also proud to announce the arrival of **Beth Coombes** as a chiropractor. Beth has been working as a tutor in chiropractic adjustment technique at Macquarie University and has been treating patients at their research clinics at Eastwood and Summer Hill. We look forward to Beth's well developed skills and charming personality.



Chiropractic and Chronic Pain

Ever since the first chiropractic adjustment in 1895, sufferers of chronic and persistent pain have turned to chiropractic for successful management of their conditions.

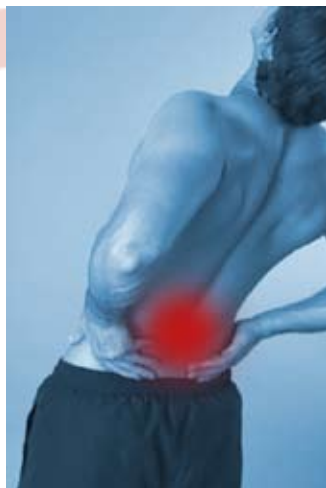
There are 3 approaches that make chiropractic so effective in dealing with difficult conditions. Firstly, chiropractors are uniquely placed to assess and treat imbalances in neurological function. That is, many chronic lower-back, neck and shoulder pain headache and limb pain conditions have impaired nerve function as a deeply embedded factor in each condition. If the nervous system is not properly assessed and treated, then no amount of exercise, coping or medication can restore proper sensation or motor control to the body. Gentle chiropractic adjustments to the spine are integral to restoring nerve function and re-educating the body to better function.

Secondly, the hands-on approach employed in chiropractic means that aberrant joint function and abnormal muscle conditions including myositis, fibromyalgia and tendinitis, are quickly recognised and treated. Most people who have enjoyed the benefits of chiropractic are aware how well joint problems are skilfully addressed. Our office specialises in combining thorough muscle assessment with traditional chiropractic approaches.

The reputation of chiropractic to give relief for acute spinal pain is well known. Many research studies over the past 20 years also confirm how effective these treatments are for chronic spinal pain.

A newer therapeutic strategy is a revolution has occurred in the and many chiropractors have been at approaches and collecting research radical rethink has occurred about the chanical and behavioural aspects of velopments in exercise science, soft behaviour of pain and suffering.

At Health plus Chiropractic, we pions of modern developments in the be surprised to see what we have to been suffering for too long, tell them



separate science of chiropractic rehabilita- past 15 years in the field of chronic pain the forefront in creating new management evidence to support the new theories. A way we manage the neurological, me- chronic pain. Science has driven new de- tissue injury and manual therapies and the

have been both early adopters and cham- rehabilitation of chronic pain. You would offer. If you know someone who has how we can help.

Psychology works for Chronic Pain

Chronic Pain is pain that does not go away. When pain lasts over a period of six months, or beyond the usual time for recovery, it is said to be chronic. Chronic pain affects both sexes and while it is most common in middle age, it can occur at any age - from infancy to the elderly. There are different types of chronic pain, many of which are not clearly understood.

As no one can see pain, people who experience chronic pain often feel alone in their suffering. Some people find that the legitimacy of their pain is questioned. Given the impact pain can have on quality of life, it is no surprise that more than a quarter of all people who develop chronic pain also experience significant depression or anxiety.

Treatment of Chronic Pain: Research consistently indicates that a multidisciplinary treatment approach is the most effective way to address the complex problem of chronic pain. Multidisciplinary treatment teams are generally composed of 2 or more treatment disciplines (e.g., psychology, anesthesiology, neurology, or physical therapy), each with expertise in the assessment and treatment of chronic pain. Members of the team work together in a coordinated manner to provide the best treatment for a patient's pain.

Psychology works for Chronic Pain (continued)

How can a psychologist help a person with chronic pain?

Psychologists use several different techniques to help people with chronic pain to recover their strength and sense of self, and improve the quality of their lives, in spite of the pain. Specific techniques to help people with chronic pain include support, education and skill building in areas such as relaxation, biofeedback (helps with pain relief without drugs), stress management, problem solving, goal setting, sleep hygiene, and assertiveness.

Cognitive approaches foster thoughts, emotions and actions that are adaptive for managing a life with pain. Behavioural approaches help people plan their activities in ways that give them more control without increasing the pain. Vocational assessment examines a person's interests, aptitudes and abilities and is useful for individuals who may need to change the way in which they work, or the kind of work they do, because of pain. Psychological therapy for anxiety and depression is helpful in managing the emotional consequences of chronic pain.

When indicated, therapy for drug or alcohol abuse helps people deal with addiction. For people who find that chronic pain has affected their personal relationships, marital or family therapy is often recommended. Are psychological approaches effective? Psychological techniques and approaches have been proven to help people with chronic pain improve the quality of their lives. People report that they are more active, less depressed and anxious, and feel more in control. Even though they continue to have pain, it is more manageable.

References:

www.apns.ca/prob_chronicpain.html & www.healthpsychology.net/Pain_Management.htm

Comprehensive help for Chronic Pain with Massage Therapy

Untreated, chronic pain can be a debilitating issue which may permeate all areas of life. It can affect people's sleep; place strain on relationships; restrict the ability to work and earn an income; limit social activities; affect self esteem and emotional wellbeing.

Adopting a holistic approach to the treatment and management of chronic pain can bring about positive results and greatly enhance quality of life. As part of a comprehensive management plan, massage can be of great assistance as it has the capacity to affect all the body's systems and is particularly effective when the pain is of a muscular nature.

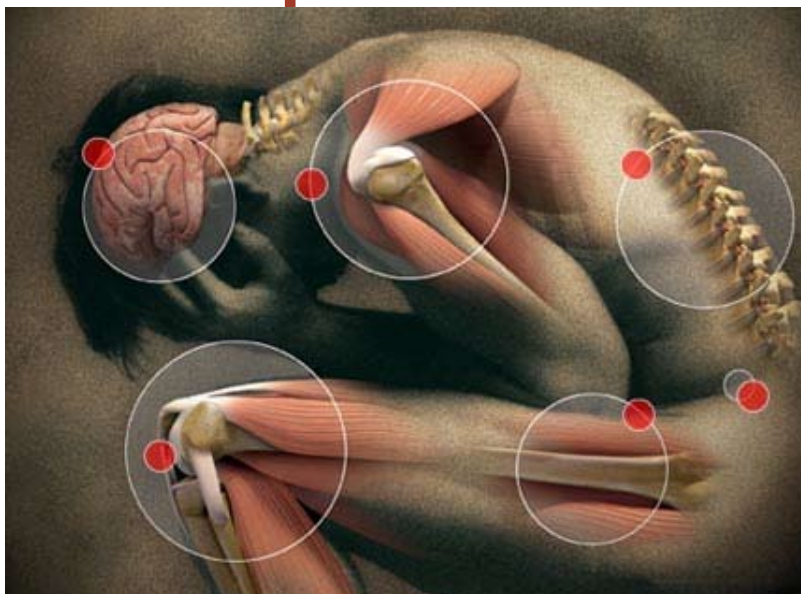
When the body experiences trauma, muscles contract around the painful site in an attempt to reduce further injury. If pain is ongoing, the muscles can become habitually tight. These tight muscles can restrict the range of motion in joints and press on nerves, thereby causing numbness, tingling or loss of strength. Massage helps to loosen tight muscles and lengthen muscle fibres. It can increase joint mobility by breaking up scar tissue and increasing pliability of connective tissue, thereby reducing the pressure placed on the joint and surrounding structures. Myofascial release techniques help shift chronic strain patterns which may develop from compensatory postures adopted to accommodate pain.

Chronically tight muscles do not contract and relax like normal muscles which results in reduced blood flow and oxygenation of tissue. The result is a build up of waste products in muscle tissue, causing pain, fatigue and the potential formation of trigger points (hypersensitive points in muscles that may refer pain and inhibit muscle function). Massage increases blood flow to affected muscles and trigger point therapy helps to shift waste products from muscle tissue into the blood stream where they can be filtered and removed.

Your therapist may recommend more specific self massage techniques and home stretching and/or strengthening routines to further enhance the benefits of your massage session. By keeping a regular treatment schedule and adhering to suggested home maintenance regimes, many people experiencing chronic pain find they are much better able to manage their condition, experiencing a reduction

in pain symptoms and an enhanced quality of life.

If you or someone you know is experiencing chronic pain, why not call the office today and book an appointment with one of the friendly massage professionals at Health Plus Chiropractic. Chronic pain, like many other conditions is manageable with the right tools.



Chronic Foot Pain

Heel Pain & Plantar Fasciitis

Chronic pain in the feet is most commonly found in the heel. Heel pain is a common ailment and can be caused by a number of problems. It is often characterised by pain on initial weight bearing in the morning that eases after a few minutes. This pattern can be repeated during the day following short periods of rest or return while standing towards the end of the day. Heel pain causes a considerable degree of discomfort and suffering.

Heel Pain - Causes

Nearly all causes of heel pain are directly or indirectly linked to a condition called plantar fasciitis or more commonly known as heel spur. Plantar fasciitis occurs when the plantar fascia ligament along the bottom of the foot (white band in diagram left)



becomes overloaded leading to excess traction and inflammation. When the foot is rested the fascia tightens due to the inflammation. When the foot resumes weight bearing the band is stretched and produces a stabbing pain that normally eases after a few minutes. This repeated pulling irritates the attachment of the plantar fascia to the heel bone (calcaneus) and can lead to the formation of a bony growth often called a heel spur, which is a deposition or calcification of a pointy piece of bone that can be detected on X-rays. The bony spur itself rarely causes pain but the inflammation of the surrounding plantar fascia does.

Contributing factors to the onset of plantar fasciitis include:

- A sudden increase in physical activity.
- Tightness in the calf muscle region leading to tightness in the plantar fascia.
- Excessive or sudden weight gain - for example, obesity or pregnancy.

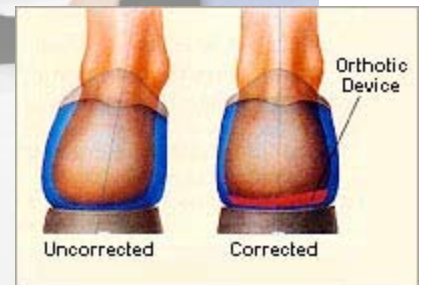
• Most plantar fasciitis is a result of faulty biomechanics of the foot that results in excessive pulling on the plantar fascia. This repeated pulling irritates the attachment of the plantar fascia to the heel bone (calcaneus) and can lead to the formation of a bony growth often called a heel spur.

Other heel pain causes include:

- Trauma
- Arthritic conditions such as rheumatoid and osteoarthritis.
- Stress fractures
- Nerve entrapments

Treatments for Heel Spurs and Plantar Fasciitis:

- One of the most effective treatments for this condition is to treat the abnormal foot mechanics that contribute to overloading the plantar fascia. Orthotics are designed to control excess and abnormal pronation which is one of the most recognised causes of this condition. In addition the material used will greatly assist in shock absorption redistributing forces from the heel bone. An ideal treatment is to wear the orthotics in gradually, combined with the recommended stretching and techniques involving ice.
- Rest, if the pain was a result of a sudden increase in exercise.
- Weight loss
- Plantar fasciitis ice technique and stretching of the lower leg muscles, particularly the calf.
- Select appropriate footwear. Your podiatrist will be able to recommend suitable footwear.



Health plus
Chiropractic

Chiropractors: -
Dietitian
Massage Therapists: -
Podiatrists: -
Psychologists:-

Anthony O'Reilly, Rachael Veronesi and Bethany Coombes
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Health Plus Chiropractic is a team of health care professionals committed to the highest quality of care and service by being consistently enthusiastic, efficient, loving and dedicated to health care. We will treat and educate those who strive for optimum health and wellbeing, and in return be rewarded by seeing satisfied patients, reaching our full successful potential and bringing joy and fulfillment to us all.