



## Myths and Misconceptions about Health Care

### Hi from your Health Care Team!

We have much to celebrate and news to share. Very glad to announce that Rebecca our Dietitian gave birth to a son Leo in Decemeber, and many of you will remember Meaghan Brady who has also been blessed with a son very recently. Congratulations to both families! We welcome Shabeel Askar and Glen Chilcott to our team. Shabeel is a chiropractor who has grown up locally and Glen is a massage therapist who assists Anthony. Both men bring some maturity and life experience to their roles and we sincerely wish them well.

On the other hand, this edition of our newsletter deals with some of the superficial ideas that people have that can prevent them from utilising recognised and valuable health care. You would be surprised to hear how many share these myths. You now can be a mythbuster!



Glen Chilcott & Shabeel Askar

## Five fibs about Dietitians

The word dietitian might sound about as palatable (pun intended) as the word dentist to some, conjuring images of super-fit health freaks consigning their poor patients to a diet of celery sticks and grapefruit.

Fear not, because the reality is not as bad as you think. Dietitian Rebecca Barakat dispels a few common misconceptions people might have about her trade.

*Myth #1: Dietitians will make you stop eating the foods you love.*

Rebecca says it's totally OK to eat the treats you love, but just make sure it's only a sometimes thing.

"I see my job to help people to eat the foods they like, while satisfying the dietary needs they may have," says Rebecca. "Just in the right amounts."

"People often see us as the food police," "They think I'm going to tell them they're eating the wrong things."

She says the job of a dietitian is often to help clients make small, but significant changes, "as small as suggesting skinny milk instead of full cream".

*Myth #2: Dietitians and nutritionists are the same thing.*

"A nutritionist can be a qualified professional but also someone who has completed a six-week online course," says Rebecca. "There is no regulation that controls who can call themselves a nutritionist."

There is no accreditation on the words "dietitian" and "nutritionist", so it's important to look for a practitioner who is an Accredited Practising Dietitian or an accredited nutritionist.

"It means that the person you are seeking advice from is university trained," says Rebecca, "and you can expect a higher standard of care."

"People who aren't accredited might not be very thoroughly trained, and might be providing you with potentially dangerous information."

*Myth #3: Dietitians tell everyone the same thing.*

"Every single client has different dietary needs, weight-related goals, lifestyles and food preferences," says Rebecca, who has recently worked on a diet for an overweight teen.

The good thing about accredited dietitians is that they are able to tailor unique advice for every individual, "based on nutritional requirements, lifestyle, health, and food preferences".

Rebecca also says dietitian can provide either fast or slow weight loss, depending on motivation levels and situations of their clients.

*Myth #4: I don't need to see a dietitian unless my health is really bad.*

"Anyone can benefit from seeing a dietitian". "Fifty per cent of my clients already have a good diet but are looking to improve it, to feel better via the foods they eat on a daily basis."

"While we do consult with people who have diabetes, sometimes people want to just make sure they have the right nutrients," says Rebecca.

It's also important to see a dietitian at times of change in your life. Rebecca suggests seeing a dietitian if you are thinking about having a baby, when you begin menopause, or if you take up sports. She also says it's a good idea to see a dietitian when you first move out of home.

*Myth #5: Dietetic advice will be really hard and complicated to follow.*

"A dietitian's job is to generally make eating for an individual easier, healthier and more enjoyable."

Advice from dietitians can sometimes be as simple as switching from normal Coke to Diet Coke, or making healthier choices when it comes to takeaway food. It really depends on the individual, but their advice is easy to follow.

"In the long term it's about making sustainable changes, those fad diets are hard to follow long term."

Rebecca says accredited dietitians are trained in behaviour modification and their advice is designed to have a long-term impact, so advice is always tailored to suit their clients.

# False Impressions about Massage Therapy

Massage therapy has many wonderful and therapeutic benefits but sometimes the advice or cautions that you hear can be somewhat misleading. We've asked our patients what myths and misconceptions they've heard. And we've come up with a list to help 'debunk' some of them.

*"You shouldn't receive a massage during the first trimester of pregnancy."*

We know that massage therapy is an effective tool for aiding the body's aches and pains... and pregnancy is no exception! It is OK to begin a massage treatment at any stage during pregnancy and many women who begin massage during the latter parts of their pregnancy wonder why they didn't begin sooner. At Health *plus* Chiropractic, we have purpose made supports designed for growing bellies to suit your comfort. As your tummy grows, lying on your tummy is supported with a donut shaped pillow and you will have the option of lying on your side or face down, supports your lower back whilst you are massaged. Seated massage is also an option for those with reflux problems and finds it difficult to get on and off the table. Some of our patients found that massage reduced their symptoms associated with pregnancy including muscular aches and pains, eased pressure on the joints of the pelvis, lower back and sciatica, and decreased swelling in the legs and feet. Another reason why our patients come to massage is to relieve stress and tension, which is great for mum and baby! The therapist will apply gentle pressure and perform light massage techniques to suit your needs. Of course, it is entirely up to the patient whether they feel comfortable receiving a massage, but it is safe to do so, if in the hands of an experienced massage therapist. Although massage is almost always safe during pregnancy, it is important to inform your therapist of any changes to your body (or baby) or updates from your GP or obstetrician to ensure the wellbeing and modified techniques may be used.

*"A massage is a massage, wherever you go."*

Not all massages are created equal. In fact, in Wentworthville, there are several spa-like massage therapy places where you can go and have a massage. In the spa setting, massage techniques involve the whole body and promote relaxation. Although this is considered to be true, the outcome effect does not last long. How many of you have received a massage gift certificate, used it, and afterwards felt like they just rubbed oil all over your back? Don't get me wrong! I love massages that make you feel like you're on a holiday, but it is the difference between spa-like settings to a clinical setting that make you feel better physically and emotionally.

At Health *plus* Chiropractic, our massage therapists are trained to find and focus on problem areas. All therapists have professional level qualifications and are registered with professional associations, so you can rest assured that you are receiving the best possible, up-to-date care. You may come in with back ache, for example, and learn that the problem may begin from the hips and knees or you may come in with a chronic headache, and find that the therapist will begin with sinus drainage on your face before working on your problem areas. Your therapist will discuss how the issue came about, symptoms you are experiencing, and your goals for the treatment. The big difference with massage and what we offer here at the clinic, is that you and your therapist will work together to reach the treatment goal.

*"Massage is a luxury."*

For many years, massage has been viewed as a stress relieving luxury. Some people believe that massage therapy is either an indulgence for the wealthy or a 'treat' for special occasions. I have encountered clients who have been influenced by others and made to feel guilty for spending money on a monthly massage session. These clients seem to think of massage therapy as a frivolity they don't deserve. They will say, "I try to explain the benefits I get from regular massages to my friend, but all they can focus on is the money being spent on a 'luxury'". Some of our dedicated patients can happily claim that monthly or appropriately-timed scheduled treatments throughout the year have reduced stress, decreased muscle pain, prevented further injury etc. In the past decade or so, the general public and other healthcare professionals are starting to recognize that massage therapy is an effective healthcare approach. Massage therapy, along with chiropractic, physical therapy and other natural health modalities are being sought out more often as an alternative option to prescription drugs and surgery. There is approximately 730 hours in one month and 8765 hours in one year. With a bit of reprioritizing, there is usually a way to budget for a 1 hour massage in your timetable, whether it is once every two months to begin with. You will start to notice that massage can be one of your strongest allies in restoring and maintaining good health.

*"Hot stone massage is just for women."*

It is funny how many people assume that hot stone massage is only for women and not men. Let's not forget that men have physical and emotional tension just as much as women do. More and more clients are becoming aware of the benefits of a hot stone massage. This therapeutic type of treatment is recommended to all our clients, it can be the most relaxing and nurturing treatment you will experience and the stones can be used for deep tissue massage and trigger point therapy. The warmed stones are an extension of the therapist's hands and help to soothe away muscle tension, increasing local circulation to the muscles bringing in fresh blood and nutrients to help heal and nourish the tissues. The stones are kept gliding smoothly over your body to allow the heat to penetrate into your muscles. This technique quickly warms the tissues helping to release muscles, knots and is recommended to clients that are experiencing severe muscle tension and pain and is also a great therapy for people with arthritis. Our treatment recommendation would be 1 hour or a 1 1/2 hours for optimal results.

# Psychological Myth or Psychological fact?

We get a lot of opinions about how to be happier and more adjusted from people on TV, people who write articles for magazines, people who write self-help books and so on. Are they giving us the facts, or are they perpetuating myths

	True	False
1 . When you get angry, it's healthier to vent than to find some other way of dealing with your anger.		T/F
2 . We only use 10% of our brain.		T/F
3 . You can improve your mood by changing the way you think about daily events.		T/F
4 . Most people, if put to the test, would not harm others if asked to do so by an authority figure.		T/F
5 . 90 % to 95% of people can be put in an altered state of consciousness called hypnosis.		T/F
6 . If you are in a good mood, as a general rule, you are more likely to help others than if you are in a bad mood.		T/F
7 . There are many different types of intelligence, and someone who is below average on one type of intelligence might be above average in others.		T/F
8 . You must be totally relaxed and free of stress if you want to do well on a mid-term or a final exam.		T/F
9 . Both men and women who attempt suicide carry out the attempt successfully in roughly the same numbers.		T/F
10 . Your emotional state can cause you to catch colds and flu more easily.		T/F
11 . In order to get over a phobia, for example a fear of snakes, one should be introduced to snakes gradually and eventually work up to being able to hold a live snake in one's hands. This is called progressive desensitisation.		T/F
12 . People with deeply held religious or spiritual beliefs are often able to cope better with stressful situations than those who do not.		T/F
13 . There is one or two types of psychological therapy which are better than others at helping those who are seeking help with psychological problems.		T/F
14 . We are more likely than not to carry over the political beliefs of our parents into our own political beliefs.		T/F
15 . Sexual orientation is something that can be changed with enough therapy and hard work.		T/F
16 . People with mental illnesses cannot go on to live productive, meaningful lives.		T/F
17 . As a rule, men usually think more before acting, while women are more impulsive.		T/F

Find the answers on the bottom of the back page.

## Deep-rooted Ideas about Corns

After 17 years of podiatry practice the biggest misconception that I come across is peoples idea that a corn grows from a root. I therefore hope to shed some light on this topic in order to bust the myth.

Unlike trees, corns do not grow from roots. They are concentrated areas of thickened skin which as a response to constant intermittent pressure develops a core. This is why corns can be cut out but also why they grow back. So even if the entire corn is removed, it will soon be back if the pressure has not been reduced or removed. This pressure normally comes in way of ill fitting footwear, bony

promenences, abnormal gait or other disease processes such as rheumatoid arthritis. Corns and callus affect more people than any other foot problem.

Sometimes the pressure of the corn or callus may produce inflammation, which can result in acute pain, swelling and redness. Sometimes 'soft' corns may form between the toes where the skin is moist from sweat or inadequate drying.



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## Chiropractic Fallacies & Facts

### #1: Chiropractors Are Not Real Doctors- they're quacks!

Chiropractors are legally entitled to use the title- 'doctor'. To become a Doctor in Chiropractic in Australia, they must first complete an undergraduate program and then complete a Masters of Chiropractic program through an accredited institution. All up the program takes 5 years to complete and requires extensive study in anatomy, physiology, biomechanics, pharmacology, microbiology, neurology, radiology.

### #2: Chiropractors make you keep coming- FOR LIFE!

Your chiropractor will make evidence-based recommendations for your treatment/management plan based on your specific diagnosis. Regular adjustments are a part of a healthy lifestyle and can prevent you from further injury. In fact, Chiropractors also prescribe specific exercises and provide nutritional advice to assist you living a healthy lifestyle. Whether you want to continue care is entirely up to you.

### #3: Chiropractic is unnecessary for children

Children are highly susceptible to trauma and accidents as they grow. Since growth and development happens rapidly during the first few years of life, checking for abnormalities during this time is critical for healthy development. Research has shown that children under the care of chiropractors have less colds and infections, and, when they do get sick, the symptoms do not last as long! Chiropractic is particularly important for young athletes involved in contact or recreational sports. Minor bumps and bruises should always be properly assessed so they don't lead to further pain and dysfunction later in life.

### #4: Adjustments Are Painful

Most of the time, a spinal adjustment will not hurt at all. In fact, most patients feel great instantaneous relief after receiving one. However on certain occasions, such as an acute injury or spasm, you may feel tender or uncomfortable, just like the sensation of sore muscles after a workout.

### #5: Neck Adjustments Cause Stroke

The truth is, there is no scientific evidence that there is an increased risk of any serious event following a chiropractic adjustment. Current research suggests that the chance of having a stroke from a chiropractic adjustment is about 1 in 8,000,000. Research into the safety of chiropractic care has demonstrated that there is no evidence of excess risk of stroke associated with chiropractic care compared to other forms of health care.



## Deep-rooted Ideas about Corns (cont)

These appear white and rubbery and are also caused by excessive friction. Corns and calluses are most often found on the balls of the feet or the tops of toes. They can also be found on heels and even along the sides of toenails.

Corns and callus are often difficult to treat on your own. The pharmacy or super market has a multitude of miracle cures that claim to have the problem resolved in a matter of days. These usually come in way of medicated pads that essentially burns the skin. Often, if the size of the pad and the size of your corn do not match, it can lead to one of two problems. Either the pad is too small and hardly makes a dent in the corn or that the pad is too big and causes a significant amount of damage to the surrounding skin.

Corns can be easily treated by your podiatrist both painlessly and promptly. They are also able to advise you on how to manage them if they were to reoccur. If your feet hurt, then you hurt all over. Don't let corns stop you in your tracks, consult your podiatrist today.

### Psychological Myth or Psychological fact? Quiz answers

1F, 2F, 3T, 4F, 5T, 6T, 7T, 8F, 9F, 10T, 11T, 12T, 13F, 14T, 15T, 16F, 17F

**Health plus**  
**Chiropractic**

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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.