



HEALTH & WELLNESS NEWSLETTER



Reduce Your Health Risks

Your physical health can affect your risk of tripping, slipping, and falling. For example, some medications can affect your alertness, judgement, and coordination. Skipping meals and not drinking enough water can make you lightheaded and unsteady on your feet - especially after exercise. Poor eyesight can lead to dangerous stumbles. The good news is there are many simple things you can do to reduce your risk of an injury from falling.

Medications

Talk to your MD or pharmacist about any prescriptions, over-the-counter products, or herbal supplements you may be taking. Products can interact with each other, so it's important to talk to your health professional about all of the things you are taking. Some medicines and supplements can cause dizziness, weakness, or other side-effects that may increase your risk of slipping, tripping, and falling.

Eyes & Ears

Your eyes and ears protect you from falling. For example, your eyesight and hearing alert you to hazards such as traffic. Additionally, poor eyesight and hearing can influence your balance and lead to falls. Have your eyes and ears tested frequently (every 1-2 years). Remember to take off your reading glasses when you are walking and wear your hearing aid if you need one.

Eating Well

Skipping meals can cause dizziness and weakness. Eat regular, nutritious meals to stay alert and steady. It's equally important to drink enough non-alcoholic and non-caffeinated beverages. Canada's Food Guide to Healthy Eating is a good source of information.

Feet Hurt?

Foot Problems such as bunions, calluses, ingrown toenails, and plantar warts contribute to unsteadiness. If your feet hurt, you are probably walking gingerly to avoid the sore spots. Our chiropractors can assess your gait - the way you walk - and prescribe orthotics for your shoes if needed. Always wear good fitting, supportive shoes with non-slip soles. A podiatrist can also help correct many problems.

How's Your Health?

Health conditions such as high blood pressure, diabetes, anemia, and low blood sugar can contribute to feelings of dizziness and faintness.

Stay Active

Being active is one of the best ways to reduce your risk of falls. Active people get more physical exercise and are more mentally alert as a result. Social activities, sports, and clubs all keep you on the move - and that's good for your physical strength, balance, and perception. Try to get at least 20 minutes of exercise at least 3x/week.

Practice Moderation

Know your limits and watch your alcohol consumption. Alcohol affects your sight, hearing, balance, and judgement. Alone or in combination with medications, drinking too much can lead to serious falls.

We Are Here To Help

Our Chiropractors can help you assess your risk of falling by evaluating your strength and balance. Your chiropractor can also prescribe exercises and give you practical advice to reduce your risk.



PREVENTING FALLS



Use Non-Slip Mats

to help improve traction in bathtubs or showers



Clear Your Path

to remove any rugs, or other trip hazards like electrical cords



Install Grab Handles

near showers, bathtubs & toilets



Install Handrails

along indoor and outdoor staircases where you need extra support



Keep The Lights On

so there is adequate lighting inside & outside your house to see where you are walking



Keep Items in Reach

so you don't have to rely on a step stool or ladder



Consider Exercise

to build balance, flexibility, & strength with an exercise program



Check Vision & Hearing

so you are aware of your surroundings when walking



Wear Supportive Shoes

even when in the house to improve traction

How Chiropractic Can Help Alleviate Your Stress

Most people think of chiropractic care only when they're in sudden pain or have thrown out their back. In fact, regular chiropractic adjustments, even when you're not experiencing back pain, can help improve emotional well-being and reduce stress.

Hidden Stress

Stress is a common cause of countless health issues. There's good stress such as a workout for someone in good condition, and there's bad stress, which might be the same workout, but for someone who's out of shape. That's physical stress. There are also chemical and emotional stresses. How well you accommodate stress depends on the state of your nervous system.

The Link Between Your Spine, Stress and Chiropractic

Everyone has heard someone say that they carry all their stress on their back or shoulders. Or maybe you are one of those people. It's fairly common to have stress result in physical tension. In fact, it is one of the leading causes for lower back pain.

When we're stressed, our muscles naturally tend to contract and we therefore experience a feeling of tension. Many people may feel tensed in their shoulders or other muscles in ways that aren't conducive to a balanced posture.

That may mean you might slouch more, lean with muscles tensing to one side, hold your neck at an awkward angle, or any of the near infinite variations that afflict different people. More often than not, these stress-triggered posture issues go completely unnoticed. At least until muscles tighten so much that they cannot be ignored.

When people undergo episodes of chronic stress, tensed muscles remain in that state without relief. When this happens, the muscles aren't given the opportunity to rest and realign themselves. That means that while muscles remain constantly tensed, the bones, tendons, ligaments, joints, and nerves suffer as well.

Under this consistent, unnatural pressure, they begin to compress, inflame, or misalign. This results in pain that can range from mild to severe, depending on the resulting misalignment.



Welcome our new RMT, John Willette!

John graduated with honours from the West Coast College of Massage Therapy (New Westminster, B.C.) in 2005. While in school, he gained experience working in multiple outreaches in the pre-natal ward of the BC Women and Children's Hospital, as well as the G.F. Strong Rehabilitation Centre for Spinal Cord and Brain Injuries.



Since graduating, John has helped thousands of people of all ages, from all walks of life, with a diverse range of conditions. His approach to the therapeutic relationship is client-centered, and he takes pride in doing his best every treatment to help each person reach their goals.

Maximize Your Massage Benefits

Time is running out to utilize your massage benefits! Be sure to check in with your insurance provider to see if you have any unused massage benefits remaining for 2022. Schedules fill up quickly this time of year, so be sure to call soon to reserve your preferred time!



Lest We Forget

Many of our patients at the Ottawa Health Group are active members of the Canadian Armed Forces, the National Defense, or are Veterans. We would like to take this moment to thank all of you and your colleagues for your service. Come November 11th, we will be thinking of you, along with all the soldiers whom have sacrificed their lives for our country.

Lest we forget.



Easy Butternut Squash Soup

Ingredients

- 2 tbsp extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ tsp sea salt
- 1 butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tbsp chopped fresh sage
- ½ tbsp minced fresh rosemary
- 1 tsp grated fresh ginger
- 3-4 cups vegetable broth
- Freshly ground black pepper

Instructions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.



@OttawaHealthGroup



@ottawa.health.group

wecare@ottawahealthgroup.com

81 Metcalfe Street • Ste 1100
Ottawa, ON K1P 6K7

613.564.9000

471 Hazeldean Road, Unit 6
Kanata, ON K2L 4B8

613.831.5554