

SCOTT CHIROPRACTIC P.C.

"A WELLNESS CENTER"



2200 Fountain Drive • Snellville, GA 30078 • Phone: 770-972-9160 • Fax: 770-978-1699



DR. DAVE BEGINS NEUROLOGY PROGRAM

Dr. Dave recently completed his first module in a very rigorous 3 year post-doctoral program in Clinical Neurology. He will be studying under The Carrick Institute for Graduate Studies, the same Neurology program Dr. Jane completed and became Board Certified in 2005.

The curriculum is accredited by the American Chiropractic Neurology Board and qualifies the Learner to be eligible to sit for the Board examination after completion of the 345 hour Diplomate Program. The American Chiropractic Neurology Board is a full member of the National Organization for Competency Assurance and is fully accredited by the National Commission for Certification Agencies.

The Chiropractic Profession has always had its roots in clinical neurology. This curriculum has been formulated so that those Chiropractors who desire a superior knowledge of neurology might obtain a standard which will enable them to better care for their patients and become referral sources for neurological diagnosis.

With only a few hundred in the world, ten in Georgia, one in Gwinnett...Dr. Dave will be joining an elite group of dedicated doctors who have put in the time and commitment to become board certified in Chiropractic Neurology. Congratulations Dr. Dave on this huge endeavor and we are all behind you!!!



A Personal Note from Dr. Jane

On Dec 20 of last year, I awakened to my alarm clock on a Wednesday morning, just like any other normal work day. I rolled over ...and at that moment, my world came crashing in.. literally... the room was spinning and jerking violently. I could not focus on anything, nor get in a position to make the world stop. I crawled to the bathroom, feeling quite sick and tried to pull myself up. With my neurology background and knowledge of what it could be, I proceeded to the emergency room, convinced I had a brain tumor, an acoustic neuroma or a vascular incident. After all normal test findings, I was sent home with medication and a diagnosis of severe vertigo.



Months later, frustrated and still experiencing symptoms, I was diagnosed with Meniere's Disease, a lifelong condition characterized by vertigo, hearing loss and pressure in the ear with tinnitus (ringing or roaring in the ear).

I share this experience with you for two reasons...

1. To explain my frequent absences and my definite slowing down
2. To share with you my burning desire and commitment to help myself and others with vestibular problems (balance, vertigo, dizziness).

Read our article in this issue on Meniere's Disease which affects millions of people each year. I will be attending a Neurology

(continued on page 2)

A Personal Note from Dr. Jane (continued from page 1.)

seminar in San Francisco on Vestibular Rehabilitation in October to further learn how to help myself and other patients with this debilitating problem.

I count my blessings that Dr. Dave's capable hands, have been here to help in the interim. I plan to work many more years, but I MUST slow down. I will be taking off one week a month and working less hours to find balance in my life, spend time with my family and heal my body.

Dr. Dave will be here for you when I'm out or behind...using the same specialized techniques...with the same end results. Yes, his touch may be a little different, but the excellent outcome is the same. Remember, healing takes time, with many highs and lows. He

appreciates feedback from patients, whether they prefer gentler or stronger treatments. It is the combination of our techniques that get great results, and I assure you Dr. Dave has the gift. He is a wonderful doctor, a wonderful young man, husband and soon to be father!!! He is a permanent and wonderful addition to our practice. He is my doctor and has helped me invaluablely with my vertigo and spinal problems.

I hold my practice and my patients ("my babies") very dear to my heart. Know that it has to be someone very special I would trust to care for you when I'm not here. I'm not leaving... just taking more time off after 20 years...I'm here for you when you must see or talk with me.

What is Ménière's Disease?

Ménière's Disease is a progressive disease affecting the inner ear. It produces a triad of symptoms—vertigo, tinnitus and hearing loss. However this is only the tip of the iceberg. It is an unpredictable, fluctuating illness, with significant hidden disability. You can appear well but be unable to stand up straight, unable to hear properly and be coping with severe and uncontrollable ringing noises in your ear. You may have problems at work, financial worries and difficulties with family and friends due to your illness. There is so much to cope with and manage. The Society conducted a survey of its members in 1998. The survey was a randomized study of our membership so it includes a cross section of ages, disabilities and stages in the disease. It showed that the majority of people had multiple symptoms early in the illness or experienced problems in different situations for example hearing loss when attending meetings, balance problems when trying to decorate at home, and tinnitus when getting to sleep. As well as these primary "ear related symptoms" others were common including headache, anxiety and depression.

Why does Ménière's disease affect quality of life so much? Consider the effects of vertigo alone. It is often poorly controlled; acute episodes can happen without warning; acute episodes can last from minutes to several hours; the episodes often occur more than once a week and many have remissions of less than 6 months. If you add to this the effects of the other symptoms outlined above it is understandable that quality of life can be diminished. The Society has evidence that about one third of its members have changed work or retired because of their Ménière's disease. It can affect work, physical activities, communication and emotional states.

GRIEF AND LOSS

In addition to physical problems there are significant psychological consequences which also affect quality of life. The

problems of an unpredictable, hidden and fluctuating illness are immense. There is the profound sense of loss and grief about all that is happening. In common with other serious chronic illnesses the losses include some or all of these:

- **Loss of good health**
- **Loss of self esteem**
- **Loss of independence**
- **Loss of prospects and a future**

In addition there may be:

- **Financial and work worries**
- **Anxiety and depression**
- **Communication problems and isolation**

In a similar way to bereavement you need to go through the cycle of numbness and disbelief, anger, depression acceptance and then move on to a different future.

Having considered the problems, the task of managing Ménière's Disease seems enormous. However, it is, in most cases, slowly progressive and the problems arrive one or two at a time over weeks, months and years. It is possible to have a management plan, and to combine the medical advice and treatment into something that works for you. No plan can last forever. The needs of each individual change, and revision and modification over time is essential.

Taken from the Ménière's Society. http://www.menieres.co.uk/managing_md_the_task.html.

If you or a loved one suffer with Meniere's or Benign Positional Vertigo, call us for a consult to see how we can help.

HEALTHY WEIGHT LOSS THROUGH THE HOLIDAYS...TAKE THE CHALLENGE!!!

Dear Patients and Friends,

It is my year to get healthy and fit!!! Some of you have already noticed my 20lb weight loss, and I'm inviting you to join me for the rest of the year. I'm doing it the old fashion way, by eating right and exercising. Dr. Bernie Siegel says it well...that "illness is God's reset button", and with another birthday coming up New Years Day...I'm about to reset it in a major way.

Many of you have probably heard about an epidemic in our country called Metabolic Syndrome or Syndrome X. It is the precursor to diabetes. The main indicators are:

1. high blood pressure >135/80
2. elevated ratio of total cholesterol
3. excess abdominal fat

Our high glycemic diets filled with sugar and bad carbs and its relationship to insulin, is aging us prematurely. A book I highly recommend is the Schwarzbain Principle by a highly respected medical endocrinologist...Dr. Diana Schwarzbain. The best book I've read on the subject, she teaches you how to heal your metabolism, which will improve your quality of life and increase your longevity.

One tool we are using in our office is called FIT FOOD, which is a functional food that is physician formulated, medical meal replacement, with high quality protein, carbohydrates and good fats. It's simple and easy and tastes good too. It increases lean muscle while decreasing body fat to keep heart and arteries healthy, and supports immune health. We have also added a new high tech FDA regulated Bioimpedance Analysis Machine which measures percent of lean muscle to body fat that will track your improvement as you progress in the program.

Besides a healthy diet, we need to strive to achieve an active lifestyle, stress management and adequate rest.

Join us for a monthly meeting on Healthy Weight Loss. Seating is limited, so call and reserve today. Friends are welcomed...

Tuesday November 13th at 6:30PM

Tuesday December 11th at 6:30PM

Tuesday January 15th at 6:30PM

GIVE THE GIFT OF THERAPEUTIC MASSAGE FOR THE HOLIDAYS

Massage therapy can be used to increase blood flow, relax muscles, relieve stress and revitalize the body. It is a way to increase circulation to tense, strained muscles and other soft tissue, and is great for fibromyalgia patients. Why be stressed out through the holidays???

Improved circulation and relaxation leads to better health and well-being.



Audrey Clarke, LMT

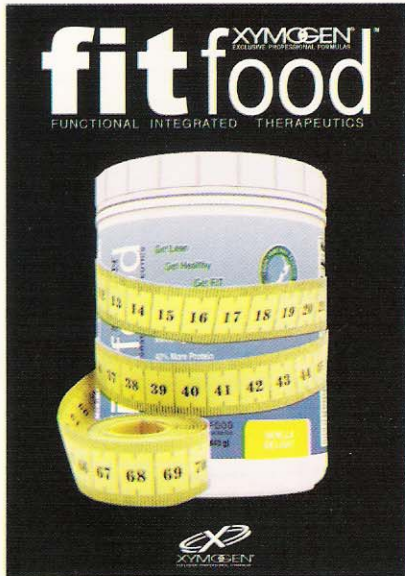
Introducing our wonderful Licensed Massage Therapist...Audrey Clarke with over 10 years experience. Call and make an appointment today OR buy a GIFT CERTIFICATE for that special someone.

Active Rehab Prevents Premature Aging of Spine

Baby Boomers are definitely being proactive in aging well. You may notice more and more advertisements for arthritis medications and treatments, an increase in the number of hip and knee replacements, and you probably know several individuals (perhaps even yourself) who have gone to a physical therapist. So, what is all of this saying to us? It is telling us that the Baby Boomers are not going to age quietly. They want to enjoy their retirement years with health, strength and vigor. As chiropractors, we can play an integral part in the aging process. We offer posture-focused exercises as patients move from the acute or pain phase of care into the stabilization or rehabilitation phase of care. In addition, patients are taught exercises centered on strengthening the proprioceptive or involuntary muscles of the spine to prevent the early onset of arthritis. With the combination of active care, which includes rehabilitation, and passive care which includes the adjustment, muscle stimulation, and intersegmental traction Baby Boomers, as well as everyone else, can enjoy a lifetime of pain free activity. Ask us about our Active Rehab Program.

TAKE THE HEALTHY WEIGHT LOSS CHALLENGE!!!

Join Dr.Jane in healthy weight loss through the holidays. Yes, you can take weight off during the holidays and feel great. She's lost 20lbs and counting OR join Dr. Dave in GAINING healthy muscle weight!!!



The goals of FITFOOD plan are:

1. Lose weight (if needed).
2. Increase your lean muscle mass and decrease body fat.
3. Keep your heart and arteries healthy.
4. Support immune health.
5. Support your cells as they convert FITFOOD and other foods you eat into energy.

Call today to reserve seating to our healthy weight loss classes.

November 13th 6:30PM

December 11th 6:30PM

January 15th 6:30PM

OR CALL AND GET STARTED TODAY!!!

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