



Creating Health

Providing knowledge to help you take control of your health and feel better

Brought to you by

Wilmington Clinic

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Both Dr. Fiscella and Dr. Cantrell are committed to helping clients of all ages achieve optimal health utilizing effective chiropractic, nutritional and energetic methods.

With decades of clinical experience as well as several advanced certifications between them, they are pleased to offer evidence-based services which improve the health and lives of those they serve.

Services Provided

- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture
- Acupressure
- Orthotics
- Nutritional Counseling
- Spinal Decompression
- Sports Rehabilitation
- EndoNasal Technique
- X-ray
- Cold Laser
- Weight Management
- Pregnancy Care
- Pediatrics

We are providers for many HMO's and PPO's.

Myofascial Pain and Trigger Points

Pain is experienced by millions of people everyday and can greatly interfere with daily activities and overall quality of life. The same underlying problems that create pain can also cause a host of other symptoms including: fatigue, stiffness, nausea, poor balance, cramps, itching, burning, ringing in the ears, localized sweating, numbness, digestive ailments, eye and ear trouble, hormonal imbalances, nerve problems, heart and lung problems, arthritis, and gynecological problems.

So, what is the common denominator between all these symptoms?

Myofascial inflammation which forms trigger points. Ok...let's break this down. **Myo** refers to muscle and **fascial** refers to fascia. Fascia is a thin layer of soft tissue which surrounds every muscle, nerve, ligament, bone, and organ in your body. You can think of fascia as a continuous web that envelopes your body and connects every part of your body from head to toe.

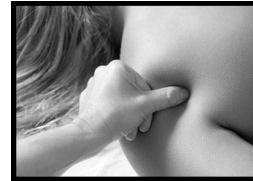
In the normal healthy state, the fascia is relaxed and wavy in configuration, it has the ability to stretch and move without restriction. However when we suffer physical trauma or inflammation, the fascia will lose its pliability becoming tight, restricted and a cause of tension to the rest of the body.

Trigger points are hyperirritable spots located in soft tissue, mostly in taut bands of muscle. Trigger points are formed after physical trauma (minor or severe) which then leads to inflammation, stagnation of blood and lymph, nerve irritation, the accumulation of metabolic irritants, and tight muscles. These then lead to a continuation of the pain cycle.

The initial trauma that starts the myofascial pain syndrome could extend as far back as a difficult or traumatic birth. The most typical causes include strains, sprains, cuts, bruises, surgical incisions, accidents, sports injuries, overexertion, repetitive occupational activities, postural and gait imbalances, and some illnesses or diseases (especially when inflammation is present).

In addition to trigger points, myofascial pain syndrome frequently involves the development of scar tissue or adhesions. Because of inflammation or stress, the fascia can start to adhere to the muscles, nerves or organs and restrict the normal flow of fluids and normal movement of these structures.

The end result of all this is pain, tightness, lack of normal movement in the muscles and joints and overall decreased functioning of



the systems of the body. Because of the connectedness of the fascial network, tightness in one area of the body can cause pain in another, seemingly unrelated, area. Eventually, the host of symptoms listed earlier can result depending on which muscles, nerves vertebra and organs are being restricted.

Concerned About Your X-Ray or MRI Findings?

- 50% of all people above age 60 have asymptomatic rotator cuff tears.
- 85% of adults have knee arthritis that does not cause pain. There is little correlation between degree of degeneration and pain.
- 1/3 of all people with heel spurs have no pain at all.
- Lumbar disc degeneration is present in 40% of individuals under age 30, and in over 90% of those above age 50.
- In healthy 20-22 year olds with no back pain 48% had one degenerated disc and 25% had a bulging disc.
- Imaging is necessary at times to properly diagnose patients. However, degenerative findings are often NOT the source of your pain.

In the absence of trauma: Your **HABITS, POSTURES** and **HOBBIES** are often the real source of your pain.

Cold Laser Therapy Helps You Heal Faster

The cold laser produces an impulse of light (photons) which can penetrate the body about 4-5 inches. The light is directed to areas of blocked energy or damaged cells. This light stimulates cells in such a way as to transform them from a state of illness to a stable, healthy state. In general, cold lasers can be used in 2 distinct ways:
1) To target acupuncture trigger points and
2) Broad coverage of deep tissue with laser photons to stimulate changes in the tissue.

Cold lasers are widely used for the treatment of:

- Acute or chronic pain
- Ligament sprains
- Muscle strain
- Soft tissue injuries
- Tennis elbow
- Fibromyalgia
- Arthritis
- Back pain
- Bursitis
- Carpal Tunnel
- Tendonitis



Some of the ways laser photons help your body include:

- Increased Cell Growth** and cellular reproduction.
- Increased Metabolic Activity** via initiating higher output of specific enzymes, greater oxygenation and greater production Adenosine Tri-Phosphate (ATP).
- Faster Wound Healing** via fibroblast development and accelerated collagen synthesis.
- Anti-Inflammatory Action** — reduced swelling resulting in enhanced joint mobility.
- Increased Vascular Activity** via temporary vaso-dilation that increases blood flow to effected areas.
- Reduced Fibrous Tissue Formation** (scars) following tissue damage from: cuts, scratches, burns or surgery.
- Stimulated Nerve Function** — speeding nerve cell reconnection to bring the numb areas back to life.

WILMINGTON

CLINIC

www.thewilmingtonclinic.com

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Tuesday 8-11 am
Friday 6-11 am
Select Saturdays from 9-12
(by appointment only)

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Information is Power!

Empower yourself by learning more about our specific techniques and strategies to maintain optimal health!
Tell your friends/family so they can benefit too.

Check out our new informative videos and blog at:
www.thewilmingtonclinic.com

Our intent is to inform, not annoy. If you would like to be removed from our mailing list, please call us.

Studies Highlight Cancer Fighting Foods

Two recent studies have shown that substances found in cruciferous foods have cancer prevention and cancer fighting properties. Sulforaphane, one of the primary phytochemicals in cruciferous vegetables that helps them prevent cancer, has been shown for the first time to selectively target and kill cancer cells while leaving normal prostate cells healthy and unaffected.

It appears that sulforaphane, which is found at fairly high levels in broccoli, cauliflower and other cruciferous vegetables, is an inhibitor of histone deacetylase, or HDAC enzymes. HDAC inhibition is one of the more promising fields of cancer treatment and is being targeted from both a pharmaceutical and dietary approach, scientists say.

One note about cruciferous vegetables... when eaten raw, they can have the effect of inhibiting thyroid function. So people with low

thyroid function should always steam or lightly cook their cruciferous vegetables.

Cruciferous Vegetables:

Arugula
Bok choy
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Chard
Chinese cabbage
Collard greens
Daikon
Kale
Kohlrabi
Mustard greens
Radishes
Rutabagas
Turnips
Watercress

In another project which looked at 13 studies involving 530,469 women and 244,483 men, results indicate that higher intakes of fruits and vegetables may be associated with a reduced risk of renal cell cancer. The authors of this study conclude, "Increasing fruit and vegetable consumption is associated with decreasing risk of renal cell cancer; carotenoids present in fruit and vegetables may partly contribute to this protection."

References:

John D. Clarke, Anna Hsu, Zhen Yu, Roderick H. Dashwood, Emily Ho. Differential effects of sulforaphane on histone deacetylases, cell cycle arrest and apoptosis in normal prostate cells versus hyperplastic and cancerous prostate cells. Molecular Nutrition & Food Research, 2011

"Intakes of fruit, vegetables, and carotenoids and renal cell cancer risk: a pooled analysis of 13 prospective studies." Lee JE, Smith-Warner SA, et al, Cancer Epidemiol Biomarkers Prev, 2009; 18(6): 1730-9. (Address: Channing Laboratory, Department of Medicine, Brigham and Women's Hospital and Harvard Medical School, Boston, MA 02115, USA.