



Disc Herniations: A Personal Experience by Dr. Karls' intern, Jesse West

Pain, something we can all relate to. Something that can take away the very thing we identify ourselves with. For me, I lost running by doing just that, running. I'd been running for years. I ran cross-country in high school and undergraduate college; then half-marathons and marathons into my graduate college years. That's where the running ended, and this story begins....

The pain began in my low back after a marathon-training race. Rather than evaluating the situation, I told myself that, naturally, it was tight muscles and I could push through it. The pain progressively spread into my left hamstring, which then spread into the outside of my knee, which

then spread into my calf. In a matter of a month, I noticed a numb big toe on that same side. Then, and only then, was I able to admit to myself that I was injured and needed to be treated.

My diagnosis was a disc herniation of my L4/5 (low back) disc. The nerve stemming from my spine at my low back was being "pinched" by the injured disc. That same nerve traced the length of my leg, in the same place that I had experienced the pain (including my numb toe). As a chiropractic student, I decided it was time to practice what I preach.

I began chiro-

practic treatment, including adjustments and electrical stimulation. At that same time, I halted ALL running activity; I even stopped biking and elliptical training due to the strain it created in my back. In turn, I was busy achieving yoga positions and consuming my daily dose of fish oils (to aid in decreasing inflammation). The sacrifices were not fun to make, but I started getting better.

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Supplements are 10% off when they are the supplement of the month! The next few months will be:

- November – Multivitamins
- December – Protrypsin & Inflanovoid
- January – Multivitamins
- February – CoQ10 & UltraMeal

How Can a Young Infants Spine be Traumatized? By Anne Langford, D.C., D.I.C.C.P

A young spine, with few exceptions, usually develops perfectly by the end of pregnancy. It's what happens around the time of birth and in the months thereafter which can sometimes upset the normal functioning of the spine. Spinal segments can be pushed out of place or jammed by the position of the baby in the womb, or can suffer similar problems during labor from the trauma of the trip through the birth canal, or from the birthing process itself. Medical research has identified the fact that many problems early in a child's

life can come from birth trauma.

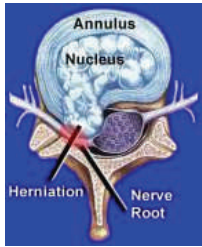
Spinal problems can also occur as a result of the frequent falls suffered by young infants in the first months of life. A fall from a bed, a sudden stop in a car, or any significant unsupported movement of the head and neck in an infant can induce excessive movement in the spine causing vertebral subluxations. At the other end of the spine, the act of learning to walk, and the number of simple falls encountered in this way, can induce trauma to the lower

spinal segments and to the large sacroiliac joints of the pelvis. Young children learning to walk also fall and hit their heads. These apparently innocent, frequently occurring events can also create spinal subluxations.

If you are wondering if your child's spine would benefit from chiropractic treatment, please call to schedule an appointment to have your child's spine examined!

Disc Herniations: A Personal Experience cont'd.

Today, my pain is gone. And now I treat my back as if it were still in those early stages of pain; for it took nearly one year to reach a pain-free stronghold. The beauty is that I have created a lifestyle of prevention. I prevent further injuries by maintaining my relationship with my chiropractor, and staying honest with myself. Surgery was an option. Lifelong pain was an option. I refused both, and that has made all the difference.



Artist rendering of herniated disc

Lumbar Spine Disc Herniations

By Dr. Heather Karls

As you can see by my intern Jesse's testimonial, lumbar disc herniations can happen to anyone, at any age. The most important thing to remember is that a disc herniation, while it can be very painful, can be treated and there are many options available. Chiropractic care can help to control the pain, increase flexibility and has even been shown to reduce the disc herniation in 63-82% of cases depending upon the study. Disc herniations can progress and get worse, however, the disc can also improve and actually can demonstrate reabsorption. The appearance of a disc herniation on a MRI may not correlate with the pain severity. In fact, all patients should undergo conservative therapy including chiropractic care, massage, acupuncture, and physical

therapy before considering a more invasive procedure such as surgery. Only if a patient has severe pain that can not be controlled, progressive or major neurological deficits, loss of control of bowel or bladder function and little or no response to conservative care, should surgery be an option.

Please welcome our new employees Will and JT!

At the front desk you will see our new Chiropractic Assistant Will! He is a graduate of The University of St Thomas and joined our office staff on November 3rd!

JT has joined our team of massage therapists! He is here Tuesday, Wednesday, Thursday and Friday! We are very excited to have them both on board!

Smoking: Bad to the Bone! By Dr. Virginia Kampmeier

Did you know that smoking is not only bad for your heart, lungs, associated with cancer, gives us bad breath, brown teeth, stained fingers, and wrinkles, but that it is also harmful to our bones? Smoking has been identified as a risk factor for osteoporosis, bone fractures, weak, unhealthy bones, disc herniation, and back pain. Bone damage is the least publicized of tobacco's harms. Research has been accumulating showing that smoking accelerates bone loss, which contributes to the development of osteoporosis, and impairs healing potential. Why are bones affected by smoking? Bones are nourished by blood, much like other organs and tissues in your body. Nutrients, minerals, and oxygen are all supplied to the bones via the blood stream. Smoking elevates the levels of nicotine in your blood and this causes the blood vessels to constrict. Nicotine constricts blood vessels approximately 25% of their normal diameter. Because of the constriction of the vessels, decreased levels of nutrients are supplied to the bones. It is thought that this is the reason for the negative effect on bone healing.

Research is also showing that smoking

has a slowing effect on soft tissue healing, such as ligaments, and negatively affects the health of your intervertebral discs. There are only two structures in the adult human body, which, under normal circumstances, lack a blood supply in adult life. These are the cornea of the eye and the intervertebral discs. Research has found that smokers carry a 3-4x higher risk of disc degeneration than non-smokers. In addition to the association between smoking and disc degeneration, it is well established that patients who smoke have a higher failure rate of surgery in general and fusion's in particular because of the adverse effect of nicotine and carbon monoxide on bone metabolism and bone growth. The good news is that it is never too late to quit! Your whole body benefits you when you give up smoking! Once you quit, your body systems can work together to improve your health. Quitting is the best thing you can do for your body, even if you have been a smoker for a long time!

The Doctors of Langford and Karls Chiropractic Clinic are able to provide you with helpful tips and resources to quit smoking!

Employee News!

September, 2008 was a momentous month for our massage therapist Marguerite!

On September 6, she went with her husband Jeff, to her 1st ever high school reunion! "After 35 years, I was finally ready!"

Then over the weekend of Sept. 26, they joined 10 of their friends to celebrate their 10th wedding anniversary in Bayfield, WI. On that Saturday, they boarded the Madeline Island Ferry to celebrate recommitment to their marriage vows in a short, informal ceremony on the rocks overlooking Lake Superior. Everyone had a great weekend!



The MN Department of Health and Blue Cross and Blue Shield of MN have released a report in Jan. that found fewer than 25% of MN adults will be at a healthy weight by 2020. The state ranks 21st out of 50 states on obesity, and MN residents are becoming obese at a faster rate than the rest of the nation. The report estimates that obesity-related health problems will cost the state an additional \$900 million yearly by 2010 and \$3.7 billion per year by 2020.

Communities amenable to walking and biking with access to fresh fruits and vegetables, employers who encourage employees to be active and offer low-cost, healthier choices in cafeterias, and individuals who take responsibility for physical activity and food choices would all help decrease the cost of obesity related problems and increase the number of Minnesotans at a healthy weight!

The full report, "Obesity and Future Health Care Costs: A Portrait of Two Minnesotas," is available at www.bluecrossmn.com/preventionminnesota.

lifestyle regimen to have a better, pain free quality of life. Besides....It just feels good!

***Be sure to ask about our Massage
Punch Cards! Buy 5 get one FREE!
Massage Gift Certificates also make
wonderful Holiday Gifts!***

Acupuncture and Smoking Cessation by

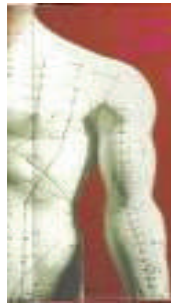
Sarah Larson L.Ac.

If you've decided to quit smoking, acupuncture may be just the tool you need to assist you in your goal. According to a report in *Preventative Medicine* (Vol. 33:364-372) acupuncture performed on certain points on the body may help curb the desire to smoke, as well as lowering blood levels of smoking related chemicals.

What should you expect when using acupuncture to quit smoking? Your first appointment will include a thorough intake to find out what your smoking habits are, and why you are having difficulty quitting. You will then have a 20-minute acupuncture session to get you started.

The most widely used treatment is placing small needles at certain points in the ears, and resting with them in for approximately 35-40 minutes. This is most

effective when done twice a week for at least 4 weeks. After receiving acupuncture, clients have reported that cigarettes taste different, that they're more abrasive on their lungs and that they have less cravings overall. I often recommend dietary and lifestyle changes along with the acupuncture to help you out on the road of smoking cessation. Anytime is a great time to quit, please feel free to call me with any questions!



Massage – Indulgence or Necessity

by Megan Moelter

Although it's getting better, our culture seems to have forgotten that massage isn't always an indulgence....a pampering of ourselves. Since ancient times, massage has been used for healing. It reduces stress and anxiety, which helps us combat our everyday stressful lives. Massage relieves muscular tension; getting rid of the "knots", "ropes", and stiffness. It also reduces muscle soreness and fatigue, greatly aiding healing and recovery time. Sure, we think of massage to

pamper and relax ourselves. Even to help recover from a car accident or work injury. But what about the "little" injuries that we do to ourselves everyday? The strain we get in our arms and between our shoulder blades from being hunched over our computers all day. What about the "Weekend Warrior" who plays too hard and then pays for it on Monday? Or all the gardening, raking and shoveling that we do? Massage can help us heal from all that, and more. So remember to incorporate massage into your healthy

Welcome our new Interns: Jesse West and Jennie Long

My name is Jesse Ray West, and I am Dr Heather Karls' intern! I am currently in my 7th trimester at Northwestern College of Chiropractic. I am originally from Minnesota (Duluth); however, I lived in Portland, Oregon for the first 2 years of my chiropractic career. The west coast was lovely, but I knew that I wanted to practice long-term back home. I transferred schools a little over a year ago, and here I am. My interest in chiropractic

stems from my days in competitive athletics when I was treated for a wide array of sports injuries and found chiropractic to be my most effective form of treatment. On the side, I work part-time at the REI in Bloomington, I have a kitty by the name "Verbal", and I very much enjoy yoga and a good hike!

My name is Jennie Long and I am Dr. Anne Langford's intern! I am also in my

7th trimester at NWCC in Bloomington, MN. I grew up in Wausau, WI, but have been living in Bloomington for the past three years. My family and I have been going to a chiropractor since I was a little girl so starting chiropractic school was a natural choice for me. In addition to chiropractic school, I am currently completing my certification in pediatric care. During my free time I enjoy running, and spending time with my fiancé and friends.

Langford & Karls

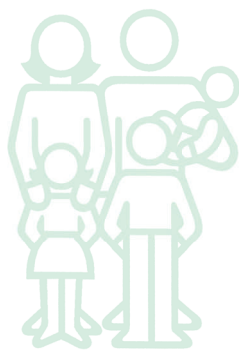
Chiropractic

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*Focusing on the
individual needs
of men, women,
and children*

Knowing your Insurance Benefits

by Teresa Grau and Barb La Motte

As the New Year is slowly approaching, we would like to remind you of some important items, and to also update you on some changes that are being made. Please be sure to inform our front desk staff any time you have an insurance change, January 1st is the busiest time for these changes to take place! If we do not have your correct insurance information, the outstanding bills will be your responsibility.

If you have a new injury, whether it is or isn't related to an automobile accident or a work injury, or if you haven't been seen in 6 months or more, you will receive an examination. This is the only way that we can properly diagnose your condition.

The following insurance companies DO NOT cover examinations, electrical muscle stimulation, hydrotherapy table (bubble bed), ultrasound, laser, massage, or acupuncture: Medica Medical Assistance, Blue Plus, HealthPartners MA, Ucare, Medical Assistance, and

Medicare. Medicare also does NOT cover x-rays. If you require any of these services you will be responsible for payment.

As of January 1, 2009, we will no longer be able to bill Blue Cross Blue Shield (BCBS) for massage therapy. This is a BCBS policy, if you have any questions please contact BCBS.

Any patient who receives acupuncture services from Sarah must pay for that treatment.

In order to receive acupuncture from Drs. Langford, Karls, or Kampmeier and to have it billed to your insurance, it must be for musculoskeletal conditions and in conjunction with a chiropractic adjustment.

If you have any questions regarding this notice or any other billing concerns, please let us know!

More Employee News!

Dr. Heather Karls has completed further education on Multiple Sclerosis: Clinical overview and management!

Dr. Anne Langford proctored for the National Board of Chiropractic Part IV examinations this month. We are also proud to announce that she has been invited to be part of a national chiropractic pediatric review panel!

Dr. Virginia Kampmeier is happy to announce her engagement! She and her fiancé, Corey, are busy planning a May 2, 2009 wedding!

Speaking of weddings, you may have noticed Teresa's name change above! Teresa (Thommes) Grau was married on September 26, 2008!