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Health Bulletin/Newsletter-4
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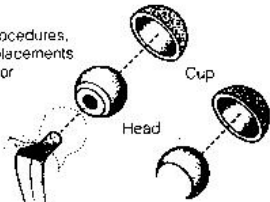
This letter will cover a few interesting topics instead of just one. I mentioned in the last newsletter about the epidemic of hip replacements taking place in the USA. In The New York Times on March 4, 2010 there was a cautionary article entitled “Debris Shed by Some Hip Implants Is a Problem”. About 1 percent of hip replacements are encountering breakdowns due to excessive wear requiring additional surgery and a second replacement in as little as a year or two due to pain. This complication seems to be due to metal-on-metal type of replacements so beware and question your surgeon if you are slated to have your hip replaced.

B4 THE NEW YORK TIMES BUSINESS THURSDAY, MARCH 4, 2010

The Effects of Metal Wear


Research has shown that metal-on-metal hip replacements can generate tiny particles of debris that can damage soft tissue and bone.

METAL COMPONENTS
In metal-on-metal hip procedures, whether conventional replacements or resurfacings, both major components, the **head** (which replaces the top of the thigh bone) and the **cup** (which replaces the hip socket), are made of metal.



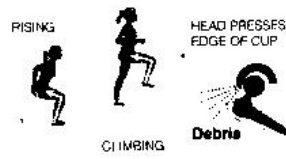
CONVENTIONAL HIP REPLACEMENT **RESURFACING**

THE PROBLEM
Friction between the head and cup causes wear to these metal parts, which results in **tiny particles of metallic debris**. These particles may be small enough to enter tissue or the bloodstream. The most severe wear is caused by **edge-loading**.



Debris

Friction between the edge of the cup and the head generates metallic debris.



RISING **CLIMBING** **HEAD PRESSES EDGE OF CUP**

Debris

Edge-loading occurs when the head presses against the edge of the cup. It is most pronounced during activities like rising from a chair or climbing stairs.

GUILBERT GATES FOR THE NEW YORK TIMES

Debris Shed by Some Hip Implants Is a Problem

The second topic I will discuss is Coffee as a Health Food I know that might seem strange but its true! Coffee has been much maligned but undoubtedly a beloved beverage. There have been some 19,000 studies done on coffee and their impact on health over the last twenty years. This data has been analyzed by researchers at Harvard University and consisted of 126,000 people. What we have learned is that freshly brewed coffee especially ground from beans is “far more healthful than it is harmful”.

Coffee contains a great number of antioxidants such as chlorogenic acid, tocopherols, vitamin B3 Niacin, minerals such as magnesium and compounds called quinines, which seem to increase our sensitivity to insulin. So what we are currently learning drinking two or more cups a day cuts the risk of type 2 diabetes. Six studies indicated drinking coffee on a regular basis could reduce up to 80% less likely to develop Parkinson’s disease. It also reduced risks of colon cancer by 25%, 80% drop in liver cirrhosis and half the risk of gallstones. The caffeine found in coffee is useful in treating asthma and headaches and boost concentration levels.

OVER

On the flip side it isn't for everyone, as the expression goes it may not be "your cup of tea" and can increase nervousness, hand trembling and cause rapid heartbeat. Coffee has sometimes been implicated in increases in blood pressure but current research has shown that not to be true. So if you enjoy coffee enjoy it!

The next topic is chocolate and how it used to be thought of as decadent in our nutritional picture and generally bad for our general health. However what comes to the forefront in scientific research in the last few years is the health benefits from dark chocolate. I have read numerous articles in the Science of the Times, Journal of the American Medical Associations and research at Yale and Harvard University showing the benefits of moderate intake of dark chocolate, which contains potent antioxidants called polyphenols. This class of compounds includes catechins, epicatechins, and procyanidins.

Research has shown that chocolate lowered blood pressure, improved depression and could prevent heart attacks and cancer. One very interesting observational study conducted on 1,169 nondiabetic men and women who had been hospitalized for a first heart attack. The patient's questionnaire included a question about chocolate consumption over the past 12 months. This was compared with people who ate no chocolate in that time period. What it showed a significant reduction in the risk for cardiac death and having second heart attacks. For those who had chocolate less than once a month had a 27% reduction, eating once a week had a 44% reduction and two or more servings a week showed 66% reduction of dying from a subsequent heart event. This is quite impressive, but remember controlling the intake of other kinds of sweets is important.

I want you to know that my office and practice is set up to treat any type of health problems you may have. I serve as a general family doctor for many of my patients and their families. We have a clearing house and referral service to help you find other medical doctors and specialists for health problems that are not in my field of expertise.

We also will be happy to answer any of your health questions by email so if you are having a problem just email me at pauls42@optonline.net, and I will try to answer them within a few days.

Please remember that Chiropractic and Applied Kinesiology are not only for treating structural problems such as back, neck, due to herniated disc, all joint problems such as knee and shoulder pain and foot and ankle problems. I also specialize in headaches of all types and TMJ or jaw problems. I have also written and published more than 63 research papers on various subjects such as Learning Disabilities, G.E.R.D. and Irritable Bowel Syndrome this is to only mention a few.

Looking forward to serving you and your family and friends.

Paul T. Sprieser, D.C., DIBAK

