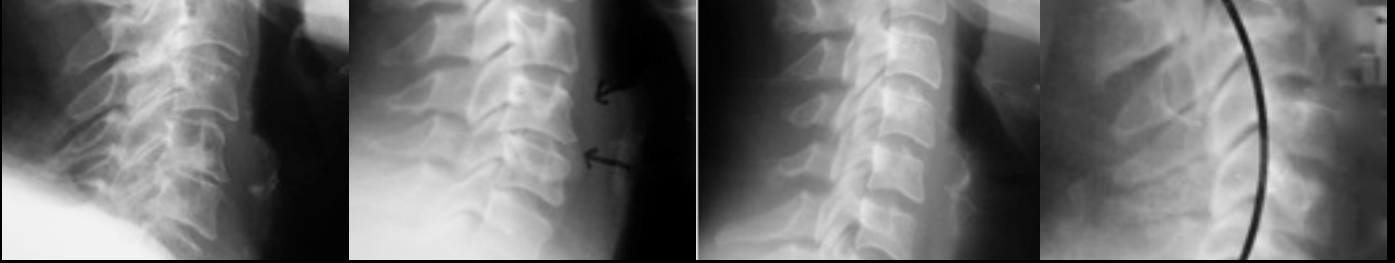


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Healthy Discs Can Go Bad...Even Before You are a Grandma

If you thought that degeneration is only for old people then you would be shocked to know we recently treated a 15 year old with a bad disc. And even if you ARE a Grandma, here is why you shouldn't let your spine get any worse...



Centennial, CO--Trauma and family history raise your chances of spine problems more than just plain old aging.

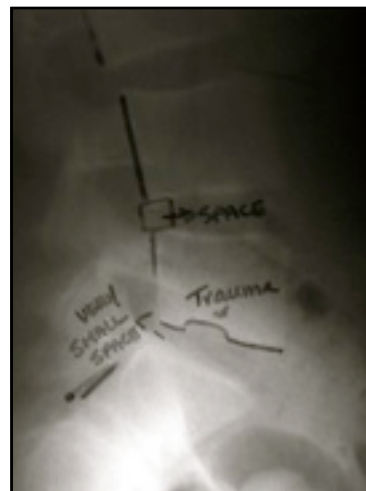
Recently, we had a teenaged patient who

was hit in the head with a baseball and later suffered back and hip pain. He did not have a low back trauma to account for the hip pain. But on MRI, he was diagnosed with an inflamed disc in the low back. On x-ray (next column), the disc is moderately compressed. I was very surprised to see signs of degeneration in such a young patient!

This 15 year-old is very lucky to have parents who are getting this problem treated. If it were covered up with pain relievers or cortisone, that

damaged disc would continue to compress over time and lead to chronic problems at a very early age.

Trauma was definitely the initiating factor for this patient. Once the disc has sustained trauma, it sets the stage for a vicious cycle of degeneration.



The disc is the cushion between each vertebrae in your spine. Researchers know that the disc requires an EXACT pressure of 3 atmospheres for optimal function. Do you know what happens when that pressure goes too high or too low?

The disc stops making a special chemical that keeps the layers of the disc stuck together.

(Continued on page 3)

Success Stories



Richard, Scott and Dee will receive a \$25 restaurant gift card to celebrate their wins! Write your success story and be featured. Just give it to a staff member.

Richard Gonzales Parker, CO

Retired military...Infantry Platoon sergeant, jungle warfare instructor, para-trooper and drill instructor all took it's toll on my back. After my first visit, Erica relieved my back pain that I had for years. I am so satisfied that I recommended her to my wife....who is also ex- military and Afghanistan veteran.



Scott VandeBurgt, Highlands Ranch, CO

I've tried physical therapy and some chiropractic for years but never solved the main problem. The lower back pain would come back and my neck was always stiff. Mornings were stiff and sore and sports went away as I felt tired and ached. I have been coming to Atlas for several months now and have had phenomenal results. I am pain free and am even training for a half marathon in October. I couldn't be more pleased.



Dee Shaffer, Littleton, CO

When I first came to see Dr. Erica, my knees would hurt going up or down stairs. My right knee would hurt so much that I would sometimes have to stop halfway up a staircase. But, after just 6 weeks with Dr. Erica's treatment, my left knee no longer hurts going up or down stairs and my right knee only bothers me once in awhile, but not the pain I had before and I never have to stop halfway. I no longer avoid stairs because of my knees which makes my life much easier.



JUSTIFICATION FOR... STRUCTURAL CORRECTION

WELCOME NEW PATIENTS!

Debbie B.--Aurora, CO
Chuck W.--Littleton, CO
Shawn W.--Highlands Ranch, CO
Manuel O.--Centennial, CO
Richard G.--Parker, CO
Derek C.--Highlands Ranch, Co

Referred by Dana C.
Andrea P.--Centennial, CO
Referred by Amber Graham
Thomas & Alena F.--Atlanta, GA
Referred by Claire L.

Molly O.--Littleton, CO
Doug C.--Commerce City, CO
Staci V.--Centennial, CO
Karen A.--Centennial, CO

Welcome Returning Patients!

Mary Ann R.--Castle Rock, CO
Tom & Ruth Ann O.--Centennial, CO
Claire L.--Atlanta, GA
Joe W.--Lakewood, CO

WELCOME NEW STAFF!

Amber Graham, Massage Therapist



PHASE I DEGENERATION

(cont. from p.1) This chemical, called proteoglycan, has special properties that prevent nerves and arteries from penetrating into the inner parts of the disc. Normally, nerves and arteries are only located in the outer 1/3 of a disc.

However, trauma changes the ALIGNMENT of the bones AROUND the disc. Misalignment changes the pressure in the disc. That is the EARLIEST stage of disc degeneration (Phase I). Waste can't be pumped out when the pressure is too low.



PHASE II DEGENERATION

Additionally, calcium on the edges of the vertebrae (bone

spurs--Phase II) will prevent blood from flowing into the disc. This *speeds up* the cycle of disc damage.

Smoking further inhibits blood flow into the disc, accelerating the aging process of the disc. These changes worsen until irreversible damage takes place.

Over time, the decreased blood flow allows the inside of the disc to weaken. In the final stage (Phase III), the disc has dried out to a fraction of its normal height. The fibers on



PHASE III DEGENERATION

the outside of the disc become weak and can tear.

With Phase II and Phase III degeneration, there are 2 kinds of disc pain possible.

First way: the squishy center material leaks to the outside of the disc, contacting the nerve. That squishy material, called proteoglycan, in contact with a nerve equals pain!

Second Way: the nerve migrates to the center of the disc. The nerve normally stays in the outer 1/3 of the disc. The constant pressure of 3



Adele A. 1977 (Age 19)



Adele A. 2006 (Age 47)

atmospheres prevents the in-growth of arteries or nerves to the center.

But after trauma or chronic misalignment, decreased disc pressure allows nerves to grow into the center. Nerve contact with the squishy material in the center will lead to constant pain coming from the disc. As you can imagine, this causes *irreversible* damage and chronic pain.

Another serious cause of pain occurs when the disc material squishes far enough outward to put pressure on the spinal cord or nerve roots. This can lead to pain due to pressure on the actual nerve material. This

is a true bulging disc causing a pinched nerve. The pain can shoot down the arm or leg.

Though most people do NOT have normal alignment, it's like any other measurement in your body--there is a range of normal for blood sugar, blood pressure and temperature. If you fall far enough outside of normal for those measurements, then it is an indication something is wrong.

It is the same with your spine. If your alignment is bad enough to cause disc degeneration, then take heed because something is wrong. Ignoring the problem will just let it get worse.

You can see why we don't take disc degeneration very lightly in our office! We have a very proactive approach. Our focus is on changing your structure. A very specific style of chiropractic adjusting helps your alignment back to normal. This will steadily change the abnormal pressure on the joints and discs, slowing down or stopping degeneration. This will allow healing to take place.

Yours in Health, Dr. Erica

Explore www.Get-Drug-Free-Pain-Relief.com and download the free E-book for additional tips from Dr. Erica



Sarah's Secrets *Once again, I'm a super lucky kid to have my mommy as my personal chiropractor! I was being a monkey and was hanging on the banister at the bottom of the stairs. I accidentally slipped though and my tushy landed on the corner of the wood. Ouch! I had a terrible bruise that has lasted for like 20 years or something! Mom realized that I had a few pee pee accidents last week which was pretty unusual for me--during the day time and at night time And then it got hard to poop. That is NO fun! So I got an adjustment from my mommy and I haven't had any pee pee or poopy problems since then. I guess I never wonder how all of that works because that is the only way it has ever been for me! If I get hurt, my mommy fixes me. I THROW my*

arms around my mommy after I get my adjustment. I love it so much. If you bring your kids to Mommy I'm sure they will feel as good as I do. Love, Sarah-bear