

# In Good Hands

A Monthly Newsletter For The Friends and Patients of:  
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## Check "Under the Hood" After an Accident



**Centennial** —Have you ever had bad luck at the worst possible time? I sure did in February! I guess that's why it's called "bad" luck. I was getting ready to downsize out of my house into a townhouse. The never-ending stream of realtor documents for two properties and ongoing requests for more supporting loan documents was one of the most stressful things I've endured. Stressful because

of the "What if's??" ...What if I don't get approved and I'm supposed to move out of my house next week?? What if the buyers fall through?

But it all worked out great and I got exactly the townhouse I had hoped for. However, during all of this stress I wrecked my car in the parking lot at work—of all dumb places! I skidded on an icy spot behind Walgreens and hit the curb and knocked a sign over. The bumper and fog lights were trashed. Now I have a pretty new bumper with fresh clear mask! But it happened one week before moving. So I was thrilled to just get the bumper fixed and get the rental car returned the day before moving.

It occurred to me I should get the alignment checked after that "fender bender" because it could have jolted things. And since I just spent a whole house payment on tires back in the fall, I didn't want to take a chance on trashing my new tires.

So a few weeks after the move was finished, I finally took the car to my regular shop for an oil change and alignment check. The guys at Southpark Goodyear got 3 wheels aligned but were stumped with the driver's front wheel. A piece would not come apart (the tie-rod). It occurred to me that wheel was on the same corner I hit in the wreck. It had only been 5 or 6 weeks since the accident and I asked them if they thought it could be accident-related? They thought it could be bent from a trauma.

I was lucky that the insurance company's shop also agreed that the work was accident related and

I was able to get it fixed as part of the original claim—saving me \$400 for parts and labor.

I couldn't help but note the chiropractic irony of this story. Many times when we have a trauma, we check the obvious things and get those fixed—broken bones, stitches, obvious sprains and strains—whether it was from a ski fall, a car accident or our baby rolls off of the couch while we are not looking.

But we can neglect to "look under the hood" for structural damage. Just think—if I left the car in bad alignment, my front tire would have been trashed in a few more months and the extended warranty I bought for the tires would be null and void. Then I would have wasted the money on the warranty protection PLUS would need to buy 2 tires for not paying attention to the alignment.

I can tell you from 10 years experience as a chiropractor it is the SAME thing with our bodies. But unlike our cars, you can't buy a new spine once it's worn out from bad alignment. After a bad fall snowboarding or fall on the ice you think all is well once the bruises are gone. It's not until 6 months later when migraines start or a low back ache starts that you have pain, downtime and doctor's bills.

So getting "checked under the hood" after a fall or trauma is good prevention. You don't know exactly what problems you are heading off down the road. But chances are you will head off something. And structural treatment right after a trauma may need very little compared to waiting until you have a full-blown problem—just like replacing a tie-rod today instead of the tie-rod *and* two tires 6 months from now.

The longer you wait after a work or auto accident, the harder it is to claim that pain is injury-related. So be proactive and get things checked right away. It can save you lots of money and time down the road! Our office is Level I Worker Comp certified which allows us to see people who have missed time from work.

**Yours in Health, Dr. Erica**



Hot Chocolate with Mom at Starbucks

**Free Gym Membership—  
in the comfort of your own home?**

If you have a cable provider like Comcast, check out their "On Demand" feature. On my cable for instance, go to "Sports and Fitness"; then Exercise TV. There are numerous options from Sculpt & Tone, Pilates, Yoga and cardio. None of them are very long and the programming changes every couple of weeks. For me, it's AWESOME because I can do it after my little girl is asleep; even while she is awake, I can sneak in 10 minutes or so without a babysitter. Even better, I can exercise without subjecting Sarah to additional baby sitter time! Don't like the instructor? Is the class too easy or too hard? Then just press "Stop" and choose another program and you haven't even wasted a trip to the gym.

**Welcome!**

- Brett G.—Centennial, CO
- Aaron, Jen and Elizabeth H.—Aurora, CO
- Ryan P.— Denver, CO
- Jim D.— Denver, CO
- Allen F.— Denver, CO
- Marty P.— Denver, CO
- Doug M.— Highlands Ranch, CO
- Charlene & Ricky T.—Aurora, CO
- Cyndi G.—Lone Tree, CO

**Welcome Returning Patients!**

- Marilisa A.—Highlands Ranch, CO
- Vaune B.—Highlands Ranch, CO
- Evan J.—Arvada, CO

**Welcome New Staff!**

- Teresa Browne—Massage Therapist
- Chrissy & Shawn Johonnesson—Marketing & Mgmt.

**Sarah's Secrets**

I keep hearing that I will be in Kindergarten next year. Right now, I just can't wait for the end of the school year because at my Primrose School, we get to wear whatever we want in the summer time. I keep asking Mom if it is summer yet! For now, I like to make my school uniform look girly-girly with bright tights, socks or colorful shoes.

I went to the dentist for the first time on the day of that bad blizzard. I wanted to find out from the dentist when my first tooth would fall out. My 4 year old cousin already lost her first tooth. And Mom wanted to know if my 6 year old molars were coming in. Just two of them were. I got 2 new toothbrushes while I was there. I brought one of them to my friend Annie at school and told her to go see my dentist, Dr. Jen. But Dr. Jen is having her baby soon so Annie might have to wait to see her!

My dentist told me to wiggle my tooth 50 times a day. I heard that the tooth fairy will use my baby teeth to build her Castle. Mom told me I was so good at referring my dentist, that I should hand out chiropractic goodies to my friends and tell them to get their spines checked. Adjustments and massages make me feel good. I never need medicine because Doctor Mommy takes such good care of me. *Love, Sarah*

**Who Have You Referred?**

Your referral can always schedule a **Free Consultation** with no further obligation. *Allow an hour for that appointment.*

**Or refer them to  
[www.Get-Drug-Free-Pain-Relief.com](http://www.Get-Drug-Free-Pain-Relief.com)**

Send an email to [ekasprzyk@comcast.net](mailto:ekasprzyk@comcast.net) to find a provider for friends or family in other states.

## **SHOE TIPS FOR SPRINGTIME**

People who have been patients in our office are probably familiar with checking their shoes for proper mechanics. There is a whole chapter devoted to proper standing posture on my DVD, "*Secrets to Good Posture...That Your Mother Never Revealed.*" But I thought I would refresh your memory about proper shoe mechanics. I recently got the following tips for good shoes from our shoe supports manufacturer, an ABC chiropractor himself. (Reprinted from Dr. Jerry Porter DC)

*You don't need to spend a lot of money.* Many of the best shoes I have seen for bio-mechanics were purchased at discount stores. The fluff and cushion in more expensive shoes might make them unfixable.

*The first thing to do is remove the insoles to see if they are flat inside.* Then, find a mirror and test your body while barefoot before testing it with the shoes on. Simply breathe in and out, relax and then observe by looking and feeling for differences while breathing in and stability.

If wearing the shoes makes your body less stable or if you find it more difficult to breathe in fully, then the shoes are making your body worse and they most likely **cannot** be improved.

Once you find a pair of good shoes then you can build them up a bit with our heel lifts, insoles and other supports for your shoes. The supports we use were designed by chiropractors specifically to assist the posture and structure of the whole body.

## **Auto Insurance: Med Pay Coverage**

Have you been contacted by your insurance rep to decline MedPay for your auto policy? Before you decline it, visit [www.ColoradoMedPay.com](http://www.ColoradoMedPay.com) to find out the pros and cons. If you have already refused it, still visit that website to see the full implications.

Medpay really does NOT duplicate your medical/health insurance coverage. Med-Pay covers all occupants in the car. And if you are responsible for the accident, you are responsible for the injuries of everyone in your car. Bodily Injury (BI) covers people outside of your car. BI doesn't cover the other people in your car when it's your fault. But MedPay does.

Also you could find yourself without a job in this economy. And if you have declined the coverage, you may forget that you were relying on your employer's health coverage in the event of an accident. So if you've lost your job and declined MedPay, consider talking to your insurance agent about what kind of risk you are personally assuming.

The benefit allows for \$5,000 per person involved. That will usually cover an emergency room trip and a few doctor's visits after an accident. And no co-pays or deductibles apply. Up to \$100,000 in Med-Pay benefits can be purchased for Colorado policies.

**Visit [www.ColoradoMedPay.com](http://www.ColoradoMedPay.com)**

## **Sugar-Sweetened Beverages Correlate with Type 2 Diabetes Risk**

In a 6 year follow-up of more than 43,000 African American women, it was found that 2 or more **soft drinks** per day related to a 24% increased risk of Type 2 Diabetes. Incredibly, 2 or more **fruit drinks** per day correlated to a 31% increased risk of Type 2 Diabetes. There can be a perceived healthiness in drinking fruit drinks. But fruit juices and bottled drinks are refined carbohydrate products. Try carbonated water for a healthier alternative. Pellegrino is GREAT! But a good budget-saver is Special K canned sparkling waters. King Soopers usually has 12 packs for around \$2.00. I keep those stocked in the fridge for when I need a bubbly drink. *Archives of Internal Medicine* Vol. 168 No. 14, July 28, 2008 pp. 1487



## **PATIENT OF THE MONTH**

My story starts with a series of injuries over a 26 year period from off-road motorcycle racing and a work-related back injury.

I've had 3 knee surgeries and both shoulders repaired. My lower back has a chunked-off herniated disk. My pain from these injuries was constant, but not terrible. It affected my sleep, sitting, standing and walking. A lot of the discomfort was felt in my feet, resulting in the need for custom insoles. I had resigned myself that this was how I would feel for the rest of my life because of the damage I had inflicted upon myself.

My brother in California had been telling me for a couple of years about the ABC technique. On a visit last November, I went to his chiropractor and got 2 adjustments. The effects were immediate and substantial. When I got back I found an ABC chiropractor and have been getting treatments for about 2 months now.

The effects have been unbelievable. To start with, I stand straighter with equal weight on both feet. My feet no longer hurt to stand or walk and the insoles are gone. My knee and lower back ALWAYS hurt and now I don't even think about them. The biggest thing for me is I now sleep through the night without waking because my neck hurts or my arms were asleep. I am completely thrilled and satisfied with my treatments from Dr. Erica.

**Scott Hall,  
Erie, CO**

**Closed:** Mon. May 25, 2009

**TRIVIA:** How many pets does Dr. Erica have?

Answer: 2 Cats—Thompson (13) & Autumn (12)

Visit **www.Get-Drug-Free-Pain-Relief.com** for my FREE e-book on tips for getting pain relief.

## **Patient of the Month**

Congratulations to

**Scott Hall**

For our Patient of the Month! he will receive a \$50 gift card to Maggiano's/Chili's  
Great job on such good improvements—keep up the good work!

**Send Dr. Erica your  
Success Story for your chance at  
Patient of the Month.**

Adobe versions of newsletters available at  
**www.AtlasChiropracticPc.net**

Have referrals who are scaredy cats about chiropractic? Refer them for massage!

**Www.AtlasMassage.net**



A perfect ski day in Colorado! It was VERY cold that day, but beautiful skies, decent snow, no lift lines, no traffic and no wind! I skied at Copper a few times this year. But now it's biking season and I'm looking forward to getting some miles on my road bike. Wanna ride sometime??