



▶ CUSTOM BRACING.....1



▶ SEASONAL AFFECTIVE DISORDER2



▶ VITAMIN E2

Healthy *Living*

NIAGARA'S LEADING HEALTH CARE FACILITY

Customize Your Injury

Custom 'Defiance Knee Braces' are made to help individuals with ligamentous knee injuries and instability as well as individuals with arthritis. This carbon composite brace is custom made to fit the individual and their needs.

The brace is light weight and durable and can be used during every day activities as well as an endless variety of sporting activities. The Defiance Knee Brace is designed to decrease the load on the knee joint while protecting it from external force or contact that may compromise the ligamentous structures of the knee. By



combining revolutionary design, quality materials, and technology innovation this custom brace will provide sturdy support for mild to severe ligament instability of the knee. The OA Defiance brace is for individuals who are limited in their activities of daily living due to the symptoms associated with osteoarthritis of the knee.

This brace will help decrease the load on the knee, relieve painful symptoms often associated with this complex disease, and improve quality of life. The OA Defiance brace is ideal for individuals with mild OA who are looking to prevent or delay knee surgery.

Please call our office for more information on how we can help customize your injury.



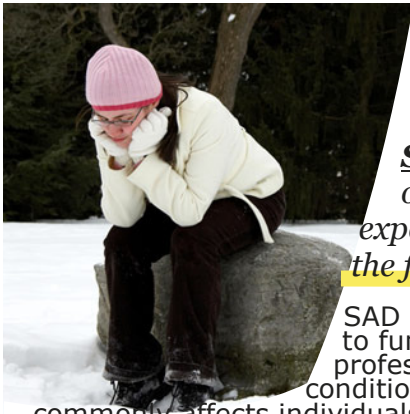
Accelerated Health & Wellness Centre

22 Geneva St. Unit 2
St.Catharines, ON L2R 4M4

Services Offered:

- ◆ Chiropractic
- ◆ Physiotherapy
- ◆ Massage Therapy
- ◆ Low Intensity Laser Therapy
- ◆ Acupuncture
- ◆ Smoking Cessation
- ◆ Spinal Decompression
- ◆ Vestibular Rehabilitation
- ◆ Physical Demands Analysis
- ◆ Return to Work/Work Hardening
- ◆ Custom Orthotics
- ◆ Custom DonJoy Bracing





What is seasonal affective disorder?

Seasonal Affective Disorder (SAD) is a type of clinical depression which some people experience as the days become shorter throughout the fall and winter seasons.

SAD can have a negative impact on an individual's ability to function in their everyday lives and it can affect their professional and personal life. The severity of this condition varies among individuals. In Ontario SAD more commonly affects individuals over the age of 20, it is more common in women than men and the risk of SAD decreases with age. Researchers suggest that approximately 2-3% of the general population will experience SAD at some point in their lifetime.

Cause: Research is ongoing, however it is believed to be related to the decrease in light we are exposed to during the winter months. Less daylight causes us to want to sleep more often and for longer periods of time. It is also thought that chemicals in our body which help regulate sleep, mood and appetite, may be disrupted in individuals experiencing SAD.

Symptoms: The rule of thumb is that an individual must experience symptoms for at least 2 consecutive winters with their symptoms disappearing in the spring. A few symptoms are listed below.

Signs and Symptoms of SAD

- ◆ Craving sweet or starchy foods, change in appetite
- ◆ Weight gain
- ◆ Decreased energy
- ◆ Fatigue
- ◆ Tendency to oversleep
- ◆ Difficulty concentrating, irritability
- ◆ Avoiding social situations
- ◆ Feelings of anxiety and despair

Treatment for Mild SAD

- ◆ Go outdoors during the daylight hours
 - ◆ Open blinds and curtains
 - ◆ Rearrange furniture to sit near a window
 - ◆ Go for a walk outside during the day or on your lunch
- For more severe cases of SAD please contact your primary care physician or health care provider.

For more information please visit www.ontario.cmha.ca

OUR PATIENTS: Speaking Out

“As a Professional and Major lacrosse player, I am constantly playing and training all season long with minimal rest. A few years ago I developed plantar fasciitis, and I was unable to even walk without pain. Two years ago while I was playing with the Orlando Titans, teammate Dr. Pat Maddalena provided me with a pair of custom orthotics. Within a month I was able to run pain free. I still continue to wear the same pair of orthotics during games and throughout everyday activities.”

Mat MacLeod,
Toronto Rock Lacrosse Player

Exercise can also be very beneficial, the Canadian Mental Health Association says “it relieves stress, builds energy and increases mental and physical well-being.”

Vitamin Ewhat can it do for you??

- Vitamin E is an antioxidant which is important in preventing cancer and cardiovascular disease. It can help to
- ⇒ Improve circulation which aids in tissue repair and healing
 - ⇒ Promote normal blood clotting
 - ⇒ Decrease scarring
 - ⇒ Reduce blood pressure
 - ⇒ Improve athletic performance
 - ⇒ Aid in the prevention of cataracts
 - ⇒ Relax leg cramps
 - ⇒ Strengthen capillary walls
 - ⇒ Maintain healthy nerves and muscles
 - ⇒ Some studies suggest that vitamin E can help slow the progression of Alzheimer's disease
 - ⇒ Promote healthy skin & hair

Sources of Vitamin E....

- ◆ Dark green leafy vegetables
- ◆ Legumes
- ◆ Nuts
- ◆ Seeds
- ◆ Whole grains
- ◆ Brown rice
- ◆ Eggs
- ◆ Milk
- ◆ Oatmeal
- ◆ Organ meats
- ◆ Soybeans
- ◆ Sweet Potatoes



The above information can be found in “Prescription for Nutritional Healing, Third Edition. Phyllis A. Balch, CNC & James F. Balch, MD

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**Happy St. Patrick's Day
Saturday March 17th, 2012**

www.acceleratedhealthcentre.com