

# Health Solutions / Family Chiropractic Quarterly

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David Spitzer, editor

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## Calendar of Events

- ▶ April 23, 2005: Free Health Seminar. Topic: Basic Nutrition. Will be at the Health Solutions office in Effingham, 10 a.m. until noon. Seating for 30. Call to make your reservation.

## Providing Education to Other Doctors

Dr. Naddaf was a featured educator at the Illinois Chiropractic Society (ICS) State Convention held in Chicago, IL, on March 11-13, 2005. Dr. Naddaf was recruited by the ICS to teach other health professionals about women's health issues at the convention and continuing education series.

"Each year, the ICS holds a statewide convention to provide health practitioners access to educational material that they can use in their own practice," said Dawn Burchett, Director of Marketing for the ICS. "Experts such as Dr. Naddaf are invaluable in adding their expertise to the continuing education series. Dr. Naddaf's credentials are outstanding and having her as a featured speaker at our convention not only lends credence to the event, but also provides a great resource to our attendees. It is our hope that Dr. Naddaf will continue to teach not just at the state convention but also in downstate Illinois." ICS sponsors continuing education classes throughout the state.

## Providing Education to the Community

I would like to thank everyone that has attended the free health seminars I have hosted here in Effingham. I very much enjoy hosting these seminars because it gives me a chance to give valuable information and answer questions that may otherwise not be voiced. I thank each of you and look forward to seeing you, your family and friends at my next health seminar.

## Doctor's Words of Wisdom - Fibromyalgia

Some of you may have heard of fibromyalgia but what is it exactly? The definition of fibromyalgia is: "**fibro**" meaning fibrous tissues (such as tendons and ligaments), "**myo**" meaning muscles, and "**algia**" meaning pain.

Fibromyalgia (also called fibrositis or fibromyositis, which translate to inflammation of the tendons, ligaments and muscles) is a syndrome that causes chronic, sometimes debilitating, muscle pain and fatigue. Fibromyalgia (FMS) is sometimes categorized as primary or secondary. According to the American College of Rheumatology (ACR), primary fibromyalgia is the more common form. In my practice, however, I find secondary fibromyalgia to be more common.

## **Fibromyalgia Symptoms**

While the symptoms of fibromyalgia can be debilitating, they are not life threatening. Symptoms vary, depending on the stress level, physical activity, time of day, and the weather. Pain is the primary symptom found in virtually 100% of cases – specifically, the one universal symptom of the syndrome is chronic, widespread pain in the body's soft tissues. Although there is no inflammation or swelling, fibromyalgia is characterized by numerous "tender points" that react with intense pain when light pressure is applied. Aside from the pain, there are numerous other symptoms associated with fibromyalgia, including: ▶ fatigue ▶ sleep disturbance ▶ irritable bowel syndrome ▶ depression ▶ anxiety ▶ chronic headaches and/or dizziness ▶ a feeling of confusion, sluggishness, and forgetfulness ▶ severe menstrual cramps ▶ sensitive skin or chemical sensitivity ▶ muscle twitches ▶ dry eyes and mouth ▶ numbness in the hand(s) and/or feet ▶ temporomandibular joint syndrome (TMJ) ▶ painful menses, ▶ frequent and painful urination ▶ shortness of breath and ▶ irregular heart rate.

Fibromyalgia symptoms, when left untreated, can have a profound effect on an individual's quality of life, as well as those close to them. With proper treatment, however, the majority of fibromyalgia sufferers can reduce their symptoms dramatically and lead normal, productive lives.

## **Causes of Primary Fibromyalgia**

The causes of primary fibromyalgia are not known; this condition is also sometimes referred to as idiopathic fibromyalgia. Many experts believe that fibromyalgia is a dysfunctional disorder caused by a constellation of biologic responses to stress because of negative personal histories or genetic factors such as: ▶ family factors ▶ chronic sleep disturbance ▶ abnormalities in the brain ▶ autoimmune disorder ▶ post-traumatic stress disorder ▶ hypervigilance ▶ muscle cell abnormalities ▶ autonomic nervous system dysfunction ▶ immune or endocrine dysfunction.

### **Causes of Secondary Fibromyalgia**

Secondary fibromyalgia is caused by specific disorders, including injury, ankylosing spondylitis, or surgery. The symptoms are identical to those of primary fibromyalgia, but are harder to treat. In one study, secondary fibromyalgia developed in over 20% of patients who had neck injuries. Other contributors to secondary fibromyalgia include: ▶heavy metal and environmental toxicity ▶upper spinal cord injury ▶viral, bacterial or fungal (candida) infection ▶pregnancy ▶hormonal imbalance ▶steroid overuse.

Twenty-five percent of patients that contract Lyme disease develop FMS, Also, the association of FMS with Candida and mycotoxin infection is well documented in European studies.

### **How Many People Have Fibromyalgia?**

Until recently fibromyalgia was thought of as a “women’s disease” and an “all in your head” syndrome. Now, men and young children are exhibiting symptoms and are being diagnosed with FMS. According to the ACR, fibromyalgia affects an estimated 2% of the general population. While fibromyalgia can occur at any age, the highest incidence occurs in people between 20 and 55 years of age and peaks at age 35. Over 80% are women in their child bearing years. Symptoms are more severe among women than men. The incidence of fibromyalgia among school age girls is on the rise. What may be considered “growing pains” in children may in fact be fibromyalgia, especially if the child complains of having difficulty sleeping.

### **How is Fibromyalgia Diagnosed?**

In order to diagnose a patient with fibromyalgia by medical standards, two components must qualify: 1) the patient must have persistent, non-alleviating, widespread pain for more than three months, 2) the patient must exhibit point tenderness in 11 of 18 sites of the body on palpation. In short, it means that the individual is not displaying any medical signs that can be quantified by clinical tests such as laboratory blood results, x-rays, etc. This syndrome is widely diagnosed among women (90%). The areas of tenderness are often located in the neck, sides of the spine, shoulders, hips, arms and legs.

In alternative healthcare, diagnosis would incorporate the patient’s internal systems, including meridian and hormonal imbalance, which appear to be the primary culprits in many of the FMS patients I see in my office.

Other diseases with similar symptoms include: ▶chronic fatigue syndrome (CFS) ▶lyme’s disease ▶rheumatoid arthritis ▶other autoimmune diseases ▶anemia ▶chronic infections ▶some forms of cancer ▶gout ▶diabetes. All of the above diseases can be quantified by lab tests,

except CFS which is not accompanied by pain yet is a symptom of FMS.

### **How Is Fibromyalgia Treated?**

The conventional medical approach for treating fibromyalgia focuses on symptom care: giving a patient non-steroidal anti-inflammatory drugs, steroidal anti-inflammatory drugs, prescription medications for insomnia and myo-relaxation and sometimes chemo-therapeutic drugs to suppress their immune system from attacking their body.

Alternative holistic treatment for fibromyalgia is to identify the cause, then address the source of the symptom. A total body cleanse is an essential part of alternative care treatment. A patient's course of treatment will be based on the results of their comprehensive health assessment. An alternative health care center's protocols are generally highly individualized and will depend solely on the patient's specific health assessment. No two alternative fibromyalgia treatments are the same, just as no two individuals are the same.

Because the syndrome affects the body and mind on many levels, fibromyalgia treatments must provide a wide spectrum of disciplines and methods, including exercise, manipulative therapy, massage, acupuncture and vitamin/nutritional supplementation as needed for the appropriate underlying disease and condition.

I hope you find this article helpful to you or a loved one. And as always, treat your body in all aspects: body, mind and spirit. Relax, meditate and smile!

### **House Calls: Home Healthcare Parties**

We are continuing with our Home Healthcare Parties and have had a great deal of fun doing so. If you are interested in hosting one of these parties, call our office to schedule a date and time. Saturdays work well. The host invites six or more guests to attend. All attendees will receive a free EMI evaluation and consultation. Dr. Naddaf will also provide health information and general consultation at the event. That’s all there is to it. Best of all, it’s free as a service to our friends and patients.

### **We Have Orthotics**

Orthotics are orthopedic devices designed to treat or adjust various biomechanical disorders. Just like eyeglasses need to be designed to meet the specific needs of your eyes, orthotics should be designed to treat the unique requirements of your feet to serve your body. Each pair of orthotic shoes or inserts is fitted and made specifically for each patient.

### Who needs orthotics?

Orthotics benefit people with not only foot pain, but other biomechanical imbalances that may manifest themselves in other areas of the body such as hips, knees, lower back, and ankles. Some imbalances are obvious, such as flat feet and excessive pronation. Other imbalances are commonly known as bow legs, knock knees, pigeon-toes, "duck feet" or high-arched feet. However, many foot deformities are subtle, and are not detected until symptoms occur.

People who must walk or stand excessively at their work will also benefit from the comfort of orthotics. For those who are active in sports, orthotics will often increase endurance, performance and strength. For overweight individuals, orthotics will help to counteract the extra stress on the feet as small problems are often magnified due to the increased weight.

Orthotics may also benefit people with special needs, such as diabetics or the elderly. These individuals need accommodation or increased softness in the orthotic. Orthotics can work in a preventative manner to avoid the development of future foot problems.

### What specific conditions may be helped?

Orthotics are beneficial to all who are experiencing arch pain, heel pain, knee pain, scoliosis, plantar fasciitis, tendonitis, shin splints, calluses, corns, bunions, hammer toes, cramping, aching or tired legs. Certain types of leg, lower back and neck pain can be alleviated. The support that is provided helps control excessive pronation and helps with mid-foot, heel, ankle, knee, hip, and lower back pain. If you are getting up in age or have a neuroma, or diabetic foot problem, orthotics can provide you with needed protection and comfort.

Orthotics are particularly effective in relieving the fatigue and discomfort associated with "aging" feet. Years of walking and standing often cause the development of arthritis within the foot. During pregnancy, dropped arches and flat feet are common. Orthotics help to reinstate the arch and allow the body to regain its optimal biomechanical function.

Simply, orthotics allow the muscles, tendons and bones of the feet and lower legs to function at their highest potential. Make an appointment at either of our offices to find out how orthotics can help you.

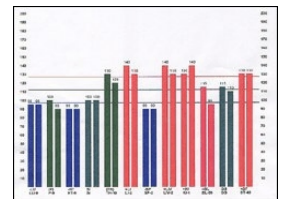
### What is an EMI Exam?

Acupuncture is a differential diagnosis and treatment system of healthcare that was first studied and practiced by the Chinese some 3000 to 5000 years ago. One of the acupuncture methods Dr. Naddaf uses to diagnose and treat patients is Electro Meridian Imaging (EMI). Dr.

Naddaf seeks to identify conditions of disharmony or imbalances within the body. When imbalances are present, the body cannot function properly and many unexplained symptoms may appear.

EMI is an electro-nerve impulse diagnostic system developed in Japan to measure acupuncture source points in the wrist and ankles. There are 12 acupuncture meridian pathways that are closely related to the organs for which they are named, i.e., lungs, heart, bladder, kidney, liver, stomach, etc.

The energy that flows through the pathways can be measured with a sensitive neurometer, the EMI. The readings are recorded onto a graph, which highlights any imbalances in the flow of energy and which may be having a detrimental effect on the patient's health.



With this sophisticated means of computer analysis, Dr. Naddaf can accurately measure the energy patterns of each meridian and treat specific acupuncture points to balance energy in the meridian and thus the body.

For your body to function at its best, the flow of energy needs to be balanced or relatively equal in all pathways. If balancing is required in any of the pathways, the relevant acupuncture points are stimulated by means of electric, laser or needle acupuncture.

<b>Two offices to serve you.</b>	
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