
The Personal Injury Clinic

BI-POLAR DISEASE, DEPRESSION & CHRONIC FATIGUE

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What You Should Know About

Bi-Polar Disease, Depression and Chronic Fatigue Syndrome

Common Causes of These Disorders - Complications – Treatment - What to do if you have a Bipolar Disease or Chronic Fatigue? Contact the Personal Injury Clinic - 272-8471

Local Personality Uses Regular Chiropractic Medicine for his family



-Luke, Cynthia, James and Gillian Andrews-
“I keep a schedule that is a real challenge, from a full time position with the Air National Guard to

literally hundreds of separate shoots, spots and public service appearances. When I get a chiropractic treatment, I can make it through the month without nearly as much difficulty. I recommend regular treatment about once a month just to stay in good shape. My family does it.”

-James Andrews-

Actual Health Care

Research now shows that regular visits to the chiropractor improves health and the quality of life. A study by the University of Vermont established that people who saw a chiropractor at least once a year spent less money on health care than those who did not.

The frequency recommended by the Council on Chiropractic Orthopedics was variable by age and other previous spinal injuries. Four categories were established as follows: I = ages 10-25; II = ages 26-45; III = ages 46-65; and IV ages 66 and above. With a previous episode of whiplash (cervical sprain) increase 1 category; with more than one episode, increase 2 categories. It was found that regardless of the number of injuries, non-symptomatic care more often than one month had little or no noticeable effect than once a month.

Health care was defined as routine manipulation of the articulation of all three spinal areas intended to restore normal motion and intersegmental relationships. Visits where pain and

specific complaints of dysfunction were not considered health care.

Visit Frequency for Health Care

- I Once every 6 months
- II Once every 3 months
- III Once every 2 months
- IV Once every month

What Is Bi-Polar Disease?

This is very common in its mild form involving mood swings from elation to depression. This is most often a situation where the mood is typically one of elation, but frank hostility is not uncommon. The morbid mood colors the patient's entire experience and behavior to such an extent that they believe they are in their best mental state. Their lack of insight and inordinate capacity for activity lead to a dangerously explosive state in which the individual is impatient, intrusive, and meddlesome and responds with aggressive interpretation of being persecuted. Acceleration of mental activity is experienced as racing thoughts by the patient and is observed as flight of ideas by the physician and, in the extreme, is difficult to distinguish from the loose associations of the schizophrenic patient. Attention is quite distractible with the patient constantly shifting from one theme or endeavor to another. Thoughts and activities are expansive and may progress into frank delusional grandiosity. Patients may believe they are being assisted or persecuted by external agents. Auditory and visual hallucinations are sometimes present, occur at the height of mania, and are usually understandably linked with the morbid mood. The need for sleep is decreased. Manic persons are inexhaustibly, excessively and impulsively involved in various activities without recognizing the inherent social dangers.

Depression, one side of the bipolar disorder, includes symptoms of chronic fatigue, insomnia, or sleeping frequently and for excessive periods of time, loss of appetite or a ravenous appetite, headaches, backaches, colon disorders and feelings of worthlessness and inadequacy. Many think of death and consider suicide.

Depression may be caused by tension, upset stomach, stress, headache, nutritional deficiencies, poor diet, sugar, mononucleosis, thyroid disorders, endometriosis (linked to depression in women) any serious physical disorder, or allergies. Some

people become increasingly depressed in the Winter months when days are shorter and darker. The sun and bright light seem to trigger a response to a brain hormone known as melatonin (produced by the pineal gland) which is, in part, responsible for preventing the "blues." Research reveals that two hours of morning sun is very effective in lifting depression. The evening light had comparatively little results.

Depression is linked strongly to many things involving function of the brain itself. It has been found that the production of certain neurotransmitters controlling the brain function is largely the result of the content of the foods eaten. For example, Serotonin is responsible for a calming effect and provides a sense of well being. Dopamine and Norepinephrine allow for more quick thinking and better general alertness. These substances are found to be higher in the brain when protein meals containing essential fatty acids are consumed.

The mysteries of these disorders are becoming more linked to body chemistry than ever before. The link between levels of certain ingredients of the blood is becoming more understood as clinical research on the subject expands. In a study conducted at the University of Minnesota by Josef Brozek, Ph.D, it was shown that a deficiency of Thiamin caused depression and mood swings in otherwise healthy male volunteers. The controlled administration of B6 was shown to relieve depression in women in a study at St. Mary's Hospital Medical School in London.

Treatment for this combination of disorders is complicated and has puzzled the medical community for years. Research is now just beginning to bear out the concepts of diet and nutrition affecting one's status of health. Specific diets and applications of clinical nutrition should be provided by a knowledgeable health practitioner.

Dr. Gundersen Delivers Research Paper in New Orleans

The annual meeting of the Academy of Chiropractic Orthopedists met in New Orleans this year where papers were presented by 9 invited authors. The authors were all board certified in chiropractic orthopedics and ranged from hospital administrators to professional football team physicians. The Academy meets each year after

calling for papers and then inviting the top writers to participate.

Dr. Bruce Gundersen was invited for an unprecedented third consecutive year to present a paper on the relative effect on procedural usage by HMO and other managed care entities.

Chiropractic Medicine Helps Pros Hone Their Winning Edge

Throughout professional sports, athletes are looking to chiropractic physicians to help hone their winning edge. And that's also important news for "weekend warriors" who get their share of sports-related aches and injuries.

Case in point: The San Francisco Giants and their outfielder Barry Bonds, the team's three-time National League Most Valuable Player.

When Bonds fell down a flight of stairs earlier this year in Scottsdale, Ariz., Giants head trainer, Mark Letendre called in Dr. Alan Palmer, the team's chiropractic consultant during spring training.

After Palmer's treatment, Bonds said he felt better immediately.

"Your body is being treated like it is supposed to be treated (when you receive chiropractic care)," said Bonds, who has relied on chiropractic since joining the Giants in 1993. "I think that it should be mandatory for athletes to see a chiropractor. I think it should be mandatory for athletes to see a massage therapist as well," he said.

The Therapeutic Uses of Silver

From "The Internist", a publication of the ACA Council on Family Practice, the following statements about the use of silver are taken. "In animals, silver acetate or nitrite prevented signs of copper toxicity. In humans, colloidal silver has been suggested as an alternative treatment for bacterial infection and may reduce copper and selenium overload. Vice versa, elevated silver levels may be treated with copper or selenium. Silver nitrate is used in salves for burn victims and has been used for many years as eye drops in newborns to prevent blindness caused by gonorrhea, possibly causing high tissue levels. Essentially: There is no evidence that silver is essential for any living organism.

What Is Whiplash?

A whiplash injury is the involuntary thrust of the head and neck in any direction and the resulting elastic recoil of the head and neck in the opposite direction, with injury to the surrounding and supporting tissues. Although the proper term for this type of injury is a cervical sprain or strain, the term whiplash was coined to include all aspects of the injury.

Common Causes of Whiplash!

Common causes are automobile collision, a sudden jerk on one or both arms, a violent blow to the head or chin, a reflex jerking of the head due to fright of sudden noise, and any kind of fall that causes sudden forceful movement of the head and neck.

The Golden Period

The first three weeks after the injury is called "The Golden Period of Treatment." If the treating physician does not fully understand the whiplash type of injury, serious consequences may follow.

Unfortunately, some doctors may not understand the special threat that whiplash holds for the victim. Too often he only treats the victim for muscle spasm.

Whiplash is the type of injury that requires special knowledge and experience, and requires more of a doctor's time than other types of injuries. Without proper care and understanding, severe and permanent injury may result.

However, recent developments in manipulative practice show that neglected cases may still obtain a great deal of benefit even years after the injury.

WHAT TO DO

If you are the victim of a whiplash injury consult a conservative health care practitioner as quickly as possible. He is a specialist in structural and spinal disorders. He will advise you frankly, sincerely and honestly. Follow his directions to obtain maximum results at the lowest cost.

Should your case require radical care, your board certified chiropractic orthopedist will so inform you and arrange for consultation with any specialists you might need.

Insurance

Conservative care is recognized as the treatment of choice for whiplash by more than 1000 insurance companies. These include automobile liability, medical and health, on-the-job, and

managed care organizations. In the State of Utah, personal injury protection laws require coverage for initial care of an injury regardless of who may be at fault.

The Best of All Worlds

The board certified chiropractic orthopedist is the best qualified health care provider to manage the whiplash case. He has the skill and training in conservative chiropractic medicine along with the advanced training to deal with complicated cases. He has ready access to all branches of health care and can consult with and refer to all other medical specialties if necessary. He is the only one fully trained and certified in soft tissue management.

At the Personal Injury Clinic, we provide a specialist with the complete facilities to handle this type of injury. This includes all the necessary examination, x-ray and testing equipment, all necessary types of treatment modalities including physical therapy, supports, braces, casting, adjusting and manipulative measures, monitored exercise rehabilitation, work restrictions and ergonomic structuring, home and lifestyle analysis and recommendations.

A four-year research program has shown that the key to complete recovery from a whiplash injury is the monitored exercise rehabilitation. Many doctors often recommend exercises to be done at home but do not train and follow patients with precise instructions and safeguards. Care must

be taken to begin only certain exercises at the correct point in the recovery phase.

Patients often require some kinds of pain medication. If you prefer to avoid the dangers of prescription drugs, we offer a full and effective line of homeopathic and natural pain relievers and remedies for most symptoms and conditions. If your condition requires the use of prescription medications for any reason, consultation with the appropriate medical specialists will be arranged for the best and safest prescription drug for you.

If you have been in an accident, or if you have any of the symptoms described, you should strongly consider calling today for the necessary attention.

If you are already seeing a conservative health care provider, we encourage you to follow his advice and remain under his care. Be sure that the management plans for your condition include a good understanding of the aspects described above.

CLINIC HOURS

Well Patient Health Care by Appointment.

Emergencies seen within the hour if possible.

Schedule Hours for Routine Physical Medicine and Exercise Rehabilitation:

Mon 9-12 & 3-6

Tue 3-5

Wed 9-12 & 3-6

Thur 3-5

Fri 9-12 & 3-6

Sat By pre-arranged appointment only

The Personal Injury Clinic
4211 Holladay Blvd.
Salt Lake City, UT 84124
(801) 272-8471